

MELANIE DE PROFT, Director, Culinary Arts Institute

**Family
Weekly
Cookbook**

Avocado-Cottage Cheese Dip

TO PREPARE: 12 MIN.

- 1 large ripe avocado
- 1/2 cup cottage cheese with chives
- 1 1/2 tablespoons minced parsley
- 1 teaspoon grated onion
- 1/4 teaspoon salt
- 1/4 teaspoon white pepper
- 1/4 teaspoon seasoned salt

1. Rinse avocado, cut into halves lengthwise, and remove pit. Scoop out meat and put into a bowl. Add the cottage cheese

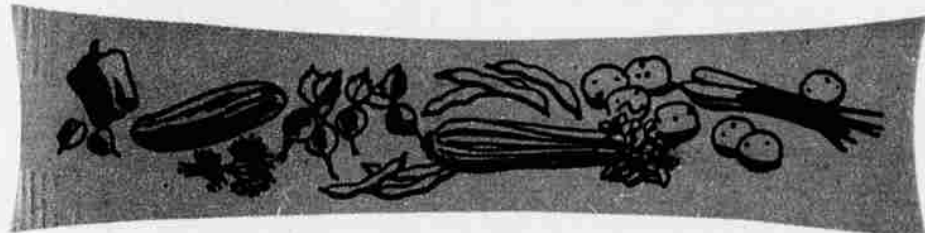
and mash with a pastry blender or fork.
2. Add parsley, onion, salt, pepper, and seasoned salt; blend thoroughly. Serve as a dip with crisp crackers or potato chips.

About 1 cup dip

Note: Dip may tend to darken in color if left standing for a long period.

Pear-Avocado Salad

Line chilled plates with crisp salad greens. Arrange chilled pear halves, cut side up, on greens. Spoon Avocado-Cottage Cheese Dip over pears.



A \$10 PRIZE-WINNING RECIPE
from a FAMILY WEEKLY reader
Mrs. Wilder Patterson, Meridianville, Ala.

Springtime Potatoes

CONVENIENCE FOOD RECIPE

TO PREPARE AND COOK: 15 MIN.

- 1 1-lb. can potatoes
- 1/3 cup chopped cucumber, pared
- 2 tablespoons chopped green pepper
- 2 tablespoons sliced radishes
- 1 1/2 tablespoons chopped green onion
- 1 teaspoon salt

- Few grains black pepper
- 1/2 cup thick sour cream

1. Heat potatoes thoroughly; drain.
2. Mix remaining ingredients together in a saucepan. Heat over low heat, stirring frequently (do not boil).
3. Pour sour-cream mixture over hot potatoes; toss lightly to coat evenly. Serve immediately. About 4 servings

A \$10 PRIZE-WINNING RECIPE
from a FAMILY WEEKLY reader
Mrs. Sherman Dickinson,
Santa Rosa, Calif.

Flavorful Green Beans

CONVENIENCE FOOD RECIPE

TO PREPARE: 13 MIN.

- 2 tablespoons butter or margarine
- 2 tablespoons minced celery
- 1/2 cup instant minced onion
- 1/4 cup minced parsley
- 1/2 clove garlic (thin, papery outer skin removed), crushed in a garlic press or minced
- 1/2 teaspoon salt
- 1/4 teaspoon rosemary
- 1/4 teaspoon sweet basil
- 1 10-oz. pkg. frozen French-style green beans

1. Heat butter in a saucepan. Add celery and cook until just tender, occasionally moving and turning with a spoon.
2. Blend in the onion, parsley, garlic, salt, rosemary, and basil. Simmer 10 min.
3. Meanwhile, cook green beans according to directions on package. Drain.
4. Add parsley mixture to green beans and toss lightly to mix thoroughly. Serve immediately. About 4 servings

A \$10 PRIZE-WINNING RECIPE
from a FAMILY WEEKLY reader
Mrs. Melvin Wiese, Emerson, Neb.

Butterscotch Cookies

CONVENIENCE FOOD RECIPE GOOD FOR FREEZING

TO PREPARE: 10 MIN. TO BAKE: 10 MIN.

- 1/2 cup butter
- 1/2 teaspoon vanilla extract
- 1 egg, well beaten (until thick and piled softly)
- 1 pkg. butterscotch cake mix
- 1/2 cup (about 2 oz.) coarsely chopped walnuts
- 1/2 cup coarsely chopped dark seedless raisins

1. Cream together the butter and vanilla extract until butter is softened.
2. Add beaten egg in thirds, beating thoroughly after each addition.
3. Blend in the cake mix. Mix in the nuts and raisins. Beat until mixture is thoroughly blended.
4. Shape dough into balls of about 1-in. diameter. Place on ungreased cookie sheets about 2 in. apart. Using the back of a fork, flatten cookies.
5. Bake at 375°F about 10 min. Remove cookies to cooling racks with a spatula. About 5 1/2 doz. cookies

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