A "Feastival" of Favorites

A cookbook designed for use by persons who are diabetic and/or who are concerned about their overall fat intake

For credit in Honors 499
(Thesis Project)

by

Amy Harner

Thesis Advisor

Corine Carr
Department of Home Economics

Colleen M. Carr, MA, RD

Ball State University
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Thesis Summary

The methods by which I designed my thesis project were based upon procedures I learned in my Health Science classes at Ball State University. I began with a “brainstorming” session with my mentor Corine Carr. I already knew I wanted to design a cookbook, however, I did not know for whom I would design a cookbook, or where to begin such a task. During our first meeting, we determined a cookbook for the general public, with diabetic exchanges, would be a good starting place.

From this starting place, we decided to define the population for which we were interested in designing the cookbook. We decided the target population for the cookbook would be the middle to upper socioeconomic sector of the population, specifically those who had an interest in diabetic exchanges and/or low fat options. From this definition, I decided to develop a questionnaire (copy of survey enclosed), which would be anonymous in design, and which would assess the community interest in such a cookbook. Three drafts of this survey were done to ensure clarity, brevity, and legibility.

Once the survey was designed, we decided that the best and most convenient opportunity for gaining access to the target population was through grocery store solicitation. I decided to conduct my survey in three different grocery stores here in the Muncie community. These were, Ross, Wise, and Marsh. After deciding which location(s) to conduct my survey in I contacted these stores to gain their approval for my utilization of their facilities. After several corporate calls and local store visits, I was able to schedule appointments to conduct the survey at each store. My goal was to collect 25 responses to the survey, from each grocery store. In getting permission to use each of the three stores, I was informed that I would not be allowed to approach customers with my survey, and that I would have to get their attention using a table to display my survey and its purpose.
After another session, Corine and I decided that free food would probably solicit the most responses to my survey in the least amount of time. With this in mind, I designed a posterboard sign which read "A FREE Cookie for Your Thoughts" and baked several dozen chocolate chip cookies. I learned from several hours of experience without them, that signs stating my project was a "Ball State project" increased the number of responses I received in a shorter amount of time. Each store provided a table and an area in which I could display my materials. From the participating stores, I received a total of 72 surveys which I could use to assess the community interest in a cookbook.

Twenty surveys were also collected through a Diabetic Support Group in Indianapolis, to determine whether or not there was interest from the diabetic population concerning a cookbook. Calls were also made to several bookstores in the Muncie area to determine the types of cookbooks which were popular in the general book buying public at this time.

There were a total of 92 responses to the survey, including the 20 from the diabetic group. The distribution between male and female respondents was fairly even. The median age range of respondents was 36-45. Eighty percent of the respondents wanted a multiple item cookbook. The most overwhelming statistic was in regard to the question concerning low fat options or alternatives. Ninety-eight percent of the respondents were interested in seeing low fat options or alternatives included in the cookbook. From these results, the recipes were collected. The substitution list, which was created by my mentor Corine Carr, was obtained during the recipe collection process.

Recipes were gathered from mostly family and friends during the time of the survey process. These recipes were mostly accessed through the mail and personal collection from relatives. Each recipe was analyzed using the West Diet Analysis
program, and was only observed for fat content and diabetic exchange information. From this information, I was able to design a format for each recipe, which is relatively easy to read and understand. Recipes were then divided into four categories: 1) appetizers, 2) salads, 3) entrees, and 4) desserts. Once divided into categories, recipes were entered into cookbook format using the MacWrite II word processing program. Once entered, the recipes were edited and revised. At this point, a bound copy was made to show many of the recipe participants how the design looked at this time. Revisions including names, recipe ingredients and instructions, and typographical errors were done. A copyright application was also obtained at this time (copy enclosed).

During the beginning stages of developing the cookbook, I had been encouraging a friend of my roommates, who is an Art major, to sketch a design for the cover of this project. After only one meeting, we agreed on a design and made a few modifications before putting it in a final copy format. This colorful design encouraged me to continue developing this cookbook and has “obligated” me to complete this work.

Revisions have continued to be a large part of the process in finishing this cookbook effort. Title pages, order forms, page numbering and overall design revisions are just a few of the final stages which were conducted. Thank you letters went out to all recipe participants as well as the three stores who assisted my beginning research efforts. A copy of the copyright application was submitted once final binding efforts were completed. Community support and interest has been demonstrated in all areas of this thesis, and have often been instrumental in completing this project. I believe this cookbook is one of the best projects I have undertaken at Ball State University, and I believe it will be the highlight in my portfolio and will be used often in my future career endeavors.
Cookbook Survey

The following is a questionnaire designed to determine the need for developing a cookbook for people on a diabetic diet as well as for the general public. Items included in the cookbook will be computer analyzed to determine the diabetic diet exchanges of the foods. (This project is being conducted by a Ball State University student as a thesis project.)

Directions: Please circle all responses which apply.

1. My age is: 15-25 26-35 36-45 45+
2. I am a: male female
3. I would prefer a cookbook on:
   a single item several items
4. I would like the following included in a cookbook:
   appetizers entrees desserts salads
   vegetables soups breads beverages
   other
5. I would like to see low-fat options or alternatives included with each recipe:
   yes no

Thank you for your cooperation!
DO NOT WRITE ABOVE THIS LINE. IF YOU NEED MORE SPACE, USE A SEPARATE CONTINUATION SHEET.

TITLE OF THIS WORK ▼

A "Feastival of Favorites"

PREVIOUS OR ALTERNATIVE TITLES ▼

PUBLICATION AS A CONTRIBUTION If this work was published as a contribution to a periodical, serial, or collection, give information about the collective work in which the contribution appeared. Title of Collective Work ▼

<table>
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NAME OF AUTHOR ▼

Amy Farner

DATES OF BIRTH AND DEATH

Year Born ▼ 11/14/71  Year Died ▼

AUTHOR'S NATIONALITY OR DOMICILE

Name of Country United States

Was this author's contribution to the work a "work made for hire"?

Yes ▼  No ▼

NATURAL OF AUTHORSHIP Briefly describe nature of material created by this author in which copyright is claimed. ▼

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YEAR IN WHICH CREATION OF THIS WORK WAS COMPLETED

1975

DATE AND NATION OF FIRST PUBLICATION OF THIS PARTICULAR WORK

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TWO DEPOSITS RECEIVED

TRANSFER (If the claimant(s) named here in space 4 is/are different from the author(s) named in space 2, give a brief statement of how the claimant(s) obtained ownership of the copyright. ▼

CRYPTOCLAMT(S) Name and address must be given even if the claimant is the same as the author given in space 2. ▼

Amy Farner

3110 St. James Court

Bloomington, IN 47401

MORE ON BACK ▼

- Complete all applicable spaces (numbers 5-11) on the reverse side of this page
- See detailed instructions
- Sign the form at line 10

DO NOT WRITE HERE
A "Feastival" of Favorites
A "Feastival" of Favorites

A cookbook designed for use by persons who are diabetic and/or who are concerned about their overall fat intake

Prepared and designed by: Amy Harner
Cover designed by: Brian Fry
Copyright March 1995
Exchange Information

* All exchanges were done using the American Diabetic Association exchange guidelines, which are as follows:

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<tr>
<th></th>
<th>Carbohydrate</th>
<th>Protein</th>
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<tr>
<td>Fat</td>
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<tr>
<td>Milk (skim)</td>
<td>12</td>
<td>8</td>
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</tbody>
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*All listings are in grams/serving

#Trace amounts per serving

Author's Notes

*All recipes used in this cookbook are not intended for reproduction in large quantities.

*Low fat exchanges are only accurate if all recommendations for each recipe are followed.

*Recipes were recorded as accurately as possible. Some recipes may not produce the quantity listed as a result of recording errors.

*Feel free to experiment with the low fat suggestions and try new ones.
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Appetizers & Sides
Spinach Balls

2 lg onions chopped
2 pkg frozen spinach
1/2 cup parmesan cheese
*3/4 cup butter
2 cup herb stuffing mix
1 T pepper
1/4 t thyme
1T accent
1T garlic powder


Makes 15 1” balls

Exchange: 1 ball = 1 vegetable + 2 fat

*Use margarine instead of butter to reduce cholesterol.

Noodles

From the kitchen of: Joy Stephens

2 eggs
2 T water
1/2 t salt
1 t oil
1 1/2 cup flour

Blend together, with a fork, egg, water, and oil. Add salt and flour slowly. Blend together and roll out thin on a floured surface. Let dry and cut.

Serves 8

Exchange: 1/2 cup = 1 bread

Cerviche

3/4 lb red snapper* skinned and cubed
3/4 lb shrimp, shelled & halved
1 1/2 cup lime juice, fresh
1/2 cup vegetable juice
3 cloves garlic, minced
3 jalapeno peppers, fresh
1 med. cucumber
1 lg. tomato, diced
1 red onion, chopped
7 radishes, chopped
20 green olives
1/4 cup cilantro
1/2 t cayenne pepper
salt and pepper to taste

In a glass or plastic bowl, combine fish, shrimp and lime juice together. Mix well and place in refrigerator overnight. The next day, combine fish mixture with all other ingredients. Set in refrigerator for 3-4 hours. Serve with tortilla chips.
Serves 8

**Exchange:** 1/3 cup = 2 meat

* Any firm fleshted fish may be used including haddock and halibut.

**Bourbon Hot Dogs**
From the kitchen of: Joy Stephens

*2 lb hot dogs
1/2 cup brown sugar
3/4 cup bourbon
1 1/2 cup catsup

Heat brown sugar, bourbon and catsup together. Cut hot dogs into 1" pieces and stir into sauce. Bake at 350 degrees for one hour.

Serves 10

**Exchange:** 6 pieces = 2 meat + 1 fruit + 3 fat

*Use turkey hot dogs or reduced fat hot dogs to reduce fat in recipe

**Low fat exchange:** 6 pieces = 2 meat + 1 fruit + 2 fat

**Cheese Log**
From the kitchen of: Joy Stephens

*1/2 lb Velveeta cheese spread
1/2 lb sharp cheddar cheese
*3 oz cream cheese
1 t salt
1/8 t garlic
1/2 cup chopped pecans


Serves 10

**Exchange:** 2T = 1 meat + 3 fat

*Use Velveeta light, and low or non-fat cheddar and cream cheese to reduce fat in recipe

**Low fat exchange:** 2T = 1 meat + 2 fat
Bread Dressing
From the kitchen of: Carolyn Morrison

10 cup bread, cubed
1/2 t paprika
1/2 t marjoram
1/2 cup onion
1/2 cup broth
*2 eggs
1/2 t pepper
1/2 t thyme
1 cup celery, chopped
2 cup water
*7 T butter

Combine all ingredients, except bread. Pour mixture over bread. Bake at 300 degrees for 20-30 minutes.

Serves 4

Exchange: 1/2 cup = 1 bread + 1 fat

*Use margarine and cholesterol free egg substitute to reduce cholesterol in recipe

Hankie Pankles
From the kitchen of: Debbie Bulloff

*1 lb ground beef
*1 lb ground sausage
*1 lb Velveeta cheese
1 t Worcestershire sauce
1/2 t garlic salt
1 loaf party rye bread

Brown meats. Drain fat. Mix other ingredients into meats. Spread 1 tablespoon of the mixture onto pieces of rye bread. Broil until bubbly (5 min.).

Serves 15

Exchange: 2 pieces bread with topping = 2 bread + 2 meat + 3 fat

*Use lean ground beef, lean sausage, and light Velveeta cheese to reduce fat in recipe

Low fat exchange: 2 pieces bread with topping = 2 bread + 2 meat + 2 fat

Spinach Dip
From the kitchen of: Rosemary Wendling

*2 cup sour cream
*2 cup mayonnaise
2 pkg vegetable soup dip, dry
1 can water chestnuts
2 boxes frozen spinach
1 loaf pumpernickel bread, round
Mix all ingredients well and chill for 3-5 hours. Place dip in small bowl and cut out a hole in the bread to place the bowl in. Use bread from center to garnish plate and to dip with.

Serves 15-20

**Exchange:** 2 T = 2 fat

*Use non-fat sour cream and light mayonnaise to reduce fat in recipe*

**Low fat exchange:** 2T = 1 fat

**Green Chili Dip**
From the kitchen of: Rosemary Wendling

1 lg can black olives
3/4 cup green onion, chopped
1 can green chilies
2 tomatoes, fresh
1 1/2 T red wine vinegar
1/8 t hot sauce
1 t garlic salt
3 T oil

Mix all ingredients together. Serve soon after mixing, using nacho chips to scoop with.

Serves 20

**Exchange:** 1 oz chips with 2T dip = 1 bread + 2 fat

**Mushroom Crescent Rolls**
From the kitchen of: Lois Harner

1 3 oz can chopped mushrooms
*1 4 oz pkg cream cheese
1/4 t seasoned salt
1 can crescent rolls
*1 egg, beaten
1 t poppy seeds

Mix mushrooms, cream cheese, and seasoned salt. Open can of rolls and do not cut apart. Put some cream cheese mixture in a roll and roll up. Cut each roll into 8 pieces. Brush on egg and sprinkle with poppy seeds. Bake at 375 degrees for 12 minutes.

Serves 10-15

**Exchange:** 8 pieces = 1 bread + 2 fat

*Use non-fat cream cheese to reduce fat

*Use cholesterol free egg substitute to reduce cholesterol in recipe*

**Low fat exchange:** 8 pieces = 1 bread + 1 fat
Copper Pennies
From the kitchen of: Virginia Harner

2 lb sliced carrots
1 sm. onion
1 green pepper, sliced

Dressing
1 cup tomato soup
1 t worcestershire sauce
3/4 cup vinegar
1/2 cup salad oil
1 cup sugar
1 t prepared mustard

Slice carrots into coin shapes. Cook until tender. Combine with other vegetables and set aside. Mix ingredients for dressing. Pour dressing over vegetables and let set overnight.

Serves 10

Exchange: 1/2 cup = 1 vegetable + 1 fruit + 2 fat

Spicy Blueberry Muffins
From the kitchen of: Linda Hunt

1 cup flour
2 t baking powder
1/2 t nutmeg
1/2 t salt
1/4 cup vegetable oil

3/4 cup instant oats
1/2 cup brown sugar
*1 egg
*1 cup milk
1 cup fresh blueberries

Combine all dry ingredients in a bowl. Set aside. Mix all moist ingredients into the dry mixture. Pour mixture into muffin papers in a muffin tin. Bake at 400 degrees for 20 minutes. Allow to cool before serving.

Serves 6

Exchange: 1 muffin = 1 bread + 1 fruit + 2 fat

*Use cholesterol free egg substitute to reduce cholesterol in recipe
*Use skim milk to lower fat in recipe

Low fat exchange: 1 muffin = 1 bread + 1 fruit + 1 fat
Potato Casserole
From the kitchen of: Lois Harner

8 lb potatoes
*1/2 cup butter
*8 oz sour cream

1/2 cup chopped onion
*8 oz cream cheese

Cook and mash potatoes. Cook onions in butter until soft, but not browned. Add cream cheese and sour cream to onion mixture. Mix well. Add sauce to potatoes and stir together. Place in buttered 9x13 dish and bake at 350 degrees for 30 minutes. Serve immediately.

Serves 15

Exchange: 1/2 cup = 1 bread + 3 fat

*Use margarine to reduce cholesterol in recipe
*Use low fat or non-fat cream cheese and low or non-fat sour cream to reduce fat in recipe

Low fat exchange: 1/2 cup = 1 bread + 1 fat

Date-Walnut Spread

*8 oz cream cheese
1 T honey
1 T apple juice

1/2 cup chopped dates
1/2 cup chopped walnuts

Cream together cream cheese, honey and apple juice. Add dates and walnuts to cheese spread. Let it chill overnight. Serve with fruit, crackers, breads.

Serves 15

Exchange: 1 T = 2 fat

*Use low fat or non-fat cream cheese to reduce fat in recipe

Low fat exchange = 1 T = 1 fat

Rice Meatballs

1 1/2 lb ground beef
1/2 cup uncooked rice
1 t salt
1/8 t pepper

1 T grated onion
2 T chopped green pepper
1 can tomato soup
1/2 cup water
Mix meat, rice, onion, and seasonings into small balls. Drop into soup and simmer 1 1/2 - 2 hours.

Serves 8

Exchange: 3 balls = 1/2 bread + 3 meat + 1 fat

Parmesan Potatoes
From the kitchen of: Virginia Harner

*1/4 cup butter, melted 1/4 cup flour
1/4 cup parmean cheese, grated 5 med potatoes


Serves 8

Exchange: 1/2 cup = 1 bread + 1 fat

* Use margarine to reduce cholesterol in recipe

Harvard Beets
From the kitchen of: Yvonne Halstead

12 small beets, diced 1/2 T cornstarch
1/2 cup sugar 1/4 cup boiling water
2 T salad oil 1/4 cup vinegar

Mix sugar, water, oil, cornstarch, and vinegar. Boil for 5 minutes. Add diced beets. Cook over low heat for 30 minutes. Serve warm.

Serves 5

Exchange: 1/2 cup = 1 fruit + 1 vegetable

Pumpkin Bread

3 cup sugar 1 t nutmeg
1 cup oil *4 eggs
1 can pumpkin 3 1/2 cup flour
2 t baking soda 1 cup nuts, chopped
1/2 t pumpkin pie spice 1 t cinnamon
Mix all ingredients. Beat well. Pour into 1 well-greased and floured round cake pan. Bake for 1 hour at 350 degrees.

Serves 8

Exchange: 1/8 of a pan = 1 bread + 2 fruit + 2 fat

*Use cholesterol free egg substitute to reduce cholesterol in recipe
Salads
Frosted Fruit Salad
From the kitchen of: Yvonne Halstead

1 pkg lemon jello
1 pkg orange jello
2 cup hot water
1 1/2 cup cold water
1/2 cup sugar
*1/2 cup cheese, grated

4 bananas, sliced
1 no. 2 can crushed pineapple (drain)
1/2 pkg small marshmallows
2 T flour
*1 egg, slightly beaten
*1 cup whipped cream

Combine lemon and orange jello and allow to form slight gel. Combine bananas, crushed pineapple, and marshmallows. Set aside for 10 minutes. On low heat, cook pineapple juice, flour, sugar, and egg until a thin syrup is formed. Allow syrup to cool. Gently mix jello and fruit mix together. Pour into a 11X13 pan and spread syrup over jello mix. Top with whipped cream. Sprinkle grated cheese over the top of the salad. Refrigerate 1-2 hours or until serving.

Serves 15

Exchange: 1/2 cup = 2 fruit + 2 fat

*Use low fat or non-fat cheese and non-dairy whipped topping to reduce fat in recipe
*Use cholesterol free egg substitute to reduce cholesterol in recipe

Low fat exchange: 1/2 cup = 2 fruit + 1 fat

24 Hour Salad
From the kitchen of: Yvonne Halstead

*3 egg yolks
2 T sugar
2 T vinegar
2 T pineapple syrup
2 cups pineapple bits

*1 T butter
*1 cup heavy cream
2 cup white cherries
2 cup sm. marshmallows
2 med. oranges

Cook egg yolks, sugar, salt, vinegar, pineapple juice, and butter in a double boiler until thick. Allow to cool. Fold in whipped cream, cherries, marshmallows, pineapple, and oranges. Chill 24 hours.

Serves 10

Exchange: 1/2 cup = 2 fruit + 2 fat
*Use 1 yolk instead of three to reduce cholesterol
*Use 1 cup evaporated skim milk and margarine instead of heavy cream and butter to reduce fat in recipe

Low fat exchange: 1/2 cup = 2 fruit + 1 fat

21 Hour Slaw
From the kitchen of: Yvonne Halstead

2 cup sugar
1 cup white vinegar
1 t white mustard seed
1 t celery seed

Boil these ingredients for 1-3 minutes. Allow to cool.

1 med. head cabbage, shredded
1 cup celery, chopped
1 mango, chopped
2 med. onions, chopped

Combine these four ingredients and pour dressing over slaw mixture. Allow to chill 21 hours before serving.

Serves 8

Exchange: 1/2 cup = 1 vegetable + 1/2 fruit

Weeping Salad
From the kitchen of: Virginia Harner

1 med. head lettuce
1/3 cup parmesan cheese
*1 lb bacon, cooked soft
*2 cups mayonaise
1 lg. onion, chopped
1/2 cup sugar
1 med. head cauliflower, sm. pieces

Prepare the night before in a large bowl. Put lettuce in first layer, onion next, then add bacon and cauliflower. Combine mayonnaise, sugar, and cheese, and spread over the top of the layers. Refrigerate over night. Do not stir until ready to serve.

Serves 8

Exchange: 3/4 cup = 1 meat + 1 vegetable + 3 fat

*Use lean or turkey bacon and light or non-fat mayonnaise to reduce fat in the recipe

Low fat exchange: 3/4 cup = 1 meat + 1 vegetable + 1 fat
**German Potato Salad**

6 slices bacon  
4 diced potatoes, skin-on  
1 T onions, minced  
1/4 cup diced green pepper  
1/4 cup bacon fat  
1/2 cup vinegar  
1/3 cup sugar  
1 t salt

Dice bacon and fry it crisp. Cook potatoes. Combine potatoes with onion, green peppers, and bacon. Combine bacon fat, vinegar, sugar and salt. Heat bacon fat mixture and pour over potato mixture.

Serves 5

Exchange: 1/2 cup = 1 bread + 1 fat

**Lime Cheese Jello Salad**  
*From the kitchen of: Linda Hunt*

*1 lb cottage cheese  
1 sm. carton Cool-Whip  
1 sm. can crushed pineapple, drain  
1 30z pkg lime jello  
1 cup chopped celery  
1 1/2 cup sm. marshmallows  
1 cup pear, chopped  
1 cup water, boiling

Add 1 cup boiling water to jello. Add marshmallows, celery, pineapple, and pear. Mix well. Fold in whipped cream and cottage cheese. Chill 2 hours. Serve.

Serves 8

Exchange: 1/2 cup = 1 fruit + 3 fat

*Use low or non-fat cottage cheese to reduce fat in recipe*

Low fat exchange: 1/2 cup = 1 fruit + 1 fat

**Green Chicken Salad**

3 cup diced chicken, cooked  
3 cup celery, chopped  
3 cup green onion, chopped  
1/3 cup French dressing  
*1/2 cup mayonaise  
*1/2 cup sour cream  
1/3 cup slivered almonds  
*1/2 cup cheddar cheese, shredded

Marinate chicken in French dressing for 1 hour. Combine mayonaise and sour cream. Add to chicken and mix well. Add vegetables and stir together. Mix well and chill thoroughly. Add cheese and almonds just before serving.
Serves 6

Exchange: 1/2 cup = 2 meat + 1/2 vegetable + 3 fat

*Use low or non-fat sour cream, mayonnaise, and cheddar cheese to reduce fat in the recipe

Low fat exchange: 1/2 cup = 2 meat + 1/2 vegetable + 1 fat

Spinach Salad

8 oz spinach, raw leaves
*1/2 cup sour cream
2 eggs, hard boiled

Chop eggs and combine with sour cream. Heat for 5-7 minutes on low heat, watch to be sure sour cream doesn’t scorch. Allow to set for 3-5 minutes. Pour mixture onto well-rinsed spinach leaves. Mix well.

Serves 2

Exchange: 1/2 salad = 1 vegetable + 2 meat + 3 fat

*Use low or non-fat sour cream to reduce fat in recipe

Low fat exchange: 1/2 salad = 1 vegetable + 2 meat + 1 fat

Panned Carrots
From the kitchen of: Dolores Brinson

2 T bacon fat
3 cup sliced carrots, raw
1 sm. onion, chopped
1 t brown sugar
1/2 t salt


Serves 3

Exchange: 1 cup = 2 vegetables + 1 fat
Hot Potato Salad
From the kitchen of: Linda Harner

8 med. potatoes  
*1 lb Velveeta, cubed  
*7 slices bacon, crisp  
1 med. onion, chopped  
*1 cup mayonaise  
1/2 sm. jar green olives, chopped

Boil potatoes, peel and dice. Add cubed Velveeta, onion, and mayonaise. Mix well. Put crumbled bacon and chopped olives over the top of the potato mixture. Bake covered at 325 degrees for 1 hour.

Serves 12

Exchange: 3/4 cup = 1 1/2 bread + 1 meat + 3 fat

*Use Light Velveeta, lean or turkey bacon, and low or non-fat mayonaise to reduce fat in recipe

Low fat exchange: 3/4 cup = 1 1/2 bread + 1 meat + 1 fat

Shoe Peg Salad
From the kitchen of: Nan Brooks

1 sm. can peas, drained  
1 can whole kernel corn, drained  
1 can French style green beans, drained  
1 sm. jar pimentos  
1 sm. onion, chopped  
1 green pepper, chopped  
1 cup celery, chopped

Combine above ingredients. Set aside.

1 cup sugar  
3/4 cup vinegar  
1 t salt  
1/2 cup oil  
1 t black pepper

Combine above 5 ingredients. Pour over vegetable medley. Marinate 24 hours.

Serves 6

Exchange: 1/2 cup = 1 bread + 2 fruit + 1 vegetable + 2 fat

Jello Salad
From the kitchen of: Virginia Harner

1 pkg lime jello  
1 cup water  
1 sm. can pineapple, chunks  
15 grapes
1 cup cola
*3/4 cup cheddar cheese, shredded
1 stalk celery, chopped
*1 cup mayonnaise type salad dressing

Combine lime jello and boiling water in 9x9 pan. Allow to partially set. Add cola, pineapple, and celery. Let fully set. Spread mayonnaise over the top of the salad. Sprinkle with grated cheese. Chill for 1 hour.

Serves 6

Exchange: 1/6 pan = 1 fruit + 3 fat

*Use low or non-fat cheddar cheese and light or non-fat mayonnaise to reduce fat in recipe

Low fat exchange: 1/6 pan = 1 fruit + 1 fat

Three Bean Salad
From the kitchen of: Virginia Harner

1 sm. can green beans
1 sm. can yellow wax beans
1 sm. can dark red kidney beans
1/2 cup green pepper, chopped
1 med. onion, sliced

Combine all vegetables in one bowl. Set aside.

Dressing
3/4 cup sugar
2/3 cup vinegar
1/3 cup salad oil
3/4 t pepper
3/4 t salt

Pour over vegetables. Allow to set 6-8 hours.

Serves 6

Exchange: 1/2 cup = 1 1/2 bread + 2 fruit + 1 vegetable + 2 fat

Frozen Fruit Salad
From the kitchen of: Patricia Schneider

2 cup sugar
3 cup water
Boil and cool.
1 can 12 oz frozen orange juice
1 1/2 cup Boones Farm Country Quencher Wine
1 lg can crushed pineapple, undrained
1 cup marischino cherries, drained
1 large can fruit cocktail, drained

Combine all ingredients. Place in freezer. Stir every 30 minutes, until mixture is frozen. Just before mixture freezes, add 6 sliced bananas and stir. Remove from freezer about an hour before serving. (Takes 4-5 hours to freeze).

Serves 8

Exchange: 1/2 cup = 2 fruit

**Pretzel Salad**

*3/4 cup butter
1 pkg frozen strawberries, in syrup
*1 8 oz whipped cream
*1 8 oz pkg cream cheese
1 cup sugar

Cream butter and brown sugar. Mix with pretzels. Pack in lightly greased 9x13 pan. Bake at 350 degrees for 10 minutes. Let cool. Cream cream cheese and sugar. Fold in whipped cream and spread mixture on crust. Make jello and add slightly thawed strawberries to jello while still hot. Cool until almost set. Pour over cream cheese mixture in crust and refrigerate over night.

Serves 10

Exchange: 1/10 pan = 1 fruit + 4 fat

*Use non-dairy whipped cream, and low or non-fat cream cheese to reduce fat in recipe
*Use margarine instead of butter to reduce cholesterol in recipe

**Low fat exchange: 1/10 pan = 1 fruit + 2 fat**

**Cranberry Salad**

From the kitchen of: Virginia Harner

1 pkg orange jello
1 cup crushed pineapple
1 cup cranberries
1 med. apple
1 med. orange
1 cup sugar
1/2 cup walnuts
Grind cranberries and add sugar. Set aside. Grind apple and orange (without seeds). Make orange jello as directed on package. Use no more than 1 cup water. Combine all ingredients. Chill in refrigerator until ready to serve.

Serves 10

Exchange: 2/3 cup = 2 fruit
Entrees
Soy-Honey Glazed Chicken Breasts
From the kitchen of: Linda Hunt

1/2 cup soy sauce
1/4 cup minced green onion
2 T dry sherry
1 T honey
2 t minced garlic
2 t grated ginger root
4 chicken breasts, skinned, boneless

Mix all ingredients, except chicken, in a small bowl. Dip chicken in sauce, then put in plastic bag (freezer size) with remaining sauce. Marinate for 30-60 minutes.

Place breasts on grill, thick side down. Grill chicken 4" above hot coals for 25 minutes. Turn as needed. Constantly baste with sauce. Save remaining sauce to serve with cooked chicken breasts.

Serves 4

Exchange: 1 breast = 3-4 meat*

*Weigh to get accurate exchange

Mexi call One Dish
From the kitchen of: Rosemary Wendling

*3 cup sour cream
2 4 oz cans diced green chillies
1 T Worchester sauce
4 cup cooked long grain rice
*1 lb monterey jack cheese, diced
*3/4 cup cheddar cheese, grated

Combine sour cream, chillies, and Worchester sauce. Spread half of the rice in a 9 x 9 dish. Layer with sour cream mixture and cheeses. Repeat layering (3 times). Bake at 350 degrees.

Serves 8

Exchange: 1/2 cup = 1 bread + 4 fat

*Use low or non-fat sour cream, and low or non-fat cheeses to reduce fat in recipe

Low fat exchange: 1/2 cup = 1 bread + 2 fat
Shrimp and Rice Delight

2 T vegetable oil
1 cup cooked shrimp, peeled
*2 eggs, scrambled in small pce.
1 cup chicken broth
1 cup cooked peas
2 T onion, chopped
1 1/3 cup minute rice, uncooked
1 3 oz can mushrooms
1 t soy sauce


Serves 4

Exchange: 1 cup = 2 bread + 2 meat + 2 fat

*Use cholesterol free egg substitute to reduce cholesterol in recipe

Louisiana Red Beans and Rice
From the kitchen of: Linda Hunt

1 lb red beans, uncooked
8 oz ham hock
2 qt water
1 t salt
3 cup chopped onions
1 cup green onions, chopped
3 cloves garlic, minced
1/4 t oregano

1 cup chopped green pepper
1 cup parsley, minced
1 t red cayenne pepper, optional
1 t black pepper
1/8 t hot sauce
1 T Worcestshire sauce
1 8 oz can tomato sauce
1/4 t thyme

Soak red beans overnight. Put beans, drained, and ham hock, in large kettle. Add water and salt. Bring to a boil. Cook on low heat for 2 hours, or until beans are tender and the liquid is thick. Serve over steamed rice.

Serves 5

Exchange: with 1/2 cup rice = 2 bread + 2 vegetable + 1 1/2 meat

Beer Steak
From the kitchen of: Yvonne Halstead

2 1/2 lb round steak
2 T vinegar
1 cup carrots, chopped
1 t sugar
1 cup beer
2 cups onion soup
1/4 t thyme

1/4 cup tomato sauce
2 stalks celery
1/4 cup oil

Pound steak with hands or small juice glass. Brown in hot oil. Place meat in roaster pan. Combine drippings with remaining ingredients. Beat together and pour over the top of the meat. Cover and bake in a 300 degree oven for 3 hours. Serve over rice or pasta.

Serves 8-10

Exchange: 1 oz meat with 1/2 cup vegetables = 1 meat + 1 vegetable

Broiled Orange Roughy

3-4 orange roughy fillets
1/2 cup bread crumbs
2 T margarine

Sprinkle bread crumbs over fillets and pour margarine over the fillets. Place under the broiler for 7-10 minutes or until bread crumbs become dark brown in color. Do not turn. Fish should flake easily when lifted with a fork.

Serves 4

Exchange: 3 oz fish = 3 meat + 1 fat

Chicken with Pea Pods

From the kitchen of: Linda Hunt

2 T vegetable oil
1 cup diced chicken breast
2 T soy sauce
1/2 cup sliced water chestnuts
1/4 cup sliced fresh mushrooms

2 cup fresh pea pods
1 clove garlic, crushed
1 T cornstarch
1/4 cup water

Stir fry garlic and chicken in oil over high heat. When chicken turns white (3 min.) add soy sauce and cook for another 5 minutes. Add pea pods, mushrooms, and water chestnuts; cover and simmer 3 minutes. Combine cornstarch with 1/4 cup water and add to other ingredients. Cook for an additional minute while stirring.

Serves 4

Exchange: 1/4 mixture = 1 meat + 1 fat + 2 vegetable
Polish Potato Stew

6 med. potatoes
8 oz polish sausage
1/4 cup onion
2 cup milk
1/2 t tarragon
1/4 cup fresh chives

Place potatoes in large pan on the stove, using just enough liquid (you may need to add water to existing milk required) to cover the potatoes. Cook 30 minutes, on low heat, or until potatoes are done. Let set overnight. Stir gently and often, just before serving.

To thicken, combine 2 T flour and 1/2 cup milk to mixture, only if needed.

Serves 6-8

Exchange: 1 cup = 2 bread + 1 meat + 1 fat

Zucchini Sausage Special

*8 oz ground sausage
1 1/2 lb zucchini
1/2 cup dry bread crumbs
1/2 cup grated parmesan cheese
*2 eggs

*1/2 cup milk
1/2 t salt
1 clove garlic
1/2 t oregano

Mix zucchini, sausage, bread crumbs, and spices together. Pour milk, eggs, and cheese into mixture. Knead all ingredients together. Place in 9x9 baking pan and bake 45 minutes at 325 degrees. Check to see that moist but not mushy in appearance to determine doneness.

Serves 4

Exchange: 1/4 pan = 1/2 bread + 2 meat + 2 fat

*Use lean sausage and skim milk to reduce fat in recipe
*Use cholesterol free egg substitute to reduce cholesterol in recipe

Low fat exchange: 1/4 pan = 1/2 bread + 2 meat + 1 fat

Chicken and Noodles

4 chicken breasts, skinless, diced
1/2 pkg noodles, cooked
1 onion, thin sliced
1 small can chicken broth

Exchange: 1/2 bread + 1 meat + 1 fat
* 1 pt sour cream
* 2 T butter

Saute onions in butter until soft. Lay raw chicken pieces on onions and let simmer on low heat until tender (1 1/2-2 hours). Turn frequently to achieve even color of chicken pieces. Cook noodles in broth until tender (10 minutes). Drain well. Combine noodles, chicken mixture, and sour cream. Cook on low heat for 15 minutes. Allow to cool 5 minutes, then serve.

Serves 6

Exchange: 1 cup = 2 meat + 1 bread + 2 fat

* Use low or non-fat sour cream to reduce fat in recipe
* Use margarine to reduce cholesterol in recipe

Low fat exchange: 1 cup = 2 meat + 1 bread + 1 fat

Hamburger Chop Suey
From the kitchen of: Suzanne Harden

* 1 lb ground beef
1 cup celery, chopped
1 pkg dry onion soup mix
1/2 cup chow mein noodles

* 1 can cream mushroom soup
1 can chicken rice soup
1 can chop suey vegetables

Brown hamburger with celery and soup mix. Pour mushroom soup, chicken rice soup and vegetables into ground beef mixture. Place mixture in a casserole dish. Sprinkle chow mein noodles on top of mixture. Bake at 325 degrees for one hour. Yields 2 quarts.

Serves 8

Exchange: 1 cup = 1 bread + 2 meat + 2 fat

* Use lean ground beef and low fat options of soup (if available) to reduce fat in recipe

Low fat exchange: 1 cup = 1 bread + 2 meat + 1 fat

Baked Spaghetti
From the kitchen of: Virginia Harner

1 lb cooked spaghetti
* 16 oz mozzarella cheese

* 1 qt plus 1 pt spaghetti sauce
4 oz sliced pepperoni
Brown and drain hamburger. Add soup, spaghetti sauce, and spices. Simmer for 45 minutes. Layer spaghetti, sauce, and cheese in two 9 x 9 pans, until you use each up. Top with pepperoni slices. Bake at 325 degrees for 45 minutes or until cheese is melted.

Serves 8-10

Exchange: 1/4 pan = 2 bread + 3 vegetable + 4 meat + 5 fat

*Use low or non-fat mozzarella, lean hamburger, low fat spaghetti sauces, and low fat cheddar cheese soup (if available) to reduce fat in recipe

Low fat exchange: 1/4 pan = 2 bread + 3 vegetable + 4 meat + 3 fat

Mexican Enchillada Dish
From the kitchen of: Virginia Harner

*1 lb ground beef
1 can mild enchillada sauce
*6 T milk
1 pkg tortillas
*1 6 oz pkg american cheese slices

Brown hamburger. Place 4 tortillas in an 8x8 pan. Pour 1/2 hamburger mixture over tortillas. Combine milk and enchillada sauce. Pour 1/2 mixture on top of ground beef. Top with four slices american cheese. Repeat layering process and bake in 350 degree oven for 45 minutes.

Serves 8

Exchange: 1/8 pan = 2 bread + 3 meat + 2 fat

*Use lean ground beef, skim milk, and low or non-fat cheese to reduce fat in recipe

Low fat exchange: 1/8 pan = 2 bread + 3 meat + 1 fat

Chicken Cordon Bleu-Grass
From the kitchen of: Debra Ikerd

1 pkg frozen chopped spinach
1 4 oz can water chestnuts, drained
4 chicken breasts, skinless
*4 slices bacon
*3/4 cup sour cream
1/2 pkg dry veg. soup mix
*4 oz softened cream cheese

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Mix spinach, waterchestnuts, cream cheese, sour cream, and soup mix. Wrap each breast, in mixture and, using toothpicks, surround each breast with a slice of bacon. Bake at 350 degrees for 30 minutes covered. Uncover and bake for another 30 minutes.

Serves 4

Exchange: each breast = 3 meats + 1 vegetable + 3 fat

*Use lean or turkey bacon, and low fat or non-fat sour cream and cream cheese to reduce fat in recipe

Low fat exchange: each breast = 3 meat + 1 vegetable + 2 fat

Sausage & Egg Casserole
From the kitchen of: Debra Ikerd

*6 eggs
*2 cup milk
2 slices bread, cubed
1 t salt
*1 lb sausage, browned
1 t dry mustard
1 med. onion, chopped
*1 cup cheddar cheese, shredded
1 10 oz pkg chopped broccoli

Beat eggs, milk, and dry mustard. Pour into greased 9x13 pan. Combine remaining ingredients and place in the pan. Refrigerate overnight. Bake at 350 degrees for 1 hour.

Serves 10

Exchange: 1/10 pan = 2 meat + 3 fat

*Use lean sausage, skim milk, and low or non-fat cheddar cheese to reduce fat in recipe
*Use cholesterol free egg substitute to reduce cholesterol

Low fat exchange: 1/10 pan = 2 meat + 1 fat

Pizza Casserole
From the kitchen of: Thelma Thompson

*1 lb hamburger
2 sm. jars pizza sauce
1 small diced onion
*1 pkg mozzarella cheese, shredded
1 12 oz pkg noodles
*1 can cheddar cheese soup
Brown meat and drain. Cook noodles and drain. In casserole dish, combine noodles, meat, pizza sauce, and soup. Bake at 350 degrees for 15 minutes. Add mozzarella cheese and cook another 15 minutes.

Serves 7

Exchange: 1 cup = 1 bread + 1 vegetable + 3 meat + 3 fat

*Use lean hamburger, low or non-fat mozzarella, and low fat cheddar cheese soup to reduce fat in recipe

Low fat exchange: 1 cup = 1 bread + 1 vegetable + 3 meat + 2 fat

Hamburger Cheese Delight
From the kitchen of: Thelma Thompson

*1 lb ground beef
1 med. onion
2 8 oz cans tomato sauce
1 t salt
1 t sugar
1/3 cup green onions
1/4 t garlic
1/4 t pepper
4 cup noodles, uncooked
*1 cup cottage cheese
*1/4 cup sour cream

Cook beef and onion until brown. Stir in tomato sauce, salt, sugar, garlic, and pepper. Remove from heat. Cook noodles and drain them. Combine cottage cheese, sour cream, and onions. Spread half of the noodles in 11x7 baking dish. Pour half of hamburger mixture over noodles. Top with cheese mixture. Repeat layering. Bake at 350 degrees for 30 minutes.

Serves 10

Exchange: 1 cup = 2 bread + 2 meat + 3 fat

*Use lean ground beef, low fat cottage cheese, and low or non-fat sour cream to reduce fat in recipe

Low fat exchange: 1 cup = 2 bread + 2 meat + 1 fat

Chicken and Rice Casserole

1 pkg long grain wild rice
*1 can cream mushroom soup
2 cup water
6 chicken breasts, skinless
Place rice in bottom of baking dish. Put chicken breasts on top of rice. Mix soup and water and pour over chicken and rice. Cover and bake at 325 degrees for 2 hours.

Serves 6

Exchange:  1 breast + 1 cup rice mixture = 2 bread + 3 meat + 2 fat

*Use Healthy Choice or Special Request cream soups to reduce fat in recipe

Low fat exchange: 1 breast + 1 cup rice mixture = 2 bread + 3 meat + 1 fat

Ham Loaf
From the kitchen of: Thelma Thompson

*1 lb pork, ground
*1 lb ham, ground
*2 eggs
1 cup cracker crumbs
*1 cup milk

Sauce mix:
1 cup brown sugar
1/2 cup cranberry juice
1 T dry mustard

Mix together ham, pork, crackers, eggs, and milk. Form large loaf and place in loaf pan. Bake 1 1/2 hours at 350 degrees.

Heat ingredients for the sauce together and spoon over the entire loaf.

Serves 8

Exchange: 1 1/2 inch slice = 2 meat + 3 fat

Sauce: 1T = 1 fruit

*Use lean ground pork and ham, or turkey ham, and skim milk to reduce fat in recipe

*Use cholesterol free egg substitute to reduce cholesterol in recipe

Low fat exchange: 1 1/2 inch slice = 2 meat + 2 fat

Barbeque Hamburgers
From the kitchen of: Mary Barnhill

*1 lb ground chuck
*1/2 cup milk
1 cup bread crumbs

Sauce
2 T vinegar
1 cup ketchup
2 T onion
4 T worcestershire
1/4 cup sugar
1 cup water


Serves 4

Exchange: 1 3 oz patty with sauce = 3 meat + 1 fruit + 1 bread + 2 fat

*Use lean ground chuck and skim milk to reduce fat in recipe

Low fat exchange: 1 3 oz patty with sauce = 3 meat + 1 bread + 1 fat

Broccoli Ham Bake
From the kitchen of: Thelma Thompson

20 oz frozen chopped broccoli
*2 cup cooked ham, diced
*1 1/2 cup cheddar cheese
1 cup bisquick
*3 cup milk
*4 eggs

In 9x13 pan, spread thawed uncooked broccoli on bottom. Layer ham and cheese. Combine remaining ingredients and pour evenly over broccoli. Bake 35-45 minutes at 325 degrees, or until crust is golden.

Serves 9

Exchange: 1/9 pan = 3 meat + 1 vegetable + 3 fat

*Use lean or turkey ham, skim milk, and low or non-fat cheese to reduce fat in recipe
*Use cholesterol free egg substitute to reduce cholesterol in recipe

Low fat exchange: 1/9 pan = 3 meat + 1 vegetable + 2 fat

Gloop
From the kitchen of: Sandi Debes

1 1/2 lb ground beef
1/2 green pepper, chopped
2 T prepared mustard
1/2 cup water
1 med. onion, chopped
1 can chicken gumbo soup
1/3 cup catsup

Brown beef and drain. Add onion and green pepper, saute until tender. Add mustard, catsup, soup, and 1/2 cup water. Mix well. Bring to a boil. Cover and simmer 30 minutes. Stir occasionally. Serve alone or over pasta, potatoes, or rice.
Serves 6

Exchange: 1/2 cup = 2 meat + 1 fat

No Peek Stew
From the kitchen of: Linda Harner

2 lb beef, cubed
2 cup potatoes, skin-on
6 med. carrots
1 lg. onion
2 cup celery

3 T tapioca, pearls
1 T salt
1 T sugar
1 t pepper
1 can whole tomatoes

Cube all vegetables. Combine in large pan. Bake 5 hours at 250 degrees. Do not peek!

Serves 6

Exchange: 1 cup = 1 bread + 2 meat + 1 vegetable
Desserts
Oatmeal Cookies

2 cup flour
1 t baking powder
1 t baking soda
1 cup margarine
1 cup sugar

1 cup brown sugar
*2 eggs
2 t vanilla
2 cup instant oats
2 cup coconut


Makes 4 dozen cookies

Exchange: 3 cookies = 1 bread + 2 fat

*Use cholesterol free egg substitute to reduce cholesterol in recipe

Toffee Bars

*4 sticks butter
2 cup brown sugar, light
*2 eggs

Mix together. Then add:

4 cup flour
2 t vanilla

Combine ingredients and pour into 13x9 pan. Bake at 350 degrees for 15 minutes. Makes 25 squares 1 1/2" each

Exchange: 1 square = 1 bread + 1 fruit + 1 fat

*Use cholesterol free egg substitute and margarine to reduce cholesterol in recipe

Peanut Butter Balls
From the kitchen of: Lois Harner

3 cup Rice Krispies
1 lb powdered sugar
1 lb Hershey chocolate

2 cup crunchy peanut butter
*1 stick butter
1/2 paraffin bar
Mix together all ingredients. Roll into 1" balls and place in freezer overnight.

In top of double boiler, melt 1 lb Hershey chocolate and 1/2 paraffin bar. Place balls on toothpicks and dip into chocolate mixture. Place in freezer to harden. Serve cold.

Makes 75-100 balls

**Exchange:** 3 balls = 1 bread + 3 fat

*Use margarine instead of butter to reduce cholesterol in recipe*

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**Cinnamon Cake**
From the kitchen of: Yvonne Halstead

*1/3 cup shortening
1 cup sugar
*1 cup milk
2 T cinnamon
2 cup flour
3 t baking powder
1 t vanilla

Combine all ingredients. Mix thoroughly. Pour into a 9x9 pan. Bake at 350 degrees for 30-40 minutes.

Makes 9 1" pieces

**Exchange:** 1 piece = 1 bread + 1 fat

*Use skim milk to lower fat in recipe
*Use liquid vegetable oil instead of shortening to reduce cholesterol in recipe*

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**Oatmeal Cake**
From the kitchen of: Yvonne Halstead

1 cup oats
1 1/4 cup boiling water
1 cup brown sugar, packed
1 cup sugar
*1/4 lb butter
1 1/3 cup flour
1 t cinnamon
1 t baking soda
1/2 t salt
*2 eggs

Pour boiling water over oats. Let cool. Cream butter with both sugars and eggs. Add oatmeal mixture to creamed one and mix well. Stir in dry ingredients and beat well. Pour in 13x9 well-greased pan and bake at 350 degrees for 35 minutes.

**Icing**
1/2 cup brown sugar
*1/2 cup butter
*1/4 cup cream
1 t vanilla
1 cup flake coconut, sweetened

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Heat all ingredients, except coconut, until mixture forms a soft ball in water. Allow to cool before using on cake.

Makes 10 2" squares

Exchange: 1 square = 1 bread + 1 fruit + 2 fat

*Use evaporated skim milk instead of cream to reduce fat in recipe
*Use margarine instead of butter and cholesterol free egg substitute to reduce cholesterol in recipe

Low fat exchange: 1 square = 1 bread + 1 fruit + 1 fat

**Bob Andy Pie**
*From the kitchen of: Yvonne Halstead*

3 egg whites
2 cup sugar
3 T flour
1 t cinnamon

1/4 t cloves, ground
*1 T butter
*2 cup sweet milk

Beat egg whites until stiff. Combine other ingredients. Mix well. Fold egg whites into other ingredients. Pour into pie pan. Bake at 400 degrees until brown, about 20 minutes.

Serves 8

Exchange: 1/9 pie = 2 fruit + 1 fat

*Use margarine to reduce cholesterol in recipe
*Sweet milk is whole milk, use skim to reduce fat in recipe

**Butterscotch Pie**
*From the kitchen of: Yvonne Halstead*

1 cup brown sugar
1 t vanilla
1 cup boiling water

2 eggs
2 T flour
*1 T butter

Mix sugar and flour. Add butter with 1 t water to dry mixture. Add egg yolk. Combine total mixture with boiling water. Cook until thick. Beat egg whites until standing. Fold into mixture. Bake at 400 degrees in a pie pan for 20 minutes, or until brown.

Serves 7
Exchange: 1/7 pie = 2 fruit

*Use margarine to reduce cholesterol in recipe

Glorified Rice
From the kitchen of: Yvonne Halstead

1 1/2 cup rice, cooked
1 cup pineapple, drained
*1 cup whipped cream
10 lg marshmallows, cut in bits
1 t vanilla
5 T powdered sugar

Mix all ingredients together. Spread into 9x9 pan evenly. Allow to chill 2 hours. Serve with colored sugar or sprinkles as decoration.

Serves 5

Exchange: 2/3 cup = 1 bread + 1 fruit + 2 fat

*Use non-dairy whipped topping to reduce fat and cholesterol in recipe

Blueberry Delight Cake
From the kitchen of: Yvonne Halstead

*1/4 cup shortening
1 cup sugar
*1 egg
1 3/4 cup flour
2 t baking powder
1/4 t salt
*3/4 cup milk
1 t vanilla
1 cup blueberries, thawed
*1/4 cup butter

Cream shortening and sugar together. Add the egg, well-beaten. Combine flour, baking powder, and salt together. Add shortening mixture to dry one. Mix well. Pour batter into round cake pan. Cover the batter with the blueberries and sugar. Dot with butter. Bake at 350 degrees for 55-60 minutes.

Serves 10

Exchange: 1 piece (1/10 pan) = 1 bread + 1 fruit + 2 fat

*Use skim milk to reduce fat in recipe
*Use liquid vegetable shortening, margarine, and cholesterol free egg substitute to reduce cholesterol in recipe
Apple Cobbler
From the kitchen of: Yvonne Halstead

*1/4 cup butter
1/2 cup sugar
1 cup flour
1/4 cup sugar
2 t baking powder
1/4 t salt
*1/2 cup milk
1 pt apples, canned, reserve juice

Cream together butter and sugar. Combine, in separate bowl, flour, salt, baking powder. Mix creamed mixture with dry one, using milk as you combine them. Pour into greased loaf pan 10x5x3. Spread apples evenly over batter. Sprinkle with 1/4 cup sugar. Pour reserved juice over entire product. Bake at 375 degrees for 45 to 50 minutes.

Serves 6

Exchange: 1 slice 1" = 1 bread + 1 fruit + 2 fat

*Use skim milk to lower fat in recipe
*Use margarine to lower cholesterol in recipe

Applesauce Bars
From the kitchen of: Suzanne Harden

2 cup flour
1 t baking soda
3/4 t cinnamon
1/4 t nutmeg
*1/2 cup butter
1 t vanilla
1 cup sugar
*2 eggs
1 1/2 cup applesauce
1 cup nuts
1 cup raisins

Mix all ingredients together well. Pour onto cookie sheet with 1" sides. Bake at 350 degrees 30-35 minutes, or until cake-like in appearance.

Makes 2 1/2 dozen bars

Exchange: 1 bar = 1 fruit + 1 fat

*Use margarine and cholesterol free egg substitute to reduce cholesterol in recipe

Cherry Casserole Cake

1 pkg white cake mix
2 med. cans cherries, in juice
1 cup sugar
3/4 t almond extract
1 t red food coloring
2 T cornstarch
*2 T butter, melted
Prepare white cake mix as directed on package. Combine other ingredients in separate bowl. Pour cherry mixture over cake batter in 11x13 pan. Bake for 50-60 minutes at 350 degrees.

Serves 10

Exchange: 1/10 pan = 1 bread + 2 fruit + 1 fat

*Use margarine to lower cholesterol in recipe

**Spicy Carrot Bars**
From the kitchen of: Linda Hunt

| 1 1/4 cup brown sugar | 1 1/2 t cinnamon |
| 3/4 cup butter | 1/2 t baking soda |
| 1 egg | 1/4 t nutmeg |
| 2 t vanilla | 1 1/3 cup quick oats |
| 1 1/3 cup flour | 1 cup carrots, shredded |
| 1/2 cup walnuts, chopped |

Combine dry ingredients in one bowl. Mix well. Add egg, vanilla and butter to dry mixture. Mix well. Pour batter into greased 13x9" pan. Bake at 350 degrees for 35-40 minutes. When cooled, sprinkle with powdered sugar.

Makes 15 bars

Exchange: 1 bar = 1 bread + 1 fruit + 1 fat

*Use cholesterol free egg substitute and margarine to reduce cholesterol in recipe

**Simple Pumpkin Pie**

| 3/4 cup sugar | *2 eggs |
| 1/2 cup bisquick | 1 16 oz can pumpkin |
| *2 T butter | 2 1/2 t pumpkin spice |
| *1 13 oz can evaporated milk |

Place all ingredients in a blender. Cover and blend 1 minute on high speed. Pour into lightly greased pie plate. Bake at 325 degrees for 50-55 minutes.

Serves 9

Exchange: 1 slice= 1 fruit + 1/2 vegetable + 2 fat
*Use evaporated skim milk to lower fat in recipe
*Use cholesterol free egg substitute and margarine to lower cholesterol

Low fat exchange: 1 slice = 1 fruit + 1/2 vegetable + 1 fat

Pineapple Cake

2 cup flour
2 cup sugar
*2 eggs
1 1/2 t baking soda
1 20 oz can pineapple, crushed

Combine all ingredients. Mix well. Pour into greased 11x9 pan. Bake at 350 degrees for 40 minutes.

Icing
*1/2 cup butter
*1 8 oz pkg cream cheese
2 t vanilla
1 box powdered sugar
1 cup chopped nuts

Mix icing ingredients well. Spread over cake once it has cooled.

Serves 15

Exchange: 1 piece with icing = 1 bread + 1 1/2 fruit + 3 fat

*Use low or non-fat cream cheese to reduce fat in recipe
*Use margarine and cholesterol free egg substitute to reduce cholesterol in recipe

Low fat exchange: 1 piece with icing = 1 bread + 1 1/2 fruit + 1 fat

Blonde Brownies
From the kitchen of: Lois Harner

*2/3 cup shortening, melted
2 cup brown sugar
*2 eggs
1 t vanilla
2 cup flour
1 t baking powder
1/2 t soda
1 t salt
1/2 cup walnuts, chopped
1 6 oz pkg chocolate chips

Combine first four ingredients. Next, slowly add the remaining ingredients. Mix thoroughly. Spread onto greased baking sheet with 1" sides. Bake at 350 degrees for 25 minutes.

Makes 25 squares
Exchange: 1 square = 1 bread + 1 fruit + 1 fat

*Use liquid vegetable oil instead of shortening, and cholesterol free egg substitute to lower cholesterol in recipe

Chocolate Brownies

1 cup sugar
2 T cocoa, heaping
1/2 t baking powder
1 cup flour

*1/2 cup butter
*2 eggs
1 t vanilla
1/2 cup nuts

Combine first four ingredients. Add butter, eggs, vanilla, and nuts to dry mixture. Mix well. Spread in 8x8 pan and bake at 250 degrees for 20-25 minutes.

Makes 20 squares

Exchange: 1 square = 1 bread + 1 fat

*Use margarine and cholesterol free egg substitute to reduce cholesterol in recipe

Drop Cookies
From the kitchen of: Virginia Harner

2 cup brown sugar
*1 cup shortening
1/2 cup water
1/2 cup coffee, prepared w/ water
1 t vanilla

1 t baking soda
*2 eggs
1 cup raisins
4 cup flour
3 t baking powder

Cream together brown sugar and shortening. Add water, coffee, and baking soda. Stir in eggs, raisins, vanilla and flour. Drop by tablespoons onto greased cookie sheet. Bake at 375 degrees for 8-10 minutes.

Makes 4 dozen cookies

Exchange: 2 cookies = 1 bread + 1 fat

*Use liquid vegetable oil and cholesterol free egg substitute to reduce cholesterol in recipe

Ugly Duckling Cake
From the kitchen of: Linda Hunt

1 yellow cake mix
1 16 oz can fruit cocktail
1/2 cup brown sugar
*1/2 cup butter
Rum Cake
From the kitchen of: Sue Peters

1 pkg yellow cake mix
1 pkg vanilla pudding
1/2 cup water
1/2 cup rum
1/2 cup oil
1/2 cup walnuts, chopped

*4 eggs
1 1/2 cup sugar
*3/4 cup butter
3/8 cup water
3/8 cup rum

Combine cake mix, pudding, water, rum, oil, and eggs. Mix well. In greased bundt pan, layer nuts on the bottom. Pour batter over the nuts. Bake 50-60 minutes in 325 degree oven. Combine sugar, butter, water, and rum in saucepan. Heat until simmering. Pour hot mixture over cake immediately after cake is done. Leave cake in pan for 30 minutes before removing and placing cake on a plate.

Serves 20

Exchange: 1 slice (1") = 1 bread + 1 fruit + 3 fat

*Use margarine and cholesterol free egg substitute to reduce cholesterol in recipe

Red Velvet Cake
From the kitchen of: Linda Harner

2 oz red cake coloring
3 T cocoa

2 1/4 cup flour, sifted
1 t vanilla
1 1/2 cup sugar
*1/2 cup shortening
*2 eggs

1 T vinegar
1 t baking soda
1 cup buttermilk


Icing
*1/2 cup butter
*1/2 cup shortening
1 cup sugar
3 T flour
*2/3 cup milk
1 t vanilla

Cream butter with shortening. Add sugar and flour slowly. Add milk and vanilla. Beat with electric mixer until whipped cream-like in appearance. Takes a few minutes or more.

Makes 20 pieces

Exchange: 1 piece = 1 bread + 1 fruit + 3 fat

*Use skim milk to reduce fat in recipe
*Use margarine, cholesterol free egg substitute, and liquid vegetable oil to reduce cholesterol in recipe

Peanut Butter Fingers

1 cup quick oats
1 cup flour
1 cup sugar
1/2 cup peanut butter

1/2 cup brown sugar
*1/2 cup butter
1/2 t baking soda
*1 egg

1 6 oz pkg chocolate chips
1/4 cup peanut butter

1 cup powdered sugar
*4 T milk

Mix oats, flour, sugar, 1/2 cup peanut butter, brown sugar, butter, baking soda and egg together and put in 13x9 pan. Bake for 20-25 minutes at 350 degrees. When done, spread chocolate chips over the top (let melt on cake to spread). Heat powdered sugar, peanut butter (1/4 cup), and milk, and drizzle over chocolate covered batter.

Makes 25 pieces

Exchange: 1 piece = 1 bread + 1 fruit + 2 fat

*Use margarine and cholesterol free egg substitute to reduce cholesterol in recipe
*Use skim milk to reduce fat in recipe
Choco-Mint Brownies  
From the kitchen of: Linda Fariss

1 cup sugar  
*1/2 cup butter  
*4 eggs  
1 t vanilla  
1 cup flour  
16 oz Hershey’s syrup

Mix first 7 ingredients. Pour into greased 9x13 pan. Bake 30 minute at 350 degrees. Mix powdered sugar, softened butter, and creme de menthe. Spread over cooled cake.

Glaze: Melt chocolate chips and butter. Cool slightly and spread over brownies. Chill and cut into 1 inch squares.

Makes 25 squares

Exchange: 1 square = 1 bread + 1 fruit + 2 fat

*Use margarine and cholesterol free egg substitute to reduce cholesterol in recipe

Dutch Apple Cake  
From the kitchen of: Joy Stephens

*1/2 cup butter  
1 cup sugar  
*1 egg  
1 cup+ 2T flour  
1/2 cup chopped nuts  
1 t cinnamon  
1 t baking soda  
1/2 t salt  
2 cup apples, finely chopped

Mix butter, sugar, and egg together. Add dry ingredients. Fold in apples and walnuts. Bake at 350 degrees in 11x13 pan for 45 minutes.

Icing  
*3 oz cream cheese  
1/2 t vanilla  
*1 T shortening  
1 box powdered sugar  
1/2 cup walnuts

Combine ingredients over low heat. Stir frequently until well mixed. Allow to fully cool before spreading.

Serves 15
Exchange: 1 piece = 1 bread + 1 fruit + 3 fat

*Use low or non-fat cream cheese to reduce fat in recipe
*Use liquid vegetable oil, margarine, and cholesterol free egg substitute, to reduce cholesterol in recipe

Low fat exchange: 1 piece = 1 bread + 1 fruit + 2 fat

**Strawberry Pie**
From the kitchen of: Linda Hunt

*1 3 oz pkg cream cheese
*2 T milk
1 T sugar
1 cup sliced strawberries
5 drops red food coloring

1 cup crushed strawberries
1 cup sugar
1/2 cup water
3 t cornstarch
1 ready baked pie shell

Combine cream cheese and milk. Mix until it reaches consistency of mayonaise. Spread thin layer on pie shell. In saucepan, combine sugar, water and cornstarch. Cook until thick. Add food coloring and crushed strawberries after mixture thickens. Place sliced berries in pie shell. Pour sauce over the berries. Top with whipped cream if desired.

Serves 4

Exchange: 1/4 pie = 1 bread + 1 fruit + 3 fat

*Use low or non-fat cream cheese and skim milk to reduce fat in recipe

Low fat exchange: 1/4 pie = 1 bread + 1 fruit + 2 fat

**Toasted Coconut Pie**
From the kitchen of: Carolyn Morrison

*3 eggs, beaten
1 1/2 cup sugar
*1/2 cup butter, melted
1 unbaked pie shell

4 t lemon juice
1 t vanilla
1 1/3 cup flaked coconut

Combine eggs, sugar, butter, lemon juice and vanilla. Stir in coconut. Pour into unbaked pie shell. Bake at 350 degrees 25-30 minutes.

Serves 8
Exchange: 1 piece = 2 bread + 1 fruit + 3 fat

*Use cholesterol free egg substitute and margarine to reduce cholesterol in recipe

Chocolate Marvel
From the kitchen of: Carolyn Morrison

1 12 oz pkg chocolate chips
2 T sugar
*3 T milk
1 9” pie shell, baked

In double boiler, heat chocolate chips, sugar and milk. Allow to cool. Separate eggs and beat in yolks one at a time into chocolate mixture. Add vanilla. Beat egg whites until stiff. Fold into chocolate mixture. Pour into cooled 9” pie shell. Top with whipped cream.

Serves 6

Exchange: 1 piece = 1 bread + 1 fruit + 3 fat

*Use skim milk and non-dairy whipped topping to reduce fat in recipe

Low fat exchange: 1 piece = 1 bread + 1 fruit + 2 fat

Poppy Seed Cake
From the kitchen of: Lois Harner

1 pkg yellow cake mix
3/4 cup water
1 pkg instant french vanilla pudding
*4 eggs
3/4 cup oil
1/2 of 2 1/2 oz box poppy seeds

Combine cake mix, water, pudding, eggs, and oil. Mix thoroughly. Fold in poppy seeds. Pour batter into greased bundt pan. Bake at 350 degrees for 40-50 minutes.

Serves 10

Exchange: 1 slice (1") = 1 bread + 2 fat

*Use cholesterol free egg substitute to reduce cholesterol in recipe
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