CEREALS and PASTA in FAMILY MEALS

A Guide for Consumers
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Prepared by

Human Nutrition Research Division
Agricultural Research Service

Acknowledgment is made to the Consumer and Food Economics Research Division for calculating the calorie value of recipes in this bulletin.

Washington, D.C.  
Issued October 1968
CEREALS AND PASTA IN FAMILY MEALS:

A Guide for Consumers

For hearty eating at breakfast and other meals, count on cereals and pasta. These grain products are good sources of food energy at relatively low cost.

Besides the diverse forms of corn, wheat, oats, and rice that appear at the family breakfast table, cereals and cereal products are used widely in combination dishes, and in baked products, including breads, cookies, cakes, and pastries.

Whole-grain or enriched cereals furnish carbohydrate, protein, iron, and the B vitamins, thiamine, riboflavin, and niacin. The protein in cereals is supplemented by the milk, meat, or other high-protein foods often served with cereals.

Then there’s pasta, which includes all members of the spaghetti, macaroni, and noodles family. The bland flavor of pasta teams well with a variety of foods, from a mild cheese to a highly seasoned tomato sauce. Pasta helps stretch the food dollar by making meat and other protein foods go farther.

Enriched pasta provides useful amounts of thiamine, niacin, riboflavin, and iron. Pasta also supplies some protein; this protein is supplemented by the protein in meat, poultry, fish, cheese, eggs, and milk—foods that are often combined with pasta.

This bulletin is a guide to buying, storing, and cooking cereals and pasta. You’ll welcome the menu suggestions and the choice of recipes that feature cereals and pasta in appetizers, main dishes, meat accompaniments, salads, soups, breads, and desserts.

BUYING CEREALS

Breakfast Cereals

Ready-to-eat cereals come in a variety of textures, flavors, and shapes. You can select breakfast cereals made from corn, wheat, oats, rice, or a mixture of grains—in flaked, puffed, granular, and shredded forms.

Many of today’s ready-to-eat cereals are presweetened with sugar, honey, or artificial sweeteners. Others may be flavored with cocoa, fruit, or spices. You can buy cereal already combined with raisins or with freeze-dried strawberries, blueberries, bananas, or other fruit.
Packages of ready-to-eat cereals are sized to suit large or small families. Individual boxes that contain single servings of one kind of cereal or an assortment of cereals are packaged together for your convenience. Individual packs cost more, but help preserve freshness and give family members a choice.

Hot cooked cereals—so appealing on cold mornings—may be made from wheat, oats, corn, or rice. Popular choices are farina, rolled oats (called oatmeal when cooked), rolled wheat, whole-wheat cereal, and corn grits. Some of these cereals are flavored with malt, cocoa, or maple by the manufacturers.

You can also buy quick-cooking cereals that are specially processed and require only minutes to cook.

Instant hot cereals need only to be heated a few seconds after mixing with hot water or milk. Other instant cereals cook right in the cereal bowl—all you do is add boiling water, stir, and serve. This type of cereal comes in individual-serving packages.

Cereals to be cooked and served hot usually cost less per serving than ready-to-eat cereals.

Both ready-to-eat and cooked cereals may have added food value in the form of vitamins, minerals, or wheat germ (the embryo of the wheat kernel).

To learn the food value and composition of a cereal food, read the label carefully.

**Rice**

Rice may be long, medium, or short grain. When cooked, long-grain rice is light and fluffy, and grains are separate and distinct. When short- or medium-grain rice is cooked, the grains are moist and tend to cling together.

You can buy rice in the following forms:

*Regular white rice* has been milled to remove the hull, germ, and practically all of the bran. Milling removes some of the vitamins and minerals. White rice has a bland flavor and tender texture.

*Enriched rice* is white rice, plus added vitamins, and iron.

*Parboiled rice* is treated by a special steam-pressure process before milling. This forces the vitamins and minerals from the hull, bran, and germ into the starchy part of the grain. Much of the natural vitamin and mineral content is retained after milling. Parboiled rice takes longer to cook than regular white rice. The cooked grains are fluffy, separate, and plump. Converted rice is parboiled rice made by a patented process.

*Packaged precooked rice* is long-grain white rice that has been cooked and dried. It takes less preparation time than regular white rice, but costs more.

*Brown rice* is whole-grain rice from which only the hull and a small amount of the bran has been removed. It has a nutlike flavor and a slightly chewy texture. Brown rice needs to cook a little longer than regular white rice.

*Wild rice* is not a true rice, but the seed of a grass that grows wild in shallow lakes and marshes. It is dark brown, distinctive in flavor, and costs considerably more than other types of rice.
Convenience foods containing rice are also available. You can get canned rice that is cooked and ready to heat and serve. Many canned and frozen combination foods have rice as a major ingredient. Mixes containing precooked rice are on the market. And, in the gourmet section of many stores, you’ll find regular long-grain rice or wild rice combined with spices, herbs, or other ingredients.

**Cornmeal and Hominy Grits**

Cornmeal and hominy grits are made from mature white or yellow corn from which the bran and germ have been removed.

Cornmeal is ground corn. For hominy, kernels of hulled corn are either left whole or broken into particles. Hominy grits are grains of hominy broken into small uniform particles.

White cornmeal and grits are traditional in the South; yellow cornmeal and grits are more likely to be found in the North. Besides color, there are also differences in flavor in these products.

Most cornmeal and hominy grits on the market are enriched with thiamine, niacin, riboflavin, and iron according to U.S. Government standards. Calcium and vitamin D also may be added to these corn products.

**Bulgur**

Bulgur—a wheat food eaten for centuries in certain countries of the Near East—is considered a gourmet food in the United States.

In the making of bulgur, wheat is parboiled, dried, and some of the bran is removed. Bulgur may be sold whole or cracked.

Bulgur is easy to cook (see pp. 10 and 11). Methods are similar to those for cooking regular white rice and cooking time is about the same (see p. 9).

Cooked bulgur has a nutlike flavor and a slightly chewy texture. You can use bulgur in many of the same ways you use rice.

**BUYING PASTA**

Pasta includes macaroni, spaghetti, and noodles—in a great variety of shapes and sizes. Pasta dough is made from one or more of these—semolina, farina, and wheat flour—and water. Eggs are added to the dough to make noodles.

Machines form the dough into more than 150 shapes, ranging from long, thin spaghetti to broad, flat lasagna noodles—from elbow macaroni cut in inch pieces to jumbo macaroni shells—and from alphabet noodles to noodle bows and ribbons.

Some common forms of pasta are listed below.

*Macaroni* is usually shaped like a hollow tube; elbow macaroni is short and curved. Shell macaroni, as the name indicates, is shaped like a seashell.

*Spaghetti* is formed into long, thin, solid rods. Spaghettini is thin-
ner than regular spaghetti, and vermicelli is thinnest of all. Short, curved spaghetti is also available.

Noodles are flat, ribbon-like strips cut in varying widths—fine, medium, and broad.

Among the more unusual forms of pasta are the Italian specialties—manicotti, rigatoni, green noodles (that contain spinach), and cresta di gallo (shaped like a rooster’s crest).

A number of convenience foods combining pasta with sauce mixes or canned sauces are available, too.

Most pasta products are enriched with thiamine, riboflavin, niacin, and iron. Check the label.

STORING CEREALS AND PASTA

Store cereals and pasta at room temperature in tightly closed containers to keep out dust, moisture, and insects. Choose a relatively cool, dry place in your kitchen—not above the range or refrigerator. Do not store cereals and pasta near soap or other products with strong odors.

Open cereal packages carefully—follow instructions on the packages—and close them tightly after use. Refold the inner wrap on ready-to-eat cereals to help protect flavor and crispness.

When humidity is high, ready-to-eat cereals soon may lose crispness. To restore crispness, heat the cereal in a shallow baking pan in a preheated oven at 350° F. for about 5 minutes.

The home storage guide below gives the approximate length of time cereals and pasta will maintain flavor and crispness in a cool, dry place. When these products are held longer than the time indicated, off-flavors may develop.

<table>
<thead>
<tr>
<th>Product</th>
<th>Storage Time</th>
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<tbody>
<tr>
<td>Breakfast cereals</td>
<td>2 to 3 months</td>
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<tr>
<td>Bulgur</td>
<td>6 months</td>
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<tr>
<td>Cornmeal and hominy grits</td>
<td>4 to 6 months</td>
</tr>
<tr>
<td>Pasta (except egg noodles)</td>
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<tr>
<td>Egg noodles</td>
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<tr>
<td>Rice:</td>
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</tr>
<tr>
<td>White</td>
<td>1 year</td>
</tr>
<tr>
<td>Parboiled</td>
<td></td>
</tr>
<tr>
<td>Packaged precooked</td>
<td>1 year</td>
</tr>
<tr>
<td>Brown</td>
<td></td>
</tr>
<tr>
<td>Wild</td>
<td>6 months</td>
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USING CEREALS AND PASTA

Preparing and Serving Breakfast Cereals

Ready-to-eat cereals

These cereals—ready to serve directly from the package—save time on hurried mornings. They are especially convenient when family members eat breakfast at different times. Children enjoy helping themselves to ready-to-eat cereals.

Keep an assortment on hand so everyone can choose his favorite cereal or combine two or more in a cereal medley.

To spark new interest in breakfast, provide one or more of the following toppings for cereal.
• Fresh, frozen, or canned fruit.
• Cooked or uncooked dried fruit.
• Softened ice cream (good on hot days).
• Chocolate milk in place of regular milk and sugar.
• Brown sugar, maple syrup, or honey in place of granulated sugar.

Cooked cereals

When cooking breakfast cereals, use the proportions of ingredients and the cooking times recommended on the package.

Here are some general directions that apply to all breakfast cereals that require cooking.

• Have water boiling rapidly before adding cereal.
• Sprinkle cereal slowly over boiling water while stirring constantly to prevent lumping. Boiling should not stop.
• Stir cereal as it thickens to prevent sticking.

Reduce heat, cover, and continue cooking for length of time given on package. During this step, regular-type cereals can be cooked either over direct heat or over boiling water in a double boiler. Quick-cooking cereals are usually cooked over direct heat.

To vary the flavor of cooked cereals, cook them in milk or with raisins or cut-up dried fruits.

To cook cereal in milk, use a little more milk than the amount of water called for. Heat the milk to just below the boiling point before stirring in and cooking the cereal.

Instead of serving cooked cereals with the customary sugar and milk or cream, try these suggestions.

• Top piping hot cooked cereal with brown sugar and a pat of butter or margarine.
• Use honey, maple syrup, or a cinnamon-sugar mixture in place of granulated sugar.
• Use dairy eggnog in place of milk and sugar.
• Top a bowl of cooked cereal with a spoonful of colorful jam or marmalade. It adds eye appeal as well as flavor.
• Sprinkle crumbled crisp bacon over hot cereal; omit sugar.

Cooked cereal is best served piping hot, as soon as it is cooked. When it is allowed to stand exposed to the air, a rubbery film quickly forms on the surface. If cooked cereal must wait for latecomers, cover it and keep it hot in the top of a double boiler over hot water.

To prevent lumping, add cereal to boiling water slowly, stirring constantly.
To reheat leftover cooked cereal, place it in a saucepan and add just enough water or milk for desired consistency. Cook over low heat, stirring to prevent sticking, until the cereal is hot.

Or if you prefer, add the liquid and reheat cereal in the top of a double boiler over boiling water. Cover, and heat without stirring.

Cereals as ingredients

Breakfast cereals can add flavor and variety in texture to many foods. They are familiar ingredients in cookies, quick breads, and desserts. When added to meatballs and meat loaves, they help keep the meat moist.

Many recipes call for crushed cereals. You can buy packaged cereal crumbs or you can crush most crisp ready-to-eat cereals by hand (see illustration). You can also crush cereal in an electric blender.

One cup of ready-to-eat cereal makes \( \frac{1}{4} \) to \( \frac{1}{3} \) cup of crumbs; the yield of crumbs depends on the kind of cereal and how fine you crush the cereal.

Add a crunchy texture to foods by using breakfast cereals in the following ways:

As a crisp coating for meat, poultry, or fish—

Use crushed, unsweetened ready-to-eat cereal flakes, or packaged cereal crumbs in place of breadcrumb or flour as a coating. Season crumbs with salt, pepper, and your favorite herbs if desired.

As a topping for casseroles—

Combine crushed, unsweetened, ready-to-eat cereal with melted butter or margarine. If desired, add shredded Cheddar or grated Parmesan cheese, an herb such as basil or oregano, or poultry seasoning. Top your favorite casserole with this cereal mixture instead of buttered breadcrumbs, and bake as directed in casserole recipe.

As croutons—

Use unsweetened puffed corn, puffed wheat, or bite-size shredded wheat, corn, or rice. Combine the cereal with melted butter or margarine and grated Parmesan cheese or your favorite herb seasoning. Use on tossed salads or hot soups.

As a crunchy coating for cookies or biscuits—

Drop cookie dough from a teaspoon into crushed ready-to-eat cereal (sweetened or unsweetened). Roll dough into balls and bake on greased baking sheet as directed in cookie recipe.

Dip rounds of refrigerated or homemade biscuit dough in undiluted evaporated milk; then roll in fine cereal crumbs and bake in a foil-lined pan. To make cinnamon

Crushing cereal flakes in a plastic bag saves time and work.
biscuits, mix sugar and cinnamon with the cereal crumbs.

As a dessert topping—
Serve on ice cream, fruit, or a chilled pudding. See recipe on page 31.

Cooking Rice

Rice is easy to cook—you can boil, steam, oven-cook, or fry it.

Keep in mind that most kinds and brands of rice swell during cooking. One cup of uncooked white, parboiled, or brown rice yields 3 cups or more; 1 cup of precooked rice yields from 1 cup to slightly more than 2 cups.

To keep as many nutrients as possible in cooked rice, follow these rules:

- Do not wash rice before cooking. Packaged rice is clean.
- Use only the amount of water that the rice will absorb during cooking.
- Do not rinse rice after cooking.

Leftover cooked rice can be used in most combination dishes that call for cooked rice.

To reheat cooked rice, steam it in a colander or sieve over boiling water. Or add 2 tablespoons water for each cup of cooked rice, and reheat in a covered pan over low heat or in the oven. While rice is heating, occasionally stir it gently with a fork.

Regular or enriched white rice

Some persons like rice fluffy and dry, firm yet tender, with the grains well separated. Others prefer rice soft and moist with the grains clinging together. Soft rice is best for rice rings, patties, and croquettes.

Here are cooking directions for fluffy rice and a variation for softer rice.

Boiled white rice (fluffy)

6 servings, ⅛ cup each

Salt ............... 1 teaspoon
Water ............... 2 cups
Rice, white, uncooked .... 1 cup
Cooking fat or oil, bland . ½ teaspoon

Add salt to water and bring to a boil.
Stir rice into rapidly boiling water.
Add fat to reduce foaming.
Bring back to boiling point and lower heat until water is just bubbling.
Cover tightly and boil gently 20 minutes. Don’t stir during cooking; stirring may mash the grains and make the rice gummy.
Rapid boiling may break the grains and make the rice boil over.
After cooking, remove pan from direct heat, but do not remove cover.
Let rice stand 10 to 15 minutes, covered tightly, to finish cooking in its own steam.
Fluff rice with a fork.

For softer rice.—Increase water to 2½ cups and boil gently 25 minutes. Let stand 10 minutes, covered.

Calories per serving: About 115.

Oven-cooked white rice (fluffy)

6 servings, ⅛ cup each

Rice, white, uncooked .... 1 cup
Salt .................. 1 teaspoon
Boiling water .......... 2 cups

Preheat oven to 350° F. (moderate).
Place rice and salt in a 1-quart casserole or pan. Pour boiling water over rice; stir and cover.
Bake 30 to 35 minutes or until rice is tender.

Calories per serving: About 110.

Other kinds of rice

Parboiled rice.—Follow either of the methods—boiling or oven cooking—as for white rice, but increase water to 2½ cups for each cup of uncooked rice. Boil parboiled rice 25 minutes. For oven-cooked parboiled rice, increase baking time to 40 minutes. One cup uncooked rice makes 6 servings cooked rice. Calories per serving are about the same as for white rice.

Brown rice.—Use either method—boiling or oven cooking—as for white rice. Boil brown rice 45 minutes or until tender and water is absorbed. Or cook in oven about 55 minutes. One cup uncooked rice makes 6 servings cooked rice. Calories per serving are about the same as for white rice.

Packaged precooked rice.—Follow directions on package.

Cooking Bulgur

For variety in your meals, serve cooked bulgur as a breakfast cereal or as a vegetable. Or add bulgur to soups or stews at the start of cooking. You can also use cooked bulgur in meat loaves, meatballs, stuffed peppers, or casserole dishes.

Cooking methods for bulgur are similar to those for rice. Like rice, bulgur is not washed before cooking or rinsed after cooking. Cook in just the amount of water that will be absorbed during cooking.

One cup of dry, cracked bulgur yields 3 to 3½ cups cooked bulgur.

Try These Variations

Cook rice in a flavorful liquid instead of water. Try—

| Chicken broth | Equal parts of |
| Beef broth | tomato juice |
| Fruit juice | and water |

Add flavor with spices, herbs, or other seasonings.

- Add curry powder, cumin, thyme, turmeric, mace, saffron, or dried parsley flakes to the water with the rice. For most spices or herbs, use ½ to 1 teaspoon for 1 cup uncooked rice, but use 1 tablespoon of dried parsley flakes, and only ¼ teaspoon of saffron.

- Cook chopped onions, celery, or mushrooms in a little fat or oil until tender; add to rice at start of cooking.

- Add raisins to rice before cooking. Or add nuts, chopped olives, or toasted sesame seed after cooking.

- Add chopped fresh or frozen parsley or chives to cooked rice.

Make a rice ring. Blend 4 cups hot cooked rice with 2 tablespoons butter or margarine and pack into greased 1-quart ring mold. Set ring mold in pan of hot water until serving time. Unmold rice on warm platter. Fill center of ring with creamed meat, poultry, or fish.

Boiled bulgur

6 servings, ¼ cup each

| Water | 2 cups |
| Salt | ½ teaspoon |
| Bulgur, dry, cracked unseasoned | 1 cup |

Heat water to boiling; add salt. Stir bulgur into boiling water.
Cover tightly and cook over very low heat 20 minutes. Do not remove cover while cooking.

**Calories per serving:** About 100.

### Oven-cooked bulgur

6 servings, ½ cup each

- Bulgur, dry, cracked, unseasoned: 1 cup
- Salt: ½ teaspoon
- Boiling water: 2 cups

Preheat oven to 350°F (moderate).

Place bulgur and salt in a 1-quart casserole.

Pour boiling water over bulgur; stir and cover.

Bake 25 minutes or until tender.

**Calories per serving:** About 100.

**VARIATION**

For added flavor, cook bulgur in beef or chicken broth, or add two beef or chicken bouillon cubes to the water in which bulgur is cooked.

### Cooking Cornmeal and Hominy Grits

Cornmeal can be served as a breakfast cereal, but it is used most often as an ingredient in breads. Cornbread, johnny cake, and spoonbread are popular versions.

When a recipe calls for "yellow cornmeal" or "white cornmeal," you will get the best results if you use the kind specified. But if the recipe simply calls for "cornmeal," you can use either yellow or white.

If you use self-rising cornmeal, you will need to omit or decrease the amount of salt and baking powder. Self-rising cornmeal contains ½ teaspoon salt and the equivalent of 1½ teaspoons baking powder for each cup of cornmeal.

Recipes in this bulletin are for regular cornmeal, salt, and baking powder.

To make a smooth cornmeal mush, blend the cornmeal with cold water before stirring it into boiling water. Serve cornmeal mush hot with sugar and milk or cream. Or, if you like, chill, slice, and fry the cornmeal mush.

### Cornmeal mush

6 servings, ¼ cup each

- Cornmeal: 1 cup
- Cold water: 1 cup
- Salt: 1 teaspoon
- Boiling water: 3 cups

Mix cornmeal, cold water, and salt.

Stir cornmeal mixture slowly into boiling water.

Stir until thickened.

Cover and cook over low heat 15 minutes, stirring occasionally to keep from sticking.

**Calories per serving:** About 85.

**VARIATION**

*Fried mush.*—Chill mush thoroughly in loafpan. Cut mush into ¼-inch slices, and fry in 2 tablespoons fat until brown. About 120 calories per serving.

Hominy grits usually are served with meat or eggs—for breakfast, lunch or supper. Serve them topped with butter, margarine, or gravy.

### Hominy grits

8 servings, ½ cup each

- Salt: 1 teaspoon
- Water: 5 cups
- Hominy grits: 1 cup

Add salt to water; bring to boil.
Stir in hominy grits slowly. Lower heat and stir until thickened. Cook for 15 minutes longer, stirring occasionally to keep from sticking.

*Calories per serving:* About 70.

**Cooking Pasta**

Well cooked pasta is tender yet firm—not sticky. For best results, pasta should be added to rapidly boiling, salted water, and cooked only until tender.

The less water you use in cooking pasta, the more vitamins you save. Thick pasta products, such as lasagna noodles, need more water than other pastas, however. To cook thick pasta products, follow directions on the package.

General directions for cooking other pasta products are given here.

**Boiled pasta**

4 to 5 cups cooked pasta

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>Salt</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Cooking oil, bland</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Water</td>
<td>6 cups</td>
</tr>
<tr>
<td>Pasta, uncooked (macaroni, spaghettis, or noodles)</td>
<td>8-ounce package</td>
</tr>
</tbody>
</table>

Add salt and oil to water. Oil helps to keep pasta from sticking and from foaming. Bring water to a full, rolling boil.

Add pasta gradually to rapidly boiling water so that boiling does not stop. To fit long spaghetti into a medium-size pan, place one end of the spaghetti strands in the boiling water. As the spaghetti softens, gradually coil the strands around the pan until they are completely under the water.

Leave pan uncovered.

Stir occasionally to keep pasta from sticking to pan.

Cook pasta just until tender; consult directions on package for cooking time. To test for doneness, press a piece of the pasta with a fork or spoon against the side of the pan. Pasta should break easily and cleanly when done.

Drain pasta at once in a colander or strainer. Do not rinse pasta after cooking. If pasta tends to stick together, add a sauce or a little fat or oil.

*Calories per cup:* About 155 for macaroni or spaghetti; 200 for egg noodles.

**TIPS**

Be careful not to overcook pasta; overcooking makes it soft and unappetizing.

Shorten the cooking time slightly if pasta is to be used in a combination dish that needs further cooking.

Pasta is best, of course, when cooked just before it is to be served or combined with other ingredients. But if it must be cooked ahead of time, keep it hot in a strainer over hot water. The steam will reduce sticking.

If cooked pasta is to be used cold in salads, add the salad dressing while the pasta is still hot. This helps prevent sticking. Flavors blend more thoroughly too.

Different kinds of pasta can be used interchangeably in most recipes that call for a given weight of *uncooked pasta*—an 8-ounce package, for example. But in recipes that call for a given measure—as 1 cup—you may not be able to substitute so successfully, because a cupful of one kind of uncooked
pasta may weigh more or less than a cupful of another kind.

Different kinds of cooked pasta, however, can be used interchangeably, measure for measure, in recipes.

**RECIPES**

In the recipes that follow, you'll find cereals featured in a variety of foods—from appetizers to desserts. Pasta appears in main dishes, salads, and soups.

Calorie value per serving is given for each recipe. Many of the recipes suggest how to reduce calories—by omitting optional ingredients—by using the smaller amount of an ingredient when a range in amount is given—and by choosing low-calorie ingredients instead of high-calorie ones where indicated. Some of the variations will appeal to weight watchers.

**Appetizers and Snacks**

**Appetizer meatballs**

*About 5 dozen small meatballs*

- Ground beef, lean .......... 1 pound
- Rolled oats, quick-cooking or regular, uncooked .......... ½ cup
- Onion, finely chopped ............. ¼ cup
- Salt ....................... 1 teaspoon
- Garlic salt .................. ½ teaspoon
- Mustard, prepared .......... 2 teaspoons
- Worcestershire sauce ........... ½ teaspoon
- Catsup ....................... ¼ cup
- Egg, slightly beaten .......... 1
- Fat or oil .................... 1 tablespoon
- Barbecue sauce, prepared, mild .......... 2 cups

Combine all ingredients except fat and barbecue sauce; mix well. Shape mixture into very small balls—a rounded teaspoonful for each.

Place meatballs in hot fat in large frypan over moderate heat. Fry 10 to 12 minutes or until browned on all sides.

Drain off fat. Add barbecue sauce.

Heat to simmering.

Serve meatballs on toothpicks.

*Calories per meatball: About 30.*

**VARIATION**

*Swedish meatballs.*—Omit barbecue sauce. Brown meatballs, remove from frypan, and keep warm. Stir 2 tablespoons flour into fat remaining in frypan; then stir in 2 cups hot water and 2 beef bouillon cubes. Cook, stirring constantly, until thickened. Remove from heat. Stir in 1 cup sour cream and ½ teaspoon dill seed; add meatballs. Reheat over low heat to serving temperature; do not boil. Serve at once, or keep warm over hot water. About 25 calories per meatball.

**Cereal party snack**

*8 cups party snack*

- Butter or margarine .......... ¼ cup
- Worcester sauce .......... 1 tablespoon
- Tabasco sauce .......... Few drops
- Salted mixed nuts .......... 12- to 14-ounce can
- Pretzel sticks, short, thin .......... 1 cup
- Unsweetened ready-to-eat cereals, assorted .......... 4 cups
- Seasoned salt .......... 1 teaspoon
- Paprika .......... 1 teaspoon

Preheat oven to 250° F. (slow).

Melt fat in large baking pan in oven.
Remove pan from oven; stir Worcestershire and Tabasco into fat. Stir in nuts and pretzels; add cereals and mix well. Sprinkle with seasonings; stir. Heat uncovered, in oven for 20 to 30 minutes, or until light-colored cereals begin to brown. Stir every 10 minutes. Serve warm or cooled. Store cooled cereal snack in tightly closed containers.

If snack needs recrisping, reheat in slow oven for a few minutes.

NOTE: Plain puffed cereals and bite-size cereals are good in this recipe.

Calories per cup: About 370.

**Main Dishes**

**Baked macaroni and cheese**

*6 servings, 1 cup each*

- Salt.......................... 1 teaspoon
- Water........................ 4 cups (1 quart)
- Elbow macaroni, uncooked... 1 1/2 cups
- Sharp natural Cheddar cheese, shredded.... 1 or 2 cups, as desired
- Process Cheddar cheese, shredded........ 1 or 2 cups, as desired
- Eggs, beaten................ 2
- Milk, whole or skim......... 2 cups
- Onion, finely chopped....... 1 teaspoon
- Salt.......................... 1/2 teaspoon
- White pepper, if desired... 1/4 teaspoon
- Corn flake crumbs........... 1/4 cup

Add 1 teaspoon salt to water; bring to a boil. Add macaroni and cook uncovered, stirring occasionally, until almost tender, about 6 minutes. Drain.

*Preheat oven to 350° F. (moderate).*

Grease a 1 1/4-quart casserole. Cover bottom of casserole with half the macaroni. Combine cheeses; sprinkle half the mixture over macaroni in casserole. Repeat layers.

Combine eggs with milk, onion, 1/2 teaspoon salt, and pepper. Pour over macaroni and cheese. Sprinkle top with corn flake crumbs.

Set casserole in pan of hot water. Bake 45 minutes to 1 hour, or until browned and almost set in center.

Let cool 10 minutes before serving, to allow mixture to set.

*Calories per serving:* About 475 with 2 cups of each kind of cheese and whole milk; about 310 with 1 cup of each kind of cheese and skim milk.

**MENU SUGGESTION**

Serve with spinach, apple-celery-raisin salad, and a fruit gelatin dessert.

**Beef loaf**

*6 servings, 1/2-inch thick slice each*

- Ground beef, regular or lean.......................... 1 pound
- Rolled oats or rolled wheat, uncooked........... 1/2 cup
- Tomatoes, canned or cooked..................... 3/4 cup
- Sour cream or cultured buttermilk............... 1/4 cup
- Worcestershire sauce.......................... 3/4 teaspoon
- Salt................................ 1 teaspoon
- Pepper................................ 1/2 teaspoon
- Onion, finely chopped...................... 2 tablespoons

*Preheat oven to 350° F. (moderate).* Mix all ingredients thoroughly. Lightly pack mixture into 9- by 5- by 3-inch loaf pan. Bake 1 1/2 hours, or until done.
Let stand 10 minutes; then invert beef loaf on serving platter and slice.

**Calories per serving:** About 260 with regular ground beef and sour cream; about 175 with lean ground beef and buttermilk.

**MENU SUGGESTION**
Serve with broccoli, potatoes au gratin, lettuce wedges, and fruit.

### Spaghetti with meat sauce

**6 servings, 1 cup each**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ground beef, regular or lean</td>
<td>1 pound</td>
</tr>
<tr>
<td>Onion, finely chopped</td>
<td>1 medium</td>
</tr>
<tr>
<td>Garlic clove, peeled</td>
<td>1</td>
</tr>
<tr>
<td>Oregano</td>
<td>⅛ teaspoon</td>
</tr>
<tr>
<td>Salt</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Pepper</td>
<td>⅛ teaspoon</td>
</tr>
<tr>
<td>Hot water</td>
<td>⅔ cup</td>
</tr>
<tr>
<td>Tomato paste</td>
<td>6-ounce can</td>
</tr>
<tr>
<td>Tomato sauce, Spanish style</td>
<td>15-ounce can</td>
</tr>
<tr>
<td>Sugar</td>
<td>2 teaspoons</td>
</tr>
<tr>
<td>Bay leaf</td>
<td>1</td>
</tr>
<tr>
<td>Spaghetti</td>
<td>8-ounce package</td>
</tr>
<tr>
<td>Parmesan or Romano cheese, grated</td>
<td>¼ or ½ cup, as desired</td>
</tr>
</tbody>
</table>

Crumble ground beef into a 2-quart heavy pan and add onion, garlic, oregano, salt, and pepper. Cook, stirring as needed, to brown meat.

Stir in hot water, tomato paste, tomato sauce, and sugar; add bay leaf.

Simmer, uncovered, over low heat 45 minutes.

Remove garlic and bay leaf.

Simmer 15 minutes longer.

Cook spaghetti (see p. 12). Drain spaghetti and serve at once with meat sauce. Sprinkle with cheese.

**NOTE:** The garlic clove is easier to remove if it is speared on a toothpick before it is added to the mixture.

**Calories per serving:** About 435 with regular ground beef and ¼ cup cheese; about 355 with lean ground beef and ¼ cup cheese.

**MENU SUGGESTION**
Serve with Italian green beans, a tossed vegetable salad, and apple crisp.

### Cereal-chicken casserole

**6 servings, 1 cup each**

**Filling**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Onion, finely chopped</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>Chicken fat, butter, or margarine</td>
<td>2 or 3 tablespoons, as desired</td>
</tr>
<tr>
<td>Flour, unsifted</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Salt (omit if salted broth is used)</td>
<td>¾ teaspoon</td>
</tr>
<tr>
<td>Pepper</td>
<td>⅝ teaspoon</td>
</tr>
<tr>
<td>Chicken broth</td>
<td>1 cup</td>
</tr>
<tr>
<td>Milk, whole or skim</td>
<td>1 cup</td>
</tr>
<tr>
<td>Peas and carrots, frozen</td>
<td>10-ounce package</td>
</tr>
<tr>
<td>Chicken, cooked, diced</td>
<td>1 ½ cups</td>
</tr>
</tbody>
</table>

**Topping**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corn or wheat flakes, crushed</td>
<td>⅓ or 1 cup</td>
</tr>
<tr>
<td>Poultry seasoning</td>
<td>⅝ teaspoon</td>
</tr>
<tr>
<td>Parsley, minced</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>Pimiento, chopped</td>
<td>3 tablespoons</td>
</tr>
<tr>
<td>Butter or margarine, melted</td>
<td>2 or 3 table-</td>
</tr>
<tr>
<td></td>
<td>spoons, as</td>
</tr>
<tr>
<td></td>
<td>desired</td>
</tr>
</tbody>
</table>

Preheat oven to 375° F. (moderate). Cook onion in fat in 2-quart saucepan until tender.

Blend in flour, salt, and pepper.

Stir in broth and milk slowly.

Cook over moderate heat until thickened, stirring constantly.
Add peas and carrots. Cook over low heat, stirring occasionally, for 5 minutes. Add chicken.
Pour into 1½-quart casserole.
Combine topping ingredients; mix.
Spread over chicken mixture.
Bake until the filling bubbles and the topping is crisp, 20 to 30 minutes.

Note: Canned chicken can be used in this recipe.

Calories per serving: About 300 if whole milk and the higher amounts of fat and crumbs are used; about 255 if skim milk and the lower amounts of fat and crumbs are used.

Menu suggestion
Serve with mashed potatoes, a fruit gelatin salad, and baked apples.

Tuna noodle casserole
6 servings, 1 1/2 cups each

Onion, chopped ...................... 1/4 cup
Celery, diced ......................... 1/3 cup
Fat or oil .......................... 1 tablespoon
Salt .................................. 1/2 teaspoon
Pepper ............................... 1/8 teaspoon
Tomato sauce, Spanish style ...... 3 cans, 8 ounces each
Noodles, uncooked .................. 4 ounces
Tuna, canned, undrained, flaked ... 2 cans, 6 or 7 ounces each
Corn flake crumbs .................. 1/2 cup
Butter or margarine ............... 1 tablespoon

Preheat oven to 350° F. (moderate).
Grease a 2-quart casserole.
Cook noodles as directed on page 12; drain.
Cook onion and celery in fat in 1-quart saucepan until tender.
Add salt, pepper, and tomato sauce; heat to boiling.
Place alternate layers of noodles, tuna, and hot tomato mixture in casserole.
Top with crumbs; dot with fat.
Bake 20 minutes or until mixture is heated through and crumbs are browned.

Calories per serving: About 370.

Menu suggestion
Serve with a mixed green salad and pineapple upside-down cake.

Lasagna
9 servings, 1 cup each

Ground beef, regular or lean .................. 3/4 pound
Garlic cloves, finely chopped ............... 2
Onion, chopped .......................... 1/2 cup
Salt ..................................... 1 1/2 teaspoons
Red pepper, crushed, dried ....... 1/4 teaspoon
Basil ..................................... 1/2 teaspoon
Oregano .................................. 1/4 teaspoon
Parsley, dried ....................... 1 tablespoon
Tomato paste ......................... 6-ounce can
Tomato sauce, Spanish style ...... 8-ounce can
Hot water ............................. 3/4 cup
Mushroom stems and pieces, undrained ... 4-ounce can
Lasagna noodles ................. 6
Egg, beaten ............................ 1
Ricotta cheese ....................... 1 pound
Mozzarella cheese, thinly sliced ...... 1/4 or 1/2 pound, as desired
Parmesan cheese, grated ... 1/4 or 3/4 cup, as desired

Crumble ground beef into large frypan. Cook over moderate heat, stirring as needed, until beef is lightly browned.
Add garlic and onion; cook until onion becomes tender.
Stir in seasonings, tomato paste, tomato sauce, water, and mushrooms. Simmer 5 minutes.
In making lasagna, line up ingredients for layers in the order they are added.

Cook lasagna noodles until tender, using directions on package.
Blend egg with Ricotta cheese.
Preheat oven to 350° F. (moderate).
In a 7- by 12- by 2-inch baking dish, spread layers of one-fourth of tomato-meat sauce, then three noodles, and another one-fourth of tomato-meat sauce.
Top with half of each kind of cheese.
Add another one-fourth of the tomato-meat sauce; then the remaining Ricotta mixture and Mozzarella cheese.
Spread with remaining noodles and sauce. Top with remaining Parmesan cheese.
Bake, uncovered, 30 minutes.
Cool 10 minutes before serving.

NOTE: Lasagna freezes well either before or after baking. Thaw in refrigerator. Leftover lasagna can also be stored in the refrigerator for a day or two, and tastes just as good reheated as when freshly baked.

Calories per serving: About 355 with regular ground beef, and the higher amounts of Mozzarella and Parmesan cheese; about 270 with lean ground beef, and the lower amounts of these cheeses.

MENU SUGGESTION
Serve with a tossed green salad, garlic bread, and a fruit dessert.

Spanish rice with cheese
6 servings, ⅛ cup each

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacon</td>
<td>3 slices</td>
</tr>
<tr>
<td>Onion, finely chopped</td>
<td>1 small</td>
</tr>
<tr>
<td>Green pepper, chopped</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Celery, chopped</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Water</td>
<td>1 cup</td>
</tr>
<tr>
<td>Salt</td>
<td>½ teaspoon</td>
</tr>
<tr>
<td>Packaged precooked rice</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Tomatoes, cooked or canned</td>
<td>2 cups</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Worcestershire sauce</td>
<td>¼ teaspoon</td>
</tr>
<tr>
<td>Cheddar cheese, shredded</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

Fry bacon in heavy 2-quart sauce-pan. Lift bacon from pan and drain.
Remove all but tablespoon of bacon drippings from pan.
Add onion, green pepper, and celery; brown lightly.
Add water and salt; bring to a boil.
Stir in rice, tomatoes, sugar, and worcestershire sauce.
Simmer until rice is tender but still in separate grains, 5 to 10 minutes. Stir occasionally.
Crumble bacon and stir into rice mixture. Sprinkle cheese over top.
Cover and continue cooking until cheese is melted, about 5 minutes.
*Calories per serving: About 200.*

**MENU SUGGESTION**
Serve with peas, a green salad topped with sliced hard-cooked eggs, and ice cream.

**Stuffed baked tomatoes**

*6 servings, 1 tomato each*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tomatoes, medium-size, fresh</td>
<td>6</td>
</tr>
<tr>
<td>Salt</td>
<td>1/4 teaspoon</td>
</tr>
<tr>
<td>Onion, finely chopped</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>Butter or margarine</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Chicken or tuna, cooked or canned</td>
<td>1 cup</td>
</tr>
<tr>
<td>Bite-size shredded wheat, rice, or</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>corn cereal</td>
<td></td>
</tr>
<tr>
<td>Egg, slightly beaten</td>
<td>1</td>
</tr>
<tr>
<td>Salt</td>
<td>1/2 teaspoon</td>
</tr>
<tr>
<td>Worcestershire sauce</td>
<td>1/4 teaspoon</td>
</tr>
<tr>
<td>Corn, wheat, or rice flakes,</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>crushed</td>
<td></td>
</tr>
<tr>
<td>Butter or margarine, melted</td>
<td>1 1/2 teaspoons</td>
</tr>
<tr>
<td>Parsley, if desired</td>
<td>6 sprigs</td>
</tr>
</tbody>
</table>

Wash tomatoes and remove a thin slice from the stem end of each.
Scoop out tomato pulp; save.
Sprinkle inside of tomatoes with 1/2 teaspoon salt; invert tomatoes to drain 30 minutes.

*Preheat oven to 400° F. (hot).*

Cook onion in 2 tablespoons fat in large frypan until lightly browned, about 5 minutes.
Add 1 1/4 cups tomato pulp, chicken or tuna, bite-size cereal pieces, egg, 1/2 teaspoon salt, and worcestershire sauce to onion.
Cook 3 minutes, stirring often.
Fill each tomato with stuffing.
Mix crushed cereal flakes with melted fat. Sprinkle over tomatoes.
Place tomatoes on baking sheet.
Bake 30 minutes.
Garnish with parsley, if desired.
*Calories per serving: About 165.*

**MENU SUGGESTION**
Serve with french-fried potatoes, corn, lettuce salad, and vanilla-fruit pudding.

**Beef patties with cereal stuffing**

*6 servings*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter or margarine</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>Bread cubes, soft</td>
<td>1 cup</td>
</tr>
<tr>
<td>Rolled oats or rolled wheat,</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>uncooked</td>
<td></td>
</tr>
<tr>
<td>Dill or sweet pickle, chopped</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Onion, chopped</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Basil</td>
<td>1/4 teaspoon</td>
</tr>
<tr>
<td>Salt</td>
<td>1/4 teaspoon</td>
</tr>
<tr>
<td>Warm water</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Ground beef, regular or lean</td>
<td>1 1/4 pounds</td>
</tr>
<tr>
<td>Salt</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Worcestershire sauce</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Tomato sauce</td>
<td>8-ounce can</td>
</tr>
</tbody>
</table>

Melt fat in a saucepan and add bread cubes. Heat, stirring constantly, until bread is toasted.
Add rolled oats or wheat cereal, pickle, onion, basil, 1/4 teaspoon salt, and water. Mix.
*Preheat oven to 375° F. (moderate).*
Blend beef, 1 teaspoon salt, and worcestershire sauce. Shape into 12
patties, each about 3½ inches in diameter.

Place the stuffing on six of the patties. Put remaining six patties on top, and press edges of meat together around stuffing.

Place patties in a shallow pan and top with tomato sauce.

Bake for 40 to 45 minutes until meat is lightly browned. Add a little water if sauce becomes dry.

**Calories per serving:** About 335 if regular ground beef is used; 250 calories if lean ground beef is used.

**MENU SUGGESTION**

Serve with lima beans, a molded vegetable salad, and apple pie.

## Sausage-sweetpotato bake

**6 servings, 1 cup each**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sausage links, mild</td>
<td>8-ounce package</td>
</tr>
<tr>
<td>Sweetpotatoes, cooked or canned, mashed</td>
<td>3 cups</td>
</tr>
<tr>
<td>Salt</td>
<td>½ teaspoon</td>
</tr>
<tr>
<td>Orange juice frozen concen-</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>trate</td>
<td></td>
</tr>
<tr>
<td>Sugar (omit if canned sirup-</td>
<td>¼ cup</td>
</tr>
<tr>
<td>pack sweetpotatoes are</td>
<td></td>
</tr>
<tr>
<td>used)</td>
<td></td>
</tr>
<tr>
<td>Ginger</td>
<td>½ teaspoon</td>
</tr>
<tr>
<td>Nutmeg</td>
<td>½ teaspoon</td>
</tr>
<tr>
<td>Egg, beaten</td>
<td>1</td>
</tr>
<tr>
<td>Rice flakes or corn flakes,</td>
<td>1 cup</td>
</tr>
<tr>
<td>crushed</td>
<td></td>
</tr>
<tr>
<td>Batter or margarine, melted</td>
<td>2 tablespoons</td>
</tr>
</tbody>
</table>

Brown sausage links lightly, 5 to 8 minutes. Drain.

**Preheat oven to 375° F. (moderate).**

Grease an 8- by 8- by 2-inch baking pan.

Combine sweetpotatoes, salt, orange juice concentrate, sugar, ginger, nutmeg, egg, and ½ cup crushed cereal; mix well.

Spread half the sweetpotato mixture in baking pan.

Cut sausages into bite-size pieces and arrange on sweetpotato mixture in baking pan. Top with remaining sweetpotato mixture.

Mix rest of crushed cereal with melted fat, and sprinkle over sweetpotato mixture. Press down lightly.

Bake 25 minutes.

**Calories per serving:** About 350.

**MENU SUGGESTION**

Serve with zucchini squash, cole-slaw, and peanut butter cookies.

## Meat Accompaniments

### Bulgur pilaf

**6 servings, ½ cup each**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bulgar, dry, cracked</td>
<td>1 cup</td>
</tr>
<tr>
<td>unseasoned</td>
<td></td>
</tr>
<tr>
<td>Salt</td>
<td>½ teaspoon</td>
</tr>
<tr>
<td>Onion, chopped</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Green pepper, chopped</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Butter or margarine</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Bouillon cubes, beef- or ch-</td>
<td>2</td>
</tr>
<tr>
<td>ecken-flavored</td>
<td></td>
</tr>
<tr>
<td>Hot water</td>
<td>2 cups</td>
</tr>
<tr>
<td>Mushroom stems and pieces,</td>
<td>4-ounce can</td>
</tr>
<tr>
<td>undrained</td>
<td></td>
</tr>
<tr>
<td>Thyme</td>
<td>¼ teaspoon</td>
</tr>
</tbody>
</table>

Preheat oven to 350° F. (moderate).

Place bulgur in a 1-quart casserole; sprinkle with salt.

Cook onion and green pepper in fat in a frypan until tender, about 6 minutes.

Add bouillon cubes and water to frypan.

Stir until bouillon cubes are dissolved.

Add mushrooms and thyme.

Combine mixture with bulgur in casserole.

Cover and bake 30 to 40 minutes, or until bulgur is tender.

**Calories per serving:** About 145.
Rice pilaf makes a pleasing accompaniment to the meat course.

**VARIATION**

*Rice pilaf.*—Use 1 cup uncooked long-grain white rice in place of bulgur. About 155 calories per serving.

**Rice stuffing for poultry**

*6 servings, 1/4 cup each*

- Onion, chopped: 1/4 cup
- Celery, chopped: 1/2 cup
- Butter or margarine: 2 tablespoons
- Rice, long-grain white, uncooked: 1 cup
- Bouillon cubes, chicken-flavored: 2
- Hot water: 2 cups
- Salt: 1 teaspoon
- Poultry seasoning: 1 teaspoon

Cook onion and celery in fat in a large frypan until tender.
Add rice. Heat, stirring often, about 5 minutes.

Add remaining ingredients and bring mixture to a boil.
Reduce heat and cover tightly.
Simmer about 15 minutes, or until rice is tender and all liquid is absorbed.
Use to stuff a 4- to 5-pound chicken or duckling.
Calories per serving: About 155.

**Fiesta rice**

*6 servings, 1/4 cup each*

- Sesame seed: 2 tablespoons
- Butter or margarine: 1 tablespoon
- Parsley, finely chopped: 1 tablespoon
- Pimiento, chopped: 1 tablespoon
- Salt (omit if rice was salted during cooking): 1/2 teaspoon
- Rice, cooked, hot: 2 cups
- Cream of chicken soup, condensed, canned: 10 1/2-ounce can

Preheat oven to 350° F. (moderate).
Grease a 1-quart casserole.

Toast sesame seed in a heavy fry-pan, stirring often until lightly browned, about 5 minutes.

Mix all other ingredients and put in casserole.

Sprinkle sesame seed over top. Bake until bubbling hot, about 25 minutes.

Calories per serving: About 135.

Fried rice

6 servings; \( \frac{1}{2} \) cup each

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacon</td>
<td>6 slices</td>
</tr>
<tr>
<td>Green onions with tops,</td>
<td>( \frac{1}{2} ) cup</td>
</tr>
<tr>
<td>sliced</td>
<td></td>
</tr>
<tr>
<td>Celery, chopped</td>
<td>1 cup</td>
</tr>
<tr>
<td>Mushrooms, sliced, drained</td>
<td>4-ounce can</td>
</tr>
<tr>
<td>Rice, cooked, cold</td>
<td>2 cups</td>
</tr>
<tr>
<td>Soy sauce</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Egg, beaten</td>
<td>1</td>
</tr>
</tbody>
</table>

Fry bacon until crisp; drain on paper.

Save \( \frac{1}{2} \) cup bacon drippings in frypan.

Add green onions and tops, celery, mushrooms, and rice to hot drippings.

Cook over moderately high heat, stirring often, 5 minutes.

Stir in soy sauce.

Stir egg into rice mixture.

Cook over medium heat, stirring constantly, just until egg is set, about 3 minutes.

Remove from heat.

Crumble bacon over the vegetable-rice mixture.

Serve at once.

Notes: Use only clean, sound-shelled eggs in this recipe.

Two-thirds cup of uncooked long-grain white rice yields about 2 cups cooked rice.


Variation

Omit bacon. Use \( \frac{1}{2} \) cup fat or oil in place of bacon drippings, and add \( \frac{1}{2} \) cup diced, cooked pork with the vegetables and rice. About 190 calories per serving.

Poppy seed noodles

6 servings; \( \frac{1}{2} \) cup each

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Noodles</td>
<td>8-ounce package</td>
</tr>
<tr>
<td>Butter or margarine</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Poppy seed</td>
<td>( \frac{1}{4} ) cup</td>
</tr>
<tr>
<td>Almonds, slivered</td>
<td>1 tablespoon</td>
</tr>
</tbody>
</table>

Cook noodles as directed on page 12; drain.

Heat fat in a small frypan over low heat.

Add poppy seed and almonds; heat just until almonds start to brown.

Add poppy seed mixture to noodles and mix lightly. Serve at once.

Note: Poppy seed noodles are good with braised beef, chicken paprika, or beef stroganoff.

Calories per serving: About 215.

Variation

Beef-flavored poppy seed noodles.—Dissolve a beef bouillon cube in \( \frac{1}{2} \) cup hot water and stir into drained, cooked noodles. Reduce butter or margarine to 1 tablespoon; omit almonds. About 165 calories per serving.
Breads

**Cornmeal rolls**

*2 dozen rolls*

- Yeast, active dry: 1 package
- Warm water (about 110°F): ¼ cup
- Milk, hot: 1 cup
- Shortening: ¼ cup
- Sugar: 1½ teaspoons
- Salt: 1
- Egg, beaten: 1
- Flour, unsifted: 3½ cups
- Cornmeal: ¾ cup
- Butter or margarine, melted: 1 tablespoon

Soften yeast in warm water.

Combine milk, shortening, sugar, and salt; stir until well blended.

Cool to lukewarm.

Add egg, yeast mixture, and about half the flour to milk mixture, beat until smooth.

Mix in rest of flour and the cornmeal.

Turn dough out on a lightly floured surface; knead until smooth and elastic, about 10 minutes.

Place dough in a greased bowl, and turn to bring greased surface to top. Cover.

Let rise in a warm place (about 85°F) until double in volume, about 1½ hours.

*Grease muffin tins.*

Press dough down into bowl to remove air bubbles.

Shape dough into balls about 1 inch in diameter; place three in each muffin cup.

Brush with melted fat. Cover loosely.

Let rise in a warm place until double in volume, about 1 hour.

*Preheat oven to 400°F (moderate).*

Bake rolls about 15 minutes.

**Cornbread**

*6 servings, 4 by 2½ inches each*

- Yellow cornmeal: 1 cup
- Flour, unsifted: 1 cup
- Baking powder, double-acting: 4 teaspoons
- Sugar: ¼ or ⅓ cup, as desired
- Salt: ½ teaspoon
- Milk, whole or skim: 1 cup
- Egg, beaten: 1
- Shortening, melted, or oil: 2 tablespoons or ¼ cup, as desired

Preheat oven to 400°F (hot).

Grease an 8- by 8- by 2-inch baking pan.

Mix dry ingredients thoroughly. Combine milk and egg; stir in fat or oil.

Add liquid to dry ingredients; stir only enough to mix.

Pour batter into pan.

Bake 20 to 25 minutes, or until lightly browned.

*Calories per serving:* About 310 if made with whole milk and the higher amounts of sugar and fat; about 255 if made with skim milk and the lower amounts of sugar and fat.

**Variation**

Corn muffins.—Fill greased muffin tins half full of batter. Bake at 400°F (hot oven) 20 to 25 minutes. Makes 12 muffins, about 155 calories each.
Spoonbread

6 servings, 1 cup each

Milk, whole or skim............. 3 cups
Yellow cornmeal ................ 1 cup
Salt .......................... 1½ teaspoons
Butter or margarine.............. 1 or 2 tablespoons, as desired

Egg yolks, slightly beaten..... 4
Egg whites...................... 4

Combine milk, cornmeal, and salt.
Cook over low heat, stirring constantly until thickened, 15 to 20 minutes.
Add fat and cool to lukewarm.
Preheat oven to 400° F. (hot).
Grease a 1½-quart casserole.
Stir egg yolks into cornmeal mixture.
Beat egg whites until stiff but not dry; fold into cornmeal mixture.
Pour mixture into casserole.
Bake 35 to 40 minutes or until set.
Serve immediately.

Calories per serving: About 255 if made with whole milk and 2 tablespoons fat; about 220 if made with skim milk and 1 tablespoon fat.

Oatmeal raisin muffins

12 medium-size muffins

Egg, slightly beaten.......... 1
Milk.......................... 1 cup
Fat, melted, or oil............ ½ cup
Flour, unsifted............... 1¼ cups
Rolled oats, quick-cooking, uncooked........ 1 cup
Sugar.......................... ½ cup
Baking powder, double-acting........ 1 tablespoon
Salt.......................... 1 teaspoon
Seedless raisins.............. ½ cup

Preheat oven to 400° F. (hot).
Grease muffin tins.

Combine egg and milk; add fat.
In another bowl, mix rest of ingredients thoroughly.
Add liquid to dry ingredients.
Stir until dry ingredients are barely moistened. Do not overmix. Batter should be lumpy.
Fill muffin tins half full of batter.
Bake 20 to 25 minutes, or until golden brown.

Calories per muffin: About 185.

Rolled oat muffins

12 medium-size muffins

Rolled oats, quick-cooking, uncooked........ About 3¾ cups
Salt.......................... 1 teaspoon
Baking powder, double-acting........ 1 tablespoon
Sugar.......................... ½ cup
Milk, lukewarm............... 1 cup
Butter or margarine, melted........ ½ cup
Eggs, beaten.................. 2

Grind oats in a food chopper or blender. Makes about 3 cups. Oats will resemble cornmeal in texture.
Preheat oven to 425° F. (hot).
Grease muffin tins.
Mix oats, salt, baking powder, and sugar thoroughly.
Combine milk and fat; blend into eggs.
Stir liquid ingredients quickly into dry ingredients. Mix only until combined; batter will be lumpy.
Fill muffin tins three-fourths full.
Bake 20 to 25 minutes.

VARIATION
Date-nut rolled oat muffins.—Add ½ cup chopped dates and ½ cup chopped nuts to dry ingredients before adding liquid. About 260 calories per muffin.
Johnny cake

6 servings, 4 by 2½ inches each

- Flour, unsifted: 2¼ cups
- Yellow cornmeal: 1½ cups
- Baking powder, double-acting: 1½ teaspoons
- Baking soda: ¾ teaspoon
- Salt: 1 teaspoon
- Sugar: 2 tablespoons
- Eggs, well beaten: 2
- Buttermilk or sour milk: 1¼ cups
- Fat, melted, or oil: ¼ cup

Preheat oven to 400° F (hot).
Grease an 8- by 8- by 2-inch baking pan.
Mix dry ingredients thoroughly.
Combine eggs and milk; add to flour mixture and stir until well mixed. Stir in fat.
Pour into prepared pan.
Bake 30 to 35 minutes.

NOTE: To sour sweet milk, place 4 teaspoons vinegar or lemon juice in a 2-cup measure and add milk to the 1¼ cup mark. Let stand at least 5 minutes.

Calories per serving: About 320.

Salads

Macaroni salad

6 servings, ¾ cup each

- Elbow macaroni, uncooked: 1 cup
- Mayonnaise: ½ cup
- Mustard, dry: 1 teaspoon
- Salt: 2 teaspoons
- Onion, finely chopped: 2 tablespoons
- Green pepper, chopped: 2 tablespoons
- Celery, chopped: ¾ cup
- Sweet pickle relish: ¼ cup
- Pimiento, chopped: 1 tablespoon
- Cheddar cheese, cubed: 1 cup
- Eggs, hard-cooked, chopped: 3

Cook macaroni as directed on page 12; drain.
Combine remaining ingredients except cheese and eggs; mix thoroughly.
Pour mixture over macaroni and stir gently to mix. Stir in cheese.
Add eggs and stir gently, just enough to mix ingredients.
Chill several hours before serving.

Calories per serving: About 325.

VARIATION

Macaroni-crabmeat salad.—Omit the onion, cheese, and eggs. Use only 1 teaspoon salt. Blend in 1½ cups flaked crabmeat. About 265 calories per serving.

MENU SUGGESTION

Serve macaroni salad with cold cuts, a hot green vegetable, and lemon meringue pie.

Mexicana chicken-rice salad

6 servings, about 1 cup each

- Salad oil: 2 tablespoons
- Vinegar: 2 tablespoons
- Prepared mustard: 1 teaspoon
- Salt: ¼ teaspoon
- Chili powder: ⅛ teaspoon
- Brown rice, cooked: 2 cups
- Chicken, cooked, chopped: 2 cups
- Celery, thinly sliced: 1 cup
- Green pepper, thinly sliced: ½ cup
- Dill pickle, chopped: ¼ cup
- Onion, finely chopped: 2 tablespoons
- Mayonnaise: ½ cup
- Eggs hard-cooked, chopped: 2

Mix the salad oil, vinegar, mustard, salt, chili powder, and rice.
Chill several hours or overnight. Add remaining ingredients; mix gently. Chill until served.

*Calories per serving:* About 355.

**VARIATION**

*Mexicana turkey-rice salad.*—Use turkey instead of chicken. About 355 calories per serving.

**MENU SUGGESTION**

Serve with sliced tomatoes and hot garlic bread. Have a fruit cobbler for dessert.

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**Soups**

**Hearty chicken noodle soup**

*6 servings, 1/3 cups each*

- Chicken, cut up: 3 pounds
- Salt: 1 tablespoon
- Water: To cover
- Carrots, sliced: 1 cup
- Celery with leaves, chopped: 1 1/2 cups
- Onion, chopped: 1/2 cup
- Poultry seasoning: 1/2 teaspoon
- Parsley flakes, dehydrated: 1 tablespoon
- Noodles, uncooked: 2 cups (about 1/4 pound)

Simmer the chicken in salted water in a covered saucepan until tender. A frying chicken will take about 45 minutes.

Remove chicken from broth and cool enough to handle. Remove skin and bones. Chop the meat.

Skim most of the fat from broth. Measure broth. Add water, if needed, to make 5 cups.

Bring broth to a boil. Add the chicken, vegetables, and poultry seasoning. Simmer, covered, 20 minutes.

Add parsley and noodles. Simmer, uncovered, 10 minutes longer or until noodles are tender.

*Calories per serving:* About 270.

**VARIATION**

Use 3 cups precooked, chopped chicken. For the broth use 5 bouillon cubes in 5 cups of water. Use only 1 teaspoon salt. About 270 calories per serving.

**MENU SUGGESTION**

Serve with citrus fruit salad and gingerbread.

---

**Ground beef and rice soup**

*10 servings, 1 cup each*

- Ground beef, regular or lean: 1 pound
- Bouillon cubes, beef-flavored: 3
- Hot water: 6 cups
- Tomatoes, canned, undrained: 1-pound can
- Dehydrated onion soup mix: 1 1/8-ounce envelope
- Celery, diced: 1 cup
- Rice, white, uncooked: 3/4 cup
- Oregano: 1/2 teaspoon
- Salt: 1/2 teaspoon

Crumble ground beef into 4-quart saucepan; cook over moderate heat, stirring as needed until meat is lightly browned.

Stir in rest of ingredients.

Bring mixture to a boil.

Reduce heat and simmer 40 to 45 minutes or until rice is tender. Stir occasionally.

*Calories per serving:* About 200 if regular ground beef is used; about 160 if lean ground beef is used.

**MENU SUGGESTION**

Serve with crackers and coleslaw. Have baked custard for dessert.
Desserts

Peach orange crumble

6 servings, ½ cup each

Peach pie filling, canned . . . 1-pound 5-ounce can
Orange juice frozen concentrate . . . 2 tablespoons
Orange rind, grated, if desired . . . ½ teaspoon
Brown sugar, packed . . . ½ cup
Flour, unsifted . . . ½ cup
Corn flakes . . . 2 cups
Rolled oats or rolled wheat, uncooked . . . 1 cup
Cinnamon . . . ½ teaspoon
Salt . . . ½ teaspoon
Butter or margarine, softened . . . ½ cup

Preheat oven to 375° F. (moderate). Grease an 8- by 8- by 2-inch baking pan.

Blend pie filling, orange juice concentrate, and orange rind, if used. Spread in baking pan.

Combine brown sugar, flour, cereal, cinnamon, and salt.

Mix in fat to form a crumbly mixture. Spread over peach mixture.

Bake 30 minutes. Serve warm.

Note: A can of pie filling that weighs 1 or 2 ounces more or less than the weight given above can be used successfully in this recipe.

Calories per serving.—About 315 if made with corn flakes; about 335 with rolled oats.

Variations

For fewer calories, reduce brown sugar and flour to ¼ cup each and reduce fat to 3 tablespoons. This saves about 50 calories per serving.

Blueberry or cherry crumble.—Use canned blueberry or cherry pie filling instead of peach pie filling. Use grated lemon rind instead of orange rind and omit orange juice frozen concentrate. About 290 calories per serving made with corn flakes; about 310 with rolled oats.

Old-fashioned rice pudding

6 servings, ½ cup each

Rice, white, uncooked . . . ½ cup
Water . . . 1⅓ cups
Sugar . . . ⅓ or ½ cup, as desired
Salt . . . ½ teaspoon
Seedless raisins . . . ½ cup
Half-and-half (milk and cream) . . . 2 cups
Evaporated milk undiluted . . . 14½-ounce can
Vanilla . . . 1 teaspoon
Nutmeg . . . As desired

Place rice and water in heavy 2-quart saucepan; cover tightly.

Boil gently, stirring occasionally, until rice is tender and most of water is absorbed, about 15 minutes.

Stir in sugar, salt, raisins, and half-and-half or evaporated milk.

Cook over very low heat, stirring occasionally, until pudding has a creamy consistency. (Pudding thickens some on cooling.) Do not allow pudding to boil.

Stir in vanilla.

Serve warm or cold. If desired, sprinkle pudding with nutmeg before serving.

Calories per serving: About 270 if made with ½ cup sugar and half-and-half; about 235 if made with ⅓ cup sugar and evaporated milk.
Prune orange bars

2 dozen bars, 2 by 2½ inches each

Filling

<table>
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<td>Prunes, dried, uncooked</td>
<td>1 pound</td>
</tr>
<tr>
<td>Sugar</td>
<td>½ cup</td>
</tr>
<tr>
<td>Orange juice</td>
<td>½ cup</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Orange rind, grated</td>
<td>1 tablespoon</td>
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Crust

<table>
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<tr>
<th>Ingredient</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>Butter or margarine</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Brown sugar, packed</td>
<td>1 cup</td>
</tr>
<tr>
<td>Flour, unsifted</td>
<td>1½ cups</td>
</tr>
<tr>
<td>Baking soda</td>
<td>½ teaspoon</td>
</tr>
<tr>
<td>Salt</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Rolled oats, uncooked</td>
<td>1¼ cups</td>
</tr>
</tbody>
</table>

Cook prunes as directed on package, but do not sweeten.
Drain and cool enough to handle.
Pit and cut up prunes.
Mix prunes with rest of filling ingredients in a 1-quart saucepan.
Cook over low heat, stirring often, until thickened, about 15 minutes.
Cool filling.

Mix fat and brown sugar thoroughly.
In another bowl, mix flour, baking soda, and salt; blend into fat mixture.
Stir in rolled oats and mix well.
Chill dough for easier handling.
Preheat oven to 375° F. (moderate).
Crumble half of oat mixture in a 9- by 13-inch baking pan and press to cover bottom evenly.
Spread cooled filling over oat mixture in baking pan.
Sprinkle rest of oat mixture over filling and pat lightly.
Bake 30 to 35 minutes, or until lightly browned.
Cut into bars. Cool before serving.

Calories per bar.—About 185.

VARIATION

Date bars.—For the filling, use 3 cups pitted, cut-up dates, ¼ cup sugar, and 1½ cups water. Cook filling ingredients together over low heat, stirring often, until thickened, about 15 minutes. About 195 calories per bar.

Prune orange bars may be served warm, topped with ice cream, for dessert.
Oatmeal cookies

3½ dozen cookies

- Flour, unsifted: 1 cup
- Baking powder, double-acting: 1¼ teaspoons
- Baking soda: ½ teaspoon
- Salt: ½ teaspoon
- Shortening, at room temperature: ½ cup
- Light brown sugar, packed: 1 cup
- Egg: 1
- Vanilla: ⅛ teaspoon
- Rolled oats, quick-cooking, uncooked: 1 ½ cups

Mix first four ingredients thoroughly.

Beat shortening and sugar until creamy.

Beat egg and vanilla into shortening mixture.

Blend in flour mixture.

Stir in rolled oats.

Chill dough.

Preheat oven to 350° F. (moderate).

Shape dough into balls about 1 inch in diameter. Place about 2 inches apart on an ungreased baking sheet.

Bake 10 to 15 minutes.

Calories per cookie: About 65.

VARIATIONS

Raisin oatmeal cookies.—Add ½ cup seedless raisins with the oats. About 70 calories per cookie.

Coconut or nut oatmeal cookies.—Add ½ cup flaked coconut or ½ cup chopped nuts with the oats. About 70 calories per cookie with coconut; about 75 calories per cookie with nuts.

Orange oatmeal cookies.—Add 2 tablespoons orange juice and 1 teaspoon grated orange rind to the shortening and sugar mixture. Add ½ cup raisins and ½ cup chopped nuts with the oats. Chill dough thoroughly; drop from teaspoon onto baking sheet. About 80 calories per cookie.

Orange raisin cake

2 layers, 8 inches in diameter

- Orange, medium-size, unpeeled: 1
- Seedless raisins: 1 cup
- Butter, margarine, or shortening: ½ cup
- Sugar: 1 cup
- Eggs: 2
- Flour, unsifted: 1 ½ cups
- Baking powder, double-acting: 2 cups
- Salt: ¼ teaspoon
- Milk: 1 ¼ cups
- Rolled oats, quick-cooking or regular, uncooked: 1 ¼ cups

Cut orange in half; remove seeds. Grind orange and raisins together through fine blade of food chopper; set mixture aside.

Preheat oven to 350° F. (moderate). Grease and flour two 8-inch layer cakepans.

Beat fat and sugar until creamy. Beat in eggs, one at a time, until fluffy.

In another bowl, mix flour, baking powder, and salt.

Add flour mixture and milk alternately by thirds to fat mixture. Beat well after each addition. Stir in orange-raisin mixture and rolled oats.

Pour batter into cakepans. Bake about 55 minutes. Cake is done when toothpick inserted in center comes out clean.

NOTE: This cake tends to crumble if cut while warm.

Calories per serving (½ of unfrosted cake): About 285.
Corn flake macaroons

3 dozen cookies

Egg whites.................. 2
Salt.................................. ½ teaspoon
Sugar................................ 1 cup
Almond extract.................... ¼ teaspoon
Shredded coconut.............. 1 cup
Corn flakes......................... 2 cups

*Preheat oven to 350° F. (moderate).*

Grease baking sheet.

Beat egg whites until foamy; add salt.

Add sugar gradually, while beating constantly until stiff peaks form.

Beat in flavoring.

Fold in coconut and corn flakes.

Drop by teaspoonfuls onto baking sheet, about 2 inches apart.

Bake 15 to 20 minutes or until lightly browned.

*Note:* Remove macaroons immediately. To remove them easily, place baking sheet on a damp cloth; and use a spatula or pancake turner.

*Calories per cookie:* About 35.

**VARIATION**

*Rice macaroons.*—Use toasted rice cereal in place of corn flakes; flavor with ½ teaspoon vanilla instead of almond extract. Add ½ cup chopped nuts. About 45 calories per cookie.

Rice flake or corn flake pastry

**One 9-inch pastry shell**

Rice flakes or corn flakes, crushed.................. 1 cup
Sugar or margarine, melted.................. ¼ cup
Butter or margarine, melted.................. ½ cup

*Preheat oven to 375° F. (moderate).*

Mix all ingredients thoroughly.

Press into a 9-inch piepan.

Bake until lightly browned, 5 to 8 minutes.

Cool. Fill with your favorite filling.

*Calories per pie shell:* About 1,045 if made with rice flakes, about 1,060 with corn flakes.

**Rolled oats or rolled wheat pastry**

8- or 9-inch pastry shell

Flour, unsifted .................. ¾ cup
Rolled oats or rolled wheat, uncooked .................. ¾ cup
Salt.................................. ½ teaspoon
Shortening.................. ¼ or ½ cup, as desired
Cold water.................. 1½ to 2½ tablespoons, as needed

*Preheat oven to 425° F. (hot).*

Combine flour, cereal, and salt. Mix in shortening only until mixture is crumbly.

Add a little water at a time, blending lightly. Use only enough water to make a dough that can be formed into a ball.

Let stand 5 minutes for easier rolling.

Roll out pastry on a lightly floured surface or between two sheets of waxed paper.

Fit pastry into 8- or 9-inch piepan. Prick bottom and sides of pastry with fork to keep pastry flat while baking.

Bake about 15 minutes or until lightly browned.

Cool and fill with your favorite filling.

*Note:* This pastry must be baked before filling is added.

*Calories per pie shell:* About 1,070 if made with ¼ cup shortening; about 940 if made with ¼ cup shortening.

29
Oatmeal bonbons

4 to 5 dozen cookies

Cookies
Butter or margarine, softened. 1 cup
Confectioner's sugar .............. 1 cup
Vanilla .......................... 2 teaspoons
Flour, unsifted .................. 1 3/4 cups
Salt ............................ 3/4 teaspoon
Rolled oats, quick-cooking or regular, uncooked ........ 1 cup

Preheat oven to 350° F. (moderate).
Beat fat until creamy.
Add 1 cup sugar and beat until fluffy. Blend in vanilla.
Mix flour and salt thoroughly; add to fat mixture and mix well.
Stir in rolled oats.
Shape dough into balls about 1 inch in diameter; place about 2 inches apart on ungreased baking sheet.
Bake 25 to 30 minutes. Cookies will be brown on bottom but not on top.
Remove from cookie sheet. Cool.
Blend all frosting ingredients together. Spread on cooled cookies.
Calories per cookie: About 75.

VARIATIONS
For fewer calories, reduce fat to 3/4 cup and blend 3/4 cup skim milk into the dough before adding oats. Omit frosting. While cookies are still warm (not hot), roll them in confectioner's sugar. About 55 calories per cookie.

Chocolate nut bonbons.—Omit frosting. Melt a 6-ounce package of semisweet chocolate chips with 1 teaspoon shortening over hot water; remove from heat. Spread chocolate mixture on cooled cookies; then top each cookie with a walnut half or dip into finely chopped nuts. About 95 calories per cookie.

Chocolate nut drops
6 dozen candies

Semisweet chocolate chips . . 12-ounce package
Sweetened condensed milk . . 15-ounce can
Rolled oats, quick-cooking or regular, uncooked ........ 2 cups
or Rice flakes .............. 3 cups
Salt ............................ 1/4 teaspoon
Vanilla ...................... 2 teaspoons
Almonds, blanched, toasted, or pecan halves ........ About 1/2 cup

Melt chocolate chips in top of double boiler over hot water.
Remove double boiler from heat.
Add remaining ingredients except nuts; stir until combined.
Keep mixture hot over hot water while dropping teaspoonfuls of the mixture onto waxed paper on a tray or baking sheet.
Top each piece with an almond or a pecan half.
Refrigerate until set.
Store in refrigerator until used.

NOTES: To toast almonds, spread them in a shallow pan and heat in the oven at 300° F. (slow) 15 to 30 minutes or until lightly browned.
The candy becomes soft and chewy during storage.
Calories per candy: About 60 if made with rolled oats; about 55 if made with rice flakes.
Cereal cookie mix

About 12 cups mix

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<thead>
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<th>Amount</th>
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<tr>
<td>Flour, unsifted</td>
<td>4 cups</td>
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<tr>
<td>Rolled oats or rolled wheat, uncooked</td>
<td>4 cups</td>
</tr>
<tr>
<td>Sugar</td>
<td>2 1/2 cups</td>
</tr>
<tr>
<td>Instant nonfat dry milk</td>
<td>1 1/2 cups</td>
</tr>
<tr>
<td>Baking powder, double-acting</td>
<td>1/4 cup</td>
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<tr>
<td>Salt</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>Shortening</td>
<td>1/2 or 1 1/2 cups, as desired</td>
</tr>
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</table>

In a very large bowl, combine all ingredients except fat. Mix thoroughly.
Mix in fat until mixture is crumbly.
Put into a container with a tight-fitting lid. Do not pack.
Store in a cool, dry place.
Mix will keep about 1 month.

Cereal cookies made from mix

4 to 5 dozen cookies

<table>
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<tr>
<td>Cereal cookie mix (above)</td>
<td>3 cups</td>
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<tr>
<td>Egg, slightly beaten</td>
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<td>Water, as needed</td>
<td>1/4 or 1/2 cup</td>
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<tr>
<td>Vanilla</td>
<td>1 teaspoon</td>
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Preheat oven to 350° F. (moderate).
Grease baking sheets.
Combine egg, water, and vanilla.
Use 1/4 cup water if 1 1/2 cups fat is used in mix; 1/2 cup with 1/2 cup fat.
Stir just enough to moisten cookie mix.
Drop dough by teaspoonfuls about 2 inches apart onto baking sheets.
Bake 12 to 14 minutes, or until lightly browned.

Calories per cookie: About 40 if mix is made with 1 1/2 cups fat; about 30 if made with 1/2 cup fat.

VARIATIONS

Stir one of the following into the basic cookie dough before dropping it onto baking sheets:

- One-half cup raisins and 1 teaspoon cinnamon. (Add 4 calories per cookie.)
- One-half cup chopped nuts. (Add 6 calories per cookie.)
- One-half cup semisweet chocolate chips. (Add 8 calories per cookie.)
- One-half cup chopped dates. (Add 5 calories per cookie.)
- One-third cup peanut butter. (Add 9 calories per cookie.)
- One-third cup shredded coconut and 1 teaspoon grated orange rind. (Add 2 calories per cookie.)

Crunchy dessert topping

Makes about 4 cups

<table>
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<tr>
<td>Rolled oats</td>
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<tr>
<td>Brown sugar, packed</td>
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<tr>
<td>Butter or margarine, melted</td>
<td>1/3 cup</td>
</tr>
<tr>
<td>Nuts, chopped</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Nutmeg</td>
<td>1/4 teaspoon</td>
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Preheat oven to 350° F. (moderate).
Combine ingredients and mix until crumbly.
Spread mixture loosely in a 12-by 18-inch baking pan.
Bake, stirring occasionally, until lightly browned, about 10 minutes.
Cool 15 minutes; then stir lightly with a fork.
Store in a tightly covered container in the refrigerator.
Note: Serve on ice cream, fruit, or chilled pudding.

Calories per tablespoon: About 30.
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<table>
<thead>
<tr>
<th>Desserts:</th>
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<tbody>
<tr>
<td>Blueberry crumble</td>
<td>26</td>
</tr>
<tr>
<td>Cereal cookies made from mix</td>
<td>31</td>
</tr>
<tr>
<td>Cereal cookie mix</td>
<td>31</td>
</tr>
<tr>
<td>Cherry crumble</td>
<td>26</td>
</tr>
<tr>
<td>Chocolate nut bonbons</td>
<td>30</td>
</tr>
<tr>
<td>Chocolate nut drops</td>
<td>30</td>
</tr>
<tr>
<td>Coconut oatmeal cookies</td>
<td>28</td>
</tr>
<tr>
<td>Corn flake macaroons</td>
<td>29</td>
</tr>
<tr>
<td>Corn flake pastry</td>
<td>29</td>
</tr>
<tr>
<td>Crunchy dessert topping</td>
<td>31</td>
</tr>
<tr>
<td>Date bars</td>
<td>27</td>
</tr>
<tr>
<td>Nut oatmeal cookies</td>
<td>28</td>
</tr>
<tr>
<td>Oatmeal bonbons</td>
<td>30</td>
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</tbody>
</table>

| Oatmeal cookies                            | 28   |
| Old-fashioned rice pudding                 | 26   |
| Orange oatmeal cookies                     | 28   |
| Orange raisin cake                         | 28   |
| Peach orange crumble                       | 28   |
| Prune orange bars                          | 27   |
| Raisin oatmeal cookies                     | 28   |
| Rice flake pastry                          | 29   |
| Rice macaroons                             | 29   |
| Rolled oats pastry                         | 29   |
| Rolled wheat pastry                        | 29   |

<table>
<thead>
<tr>
<th>Main Dishes:</th>
<th></th>
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<tbody>
<tr>
<td>Baked macaroni and cheese</td>
<td>14</td>
</tr>
<tr>
<td>Beef loaf</td>
<td>14</td>
</tr>
<tr>
<td>Beef patties with cereal stuffing</td>
<td>18</td>
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<tr>
<td>Cereal-chicken casserole</td>
<td>15</td>
</tr>
<tr>
<td>Lasagna</td>
<td>16</td>
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<tr>
<td>Sausage-sweetpotato bake</td>
<td>19</td>
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<tr>
<td>Spaghetti with meat sauce</td>
<td>15</td>
</tr>
<tr>
<td>Spanish rice with cheese</td>
<td>17</td>
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<tr>
<td>Stuffed baked tomatoes</td>
<td>18</td>
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<tr>
<td>Tuna noodle casserole</td>
<td>16</td>
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<thead>
<tr>
<th>Meat Accompaniments:</th>
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<tbody>
<tr>
<td>Beef-flavored poppy seed noodles</td>
<td>21</td>
</tr>
<tr>
<td>Bulgur pilaf</td>
<td>19</td>
</tr>
<tr>
<td>Fiesta rice</td>
<td>20</td>
</tr>
<tr>
<td>Fried rice</td>
<td>21</td>
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<tr>
<td>Poppy seed noodles</td>
<td>21</td>
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<tr>
<td>Rice pilaf</td>
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<tr>
<td>Rice ring</td>
<td>10</td>
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<tr>
<td>Rice stuffing for poultry</td>
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<table>
<thead>
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<th>Salads:</th>
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<tbody>
<tr>
<td>Macaroni-crabmeat salad</td>
<td>24</td>
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<tr>
<td>Macaroni salad</td>
<td>24</td>
</tr>
<tr>
<td>Mexicana chicken rice salad</td>
<td>24</td>
</tr>
<tr>
<td>Mexicana turkey-rice salad</td>
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</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Soups:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Ground beef and rice soup</td>
<td>25</td>
</tr>
<tr>
<td>Hearty chicken noodle soup</td>
<td>25</td>
</tr>
</tbody>
</table>

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