

Christmas Kitchen — A gift of recipes

The following recipes are the fifth part of a five-week holiday feature. Local school cooks have been asked to submit their favorite holiday recipes, and students in a Lean Cuisine Class, taught by Linda Panter at Heppner High School, have submitted low calorie recipes for holiday use. These last two recipes are from students in that class.

EGGNOG

From Bobette Angell

- 4 egg yolks
- 3/4 cup sugar
- 1/4 tsp. salt
- 4 cups reconstituted nonfat milk
- 1 tsp. vanilla
- 1/4 tsp. brandy flavoring
- 4 egg whites
- ground nutmeg

Beat egg yolks, sugar and salt. Stir in 2 cups of the milk. Cook and stir over medium heat till mixture coats a metal spoon. Remove from heat; add remaining milk. Stir in vanilla and brandy flavoring. Cover and chill.

To Serve: Beat egg whites till soft peaks form. Carefully fold yolk mixture into beaten egg whites. Serve eggnog in cups. Sprinkle with ground nutmeg. Makes 14 4-oz. servings.

PUMPKIN FLUFF

From Melinda Eubanks

- 1 envelope unflavored gelatin
- 1 T. cold water
- 1t. sucaryl
- 3/4 cup boiling water
- 1 package (4 serving size) vanilla flavored instant pudding and pie filling
- 1 cup cold skim milk
- 1/4 to 1 t. pumpkin spice.
- 1 16-oz. can pumpkin
- 1/2 cup non dairy whipped topping, unthawed
- finely chopped nuts (optional)

Dissolve gelatin in 1 T. cold water, add sucaryl and boiling water, cool. Combine pudding mix with the 1 cup cold milk, beat for 1 min. blend in spice and cooled gelatin. Chill until slightly thickened. Beat pudding mixture with an electric mixer until thick and fluffy. Blend in pumpkin, fold in whipped topping. Chill until thickened, if desired, pour into lean graham cracker crust. Chill until set, about 3 hours. Sprinkle with chopped nuts. Makes 5 1/2 cups or 10 servings, approximately 104 calories per serving.

LEAN GRAHAM CRACKER CRUST

From Nancy Martin

- 3/4 cup plain graham cracker crumbs
 - 3 Tbs diet margarine, softened
- Fork blend crumbs and margarine thoroughly. Press mixture firmly and evenly onto the bottom and sides of a nonstick 8- or 9-inch pie plate for pie crust or 8-inch spring form pan for cheese cake crust.

For pie crust, bake in a preheated oven 400 degrees for 5 mins. Cool before filling. For a cheesecake, chill unbaked crust for 45 mins. before filling. Makes 8 servings at 49.4 calories each.

Soroptimist color contest winners recognized



photo by Eileen Soling

These Soroptimist Club coloring contest winners pose with Mrs. Santa Claus at a club luncheon held Thursday, Dec. 15 at the Elks Lodge in Heppner.

The winners are: Kristen Alford (left), Dustin Alford, Justin Adelman, Kristen Elliott, Shannon Elliott (front) and John Qualls.

4-H'ers need to register now for exchange program

By BIRDINE TULLIS
OSU Extension Service

While traveling during summer months may seem quite a while away, those 4-H'ers wishing to join Labo-Lex exchange to Japan need to act now. Applications to travel to Japan must be sent to the state 4-H office in Corvallis by

January 15. Ritz Oikawa, state coordinator for the exchange, recently returned from Japan with messages from those who toured here last year. They are hopeful their host sisters and brothers will be coming to Japan to visit this year. Exact cost for the trip is not available at this time, but

Oikawa estimates it will be about \$1,500.

Any 4-H'er age 12 through 17 years of age may apply to participate. Adults, too, may apply to chaperone the travelers.

Application forms and more information are available at Extension offices.

Morrow Co. students named to honor roll

Oregon State University has announced the names of students who have made the scholastic honor roll for fall term. Seven of the 1,920 students named are from Morrow County.

Following are the local students who were named to the honor roll:

Wendy Myers, a senior health and P.E. major, a straight A average; Paula Palmer, a senior business student, a straight A average; Anne Van Schoiack, a junior studying education; Marie Van Schoiack, a senior in agricultural science; and Ronald Young, a senior in business, all of Heppner. Diann L. Morter, a sophomore in home economics from Ione and Scott Daniels of Boardman, a junior majoring in business were also named.

Local couple attends CENEX convention



Mr. and Mrs. Paul Proudfoot

Mr. and Mrs. Paul Proudfoot of Ione recently attended a Young Couples Conference focusing on the role of farmers, farm organizations and cooperatives in protecting the family farm, boosting the farm economy and enhancing the rural quality of life.

"Your Cooperative Involvement" was the theme of the conference, whose sponsors included CENEX and Morrow Co. Grain Growers. The three-day conference was held at the Inn of the Seventh Mountain near Bend.

The young farm couples attending the conference took part in workshops and learning sessions dealing with current agricultural issues, the input of cooperatives and

farm organizations on these issues, cooperative principles and philosophy, and the co-op members' role in building a strong cooperative system.

Among the conference guest speakers were Tom Nelson, director, Petroleum Planning and Economics of Cenex, St. Paul, Minn.

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