

Spotlighting a year of good eating

Crab Meat-Avocado Sandwich

- 1 6½-oz. can crab meat
- ½ cup finely chopped celery
- 2 tablespoons chopped parsley
- 1 tablespoon finely chopped onion
- ¼ cup mayonnaise
- 1 tablespoon lemon juice
- ¼ teaspoon paprika
- ⅛ teaspoon salt
- Few grains pepper
- ¼ teaspoon Accent
- 1 large ripe avocado
- 16 slices bread, toasted and buttered

1. Drain crab meat, separate pieces, remove and discard bony tissue. Put crab meat into a bowl with the celery, parsley, and onion.
2. Blend together the mayonnaise, lemon juice, and a mixture of the paprika, salt, pepper, and Accent. Add mayonnaise mixture to crab-meat mixture and lightly toss together. Chill in refrigerator.
3. Rinse the avocado. Peel avocado, cut lengthwise into halves and remove pit. Cut avocado into ⅛-in. thick slices; brush surfaces with lemon juice to prevent discoloration.
4. Spread about 3 tablespoons of the crab-meat mixture on each of 8 slices of the toast. Cover each with avocado slices, then top with remaining toast slices. Cut sandwiches into quarters. 8 sandwiches



Golden Acorn Squash

- 2 medium-size acorn squash
- 2 tablespoons chopped green pepper
- 1 tablespoon chopped onion
- 1 cup (about 4 oz.) grated sharp Cheddar cheese
- 1 cup fine dry bread crumbs
- ¼ cup butter or margarine
- ¼ cup cream
- 1½ teaspoons salt
- ⅛ teaspoon white pepper
- 2 teaspoons butter or margarine

1. Wash acorn squash. Cut lengthwise into halves. Remove seeds and fibers. Place cut-side down in a 13x9½x2-in. baking dish. Pour boiling water to ¼-in. depth in baking dish. Bake at 400°F 45 min., or until tender.
2. Heat ¼ cup butter in a skillet. Add green pepper and onion, and cook over medium heat, occasionally moving and turning with a spoon until onion is transparent and green pepper is just tender.
3. When squash is done, remove baking dish from oven. Reduce temperature to 350°F. Turn squash shells and scoop out center, leaving shells about ¼-in. thick. Reserve shells. Mash squash pulp. Mix in the cream, onion-green pepper mixture, cheese, bread crumbs, and a mixture of the salt and pepper. Pile into reserved squash shells. Top each with ½ teaspoon of the butter.
4. Return to oven and bake 15 to 20 min. longer, or until thoroughly heated.

4 servings

Lamb-Pineapple Kabobs

GOOD FOR FREEZING

- 1 13½-oz. can pineapple chunks, drained (reserve sirup)
- ½ cup soy sauce
- ¼ cup lemon juice
- 2 cloves garlic, crushed in a garlic press or minced (thin, papery outer skin removed)
- ½ teaspoon pepper
- 1½ lbs. boneless lamb shoulder or leg, cut in 1½-in. cubes

1. Mix together ½ cup of the reserved pineapple sirup, soy sauce, lemon juice, garlic, and pepper. Put lamb cubes in a large shallow dish and pour soy-sauce marinade over them. Set in refrigerator



- 2 pkgs. apple-flavored gelatin
- 2 cups very hot water
- 1 cup cold water
- ¼ cup lemon juice
- ½ cup chopped celery
- ½ cup (about 2 oz.) chopped walnuts
- 1 medium-size red apple
- ¾ cup mayonnaise

1. Lightly oil a 1½-qt. mold with salad or cooking oil (not olive oil); drain.
2. Empty gelatin into a bowl. Add the very hot water and stir until gelatin is completely dissolved. Stir in the cold

to marinate several hours or overnight. Turn occasionally. Set pineapple chunks in refrigerator.

2. Remove meat from marinade with slotted spoon and drain. Reserve marinade for basting kabobs during cooking. Alternately arrange meat pieces and the reserved pineapple chunks on four 8-in. skewers. Brush with marinade.
3. Set temperature control of range at Broil (500°F or higher). Arrange kabobs on broiler rack and place in broiler with tops of kabobs about 3 in. from source of heat. Broil 15 to 20 min., turning several times and brushing frequently with marinade. Test for doneness by cutting a slit in meat cubes and noting color of meat. Serve kabobs on fluffy cooked rice with the Orange Barbecue Sauce. 4 servings

Orange Barbecue Sauce

GOOD FOR FREEZING

- ¼ cup firmly packed brown sugar
- ½ teaspoon dry mustard
- ⅛ teaspoon ground cloves
- ½ teaspoon Worcestershire sauce
- ½ cup chopped onion
- 1½ teaspoons grated orange peel (grated through color only)
- ½ cup orange juice
- ¼ cup catsup
- 1½ cups water

- Mix all ingredients together in a heavy saucepan. Bring to boiling, stirring until sugar is dissolved. Reduce heat; simmer uncovered about 30 min., stirring occasionally. About 2¼ cups sauce

Two-Layer Waldorf Salad

water and lemon juice. Cool. Pour about one-third of the gelatin mixture into the prepared mold. Chill in refrigerator until partially set.

3. Chill remaining gelatin mixture in refrigerator or in pan of ice and water until slightly thicker than consistency of thick, unbeaten egg white. If chilled in refrigerator, stir occasionally; if chilled over ice and water, stir frequently.
4. Meanwhile, prepare the chopped celery and walnuts. Wash, quarter, core, and chop the apple.
5. When second gelatin mixture is of desired consistency, blend in the mayon-



naise. Mix in the celery, walnuts, and apple.

6. When first layer in mold is partially set, immediately spoon the fruit-gelatin mixture over it. (Both layers should be of almost the same consistency when combined to avoid separation when unmolded.) Chill in refrigerator until firm.
7. To unmold, run tip of knife carefully around edge of mold. Invert onto a chilled serving plate and remove mold. (If necessary, wet a clean towel in hot water and wring it almost dry; wrap hot towel around mold for a few seconds. If mold does not loosen, repeat.) 8 to 10 servings