

Lemon Lush is a first place winner

When it comes to winning contests, dessert recipes "take the cake." Jeannette Morris of Las Vegas, Nevada, won the Grand Prize in the Kraft "Family-Favorite" Recipe Contest for her entry "Lemon Lush." The deliciously attractive, refrigerated treat features whipped topping and cream cheese between layers of lemon pudding and a home-baked crust.

"I got the recipe from my mother," said Mrs. Morris, referring to Lois Nesbitt of Waterbury, CT. "I'm going to share my prize with her." The Grand Prize included a check of \$500 and a four-day, three-night trip to Washington, D.C. with a guest appearance on the Black Entertainment Television (BET) program "Karen's Kitchen." On the show, broadcast on cable television, Mrs. Morris prepared her winning recipe with show hostess Karen DeWitt.

LEMON LUSH

1-1/2 cups flour
1-1/2 cups finely chopped walnuts
1/4 cup margarine
1 8-oz. pkg. cream cheese, softened
1 cup sifted powdered sugar
2 8-oz. containers whipped topping, thawed
2 3/4-oz. pkgs. lemon instant pudding and pie filling mix
3 cups milk

Combine flour and 1 cup walnuts; cut in margarine until mixture resembles coarse crumbs. Press onto bottom of 13x9-inch baking pan. Bake at 375°, 20 minutes. Cool. Combine cream cheese and sugar, mixing until well blended. Fold in 1 container whipped topping; spread over crust. Prepare mix as directed on package for pudding, except using 3 cups milk. Spoon over cream cheese layer. Spread remaining whipped topping over pudding layer. Sprinkle with remaining walnuts. Refrigerate several hours or overnight. Makes 10 to 12 servings.



"Family Favorite" Recipe Contest Second Prize Entries

Sheila Marshall of Jackson, MS, selected "Mississippi Apple Cake", a moist and flavorful down-home dessert as her entry.

MISSISSIPPI APPLE CAKE

1/2 cup margarine
2 cups sugar
2 eggs
2-1/2 cups flour
3 teaspoons cinnamon
1-1/4 teaspoons baking soda
1 cup sour milk
3 cups peeled, finely chopped apple
6 tablespoons margarine
1/2 cup packed brown sugar
1 3-oz. pkg. cream cheese, softened
1/2 teaspoon vanilla
1 3-1/2-oz. can flaked coconut

Beat margarine and sugar until light and fluffy. Blend in eggs. Add combined dry ingredients alternately with milk, mixing well after each addition. Fold in apple. Pour into greased and floured 13x9-inch baking pan. Bake at 325°, 50 to 60 minutes or until wooden pick inserted in center comes out clean.

Beat margarine and sugar until light and fluffy. Blend in cream cheese and vanilla. Stir in coconut. Spread topping over warm cake; continue baking 2 to 3 minutes or until melted. Makes 10 to 12 servings.

NOTE: To make sour milk, place 1 tablespoon vinegar in a 2-cup measure. Add enough fresh milk to make 1 cup liquid. Stir well and allow to stand at room temperature 5 minutes before using.

Barbara Spears of Gary, IN, chooses a tangy topping for ground beef with her recipe for "Saucy Burger".

SAUCY BURGER

2 tablespoons barbecue sauce
2 tablespoons mayonnaise
1 tablespoon prepared mustard
4 bread slices
margarine
1/4 cup chopped onion
1 lb. ground beef
Salt and pepper
4 slices of Cheddar cheese

Combine barbecue sauce, mayonnaise and mustard. Saute bread slices in 2 tablespoons margarine in large skillet until lightly browned; remove. Saute onion in 1 tablespoon margarine until tender. Shape meat into four patties; season with salt and pepper.

Cook to desired doneness. For each sandwich, spread two bread slices with barbecue sauce mixture. Cover one bread slice with one beef patty, one cheese slice, second beef patty and second cheese slice. Top with onion and second bread slice. Makes 2 sandwiches.

Debra Bell of Richmond, VA, serves her prize winning recipe "Sweet and Spicy Beef" over noodles or beef flavored rice.

SWEET AND SPICY BEEF

1 8-oz. bottle French dressing
1 8-1/4-oz. can crushed pineapple
1/4 cup finely chopped onion

2 tablespoons Worcestershire sauce
1/2 teaspoon pepper
1/4 teaspoon salt

1-1/2 lbs. beef, cut into 1/2-inch cubes
2 tablespoons flour
2 tablespoons oil

Combine dressing, pineapple, onion, Worcestershire sauce and seasonings; pour over meat. Cover; marinate in refrigerator several hours or overnight. Drain, reserving marinade. Coat meat with flour; brown in oil in large skillet. Stir in marinade. Cover; simmer 20 to 30 minutes or until meat is tender. Serve over hot cooked noodles or rice. Makes 4 to 6 servings.



Recipe Contest grand-prize winner Jeannette Morris of Las Vegas, Nevada, presents her dessert, Lemon Lush, on "Karen's Kitchen", the BET (Black Entertainment Television) show hosted by Karen DeWitt.

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