betty crocker best of baking recipes.txt

```
* Exported from MasterCook *
```

    Almond Honey-Whole wheat Bread (1 1/2-Pound Recipe)
    $\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \vdots \\ \text { : } & 12 \quad \text { Preparation Time :0:00 }\end{array}$
Categories : Bread Machine Breads

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 1 | cup | water |
| 3 | tablespoons | honey |
| 2 | tablespoons | margarine or butter -- softened |
| $11 / 2$ | cups | bread flour |
| $11 / 2$ | cups |  |
| 1/4 | cup | toasted slivered almonds |
| 1 | teaspoon | salt |
| 1 1/2 | teaspoons | bread machine yeast |

Make $11 / 2$-pound recipe for bread machines that use 3 cups flour, or make 1 -pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

```
Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
    "@ General Mi11s, Inc. 1998."
Yield:
    "1 Loaf"
```

Per serving: 165 Calories (kcal); 4 g Total Fat; ( $21 \%$ calories from fat); 5g
Protein; 28g Carbohydrate; 5 mg Cholesterol; 200mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat;
1/2 Other Carbohydrates

```
Nutr. Assoc. : 0 0 2394 0 0 4982 0 2019
```

* Exported from MasterCook *
Almond Honey-whole Wheat Bread (1-Pound Recipe)
$\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 8 \quad \text { Preparation Time :0:00 }\end{array}$
Categories : Bread Machine Breads

| Amount | Measure | Ingredient -- Preparation Method |
| ---: | ---: | :--- |
| 2 | $2 / 3$ | cup |
| 2 | tablespoons | water |
| 1 | tablespoon | margarine or butter -- softened |
| 1 | cup | bread flour |
| 1 | cup | whole wheat flour |
| 2 | tablespoons | toasted slivered almonds |
|  |  | Page 1 |

```
                            betty crocker best of baking recipes.txt
    3/4 teaspoon salt
1
    teaspoon bread machine yeast
```

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1 -pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

```
Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
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Yield:
    "1 Loaf"
```

Per serving: 156 Calories (kcal); 3g Total Fat; (17\% calories from fat); 5g Protein; 28g Carbohydrate; 4mg Cholesterol; 217mg Sodium Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

```
Nutr. Assoc. : 0 0 2394 0 0 4982 0 2019
```

* Exported from MasterCook *
Almond Pilaf
$\begin{array}{ll}\text { Recipe By } \\ \text { Serving.Size } & : 8 \\ \text { S }\end{array}$ Preparation Time :0:00
Categories : Holiday Rice and Grains

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| $11 / 2$ | cups | uncooked regular long grain rice |
| 1 | medium | onion -- chopped (about 1/2 cup) |
| 1/4 | cup | margarine or butter (1/2 stick) |
| 1/2 | teaspoon | ground allspice |
| 1/2 | teaspoon | ground turmeric |
| 1/4 | teaspoon | salt |
| 1/4 | teaspoon | curry powder |
| 1/8 | teaspoon | pepper |
| 3 1/4 | cups | hot chicken broth |
| 1/4 | cup | slivered blanched almonds |

Heat oven to $350^{\circ}$. Cook rice and onion in margarine in 10-inch skillet, stirring frequently, until onion is tender. Stir in allspice, turmeric, salt, curry powder and pepper. Place in ungreased 2 -quart casserole. Stir in broth.

Cover and bake about 40 minutes or until liquid is absorbed and rice is tender. Stir in almonds.

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Per serving: 225 Calories (kca1); 9g Total Fat; ( $35 \%$ calories from fat); 5 g
Protein; 30 g Carbohydrate; 0 mg Cholesterol; 422 mg Sodium
Food Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat;
0 Other Carbohydrates
NOTES : Brown Rice-Almond Pilaf: Substitute brown rice for the regular rice. Bake 60 to 70 minutes.
Nutr. Assoc. : 201070409800000264382277

* Exported from MasterCook *

Almond-Chocolate Chip Bread (1 1/2-Pound Recipe)

```
Recipe By 首 12 Preparation Time :0:00
```

Categories : Bread Machine Breads

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 1 | cup | plus 2 tablespoons water |
| 2 | tablespoons | margarine or butter -- softened |
| $31 / 2$ | teaspoon | vanilla |
| 3 3/4 | cups | bread flour |
| 3/4 | cup | semisweet chocolate chips |
| 3 | tablespoons | sugar |
| 1 | tablespoon | dry milk |
| 3/4 | teaspoon | salt |
| 1 1/2 | teaspoons | bread machine yeast |
| 1/3 | cup | sliced almonds |

Make $11 / 2$-pound recipe for bread machines that use 3 cups flour, or make 1 -pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients except almonds in bread machine pan in the order recommended by the manufacturer. Add almonds at the Raisin/Nut signal or 5 to 10 minutes before last kneading cycle ends.

Select Sweet or Basic/white cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\text {® }}$ Recipe.

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Yield:
"1 Loaf"

Per serving: 232 Calories (kcal); 8 g Total Fat; (29\% calories from fat); 6g Protein; 36g Carbohydrate; 1mg Cholesterol; 161mg Sodium Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 1582409800488600020190

```
                            betty crocker best of baking recipes.txt
* Exported from MasterCook *
    Almond-Chocolate Chip Bread (1-Pound Recipe)
Recipe By : % Preparation Time :0:00
Categories : Bread Machine Breads
```

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 3/4 | cup | plus 1 tablespoon water |
| 1 | tablespoon | margarine or butter -- softened |
| 1/4 | teaspoon | vanilla |
| 2 | cups | bread flour |
| 1/2 | cup | semisweet chocolate chips |
| 2 | tablespoons | sugar |
| 2 | teaspoons | dry milk |
| 1/2 | teaspoon | salt |
| 1 1/4 | teaspoon | bread machine yeast |
| 1/4 | cup | sliced almonds |

Make $11 / 2$-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients except almonds in bread machine pan in the order recommended by the manufacturer. Add almonds at the Raisin/Nut signal or 5 to 10 minutes before last kneading cycle ends.

Select Sweet or Basic/white cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Copyright:
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Yield:
"1 Loaf"

Per serving: 230 Calories (kcal); 8 g Total Fat; (29\% calories from fat); 6g Protein; 36 g Carbohydrate; 1 mg Cholesterol; 156 mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 1582409800488600020190

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* Exported from MasterCook *
```

Ange1 Food Cake Deluxe

Recipe By | Berving.Size |
| :--- |
| Se |
| Separation Time $: 0: 00$ |

Categories : Cakes

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | ---: | :---: |
| 1 | cup | cake flour |
| 1 | $1 / 2$ | cups |
| 1 | powdered sugar |  |
| $1 / 2$ | cups | egg whites (about 12) |
| $1 / 2$ | teaspoons | cream of tartar |
|  |  | Page 4 |

```
                            betty crocker best of baking recipes.txt
1 cup granulated sugar
1/2 teaspoons vanilla
    1/2 teaspoon almond extract
    1/4 teaspoon salt
```

Heat oven to $375^{\circ}$. Mix flour and powdered sugar. Beat egg whites and cream of tartar in large bowl on medium speed until foamy. Beat in granulated sugar on high speed, 2 tablespoons at a time, adding vani11a, almond extract and salt with the last addition of sugar; continue beating until meringue holds stiff peaks. Do not underbeat.

Sprinkle flour-sugar mixture, $1 / 4$ cup at a time, over meringue, folding in gently just until mixture disappears. Spread in ungreased tube pan, $10 \times 4$ inches. Gently cut through batter with spatula.

Bake 30 to 35 minutes or until cracks fee 1 dry and top springs back when touched lightly. Immediately invert pan onto heatproof funnel; 1et hang until cake is completely cool.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

```
Copyright:
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Yield:
    "1 Cake"
```

Per serving: 130 Calories (kcal); trace Total Fat; (0\% calories from fat); 3g Protein; 30g Carbohydrate; 0mg Cholesterol; 71mg Sodium Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 1 1/2 Other Carbohydrates

NOTES : Ange1 food cake is thought to have originated in St. Louis, Missouri, in the mid-nineteenth century. Some people believe that the recipe was brought by slaves from the South up the Mississippi River to St. Louis. Others believe that angel food cake can be traced to the Pennsylvania Dutch.
Nutr. Assoc. : 00323100000

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* Exported from MasterCook *
```

> Antipasto Pull-Apart

| Recipe By | : |
| :--- | :--- |
| Serving Size | Preparation Time :0:00 |
| Categories | Appetizers |


| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 4 | cups | all-purpose flour (4 to 5 cups) |
| 1 | tablespoon | sugar |
| 2 | teaspoons | salt |
| 1/4 | cup | olive oil |
| 1/4 | cup | (1/2 stick) margarine or butter -- melted |
| 2 | packages | regular or quick-acting active dry yeast |
| $21 / 4$ | cups | very warm water ( $120^{\circ}$ to $130^{\circ}$ ) |
| 3/4 | cup | finely chopped salami (about 4 ounces) |
| 2 | cloves | garlic -- finely chopped |
| $13 / 4$ | cups | whole wheat flour |
| 1/4 | cup | grated Romano or Parmesan cheese |
| 2 | tablespoons | chopped fresh basil |

betty crocker best of baking recipes.txt OR
2 teaspoons dried basil leaves

Mix 3 cups of the all-purpose flour, the sugar, salt, oil and yeast in large bowl. Add warm water. Beat on low speed 1 minute, scraping bowl frequently. Beat on medium speed 1 minute, scraping bowl frequently. Divide dough between 2 medium or large bowls.

Stir salami, garlic and whole wheat flour into dough in 1 bowl. If necessary, stir in enough all-purpose flour to make dough easy to handle. Turn dough onto lightly floured surface; gently roll in flour to coat. Knead about 10 minutes or until smooth and elastic. Place in greased bowl; turn greased side up. Cover and let rise in warm piace 40 to 60 minutes or until double. (Dough is ready if indentation remains when touched.)

Stir cheese and basil into dough in other bowl. Stir in enough remaining al1-purpose flour to make dough easy to handle. Turn dough onto lightly floured surface; gently roll in flour to coat. Knead about 10 minutes or until smooth and elastic. Place in greased bow 1 ; turn greased side up. Cover and let rise in warm place 30 to 50 minutes or until double.

Grease large cookie sheet. Punch down whole wheat dough and let rest 5 minutes. Punch down white dough and let rest 5 minutes. Gently pat each dough into $71 / 2$-inch square. Cut each square into twenty-five $11 / 2$-inch squares. Randomly arrange white and whole wheat squares on cookie sheet in 2 round mounds, about 6 inches across. Cover and let rise in warm place 35 to 50 minutes or until double. Beat egg white and cold water; brush over loaves.

Heat oven to $375^{\circ}$. Bake 35 to 40 minutes or until loaves are golden brown and sound hollow when tapped. Remove from cookie sheet. Cool on wire rack. Pull apart to serve.

2 loaves (about 16 slices each)

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Yield:
"2 Loaves"

Per serving: 115 Calories (kcal); 3 g Total Fat; ( $26 \%$ calories from fat); 4 g Protein; 17g Carbohydrate; 5mg Cholesterol; 206mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; $1 / 2$ Fat; 0 Other Carbohydrates

Nutr. Assoc. : 140000213070654326366547248140020087200280 213070654300

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* Exported from MasterCook *
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Apple Dumplings

| Recipe By |  |
| :--- | :--- |
| Serving Size | 6 |

Categories : Desserts
Amount Measure Ingredient -- Preparation Method Page 6
betty crocker best of baking recipes.txt

6
$\begin{array}{llr}3 & & \text { tablespoons } \\ 3 & & \text { tablespoons } \\ 2 & 1 / 2 & \text { cups } \\ 1 & 1 / 3 & \text { cups }\end{array}$
Favorite Pastry for 9-Inch Two-Crust Pie -- (see recipe)

Heat oven to $425^{\circ}$. Prepare pastry. Gather into a ball. Rol1 two-thirds of the pastry into 14 -inch square on lightly floured cloth-covered board with floured stockinet-covered rolling pin; cut into 4 squares. Roll remaining pastry into rectangle, $14 \times 7$ inches; cut into 2 squares. place apple on each square.

Mix raisins and nuts; fill each apple. Moisten corners of each pastry square; bring 2 opposite corners up over apple and pinch. Repeat with remaining corners; pinch edges of pastry to seal. Place dumplings in ungreased baking dish, $13 \times 9 \times 2$ inches.

Heat brown sugar and water to boiling; carefully pour around dumplings. Bake, spooning or basting syrup over dumplings 2 or 3 times, until crust is golden and apples are tender, about 40 minutes. Serve warm or cool with cream or sweetened whipped cream if desired.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

```
Copyright:
    @@ Genera1 Mi11s, Inc. 1998.''
Yield:
    "6 Dumplings"
```

Per serving: 645 Calories (kcal); 15g Total Fat; (19\% calories from fat); 3g
Protein; 131g Carbohydrate; 11mg Cholesterol; 217mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; $11 / 2$ Fruit; $21 / 2$
Fat; 6 Other Carbohydrates
Nutr. Assoc. : 0300000

* Exported from MasterCook *
Favorite Pastry for 9-Inch Two-Crust Pie
$\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 8 \quad \text { Preparation Time }: 0: 00\end{array}$
Categories : Desserts Pies

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 2 | cups | al1-purpose flour |
| 1 | teaspoon | salt |
| 2/3 | cup | 1ard |
|  |  | OR ${ }^{\text {Plus } 2 \text { tablespoons shortening }}$ |
| 4 2/3 | tablespoons | plus 2 tablespoons shortening cold water (4 to 5 tablespoons) |

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until ail flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons water can be added if necessary).
betty crocker best of baking recipes.txt
Divide pastry in half and shape into 2 flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Turn desired filling into pastry-lined pie plate. Trim overhanging edge of pastry $1 / 2$ inch from rim of plate. Roll other round of pastry. Fold into fourths; cut slits so steam can escape.

Place over filling and unfold. Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll top edge under lower edge, pressing on rim to seal. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into $V$ shape; pinch again to sharpen.

For Baked Pie Shell: Heat oven to $475^{\circ}$. Prick bottom and side thoroughly with fork. Bake 8 to 10 minutes or until light brown; cool.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

```
Copyright:
    'O General Mil1s, Inc. 1998."
Yield:
    "2 Crusts"
```

Per serving: 268 Calories (kcal); 17g Total Fat; (59\% calories from fat); 3g
Protein; 24g Carbohydrate; 16mg Cholesterol; 267mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 1/2
Fat; O Other Carbohydrates
Nutr. Assoc. : 000021307065432777

* Exported from MasterCook *
Apple-Cinnamon Bread
$\begin{aligned} & \text { Recipe By } \\ & \text { Serving Size }\end{aligned}: 16$ Preparation Time :0:00
Categories : Baking with Kids Breads

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
|  |  | Shortening |
| 2 | cups | cooking apples |
| 1 | cup | sugar |
| 1/2 | cup | shortening |
| 1 | teaspoon | vanilla |
| 2 | large | eggs |
| 2 | cups | a11-purpose flour |
| 1 | teaspoon | baking powder |
| 1 | teaspoon | baking soda |
| 1 | teaspoon | ground cinnamon |
| 1/2 | teaspoon | salt |
| 1/2 | cup | chopped walnuts |
| 1/2 | cup | raisins |

```
                betty crocker best of baking recipes.txt
                tablespoon sugar
                        teaspoon ground cinnamon
```

```
Heat oven to 350'0
```

Heat oven to 350'0
Grease bottom only of loaf pan with:
Shortening
Adult help: Cut apples into fourths, then core, peel and chop to measure 2
cups:
About 2 medium cooking apples
Mix in large bowl with wooden spoon:
1 cup sugar
1/2 cup shortening
1 teaspoon vanilla
2 large eggs
Stir in until smooth (batter will be thick):
2 cups al1-purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon ground cinnamon
1/2 teaspoon salt
Stir in:
The chopped apples
1/2 cup chopped walnuts
1/2 cup raisins
Spread batter in pan.
Mix in small bowl, then sprinkle over batter:
1 tablespoon sugar
1/4 teaspoon ground cinnamon
Bake 50 to 55 minutes or until toothpick poked about 1 inch from center
comes out clean. Adult help: Immediately remove bread from pan to wire
rack. Cool. Store bread tightly covered.

```
```

1 loaf (16 slices)

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```

1 loaf (16 slices)

```

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"1 Loaf"

Per serving: 221 Calories (kcal); 9g Total Fat; (37\% calories from fat); 4g Protein; 32 g Carbohydrate; 27 mg Cholesterol; 185 mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 1/2 Fat;
1 Other Carbohydrates
```

NOTES : Utensils You Will Need
Loaf pan, 9 < 5 < 3 inches • Pastry brush • Cutting board • Sharp
knives • Large Bow1 • Dry-ingredient measuring cups • Measuring
spoons • Wooden spoon • Smal1 bow1 • Pot holders • Toothpick •
wire cooling rack
Nutr. Assoc. : 0 30 0 0 0 3854 0 0 0 0 0 0 4680 0 0

```
* Exported from MasterCook *
betty crocker best of baking recipes.txt
Apple-Filled Coffee Cake
Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Cakes
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1/4 & cup & shortening \\
\hline 2 & cups & al1-purpose flour \\
\hline 2 & tablespoons & sugar \\
\hline 3 & teaspoons & baking powder \\
\hline 1/2 & teaspoon & salt \\
\hline 3/4 & cup & milk \\
\hline 1/2 & cup & finely chopped peeled or unpeeled apple (about 1 sma11) \\
\hline 1 & tablespoon & sugar \\
\hline 1/2 & teaspoon & ground cinnamon \\
\hline 1 & tablespoon & margarine -- melted Glaze, if desired -- (recipe follows) \\
\hline 1/3 & cup & GLAZE powdered sugar \\
\hline \(11 / 2\) & teaspoons & milk \\
\hline 1/8 & teaspoon & vanil1a \\
\hline
\end{tabular}

Heat oven to \(425^{\circ}\). Grease round pan, \(8 \times 11 / 2\) inches, or square pan, \(8 \times\) \(8 \times 2\) inches. Cut shortening into flour, 2 tablespoons sugar, the baking powder and salt with pastry blender in 1arge bowl until mixture resembles fine crumbs. Stir in milk until dough leaves side of bow 1 and forms a bal1.

Turn dough onto lightly floured surface; gently roll in flour to coat. Knead lightly 20 to 25 times. Divide dough into 12 equal parts; cover.

Mix apple, 1 tablespoon sugar and the cinnamon. Pat each part dough into \(3-i n c h\) circle on floured surface. Place 1 rounded teaspoonful apple mixture in center of each circle. Bring edges of dough up over apple mixture; pinch and seal well to from a bal1. Arrange bal1s, seam sides down, in pan. Brush with margarine.

Bake 17 to 19 minutes or until golden brown. Drizzle Glaze over warm coffee cake. Serve warm or let stand until cool.

\section*{GLAZE:}

Mix all ingredients until smooth.

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Copyright:
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Yield:
"1 Cake"

Per serving: 322 Calories (kcal); 12g Total Fat; (33\% calories from fat); 5g Protein; 48g Carbohydrate; 4mg Cholesterol; 460mg Sodium Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(21 / 2\) Fat; 1 Other Carbohydrates
betty crocker best of baking recipes.txt
Nutr. Assoc. : 00000026658000213070654300000
* Exported from MasterCook *

> Apple-Raisin Dressing
```

Recipe By : % 6 Preparation Time :0:00
Serving Size : 6 OM, Pr

```
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 3 & medium stalks & celery (with leaves) -- chopped (about \(11 / 2\) cups) \\
\hline 1 & medium & onion -- chopped (about 1/2 cup) \\
\hline 1 & cup & margarine or butter (2 sticks) \\
\hline 8 & cups & soft bread cubes (about 13 slices) \\
\hline 1/2 & cup & raisins \\
\hline 1 1/2 & teaspoons & salt \\
\hline \(11 / 2\) & teaspoons & dried sage leaves \\
\hline 1/4 & teaspoon & pepper \\
\hline 3 & medium & tart apples -- chopped (about 3 cups) \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\). Grease rectangular pan, \(13 \times 9 \times 2\) inches, or 3 -quart casserole. Cook celery and onion in margarine in 10-inch skillet, stirring frequently, until onion is tender. Stir in about one-third of the bread cubes. Place in deep bow1. Add remaining bread cubes and ingredients; toss. Place in pan.

Cover and bake 15 minutes. Uncover and bake about 15 minutes longer or until hot and slightly crisp.

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Per serving: 507 Calories (kcal); 33g Total Fat; (56\% calories from fat); 6g Protein; 49g Carbohydrate; Omg Cholesterol; 1254mg Sodium Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 Fruit; 6 1/2 Fat; 0 Other Carbohydrates
```

Nutr. Assoc. : 26435 0 4098 2337 4680 0 3154 0 5260

```
* Exported from MasterCook *
    Applesauce-Spice Cake
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 16 \text { Preparation Time :0:00 }\end{array}\)
Categories : Cakes
Desserts
\begin{tabular}{rll} 
Amount & Measure & Ingredient -- Preparation Method \\
\(-1 / 2\) & - & cups \\
2 & all-purpose flour* \\
1 & & cups \\
1 & cup & sugar \\
\(1 / 2\) & cup & chopped walnuts \\
\(1 / 2\) & cup & shortening
\end{tabular}
\begin{tabular}{|c|c|c|}
\hline & \multicolumn{2}{|r|}{betty crocker best of baking recipes.txt} \\
\hline 1 1/2 & cups & applesauce \\
\hline 1/2 & cup & water \\
\hline 1 1/2 & teaspoons & baking soda \\
\hline 1 1/2 & teaspoons & salt \\
\hline 3/4 & teaspoon & ground cinnamon \\
\hline 1/2 & teaspoon & ground cloves \\
\hline 1/2 & teaspoon & ground al1spice \\
\hline 1/4 & teaspoon & baking powder \\
\hline 2 & & eggs Browned Butter Frosting -- (recipe follows) \\
\hline 1/3 & cup & BROWNED BUTTER FROSTING margarine or butter \\
\hline 3 & cups & powdered sugar \\
\hline \(11 / 2\) & teaspoons & vanilla \\
\hline 2 & tablespoons & milk (about) \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\). Grease and flour rectangular pan, \(13 \times 9 \times 2\) inches, or 2 round pans, 8 or \(9 \times 11 / 2\) inches. Beat all ingredients except Browned Butter Frosting in large mixer bow 1 on low speed, scraping bow 1 constantly, 30 seconds. Beat on high speed, scraping bow occasionally, 3 minutes. Pour into pan(s).

Bake until toothpick inserted in center comes out clean, rectangular 60 to 65 minutes, layers 50 to 55 minutes. Cool layers 10 minutes; remove from pans. Cool completely. Frost rectangular or fill and frost layers with Browned Butter Frosting.

BROWNED BUTTER FROSTING:
Heat margarine over medium heat until delicate brown. Mix in powdered sugar. Beat in vanilla and milk until smooth and of spreading consistency.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.

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Copyright:

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Copyright:
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Yield:
Yield:
    "1 Cake"
    "1 Cake"
Per serving: 426 Calories (kcal); 13g Total Fat; (27% calories from fat); 4g
Protein; 75g Carbohydrate; 24mg Cholesterol; 381mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fruit; 2 1/2 Fat; 3
Other Carbohydrates
NOTES : *Do not use self-rising flour in this recipe.
    Tip
        Carefully wipe the knife blade with vegetable oil before chopping
        the raisins, to prevent sticking.
Nutr. Assoc. : 14 0, 4680 0 0 0 0 0 0 0 3615 0 0 3218 2130706543 0 0 4098 0
                        04138
* Exported from MasterCook *
                                    Applescotch Pie
Recipe By Size : 8 Preparation Time :0:00
Categories : Desserts
Pies
```

```
                                    betty crocker best of baking recipes.txt
```



```
Mix apples, brown sugar, water and lemon juice in 2 -quart saucepan. Heat to boiling; reduce heat. Cover and simmer just until apples are tender, 7 to 8 minutes. Mix flour, granulated sugar and salt; stir into apple mixture. Cook, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute; remove from heat. Stir in vanilla and margarine; cool.
Heat oven to \(425^{\circ}\). Prepare pastry. Turn apple mixture into pastry-1ined pie plate. Cover with top crust that has slits cut in it; seal and flute. Cover edge with 2- to 3-inch strip of aluminum foil to prevent excessive browning; remove foil during last 15 minutes of baking.
Bake until crust is golden brown, 40 to 45 minutes.
```

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

```
Copyright:
    "@ Genera1 Mil1s, Inc. 1998."
Yield:
    "1 Pie"
```

Per serving: 344 Calories (kcal); 13g Total Fat; (33\% calories from fat); 2g
Protein; 56 g Carbohydrate; 8 mg Cholesterol; 395mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; $21 / 2$ Fat;
2 Other Carbohydrates
NOTES : *If using self-rising flour, omit salt.
Nutr. Assoc. : 201490001400040980

* Exported from MasterCook *
Favorite Pastry for 9-Inch Two-Crust Pie
Recipe By
Serving Size
S
8 $\quad$ Preparation Time :0:00
Categories : Desserts Pies

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 2 | cups | all-purpose flour |
| 1 | teaspoon | salt |
| 2/3 | cup | 1ard |
|  | cup | OR |
| 4 | tablespoons | cold water 4 to 5 |

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until ail
betty crocker best of baking recipes.txt
flour is moistened and pastry almost cleans side of bow 1 (1 to 2 teaspoons water can be added if necessary).

Divide pastry in half and shape into 2 flattened round on lightly floured cloth-covered surface.

Ro11 pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Turn desired filling into pastry-lined pie plate. Trim overhanging edge of pastry $1 / 2$ inch from rim of plate. Roll other round of pastry. Fold into fourths; cut slits so steam can escape.

Place over filling and unfold. Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll top edge under lower edge, pressing on rim to sea1. Flatten pastry eventy on rim of pie plate. Press firm7y around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build'up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into $V$ shape; pinch again to sharpen.

For Baked Pie She11: Heat oven to $475^{\circ}$. Prick bottom and side thorough1y with fork. Bake 8 to 10 minutes or until light brown; cool.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

```
Copyright:
    '@ General Mills, Inc. 1998."
Yield:
    "2 Crusts"
```

Per serving: 268 Calories (kcal); 17g Total Fat; (59\% calories from fat); 3g
Protein; 24g Carbohydrate; 16mg Cholesterol; 267mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 1/2
Fat; O Other Carbohydrates
Nutr. Assoc. : 000021307065432777

* Exported from MasterCook *
Apricot-Ginger Muffins
Recipe By $\begin{aligned} & \text { Berving Size } \\ & \text { Sereparation Time }: 0: 00\end{aligned}$
Categories : Breads

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 1 | cup | plain yogurt |
| 1/3 | cup | vegetable oil |
| 2 | tablespoons | finely chopped crystallized ginger |
| 1 |  | egg |
| 2 | cups | al1-purpose flour |
| 1/2 | cup | sugar |
| 2 | teaspoons | baking powder |
| 1 | teaspoon | baking soda |
| 1/2 | cup | chopped dried apricots |

Heat oven to $400^{\circ}$. Grease bottoms only of 12 medium muffin cups, $21 / 2 \times 1$ $1 / 4$ inches, or line with paper baking cups. Beat yogurt, oil, ginger and Page 14
betty crocker best of baking recipes.txt
egg in large bowl: Stir in remaining ingredients except apricots just until flour is moistened. Fold in apricots. Divide batter evenly among muffin cups (cups will be very ful1). Sprinkle with sugar if desired.

Bake 16 to 18 minutes or until golden brown. Immediately remove from pan.

```
Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.
```

Copyright:
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Yield:
"12 Muffins"

Per serving: 199 Calories (kcal); 7g Total Fat; (33\% calories from fat); 4g Protein; 29g Carbohydrate; 20mg Cholesterol; 202mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates

NOTES : Crystallized ginger is made by cooking pieces of gingerroot in a sugar syrup and then coating them with coarse sugar. Look for crystallized ginger in the spice section of your supermarket.
Nutr. Assoc. : 003003000000

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* Exported from MasterCook *
```

> Apricot-Pistachio Rolled Pork
$\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 12 \text { Preparation Time :0:00 }\end{array}$
Categories : Holiday
Pork

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 4 | pounds | pork boneless top loin roast (single uncut roast) |
| 1/2 | cup | chopped dried apricots |
| 1/2 | cup | chopped pistachio nuts |
| 2 | cloves | garlic -- finely chopped |
| 1/4 | teaspoon | sa7t |
| 1/4 | teaspoon | pepper |
| 1/4 | cup | apricot brandy OR |
| 1/4 | cup | apricot nectar |
| 1/4 | cup | apricot preserves <br> Crunchy Topping -- (recipe follows) |
| 1 | tablespoon | CRUNCHY TOPPING margarine or butter |
| 2 $1 / 4$ | cup | coarsely crushed cracker crumbs |
| $21 / 4$ | tablespoons teaspoon | chopped pistachio nuts garlic salt |

To cut pork roast into a large rectangle that can be filled and rolled, cut lengthwise about $1 / 2$ inch from top of pork to within $1 / 2$ inch of opposite edge; open flat. Repeat with other side of pork, cutting from the inside edge to the outer edge; open flat to form rectangle.

Sprinkle apricots, nuts, garlic, salt and pepper over pork to within 1 inch of edge. Tightly roll up pork, beginning with short side. Secure with toothpicks or tie with string. Pierce pork all over with metal skewer. Brush entire surface with brandy. Let stand 15 minutes. Brush again with
betty crocker best of baking recipes.txt
brandy. Cover and refrigerate at least 2 hours.
Heat oven to $325^{\circ}$. Place pork, fat side up, on rack in shallow roasting pan. Insert meat thermometer so tip is in thickest part of pork.

Roast uncovered $11 / 2$ hours. Brush preserves over pork. Sprinkle with Crunchy Topping. Roast uncovered 30 to 60 minutes longer or until meat thermometer registers $160^{\circ}$. Cover and let stand 15 minutes before serving for easier carving.

CRUNCHY TOPPING:
Heat margarine in 2-quart saucepan over medium heat until melted. Stir in remaining ingredients. Cook and stir 1 minute; cool.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Per serving: 352 Calories (kcal); 19g Total Fat; (50\% calories from fat); 30g Protein; 12g Carbohydrate; 79 mg Cholesterol; 183mg Sodium Food Exchanges: 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 4591 0 1139000002130706543021307065430040985696 11390

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* Exported from MasterCook *
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Asparagus with Gruyère

```
Serving Size : 6 Preparation Time :0:00
```

Categories $\quad$ : Holiday $\quad$ Vegetables

| Amount | Measure | Ingredient -- Preparation Method |
| ---: | ---: | :--- |
| $-1 / 2$ | pounds | asparagus* |
| $1 / 2$ | teaspoon | salt |
| $1 / 4$ | cup | margarine or butter (1/2 stick) |
| $1 / 2$ | cup | grated Gruyère cheese |
| $1 / 2$ | cup | OR |
|  | grated Parmesan cheese |  |

Heat oven to $350^{\circ}$. Break off tough ends of asparagus as far down as stalks snap easily. Arrange in single layer in ungreased rectangular baking dish, $11 \times 7 \times 11 / 2$ inches. Sprinkle with salt. Cover with aluminum foil.

Bake about 25 minutes or until tender.
Heat margarine over low heat until light brown; drizzle over asparagus. Sprinkle with cheese.

Bake uncovered 5 to 8 minutes or just until cheese softens.

[^1]betty crocker best of baking recipes.txt

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Per serving: 119 Calories (kcal); 11g Total Fat; (77\% calories from fat); 4g
Protein; 3g Carbohydrate; 10mg Cholesterol; 298mg Sodium
Food Exchanges: 0 Grain(Starch); 1/2 Lean Meat; $1 / 2$ Vegetable; 0 Fruit; 2 Fat; 0
Other Carbohydrates

```
NOTES : *2 packages (10 ounces each) frozen asparagus spears can be
    substituted for the fresh asparagus. Rinse asparagus with cold
    water to separate; drain. Increase first bake time to about 35
    minutes.
Nutr. Assoc. : 2085 0 4098 697 0 2130706543
```

* Exported from MasterCook *
Baked Alaska Pumpkin Pie
$\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & : 8 \\ 8 & \text { Preparation Time }: 0: 00\end{array}$
Categories : Desserts Pies

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 3/4 | cup | Favorite Pastry for 9-Inch One-Crust Pie -- (see recipe) sugar |
| 1 | teaspoon | ground cinnamon |
| 1/2 | teaspoon | salt |
| 1/2 | teaspoon | ground ginger |
| 1/4 | teaspoon | ground cloves |
| 3 | (16 ounce) | egg yolks -- slightly beaten |
| 1 | (16 ounce) can | pumpkin |
| 1 | (13 ounce) can | n evaporated milk |
| 1 | pint | vanilla or toffee chip ice cream <br> Brown Sugar Meringue -- (recipe follows) |
|  |  | BROWN SUGAR MERINGUE |
| 3 |  | egg whites |
| 1/4 | teaspoon | cream of tartar |
| 6 | tablespoons | packed brown sugar |
| 1/2 | teaspoon | vanilla |
| Heat oven to $425^{\circ}$. Prepare pastry. Mix remaining ingredients except ice cream and meringue. Pour into pastry-lined pie plate. |  |  |
|  |  |  |
| Bake 15 minutes. Reduce oven temperature to $350^{\circ}$. Bake until knife |  |  |
| inserted in center comes out clean, about 45 minutes longer. |  |  |
| Refrigerate baked pie at least 1 hour. Soften ice cream slightly; press into waxed paper-lined pie plate, $8 \times 11 / 2$ inches. Freeze until solid. |  |  |
|  |  |  |
| Just before serving, heat oven to $500^{\circ}$. Prepare Brown Sugar Meringue. Unmold ice cream and invert on pie; remove waxed paper. Spoon meringue onto pie, covering ice cream completely and sealing meringue to edge of crust. Bake until golden brown, 2 to 3 minutes. Serve immediately. |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
| BROWN SUGAR MERINGUE: |  |  |
| Beat egg whites and cream of tartar until foamy. Beat in brown sugar, 1 tablespoon at a time; continue beating until stiff and glossy. Do not underbeat. Beat in vanilla. |  |  |

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Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.
copyright:
"O General Mills, Inc. 1998."
Yield:
"1 Pie"

Per serving: 424 Calories (kcal); 18g Total Fat; (37\% calories from fat); 9g Protein; 58 g Carbohydrate; 116 mg Cholesterol; 373 mg Sodium Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1 vegetable; 0 Fruit; 3 1/2 Fat; 2 1/2 Other Carbohydrates

Nutr. Assoc. : 000003615323226007054072130706543003231000

* Exported from MasterCook *

Favorite Pastry for 9-Inch One-Crust Pie

```
Recipe By : 8 Preparation Time :0:00
```

Categories : Desserts Pies

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 1 | cup | all-purpose flour |
| 1/2 | teaspoon | salt |
| 1/3 | cup | ${ }_{\text {OR }} \mathrm{lard}$ |
| 1/3 | cup | plus 1 tablespoon shortening |
| 2 | tablespoons | cold water (2 to 3 tablespoons) |

Mix flour and salt. Cut in lard until particles are size of small peas.
Sprinkle with water, 1 tablespoon at a time, tossing with fork until ail flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons water can be added if necessary).

Gather pastry into ball; shape into flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll pastry under, even with plate. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into $V$ shape; pinch again to sharpen. Fill and bake as directed in recipe.

For Baked Pie She11: Heat oven to $475^{\circ}$. Prick bottom and side thoroughly with fork. Bake 8 to 10 minutes or until light brown; cool.

[^2]"1 Crust"

Per serving: 134 Calories (kcal); 9g Total Fat; (59\% calories from fat); 2g Protein; 12g Carbohydrate; 8 mg Cholesterol; 134mg Sodium Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; $11 / 2$ Fat; 0 Other Carbohydrates

Nutr. Assoc. : 000021307065432777

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* Exported from MasterCook *
```


## Baked Barbecued Chicken

| Recipe By |  |
| :--- | :--- | :--- |
| Serving Size | : $6 \quad$ Preparation Time :0:00 |

Categories : Main and Side Dishes Poultry

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 1/4 | cup | margarine or butter (1/2 stick) |
| $21 / 2$ | pounds | cut-up broiler-fryer chicken (2 $1 / 2$ to 3-pounds) |
| 1 | cup | ketchup |
| 1/2 | cup | water |
| 1/4 | cup | 1emon juice |
| 1 | tablespoon | Worcestershire sauce |
| 2 | teaspoons | paprika |
| 1 1/2 | teaspoon | salt |
| 1 | medium clove | onion -- finely chopped (about $1 / 2$ cup) garlic -- finely chopped |

Heat oven to $375^{\circ}$. Heat margarine in rectangular pan, $13 \times 9 \times 2$ inches, in oven. Place chicken in margarine, turning to coat. Arrange skin side down in pan. Bake uncovered 30 minutes.

Mix remaining ingredients in 1-quart saucepan. Heat to boiling; remove from heat. Drain fat from chicken. Bake uncovered until thickest pieces are done and juices of chicken run clear, about 30 minutes longer.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

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Per serving: 400 Calories (kcal); 27g Total Fat; (60\% calories from fat); 25g Protein; 14g Carbohydrate; 96mg Cholesterol; 857mg Sodium Food Exchanges: 0 Grain(Starch); $31 / 2$ Lean Meat; $1 / 2$ Vegetable; 0 Fruit; 3 1/2 Fat; 1 Other Carbohydrates

NOTES : Grilled Barbecue Chicken: Cover and gril1 chicken, bone sides down, 4 to 5 inches from medium coals, 25 minutes. Prepare sauce as directed. Turn chicken. Gril1 until thickest pieces are done, turning and brushing frequently with sauce, 30 to 40 minutes.
Nutr. Assoc. : 4098256600000000

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* Exported from MasterCook *
```

betty crocker best of baking recipes.txt
Baked Chicken and Rice
Recipe By
Serving Size $\quad 6 \quad$ Preparation Time :0:00
Categories : Main and Side Dishes Poultry

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 1 | 2 1/2 pound | cut-up broiler-fryer chicken (2 $1 / 2$ to 3-pounds) |
| 3/4 | teaspoon | salt |
| 1/4 | teaspoon | paprika (1/4 to 1/2 teaspoon) |
| 1/4 | teaspoon | pepper |
| $21 / 2$ | cups | chicken broth |
| 1 | cup | uncooked regular long grain rice |
| 1 | medium | onion -- chopped (about 1/2 cup) |
| 1 | clove | garlic -- finely chopped |
| 1/2 | teaspoon | salt |
| 1 1/2 | teaspoons | chopped fresh oregano OR |
| 1/2 | teaspoon | dried oregano leaves |
| 1/8 | teaspoon | ground turmeric |
| 1 |  | bay leaf |
| 2 | cups | shelled fresh green peas* |
|  |  | Pimiento strips |
|  |  | Pitted ripe olives |

Heat oven to $350^{\circ}$. Place chicken, skin sides up, in ungreased rectangular baking dish, $13 \times 9 \times 2$ inches. Sprinkle with salt, paprika and pepper. Bake uncovered 30 minutes.

Heat broth to boiling. Remove chicken and drain fat from dish. Mix broth, rice, onion, garlic, salt, oregano, turmeric, bay leaf and peas in baking dish. Top with chicken. Cover with aluminum foil and bake until rice and thickest pieces of chicken are done and liquid is absorbed, about 30 minutes. Remove bay leaf. Top with pimiento strips and olives.

```
Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Description:
    "This hearty favorite is based on a traditional Spanish recipe, Arroz
    con Pollo, "chicken with rice." A specialty of Mexico and Puerto Rico,
    this classic dish is especially popular in the southwestern United
    States."
Copyright:
    "@ Genera1 Mil1s, Inc. 1998."
```

Per serving: 454 Calories (kcal); 20g Total Fat; (41\% calories from fat); 31g
Protein; 34g Carbohydrate; 93mg Cholesterol; 858mg Sodium
Food Exchanges: 2 Grain(Starch); 3 1/2 Lean Meat; $1 / 2$ Vegetable; 0 Fruit; 2 Fat;
0 Other Carbohydrates
NOTES : *1 package (10 ounces) frozen green peas, thawed and drained, can
be substituted for the fresh green peas.
Nutr. Assoc. : 236401032003977000002130706543002009100

* Exported from MasterCook *
Baked Rice with Green Chiles
Recipe By :

| Serving Size | betty crocker best of baking recipes.txt <br> Preparation Time $: 0: 00$ |
| :--- | :--- | :--- |
| Sategories | Rice and Grains |


| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 3 | cups | cooked white rice |
| 1 | cup | sour cream |
| 1/2 | cup | shredded Monterey Jack cheese (2 ounces) |
| 1/2 | cup | shredded Cheddar cheese (2 ounces) |
| 1 | teaspoon | chile powder ( 1 to 2 teaspoons) |
| 2 | (4 ounce) can | chopped green chiles -- drained |

Heat oven to $350^{\circ}$. Mix all ingredients in ungreased 2 -quart casserole. Bake uncovered 30 minutes.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Copyright:
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T(Bake):
"0:30"

Per serving: 345 Calories (kcal); 17g Total Fat; (45\% calories from fat); 11g Protein; 37g Carbohydrate; 42mg Cholesterol; 165mg Sodium Food Exchanges: 2 Grain(Starch); 1 Lean Meat; $1 / 2$ Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates

```
NOTES : TIP
    Want to reduce fat and calories? Use low-fat or fat-free sour
    cream and reduced-fat cheeses.
```

Nutr. Assoc. : 002615249222614201970

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* Exported from MasterCook *
```

                                    Baking Powder Biscuits
    $\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & : 12 \quad \text { Preparation Time :0:00 }\end{array}$
Categories : Breads

| Amount | Measure | Ingredient -- Preparation Method |
| ---: | ---: | :--- |
| $-1 / 3$ | cup | shortening |
| $13 / 4$ | cups | all-purpose flour* |
| $21 / 2$ | teaspoons | baking powder |
| $3 / 4$ | teaspoon | salt |
| $3 / 4$ | cup | milk |

Heat oven to $450^{\circ}$. Cut shortening into flour, baking powder and salt with pastry blender until mixture resembles fine crumbs. Stir in just enough milk so dough leaves side of bow 1 and rounds up into a ball. (Too much milk makes dough sticky; not enough milk makes biscuits dry.)

Turn dough onto lightly floured surface. Knead lightly 10 times. Roll or pat to $1 / 2$ inch thick. Cut with floured 2 -inch biscuit cutter. Place on ungreased cookie sheet about 1 inch apart for crusty sides, touching for soft sides.

Bake until golden brown, 10 to 12 minutes. Immediately remove from cookie sheet.

```
Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
    '@ Genera1 Mil1s, Inc. 1998.'
Yield:
    "12 Biscuits"
```

Per serving: 127 Calories (kcal); $6 g$ Total Fat; (45\% calories from fat); 2g
Protein; 15 g Carbohydrate; 2 mg Cholesterol; 243 mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0
Other Carbohydrates
NOTES : *If using self-rising flour, omit baking powder and salt.
Biscuit Sticks: Heat $1 / 3$ cup margarine or butter in baking pan, 9
$\times 9 \times 2$ inches, in oven until melted; remove from oven. Roll dough
into 8 -inch square. Cut dough into halves; cut each half into
eight 1-inch strips. Dip strips into margarine, coating all sides.
Arrange strips in 2 rows in pan. Bake until golden brown, about 15
minutes. 16 sticks.
Nutr. Assoc. : 014000

* Exported from MasterCook *
Banana Cream Pie
$\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 8 \quad \text { Preparation Time :0:00 }\end{array}$
Categories : Desserts Preparation Time :0:00 Pies


Bake pie shell. slice 2 of the bananas; arrange in pie shell. Beat cream cheese in small mixer bowl on medium speed until light and fluffy. Gradually beat in milk until well blended. Beat in lemon juice and vanilla. Pour into pie shell.

Refrigerate until firm, at least 2 hours. Slice remaining banana; arrange on pie.

```
Please note, if you should change this recipe it will no longer be an
approved Betty Crocker \({ }^{\circledR}\) Recipe.
Copyright:
    "© General Mills, Inc. 1998."
Yield:
    "1 Pie"
Per serving: 437 Calories (kcal); 23 g Total Fat; ( \(46 \%\) calories from fat); 8 g
    Page 22
```

betty crocker best of baking recipes.txt
Protein; 51g Carbohydrate; 56mg Cholesterol; 281mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; $1 / 2$ Fruit; $41 / 2$ Fat; 2 Other Carbohydrates

```
Nutr. Assoc. : 0 2142 0 0 0 0
```

```
* Exported from MasterCook *
```

    Favorite Pastry for 9-Inch One-Crust Pie
    Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Desserts
Pies

| Amount | Measure | Ingredient -- Preparation Method |
| ---: | ---: | :--- |
| 1 |  | cup |
| $1 / 2$ | all-purpose flour |  |
| $1 / 3$ | teaspoon | salt |
|  | cup | lard |
| $1 / 3$ |  | OR |
| 2 | cup | plus 1 tablespoon shortening |
|  | tablespoons | cold water (2 to 3 tablespoons) |

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bow ( 1 to 2 teaspoons water can be added if necessary).

Gather pastry into ball; shape into flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll pastry under, even with plate. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into $V$ shape; pinch again to sharpen. Fill and bake as directed in recipe.

For Baked Pie She11: Heat oven to $475^{\circ}$. Prick bottom and side thorough1y with fork. Bake 8 to 10 minutes or until light brown; cool.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

Copyright:
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Yield:
"1 Crust"

Per serving: 134 Calories (kcal); 9g Total Fat; (59\% calories from fat); 2g Protein; 12g Carbohydrate; 8 mg Cholesterol; 134mg Sodium Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; $11 / 2$ Fat; 0 Other Carbohydrates

Nutr. Assoc. : 000021307065432777
betty crocker best of baking recipes.txt

```
* Exported from MasterCook *
    Banana Oatmea1 Cake
Recipe By : % 15 Preparation Time :0:00
Categories : Baking with Kids Cakes
```

```
    Amount Measure Ingredient -- Preparation Method
```

    Amount Measure Ingredient -- Preparation Method
    ------ --------------
    ------ --------------
        1 1/2
        1 1/2
        3/4
        3/4
        2/3
        2/3
        - cup
        - cup
        2/3
        2/3
    1
    1
    1 1/3 cups
    1 1/3 cups
    1 teaspoons
    1 teaspoons
    1 1/2 teaspoons
    1 1/2 teaspoons
        1/2 teaspoon
        1/2 teaspoon
        chopped nuts
        chopped nuts
        2/3 cup raisins
        2/3 cup raisins
    Heat oven to 350'.
Heat oven to 350'.
Grease rectangular pan with
Grease rectangular pan with
Shortening
Shortening
Beat in large bowl with wooden spoon:
Beat in large bowl with wooden spoon:
1 1/2 cups mashed very ripe bananas (4 medium)
1 1/2 cups mashed very ripe bananas (4 medium)
3/4 cup sugar
3/4 cup sugar
2/3 cup vegetable oil
2/3 cup vegetable oil
2/3 cup buttermilk
2/3 cup buttermilk
1 teaspoon vanilla
1 teaspoon vanilla
1 large egg
1 large egg
Mix in:
Mix in:
1 1/3 cups al1-purpose flour
1 1/3 cups al1-purpose flour
1 cup quick-cooking or regular oats
1 cup quick-cooking or regular oats
2 teaspoons baking soda
2 teaspoons baking soda
1/2 teaspoons ground cinnamon
1/2 teaspoons ground cinnamon
1 teaspoon baking powder
1 teaspoon baking powder
1/2 teaspoon ground cloves
1/2 teaspoon ground cloves
Stir in:
Stir in:
2/3 cup chopped nuts
2/3 cup chopped nuts
2/3 cup raisins

```
    2/3 cup raisins
```

Spread batter in pan.
Bake 30 to 35 minutes or until toothpick poked in center comes out clean. Cool completely on wire rack.

```
Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
    "@ Genera1 Mi11s, Inc. 1998."
Yield:
    "1 Cake"
```

betty crocker best of baking recipes.txt

Per serving: 275 Calories (kcal); 14g Total Fat; (45\% calories from fat); 4g Protein; 35 g Carbohydrate; 13 mg Cholesterol; 218mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 2 1/2 Fat; 1/2 Other Carbohydrates

```
NOTES : Utensils You Will Need
    Rectangular pan, 13 < 9 < 2 inches • Pastry brush • Large Bowl
    Liquid measuring cup • Dry-ingredient measuring cups • Fork •
    Measuring spoons • Wooden spoon • Pot holders • Toothpick • Wire
    cooling rack
Nutr. Assoc. : 0 4111 0 0 0 0 0 0 20223 0 0 0 3615 0 4680
```

* Exported from MasterCook *
Banana-B7ueberry Muffins
Recipe By $\begin{aligned} & \text { Berving Size } \\ & \text { Se } \\ & \text { 12 }\end{aligned}$ Preparation Time :0:00
Categories : Baking with Kids Breads

| Amount | Measure | Ingredient -- Preparation Method |
| ---: | :--- | :--- |
| $2 / 3$ | cup | milk |
| $1 / 4$ | cup | vegetable oi |
| $1 / 2$ | cup | mashed ripe banana (about 1 medium) |
| 1 |  | egg |
| 2 | cups | al1-purpose flour |
| $2 / 3$ | cup | sugar |
| $21 / 2$ | teaspoons | baking powder |
| $1 / 2$ | teaspoon | salt |
| $1 / 4$ | teaspoon | ground nutmeg |
| 1 | cup | fresh or frozen (thawed and we11-drained) |
|  |  | blueberries |

Heat oven to $400^{\circ}$. Grease bottoms only of 12 medium muffin cups, $21 / 2 \times 1$ $1 / 4$ inches, or 1 ine with paper baking cups. Beat milk, oil, banana and egg in large bowl. Stir in remaining ingredients except blueberries just until flour is moistened. Fold in blueberries. Divide batter evenly among muffin cups (cups will be almost ful1). Sprinkle with sugar if desired.

Bake 18 to 20 minutes or until golden brown. Immediately remove from pan.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\oplus}$ Recipe.

Copyright:
"@ Genera1 Mi11s, Inc. 1998."
Yield:
"12 Muffins"

Per serving: 189 Calories (kcal); 6 g Total Fat; (26\% calories from fat); 3g Protein; 32g Carbohydrate; 17 mg Cholesterol; 202 mg Sodium Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 Fat; 1 Other Carbohydrates

NOTES : If you can't use up all of your ripe bananas, freeze them in their peels. when you're ready to bake with them, just thaw them and they'11 be ready to use.

```
Nutr. Assoc. : 0 0 4111 0 0 0 0 0 0 3437 0
```

```
* Exported from MasterCook *
                    Banana-Nut Bread
Recipe By : \ 24 Preparation Time :0:00
Categories : Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 1/4 & cups & sugar \\
\hline 1/2 & cup & margarine or butter (1 stick) -- softened \\
\hline 2 & & eggs \\
\hline 1 1/2 & cups & mashed ripe bananas \\
\hline \[
1 / 2
\] & cup & buttermilk \\
\hline 1 & teaspoon & vanilla \\
\hline \(21 / 2\) & cups & all-purpose flour \\
\hline 2 & teaspoons & baking powder \\
\hline 1/2 & teaspoon & salt \\
\hline 1/4 & teaspoon & baking soda \\
\hline 1 & cup & chopped walnuts or pecans \\
\hline
\end{tabular}
```

Heat oven to $350^{\circ}$. Grease bottoms only of 2 loaf pans, $81 / 2 \times 41 / 2 \times 2$ $1 / 2$ inches, or 1 joaf pan, $9 \times 5 \times 3$ inches. Mix sugar and margarine in large bowl. Stir in eggs. Add bananas, buttermilk and vanilla until smooth; beat until smooth. Stir in flour, baking powder, salt and baking soda just until flour is moistened. Stir in walnuts. Pour into pans.

Bake 8-inch loaves about 1 hour, 9 -inch loaf about 1 hour 15 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes. Loosen sides of loaves from pans; remove from pans. Cool completely on wire rack before slicing. Store tightly wrapped in refrigerator up to 1 week.

```
2 loaves (12 slices each) or 1 loaf (24 slices)
```

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

Copyright:
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Yield:
"2 Loaves"

Per serving: 174 Calories (kcal); 7g Total Fat; (36\% calories from fat); 3g Protein; 25 g Carbohydrate; 16 mg Cholesterol; 153 mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 040983218411100000020187

```
* Exported from MasterCook *
    Basic Pizza Dough for One Crust
Recipe By :
Serving Size : 2 Preparation Time :0:00
Categories : Main and Side Dishes
```

Amount Measure Ingredient -- Preparation Method Page 26
betty crocker best of baking recipes.txt
1
package active dry yeast
cup warm water ( $105^{\circ}$ to $115^{\circ}$ )
cups all purpose flour* (1 $1 / 4$ to $11 / 2$ cups)
$\begin{array}{ll}11 / 4 & \text { cups all purpo } \\ 1\end{array}$
1/2 teaspoon salt
1/4 teaspoon sugar
Dissolve yeast in warm water in large bowl. Stir in half of the flour, the oil, salt and sugar. Stir in enough of the remaining flour to make dough easy to handle. Turn dough onto lightly floured surface; knead about 10 minutes or until smooth and elastic. Place in greased bowl; turn greased side up. Cover and let rise in warm place for 20 minutes.

Punch down dough. Cover and refrigerate for at least 2 hours but no longer than 48 hours. (Punch down dough as necessary.)

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

## Description:

"Everyone loves pizza! This dough is great for Classic Four Seasons
Pizza (see recipe) or to make pizza with your favorite toppings."
Copyright:
"© General Mil1s, Inc. 1998."
Yield:
"1 Crust"

Per serving: 317 Calories (kcal); 3 g Total Fat; (9\% calories from fat); 9g Protein; 61g Carbohydrate; 0mg Cholesterol; 538mg Sodium
Food Exchanges: 4 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; $1 / 2$ Fat; 0 Other Carbohydrates

NOTES : *If using self-rising flour, omit salt. One cup whole wheat flour can be substituted for 1 cup of the all-purpose flour if desired.

Tip
One pizza too many? wrap the partially baked extra pizza, label and freeze no longer than two months. Heat oven to $375^{\circ}$. Bake a thin-crust pizza on a greased cookie sheet uncovered about 25 minutes and a thick-crust pizza about 55 minutes.
Nutr. Assoc. : 0547214000

* Exported from MasterCook *

Basic Pizza Dough for Three Crusts
Recipe By
Serving Size
: $6 \quad$ Preparation Time $: 0: 00$
Categories : Main and Side Dishes

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 2 | packages | active dry yeast |
| $11 / 2$ | cups | warm water ( $105^{\circ}$ to $115{ }^{\circ}$ ) |
| 3 3/4 | cups | al1-purpose flour* (3 3/4 to 4 cups) |
| 1 | tablespoon | olive oil |
| 1 | teaspoon | salt |
| 1/2 | teaspoon | sugar |

Dissolve yeast in warm water in large bowl. Stir in half of the flour, the oil, salt and sugar. Stir in enough of the remaining flour to make dough easy to handle. Turn dough onto lightly floured surface; knead about 10 Page 27
betty crocker best of baking recipes.txt
minutes or until smooth and elastic. Place in greased bowl; turn greased side up. Cover and let rise in warm place for 20 minutes.

Punch down dough. Cover and refrigerate for at least 2 hours but no longer than 48 hours. (Punch down dough as necessary.)

```
Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Description:
    "Everyone loves pizza! This dough is great for Classic Four Seasons
    Pizza (see recipe) or to make pizza with your favorite toppings."
Copyright:
    "@ General Mil1s, Inc. 1998."
Yield:
    "3 Crusts"
```

Per serving: 312 Calories (kcal); 3g Total Fat; (9\% calories from fat); 9g Protein; 61g Carbohydrate; 0mg Cholesterol; 360mg Sodium
Food Exchanges: 4 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0
Other Carbohydrates

NOTES : *If using self-rising flour, omit salt. One cup whole wheat flour can be substituted for 1 cup of the all-purpose flour if desired.

Tip
One pizza too many? wrap the partially baked extra pizza, label and freeze no longer than two months. Heat oven to $375^{\circ}$. Bake a thin-crust pizza on a greased cookie sheet uncovered about 25 minutes and a thick-crust pizza about 55 minutes.
Nutr. Assoc. : 0547214000

```
* Exported from MasterCook *
```


## Basic Pizza Dough for Two Crusts

```
Recipe By : % 6 Preparation Time :0:00
Categories : Main and Side Dishes
```

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 2 | packages | active dry yeast |
| 1 | cup | warm water ( $105^{\circ}$ to $115^{\circ}$ ) |
| $21 / 3$ | cups | al1-purpose flour* (2 1/3 to $22 / 3$ cups) |
| 2 | teaspoons | olive oil |
| 1 | teaspoon | sa7t |
| 1/2 | teaspoon | sugar |

Dissolve yeast in warm water in large bowl. Stir in half of the flour, the oil, salt and sugar. Stir in enough of the remaining flour to make dough easy to handle. Turn dough onto lightly floured surface; knead about 10 minutes or until smooth and elastic. Place in greased bowl; turn greased side up. Cover and let rise in warm place for 20 minutes.

Punch down dough. Cover and refrigerate for at least 2 hours but no longer than 48 hours. (Punch down dough as necessary.)

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

Description:
"Everyone loves pizza! This dough is great for Classic Four Seasons
Pizza (see recipe) or to make pizza with your favorite toppings."
copyright:
"@ General Mills, Inc. 1998."
Yield:
"2 crusts"

Per serving: 198 Calories (kcal); 2g Total Fat; (9\% calories from fat); 6g Protein; 38g Carbohydrate; 0mg Cholesterol; 359mg Sodium
Food Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : *If using self-rising flour, omit salt. One cup whole wheat flour can be substituted for 1 cup of the al1-purpose flour if desired.

Tip
One pizza too many? wrap the partially baked extra pizza, label and freeze no longer than two months. Heat oven to $375^{\circ}$. Bake a thin-crust pizza on a greased cookie sheet uncovered about 25 minutes and a thick-crust pizza about 55 minutes.
Nutr. Assoc. : 0547214000

```
* Exported from MasterCook *
```

Basil Brie in Pastry

| Recipe By | By |
| :--- | :--- | :--- |
| Serving Size | Preparation Time :0:00 |
| Categories | Appetizers |


| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 2 | tablespoons | grated Parmesan cheese |
| 2 | tablespoons | finely chopped fresh basil |
| 2 | teaspoons | OR dried basil leaves |
| 1 | (14 ounce) roun | und Brie cheese |
| 1/2 | (17 1/4 ounce) | package frozen puff pastry -- |

Heat oven to $400^{\circ}$. Grease cookie sheet. Mix Parmesan cheese and basil. Cut cheese round horizontally into 2 layers. Sprinkle basil mixture evenly over cut surface. Reassemble cheese round.

Roll pastry into rectangle, $12 \times 10$ inches, on lightly floured surface. Cut out one 10-inch circle. Place cheese in center. Bring pastry up and over cheese. Press to make smooth and even. Brush pastry lightly with water and press gently to seal. Place pastry-wrapped cheese, seam side down, on cookie sheet. Cut decorations for remaining pastry if desired; moisten pastry with water to attach.

Bake about 25 minutes or until golden brown. Cool on cookie sheet on wire rack 30 minutes before serving. Serve with assorted crackers or fruit, if desired.

[^3]Per serving: 456 Calories (kcal); 35g Total Fat; (68\% calories from fat); 17g Protein; 19g Carbohydrate; 67 mg Cholesterol; 551mg Sodium Food Exchanges: 1 Grain(Starch); $11 / 2$ Lean Meat; 0 Vegetable; 0 Fruit; 5 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 02002802130706543202269110

```
* Exported from MasterCook *
```


## Beef Enchiladas

| Recipe By |  |
| :--- | :--- |
| Serving Size | $\vdots$ |
| : |  |$\quad$ Preparation Time :0:00

Categories : Beef

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 1 | pound | 1ean ground beef |
| 1 | medium | onion -- chopped (1/2 cup) |
| 1/2 | cup | sour cream |
| 1 | cup | shredded Cheddar cheese (4 ounces) |
| 2 | tablespoons | chopped fresh parsiey |
| 1/4 | teaspoon | pepper |
| 1/3 | cup | chopped green bell pepper |
| 2/3 | cup | water |
| 1 | tablespoon | chile powder |
| 1 1/2 | teaspoons | chopped fresh oregano OR |
| 1/2 | teaspoon | dried oregano leaves |
| 1/4 | teaspoon | ground cumin |
| 2 | whole | green chiles -- chopped, if desired |
| 1 | clove | garlic -- finely chopped |
| 1 | (15 ounce) can | tomato sauce |
| 8 |  | corn tortillas (6 inches in diameter) shredded cheese, sour cream and chopped onions, if desired |

Heat oven to $350^{\circ}$. Cook beef in 10 -inch skillet over medium heat 8 to 10 minutes, stirring occasionally, until brown; drain. Stir in onion, sour cream, 1 cup cheese, the parsley and pepper. Cover and set aside.

Heat bell pepper, water, chile powder, oregano, cumin, chiles, garlic and tomato sauce to boiling, stirring occasionally; reduce heat to low. Simmer uncovered 5 minutes. Pour into ungreased pie plate, $9 \times 11 / 4$ inches.

Dip each tortilla into sauce to coat both sides. Spoon about $1 / 4$ cup beef mixture onto each tortilla; roll tortilla around filling. Place in ungreased rectangular baking dish, $11 \times 7 \times 11 / 2$ inches. Pour remaining sauce over enchiladas.

Bake uncovered about 20 minutes or until bubbly. Garnish with shredded cheese, sour cream and chopped onion.

[^4]```
Per serving: 564 Calories (kcal); 31g Total Fat; (48% calories from fat); 35g
Protein; 39g Carbohydrate; 113mg Cholesterol; 998mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 4 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 3
1/2 Fat; 0 Other Carbohydrates
NOTES : Cheese Enchiladas: Substitute 2 cups shredded Monterey Jack cheese
        (8 ounces) for the beef. Mix with onion, sour cream, 1 cup cheese,
        the parsley, salt and pepper. Sprinkle 1/4 cup shredded Cheddar
        cheese (1 ounce) on enchiladas before baking.
Nutr. Assoc. : 9018 0 0 4922 0 0 0 0 2614 26053 0 2130706543 0 3577 0 0
                        2883 2130706543
* Exported from MasterCook *
                                    Berliner Kranzer
Recipe By : 72 Preparation Time :0:00
Categories : Cookies & Brownies Holiday
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & cup & sugar \\
\hline 3/4 & cup & margarine or butter (1 1/2 sticks) -- softened \\
\hline 3/4 & cup & shortening \\
\hline 2 & teaspoons & grated orange pee1 \\
\hline 2 & & eggs \\
\hline 4 & cups & al1-purpose flour \\
\hline 1 & & egg white \\
\hline 2 & tablespoons & sugar \\
\hline & & Red candied cherries \\
\hline & & Green candied citron \\
\hline
\end{tabular}
```

Heat oven to $400^{\circ}$. Mix 1 cup sugar, the margarine, shortening, orange pee 1 and eggs in large bowl. Mix in flour. Shape dough by rounded teaspoonfuls into ropes, 6 inches long. Form each rope into a circle, crossing ends and tucking under. (This shaping method is easier than the traditional method of tying knots.) Place on ungreased cookie sheet.

Beat egg white and 2 tablespoons sugar until foamy; brush over tops of cookies. Press bits of red candied cherries on center of knot for holly berries. Add "leaves" cut from green candied citron.

Bake 10 to 12 minutes or until set but not brown. Immediately remove from cookie sheet. Cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

Description:
"We have made these German wreath-shaped cookies a bit easier than the
traditional shaping method, to speed your holiday baking."
Copyright:
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Yie1d:
"72 Cookies"

Per serving: 75 Calories (kcal); 4 g Total Fat; (50\% calories from fat); 1g Page 31
betty crocker best of baking recipes.txt
Protein; 8g Carbohydrate; 5 mg Cholesterol; 25 mg Sodium Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 040980000009024282429

```
* Exported from MasterCook *
```


## Berry Pie

$\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 8 \quad \text { Preparation Time :0:00 }\end{array}$
Categories : Desserts Pies


Heat oven to $425^{\circ}$. Prepare Lattice Top. Mix sugar and flour; gently stir in berries. Turn into pastry-1ined pie plate; dot with margarine. Arrange pastry strips on filling as directed; trim ends. Seal and flute, building up high edge: Brush pastry with milk; sprinkle with sugar if desired. Cover edge with 2 - to 3 -inch strip of aluminum foil to prevent excessive browning; remove foil during last 15 minutes of baking.

Bake until crust is golden brown, 35 to 40 minutes.
LATTICE TOP:
Prepare pastry for 9-inch Two-Crust Pie as directed-except leave 1 inch overhang on lower crust. After rolling pastry for top crust, cut into 10 strips, about $1 / 2$ inch wide. (Pastry wheel can be used for more decorative strips.) Place 5 strips across filling. Weave a cross-strip through center by first folding back every other strip going the other way. Continue weaving until lattice is complete, folding back alternate strips each time cross-strip is added.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

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Yield:
"1 Pie"

Per serving: 306 Calories (kcal); 12g Total Fat; (34\% calories from fat); 3g Protein; 48 g Carbohydrate; 8 mg Cholesterol; 167 mg Sodium Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 2 1/2 Fat; 1 1/2 Other Carbohydrates

NOTES : *Self-rising flour can be used in this recipe.
betty crocker best of baking recipes.txt
B7ueberry Pie: Decrease sugar to $1 / 2$ cup, add $1 / 2$ teaspoon ground cinnamon and use 4 cups fresh blueberries. Sprinkle blueberries with 1 tablespoon lemon juice before dotting with margarine.
Nutr. Assoc. : 2130706543014339840980000

```
* Exported from MasterCook *
```

    Favorite Pastry for 9-Inch Two-Crust Pie
    Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Desserts
Pies

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 2 | cups | all-purpose flour |
| 1 | teaspoon | salt |
| 2/3 | cup | 1ard |
|  |  | OR |
| 2/3 | cup | plus 2 tablespoons shortening |
| 4 | tablespoons | cold water (4 to 5 tablespoons) |

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bow ( 1 to 2 teaspoons water can be added if necessary).

Divide pastry in half and shape into 2 flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.
Turn desired filling into pastry-lined pie plate. Trim overhanging edge of pastry $1 / 2$ inch from rim of plate. Roll other round of pastry. Fold into fourths; cut slits so steam can escape.

Place over filling and unfold. Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll top edge under lower edge, pressing on rim to sea1. Flatten pastry evenly on rim of pie plate. Press firm7y around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into $V$ shape; pinch again to sharpen.

For Baked Pie She11: Heat oven to $475^{\circ}$. Prick bottom and side thorough1y with fork. Bake 8 to 10 minutes or until light brown; cool.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

Copyright:
"@ General Mills, Inc. 1998."
Yield:
"2 Crusts"

Per serving: 268 Calories (kcal); 17g Total Fat; (59\% calories from fat); 3g Protein; 24g Carbohydrate; 16mg Cholesterol; 267mg Sodium Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; $31 / 2$ Fat; 0 Other Carbohydrates
betty crocker best of baking recipes.txt
Nutr. Assoc. : 000021307065432777

```
* Exported from MasterCook *
```

    Best Chocolate Cake with Fudge Frosting
    Recipe By :
Serving Size : 16 Preparation Time :0:00
Categories : Cakes
Desserts

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 2 | cups | all-purpose flour |
| 2 | cups | sugar |
| 1/2 | cup | shortening |
| 3/4 | cup | water |
| 3/4 | cup | buttermilk |
| 1 | teaspoon | baking soda |
| 1 | teaspoon | salt |
| 1 1/2 | teaspoon | vanilla |
| $21 / 2$ | teaspoon | baking powder |
| 4 | ounces | eggs <br> unsweetened chocolate -- melted and cooled |
|  | ounces | Fudge Frosting -- (recipe follows) |
|  |  | FUDGE FROSTING |
| 2 | cups | sugar |
| 1/2 | cup | shortening |
| 2/3 | cup | milk |
| 1/2 | teaspoon | salt |
| 3 | ounces | unsweetened chocolate |
| 2 | teaspoons | vanilla |

Heat oven to $350^{\circ}$. Grease and flour rectangular pan, $13 \times 9 \times 2$ inches, 3 round pans, $8 \times 11 / 2$ inches, or 2 round pans, $9 \times 1 / 2$ inches. Beat all ingredients except Fudge Frosting in large bow 1 on low speed 30 seconds, scraping bow 1 constantly. Beat on high speed 3 minutes, scraping bow 1 occasionally. Pour into pan(s).

Bake rectangular pan 40 to 45 minutes, round pans 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool rounds 10 minutes; remove from pans.

Cool completely. Prepare Fudge Frosting; frost cake. (Fil1 layers with 1/3 cup frosting; frost side and top with remaining frosting.)

FUDGE FROSTING:
Mix all ingredients except vanilla in 2 1/2-quart saucepan. Heat to rolling boil, stirring occasionally. Boil 1 minute without stirring. Place saucepan in bowl of ice and water. Beat until frosting is smooth and of spreading consistency; stir in vanilla.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

```
Description:
    "A chocolate treat that's a satisfying ending to any mea1."
Copyright:
    "@ Genera1 Mil1s, Inc. 1998."
Yield:
    "1 Cake"
```

```
    betty crocker best of baking recipes.txt
Per serving: 450 Calories (kcal); 21g Total Fat; (39% calories from fat); 4g
Protein; 67g Carbohydrate; 25mg Cholesterol; 321mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat; 3 1/2
Other Carbohydrates
NOTES : For a quicker cake, try the sheet cake in the 13 < 9 < 2-inch pan.
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 3218 0 2130706543 0 0 0 0 0 0 0 0
* Exported from MasterCook *
    Bittersweet Chocolate Cheesecake with white Truffle Sauce
Recipe By : 12 Preparation Time :0:00
Categories : Cakes Desserts
```



```
Heat oven to \(275^{\circ}\). Lightly grease springform pan, \(9 \times 3\) inches. Beat cream cheese and vanilla on medium speed in medium bowl until smooth. Gradually add sugar, beating until fluffy. Beat in flour. Beat in eggs, one at a time. Beat in chocolate; pour into pan.
Bake about 1 hour 15 minutes or until center is firm. Cool 15 minutes. Run metal spatula along side of cheesecake to loosen before and after refrigerating. Cover and refrigerate about 3 hours or until chilled. Meanwhile, prepare white Truffle Sauce.
Remove cheesecake from side of pan. Let cheesecake stand at room temperature 15 minutes before cutting. Serve cheesecake with sauce and, if desired, fresh raspberries or strawberries. Refrigerate any remaining cheesecake.
```


## WHITE TRUFFLE SAUCE:

```
Heat baking bar and margarine in heavy 2 -quart saucepan over low heat, stirring constantly, until melted (mixture will be thick and grainy); remove from heat. Stir in whipping cream until smooth. Cover and refrigerate about 2 hours or until chilled.
```

[^5]Copyright:
"© General Mi11s, Inc. 1998."
Yield:
"1 Cake"
T(Bake):
"1:15"
betty crocker best of baking recipes.txt

Per serving: 416 Calories (kcal); 35g Total Fat; (69\% calories from fat); 7g Protein; 27g Carbohydrate; 102mg Cholesterol; 157 mg Sodium Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 6 1/2 Fat; 1 1/2 Other Carbohydrates

Nutr. Assoc. : 00003218021307065430055194098721

```
* Exported from MasterCook *
    Bittersweet Chocolate Cream Cheese Cookies
```

Recipe By $\begin{aligned} & \text { Berving Size } \\ & \text { Se } \\ & 72\end{aligned}$ Preparation Time :0:00
Categories : Cookies \& Brownies Holiday

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 1 | cup | sugar |
| 1/2 | cup | margarine or butter (1 stick) -- softened |
| $11 / 2$ | teaspoons | vanilla |
| 1 |  | egg |
| 1 | (3 ounce) pac | kage cream cheese -- softened |
| 3 | ounces | bittersweet or semisweet chocolate -- melted and cooled |
| $21 / 2$ | cups | all-purpose flour |
| 1/2 | teaspoon | baking powder |
| 1/2 | teaspoon | salt |
| 6 | ounces | vanilla-flavored candy coating -- melted |
| 3/4 | cup | finely crushed peppermint candies OR |
| 3/4 | cup | finely chopped pistachio nuts |

Heat oven to $375^{\circ}$. Mix sugar, margarine, vanilla, egg, cream cheese and chocolate in large bowl until smooth. Mix flour, baking powder and salt; stir into margarine mixture.

Divide dough in half. Roll each half $1 / 8$ inch thick on lightly floured cloth-covered surface with cloth-covered rolling pin. Cut into desired shapes with cookie cutters. Place about 1 inch apart on ungreased cookie sheet.

Bake 8 to 10 minutes or until dry and set. Remove from cookie sheet. Cool on wire rack.

Roll edge of cookies about $1 / 4$ inch deep in candy coating; immediately roll in candies. Place on waxed paper. Let stand about 10 minutes or until coating is set.

About 6 dozen 2 1/2-inch cookies

```
Please note, if you should change this recipe it will no longer be an
approved Betty Crocker \({ }^{\circledR}\) Recipe.
Copyright:
    "© General Mills, Inc. 1998."
Yie1d:
    "72 Cookies"
```

Per serving: 71 Calories (kcal); 3g Total Fat; (39\% calories from fat); 1g
betty crocker best of baking recipes.txt
Protein; 10g Carbohydrate; 4 mg Cholesterol; 41mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; $1 / 2$ Fat; $1 / 2$ Other Carbohydrates

Nutr. Assoc. : 0409800022530005520586202130706543

```
* Exported from MasterCook *
```


## Black and Gold Fruitcake

$\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 32 \\ \text { Preparation Time }: 0: 00\end{array}$
Categories : Cakes Holiday

| Amount | Measure | Ingredient -- Preparation Method |
| ---: | ---: | :--- |
| 3 | cups | Bisquick Original baking mix |
| 1 | cup sugar |  |
| 6 |  | eggs |
| 1 | teaspoon | almond extract |
| 1 | $1 / 2$ | cups dried apricots (about 8 ounces) |
| 1 | cup candied pineapple |  |
| 1 | cup golden raisins |  |
| 1 | teaspoon ground cinnamon |  |
| 2 | teaspoons vanilla |  |
| 1 | ounces semisweet chocolate -- melted and cooled |  |
| 2 | cup candied cherries |  |

Heat oven to $300^{\circ}$. Grease and flour two 6-cup bundt cake pans or ring molds, or 2 loaf pans, $81 / 2 \times 41 / 2 \times 21 / 2$ inches or $9 \times 5 \times 3$ inches. Beat baking mix, sugar and eggs in large bow on low speed until blended. Beat on medium speed 2 minutes. Pour half of the batter into large bowl; beat in almond extract until smooth. Stir in apricots, pineapple and raisins.

Beat cinnamon, vani11a and chocolate into remaining half of batter, using same beaters, until smooth. Stir in cherries and dates. Divide chocolate batter between pans, spread evenly. Divide gold batter between pans, carefully spooning over chocolate batter; spread evenly.

Bake bundt pans about 1 hour 20 minutes to 1 hour 30 minutes, loaf pans about 1 hour 30 minutes to 1 hour 40 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes. Invert bundt cakes onto wire rack; turn loaves out of pans and place top sides up on wire rack. Cool completely. Wrap tightly and refrigerate 1 day before slicing.
2 loaves (16 slices each)

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

Copyright:
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Yield:
"2 Loaves"

Per serving: 188 Calories (kcal); 3g Total Fat; (14\% calories from fat); 3g Protein; 39g Carbohydrate; 39 mg Cholesterol; 161mg Sodium Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fruit; $1 / 2$ Fat; 1 Other Carbohydrates
betty crocker best of baking recipes.txt
Nutr. Assoc. : 2250032180309024293532000242820027

```
* Exported from MasterCook *
    Black Bean Lasagne
```

Recipe By
Serving Size
$\vdots$$\quad$ Preparation Time :0:00
Categories : Main and Side Dishes Vegetarian

| Amount | Measure I | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 9 |  | uncooked lasagne noodles |
| 1 | tablespoon v | vegetable oil |
| 1 | medium on | onion -- chopped (about 1/2 cup) |
| 1 | clove ga | garlic -- finely chopped |
| 1 | cup w | water fresh cilantro |
| 2 | tablespoons c | chopped fresh cilantro |
| 1 | (15 ounce) cans $(141 / 2$ ounce) | s black beans -- rinsed and drained |
| 2 | (6 ounce) cans. | can no-sal-added who e tomatoes -- undrained |
| 1 | 15 ounce contai | iner nonfat Ricotta cheese |
| 1/2 | cup ${ }^{\text {r }}$ | reduced-fat grated Parmesan-style cheese (2 ounces) |
| 1/2 | cup ${ }^{\text {c }}$ | cholesterol-free egg product OR |
| 4 1/4 |  | egg whites |
| 2 | cups s | shredded reduced-fat Monterey Jack cheese (8 ounces) |

Cook and drain noodles as directed on package. Rinse with hot water; drain. Heat oil in 12 -inch nonstick skillet over medium-high heat. Cook onion and garlic in oil, stirring frequently, until onion is tender. Stir in water, cilantro, beans, tomatoes and tomato paste, breaking up tomatoes. Simmer uncovered 15 minutes, stirring occasionally. Mix remaining ingredients except Monterey Jack cheese.

Heat oven to $350^{\circ}$. Layer $1 / 3$ each of the noodles, bean mixture, Ricotta mixture and Monterey Jack cheese in ungreased rectangular baking dish, 13 $\times 9 \times 2$ inches. Repeat layers twice. Bake uncovered 30 to 35 minutes or until hot and bubbly. Let stand 10 to 15 minutes before cutting.

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker ${ }^{\oplus}$ Recipe.
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Per serving: 345 Calories (kcal); 6 g Total Fat; (15\% calories from fat); 29g Protein; 43g Carbohydrate; 24 mg Cholesterol; 703mg Sodium Food Exchanges: 1 1/2 Grain(Starch); 3 Lean Meat; $21 / 2$ Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 3060000057820120264250250733220021307065430 26424

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* Exported from MasterCook *
```

betty crocker best of baking recipes.txt
Black Forest Cherry Torte
Recipe By
Serving Size : 16 Preparation Time :0:00
Categories : Desserts


Bake Bonnie Butter Cake in 9-inch layers as directed. Cool 10 minutes; remove from pans. Cool completely. Prepare Cherry filiing; refrigerate until chil1ed.

To assemble cake, place 1 layer, top side down, on serving plate. Beat whipping cream and powdered sugar in chilled bow until very stiff. Form thin rim of whipped cream around edge of layer with decorators' tube or spoon. Fill center with Cherry Filling. Place other layer, top side up, on filling. Gently spread whipped cream on side and top of cake. Gently press chocolate by teaspoonfuls onto side of cake.

Place remaining whipped cream in decorators' tube with star tip. Pipe border of whipped cream around top edge of cake. Beginning from center of cake, outline individual portions in spoke design. Place desired number of reserved dipped cherries in each portion. Store torte in refrigerator.

CHERRY FILLING:
Mix cornstarch and sugar in 1-quart saucepan. Drain cherries, reserving syrup. Add enough water to reserved cherry syrup to measure 1 cup; stir into sugar-cornstarch mixture. Cook, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Cool to lukewarm.

Stir in brandy flavoring. Dip 36 cherries into thickened syrup; reserve for top of cake. Cut remaining cherries into fourths and stir into thickened syrup.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Copyright:
"@ Genera1 Mil1s, Inc. 1998."
Yield:
"1 Torte"

Per serving: 500 Calories (kcal); 25 g Total Fat; (44\% calories from fat); 5g Protein; 66g Carbohydrate; 57 mg Cholesterol; 387 mg Sodium Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; $1 / 2$ Fruit; 5 Fat; 3 Other Carbohydrates
betty crocker best of baking recipes.txt

```
* Exported from MasterCook *
Bonnie Butter Cake
\begin{tabular}{ll} 
Recipe By & \\
Serving Size & \(\vdots\) \\
Categories & : Cakes
\end{tabular} Preparation Time :0:00 \(\quad\) Desserts
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2/3 & cup & margarine or butter -- softened \\
\hline \(13 / 4\) & cups & sugar \\
\hline 2 & & eggs \\
\hline \(11 / 2\) & teaspoons & vanilia \\
\hline \(23 / 4\) & cups & a11-purpose flour* \\
\hline \(21 / 2\) & teaspoons & baking powder \\
\hline 1 & teaspoon & salt \\
\hline \(11 / 4\) & cups & milk \\
\hline \(11 / 2\) & cups & Chocolate Butter Frosting -- (see \\
\hline
\end{tabular}
```

Heat oven to $350^{\circ}$. Grease and flour rectangular pan, $13 \times 9 \times 2$ inches, or 2 round pans, $9 \times 11 / 2$ inches. Mix margarine, sugar, eggs and vanilla in large mixer bow 1 until fluffy. Beat on high speed, scraping bow 1 occasionally, 5 minutes. Beat in flour, baking powder and salt alternately with milk on low speed. Pour into pan(s).

Bake until toothpick inserted in center comes out clean, rectangular 45 to 50 minutes, layers 30 to 35 minutes. Cool layers 10 minutes; remove from pan. Cool completely. Frost rectangular or fill and frost layers with Chocolate Butter Frosting (see recipe).

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

Copyright:
" Gener
Yie1d:
"1 Cake"

Per serving: 377 Calories (kcal); 16 g Total Fat; ( $37 \%$ calories from fat); 4g Protein; 56g Carbohydrate; 26 mg Cholesterol; 377 mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat; 2 1/2 Other Carbohydrates

NOTES : *If using self-rising flour, omit baking powder and salt.
Nutr. Assoc. : 4098032180140000

* Exported from MasterCook *

Blueberry Buck7e Coffee Cake

```
Recipe By : 9 9 Preparation Time :0:00
Categories : Breads
```

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | ---: | :--- |
| 2 |  | cups |
| cull-purpose flour | all |  |
| $2 / 4$ | cup | sugar |
| $21 / 2$ | teaspoons | baking powder |
| $3 / 4$ | teaspoon | salt |


|  | betty crocker best of baking recipes.txt |  |
| :---: | :---: | :---: |
| 1/4 | cup | shortening |
| 3/4 | cup | milk |
| $\frac{1}{2}$ |  | egg |
|  | cups | fresh or frozen (thawed and drained) |
|  |  | blueberries |
|  |  | Crumb Topping -- (recipe follows) |
|  |  | Glaze -- (recipe follows) |
|  |  | CRUMB TOPPING |
| 1/2 | cup | sugar |
| 1/3 | cup | al1-purpose flour |
| 1/4 | cup | butter or margarine -- softened |
| 1/2 | teaspoon | ground cinnamon |
|  |  | GLAZE |
| 1/2 | cup | powdered sugar |
| 1 1/2 | teaspoon | vanilla |
| 1 1/2 | teaspoons | hot water (1 1/2 to 2 teaspoons) |

Heat oven to $375^{\circ}$. Grease square pan, $9 \times 9 \times 2$ inches, or round pan, $9 \times$ $11 / 2$ inches. Blend flour, sugar, baking powder, salt, shortening, milk and egg; beat 30 seconds. Carefully stir in blueberries. Spread batter in pan; sprinkle with Crumb Topping.

Bake 45 to 50 minutes or until toothpick inserted in center comes out clean. Drizzle with Glaze. Serve warm.

CRUMB TOPPING:
Mix al1 ingredients until crumbly.
GLAZE:
Mix all ingredients until of drizzling consistency.

```
Please note, if you should change this recipe it will no longer be an
approved Betty Crocker` Recipe.
```

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Copyright:
```

Copyright:
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Yield:
Yield:
"1 Cake"
"1 Cake"
Per serving: 386 Calories (kcal); 13g Total Fat; (28% calories from fat); 5g
Protein; 65g Carbohydrate; 37mg Cholesterol; 383mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 2 1/2
Fat; 2 1/2 Other Carbohydrates
Nutr. Assoc. : 0 0 0 0 0 0 0 3437 2130706543 2130706543 0 0 0 0 0 0 0 0 0
03728

* Exported from MasterCook *
B7ueberry Streuse1 Muffins
Recipe By :
Serving.Size : 12 Preparation Time :0:00
Categories : Baking with Kids Breads

```
    Amount Measure Ingredient -- Preparation Method
```

                    betty crocker best of baking recipes.txt
    1/4 cup al1-purpose flour
    2
1/4
tablespoons firm margarine or butter
teaspoon ground cinnamon
Shortening
cup milk
cup vegetable oil
1/4
1/2
teaspoon vanilla
large egg
cups al1-purpose flour
OR
cups whole wheat flour
1/3 cup granulated sugar
1/2 teaspoons baking powder
1/2
teaspoon salt
cup fresh or drained canned blueberries
OR
cup frozen blueberries -- thawed and we11 drained

```
Heat oven to \(400^{\circ}\).
For topping, mix in small bowl with fork until crumbly, then set aside:
    1/4 cup all-purpose flour
    2 tablespoons packed brown sugar
    2 tablespoons firm margarine or butter
    1/4 teaspoon ground cinnamon
Grease bottoms only of 12 medium muffin cups with (or line muffin cups
with paper baking cups):
    shortening
Beat in medium bow1 with fork:

1 cup milk
1/4 cup vegetable oil
1/2 teaspoon vanilla
1 large egg
Stir into milk mixture just until all the flour is wet (do not stir too much-batter will be lumpy):

2 cups all-purpose or whole wheat flour
\(1 / 3\) cup granulated sugar
3 teaspoons baking powder
1/2 teaspoon salt
Gently stir in:
1 cup fresh or drained canned blueberries or \(3 / 4\) cup frozen blueberries, thawed and well drained

Spoon batter into muffin cups until 2/3 full. Sprinkle each with about 2 teaspoons of topping mixture.

Bake 20 to 25 minutes or until golden brown. Adult help: Immediately remove muffins from pan to wire rack. Serve warm or cool.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yie7d:
"12 Muffins"

Per serving: 198 Calories (kcal); 8g Total Fat; (35\% calories from fat); 4g Protein; 29g Carbohydrate; 18mg Cholesterol; 249mg Sodium
betty crocker best of baking recipes.txt
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(11 / 2\) Fat; 1/2 Other Carbohydrates
```

NOTES : Utensils You Will Need
Sma11 bow1 • Dry-ingredient measuring cups • Measuring spoons •
Fork • Small sharp knife • Wooden spoon • Muffin pan with medium
cups, 2 1/2 < 1 1/4 inches • Pastry brush • Medium bow1 • Liquid
measuring cup • Pot holders • Wire cooling rack
Here's another idea. ; . Make Apple Muffins: Leave out
blueberries. Stir in i cup grated apple with the milk, and stir in
1/2 teaspoon ground cinnamon with the flour in Step 5. Bake 25 to
30 minutes.
Nutr. Assoc. : 0 0 4098 0 0 0 0 0 0 14 0 2130706543 0 0 0 3437 0
2130706543

* Exported from MasterCook *
B7ueberry-Lemon Loaf (1 1/2-Pound Recipe)
Recipe By : 12 Preparation Time :0:00
Categories : Bread Machine Breads

```
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & cup & plus 1 tablespoon water \\
\hline \(11 / 2\) & teaspoons & grated lemon peel \\
\hline 2 & tablespoons & margarine or butter -- softened \\
\hline 3 & cups & bread flour \\
\hline 2 & tablespoons & dry milk \\
\hline 3 & tablespoons & sugar \\
\hline 1 1/2 & teaspoons & salt \\
\hline 2 & teaspoons & bread machine yeast \\
\hline 1/3 & cup & dried blueberries \\
\hline 1/3 & cup & OR currants \\
\hline
\end{tabular}

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1 -pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients except blueberries in bread machine pan in the order recommended by the manufacturer. Add blueberries at the Raisin/ Nut signal or 5 to 10 minutes before last kneading cycle ends.

Select Sweet or Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"1 Loaf"

Per serving: 179 Calories (kcal); 3g Total Fat; (14\% calories from fat); 5g Protein; 33g Carbohydrate; 1mg Cholesterol; 295mg Sodium Food Exchanges: \(11 / 2\) Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates
betty crocker best of baking recipes.txt
Serving Ideas : For a special treat, spread with softened cream cheese.

Nutr. Assoc. : 1582040980000201995102130706543
* Exported from MasterCook *

> Blueberry-Lemon Loaf (1-Pound Recipe)
```

Recipe By : % 8 Preparation Time :0:00

```
Categories : Bread Machine Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 3/4 & cup & water \\
\hline 1 & teaspoon & grated 1emon pee1 \\
\hline 1 & tablespoon & margarine or butter -- softened \\
\hline 2 & cups & bread flour \\
\hline 1 & tablespoon & dry milk \\
\hline 2 & tablespoons & sugar \\
\hline 1 & teaspoon & salt \\
\hline 1 1/4 & teaspoons & bread machine yeast \\
\hline 1/4 & cup & dried blueberries \\
\hline 1/4 & cup & OR currants \\
\hline
\end{tabular}

Make \(11 / 2\)-pound recipe for bread machines that use 3 cups flour, or make 1 -pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients except blueberries in bread machine pan in the order recommended by the manufacturer. Add blueberries at the Raisin/ Nut signal or 5 to 10 minutes before last kneading cycle ends.

Select Sweet or Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"1 Loaf"

Per serving: 175 Calories (kcal); 2g Total Fat; (11\% calories from fat); 5g Protein; 33g Carbohydrate; 1mg Cholesterol; 289mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates

Serving Ideas : For a special treat, spread with softened cream cheese.

Nutr. Assoc. : 0040980000201995102130706543
```

* Exported from MasterCook *

```
Blushing Peach Pie
```

Recipe By :

```
\begin{tabular}{ll} 
& \begin{tabular}{c} 
betty crocker best of baking recipes.txt \\
Serving size \\
Categories
\end{tabular}\(: 0\) Preparation Time :0:00 \\
Desserts
\end{tabular}
\begin{tabular}{|c|c|c|}
\hline Amount & Measure I & Ingredient -- Preparation Method \\
\hline 2 & (29 ounce) cans & Favorite Pastry for 9-Inch Two-Crust Pie -- (see recipe) s sliced peaches -- drained \\
\hline 1/2 & cup s & sugar \\
\hline 1/4 & cup a & al1-purpose flour* \\
\hline 1/4 & cup r & red cinnamon candies \\
\hline 2 & tablespoons m & margarine or butter \\
\hline \multicolumn{3}{|l|}{\multirow[t]{2}{*}{Heat oven to \(425^{\circ}\). Prepare pastry. Mix peaches, sugar, flour and candies;}} \\
\hline & & \\
\hline \multicolumn{3}{|l|}{that has slits cut in it; seal and flute. Cover edge with 2- to 3-inch} \\
\hline \multicolumn{3}{|l|}{strip of aluminum foil to prevent excessive browning; remove foil during} \\
\hline \multicolumn{3}{|l|}{last 15 minutes of baking.} \\
\hline Bake unti in crust & crust is golde 40 to 50 minute & en brown and juice begins to bubble through slits \\
\hline
\end{tabular}

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker \({ }^{\oplus}\) Recipe.
Copyright:
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Yield:
"1 Pie"

Per serving: 2690 Calories (kcal); 93g Total Fat; (30\% calories from fat); 27g Protein; 458 g Carbohydrate; 65 mg Cholesterol; 1403mg Sodium Food Exchanges: 8 Grain(Starch); 0 Lean Meat; 0 Vegetable; 11 1/2 Fruit; 18 Fat; 10 Other Carbohydrates

NOTES : *Self-rising flour can be used in this recipe.
Nutr. Assoc. : 0106401404098
* Exported from MasterCook *

> Favorite Pastry for 9-Inch Two-Crust Pie

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Desserts
Pies
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Me \\
\hline 2 & cups & all-purpose flour \\
\hline 1 & teaspoon & salt \\
\hline 2/3 & cup & 1ard \\
\hline & & OR \\
\hline 2/3 & cup & plus 2 tablespoons shortening \\
\hline 4 & tablespoons & cold water (4 to 5 tablespoons) \\
\hline
\end{tabular}

Mix flour and salt. Cut in lard until particles are size of small peas.
Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bow 1 (1 to 2 teaspoons water can be added if necessary).

Divide pastry in half and shape into 2 flattened round on lightly floured cloth-covered surface.
betty crocker best of baking recipes.txt
Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.
Turn desired filling into pastry-lined pie plate. Trim overhanging edge of pastry \(1 / 2\) inch from rim of plate. Roll other round of pastry. Fold into fourths; cut slits so steam can escape.

Place over filling and unfold. Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll top edge under lower edge, pressing on rim to seal. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into V shape; pinch again to sharpen.

For Baked Pie Shell: Heat oven to \(475^{\circ}\). Prick bottom and side thoroughly with fork. Bake 8 to 10 minutes or until light brown; cool.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"2 Crusts"

Per serving: 268 Calories (kcal); 17g Total Fat; (59\% calories from fat); 3g Protein; 24 g Carbohydrate; 16 mg Cholesterol; 267 mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 000021307065432777
```

* Exported from MasterCook *

```

\title{
Bonnie Butter Cake
}

Recipe By
Serving Size : 16 Preparation Time :0:00
Categories : Cakes Desserts
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2/3 & cup & margarine or butter -- softened \\
\hline \(13 / 4\) & cups & sugar \\
\hline \({ }_{1}^{2} 1 / 2\) & teaspoons & egas \\
\hline \(23 / 4\) & cups & al1-purpose flour* \\
\hline \(21 / 2\) & teaspoons & baking powder \\
\hline \({ }_{1}^{1} 1 / 4\) & teaspoon & salt
milk \\
\hline \(11 / 2\) & cups & Chocolate Butter Frosting -- (see recipe) \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\). Grease and flour rectangular pan, \(13 \times 9 \times 2\) inches, or 2 round pans, \(9 \times 11 / 2\) inches. Mix margarine, sugar, eggs and vanilla in large mixer bowl until fluffy. Beat on high speed, scraping bow1
occasionally, 5 minutes. Beat in flour, baking powder and salt alternately with milk on low speed. Pour into pan(s).
betty crocker best of baking recipes.txt
Bake until toothpick inserted in center comes out clean, rectangular 45 to 50 minutes, layers 30 to 35 minutes. Coo 1 layers 10 minutes; remove from pan. Cool completely. Frost rectangular or fill and frost layers with Chocolate Butter Frosting (see recipe).

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

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Yield:
"1 Cake"

Per serving: 377 Calories (kcal); \(16 g\) Total Fat; (37\% calories from fat); 4g Protein; 56 g Carbohydrate; 26 mg Cholesterol; 377 mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat; 2 1/2 Other Carbohydrates

NOTES : *If using self-rising flour, omit baking powder and salt.
Nutr. Assoc. : 4098032180140000
* Exported from MasterCook *

Chocolate Butter Frosting
\begin{tabular}{ll} 
Recipe By & \\
Serving Size & \(\vdots\) \\
Categories & : Cakes
\end{tabular} Preparation Time :0:00 \(\quad\) Desserts
\begin{tabular}{rll} 
Amount & Measure & Ingredient -- Preparation Method \\
\(-1 / 3\) & cup & margarine or butter -- softened \\
2 & ounces & melted unsweetened chocolate -- (cool) \\
2 & cups & powdered sugar \\
\(121 / 2\) & teaspoons & vanilla \\
2 & tablespoons & milk (about)
\end{tabular}

Mix margarine and chocolate. Mix in powdered sugar. Beat in vanilla and milk until smooth and of spreading consistency.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
"〇 General Mills, Inc. 1998."
Yield:
"1 1/2 Cups"

Per serving: 125 Calories (kcal); 7g Total Fat; (49\% calories from fat); trace Protein; 16g Carbohydrate; 0mg Cholesterol; 62 mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(11 / 2\) Fat; 1 Other Carbohydrates

Nutr. Assoc. : 40985387004098
```

* Exported from MasterCook *

```
```

betty crocker best of baking recipes.txt
Braided Dinner Rolls

```
\(\begin{array}{ll}\text { Recipe By } & \vdots \\ \text { Serving Size } & \vdots \\ \text { Categories } & : B_{\text {Breads }}\end{array}\) Preparation Time :0:00
\begin{tabular}{rrl} 
Amount & Measure & Ingredient -- Preparation Method \\
\(-1 / 3\) & & \\
1 & & Potato Refrigerator Dough -- (see recipe) \\
1 & & egg \\
\(3 / 4\) & tablespoon & water \\
\(3 / 4\) & teaspoon & poppy seed
\end{tabular}

Divide dough into 18 equal parts. Roll each part into rope, 7 inches long, on lightly floured surface. Place groups of 3 ropes each close together on lightly greased cookie sheet. Braid ropes gently and loosely. Do not stretch. Pinch ends to fasten; tuck under securely. Let rise until double, 45 to 60 minutes.

Heat oven to \(375^{\circ}\). Beat egg and water slightly; brush over braids. Sprinkle each of \(\dot{3}\) braids with \(1 / 4\) teaspoon poppy seed and each of remaining 3 braids with \(1 / 4\) teaspoon sesame seed. Bake until golden brown, about 15 minutes.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"6 Rolls"

Per serving: 293 Calories (kcal); 10 g Total Fat; (30\% calories from fat); 7g
Protein; 44 g Carbohydrate; 52 mg Cholesterol; 222 mg Sodium
Food Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2
Fat; 1/2 Other Carbohydrates
NOTES : Parker House Rolls: Prepare Potato Refrigerator Dough (see recipe). Divide into halves (refrigerate 1 half for future use or use for Crescent Rolls, see recipe). Divide remaining half of dough into halves. Roll 1 half into rectangle, \(13 \times 9\) inches. Cut into 3 -inch circles; brush with margarine or butter, softened. Fold each so top half overlaps slightly. Press edges together. Place close together in greased round baking pan, \(9 \times 11 / 2\) inches: Brush with margarine or butter, softened. Repeat with remaining dough. Let rise until double, 45 to 60 minutes. Heat oven to \(400^{\circ}\). Bake until light brown, 13 to 15 minutes. 20 rolls

Crescent Rol1s: Prepare Potato Refrigerator Dough (see recipe). Divide into halves (refrigerate 1 half for future use or use for Parker House Rol1s). Divide remaining half of dough into halves. Roll 1 half into 12 -inch circle. Spread with margarine or butter, softened. Cut circle into 16 wedges. Roll up, beginning at rounded edges. Place rolls, with points underneath, on greased cookie sheet; curve ends slightly. Brush with margarine or butter, softened. Repeat with remaining dough. Let rise until doubie, 45 to 60 minutes. Heat oven to \(400^{\circ}\). Bake until light brown, 13 to 15 minutes. 32 rolls

Hamburger Buns: Divide one-third of Potato Refrigerator Dough (see recipe) into 12 equal parts. Shape each part into smooth ba11 on lightly floured surface with lightly greased fingers; flatten.
betty crocker best of baking recipes.txt
Place about 1 inch apart on greased cookie sheet. Let rise until double, 45 to 60 minutes. Heat oven to \(400^{\circ}\). Brush buns with margarine or butter, softened; sprinkle with sesame seed or poppy seed. Bake until golden brown, 13 to 15 minutes. 1 dozen rolls
Nutr. Assoc. : 00011561357
```

* Exported from MasterCook *

```

Potato Refrigerator Dough
Recipe By
Serving Size \(\quad 0 \quad\) Preparation Time :0:00
Categories : Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & package & active dry yeast \\
\hline 1 1/2 & cups & warm water ( \(105^{\circ}\) to \(115{ }^{\circ}\) ) \\
\hline 2/3 & cup & sugar \\
\hline 1 1/2 & teaspoons & sa1t \\
\hline 2/3 & cup & shortening \\
\hline 2 & & eggs \\
\hline 1 & cup & 1ukewarm mashed potatoes* \\
\hline 6 1/2 & cups & al1-purpose flour** (6 1/2 to 7 cups) \\
\hline
\end{tabular}

Dissolve yeast in warm water in large mixing bowl. Stir in sugar, salt, shortening, eggs, potatoes and 4 cups of the flour. Beat until smooth. Mix in enough remaining flour to make dough easy to handle.

Turn dough onto lightly floured surface; knead until smooth and elastic, about 5 minutes. Place in greased bow 1 ; turn greased side up. Cover bow 1 tightly; refrigerate at least 8 hours but no longer than 5 days. Punch down dough. Shape, let rise and bake as directed.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker` Recipe.
Description:
"This versatile dough makes so many delicious rolls! Use it to make
Braided Dinner Rolls to Hamburger Buns."
Copyright:
"@ Genera1 Mil1s, Inc. 1998."
Yield:
"10 1/3 cups"

```
Per serving: 4999 Calories (kcal); 158g Total Fat; ( \(28 \%\) calories from fat) ; 102g
Protein; 784 g Carbohydrate; 378 mg Cholesterol; 3832 mg Sodium
Food Exchanges: 42 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 0 Fruit; 29 Fat;
9 Other Carbohydrates
NOTES : *Instant mashed potatoes can be substituted for the mashed
    potatoes; prepare as directed on package for 2 servings
    **If using self-rising flour, omit salt.
Nutr. Assoc. : 054720000411314
* Exported from MasterCook *
                        Bran-Date Muffins
Recipe By :
Serving Size : 12 Preparation Time :0:00
                                    Page 49

Categories : Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1/2 & cup & hot water \\
\hline 1/4 & cup & chopped dates \\
\hline 1 1/2 & cups & wheat bran \\
\hline 1 & cup & whole wheat flour \\
\hline 1 & teaspoon & baking powder \\
\hline 1/2 & teaspoon & baking soda \\
\hline 1/2 & teaspoon & salt \\
\hline , 1/3 & cup & vegetable oil \\
\hline 1 & & egg \\
\hline 1 & cup & buttermilk \\
\hline 1/2 & cup & chopped dates \\
\hline
\end{tabular}

Pour water over \(1 / 4\) cup dates; set aside.
Heat oven to \(400^{\circ}\). Grease bottoms only of 12 medium muffin cups, \(21 / 2 \times 1\) 1/4 inches, with shortening, or 1 ine with paper baking cups.

Mix wheat bran, flour, baking powder, baking soda and salt in large bowl.
Place date-water mixture, the oil and egg in blender or food processor. Cover and blend on medium speed about 1 minute or until smooth. Stir date mixture and buttermilk into flour mixture just until flour is moistened (batter will be lumpy). Gently stir in \(1 / 2\) cup dates. Divide batter eventy among muffin cups.

Bake 20 to 22 minutes or unti 1 toothpick inserted in center comes out clean. Cool muffins in pan 5 minutes; remove from pan to wire rack. Serve warm, if desired.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\text {R }}\) Recipe.
Copyright:
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Yield:
"12 Muffins"

Per serving: 148 Calories (kcal); 7g Total Fat; (39\% calories from fat); 4g Protein; 21g Carbohydrate; 16mg Cholesterol; 209mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 1/2 Fat;
0 Other Carbohydrates
```

NOTES : Lighter Bran-Date Muffins: For less fat and fewer calories per
serving, substitute fat-free buttermilk for the milk, 1/4 cup
fat-free cholesterol-free egg product for the egg and 1/4 cup
prune baby food for 1/4 cup of the oil.
Nutr. Assoc. : 0 2662 0 0 0 0 0 0 0 0 2662

```
* Exported from MasterCook *
                                    Bread Bowls
\(\begin{array}{ll}\text { Recipe By } & \text { Serving.Size } \\ \text { Se } & \\ \text { Preparation Time }: 0: 00\end{array}\)
Categories : Breads
\begin{tabular}{ccc} 
Amount & Measure & Ingredient -- Preparation Method \\
-1 & package & regular or quick-acting active dry yeast \\
& Page 50
\end{tabular}


Dissolve yeast in warm water. Stir in sugar; reserve. Cut shortening into flour, baking powder and salt with pastry blender in large bow 1 until mixture resembles fine crumbs. Stir in yeast mixture and just enough buttermilk so dough leaves side of bowl and forms ball.

Turn dough onto lightly floured surface; gently roll in flour to coat. Knead about 1 minute or until smooth. Cover and let rise 10 minutes.

Heat oven to \(375^{\circ}\). Grease outsides of six 10 -ounce custard cups. Place cups upside down on ungreased jelly roll pan, \(151 / 2 \times 101 / 2 \times 1\) inch. Divide dough into 6 equal parts. Pat or roll each part into 7 -inch circile. Shape dough circles over outsides of custard cups. (Do not allow dough to cur 1 under edges of cups.)

Bake 18 to 22 minutes or until golden brown. Carefully lift bread bowls from custard cups-custard cups and bread will be hot. Cool bread bowls upright on wire rack.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Description:
"Yeast gives a terrific, slightly chewy texture to these fun bread
bowls. Bowls filled with salad, chowder, chile or a thick stew are
sure to be real crowd pleasers!"
Copyright:
"@ General Mil1s, Inc. 1998."
Yield:
"6 Bread bow1s"

```

Per serving: 340 Calories (kcal); 10g Total Fat; ( \(25 \%\) calories from fat); 8g Protein; 55g Carbohydrate; 1 mg Cholesterol; 555 mg Sodium Food Exchanges: 3 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates
```

Nutr. Assoc. : 26366 5472 0 0 0 0 0 228

```
```

* Exported from MasterCook *

```
                                    Breakfast Puffs
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 15 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1/3 & cup & shortening \\
\hline 1/2 & cup & sugar \\
\hline 1 & & egg \\
\hline \(11 / 2\) & cups & al1-purpose flour* \\
\hline 1 1/2 & teaspoons & baking powder \\
\hline 1/2 & teaspoon & salt \\
\hline 1/4 & teaspoon & ground nutmeg \\
\hline & & Page 51 \\
\hline
\end{tabular}
```

                betty crocker best of baking recipes.txt
    1/2
                        cup
                            cup suga
    1/2
    1
1/2
teaspoon ground cinnamon
cup margarine or butter -- melted

```

Heat oven to \(350^{\circ}\). Grease 15 muffin cups, \(21 / 2 \times 11 / 4\) inches. Mix shortening, \(1 / 2\) cup sugar and the egg. Stir in flour, baking powder, salt and nutmeg alternately with milk. Fill muffin cups about two-thirds full.

Bake until golden brown, 20 to 25 minutes. Mix \(1 / 2\) cup sugar and the cinnamon. Immediately after baking, roll puffs in melted margarine, then in sugar-cinnamon mixture.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"15 Puffs"

Per serving: 202 Calories (kcal); 11g Total Fat; (49\% calories from fat); 2g Protein; 24g Carbohydrate; 14mg Cholesterol; 199mg Sodium Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 1 Other Carbohydrates

NOTES : *If using self-rising flour, omit baking powder and salt.
Nutr. Assoc. : 000140000004098
```

* Exported from MasterCook *

```

\section*{Brownies}
\begin{tabular}{lll} 
Recipe By \\
Serving Size & \(\vdots\) & 36 Preparation Time \(: 0: 00\) \\
Categories & \(:\) Cookies \& Brownies
\end{tabular}
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 4 & \multicolumn{2}{|l|}{\multirow[t]{2}{*}{(1 ounce) squares unsweetened chocolate}} \\
\hline 2/3 & & shortening \\
\hline 2 & cups & sugar \\
\hline 4 & & eggs \\
\hline 1 & teaspoon & vanilia \\
\hline 1 1/4 & cups & all-purpose flour* \\
\hline 1 & cup & chopped nuts, if desired \\
\hline 1 & teaspoon & baking powder \\
\hline 1 & teaspoon & salt Glossy Chocolate Frosting -- (recipe follows) \\
\hline & & GLOSSY CHOCOLATE FROSTING \\
\hline 3 & \multicolumn{2}{|l|}{(1 ounce) squares unsweetened chocolate} \\
\hline 3 & tablespoons & shortening \\
\hline 2 & cups & powdered sugar \\
\hline 1/4 & teaspoon & salt \\
\hline 1/3 & cup & milk \\
\hline 1 & teaspoon & vanilla \\
\hline 1/2 & cup & finely chopped nuts, if desired \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\). Grease baking pan, \(13 \times 9 \times 2\) inches. Heat chocolate and shortening in 3 -quart saucepan over low heat until melted; remove from heat. Stir in sugar, eggs and vanilla. Mix in remaining ingredients. spread in pan.
betty crocker best of baking recipes.txt
Bake until brownies begin to pull away from side of pan, about 30 minutes. (Do not overbake.) Cool slightly; spread with Glossy Chocolate Frosting (see recipe), if desired. Cool completely; cut into bars, about \(2 \times 1\) 1/2 inches.

GLossy chocolate frosting:
Heat chocolate and shortening over low heat until melted. Stir in powdered sugar, salt, milk and vanilla; beat until smooth. Place pan of frosting in bowl of ice and water; continue beating until smooth and of spreading consistency. Stir in nuts.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\text {® }}\) Recipe.

Copyright:
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Yield:
"36 Brownies"
T(Bake):
"0:30"

Per serving: 202 Calories (kcal); 12g Total Fat; (49\% calories from fat); 3g Protein; 24 g Carbohydrate; 21 mg Cholesterol; 97 mg Sodium Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 1 Other Carbohydrates

NOTES : *If using self-rising flour, omit baking powder and salt.
Nutr. Assoc. : 00032180142677002130706543000000002677
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* Exported from MasterCook *

```

\section*{Bûche De Noë1}
Recipe By
Serving Size \(\quad 10 \quad\) Preparation Time :0:00
Categories : Cakes
```

Holiday

```
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 3 & & eggs \\
\hline 1 & cup & sugar \\
\hline 1/3 & cup & water \\
\hline 1 & teaspoon & vanilla \\
\hline 3/4 & cup & al1-purpose flour \\
\hline 1 & teaspoon & baking powder \\
\hline 1/4 & teaspoon & salt \\
\hline 1 & cup & whipping (heavy) cream \\
\hline 2 & tablespoons & sugar \\
\hline 1 1/2 & teaspoons & freeze-dried or powdered instant coffee (dry) \\
\hline & & Chocolate Buttercream Frosting -- (recipe follows) Meringue Mushrooms -- (recipe follows) \\
\hline & & CHOCOLATE BUTTERCREAM FROSTING \\
\hline 1/3 & cup & cocoa \\
\hline 1/3 & cup & margarine or butter -- softened \\
\hline 2 & cups & powdered sugar \\
\hline \(11 / 2\) & teaspoons & vanilla \\
\hline 1 & tablespoon & hot water (1 to 2 tablespoons) \\
\hline
\end{tabular}
betty crocker best of baking recipes.txt MERINGUE MUSHROOMS
2
egg whites
1/4 teaspoon cream of tartar
1/2
cup
sugar
cocoa
Chocolate Decorator's Frosting -- (recipe follows)
CHOCOLATE DECORATOR'S FROSTING
1
1
1
1
ounce unsweetened chocolate
cup powdered sugar
tablespoon hot water
Heat oven to \(375^{\circ}\). Line jelly roll pan, \(151 / 2 \times 101 / 2 \times 1\) inch, with aluminum foil or waxed paper; grease. Beat eggs in small bowl on high speed about 5 minutes or until very thick and lemon colored. Pour eggs into large bowl; gradually beat in 1 cup sugar. Beat in water and vanilla on low speed. Gradually add flour, baking powder and salt, beating just until batter is smooth. Pour into pan, spreading batter to corners.

Bake 12 to 15 minutes or until toothpick inserted in center comes out clean. Immediately loosen cake from edges of pan; invert onto towe 1 generous 7 y sprinkled with powdered sugar. Carefully remove foil. Trim off stiff edges of cake if necessary. while hot, carefully roll cake and towel from narrow end. Cool on wire rack at least 30 minutes.

Beat whipping cream, 2 tablespoons sugar and the coffee in chilled medium bow 1 until stiff. Unroll cake; remove towe1. Spread whipped cream mixture over cake. Roll up cake. For tree stump, cut off a 2-inch diagonal slice from one end. Attach stump to one long side using 1 tablespoon frosting. Frost with Chocolate Buttercream Frosting. Make strokes in frosting to resemble tree bark, using tines of fork. Garnish with Meringue Mushrooms.

\section*{CHOCOLATE BUTTERCREAM FROSTING:}

Thoroughly mix cocoa and margarine in medium bowl. Beat in powdered sugar on low speed. Stir in vanilla and hot water. Beat until smooth and of spreading consistency.

MERINGUE MUSHROOMS:
Cover 2 cookie sheets with cooking parchment paper or heavy brown paper. Beat egg whites and cream of tartar in small bow 1 on medium speed until foamy. Beat in sugar on high speed, 1 tablespoon at a time; continue beating about 5 minutes or until stiff and glossy. Do not underbeat.

Heat oven to \(200^{\circ}\). Place meringue in decorating bag with plain tip with 1/4-inch opening (\#10 or \#11). Or place meringue in strong plastic bag; cut off a tiny tip from one corner of bag. Pipe meringue in about 55 mushroom-cap shapes, each 1 to \(11 / 4\) inches in diameter, onto 1 cookie sheet. Sift cocoa over mushroom caps.

Bake 45 to 50 minutes or until firm. Immediately turn mushroom caps upside down and make an indentation in bottom of each cap. Brush off excess cocoa with soft-bristled brush.

Pipe about fifty-five 3/4-inch upright cone shapes onto second cookie sheet for mushroom stems. Stems should have peaks that fit into indentations in mushrooms caps. Bake 40 to 45 minutes or until firm; cool. Prepare Chocolate Decorator's Frosting.

To assemble mushrooms, spread small amount frosting in indentation of each mushroom cap; insert peak end of stem into frosting. Place upside down to dry. Store uncovered at room temperature. About 55 candies.

CHOCOLATE DECORATOR'S FROSTING:
Heat chocolate and margarine until melted; remove from heat. Beat in Page 54
betty crocker best of baking recipes.txt
powdered sugar and hot water until smooth and of spreading consistency. If necessary, stir in additional hot water, 1 teaspoon at a time.

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Per serving: 488 Calories (kcal); 19g Total Fat; (33\% calories from fat); 5g Protein; 79 g Carbohydrate; 89 mg Cholesterol; 217 mg Sodium
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 3 1/2 Fat; 4 1/2 Other Carbohydrates

NOTES : TIP
Instead of taking the time to make the tree stump and Meringue Mushrooms, garnish the "log" with chopped pistachio nuts and candied red cherries.
Nutr. Assoc. : 3218000000072107502130706543213070654307210 40980037280032312394000000409800
* Exported from MasterCook *

> Burgundy Meatbal1s
\begin{tabular}{ll} 
Recipe By & By \\
Serving Size & 12 \\
Categories & \(:\) Beef
\end{tabular} Preparation Time :0:00 Holiday
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 & pounds & ground beef \\
\hline 1 & cup & dry bread crumbs \\
\hline 1/2 & cup & water chestnuts -- finely chopped \\
\hline 1/2 & cup & milk \\
\hline 1 & teaspoon & salt \\
\hline 1 & teaspoon & Worcestershire sauce \\
\hline 1/8 & teaspoon & pepper \\
\hline 2 & & eggs \\
\hline 1 & medium & onion -- chopped (about 1/2 cup) \\
\hline & & Burgundy sauce -- (recipe follows) Chopped fresh parsley \\
\hline & & BURGUNDY SAUCE \\
\hline 1/3 & cup & cornstarch \\
\hline 1/2 & cup & cold water \\
\hline 1 & cup & burgundy \\
\hline 1 & & OR \\
\hline 1 & cup & dry red wine OR \\
\hline 1 & cup & beef broth \\
\hline 1 & clove & garlic -- crushed \\
\hline 2 & (10 1/2) ounc & cans condensed beef broth \\
\hline
\end{tabular}

Heat oven to \(400^{\circ}\). Mix all ingredients except Burgundy Sauce and parsley. Shape mixture into 1-inch balls. Place in ungreased jelly roll pan, 15 1/2 \(\times 101 / 2 \times 1\) inch.

Bake uncovered about 10 minutes or until done.
Prepare Burgundy Sauce. Stir meatballs into Burgundy Sauce. Meatball
mixture can be covered and refrigerated up to 24 hours at this point. Heat
Page 55
betty crocker best of baking recipes.txt
meatball mixture to boiling; reduce heat. Cover and simmer about 10 minutes or just until meatballs are hot. Garnish with parsley.

BURGUNDY SAUCE:
Mix cornstarch and cold water in 3-quart saucepan. Gradually stir in remaining ingredients. Heat to boiling, stirring constantly. Boil and stir 1 minute.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

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Yield:
"12 Meatbal1s"

Per serving: 245 Calories (kcal); 11g Total Fat; (42\% calories from fat); 19g
Protein; 14 g Carbohydrate; 79 mg Cholesterol; 574 mg Sodium
Food Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 90180054730000033218021307065430000000 2130706543021307065430117
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* Exported from MasterCook *

```

Butter Crunch Desserts
Recipe By
Serving.Size
S
30 Preparation Time :0:00
Categories : Desserts
\begin{tabular}{rll} 
Amount & Measure & Ingredient -- Preparation Method \\
\hdashline 1 & & cup \\
\(1 / 2\) & cup & all-purpose flour*
\end{tabular}

Heat oven to \(400^{\circ}\). Mix all ingredients with hands. Spread in ungreased baking pan, \(13 \times 9 \times 2\) inches. Bake 15 minutes; stir. Cool; cover and store in refrigerator.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"2 1/2 Cups"
T(Bake):
"0:15"
betty crocker best of baking recipes.txt
Per serving: 62 Calories (kcal); 4 g Total Fat; ( \(62 \%\) calories from fat); 1 g Protein; 5g Carbohydrate; 8mg Cholesterol; 32mg Sodium Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates
NOTES : *Do not use self-rising flour in this recipe.

Berry Parfaits: For each serving, alternate layers of 1 tablespoon Butter Crunch, 2 tablespoons fruit-flavored yogurt and 2 tablespoons fresh berries; repeat. Top with 1 tablespoon Butter Crunch. Garnish with berries. (Suggested combinations:
1 emon-flavored yogurt and blueberries, strawberry-flavored yogurt and strawberry halves, raspberry-flavored yogurt and raspberries.)

Cinnamon-Applesauce Dessert: Mix 2 cups applesauce and 1 teaspoon cinnamon. Top with 1 cup sweetened whipped cream and sprinkle with 1 cup Butter Crunch. 6 servings

Fruit-Custard Dessert: For each serving, pour chilled soft custard over fresh berries or fruit (oranges, bananas, peaches, strawberries). Sprinkle with Butter Crunch.

Pudding Dessert: Prepare your favorite flavor pudding and pie filling as directed on package for pudding-except pour into shallow serving dish. After refrigerating, sprinkle with 1 cup Butter Crunch. Serve with cream. 6 servings
Nutr. Assoc. : 1400201480213070654302130706543
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* Exported from MasterCook *

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\section*{Buttermilk Biscuits}
\begin{tabular}{ll} 
Recipe By \\
Serving Size \\
Categories & \(: 10\)
\end{tabular} Preparation Time :0:00 Categories : Breads


Heat oven to \(450^{\circ}\) : Cut shortening into flour, sugar, baking powder, salt and baking soda with pastry blender in large bowl until mixture resembles fine crumbs. Stir in just enough buttermilk so dough leaves side of bow 1 and forms a bal1.

Turn dough onto lightly floured surface; gently roll in flour to coat. Knead lightly 10 times. Roll or pat \(1 / 2\) inch thick. Cut with floured 2 1/2-inch biscuit cutter. Place about 1 inch apart on ungreased cookie sheet.

Bake 10 to 12 minutes or until golden brown. Immediately remove from cookie sheet. Serve hot.

\footnotetext{
Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

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}
betty crocker best of baking recipes.txt
```

Yield:
"10 Biscuits"

```
Per serving: 194 Calories (kcal); 11g Total Fat; (49\% calories from fat); 3g
Protein; 21g Carbohydrate; 1mg Cholesterol; 362 mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 0
Other Carbohydrates
Nutr. Assoc. : 000000228
* Exported from MasterCook *
    Cajun Bread (1 1/2-Pound Recipe)
Recipe By
Serving Size
:
12 Preparation Time :0:00
Categories : Bread Machine Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 3/4 & cup & water \\
\hline 1/3 & cup & chopped onion \\
\hline 1/3 & cup & chopped green bel1 pepper \\
\hline 1 & clove & garlic -- finely chopped \\
\hline 1 & tablespoon & margarine or butter -- softened \\
\hline 3 & cups & bread flour \\
\hline 2 & tablespoons & sugar \\
\hline 2 & teaspoons & Cajun or Creole seasoning \\
\hline \(11 / 4\) & teaspoons & salt \\
\hline \(13 / 4\) & teaspoons & bread machine yeast \\
\hline
\end{tabular}

Make \(11 / 2\)-pound recipe for bread machines that use 3 cups flour, or make 1 -pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"1 Loaf"

Per serving: 147 Calories (kcal); 2 g Total Fat; (9\% calories from fat); 5g Protein; 28g Carbohydrate; 0mg Cholesterol; 271mg Sodium Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates
```

Nutr. Assoc. : 0 0 0 0 4098 0 0 2419 0 2019

```
```

* Exported from MasterCook *

```
betty crocker best of baking recipes.txt Cajun Bread (1-Pound Recipe)
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 8 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Bread Machine Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1/2 & cup & water \\
\hline 1/4 & cup & chopped onion \\
\hline 1/4 & cup & chopped green bell pepper \\
\hline 1 & clove & garlic -- finely chopped \\
\hline 2 & teaspoons & margarine or butter -- softened \\
\hline 2 & cups & bread flour \\
\hline 1 & tablespoon & sugar \\
\hline 1 & teaspoon & Cajun or Creole seasoning \\
\hline 3/4 & teaspoon & salt \\
\hline 1 & teaspoon & bread machine yeast \\
\hline
\end{tabular}

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1 -pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\oplus}\) Recipe.
```

Copyright:
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Yield:
"1 Loaf"

```

Per serving: 144 Calories (kcal); 2g Total Fat; (10\% calories from fat); 4g Protein; 28g Carbohydrate; 3mg Cholesterol; 238mg Sodium Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates
```

Nutr. Assoc. : 0 0 0 0 2394 0 0 2419 0 2019

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* Exported from MasterCook *

```

Cajun Pork Tenderloin with Vegetables
```

Recipe By : 4 Preparation Time :0:00

```
Categories : Main and Side Dishes Pork
\begin{tabular}{rrr} 
Amount & Measure & Ingredient -- Preparation Method \\
-2 & teaspoons & Cajun or Creole seasoning \\
2 & pound & pork tenderloin \\
2 & medium & sweet potatoes or yams (3/4 pound) \\
4 & small & zucchini (1 pound) \\
1 & \(1 / 2\) & cups \\
2 & frozen small whole onions \\
& \(1 / 2\) & tablespoons \\
& teaspoon & dried thyme leaves
\end{tabular}
```

                        betty crocker best of baking recipes.txt
    1/4 teaspoon salt
    ```
Heat oven to \(425^{\circ}\).

Rub Cajun seasoning into pork. Place in ungreased jelly roll pan, \(151 / 2 \times\) \(101 / 2 \times 1\) inches. Insert meat thermometer horizontally into center of thickest part of pork.

Cut sweet potatoes and zucchini lengthwise into halves. Place sweet potatoes, zucchịi and onions around pork. Drizzle margarine over vegetables. Sprinkle with thyme and salt.

Roast uncovered about 35 minutes or until thermometer reads \(160^{\circ}\). Loosely cover pan with aluminum foil and let stand 10 minutes. Cut pork into thin slices. Serve with vegetables.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
"@ General Mills, Inc. 1998."
T(Roast):

Per serving: 307 Calories (kcal); 10g Total Fat; (29\% calories from fat); 28g Protein; 27g Carbohydrate; 74 mg Cholesterol; 384mg Sodium
Food Exchanges: 1 Grain(Starch); \(31 / 2\) Lean Meat; 2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

NOTES : If you'd like a milder flavor, just reduce the amount of cajun spice.
Nutr. Assoc. : 241905212264084296409831590
```

* Exported from MasterCook *

```

Candy Bar Cupcakes
\begin{tabular}{lll} 
Recipe By & Beparation Time \(: 0: 00\) \\
Serving Size & Prep \\
Categories & : Baking with Kids
\end{tabular}


Adult help: Coarsely chop all the candy, then finely chop enough to measure 3/4 cup:

8 bars (2.1 oz each) chocolate-covered crispy peanut-buttery candy.
Make and bake cupcakes as directed on package-except after beating, gently stir in the:

3/4 cup finely chopped candy
1 package (1 1b 2.25 oz ) white cake mix with pudding
Adult help: Immediately remove cupcakes from pan to wire rack. Cool completely.

Frost cupcakes with:
1 tub (1 1b) milk chocolate ready-to-spread frosting
betty crocker best of baking recipes.txt
Put coarsely chopped candy pieces on tops of cupcakes. Store loosely covered at room temperature.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"20 Cupcakes"

Per serving: 246 Calories (kcal); 8 g Total Fat; (30\% calories from fat); 2g Protein; 41g Carbohydrate; 1mg Cholesterol; 221mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(11 / 2\) Fat; 2 1/2 Other Carbohydrates
```

NOTES : Utensils You Wil1 Need
Muffin pan with medium cups, 2 1/2 < 1 1/4 inches • Pastry brush •
Cutting board • Sharp knife'. Large bow7. Liquid measuring cup •
Electric mixer • Pot holders • Wire cooling rack
Tip
Candy bars are easier to cut if refrigerated about 1 hour.
Nutr. Assoc. : 904072 5517 1177

```
* Exported from MasterCook *
                                    Candy Cane Cookies
Recipe By
Serving Size
:
54 Preparation Time :0:00
Categories : Cookies \& Brownies Holiday
\begin{tabular}{rll} 
Amount & Measure & Ingredient -- Preparation Method \\
-2 & tablespoons & crushed peppermint candies \\
2 & & tablespoons
\end{tabular} \begin{tabular}{l} 
sugar \\
1
\end{tabular}

Heat oven to \(375^{\circ}\). Mix candies and sugar; reserve. Prepare dough for Chocolate-Nut Fingers-except substitute peppermint extract for the almond extract. Divide dough in half. Tint one half with food color. For each cookie, shape 1 teaspoon dough from each half into 4-inch rope side by side; press together lightly and twist. Place on ungreased cookie sheet, and curve one end of cookie to form handle of cane.

Bake 9 to 12 minutes or until set and very light brown. Immediately sprinkle reserved sugar mixture over cookies. Remove from cookie sheet. Cool on wire rack.

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Yield:
"54 Cookies"
betty crocker best of baking recipes.txt

Per serving: 5 Calories (kcal); trace Total Fat; (9\% calories from fat); trace Protein; 1g Carbohydrate; trace Cholesterol; 1mg Sodium Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : while red and white are the traditional colors for candy canes, feel free to create candy canes of different colors. Paste food color will give you more intense colors.
Nutr. Assoc. : 6680004706
* Exported from MasterCook *

Chocolate-Nut Fingers
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & : 96 \\ \text { Sreparation Time }: 0: 00\end{array}\)
Categories \(\quad\) : Cookies \& Brownies Holiday
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & cup & sugar \\
\hline 1 & cup & margarine or butter (2 sticks) -- softened \\
\hline 1/2 & cup & milk \\
\hline 1 & teaspoon & vani17a \\
\hline 1 & teaspoon & almond extract \\
\hline 1 & & egg \\
\hline \(31 / 2\) & cups & al1-purpose flour \\
\hline 1 & teaspoon & baking powder \\
\hline 1/4 & teaspoon & salt \\
\hline 1/2 & cup & semisweet chocolate chips \\
\hline 1/2 & cup & chopped nuts \\
\hline
\end{tabular}

Mix sugar, margarine, milk, vanilla, almond extract and egg in large bowl. Stir in flour, baking powder and salt. Cover and refrigerate at least 4 hours.

Heat oven to \(375^{\circ}\). For each cookie, shape 1 teaspoon dough into 4-inch rope. (For smooth, even ropes, roll back and forth on sugared surface.) Place on ungreased cookie sheet.

Bake 9 to 12 minutes or until set and very light brown. Remove from cookie sheet. Cool on wire rack.

Heat chocolate chips until melted. Dip ends of cookies into chocolate, then into nuts. Place cookies on waxed paper. Let stand about 10 minutes or until chocolate is set.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yie1d:
"96 Cookies"

Per serving: 52 Calories (kcal); 3 g Total Fat; ( \(46 \%\) calories from fat); 1g Protein; 6 g Carbohydrate; 2 mg Cholesterol; 34 mg Sodium Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(1 / 2\) Fat; 0 Other Carbohydrates
betty crocker best of baking recipes.txt
NOTES : For a different look, dip cookies halfway into the chocolate or brush the entire top of the cookie before dipping into the nuts. Nutr. Assoc. : 04098000000000
```

* Exported from MasterCook *

```

\section*{Candy Cookies}

Recipe By
Serving Size
:
Siseparation Time
: 0:00 Categories : Cookies \& Brownies
\begin{tabular}{rrl} 
Amount & Measure & Ingredient -- Preparation Method \\
1/2 & cup & granulated sugar \\
\(1 / 2\) & cup & packed brown sugar \\
\(1 / 3\) & cup & margarine or butter -- softened \\
\(1 / 3\) & cup shortening \\
1 & & teaspoon vanilla \\
1 & \(1 / 2\) & egg \\
\(1 / 2\) & teaspoon blikipurpose flour \\
\(1 / 2\) & teaspoon salt soda \\
1 & (8 ounce) package chocolate-coated candies
\end{tabular}

Heat oven to \(375^{\circ}\). Mix sugars, margarine, shortening, vanilla and egg. Stir in remaining ingredients.

Drop dough by heaping teaspoonfuls about 2 inches apart onto ungreased cookie sheet.

Bake unti1 light brown, 8 to 10 minutes. (Centers will be soft.) Cool slightly; remove from cookie sheet.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Description:
"A pleasing variation on the classic chocolate chip cookie-have fun selecting the type of candy you use."
Copyright:
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Yield:
"36 Cookies"
```

Per serving: 106 Calories (kcal); 5g Total Fat; (42% calories from fat); 1g
Protein; 14g Carbohydrate; 6mg Cholesterol; 74mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2
Other Carbohydrates
NOTES : Tip
When a recipe says "drop dough by rounded teaspoonfuls (or
tablespoonfuls)," use regular teaspoons and tablespoons from your
everyday flatware.
Nutr. Assoc. : 0 0 4098 0 0 0 0 0 0 4072

* Exported from MasterCook *
Caramel-Chocolate Pie
Recipe By :
Serving Size : 12 Preparation Time :0:00
Page 63

```


Heat oven to \(350^{\circ}\). Mix crumbs and \(1 / 4\) cup margarine. Press mixture firmly against side and bottom of pie plate, \(9 \times 11 / 4\) inches. Bake 10 minutes; cool.

Heat caramels, 2 tablespoons margarine and 2 tablespoons water over medium heat, stirring frequently, until caramels are melted. Pour into crust. Sprinkle with pecans. Refrigerate about 1 hour until chilled.

Beat cream cheese and \(1 / 3\) cup powdered sugar until smooth. Spread over caramel layer; refrigerate.
Heat chocolate and 3 tablespoons hot water over low heat, stirring constantly, until chocolate is melted. Cool to room temperature. Stir in vanilla. Beat whipping cream and 2 tablespoons powdered sugar in chilled medium bowl until stiff. Reserve \(11 / 2\) cups. Fold chocolate mixture into remaining whipped cream. Spread over cream cheese mixture. Top with reserved whipped cream and Easy Chocolate Curls. Refrigerate any remaining pie.

\section*{EASY CHOCOLATE CURLS:}

Place a bar or block of chocolate on waxed paper. Make chocolate curls by pulling a vegetable peeler toward you across the flattest side of the chocolate, pressing firmly in long, thin strokes. Small curls can be made by using the side of the chocolate bar. Transfer each curl carefully with a toothpick to a waxed paper-lined cookie sheet or directly onto frosted cake, pie or other dessert.

The curl will be easier to make if the chocolate is slightly warm, so let the chocolate stand in a warm place for about 15 minutes before making curls. Semisweet chocolate can be used but the curls will be small. Also, the thicker the bar of chocolate, the larger your curls will be.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"1 Pie"
T(Refrigerate):
"1:00"
betty crocker best of baking recipes.txt
```

Per serving: 465 Calories (kcal); 36g Total Fat; (66% calories from fat); 4g
Protein; 37g Carbohydrate; 76mg Cholesterol; 213mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 7 Fat; 2 1/2
Other Carbohydrates

```
Nutr. Assoc. : 541040982514098000051950072100
* Exported from MasterCook *
    Caramel-Pecan Sticky Rolls
Recipe By : 15 Preparation Time :0:00
Categories : Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 3 1/2 & cups & all-purpose* flour (3 1/2 to 4 cups) \\
\hline 3 1/2 & cups & OR bread flour (3 \(1 / 2\) to 4 cups) \\
\hline 1/3 & cup & granulated sugar \\
\hline 1 & teaspoon & salt \\
\hline 2 & packages & regular or quick active dry yeast \\
\hline 1 & cup & very warm milk ( \(120^{\circ}\) to \(130^{\circ}\) ) \\
\hline 1/3 & cup & stick margarine or butter -- softened** \\
\hline 1 & 1arge & egg \\
\hline 1 & cup & packed brown sugar \\
\hline 1/2 & cup & stick margarine or butter -- softened \\
\hline 1/4 & cup & dark corn syrup \\
\hline 1 & cup & pecan halves (4 ounces) \\
\hline 2 & tablespoons & stick margarine or butter -- softened** \\
\hline 1/2 & cup & chopped pecans \\
\hline 1/2 & cup & ORaisins, if desired \\
\hline 1/4 & cup & granulated or packed brown sugar \\
\hline 1 & teaspoon & ground cinnamon \\
\hline
\end{tabular}

Mix 2 cups of the flour, \(1 / 3\) cup granulated sugar, the salt and yeast in large bowl: Add warm milk, \(1 / 3\) cup margarine and the egg. Beat with electric mixer on low speed 1 minute, scraping bowl frequently. Beat on medium speed 1 minute, scraping bowl frequently. Stir in enough remaining flour to make dough easy to handle.

Turn dough onto lightly floured surface. Knead about 5 minutes or until smooth and elastic. Place in greased bowl and turn greased side up. Cover and let rise in warm place about 1 hour 30 minutes or until double. Dough is ready if indentation remains when touched.

Heat 1 cup brown sugar and \(1 / 2\) cup margarine to boiling in 2 -quart
saucepan, stirring constantly; remove from heat. Stir in corn syrup. Pour into ungreased rectangular pan, \(13 \times 9 \times 2\) inches. Sprinkle with pecan halves.

Punch down dough. Flatten with hands or roling pin into rectangle, \(15 \times\) 10 inches, on 1ightly floured surface. Spread with 2 tablespoons margarine. Mix chopped pecans, \(1 / 4\) cup granulated sugar and the cinnamon; sprinkle evenly over margarine. Roll rectangle up tightly, beginning at 15 -inch side. Pinch edge of dough into roll to seal. Stretch and shape until even. Cut roll into fifteen 1-inch slices. Place slightly apart in pan. Cover and let rise in warm place about 30 minutes or until double.

Heat oven to \(350^{\circ}\).
Bake 30 to 35 minutes or until golden brown. Immediately turn upside down onto heatproof tray or serving plate. Let stand 1 minute so caramel will drizzle over rolls; remove pan. Serve warm.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
"@ General Mil1s, Inc. 1998.'
Yield:
"15 Rol1s"

```
Per serving: 399 Calories (kcal); 20g Total Fat; (44\% calories from fat); 5g
Protein; 51g Carbohydrate; 15 mg Cholesterol; 306 mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat; 1
1/2 Other Carbohydrates
NOTES : * If using self-rising flour, omit salt.
    ** Spreads with at least \(65 \%\) vegetable oil can be substituted.
    Lighter Caramel-Pecan Sticky Rolls: For less fat and fewer
    calories per serving, omit 1 cup brown sugar, \(1 / 2\) cup margarine,
    the corn syrup, pecan halves and omit heating brown sugar,
    margarine, corn syrup and pecans.
    Line pan with aluminum foil; spray with nonstick cooking spray.
        Drizzle 3/4 cup light caramel ice-cream topping over foil.
        Sprinkle with \(2 / 3\) cup chopped pecans. Continue as directed in
        steps 4, 5 and 6-except omit the chopped pecans from the filling.
Nutr. Assoc. : 14021307065430026366413840980040980443140980
                        021307065432100
* Exported from MasterCook *
                                    Carame1-Pecan Torte
Recipe By \(\begin{aligned} & \text { Berving.Size } \\ & \text { Sereparation Time }: 0: 00\end{aligned}\)
Categories : Cakes

betty crocker best of baking recipes.txt
Bake Carame 1 cake as directed. Cut cake horizontally into 3 layers. Reserve \(1 / 2\) cup Caramel Frosting. Fill layers with remaining frosting. Stir milk into reserved frosting until of drizzling consistency; drizzle over cake. Garnish with chopped pecans.

CARAMEL CAKE:
Heat oven to \(350^{\circ}\). Grease and flour 12 -cup bundt cake pan. Beat al1 ingredients except pecans in large bowl on low speed 30 seconds, scraping bow 1 constantly. Beat on high speed 3 minutes, scraping bow 1 frequently. Stir in pecans. Pour batter into pan.
Bake 35 to 40 minutes or until toothpick inserted in center comes out clean. Cool 20 minutes; invert onto wire rack. Cool completely.

CARAMEL FROSTING:
Heat margarine over medium heat in 2 -quart saucepan until melted. Stir in brown sugar. Heat to boiling, stirring constantly. Reduce heat to low. Boil and stir 2 minutes. Stir in milk. Heat to boiling; remove from heat. Cool to lukewarm. Gradually stir in powdered sugar. Place saucepan of frosting in bowl of cold water. Beat until smooth and of spreading consistency. If frosting becomes too stiff, stir in additional milk, 1 teaspoon at a time.
```

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approved Betty Crocker® Recipe.
Copyright:
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Yield:
"1 Torte"

```
Per serving: 349 Calories (kcal); 12g Total Fat; ( \(29 \%\) calories from fat); 3g
Protein; 60g Carbohydrate; 23mg Cholesterol; 198mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 3
Other Carbohydrates

* Exported from MasterCook *
                                    Caramelized Onion Focaccia
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \vdots \\ 8\end{array} \quad\) Preparation Time :0:00
Categories : Bread Machine Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 & cups & bread flour \\
\hline 3/4 & cup & water \\
\hline 2 & tablespoons & olive or vegetable oil \\
\hline 1 & tablespoon & sugar \\
\hline 1 & teaspoon & salt \\
\hline 1 1/2 & teaspoons & bread machine yeast \\
\hline & & Onion Topping -- (recipe follows) \\
\hline 3/4 & cup & shredded Mozzarella cheese (3 ounces) \\
\hline 2 & tablespoons & grated Parmesan cheese \\
\hline
\end{tabular}
betty crocker best of baking recipes.txt
ONION TOPPING
```

tablespoons margarine or butter
onions -- sliced
garlic -- finely chopped

```

Measure carefully, placing all ingredients except Onion Topping and cheeses in bread machine pan in the order recommended by the manufacturer. Select Dough/Manual cycle.

Grease cookie sheet. Pat dough into 12-inch circle on cookie sheet. Cover and let rise in warm place about 30 minutes or until almost double. Prepare Onion Topping.

Heat oven to \(400^{\circ}\). Make deep depressions in dough at 1-inch intervals with finger or handle of wooden spoon. Spread topping over dough. Sprinkle with cheeses. Bake 15 to 18 minutes or until edge is golden brown. Remove from cookie sheet to wire rack. Cut into wedges; serve warm.

ONION TOPPING:
Me7t margarine in 10-inch skillet over medium-1ow heat. Cook onions and garlic in margarine 15 to 20 minutes, stirring occasionally, until onions are brown and caramelized.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.
```

Copyright:
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Yield:
"8 Pieces"

```
Per serving: 251 Calories (kcal); 11g Total Fat; (40\% calories from fat); 8g
Protein; 30g Carbohydrate; 10mg Cholesterol; 387mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2
Fat; O Other Carbohydrates
Nutr. Assoc. : 009860020192130706543922000409800
* Exported from MasterCook *

\section*{Carrot Cake}
\begin{tabular}{|c|c|c|}
\hline Recipe By & & \\
\hline Serving Size & 16 & Preparation Time :0:00 \\
\hline
\end{tabular}
Categories : Cakes Desserts
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 1/2 & cups & sugar \\
\hline 1 & cup & vegetable oil \\
\hline 3 & 1arge & eggs \\
\hline 2 & cups & al1-purpose flour* \\
\hline \(11 / 2\) & teaspoons & ground cinnamon \\
\hline 1 & teaspoon & baking soda \\
\hline 1 & teaspoon & vanil1a \\
\hline 1/2 & teaspoon & salt \\
\hline 1/4 & teaspoon & ground nutmeg \\
\hline 3 & cups & shredded carrots (5 medium) \\
\hline 1 & cup & coarsely chopped nuts \\
\hline & & Page 68 \\
\hline
\end{tabular}

2 1/2 cups Cream Cheese Frosting - (see recipe), if desired
Heat oven to \(350^{\circ}\). Grease bottom and sides of rectangular pan, \(13 \times 9 \times 2\) inches, or 2 round pans, \(8 \times 11 / 2\) or \(9 \times 11 / 2\) inches, with shortening; lightly flour.

Mix sugar, oil and eggs in large bow 1 until blended; beat 1 minute. Stir in remaining ingredients except carrots, nuts and Cream Cheese Frosting; beat 1 minute. Stir in carrots and nuts. Pour into pan.

Bake rectangle 40 to 45 minutes, rounds 30 to 35 minutes, or until toothpick inserted in center comes out clean. Cool in pan on wire rack.

Frost rectangle or fill and frost layers with Cream Cheese Frosting.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

\section*{Description:}
"This cake is mixed without an electric mixer. Use a food processor to
shred the carrots and put the cake together even faster."
Copyright:
"@ General Mills, Inc. 1998."
Yield:
"1 Cake"

Per serving: 521 Calories (kcal); 27g Total Fat; ( \(46 \%\) calories from fat); 5g Protein; 66g Carbohydrate; 51mg Cholesterol; 241mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; \(1 / 2\) Vegetable; 0 Fruit; 5 Fat; 3 1/2 Other Carbohydrates

NOTES : *If using self-rising flour, omit baking soda and salt.
Lighter Carrot Cake: For less fat and fewer calories per serving, substitute \(1 / 2\) cup unsweetened applesauce for \(1 / 2\) cup of the oil and 1 egg plus 4 egg whites for the eggs. Decrease the chopped nuts to \(1 / 2\) cup.
Nutr. Assoc. : 0001400000492126770
```

* Exported from MasterCook *

```

> Cream Cheese Frosting
```

Serving Size : 16 Preparation Time :0:00

```
Categories : Cakes Desserts
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & (8 ounce) pac & age cream cheese -- softened \\
\hline 1/4 & cup & stick margarine or butter* -- softened \\
\hline 2 & teaspoons & milk \\
\hline 1 & teaspoon & vani11a \\
\hline 4 & cups & powdered sugar \\
\hline
\end{tabular}

Beat cream cheese, margarine, milk and vanilla in medium bowl with electric mixer on low speed until smooth.

Gradually beat in powdered sugar on low speed, 1 cup at a time, until smooth and spreadable. Frosts one \(13 \times 9\)-inch cake generousiy, or fills and frosts one 8 - or 9 -inch two-1ayer cake. Refrigerate any remaining frosting.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
"@ General Mil1s, Inc. 1998."
Yield:
"2 1/2 Cups"

```
Per serving: 193 Calories (kcal); 8 g Total Fat; (35\% calories from fat); 1g
Protein; 30g Carbohydrate; 16mg Cholesterol; 76 mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 2
Other Carbohydrates
NOTES : *We do not recommend using vegetable oil spreads.
    Chocolate Cream Cheese Frosting: Add 2 ounces unsweetened baking
    chocolate, melted and cooled, with the margarine.
Nutr. Assoc. : 04098000
* Exported from MasterCook *
                                    Carrot-Nut Bread
Recipe By
Serving Size : 24 Preparation Time :0:00
Categories : Breads
\begin{tabular}{rrl} 
Amount & Measure & Ingredient -- Preparation Method \\
\(-1 / 2\) & cups & shredded carrots (about 3 medium) \\
\(3 / 4\) & cup & sugar \\
\(1 / 3\) & cup & vegetable oil \\
2 & & eggs \\
\(3 / 4\) & cup & al1-purpose flour \\
\(3 / 4\) & cup & whole wheat flour \\
\(1 / 4\) & cup & coarsely chopped walnuts or pecans \\
2 & teaspoons & baking powder \\
\(1 / 2\) & teaspoon & salt \\
\(1 / 2\) & teaspoon & ground cinnamon \\
\(1 / 2\) & teaspoon & ground cloves
\end{tabular}

Heat oven to \(350^{\circ}\). Grease bottom only of loaf pan, \(81 / 2 \times 41 / 2 \times 21 / 2\) inches or \(9 \times 5 \times 3\) inches. Mix carrots, sugar, oil and eggs in large bow 1 . Stir in remaining ingredients. Pour into pan. Bake 50 to 60 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaf from pan; remove from pan. Cool completely on wire rack before slicing. Store tightly wrapped in refrigerator up to 1 week.

1 loaf (24 slices)

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"1 Loaf"
betty crocker best of baking recipes.txt
```

Per serving: 95 Calories (kcal); 4g Total Fat; (39% calories from fat); 2g
Protein; 13g Carbohydrate; 16mg Cholestero1; 93mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2
Other Carbohydrates
Nutr. Assoc. : 4921 0 0 0 0 0 20187 0 0 0 0

```
* Exported from MasterCook *
    Cashew Triangles
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 24 \text { Preparation Time :0:00 }\end{array}\)
Categories : Cookies \& Brownies
\begin{tabular}{rrl} 
Amount & Measure & Ingredient -- Preparation Method \\
\(1 / 2\) & cup & margarine or butter (1 stick) -- softened \\
\(1 / 4\) & cup & granulated sugar \\
\(1 / 4\) & cup & packed brown sugar \\
1 & \(1 / 2\) & teaspoon
\end{tabular}

Heat oven to \(350^{\circ}\). Mix margarine, sugars, vanilla and egg yolk in medium bow 1. Stir in flour and salt. Press dough in ungreased rectangular pan, 13 \(\times 9 \times 2\) inches, with floured hands. Beat egg white and water; brush over dough. Sprinkle with cashews; press lightly into dough.

Bake about 25 minutes or until light brown; cool 10 minutes. Cut into 3 -inch squares. Cut each square diagonally in half. Immediately remove from pan; cool. Drizzle with chocolate. Let stand about 2 hours or until chocolate is set.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Description:
"You can cut these cookies into squares or bars. We think the
triangles add a unique look!"
Copyright:
"@ General Mil1s, Inc. 1998."
Yield:
"24 Cookies"
T(Bake):
"0:25"

```

Per serving: 110 Calories (kcal); 7g Total Fat; (57\% calories from fat); 2g Protein; 10g Carbohydrate; 8 mg Cholesterol; 60 mg Sodium Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates
```

Nutr. Assoc. : 4098 0 0 0 0 0 0 0 2505 0

```
```

* Exported from MasterCook *

```
betty crocker best of baking recipes.txt
Cheese and Spinach Muffins
Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 1/4 & cups & milk \\
\hline 1/3 & cup & margarine or butter -- melted \\
\hline \(\frac{1}{2}\) & cups & agh-purpose flour \\
\hline 1/4 & cup & grated Parmesan cheese \\
\hline 2 & tablespoons & chopped green onions \\
\hline 3 & teaspoons & baking powder \\
\hline 1/4 & teaspoon & salt \\
\hline 1/2 & cup & coarsely chopped fresh spinach OR \\
\hline 1/4 & cup & very well drained, frozen (thawed) chopped \\
\hline 1/2 & cup & \begin{tabular}{l}
spinach \\
shredded Swiss cheese \\
Grated Parmesan cheese
\end{tabular} \\
\hline
\end{tabular}

Heat oven to \(400^{\circ}\). Grease bottoms only of 12 medium muffin cups, \(21 / 2 \times 1\) \(1 / 4\) inches, or line with paper baking cups. Beat milk, margarine and egg in large bow 1. Stir in flour, \(1 / 4\) cup Parmesan cheese, the green onions, baking powder and salt just until flour is moistened. Fold in spinach and Swiss cheese. Divide batter evenly among muffin cups (cups will be almost ful1). Sprinkle with Parmesan cheese.

Bake 18 to 20 minutes or until golden brown. Immediately remove from pan.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
You may notice that the nutritional information calculated by MasterCook
is different from the nutritional information listed in the Betty Crocker®
cookbooks. Because MasterCook and Betty Crocker® use different nutritional
analysis programs and different nutrient databases, variations in results
are expected.
Copyright:
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Yield:
"12 Muffins"
Per serving: 169 Calories (kcal); 8g Total Fat; (44% calories from fat); 6g
Protein; 18g Carbohydrate; 25mg Cholesterol; 287mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat;
O Other Carbohydrates
Nutr. Assoc. : 0 4098 0 0 0 0 0 0 26056 0 2130706543 0 0

* Exported from MasterCook *
Cheese Pizza
Recipe By : % 8 Preparation Time :0:00
Categories : Main and Side Dishes

```
betty crocker best of baking recipes.txt

Amount
1
1
1
3

Ingredient -- Preparation Method
Pizza Crust -- (recipe follows)
pizza sauce
sliced mushrooms -- drained OR
chopped green chiles -- drained shredded Mozzarella, Cheddar or Monterey Jack cheese (12 ounces)
cup grated Parmesan or Romano cheese
PIZZA CRUST
package regular or quick active dry yeast cup warm water ( \(105^{\circ}\) to \(115^{\circ}\) ) cups al1-purpose flour*
tablespoons olive or vegetable oil teaspoon salt

Olive or vegetable oil Cornmeal

Prepare Pizza Crust. Spread pizza sauce over partially baked crusts. Sprinkle with mushrooms and cheeses.

Bake pizzas at \(425^{\circ}\) about 10 minutes, until cheese is melted and pizzas are bubbly.

Meat Pizza: Cook 1 pound ground beef, bulk Italian sausage or ground turkey, 1 teaspoon Italian seasoning and 2 cloves garlic, finely chopped, in 10-ínch medium skillet over medium heat, stirring occasionally, until beef is brown; drain. Sprinkle beef mixture over pizza sauce. Decrease Mozzarella cheese to 2 cups.

\section*{PIZZA CRUST:}

Dissolve yeast in warm water in medium bowl. Stir in flour, 2 tablespoons
oil and the salt. Beat vigorously 20 strokes. Cover and let rest 20 minutes. Move oven rack to lowest position. Heat oven to \(425^{\circ}\). Grease 2 cookie sheets or 12 -inch pizza pans with oil. Sprinkle with cornmeal. Divide dough in half; pat each half onto 11-inch circle on cookie sheet with floured fingers. Prick dough thorough7y with fork. Bake about 10 minutes or until crust just begins to brown.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"2 Pizzas"

Per serving: 344 Calories (kcal); 16g Total Fat; (41\% calories from fat); 15g
Protein; 35 g Carbohydrate; 40 mg Cholesterol; 597 mg Sodium
Food Exchanges: 2 Grain(Starch); 1 1/2 Lean Meat; \(1 / 2\) Vegetable; 0 Fruit; 2 1/2
Fat; 0 Other Carbohydrates
NOTES : *If using self-rising flour, omit salt. One cup whole wheat flour
can be substituted for 1 cup of the ali-purpose flour, if desired.
Nutr. Assoc. : 213070654302461021307065432615335620026366547214 98609860

\footnotetext{
* Exported from MasterCook *
}
betty crocker best of baking recipes.txt
\(\begin{array}{ll}\text { Recipe By } & : \\ \text { Serving Size } & \text { Preparation Time }: 0: 00\end{array}\) Categories : Main and Side Dishes
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1/3 & cup & margarine or butter -- softened \\
\hline 1/2 & teaspoon & ground mustard (dry) \\
\hline 1 & clove & garlic -- crushed \\
\hline 10 & slices & white bread -- crusts removed \\
\hline 2 & cups & shredded sharp Cheddar cheese (8 ounces) \\
\hline 2 & tablespoons & chopped parsley \\
\hline 2 & tablespoons & chopped onion \\
\hline 1 & teaspoon & salt \\
\hline 1/2 & teaspoon & Worcestershire sauce \\
\hline 1/8 & teaspoon & pepper \\
\hline & Dash & ground red pepper (cayenne) \\
\hline 4 4 2 & & eggs \\
\hline 2 1/2 & cups & milk \\
\hline
\end{tabular}

Mix margarine, mustard and garlic. Spread evenly over each slice bread. Cut each slice into thirds. Line bottom and sides of ungreased square baking dish, \(8 \times 8 \times 2\) inches, with half of the bread slices, buttered sides down, cutting to fit.

Mix cheese, parsley, onion, salt, worcestershire sauce, pepper and red pepper. Spread evenly over bread slices in dish. Top with remaining bread slices, buttered sides up.

Beat eggs in medium bowl. Stir in milk. Pour over bread. Cover and refrigerate at least 2 hours but no longer than 24 hours.

Heat oven to \(325^{\circ}\). Bake uncovered about \(1 / 4\) hours or until knife inserted in center comes out clean. Let stand 10 minutes before cutting.

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Copyright:
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T(Bake) :
"1:15"

Per serving: 463 Calories (kcal); 31g Total Fat; (59\% calories from fat); 20g
Protein; 27 g Carbohydrate; 179 mg Cholesterol; 1024mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 0 Fruit; 5 Fat; 0 Other Carbohydrates
```

NOTES : Tip
To save time, use finely chopped garlic from a jar, and don't
remove the crusts from the bread. Purchase the cheese already
shredded in an 8-ounce package.
Nutr. Assoc. : 4098 518 0 2342 4908 0 0 0 0 0 2514 0 0

```
* Exported from MasterCook *
    Cheese Straw Twists
Recipe By
Serving Size
S 48 Preparation Time :0:00
Categories : Breads Holiday
betty crocker best of baking recipes.txt
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2/3 & cup & grated Parmesan cheese \\
\hline 1 & tablespoon & paprika \\
\hline 1 & (17 1/4 ounce) & package frozen puff pastry -- thawed \\
\hline 1 & & egg -- slightly beaten \\
\hline
\end{tabular}

Heat oven to \(425^{\circ}\). Line 2 cookie sheets with cooking parchment paper or heavy brown paper. Mix cheese and paprika. Roll 1 sheet of pastry into rectangle, \(12 \times 10\) inches, on lightly floured surface with floured clothcovered rolling pin.

Brush pastry with egg. Sprinkle with 3 tablespoons of the cheese mixture. Press cheese mixture gently into pastry. Turn pastry over. Repeat with egg and cheese mixture. Fold pastry lengthwise in half.

Cut pastry crosswise into \(1 / 2\)-inch strips: Unfold strips and roll each end in opposite directions to twist. Place twists on cookie sheet.

Bake 7 to 8 minutes or until puffed and golden brown. Repeat with remaining sheet of pastry, egg and cheese mixture. Remove from cookie sheet to wire rack. Serve warm or cool.
```

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approved Betty Crocker® Recipe.
Copyright:
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Yield:
"48 Twists"

```
Per serving: 63 Calories (kcal); \(4 g\) Total Fat; (61\% calories from fat); 1g
Protein; 5g Carbohydrate; 5mg Cholesterol; 47mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0
Other Carbohydrates
NOTES : These easy bread sticks are welcome additions to your bread
    basket-the crisp-tender morsels will melt in your mouth! For a
    peppery twist, mix 2 teaspoons cracked black pepper with the
    Parmesan cheese mixture. To serve as appetizers, cut the twists in
    half before baking.
Nutr. Assoc. : 00271400
* Exported from MasterCook *
                                    Cheese Triangles
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 35 \text { Preparation Time :0:00 }\end{array}\)
Categories : Appetizers Holiday
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & pound & Feta cheese* \\
\hline 2 & & eggs -- slightly beaten \\
\hline 1/4 & cup & finely chopped chives \\
\hline 1/4 & teaspoon & white pepper \\
\hline 1 & (6 ounce) pa & age frozen phyllo sheets -- thawed \\
\hline 1/4 & cup & margarine or butter (1/2 stick) -- \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\). Grease cookie sheet. Crumble cheese in small bowl; mash
betty crocker best of baking recipes.txt
with fork. Stir in eggs, chives and white pepper until well mixed. Cut stack of phyllo sheets lengthwise into thirds. Cover with waxed paper, then with damp towe? to prevent them from drying out. Use 2 sheets of phyllo for each strip. Place 1 heaping teaspoon cheese mixture on end of strip; fold phyllo strip end over end, in triangular shape, to opposite end. Place on cookie sheet. Repeat with remaining phyllo and cheese mixture. (Triangles can be covered and refrigerated up to 24 hours at this point.) Brush margarine over triangles.

Bake about 20 minutes or until puffed and golden.

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Copyright:
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Yield:
"35 Appetizers"
T(Bake):
"0:20"

Per serving: 64 Calories (kcal); 5g Total Fat; (75\% calories from fat); 3g Protein; 1 g Carbohydrate; 22 mg Cholesterol; 187 mg Sodium
Food Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : *Finely shredded Monterey Jack cheese can be substituted for the mashed Feta cheese.
Nutr. Assoc. : 3272026050044534098
```

* Exported from MasterCook *

```

\section*{Cheesy Breadsticks}

Recipe By :
Serving Size : 24 Preparation Time :0:00
Categories : Breads
\begin{tabular}{|c|c|}
\hline Amount & Measure \\
\hline 1/4 & cup \\
\hline 1/2 & teaspoon \\
\hline 2 & cups \\
\hline 1/2 & cup \\
\hline 3/4 & cup \\
\hline 2 & tablespoons \\
\hline 2 & teaspoons \\
\hline 1 & teaspoon \\
\hline 1 & teaspoon \\
\hline 1 & \\
\hline
\end{tabular}
Ingredient -- Preparation Method
grated Parmesan cheese
paprika
a11-purpose flour
shredded Cheddar cheese milk
margarine or butter -- melted
baking powder
sugar
salt
egg -- beaten

Mix Parmesan cheese and paprika; reserve. Mix remaining ingredients except egg until dough leaves side of bow 1 . Turn dough onto lightly floured surface; gently rol1 in flour to coat. Knead lightly 20 to 25 times. Cover and let stand 15 minutes.

Heat oven to \(400^{\circ}\). Grease 2 cookie sheets. Divide dough in half. Cover and reserve one-half of dough. Roll other half of dough into rectangle, \(10 \times 8\) inches. Brush with half of the egg; sprinkle with half of the cheese mixture. Press cheese mixture lightly into dough. Cut rectangle lengthwise into 12 strips. Gently twist each strip several times; place on one of the cookie sheets.
betty crocker best of baking recipes.txt
Bake 12 to 15 minutes or until golden brown. Immediately remove from cookie sheet. Cool on wire rack. Repeat with remaining dough, egg and cheese mixture.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"24 Breadsticks"

Per serving: 68 Calories (kcal); 3 g Total Fat; (33\% calories from fat); 3g
Protein; 9g Carbohydrate; 12 mg Cholesterol; 177 mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(1 / 2\) Fat; 0 Other Carbohydrates

NOTES : Cheesy Pretzels: Roll each half of the dough into rectangle, \(12 \times\) 8 inches. Cut each rectangle lengthwise into 8 strips. Fold'each strip lengthwise in half; pinch edges to seal. Twist folded strips into pretzel shapes; place seam sides down on greased cookie sheet. Brush pretzels with egg; sprinkle with the cheese mixture. Bake as directed.
Nutr. Assoc. : 0000040980000
```

* Exported from MasterCook *

```

Cheesy Garlic Monkey Bread
\begin{tabular}{llll} 
Recipe By & : & \\
Serving Size & Preparation Time :0:00 & \\
Categories & Bread Machine & Breads
\end{tabular}
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 3 1/2 & cups & bread flour \\
\hline 1/4 & cup & shortening \\
\hline 1/3 & cup & sugar \\
\hline 3/4 & cup & water \\
\hline 1 & teaspoon & salt \\
\hline \(11 / 2\) & teaspoons & bread machine yeast \\
\hline 1 & & egg \\
\hline 1/3 & cup & grated Parmesan cheese \\
\hline 4 & cloves & garlic -- finely chopped \\
\hline 1/2 & cup & margarine or butter (1 stick) -- melted \\
\hline
\end{tabular}

Measure carefully, placing all ingredients except Parmesan cheese, garlic and margarine in bread machine pan in the order recommended by the manufacturer. Select Dough/Manual cycle.

Grease tube pan, \(10 \times 4\) inches, or 12 -cup bundt cake pan. Divide dough into 20 equal pieces. Mix cheese and garlic. Dip dough pieces into melted margarine, then roll in cheese mixture. Arrange in layers in pan. Cover and let rise in warm place about 45 minutes or until double.

Heat oven to \(350^{\circ}\). Bake 35 to 45 minutes or until golden brown. Remove from pan. Serve warm.

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```

Copyright:
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Yield:
"10 slices"

```
Per serving: 348 Calories (kcal); 16 g Total Fat; ( \(42 \%\) calories from fat); 8 g
Protein; 42g Carbohydrate; 21mg Cholesterol; 377mg Sodium
Food Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat;
1/2 Other Carbohydrates
Nutr. Assoc. : 0000020190004098
* Exported from MasterCook *
                                    Cheesy Grits
Recipe By
Serving Size
:
8 \(\quad\) Preparation Time :0:00
Categories : Main and Side Dishes Rice and Grains
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 & cups & milk \\
\hline 2 & cups & water \\
\hline 1 & teaspoon & salt \\
\hline 1/4 & teaspoon & pepper \\
\hline 1 & cup & hominy quick grits \\
\hline \(11 / 2\) & cups & shredded Cheddar cheese (6 ounces) \\
\hline 1/4 & cup & sliced green onions \\
\hline 2 & & eggs -- slightly beaten \\
\hline 1 & tablespoon & margarine or butter \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\). Grease \(11 / 2\)-quart casserole. Heat milk, water, salt and pepper to boiling in \(2-q u a r t\) saucepan. Gradually add grits, stirring constantly; reduce heat. Simmer uncovered, stirring frequently, until thick, about 5 minutes. Stir in cheese and onions. Stir 1 cup of the hot mixture into eggs; stir into remaining hot mixture in saucepan.

Pour hot mixture into casserole. Dot with margarine; sprinkle with paprika. Bake uncovered until set, 35 to 40 minutes. Let stand 10 minutes.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Per serving: 226 Calories (kcal); 12g Total Fat; (47\% calories from fat); 10g
Protein; 19g Carbohydrate; 77 mg Cholesterol; 461 mg Sodium
Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fruit; \(11 / 2\) Fat; 0 Other Carbohydrates
```

Nutr. Assoc. : 0 0 0 0 7304922 0 0 4098 0

```
```

* Exported from MasterCook *

```
betty crocker best of baking recipes.txt
Cheesy Pretzels
\begin{tabular}{ll}
\begin{tabular}{l} 
Recipe By \\
Serving Size \\
Categories
\end{tabular} & \begin{tabular}{l} 
Appetizers \\
Breads
\end{tabular}
\end{tabular}\(\quad\) Prepation Time :0:00 \(\quad\) Baking with Kids
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline & & Shortening \\
\hline 1 1/2 & cups & al1-purpose flour \\
\hline 1/2 & cup & shredded Cheddar cheese (2 ounces) \\
\hline 2/3 & cup & milk \\
\hline 2 & tablespoons & margarine or butter (from a stick) \\
\hline 2 & teaspoons & baking powder \\
\hline 1 & teaspoon & sugar \\
\hline 1/2 & teaspoon & salt \\
\hline 1 & large & \begin{tabular}{l}
egg \\
Coarse salt
\end{tabular} \\
\hline
\end{tabular}

Heat oven to \(400^{\circ}\).
Generously grease cookie sheet with:
Shortening
Mix in medium bowl with fork to make a dough:
\(11 / 2\) cups al1-purpose flour
\(1 / 2\) cup shredded Cheddar cheese (2 ounces)
2/3 cup milk
2 tablespoons (from a stick) margarine or butter
2 teaspoons baking powder
1 teaspoon sugar
1/2 teaspoon salt
Sprinkle a clean surface (such as a kitchen counter or bread board) with flour. Put dough on surface. Rol1 ball of dough around 3 or 4 times. Knead dough quickly and lightly by folding, pressing and turning. Repeat 10 times.

Divide dough in half. Roll or pat half of the dough into \(12 \times 8\)-inch rectangle. Adult help: Cut dough lengthwise into eight 1-inch-wide strips. Fold each strip lengthwise in half to make it more narrow. Pinch the edges to seal.

Twist each strip into a pretzel shape. Put pretzels, seam sides down, on cookie sheet.

Beat in small bow1 with fork:
1 large egg
Brush pretzels with the beaten egg, then sprinkle lightly with: Coarse salt

Bake 10 to 15 minutes or until golden brown. Remove pretzels from cookie sheet with spatula to wire rack. Cool. Repeat making pretzels with the rest of the dough.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.
```

Copyright:
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Yield:

```
    "16 Pretzels"
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Per serving: 81 Calories (kcal); 3g Total Fat; (37\% calories from fat); 3g Protein; 10g Carbohydrate; 17mg Cholesterol; 175 mg Sodium Food Exchanges: \(1 / 2\) Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(1 / 2\) Fat; 0 Other Carbohydrates
```

NOTES : Utensils You Will Need
Cookie sheet • Pastry brush • Medium bow1 • Fork • Dry-ingredient
measuring cups • Liquid measuring cup • Measuring spoons • Rolling
pin • Ruler • Knife - Small bow1 - Pot holders • Spatula • Wire
cooling rack
Here's another idea. . . Make Peanutty Pretzels: Leave out the
cheese. Use 2 tablespoons crunchy peanut butter in place of the
margarine. Use 2 tablespoons chopped salted peanuts in place of
the coarse salt.
Tip
A pizza cutter makes quick work of cutting the dough into strips.
Nutr. Assoc. : 0 0 4922 0 4098 0 0 0 0 0

```
* Exported from MasterCook *
    Cherry-Almond Coffee Cake
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & : 16 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Cakes


Heat oven to \(350^{\circ}\). Grease 12 -cup bundt cake pan or tube pan, \(10 \times 4\) inches. Coat pan with \(1 / 3\) cup finely chopped almonds. Beat sugar, margarine, milk, almond extract, Ricotta cheese and eggs in large bowl on low speed'until'blended. Beat on medium speed 2 minutes, scraping bow 1 occasionally. Beat in remaining ingredients (batter will be very thick). spread in pan.

Bake 55 to 65 minutes or until toothpick inserted near center comes out clean. Cool 20 minutes. Remove from pan; place on wire rack. Sprinkle with powdered sugar if desired. Serve warm or let stand until cool.

\footnotetext{
Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"1 Cake"
}
betty crocker best of baking recipes.txt

Per serving: 331 Calories (kcal); 17g Total Fat; (44\% calories from fat); 9g Protein; 39g Carbohydrate; 38mg Cholesterol; 261mg Sodium Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 0 Vegetable; 1/2 Fruit; 3 Fat; 1 Other Carbohydrates
```

Nutr. Assoc. : 20020 0 4098 0 0 0 0 0 0 0 2130706543 0 0 0

```
* Exported from MasterCook *
    Cherry-Almond Loaf (1 \(1 / 2\)-Pound Recipe)
Recipe By
Serving Size
:
\(12 \quad\) Preparation Time :0:00
Categories : Bread Machine Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 3/4 & cup & plus 2 tablespoons water \\
\hline 1/2 & cup & whole maraschino cherries -- well-drained \\
\hline 2 & tablespoons & margarine or butter -- softened \\
\hline 3 & cups & bread flour \\
\hline 2 & tablespoons & sugar \\
\hline 1 & tablespoon & dry milk \\
\hline \(11 / 2\) & teaspoons & salt \\
\hline 2 & teaspoons & bread machine yeast \\
\hline 1/2 & cup & slivered almonds \\
\hline
\end{tabular}

Make \(11 / 2\)-pound recipe for bread machines that use 3 cups flour, or make 1 -pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients except almonds in bread machine pan in the order recommended by the manufacturer. Add almonds at the Raisin/Nut signal or 5 to 10 minutes before last kneading cycle ends.

Select Sweet or Basic/white cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"1 Loaf"

Per serving: 201 Calories (kcal); 6 g Total Fat; (26\% calories from fat); 6g Protein; 32g Carbohydrate; 1mg Cholesterol; 298mg Sodium
Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 158240974098000020190
```

* Exported from MasterCook *

```
```

Cherry-Almond Loaf (1-Pound Recipe)

```

Page 81
betty crocker best of baking recipes.txt
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 8 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Bread Machine Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2/3 & cup & water \\
\hline 1/3 & cup & whole maraschino cherries -- we11-drained \\
\hline 1 & tablespoon & margarine or butter -- softened \\
\hline 2 & cups & bread flour \\
\hline 1 & tablespoon & sugar \\
\hline 2 & teaspoons & dry milk \\
\hline 1 & teaspoon & salt \\
\hline 1 1/4 & teaspoons & \\
\hline 1/4 & cup & slivered almonds \\
\hline
\end{tabular}

Make \(11 / 2\)-pound recipe for bread machines that use 3 cups flour, or make 1 -pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients except almonds in bread machine pan in the order recommended by the manufacturer. Add almonds at the Raisin/Nut signal or 5 to 10 minutes before last kneading cycle ends.

Select Sweet or Basic/white cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.
```

Copyright:
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Yield:
"1 Loaf"

```

Per serving: 186 Calories (kcal); 5g Total Fat; (22\% calories from fat); 5g Protein; 31g Carbohydrate; 1mg Cholesterol; 292mg Sodium Food Exchanges: \(11 / 2\) Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates
```

Nutr. Assoc. : 0 26575 4098 0 0 0 0 2019 0

```
* Exported from MasterCook *
                                    Cherry-Coconut Bars
Recipe By
Serving Size
S 48 Preparation Time :0:00
Categories : Cookies \& Brownies Holiday
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 4 & cups & Holiday Cookie Mix -- (see recipe) \\
\hline 1/2 & cup & margarine or butter (1 stick) -- softene \\
\hline \(11 / 2\) & cups & sugar \\
\hline 3/4 & cup & flaked coconut \\
\hline 1/3 & cup & all-purpose flour \\
\hline 3/4 & cup & chopped maraschino cherries -- drained \\
\hline 1 & teaspoon & vanilla \\
\hline \[
\begin{aligned}
& 3 / 4 \\
& 1 / 2
\end{aligned}
\] & teaspoon & baking powder
salt \\
\hline
\end{tabular}
betty crocker best of baking recipes.txt

Heat oven to \(350^{\circ}\). Mix Holiday Cookie Mix and margarine. Press in ungreased rectangular pan, \(13 \times 9 \times 2\) inches. Bake 25 minutes.

Mix remaining ingredients except nuts; spread over baked layer. Sprinkle with nuts.

Bake about 25 minutes or until center is set. Cool completely. Cut into about \(2 \times 1\)-inch bars.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:
"48 Bars"

Per serving: 127 Calories (kcal); 6 g Total Fat; ( \(40 \%\) calories from fat); 2 g Protein; 18g Carbohydrate; 12 mg Cholesterol; 106mg Sodium Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1 Other Carbohydrates

NOTES : The crackly top on these bars is easiest to cut with a wet, sharp knife.
Nutr. Assoc. : 04098027370409700000
```

* Exported from MasterCook *

```
Holiday Cookie Mix
```

Recipe By Berving Size : 0 Preparation Time :0:00

```
Categories : Cookies \& Brownies Holiday
\begin{tabular}{rrl} 
Amount & Measure & Ingredient -- Preparation Method \\
-8 & cups & all-purpose flour \\
4 & cups & packed brown sugar \\
1 & tablespoon & salt \\
1 & \(1 / 2\) & teaspoons \\
\(11 / 2\) & cups & baking soda \\
shortening
\end{tabular}

Mix flour, sugar, salt and baking soda. Cut in shortening with pastry blender or 2 knives until mixture resembles fine crumbs. Place desired amounts of mix in storage containers (plastic containers or jars or large plastic bags). Seal tightly, label and refrigerate up to 10 weeks. To measure, dip dry-ingredient measuring cup into cookie mix; level with straight-edged spatula.

15 to 16 cups cookie mix

\footnotetext{
Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

\section*{Description:}
"This multipurpose mix makes quite a large batch, but it can be easily mixed in a large roasting pan, a plastic dishpan, the vegetable bin Page 83
}
betty crocker best of baking recipes.txt
from your refrigerator or a 6 -quart mixing bow1."
Copyright:
"© General Mi11s, Inc. 1998."
Yield:
"16 Cups"

Per serving: 9667 Calories (kcal); 317 g Total Fat; ( \(29 \%\) calories from fat); 103g Protein; 1619g Carbohydrate; Omg Cholesterol; 8646mg Sodium Food Exchanges: 50 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 61 1/2 Fat; 57 Other Carbohydrates
```

Nutr. Assoc. : 0 0 0 0 0

```
* Exported from MasterCook *

> Chicken Jumbo Shells
\begin{tabular}{lll} 
Recipe By & \(\vdots\) & \\
Serving Size & \(\vdots\) \\
Categories & Preparation Time :0in and Side Dishes \\
& Poultry
\end{tabular}
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 12 & & uncooked jumbo pasta shells \\
\hline 1 & tablespoon & olive or vegetable oil \\
\hline 2 & medium & tomatoes (about \(11 / 2\) cups) -- seeded and chopped \\
\hline 1 & medium stalk & celery (about 1/2 cup) -- thinly sliced \\
\hline 1 & medium & carrot (about 1/2 cup) -- finely chopped \\
\hline 1 & clove & garlic -- finely chopped \\
\hline 1 & cup & diced cooked chicken \\
\hline 1 & tablespoon & dry white wine OR \\
\hline 1 & tablespoon & chicken broth \\
\hline 1 & (15 ounce) co & ntainer Ricotta cheese \\
\hline 1 & cup & seasoned croutons \\
\hline 1 & teaspoon & chopped fresh parsley \\
\hline 1/4 & teaspoon & salt \\
\hline 1/4 & teaspoon & pepper \\
\hline
\end{tabular}

Cook pasta shells as directed on package; drain. Heat oven to \(400^{\circ}\). Grease square pan, \(8 \times 8 \times 2\) inches. Heat oil in 10 -inch skillet over medium-high heat. Cook tomatoes, celery, carrot and garlic in oil 5 to 7 minutes, stirring frequently, until celery and carrot are crisp-tender. Stir in chicken and wine. Cook 5 minutes until wine is evaporated.

Stir remaining ingredients into chicken mixture. Fill cooked shells with chicken mixture. Place filled sides up in pan. Bake uncovered about 10 minutes or until filling is golden brown.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

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Per serving: 437 Calories (kcal); 21g Total Fat; (44\% calories from fat); 28g Protein; 33g Carbohydrate; 84 mg Cholesterol; 396mg Sodium Food Exchanges: 1 1/2 Grain(Starch); 3 Lean Meat; 1 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates
betty crocker best of baking recipes.txt

Nutr. Assoc. : 31598626367252324950280500213070654300000
```

* Exported from MasterCook *

```

Chicken Pot Pie
\begin{tabular}{lll} 
Recipe By \\
Serving Size & : \(6 \quad\) Preparation Time :0:00
\end{tabular}
Categories : Main and Side Dishes Poultry
\begin{tabular}{lll} 
Amount & Measure & Ingredient -- Preparation Method \\
\hdashline 1 & (10 ounce) package frozen peas and carrots
\end{tabular}

Rinse frozen peas and carrots in cold water to separate; drain. Melt margarine in 2-quart saucepan over medium heat. Stir in flour, onion, salt and pepper. Cook, stirring constantly, until mixture is bubbly; remove from heat. Stir in broth and milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in chicken and peas and carrots; remove from heat.

Heat oven to \(425^{\circ}\). Prepare pastry. Rol1 two-thirds of the pastry into \(13-i n c h\) square. Ease into ungreased square pan, \(9 \times 9 \times 2\) inches. Pour chicken mixture into pastry-1ined pan.

Rol1 remaining pastry into 11-inch square. Cut out designs with 1-inch cookie cutter. Place square over chicken mixture. Arrange cutouts on pastry. Turn edges of pastry under and flute.

Bake about 35 minutes or until golden brown.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
"@ Genera1 Mi11s, Inc. 1998."
Yield:
"1 Pie"
T(Bake):
"0:35"

Per serving: 451 Calories (kcal); 26g Total Fat; (51\% calories from fat); 25g Protein; 29g Carbohydrate; 64 mg Cholesterol; 793mg Sodium Food Exchanges: 1 1/2 Grain(Starch); \(21 / 2\) Lean Meat; 0 Vegetable; 0 Fruit; 4 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 26971409800000028050
betty crocker best of baking recipes.txt
```

* Exported from MasterCook *

```
    Favorite Pastry for 9-Inch Two-Crust Pie
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 8 \quad \text { Preparation Time }: 0: 00\end{array}\)
Categories : Desserts Pies
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 & cups & all-purpose flour \\
\hline 1 & teaspoon & salt \\
\hline 2/3 & cup & 1ard \\
\hline 2/3 & & OR \({ }^{\text {Plus } 2 \text { tablespoons shortening }}\) \\
\hline \(4^{2 / 3}\) & tablespoons & cold water (4 to 5 tablespoons) \\
\hline
\end{tabular}

Mix flour and salt. Cut in lard until particles are size of small peas. sprinkle with water, 1 tablespoon at a time, tossing with fork until ail flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons water can be added if necessary).
Divide pastry in half and shape into 2 flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Turn desired filling into pastry-lined pie plate. Trim overhanging edge of pastry \(1 / 2\) inch from rim of plate. Roll other round of pastry. Fold into fourths; cut slits so steam can escape.

Place over filling and unfold. Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll top edge under lower edge, pressing on rim to sea1. Flatten pastry evenly on rim of pie plate. Press firm7y around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into \(\vee\) shape; pinch again to sharpen.

For Baked Pie shell: Heat oven to \(475^{\circ}\). Prick bottom and side thoroughly with fork. Bake 8 to 10 minutes or until light brown; cool.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\oplus}\) Recipe.

Copyright:
"@ General Mills, Inc. 1998."
Yield:
"2 Crusts"

Per serving: 268 Calories (kcal); 17g Total Fat; (59\% calories from fat); 3 g Protein; 24 g Carbohydrate; 16 mg Cholesterol; 267 mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 000021307065432777
```

* Exported from MasterCook *

```
betty crocker best of baking recipes.txt
Chicken with Gingered Brown Rice Stuffing
\(\begin{array}{llll}\text { Recipe By } & & \\ \text { Serving Size } & 4 & \text { Preparation Time :0:00 } \\ \text { Categories } & \text { Main and Side Dishes }\end{array}\)
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & tablespoon & orange juice \\
\hline 1 & sma11 & onion -- finely chopped (about 1/4 cup) \\
\hline 2 & cups & cooked brown rice \\
\hline 2 & cups & cooked white rice \\
\hline 3 & tablespoons & finely chopped crystallized ginger \\
\hline 2 & tablespoons & chopped fresh parsley OR \\
\hline 2 & teaspoons & dried parssey flakes \\
\hline 1 & teaspoon & orange juice \\
\hline 3/4 & teaspoon & chopped fresh thyme \\
\hline 1/4 & teaspoon & OR dried thyme leaves \\
\hline 4 & (4 ounce) & skinless, boneless chicken breast halves (1 pound) \\
\hline 1 1/4 & tablespoon & orange juice \\
\hline 1/4 & teaspoon & cinnamon \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\). Heat 1 tablespoon orange juice to boiling in 2 -quart saucepan over medium heat. Cook onion in orange juice, stirring frequently, until crisp-tender. Stir in rice, ginger, parsley, 1 tablespoon orange juice and the thyme. Spoon rice mixture into greased square baking dish, \(8 \times 8 \times 2\) inches.

Place chicken breasts over rice mixture; brush with 1 tablespoon orange juice; sprinkle with cinnamon. Cover and bake 30 minutes. Remove cover; bake 15 to 20 minutes longer or until juice of chicken is no longer pink when centers of thickest pieces are cut.
```

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\oplus}$ Recipe.

```

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Per serving: 277 Calories (kcal); 2g Total Fat; (8\% calories from fat); 29g Protein; 26g Carbohydrate; 73mg Cholesterol; 81mg Sodium
Food Exchanges: \(11 / 2\) Grain(Starch); \(31 / 2\) Lean Meat; \(1 / 2\) Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates
```

NOTES : Crystallized ginger adds a spicy flavor to this easy chicken and
rice dish.
Nutr. Assoc. : 0 0 2801 0 2130706543 3003 0 0 2130706543 0 0 0 2130706543

```
* Exported from MasterCook *
```

* Exported from MasterCook *
Chicken with Orange-Pecan Rice
Recipe By : 4 Preparation Time :0:00
Categories : Main and Side Dishes Poultry

```
betty crocker best of baking recipes.txt
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & (6 1/4 ounce) & package fast-cooking long grain and wild rice \\
\hline 2 & cups & orange juice \\
\hline \multirow[t]{5}{*}{\(\begin{array}{ll}1 & 1 / 4 \\ 4 & \end{array}\)} & cup & chopped pecans \\
\hline & (2 ounce) jar & dịced pimientos -- drained \\
\hline & (4 ounce) & skinless boneless chicken breast halves \\
\hline & & (about 1 pound) \\
\hline & & Chopped fresh parsley -- if desired \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\). Grease square pan, \(8 \times 8 \times 2\) inches.
Mix rice, seasoning packet included in rice mix, orange juice, pecans and pimientos in pan. Place chicken on rice.

Cover and bake 35 to 45 minutes or until liquid is absorbed and juice of chicken is no longer pink when center of thickest pieces are cut. Sprinkle with parsley.

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker \({ }^{\circledR}\) Recipe.
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Per serving: 380 Calories (kcal); 7g Total Fat; (16\% calories from fat); 32g Protein; 47g Carbohydrate; 66mg Cholesterol; 564mg Sodium Food Exchanges: 2 Grain(Starch); \(31 / 2\) Lean Meat; 0 Vegetable; 1 Fruit; 2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 152300160323132130706543
```

* Exported from MasterCook *

```

Chile Pepper-Cheese Bread
```

Recipe By :
Serving.Size : 16 Preparation Time :0:00
Categories : Breads

```


Dissolve yeast in warm water in large mixing bowl. Stir in milk, margarine, eggs, salt and 1 cup of the flour. Beat on low speed, scraping bow 1 constantly, 30 seconds. Beat on medium speed, scraping bow 1 occasionally, 2 minutes. Stir in remaining flour, \(1 / 2\) cup cornmeal, the cheese and chiles. Scrape batter from side of bowl. Cover; let rise in Page 88
betty crocker best of baking recipes.txt
warm place until double, about 30 minutes.
Stir down batter by beating about 25 strokes. Spread in greased 2 -quart round casserole. Cover; let rise until double, about 40 minutes.

Heat oven to \(375^{\circ}\). Sprinkle loaf with cornmeal. Bake until loaf is brown and sounds hollow when tapped, 40 to 45 minutes. Remove from casserole; cool on wire rack. To serve, cut into wedges with serrated knife.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"1 Loaf"

Per serving: 197 Calories (kcal); 11g Total Fat; (49\% calories from fat); 5g Protein; 19g Carbohydrate; 32 mg Cholesterol; 343 mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates

NOTES : *If using self-rising flour, omit salt.
Onion-Dill Bread: Omit cornmeal, cheese and chiles. Increase flour to 3 cups. Stir in \(1 / 4\) cup chopped onion and 1 tablespoon dried dil1 weed with the second addition of flour. Brush top of loaf with margarine or butter, softened, and sprinkle with sesame seed or poppy seed before baking.
Nutr. Assoc. : 054724138409800140378300
```

* Exported from MasterCook *

```

Chile-Cheese Batter Bread
Recipe By
Serving Size
:
8 \(\quad\) Preparation Time :0:00
Categories : Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 & cups & al1-purpose flour \\
\hline 2 & teaspoons & baking powder \\
\hline 3/4 & teaspoon & salt \\
\hline 1/2 & teaspoon & baking soda \\
\hline 1 & cup & shredded Cheddar cheese (4 ounces) \\
\hline 1 & (4 ounce) can & chopped green chiles -- well drained \\
\hline 1 & cup & buttermilk \\
\hline 1 & tablespoon & vegetable oil \\
\hline 1 & & egg \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\). Grease pie plate, \(9 \times 11 / 4\) inches. Mix flour, baking powder, salt and baking soda in large bowl. Add cheese and chiles; toss. Stir in remaining ingredients just until flour is moistened (batter will be lumpy). Pour into pie plate.

Bake 40 to 45 minutes or until golden brown and toothpick inserted in center comes out clean; remove from pie plate. Cool on wire rack.

\footnotetext{
Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.
}
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```

Copyright:
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Yield:
"8 Pieces"

```
Per serving: 211 Calories (kcal); 8g Total Fat; (32\% calories from fat); 9g
Protein; 27g Carbohydrate; 39mg Cholesterol; 529mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); \(1 / 2\) Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat;
0 Other Carbohydrates
NOTES : You can substitute 1 cup of milk and 1 tablespoon vinegar for the
    buttermilk if need be.
Nutr. Assoc. : 000025360000
* Exported from MasterCook *
                                    Chili Dog wraps
Recipe By \(\begin{aligned} & \text { Berving.Size } \\ & \text { S } \\ & \text { Sreparation Time }: 0: 00\end{aligned}\)
Categories : Casseroles Main and Side Dishes
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 10 & \multicolumn{2}{|r|}{\multirow[t]{2}{*}{corn tortillas (6 to 8 inches in diameter) OR}} \\
\hline & & \\
\hline 10 & & flour tortillas (6 to 8 inches in \\
\hline & & diameter) \\
\hline 10 & & hot dogs \\
\hline 1 & \multicolumn{2}{|l|}{(15 ounce) can chili (15 to 16 ounce can)} \\
\hline 2 & cups & salsa \\
\hline 1 & cup & shredded Cheddar or Monterey Jack cheese \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\). Grease rectangular baking dish. \(13 \times 9 \times 2\) inches.
Soften tortillas as directed on package. Place 1 hot dog and 3 tablespoons chili on each tortilla. Roll up tortillas; place seam side down in baking dish. Spoon salsa over tortillas.

Cover and bake 20 minutes. Sprinkle with cheese. Bake uncovered about 5 minutes longer or until cheese is melted.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

\section*{Description:}
"This Mexican-inspired casserole gives you another great way to serve
the always popular hot dog.'
Copyright:
"@ General Mi11s, Inc. 1998."

Per serving: 685 Calories (kcal); 46g Total Fat; (59\% calories from fat); 28g Protein; 42g Carbohydrate; 108mg Cholesterol; 2284mg Sodium Food Exchanges: 2 Grain(Starch); 3 Lean Meat; 1 Vegetable; 0 Fruit; 7 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 2883021307065432188261004922
Page 90
betty crocker best of baking recipes.txt
```

* Exported from MasterCook *

```

Chocolate Bonbon Cookies
Recipe By : 60 Preparation Time :0:00
Categories : Cookies \& Brownies Holiday
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 4 & cups & Holiday Cookie Mix -- (see recipe) \\
\hline 1 & cup & chopped nuts \\
\hline 1/4 & cup & margarine or butter (1/2 stick) -- softened \\
\hline 1 & teaspoon & vanilla \\
\hline \multirow[t]{3}{*}{1/2} & teaspoon & almond extract \\
\hline & & eggs \\
\hline & ounces & unsweetened chocolate -- melted and cooled Powdered sugar \\
\hline & & Easy Frosting -- (recipe follows) \\
\hline & & EASY FROSTING \\
\hline 1 & cup & powdered sugar \\
\hline 1 , & tablespoon & \\
\hline 1/2 & teaspoon & almond extract \\
\hline
\end{tabular}

Heat oven to \(375^{\circ}\). Mix Holiday Cookie Mix, nuts, margarine, vanilla, almond extract, eggs and chocolate. Shape dough into 1-inch balls. Place about 1 inch apart on ungreased cookie sheet.

Bake 10 to 12 minutes or until set. Cool slightly before removing from cookie sheet.

Roll about 30 cookies in powdered sugar while warm; cool on wire rack. Roll in powdered sugar again. Frost remaining cookies with Easy Frosting. Decorate frosted cookies with coconut.

EASY FROSTING:
Mix all ingredients until smooth and of spreading consistency.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
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Yield:
"60 Cookies"
Per serving: 77 Calories (kcal); 4g Total Fat; (46% calories from fat); 1g
Protein; 10g Carbohydrate; 8mg Cholesterol; 46mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2
Other Carbohydrates
NOTES : These little gems are even more tempting when topped with festive treats such as flaked or shredded coconut, edible glitter, chopped candied fruit or chopped maraschino cherries.
Nutr. Assoc. : 00239400000213070654300040380

```
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* Exported from MasterCook *

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* Exported from MasterCook *

```
betty crocker best of baking recipes.txt Holiday Cookie Mix
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & 0 \\ 0 & \text { Preparation Time :0:00 }\end{array}\)
Categories : Cookies \& Brownies Holiday
\begin{tabular}{rrl} 
Amount & Measure & Ingredient -- Preparation Method \\
\hdashline 8 & cups & al1-purpose flour \\
4 & cups & packed brown sugar \\
1 & tablespoon & salt \\
1 & \(1 / 2\) & teaspoons \\
1 & \(1 / 2\) & cups
\end{tabular}

Mix flour, sugar, salt and baking soda. Cut in shortening with pastry blender or 2 knives until mixture resembles fine crumbs. Place desired amounts of mix in storage containers (plastic containers or jars or large plastic bags). Seal tightly, label and refrigerate up to 10 weeks. To measure, dip dry-ingredient measuring cup into cookie mix; level with straight-edged spatula.

15 to 16 cups cookie mix
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Description:
"This multipurpose mix makes quite a large batch, but it can be easily
mixed in a large roasting pan, a plastic dishpan, the vegetable bin
from your refrigerator or a 6-quart mixing bow1.'
Copyright:
"@ Genera1 Mil1s, Inc. 1998."
Yield:
"16 Cups"

```

Per serving: 9667 Calories (kcal); 317g Total Fat; (29\% calories from fat); 103g Protein; 1619g Carbohydrate; Omg Cholesterol; 8646mg Sodium Food Exchanges: 50 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 61 1/2 Fat; 57 Other Carbohydrates
```

Nutr. Assoc. : 0 0 0 0 0

```
* Exported from MasterCook *

Chocolate Brownie Pie
```

Serving.Size : 8 Preparation Time :0:00

```
Categories \(\quad\) : Desserts Pies

betty crocker best of baking recipes.txt
Heat oven to \(375^{\circ}\). Prepare pastry. Heat chocolate and margarine over low heat until melted; cool. Beat chocolate mixture, eggs, sugar and corn syrup with hand beater. Stir in pecans. Pour into pastry-lined pie plate.

Bake just until set, 40 to 50 minutes. Serve with sweetened whipped cream, if desired.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"1 Pie"

Per serving: 446 Calories (kcal); 26 g Total Fat; ( \(50 \%\) calories from fat); 5g Protein; 53 g Carbohydrate; 78 mg Cholesterol; 237 mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 5 Fat; 2 1/2 Other Carbohydrates

Nutr. Assoc. : 0040980000
* Exported from MasterCook *

Favorite Pastry for 9-Inch One-Crust Pie
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving.Size } & \text { : } 8 \quad \text { Preparation Time }: 0: 00\end{array}\)
Categories : Desserts Pies
\begin{tabular}{crl} 
Amount & Measure & Ingredient -- Preparation Method \\
\hdashline 1 & & cup \\
\(1 / 2\) & all-purpose flour \\
\(1 / 3\) & teaspoon & salt \\
& cup & 1ard \\
\(1 / 3\) & & OR \\
2 & cup & plus 1 tablespoon shortening \\
& tablespoons & cold water (2 to 3 tablespoons)
\end{tabular}

Mix flour and salt. Cut in lard until particles are size of small peas.
Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bow 1 ( 1 to 2 teaspoons water can be added if necessary).

Gather pastry into ball; shape into flattened round on lightly floured cloth-covered surface.

Ro11 pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll pastry under, even with plate. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into \(V\) shape; pinch again to sharpen. Fill and bake as directed in recipe.

For Baked Pie She11: Heat oven to \(475^{\circ}\). Prick bottom and side thoroughly with fork. Bake 8 to 10 minutes or until light brown; cool.

Page 93
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
"@ Genera1 Mil1s, Inc. 1998."
Yield:
"1 Crust"

```
Per serving: 134 Calories (kcal); 9g Total Fat; (59\% calories from fat); 2g
Protein; 12 g Carbohydrate; 8 mg Cholesterol; 134 mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(11 / 2\) Fat; 0
Other Carbohydrates
Nutr. Assoc. : 000021307065432777
* Exported from MasterCook *
                    Chocolate Butter Frosting
Recipe By
Serving Size \(\quad 16 \quad\) Preparation Time :0:00
Categories : Cakes
Desserts
\begin{tabular}{rrl} 
Amount & Measure & Ingredient -- Preparation Method \\
\(-1 / 3\) & cup & margarine or butter -- softened \\
2 & ounces & melted unsweetened chocolate -- (cool) \\
2 & cups & powdered sugar \\
1 & \(1 / 2\) & teaspoons
\end{tabular}

Mix margarine and chocolate. Mix in powdered sugar. Beat in vanilla and milk until smooth and of spreading consistency.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker}\mp@subsup{}{}{\circledR}\mathrm{ Recipe.
Copyright:
@@ Genera1 Mi11s, Inc. 1998.'
Yield:
"1 1/2 Cups"

```
Per serving: 125 Calories (kcal); 7g Total Fat; (49\% calories from fat); trace
Protein; 16g Carbohydrate; 0mg Cholesterol; 62 mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(11 / 2\) Fat; 1
Other Carbohydrates
Nutr. Assoc. : 40985387004098
* Exported from MasterCook *
    Chocolate Buttercream Frosting
Recipe By :
```

Serving Size : 16 Preparation Time :0:00
Categories : Cakes Desserts

```
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 3 & cups & powdered sugar \\
\hline 1/3 & cup & stick margarine or butter -- softened* \\
\hline 2 & teaspoons & vanilla \\
\hline 3 & ounces & unsweetened baking chocolate -- melted and cooled \\
\hline 2 & tablespoons & milk (2 to 3 tablespoon) \\
\hline \multicolumn{3}{|l|}{\multirow[t]{3}{*}{Mix all ingredients except milk in medium bowl. Stir in milk until smooth and spreadable. Frosts one \(13 \times 9\)-inch cake generously or fills and frosts one 8 - or 9 -inch two-layer cake.}} \\
\hline & & \\
\hline & & \\
\hline
\end{tabular}

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Copyright:
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Yield:
"2 1/4 Cups"

Per serving: 151 Calories (kcal); 7g Total Fat; (38\% calories from fat); 1g Protein; 24g Carbohydrate; trace Cholesterol; 46mg Sodium Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(11 / 2\) Fat; 1 1/2 Other Carbohydrates

NOTES : *We do not recommend using vegetable oil spreads.
To fill and frost one 8 -inch three-1ayer cake, use \(41 / 2\) cups powdered sugar, \(1 / 2\) cup stick margarine or butter, softened, 3 teaspoons vani11a and about \(1 / 4\) cup milk.
Nutr. Assoc. : 04098004038
```

* Exported from MasterCook *

```

\section*{Chocolate Cheese Eclairs}
```

Recipe By : % 8 Preparation Time :0:00
Categories : Desserts

```
\begin{tabular}{|c|c|c|c|}
\hline & unt & Measure & Ingredient -- Preparation Method \\
\hline & \multirow[t]{4}{*}{3/4} & cup & plus 2 tablespoons all-purpose flour \\
\hline 2 & & tablespoons & cocoa \\
\hline 1 & & tablespoon & sugar \\
\hline \multirow[t]{2}{*}{1} & & cup & water \\
\hline & \multirow[t]{3}{*}{1/2} & cup & margarine or butter \\
\hline \multirow[t]{2}{*}{4} & & & \\
\hline & & & Chocolate Cheese Filling -- (recipe follows) Cocoa Glaze -- (recipe follows) \\
\hline & & & CHOCOLATE CHEESE FILLING \\
\hline & 1/4 & (3 cup & semisweet chocolate chips \\
\hline \multirow[t]{3}{*}{1} & & (3 ounce) pac & kage cream cheese -- softened \\
\hline & 1/3 & cup & packed brown sugar \\
\hline & 1/4 & cup & milk \\
\hline & 1/2 & teaspoon & vanilla \\
\hline \multicolumn{2}{|l|}{1} & cup & chilled whipping (heavy) cream \\
\hline
\end{tabular}
betty crocker best of baking recipes.txt
cocoA GLAZE
cup powdered sugar
tablespoons cocoa
tablespoons milk

Heat oven to \(400^{\circ}\). Mix flour, cocoa and sugar. Heat water and margarine in 3 -quart saucepan to a rolling boil. Stir in flour mixture. Stir vigorously over low heat until mixture forms a ball, about 1 minute. Remove from heat. Beat in eggs; continue beating until smooth. Drop dough by about \(1 / 4\) cupfuls 3 inches apart onto ungreased cookie sheet. With spatula, shape each into finger \(41 / 2\) inches long and \(11 / 2\) inches wide.

Bake until puffed and darker brown on top, 35 to 40 minutes; cool.
Cut off tops; pull out any filaments of soft dough. Fill eclairs with Chocolate Cheese Filling; replace tops: Spread with Cocoa Glaze just before serving. Refrigerate any remaining eclairs.

CHOCOLATE CHEESE FILLING:
Heat chocolate chips in small heavy saucepan over low heat, stirring occasionally, until melted; cool. Beat cream cheese, sugar, milk and vanilla until smooth and creamy. Stir in chocolate. Beat whipping cream in chilled bowl until soft peaks form. Fold in chocolate mixture.

\section*{COCOA GLAZE:}

Mix powdered sugar and cocoa. Stir in milk until smooth. If necessary, stir in additional milk, \(1 / 2\) teaspoon at a time, until of desired consistency.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
"@ General Mills, Inc. 1998."
Yie1d:
"8 Eclairs"

Per serving: 455 Calories (kcal); 31g Total Fat; (59\% calories from fat); 7g Protein; 41g Carbohydrate; 179mg Cholesterol; 199mg Sodium
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 6 Fat; 2 Other Carbohydrates

Nutr. Assoc. : 140002394021307065432130706543000000072100 000
* Exported from MasterCook *

Chocolate Chip Bars
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 36 \text {. Preparation Time }: 0: 00\end{array}\)
Categories : Cookies \& Brownies


1 1/4 betty crocker best of baking recipes.txt
all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 cup chopped nuts
1
(6 ounce) package semisweet chocolate chips
Heat oven to \(375^{\circ}\). Grease and flour baking pan, \(13 \times 9 \times 2\) inches. Mix sugars, margarine and vanilla. Beat in egg. Stir in flour, baking soda and salt. Mix in nuts and chocolate chips. Spread dough in pan.

Bake until light brown, 12 to 14 minutes. Cool; cut into bars, about \(2 \times\) 1/2 inches.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
"@ General Mil1s, Inc. 1998."
Yield:
"36 Bars"

Per serving: 94 Calories (kcal); 5g Total Fat; (48\% calories from fat); 1g Protein; 12g Carbohydrate; 12mg Cholesterol; 76mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates

NOTES : Peanut Butter-Chocolate Chip Bars: Decrease margarine to \(1 / 4\) cup and mix in \(1 / 3\) cup peanut butter. Beat in 2 tablespoons water with the egg. Use \(1 / 2\) cup chopped peanuts. Bake 22 to 25 minutes.
Nutr. Assoc. : 0023940000000
```

* Exported from MasterCook *

```

Chocolate Chip Shortbread Cookies
Recipe By
Serving Size
:
36 Preparation Time :0:00
Categories : Cookies \& Brownies
\begin{tabular}{rll} 
Amount & Measure & Ingredient -- Preparation Method \\
-1 & cup & margarine or butter -- softened \\
2 & \(3 / 4\) & cup \\
1 & cups & packed brown sugar \\
1 & cup & miniature semiour
\end{tabular}

Heat oven to \(350^{\circ}\). Mix margarine and brown sugar in large bowl until well blended. Stir in flour. Stir in chocolate chips.

Ro11 dough into 1 1/4-inch balls. Place about 3 inches apart on ungreased cookie sheet. Flatten to about 1/2-inch thickness with greased bottom of glass dipped in sugar.

Bake 12 to 14 minutes or until set. Cool slightly; remove from cookie sheet.

\footnotetext{
Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

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}
betty crocker best of baking recipes.txt
Yie1d:
"36 Cookies"

Per serving: 111 Calories (kcal); 7g Total Fat; (51\% calories from fat); 1g
Protein; 13g Carbohydrate; Omg Cholesterol; 64mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates
```

NOTES : Tip

```
        Make all cookies on each cookie sheet the same size to ensure
        uniform baking. Mixing cookie sizes will cause some to be
        overbaked or underbaked.
Nutr. Assoc. : 4098004149
* Exported from MasterCook *

Chocolate Crinkles
```

Recipe By : 72 Preparation Time :0:00
Categories : Cookies \& Brownies

```
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 & cups & granulated sugar \\
\hline 1/2 & cup & vegetable oil \\
\hline 4 & ounces & melted unsweetened chocolate (cool) \\
\hline 2 & teaspoons & vanilla \\
\hline 4 & & eggs \\
\hline 2 & cups & al1-purpose flour* \\
\hline 2 & teaspoons & baking powder \\
\hline 1/2 & teaspoon & salt \\
\hline 1/2 & cup & powdered sugar \\
\hline
\end{tabular}

Mix granulated sugar, oil, chocolate and vanilla in large bowl. Mix in eggs, one at a time. Stir in flour, baking powder and salt. Cover and refrigerate at least 3 hours.

Heat oven to \(350^{\circ}\). Shape dough by rounded teaspoonfuls into balls. Roll in powdered sugar. Place about 2 inches apart on greased cookie sheet.

Bake 10 to 12 minutes or until almost no indentation remains when touched.

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Yield:
"72 Cookies"

Per serving: 63 Calories (kcal); 3g Total Fat; (36\% calories from fat); 1g
Protein; 10g Carbohydrate; 10mg Cholesterol; 32 mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

NOTES : *If using self-rising flour, omit baking soda and salt.
Nutr. Assoc. : 0053850014000
```

* Exported from MasterCook *

```
betty crocker best of baking recipes.txt
chocolate frosting
\(\begin{array}{l:l}\text { Recipe By } \\ \text { Serving Size } & \text { 54 Preparation Time :0:00 } \\ \text { Categories } & \text { Cookies \& Brownies }\end{array} \quad \begin{aligned} & \text { Holiday }\end{aligned}\)
\begin{tabular}{cll} 
Amount & Measure & Ingredient -- Preparation Method \\
-2 & ounces & unsweetened chocolate \\
2 & tablespoons & margarine or butter \\
3 & tablespons & water \\
2 & cups & powdered sugar (about)
\end{tabular}

Heat unsweetened chocolate and margarine in 1 1/2-quart saucepan over low heat, stirring until melted; remove from heat. Beat in water and powdered sugar until smooth and of spreading consistency.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\text {® }}\) Recipe.

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Yield:
"2 1/2 Cups"

Per serving: 27 Calories (kcal); 1 g Total Fat; (31\% calories from fat); trace Protein; 5 g Carbohydrate; 0 mg Cholesterol; 5 mg Sodium Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; \(1 / 2\) Other Carbohydrates

Nutr. Assoc. : 0409801191
```

* Exported from MasterCook *

```

Chocolate Gift Loaf
```

Recipe By \ 14 Preparation Time :0:00

```
Categories : Baking with Kids Cakes
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 & ounces & unsweetened chocolate -- chopped \\
\hline & & Shortening \\
\hline & & Al1-purpose flour \\
\hline \(11 / 2\) & cups & all-purpose flour \\
\hline & cup & sugar \\
\hline 1/2 & cup & shortening \\
\hline 3/4 & cup & milk \\
\hline 2 & teaspoons & baking powder \\
\hline 1 & teaspoon & vanitia \\
\hline 1/2 & teaspoon & salt \\
\hline 2 & large & eggs \\
\hline 3 & cups & powdered sugar \\
\hline 1/3 & cup & margarine or butter (from a stick) -- softened \\
\hline & teaspoon & vanilla \\
\hline 1 & tablespoon & water \\
\hline 2 & & rolls cherry or strawberry chewy fruit snack (from 4-ounce package) \\
\hline & & Page 99 \\
\hline
\end{tabular}
betty crocker best of baking recipes.txt

Heat oven to \(350^{\circ}\).
Melt in saucepan over low heat, stirring a few times, then remove from heat and cool slightly:

2 ounces unsweetened chocolate, chopped
Grease loaf pan with:
Shortening
Put small amount in pan and shake to coat, then pour out any extra:
Al1-purpose flour
Beat in large bowl with electric mixer on medium speed about 30 seconds, scraping bow 1 all the time, until mixed:
\(11 / 2\) cups al1-purpose flour
1 cup sugar
\(1 / 2\) cup shortening
3/4 cup milk
2 teaspoons baking powder
1 teaspoon vanilla
\(1 / 2\) teaspoon salt
2 large eggs
The melted chocolate
Beat batter with electric mixer on high speed 3 minutes, scraping bowl a few times. Spread batter in pan.

Bake 1 hour 5 minutes to 1 hour 10 minutes or until toothpick poked in center comes out clean. Adult help: Cool cake in pan 10 minutes, then remove from pan to wire rack. Cool completely.

Beat in second large bowl with electric mixer on medium speed until smooth and spreadable (if necessary, add more water, \(1 / 2\) teaspoon at a time):

3 cups powdered sugar
\(1 / 3\) cup (from a stick) margarine or butter, softened
1 teaspoon vanilla
1 tablespoon water
Frost cake with frosting.
Cut into strips with scissors, and put on cake to look like ribbon on a wrapped package, looping strips on top for bow:

2 rolls cherry or strawberry chewy fruit snack (from 4-ounce package)

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Yield:
"1 Loaf"

Per serving: 356 Calories (kcal); 15g Total Fat; (37\% calories from fat); 3g Protein; 54 g Carbohydrate; 28 mg Cholesterol; 218 mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat; 3
Other Carbohydrates
```

NOTES : Utensils You Will Need
Sharp knife - Cutting board - 1-quart saucepan . Loaf pan, 9 < 5 >
3 inches. Pastry brush - 2 Large bowls. Dry-ingredient measuring
cups - Liquid measuring cup - Measuring spoons • Electric mixer -
Rubber scraper - Toothpick - Pot holders - Wire cooling rack •
Page 100

```
betty crocker best of baking recipes.txt
Sma11 sharp knife • Smal1 spatula • Kitchen scissors
Nutr. Assoc. : 00000000000040980012140
```

* Exported from MasterCook *

```

\section*{Chocolate Malt Cakes}
```

Recipe By : 12 Preparation Time :0:00

```
Categories : Baking with Kids Cakes


Mix in small bow 1 with wire whisk:
1/4 cup vegetable oil
1 teaspoon vinegar
1/2 teaspoon vanilla
Stir hard into flour mixture with wire whisk about 1 minute or until we11 mixed:

The oil mixture
2/3 cup cold water
Immediately pour batter into cones, filling each to within about 1 inch of top of cone.

Bake about 30 minutes or until toothpick poked in centers of cakes comes out clean.
Adult help: Remove cones from muffin cups or pans to wire rack. Cool completely.

Top each cake with small scoop of chocolate or vanilla ice cream, then freeze until ready to serve.

Just before serving, cut in half, then poke closed ends into ice cream:
12 to 16 candy powder straws or plastic straws
Page 101
betty crocker best of baking recipes.txt
Squirt each "ma7t" with desired amount of whipped cream and top with cherry:

1 can (7 ounces) whipped cream topping
12 to 16 maraschino cherries

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Yield:
"12 Cakes"

Per serving: 275 Calories (kcal); 10g Total Fat; (30\% calories from fat); 4g Protein; 45g Carbohydrate; 2mg Cholesterol; 236mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 2 1/2 Other Carbohydrates
```

NOTES : Utensils You Wil1 Need
Muffin pan with medium cups, 2 1/2 < 1 1/4 inches, or rectangular
pan, 13 x 9 < 2 inches • Medium bow1 - Dry-ingredient measuring
cups • Measuring spoons • Wooden spoon • Smal1 bow7 • Liquid
measuring cup • Wire whisk • Pot holders • Toothpick • Wire
cooling rack • Straws • Kitchen scissors • Ice-cream scoop
Nutr. Assoc. : 27035 0 0 863 0 0 0 0 0 0 0 2641 5863 4627 26575

```
* Exported from MasterCook *
    Chocolate Nesselrode Pie
\begin{tabular}{lll} 
Recipe By & : \\
Serving Size & Preparation Time \(: 0: 00\) \\
Categories & : Holiday
\end{tabular}
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 6 & & Favorite Pastry for 9 -Inch Pie Shell -- (see recipe) egg yolks -- slightly beaten \\
\hline 1/2 & cup & sugar \\
\hline 1/4 & cup & cornstarch \\
\hline 2 & cups & mi1k \\
\hline 4 & teaspoons & unflavored gelatin \\
\hline 1/2 & teaspoon & salt \\
\hline 1 & (4 ounce) bar & sweet cooking chocolate -- grated \\
\hline 1 & teaspoon & vanilla \\
\hline 1/2 & teaspoon & rum flavoring \\
\hline 1 & (10 ounce) jar & Nesselrode \\
\hline 3 & cups & whipping (heavy) cream \\
\hline
\end{tabular}

Bake pie shell; cool. Mix egg yolks, sugar, cornstarch, milk, gelatin and salt in 2-quart saucepan. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Pour \(11 / 2\) cups of the hot mixture into a bowl; cool completely. Reserve 2 tablespoons of the chocolate for topping. Stir remaining chocolate and the vanilla into hot mixture in saucepan; cool.

Line pie plate, \(9 \times 11 / 4\) inches, with waxed paper. Stir rum flavoring and Nesselrode into \(11 / 2\)-cup mixture in bowl. Beat 2 cups of the whipping cream in chilled medium bowl until stiff. Fold half of the whipped cream into Nesselrode mixture and half into chocolate mixture. Pour chocolate mixture into baked pie she11. Pour Nesselrode mixture onto waxed paper in

Page 102
betty crocker best of baking recipes.txt
pie plate. Refrigerate both mixtures at least 2 hours until firm.
Just before serving, loosen edge of Nesselrode layer from waxed paper with spatula; invert onto chocolate layer and remove waxed paper. Beat remaining 1 cup whipping cream in chilled small bow1 until stiff. Spread over pie, covering surface completely. Sprinkle with reserved chocolate. Serve immediately. Refrigerate any remaining pie.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

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Yield:
"1 Pie"

Per serving: 670 Calories (kcal); 52 g Total Fat; ( \(69 \%\) calories from fat); 8 g Protein; 44 g Carbohydrate; 298mg Cholesterol; 345 mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 10 Fat; 1 1/2 Other Carbohydrates

Nutr. Assoc. : 00000005195047940721
* Exported from MasterCook *

Favorite Pastry for 9-Inch One-Crust Pie
\(\begin{array}{ll}\text { Recipe By } & \text { Serving Size } \\ \text { Se } & \text { Preparation Time }: 0: 00\end{array}\)
Categories : Desserts Pies
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & cup & all-purpose flour \\
\hline 1/2 & teaspoon & salt \\
\hline 1/3 & cup & 1ard \\
\hline 1 & & OR plus 1 tablespoon shortening \\
\hline 2 & tablespoons & cold water (2 to 3 tablespoons) \\
\hline
\end{tabular}

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until ail flour is moistened and pastry almost cleans side of bow ( 1 to 2 teaspoons water can be added if necessary).

Gather pastry into ball; shape into flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured
cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.
Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll pastry under, even with plate. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into \(V\) shape; pinch again to sharpen. Fill and bake as directed in recipe.

For Baked Pie Shell: Heat oven to \(475^{\circ}\). Prick bottom and side thoroughly Page 103

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Yield:
"1 Crust"

Per serving: 134 Calories (kcal); 9g Total Fat; (59\% calories from fat); 2g Protein; 12g Carbohydrate; 8mg Cholesterol; 134mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(11 / 2\) Fat; 0 Other Carbohydrates

Nutr. Assoc. : 000021307065432777
```

* Exported from MasterCook *

```
                                    Chocolate Pie Deluxe
```

Recipe By : 10 Preparation Time :0:00

```
\(\begin{array}{ll}\text { Serving Size } \\ \text { Categories } & \text { : Desserts }\end{array}\)
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline \(11 / 2\) & cups & Favorite Pastry for 9-Inch One-Crust Pie -- (see recipe) miniature marshmallows OR \\
\hline 16 & 1arge & marshmallows \\
\hline 1/2 & (8) cup & milk \\
\hline 1 & (8 ounce) bar & milk chocolate candy \\
\hline 1 & cup & whipping cream -- chilled \\
\hline
\end{tabular}

Bake pie shell. Heat marshmallows, milk and chocolate over low heat, stirring constantly, just until chocolate and marshmallows are melted and mixture is smooth. Refrigerate, stirring occasionally, until mixture mounds slightly when dropped from a spoon.

Beat whipping cream in chilled bowl until stiff. Fold chocolate mixture into whipped cream. Pour into pie shell.

Refrigerate until set, about 8 hours. Spread with sweetened whipped cream and garnish with chocolate curls if desired.

8 to 10 servings
```

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approved Betty Crocker® Recipe.
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Yield:
"1 Pie"

```
Per serving: 329 Calories (kcal); \(23 g\) Total Fat; ( \(61 \%\) calories from fat); 4g
    Page 104
betty crocker best of baking recipes.txt
Protein; 28g Carbohydrate; 46mg Cholesterol; 143mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 4 1/2 Fat; 1 Other Carbohydrates

Nutr. Assoc. : 00021307065430271220
```

* Exported from MasterCook *

```

> Favorite Pastry for 9-Inch One-Crust Pie

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Desserts
Pies
\begin{tabular}{rrl} 
Amount & Measure & Ingredient -- Preparation Method \\
\hdashline 1 & & cup \\
\(1 / 2\) & all-purpose flour \\
\(1 / 3\) & teaspoon & salt \\
cup & lard
\end{tabular}

Mix flour and salt. Cut in lard until particles are size of small peas.
Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bow 1 ( 1 to 2 teaspoons water can be added if necessary).

Gather pastry into ball; shape into flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll pastry under, even with plate. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into \(V\) shape; pinch again to sharpen. Fill and bake as directed in recipe.

For Baked Pie She11: Heat oven to \(475^{\circ}\). Prick bottom and side thorough1y with fork. Bake 8 to 10 minutes or until light brown; cool.

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Yield:
"1 Crust"

Per serving: 134 Calories (kcal); 9g Total Fat; (59\% calories from fat); 2g Protein; 12g Carbohydrate; 8 mg Cholesterol; 134mg Sodium Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(11 / 2\) Fat; 0 Other Carbohydrates

Nutr. Assoc. : 000021307065432777
```

* Exported from MasterCook *

```

\section*{Chocolate Rol1}
```

Recipe By Size : 10 Preparation Time :0:00
Categories : Desserts

```
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 3/4 & cup & all-purpose flour* \\
\hline 1/4 & cup & cocoa \\
\hline 1 & teaspoon & baking powder \\
\hline 1/4 & teaspoon & salt \\
\hline 3 & & eggs \\
\hline 1 & cup & granulated sugar \\
\hline 1/3 & cup & water \\
\hline 1 & teaspoon & vanilla \\
\hline 1 & quart & Powdered sugar
chocolate mint ice cream -- slightly softened \\
\hline & quart & OR \\
\hline 1 & quart & vanilla ice cream -- slightly softened \\
\hline 1 1/4 & cups & French Silk Frosting -- (see recipe) \\
\hline
\end{tabular}

Heat oven to \(375^{\circ}\). Line jelly roll pan, \(151 / 2 \times 101 / 2 \times 1\) inch, with aluminum foil or waxed paper; grease. Mix flour, cocoa, baking powder and salt. Beat eggs in small mixer bowl until very thick and lemon colored, about 5 minutes. Pour eggs into large mixer bow 1 . Beat in granulated sugar gradually. Beat in water and vanilla on low speed. Mix in dry ingredients gradually, beating just until batter is smooth. Pour into pan, spreading batter to corners.

Bake until toothpick inserted in center comes out clean, 12 to 15 minutes.
Loosen cake from edges of pan; invert on towel sprinkled with powdered sugar. Carefully remove foil; trim off stiff edges if necessary. While hot, roll cake and towel from narrow end. Cool on wire rack. Unroll cake; remove towel. Spread with ice cream. Roli up; wrap in plastic wrap. Freeze until firm, about 6 hours. Frost with French silk Frosting (see recipe).

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Yield:
"1 Rol1"

Per serving: 319 Calories (kcal); 12g Total Fat; (34\% calories from fat); 5g Protein; 49g Carbohydrate; 80 mg Cholesterol; 189mg Sodium
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat; 2 1/2 Other Carbohydrates

NOTES : *If using self-rising flour, omit baking powder and salt.
Chocolate-Almond Roll: Omit ice cream. Beat 1 cup chilled whipping cream, \(1 / 4\) cup powdered sugar and 2 tablespoons cocoa in chilled bow 1 until stiff. Beat in \(1 / 2\) teaspoon vanilla. Fold in \(1 / 4\) cup toasted sliced almonds. Spread roll with whipped cream mixture. Roll up; frost with French Silk Frosting. Refrigerate any remaining cake rol1.
Nutr. Assoc. : 140000000001459021307065430
betty crocker best of baking recipes.txt
```

* Exported from MasterCook *

```
                                    French Silk Frosting
Recipe By :
Serving Size : 10 Preparation Time :0:00
Categories : Cakes Desserts
\begin{tabular}{rll} 
Amount & Measure & Ingredient -- Preparation Method \\
\(-1 / 3\) & cup & margarine or butter -- softened \\
\(11 / 3\) & cups & powdered sugar \\
1 & \(1 / 2\) & teaspoon
\end{tabular}

Beat margarine, powdered sugar, chocolate and vanilla on low speed until blended. Gradually beat in milk until fluffy.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
"O Genera1 Mi11s, Inc. 1998."
Yield:
"2 2/3 Cups"

```
Per serving: 133 Calories (kcal); 8 g Total Fat; (49\% calories from fat); trace
Protein; 17g Carbohydrate; trace Cholesterol; 72mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 1
Other Carbohydrates
Nutr. Assoc. : 40980538700
* Exported from MasterCook *
    Chocolate Swirl Cheesecake with Raspberry Topping
Recipe By \(\begin{aligned} & \text { Serving Size } \\ & \text { Se } \\ & \text { Separation Time }: 0: 00\end{aligned}\)
Categories : Cakes Holiday
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 & cups & Thick Yogurt -- (recipe in directions) \\
\hline 4 & & chocolate wafers -- crushed (about 1/4 cup) \\
\hline 1 & (8 ounce) pac & kage cream cheese -- softened \\
\hline \(2 / 3\)
\(1 / 4\) & cup & sugar
milk \\
\hline \(2{ }^{1 / 4}\) & tablespoons & al1-purpose flour \\
\hline 2 & teaspoons & vanilla \\
\hline 3 & & egg whites \\
\hline 1 & tablespoon & cocoa \\
\hline 1 & teaspoon & ```
chocolate extract
Raspberry Topping -- (recipe follows)
``` \\
\hline 1 & (10 ounce) pa & \begin{tabular}{l}
RASPBERRY TOPPING \\
kage frozen raspberries -- thawed, drained and juice Page 107
\end{tabular} \\
\hline
\end{tabular}

Prepare Thick Yogurt. Heat oven to \(300^{\circ}\). Spray springform pan, \(9 \times 3\) inches, with nonstick cooking spray. Sprinkle chocolate wafer crumbs on bottom of pan. Beat Thick Yogurt and cream cheese in medium bow 1 on medium speed until smooth. Add sugar, milk, flour, vanilla and egg whites. Beat on medium speed about 2 minutes or until smooth.

Place 1 cup batter in small bow1. Beat in cocoa and chocolate extract until blended. Carefully spread vanilla batter over crumbs in pan. Drop chocolate batter by spoonfuls onto vanilla batter. Swirl through batter with metal spatula for marbled effect, being careful not to touch bottom.

Bake 1 hour. Turn off oven; leave cheesecake in oven 30 minutes. Prepare Raspberry Topping; spread over cheesecake. Cover and refrigerate at least 3 hours. Loosen cheesecake from side of pan; remove side of pan. Refrigerate any remaining cheesecake.

THICK YOGURT:
Line 6-inch strainer with basket-style paper coffee filter or double-thickness cheesecloth. Place strainer over bowl. Spoon yogurt into strainer. Cover strainer and bowl and refrigerate at least 12 hours, draining liquid from bow 1 occasionally.

\section*{RASPBERRY TOPPING:}

Add enough water to reserved juice to measure \(11 / 4\) cups. Mix sugar and cornstarch in 1 1/2-quart saucepan. Stir in juice mixture and raspberries. Heat to boiling over medium heat, stirring frequently. Boil and stir 1 minute; cool.
```

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

```

\section*{Copyright:}
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Yield:
"1 Cheesecake"

Per serving: 203 Calories (kcal); 8g Total Fat; (36\% calories from fat); 4g Protein; 28g Carbohydrate; 27 mg Cholesterol; 103mg Sodium
Food Exchanges: 0 Grain(Starch); \(1 / 2\) Lean Meat; 0 Vegetable; \(1 / 2\) Fruit; \(11 / 2\)
Fat; 1 Other Carbohydrates
NOTES : The remaining Thick Yogurt is delicious spread on toast or bagels or to top fresh fruit.
Nutr. Assoc. : 4523264700000000213070654300123300
* Exported from MasterCook *

Chocolate Swirl Coffee Cake
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving.Size } & \text { : } 9 \quad \text { Preparation Time }: 0: 00\end{array}\)
Categories : Breads
Cakes

Amount Measure Ingredient -- Preparation Method
```

                    betty crocker best of baking recipes.txt
                        Topping -- (recipe follows)
    2
            1/4
            2/3
            cups Bisquick Original baking mix
                    cup sugar
                            cup water
                                OR
                            2/3 cup milk
            tablespoons margarine or butter -- melted
                        egg
                            cup semisweet chocolate chips -- melted
                        TOPPING
            1/3 cup flaked coconut
            1/4 cup sugar
    1/4 cup chopped walnuts or pecans
    1
tablespoon margarine or butter -- melted
Heat oven to 400'. Grease square pan, 8 < 8 < 2 inches. Prepare Topping;
reserve.
Mix baking mix, sugar, water, margarine and egg; beat vigorous7y 30 seconds. Spread in pan. Spoon chocolate over batter; cut through batter and chocolate with knife several times to marble. Sprinkle with Topping.
Bake 20 to 25 minutes or until brown and cake feels firm when touched in center. Serve warm or let stand until cool.
TOPPING:
Mix all ingredients.

```
```

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approved Betty Crocker® Recipe.
Copyright:
"O Genera1 Mi11s, Inc. 1998."
Yield:
"1 Cake"

```
Per serving: 255 Calories (kcal); 13g Total Fat; (43\% calories from fat); 4g
Protein; 34 g Carbohydrate; 21 mg Cholesterol; 370 mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(21 / 2\) Fat; 1
Other Carbohydrates
Nutr. Assoc. : 2130706543225000021307065434098000002737020187
        4098
* Exported from MasterCook *
                                    Chocolate Terrine
\(\begin{array}{ll}\text { Recipe By } & \\ \text { Serving Size } & \text { : } 16 \quad \text { Preparation Time }: 0: 00 \\ \text { Categories } & : \text { Desserts }\end{array}\)
    Amount Measure Ingredient -- Preparation Method
    1 (3 1/2 ounce) package almond paste
    \(11 / 2 \quad\) cups half-and-half
    4 (1 ounce) squares semisweet chocolate -- coarsely chopped
    4 ounces white chocolate (vanilla-flavored candy
    4
    coating) -- coarsely chopped
    eggs -- slightly beaten
                                    Page 109
\begin{tabular}{|c|c|c|}
\hline \multirow[t]{2}{*}{2} & \multicolumn{2}{|l|}{tablespoons brandy} \\
\hline & tablespoons & brandy OR \\
\hline 2 & teaspoons & brandy extract
Chocolate Glaze -- (recipe follows) \\
\hline & & ChOCOLATE GLAZE \\
\hline 1 & cup & semisweet chocolate chips \\
\hline 1/4 & cup & margarine or butter \\
\hline 2 & tablespoons & corn syrup \\
\hline
\end{tabular}

Line loaf pan, \(81 / 2 \times 41 / 2 \times 21 / 2\) inches, with aluminum foil, leaving about 2 inches overhanging sides. Roll almond paste between 2 sheets waxed paper into rectangle, \(8 \times 4\) inches; cover with plastic wrap and set aside.

Heat oven to \(350^{\circ}\). Heat half-and-half, semisweet chocolate and white chocolate over low heat, stirring constantly, until chocolates are melted and mixture is smooth; cool slightly. Gradually stir eggs and brandy into chocolate mixture. Pour into lined pan. Place pan in pan of very hot water (1 inch deep) in oven.

Bake until knife inserted halfway between edge and center comes out clean, 40 to 50 minutes. Remove from water. Remove waxed paper from almond paste and immediately place on hot terrine; cool 1 hour. Cover and refrigerate at least 6 hours but no longer than 24 hours.

Reserve Chocolate Glaze; reserve 1/4 cup. Remove terrine from pan by inverting on serving plate. Carefully remove foil. Spread remaining glaze evenly and smoothly over sides and top of terrine.

Stir 1 to 2 tablespoons powdered sugar into reserved chocolate glaze until smooth and of desired consistency. Place in decorating bag with small writing tip or small sturdy plastic storage bag. (If using plastic bag, cut off very small corner of bag, about \(1 / 8\) inch in diameter.) write Terrine on top and decorate around edges of top with remaining chocolate. To serve, cut into 8 slices, about 1 inch each; cut slices into halves. Refrigerate any remaining terrine.

CHOCOLATE GLAZE:
Heat chocolate chips, margarine and corn syrup over low heat, stirring constantly, until chocolate is melted; cool.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Description:
"This luscious dessert takes its name from the pan it was cooked in.
We use a loaf pan for this elegant treat with wonderful results."
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Per serving: 231 Calories (kcal); 16 g Total Fat; ( \(58 \%\) calories from fat); 4 g Protein; 21g Carbohydrate; 55 mg Cholesterol; 63 mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat; 1 Other Carbohydrates

Nutr. Assoc. : 0704488755190002130706543213070654300040980
```

* Exported from MasterCook *

```

Chocolate-Caramel Sticky Buns
betty crocker best of baking recipes.txt
Recipe By :
Serving Size : 15 Preparation Time :0:00
Categories : Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 3 1/2 & cups & all-purpose flour \\
\hline 1/2 & cup & cocoa \\
\hline 1/3 & cup & granulated sugar \\
\hline 1/2 & teaspoon & salt \\
\hline 2 & packages & quick-acting or regular active dry yeast \\
\hline 1 & cup & very warm milk ( \(120^{\circ}\) to \(130^{\circ}\) ) \\
\hline 1/3 & cup & margarine or butter -- softened \\
\hline 1 & & egg \\
\hline 1 & cup & packed brown sugar \\
\hline 1/2 & cup & margarine or butter (1 stick) \\
\hline 1/4 & cup & dark corn syrup \\
\hline 3/4 & cup & pecan halves \\
\hline 2 & tablespoons & margarine or butter -- softened \\
\hline 1/2 & cup & miniature chocolate chips \\
\hline 2 & tablespoons & packed brown sugar \\
\hline 1 & teaspoon & ground cinnamon \\
\hline
\end{tabular}

Mix 2 cups of the flour, cocoa, granulated sugar, salt, and yeast in large bow 7 . Add warm milk, 1/3 cup margarine, and egg. Beat on low speed 1 minute, scraping bow 1 frequently. Beat on medium speed 1 minute, scraping bowl frequently. Stir in remaining flour (dough will be stiff).

Turn dough onto lightly floured surface. Knead about 5 minutes or until smooth and elastic. Place in greased bowl and turn greased side up. Cover and let rise in warm place about \(11 / 2\) hours or until double. (Dough is ready if indentation remains when touched.)

Heat 1 cup brown sugar and \(1 / 2\) cup margarine to boiling, stirring constantly; remove from heat. Stir in corn syrup. Pour in ungreased rectangular pan, \(13 \times 9 \times 2\) inches. Sprinkle with pecan halves.

Punch dough down. Flatten with hands or rolling pin into rectangle, \(15 \times\) 10 inches, on lightly floured surface. Spread with 2 tablespoons margarine. Mix chocolate chips, 2 tablespoons brown sugar and the cinnamon. Sprinkle evenly over margarine. Roll up tightly, beginning at \(15-i n c h\) side. Pinch edge of dough into roll to seal. Stretch and shape until even: Cut roll into fifteen 1-inch slices. Place slightly apart in pan. Let rise in warm place about 30 minutes or until double.

Heat oven to \(350^{\circ}\). Bake 30 to 35 minutes or until dark brown. Immediately invert on heatproof tray or serving plate. Let stand 1 minute so caramel will drizzle down; remove pan.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

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Yield:
"15 Buns"

Per serving: 392 Calories (kcal); 19g Total Fat; ( \(40 \%\) calories from fat); 6g Protein; 55g Carbohydrate; 15 mg Cholesterol; 240mg Sodium Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 1/2
Fat; 2 Other Carbohydrates

Nutr. Assoc. : 0000263669724098004098004098000
Page 111
betty crocker best of baking recipes.txt
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* Exported from MasterCook *

```

\section*{Chocolate-Nut Fingers}
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 96 \text { Preparation Time :0:00 }\end{array}\)
Categories : Cookies \& Brownies Holiday


Mix sugar, margarine, milk, vanilla, almond extract and egg in large bowl. Stir in flour, baking powder and salt. Cover and refrigerate at least 4 hours.

Heat oven to \(375^{\circ}\). For each cookie, shape 1 teaspoon dough into 4-inch rope. (For smooth, even ropes, roll back and forth on sugared surface.) Place on ungreased cookie sheet.

Bake 9 to 12 minutes or until set and very light brown. Remove from cookie sheet. Cool on wire rack.

Heat chocolate chips until melted. Dip ends of cookies into chocolate, then into nuts. Place cookies on waxed paper. Let stand about 10 minutes or until chocolate is set.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

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Yield:
"96 Cookies"

Per serving: 52 Calories (kcal); 3g Total Fat; (46\% calories from fat); 1g Protein; 6 g Carbohydrate; 2 mg Cholesterol; 34mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : For a different look, dip cookies halfway into the chocolate or brush the entire top of the cookie before dipping into the nuts. Nutr. Assoc. : 04098000000000
```

* Exported from MasterCook *
Christmas Brioche
Recipe By :
Serving Size : 24 Preparation Time :0:00
Page 112

```
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & package & regular or quick-acting active dry yeast \\
\hline 1/2 & & warm water ( \(105^{\circ}\) to \(115^{\circ}\) ) \\
\hline 2 & tablespoons & sugar \\
\hline 1/2 & teaspoon & salt \\
\hline 5
1 & & eggs egg white \\
\hline 3/4 & cup & margarine or butter (1 1/2 sticks) -- softened \\
\hline \(31 / 2\) & cups & al1-purpose flour \\
\hline \(11 / 2\) & cup & chopped nuts \({ }^{\text {a }}\) dit \\
\hline 1 & cup & mixed chopped candied fruit \\
\hline 1 & tablespoon & egg yolk water \\
\hline 2 & tablespoons & apricot jam \\
\hline 2 & teaspoons & water \\
\hline
\end{tabular}

Dissolve yeast in warm water in large bowl. Add sugar, salt, 5 eggs, the egg white, margarine and 2 cups of the flour. Beat on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 10 minutes, scraping bowl occasionally. Stir in remaining flour, the nuts and candied fruit until batter is smooth. Scrape dough from side of bowl. Cover with plastic wrap and let rise in warm place about 1 hour or until double. (Dough is ready if indentation remains when touched.)

Stir down dough by beating about 25 strokes. Cover bowl tightly with plastic wrap and refrigerate at least 8 hours.

Grease two 4 -cup brioche pans or two \(11 / 2\)-quart ovenproof bowls. Stir down dough. (Dough will be very soft and slightly sticky.) Divide dough in half; refrigerate one half. Shape one-fourth of the remaining dough into a cone shape, using lightly floured hands. Shape remaining three-fourths dough into flattened round, about \(31 / 2\) inches in diameter. Place flattened round in 1 pan, patting to fit. Make indentation, about 2 inches in diameter and \(11 / 2\) inches deep, in center of dough. Place cone-shaped dough, pointed side down, in indentation. Repeat with refrigerated dough. Cover and let rise in warm place about 1 1/2 hours or until double.

Heat oven to \(375^{\circ}\). Beat egg yolk and 1 tablespoon water slightly; brush over top of dough. (Do not allow egg yolk mixture to accumulate around edges of pans.)

Bake 35 to 40 minutes or until golden brown. Immediately remove from pans. Mix apricot jam and 2 teaspoons water; brush over hot loaves.

Classic Brioche: Omit nuts, candied fruit, apricot jam and 2 teaspoons water.

Individual Brioches: Grease 24 brioche pans or medium muffin cups, \(21 / 2 \times\) \(11 / 4\) inches. After stirring down chilled dough, divide in half; refrigerate one half. Shape remaining half dough into roll, about \(71 / 2\) inches long. Cut into 15 slices, each about \(1 / 2\) inch thick.

Working quickly with floured hands (dough will be very soft and slightly sticky), shape 12 of the slices into balls; place in pans or muffin cups. Flatten and make a deep indentation in center of each ball with thumb. Cut each of the remaining 3 slices into 4 equal parts; shape each part into ball. Place 1 ball in each indentation. Repeat with refrigerated dough. Cover and let rise in warm place about 40 minutes or until double.

Heat oven to \(375^{\circ}\). Beat egg yolk and 1 tablespoon water slightly; brush over top of dough. (Do not allow egg yolk mixture to accumulate around edges of pans.)

Bake 15 to 20 minutes or until golden brown. Immediately remove from pans.
```

    betty crocker best of baking recipes.txt
    2 dozen individual brioches.
2 loaves (12 slices each)

```

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Yield:
"2 Loaves"

Per serving: 173 Calories (kcal); 9g Total Fat; (44\% calories from fat); 4g Protein; 20g Carbohydrate; 48mg Cholesterol; 132mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates
```

Nutr. Assoc. : 26366 5472 0 0 0 0 4098 0 0 2431 0 0 0 0

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* Exported from MasterCook *

Christmas Coconut Cake
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 16 \text { Preparation Time }: 0: 00\end{array}\)
Categories : Cakes Holiday
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 & cups & Tutti-Frutti Filling -- (recipe follows) \\
\hline \(11 / 2\) & cups & granulated sugar \\
\hline 1/2 & cup & shortening \\
\hline 1 & cup & milk \\
\hline \(31 / 2\) & teaspoons & baking powder \\
\hline 1 & teaspoon & salt \\
\hline 1 & teaspoon & vanilla \\
\hline 4 & & egg whites \\
\hline 2/3 & cup & flaked coconut \\
\hline 1 & cup & whipping (heavy) cream \\
\hline 1/4 & cup & powdered sugar \\
\hline 3/4 & teaspoon & almond extract \\
\hline 2 & & TUTTI-FRUTTI FILLING egg yolks \\
\hline 2/3 & cup & sour cream \\
\hline 2/3 & cup & sugar \\
\hline 1 & cup & finely chopped pecans \\
\hline 2/3 & cup & flaked coconut \\
\hline 1/2 & cup & finely chopped raisins, (1/2 to 1 cup) \\
\hline 1/2 & cup & finely chopped candied cherries, ( \(1 / 2\) to 1 cup) \\
\hline
\end{tabular}

Prepare Tutti-Frutti Filling. Heat oven to \(350^{\circ}\). Grease and flour 2 round pans, \(9 \times 11 / 2\) inches. Beat flour, granulated sugar, shortening, milk, baking powder, salt and vanilla in large bow 1 on low speed 30 seconds, scraping bow 1 constantly. Beat on high speed 2 minutes, scraping bow 1 occasionally. Add egg whites; beat on high speed 2 minutes, scraping bowl occasionally. Stir in coconut. Pour into pans.

Bake 30 to 35 minutes or until toothpick inserted in center comes out
betty crocker best of baking recipes.txt
clean. Remove from pans; cool on wire rack.
Fill layers and frost top of cake to within 1 inch of edge with Tutti-Frutti Filling. Beat whipping cream, powdered sugar and almond extract in chilled medium bowl until stiff. Spread over side and top edge of cake. Refrigerate until serving time. Refrigerate any remaining cake.

TUTTI-FRUTTI FILLING:
Mix egg yolks and sour cream in 2 -quart saucepan. Stir in sugar. Cook over low heat, stirring constantly, until mixture begins to simmer. Simmer, stirring constantly, until mixture begins to thicken; remove from heat. Stir in remaining ingredients; cool.

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Copyright:
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Yie1d:
"1 cake"

Per serving: 398 Calories (kcal); 20g Total Fat; (43\% calories from fat); 5g Protein; 53g Carbohydrate; 38mg Cholesterol; 301mg Sodium Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 4 Fat; 2 Other Carbohydrates

Nutr. Assoc. : 2130706543000000002737273772100000020148 273746804097
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* Exported from MasterCook *

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Christmas Cookie Pizza
\begin{tabular}{lllll} 
Recipe By & Breparation Time :0:00 & \\
Serving Size & 16 Prepar \\
Categories & \(:\) Cookies \& Brownies & & Holiday
\end{tabular}

betty crocker best of baking recipes.txt
Stir in flour and baking soda (dough will be stiff). Spread or pat dough in ungreased 12-inch pizza pan or on cookie sheet.
Bake about 15 minutes or until golden brown; cool.
Prepare Chocolate Pizza Sauce; spread over baked layer. Immediately
sprinkle with pecan halves, candies and coconut; press lightly. Drizzle with candy coating. Let stand until set. Remove from pan if desired. Cut into wedges.

CHOCOLATE PIZZA SAUCE:
Heat chocolate chips, margarine and milk over low heat, stirring occasionally, just until chocolate is melted; remove from heat. Stir in powdered sugar. Beat with wire whisk until smooth, glossy and of spreading consistency. (If not glossy, stir in a few drops hot water.)

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Yield:
"1 Pizza"

Per serving: 304 Calories (kcal); 16g Total Fat; (45\% calories from fat); 3g Protein; 40g Carbohydrate; 14 mg Cholesterol; 139 mg Sodium Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat; 2 Other Carbohydrates

Nutr. Assoc. : 4098 0 0 0 0 0 0 2130706543040724923552000409800
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* Exported from MasterCook *

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Chunky Vegetable Pizza with Cornmeal Crust
\begin{tabular}{lll} 
Recipe By \\
Serving Size & : \(6 \quad\) Preparation Time :0:00
\end{tabular} Categories : Main and Side Dishes
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline & & Cornmeal Crust -- (recipe follows) \\
\hline 2 & tablespoons & olive or vegetable oil \\
\hline 1 & clove & garlic -- finely chopped \\
\hline 1 & teaspoon & dried basil leaves \\
\hline 1 & (16 ounce) pa & frozen broccoli, red bell peppers, onions, and mushrooms -- thawed \\
\hline 2 & cups & shredded Mozzarella cheese (8 ounces) \\
\hline & & CORNMEAL CRUST \\
\hline \(21 / 3\) & cups & water \\
\hline 1 & cup & yellow cornmeal \\
\hline 1 & tablespoon & margarine or butter \\
\hline 1/4 & teaspoon & salt \\
\hline 1/8 & teaspoon & ground red pepper (cayenne) \\
\hline
\end{tabular}

Heat oven to \(425^{\circ}\). Prepare Cornmeal Crust. Mix oil, garlic and basil. Sprinkle vegetables over partially baked crust. Sprinkle with cheese. Drizzle with oil mixture.

Bake 15 to 20 minutes or until cheese is melted and vegetables are hot. Page 116
betty crocker best of baking recipes.txt
CORNMEAL CRUST:
Heat oven to \(425^{\circ}\). Grease 12 -inch pizza pan with shortening. Heat water to boiling in 2 -quart saucepan. Stir in remaining ingredients with wire whisk until mixture is smooth and thickens. Spoon onto pizza pan and spread eventy, mounding edge slightly.

Bake 5 to 7 minutes or until set and light brown.
1 pizza, 6 slices

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Yield:
"1 Pizza"

Per serving: 282 Calories (kcal); 16 g Total Fat; ( \(51 \%\) calories from fat); 12g Protein; 23g Carbohydrate; 34mg Cholesterol; 290mg Sodium
Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; \(21 / 2\) Fat; 0 Other Carbohydrates

Nutr. Assoc. : 2130706543986030913439261530000409802514
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* Exported from MasterCook *

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\section*{Cinnamon Biscuit Fans}

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Breads
\begin{tabular}{|c|c|c|c|}
\hline & unt & Measure & Ingredient -- Preparation Method \\
\hline & \multirow[t]{4}{*}{1/3} & cup & firm margarine or butter \\
\hline \multirow[t]{5}{*}{2
2
3} & & cups & al1-purpose flour \\
\hline & & tablespoons & sugar \\
\hline & & teaspoons & baking powder \\
\hline & 1/2 & teaspoon & salt \\
\hline & 3/4 & cup & milk (about) \\
\hline \multirow[t]{3}{*}{3
3
1} & & tablespoons & margarine or butter -- softened \\
\hline & & tablespoons & sugar \\
\hline & & teaspoon & \begin{tabular}{l}
ground cinnamon \\
Glaze -- (recipe follows)
\end{tabular} \\
\hline \multicolumn{2}{|r|}{\multirow{3}{*}{1/2}} & & GLAZE \\
\hline & & cup & powdered sugar \\
\hline & & teaspoons & milk (2 to \(21 / 2\) teaspoons) \\
\hline
\end{tabular}

Heat oven to \(425^{\circ}\). Grease 8 medium muffin cups, \(21 / 2 \times 11 / 4\) inches. Cut \(1 / 3\) cup margarine into flour, 2 tablespoons sugar, the baking powder and salt with pastry blender in 1arge bowl until mixture resembles fine crumbs. Stir in just enough milk so dough leaves side of bow 1 and forms a ball.

Turn dough onto lightly floured surface; gently roll in flour to coat. Knead lightly 10 times. Roll into rectangle, \(12 \times 10\) inches. Spread 3 tablespoons margarine over rectangle. Mix 3 tablespoons sugar and the cinnamon; sprinkle over rectangle. Cut rectangle crosswise into 6 strips,
betty crocker best of baking recipes.txt
\(10 \times 2\) inches. Stack strips; cut crosswise into 8 pieces. Place cut sides up in muffin cups.

Bake 16 to 18 minutes or until golden brown. Immediately remove from pan. Drizzle G1aze over warm biscuits.

GLAZE :
Mix ingredients until smooth and of drizzling consistency.
```

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approved Betty Crocker® Recipe.
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Yield:
"8 Biscuits"

```
Per serving: 291 Calories (kcal); 12g Total Fat; (38\% calories from fat); 4g
Protein; 41g Carbohydrate; 1mg Cholesterol; 468mg Sodium
Food Exchanges: \(11 / 2\) Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(21 / 2\)
Fat; 1 Other Carbohydrates
Nutr. Assoc. : 40980000403840980021307065430004038
* Exported from MasterCook *
                                    Cinnamon Squash Rings
\(\begin{array}{lll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 6 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Main and Side Dishes :0:00 Vegetables
\begin{tabular}{|c|c|}
\hline Amount Measure & Ingredient -- Preparation Method \\
\hline tablespoons & packed brown sugar \\
\hline 2 tablespoons & milk \\
\hline 1 & egg bread crumbs (about \(21 / 2\) slices \\
\hline 3/4 cup & soft bread crumbs (about \(21 / 2\) slices bread) \\
\hline 1/4 cup & cornmeal \\
\hline 2 teaspoons & ground cinnamon \\
\hline 1 large & acorn squash (1 1/2 pounds) -- cut crosswise into 1/2 \\
\hline inch slices and seeded \(1 / 3\) & margarine or butter -- melted \\
\hline \multicolumn{2}{|l|}{\multirow[t]{3}{*}{Heat oven to \(400^{\circ}\). Mix brown sugar, milk and egg. Mix bread crumbs, cornmeal and cinnamon. Dip squash slices into egg mixture, then coat with bread crumb mixture; repeat.}} \\
\hline & \\
\hline & \\
\hline \multicolumn{2}{|l|}{Place in ungreased rectangular pan, \(13 \times 9 \times 2\) inches. Drizzle with margarine. Bake uncovered 30 to 35 minutes or until squash is tender.} \\
\hline
\end{tabular}

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    betty crocker best of baking recipes.txt
    Per serving: 188 Calories (kcal); 11g Total Fat; (52% calories from fat); 3g
Protein; 20g Carbohydrate; 32mg Cholesterol; 165mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 1/2
Other Carbohydrates
Nutr. Assoc. : 0 0 0 20226 0 0 2017 4098

* Exported from MasterCook *
Cinnamon-Sugar Muffins
Recipe By : 12 Preparation Time :0:00
Categories : Baking with Kids Breads

| Amount | Measure | Ingredient -- Preparation Method |
| ---: | :--- | :--- |
|  |  | Shortening |
| $1 / 2$ | cup | sugar |
| $1 / 2$ | cup | milk |
| $1 / 3$ | cup | vegetable oil |
| 1 | $1 / 2$ | cupe |
| $1 / 2$ | egg |  |
| $1 / 2$ | teaspoons | baking powder |
| $1 / 2$ | teaspoon | salt |
| $1 / 2$ | teaspoon | ground nutmeg |
| 1 | cup | sugar |
| $1 / 2$ | teaspoon | ground cinnamon |
|  | cup | margarine or butter (1 stick) |

Heat oven to 350'.
Grease bottoms on1y of 12 muffin cups with:
Shortening
Beat in medium bowl with fork:
1/2 cup sugar
1/2 cup milk
1/3 cup vegetable oil
1 large egg
Stir into milk mixture just until all the flour is wet (do not stir too
much-batter wil1 be lumpy):
1 1/2 cups al1-purpose flour
1 1/2 teaspoons baking powder
1/2 teaspoon salt
1/4 teaspoon ground nutmeg
Spoon batter into muffin cups until 2/3 ful1. Bake 20 to 25 minutes or
until golden brown.
While muffins are baking, mix in small bowl, then set aside:
1/2 cup sugar
1 teaspoon ground cinnamon
Me7t in saucepan over low heat, then remove from heat:
1/2 cup (1 stick) margarine or butter
Adult help: Immediately remove muffins from pan. Roll hot muffins in the
melted margarine, then in the cinnamon-sugar mixture. Serve hot.

```
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Copyright:
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Yie1d:
"12 Muffins"

Per serving: 255 Calories (kcal); 15g Total Fat; (50\% calories from fat); 2g Protein; 29g Carbohydrate; 17mg Cholesterol; 249mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat; 1 Other Carbohydrates
```

NOTES : Utensils You Will Need
Muffin pan with medium cups, 2 1/2 < 1 1/4 inches • Pastry brush •
Medium bow1 • Fork • Dry-ingredient measuring cups • Wooden spoon
- Sma11 bow1 - Measuring spoons • Liquid measuring cup - Pot
holders • 1-quart saucepan

```
Nutr. Assoc. : 000000000004098
* Exported from MasterCook *
                                    Classic Cheese Soufflé
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 4 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Main and Side Dishes
\begin{tabular}{rrl} 
Amount & Measure & Ingredient -- Preparation Method \\
\(-1 / 4\) & cup & margarine or butter \\
\(1 / 4\) & cup & all-purpose flour \\
\(1 / 2\) & teaspoon & salt \\
\(1 / 4\) & teaspoon & ground mustard (dry) \\
1 & Dash & ground red pepper (cayenne) \\
1 & cup & milk \\
3 & cup & shredded cheddar cheese (4 ounces) \\
& \(1 / 4\) & teaspoon \\
& eggs -- separated
\end{tabular}

Heat oven to \(350^{\circ}\). Butter 1-quart soufflé dish or casserole. Make a 4-inch band of triple-thickness aluminum foil 2 inches longer than circumference of dish. Butter one side of foil. Secure foil band, buttered side in, around top edge of dish.

Melt margarine in 2 quart saucepan over medium heat. Stir in flour, salt, mustard and red pepper. Cook over medium heat, stirring constantly, until smooth and bubbly; remove from heat. Stir in milk. Heat to boiling, stirring constantiy. Boil and stir 1 minute. Stir in cheese until melted; remove from heat.

Beat egg whites and cream of tartar in medium bow with electric mixer on high speed until stiff but not dry. Beat egg yolks on high speed about 3 minutes or until very thick and lemon colored; stir into cheese mixture. Stir about one-fourth of the egg whites into cheese mixture. Fold cheese mixture into remaining egg white. Carefully pour into soufflé dish.

Bake 50 or 60 minutes or until knife inserted halfway between center and edge comes out clean. Carefully remove foil band and quickly divide soufflé into sections with 2 forks. Serve immediately.

\footnotetext{
Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.
}
betty crocker best of baking recipes.txt
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```
Per serving: 331 Calories (kcal); 26g Total Fat; (71\% calories from fat); 14g
Protein; 10g Carbohydrate; 178 mg Cholesterol; 647 mg Sodium
Food Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat;
0 Other Carbohydrates
Serving Ideas : Serve this fluffy soufflé wịth asparagus spears, sliced ham,
whole-grain bread and fresh fruit for a delicious meal.
NOTES : Classic Shrimp Soufflé: Omit mustard, red pepper and cheese. Add 1
    can (4 to \(41 / 2\) ounces) shrimp, rinsed and drained, and 1
    tablespoon chopped fresh or 1 teaspoon dried tarragon to sauce
    before adding the beaten egg yolks.
Nutr. Assoc. : 40980051825140442200
* Exported from MasterCook *
                                    Classic Four-Seasons Pizza
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 2 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Main and Side Dishes


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Yield:
"1 Pizza"
```

Per serving: 3018 Calories (kcal); 244g Total Fat; (67% calories from fat); 78g
Protein; 184g Carbohydrate; 710mg Cholesterol; 3366mg Sodium
Food Exchanges: 2 Grain(Starch); 8 1/2 Lean Meat; 3 1/2 Vegetable; 0 Fruit; 44
Fat; 8 Other Carbohydrates
NOTES : *3 canned imported pear-shaped tomatoes, drained, can be
substituted for the fresh tomatoes.
The Classic Four-Seasons Pizza is an edible display of the year's
seasons, with spring represented by fresh basil and chunks of
tomato, summer by capers and anchovies, fal1 by cheese and winter
by prosciutto, one of the more nourishing foods available in
winter.
Nutr. Assoc. : 0 0 26153 1198 4633 0 2478 0 26004 26367 0 160

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* Exported from MasterCook *
    Bittersweet Chocolate Cheesecake with white Truffle Sauce
Recipe By \(\begin{aligned} & \text { Berving Size } \\ & \text { Se } \\ & \text { Separation Time }: 0: 00\end{aligned}\)
Categories : Cakes Desserts
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 & \multicolumn{2}{|l|}{(8 ounce) packages cream cheese -- softened} \\
\hline 1 & teaspoon & vanilla \\
\hline \multirow[t]{4}{*}{2/3} & cup & sugar \\
\hline & tablespoon & al1-purpose flour \\
\hline & & eggs \\
\hline & ounces & bittersweet chocolate -- melted and cooled white Truffle Sauce -- (recipe follows) \\
\hline & & WHITE TRUFFLE SAUCE \\
\hline 1 & (6 ounce) pac & kage white chocolate (white baking bar) -- \\
\hline 2 & tablespoons & margarine or butter \\
\hline 1/2 & cup & whipping (heavy) cream \\
\hline
\end{tabular}

Heat oven to \(275^{\circ}\). Lightly grease springform pan, \(9 \times 3\) inches. Beat cream cheese and vanilla on medium speed in medium bow 1 until smooth. Gradually add sugar, beating until fluffy. Beat in flour. Beat in eggs, one at a time. Beat in chocolate; pour into pan.

Bake about 1 hour 15 minutes or until center is firm. Cool 15 minutes. Run metal spatula along side of cheesecake to loosen before and after refrigerating. Cover and refrigerate about 3 hours or until chilled. Meanwhile, prepare white Truffle Sauce.

Remove cheesecake from side of pan. Let cheesecake stand at room temperature 15 minutes before cutting. Serve cheesecake with sauce and, if desired, fresh raspberries or strawberries. Refrigerate any remaining cheesecake.

WHITE TRUFFLE SAUCE:
Heat baking bar and margarine in heavy 2 -quart saucepan over low heat, stirring constantly, until melted (mixture will be thick and grainy); remove from heat. Stir in whipping cream until smooth. Cover and refrigerate about 2 hours or until chilled.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.
betty crocker best of baking recipes.txt
```

Copyright:
"@ General Mil1s, Inc. 1998."
Yield:
"1 Cake"
T(Bake):
"1:15"

```
Per serving: 416 Calories (kcal); 35 g Total Fat; (69\% calories from fat); 7g
Protein; 27g Carbohydrate; 102mg Cholesterol; 157mg Sodium
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 6 1/2
Fat; 1 1/2 Other Carbohydrates
Nutr. Assoc. : 00003218021307065430055194098721
* Exported from MasterCook *
    Simple Pizza Sauce
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & 0 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Main and Side Dishes Sauces
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 & \multicolumn{2}{|l|}{(28 ounce) cans imported pear-shaped tomatoes -- drained} \\
\hline 1 & tablespoon & chopped fresh basil \\
\hline \(11 / 2\) & teaspoons & dried oregano \\
\hline 1 & teaspoon & fresh7y grated Romano cheese \\
\hline 2 & teaspoons & extra-virgin olive oil \\
\hline 1/4 & teaspoon & salt \\
\hline 1/4 & teaspoon & pepper \\
\hline 4 & cloves & garlic \\
\hline
\end{tabular}

Place all ingredients in food processor or blender; cover and process until smooth. Use immediately or cover and refrigerate sauce up to 48 hours. Freeze up to 2 months. Thaw in refrigerator before using.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"3 Cups"

Per serving: 417 Calories (kcal); 12g Total Fat; ( \(22 \%\) calories from fat); 16g Protein; 75g Carbohydrate; 2 mg Cholesterol; 2913mg Sodium Food Exchanges: 0 Grain(Starch); 0 Lean Meat; \(131 / 2\) Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates
```

Nutr. Assoc. : 2470 0 0 20087 0 0 0 0

```
```

* Exported from MasterCook *

```

Classic French Silk Pie
betty crocker best of baking recipes.txt
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 8 \quad \text { Preparation Time }: 0: 00\end{array}\)
Categories : Desserts Pies
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1/4 & cup & \begin{tabular}{l}
Favorite Pastry for 9-Inch One-Crust Pie She11 -- (see recipe) \\
margarine or butter ( \(1 / 2\) stick) -- softened
\end{tabular} \\
\hline 3 & ounces & unsweetened chocolate \\
\hline 1 & cup & sugar \\
\hline 2 & tablespoons & cornstarch \\
\hline 3 & & eggs \\
\hline 1 & teaspoon & vanilla \\
\hline 1 & cup & chilled whipping (heavy) cream \\
\hline
\end{tabular}

Prepare and bake pie she11; cool. Heat margarine and chocolate in 2-quart saucepan over low heat until melted. Remove from heat. Mix sugar and cornstarch; stir into chocolate mixture. Meanwhile, beat eggs in small bowl on medium speed until thick and lemon colored; stir into chocolate mixture. Cook mixture over medium heat 5 minutes, stirring constantly, until thick and glossy; stir in vanilla. Cool 10 minutes, stirring occasiona11y.

Beat whipping cream in chilled medium bowl until stiff. Fold chocolate mixture into whipped cream; pour into pie shell.

Cover and freeze about 4 hours or until firm. Garnish with whipped cream, if desired. Freeze any remaining pie.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
"@ General Mil1s, Inc. 1998.'
Yield:
"1 Pie"
T(Freeze):
"4:00"

```
Per serving: 473 Calories (kcal); 33g Total Fat; (60\% calories from fat); 5g
Protein; 43 g Carbohydrate; 119 mg Cholesterol; 234 mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 6 1/2 Fat;
1 1/2 Other Carbohydrates
NOTES : We have a new method for making this classic pie-cooking the
    eggs-which gives the filling a soft texture. Freezing the pie
    makes it easier to cut, yet it still retains its rich, smooth
    texture and great chocolate flavor.
Nutr. Assoc. : 04098000007212130706543
* Exported from MasterCook *
    Favorite Pastry for 9-Inch One-Crust Pie
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & : 8 \\ 8 & \text { Preparation Time }: 0: 00\end{array}\)
Categories : Desserts Pies
Amount Measure Ingredient -- Preparation Method
                                    Page 124
betty crocker best of baking recipes.txt

1
cup all-purpose flour
\(1 / 2\)
1/3
\(1 / 3\)
2
poon salt
cup 1ard
OR
cup plus 1 tablespoon shortening tablespoons cold water ( 2 to 3 tablespoons)

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bow ( 1 to 2 teaspoons water can be added if necessary).

Gather pastry into ball; shape into flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured
cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll pastry under, even with plate. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into \(V\) shape; pinch again to sharpen. Fill and bake as directed in recipe.

For Baked Pie She11: Heat oven to \(475^{\circ}\). Prick bottom and side thorough1y with fork. Bake 8 to 10 minutes or until light brown; cool.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"1 Crust"

Per serving: 134 Calories (kcal); 9g Total Fat; (59\% calories from fat); 2g Protein; 12g Carbohydrate; 8 mg Cholesterol; 134mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(11 / 2\) Fat; 0 Other Carbohydrates
```

Nutr. Assoc. : 0 0 0 0 2130706543 2777

```
```

* Exported from MasterCook *

```
    Classic White Bread (1 1/2-Pound Recipe)
Recipe By
Serving Size
\(:\)
S Preparation Time :0:00
Categories : Bread Machine Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & cup & plus 2 tablespoons water \\
\hline 2 & tablespoons & margarine or butter -- softened \\
\hline 3 & cups & bread flour \\
\hline 3 & tablespoons & dry milk \\
\hline 2 & tablespoons & sugar \\
\hline
\end{tabular}
betty crocker best of baking recipes.txt
2 teaspoons bread machine yeast
Make \(11 / 2\)-pound recipe for bread machines that use 3 cups flour, or make 1 -pound recipe for bread machines that use 2 cups flour.

Measure all ingredients carefully and place in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:
"This traditional bread is great for sandwiches, or to serve with soup."
Copyright:
"@ General Mil1s, Inc. 1998.'
Yield:
"1 Loaf"

Per serving: 161 Calories (kcal); 3g Total Fat; (17\% calories from fat); 5g Protein; 28g Carbohydrate; 2 mg Cholesterol; 298mg Sodium Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates
```

Nutr. Assoc. : 1582 4098 0 0 0 0 2019

```
* Exported from MasterCook *
    Classic white Bread (1-Pound Recipe)
Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Bread Machine Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 3/4 & cup & plus 1 tablespoon water \\
\hline 1 & tablespoon & margarine or butter -- softened \\
\hline 2 & cups & bread flour \\
\hline 2 & tablespoons & dry milk \\
\hline 1 & tablespoon & sugar \\
\hline 1 & teaspoon & salt \\
\hline 1 1/4 & teaspoons & bread machine yeast \\
\hline
\end{tabular}

Make \(11 / 2\)-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure all ingredients carefully and place in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

\footnotetext{
Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.
}
betty crocker best of baking recipes.txt
```

Description:
"This traditional bread is great for sandwiches, or to serve with
soup."
Copyright:
"@ General Mil1s, Inc. 1998.'
Yield:
"1 Loaf"

```
Per serving: 154 Calories (kcal); 3 g Total Fat; (15\% calories from fat); 5g
Protein; 27g Carbohydrate; 6 mg Cholesterol; 290mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat;
0 Other Carbohydrates
Nutr. Assoc. : 1582239400002019
* Exported from MasterCook *
                                    Coconut-Toffee Bars
Recipe By
Serving Size
S
36 Preparation Time :0:00
Categories : Cookies \& Brownies
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1/2 & cup & packed brown sugar \\
\hline 1/4 & cup & margarine or butter -- softened \\
\hline 1/4 & cup & shortening \\
\hline 1 & cup & \begin{tabular}{l}
all-purpose flour* \\
Coconut-Almond Topping -- (recipe follows)
\end{tabular} \\
\hline & & COCONUT-ALMOND TOPPING \\
\hline 2 & & eggs \\
\hline 1 & cup & packed brown sugar \\
\hline 1 & cup & shredded coconut \\
\hline 1 & cup & chopped almonds \\
\hline 2 & tablespoons & al1-purpose flour \\
\hline 1 & teaspoon & baking powder \\
\hline 1 & teaspoon & vanilla \\
\hline 1/2 & teaspoon & salt \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\). Mix brown sugar, margarine and shortening. Stir in flour. Press in ungreased baking pan, \(13 \times 9 \times 2\) inches. Bake 10 minutes.

Prepare Coconut-Almond Topping. Beat eggs; stir in remaining ingredients.
Spread Coconut-Almond Topping over baked layer.
Bake until golden brown, about 2 minutes. Cool slightly; cut into bars, about \(3 \times 1\) inch.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
'@ General Mil1s, Inc. 1998."
Yield:
"36 Bars"

```
betty crocker best of baking recipes.txt
Per serving: 108 Calories (kcal); 6g Total Fat; ( \(47 \%\) calories from fat); 2 g Protein; 13g Carbohydrate; 10mg Cholesterol; 66mg Sodium Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates
NOTES : *If using self-rising flour, omit baking powder and salt from topping.
Nutr. Assoc. : 0409801421307065430000492300000
```

* Exported from MasterCook *
Coffee-Amaretto Bread (1 1/2-Pound Recipe)

```
Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Bread Machine Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & tablespoon & instant coffee granules \\
\hline 1/4 & cup & amaretto or other almond-flavored liqueur* \\
\hline 3/4 & cup & plus 2 tablespoons water \\
\hline 2 & tablespoons & margarine or butter -- softened \\
\hline 3 & cups & bread flour \\
\hline 1/4 & cup & sugar \\
\hline 2 & tablespoons & dry milk \\
\hline \(11 / 4\) & teaspoons & salt \\
\hline 2 1/2 & teaspoons & bread machine yeast \\
\hline
\end{tabular}

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1 -pound recipe for bread machines that use 2 cups flour.

Dissolve coffee granules in amaretto. Measure carefully, placing
coffee-amaretto mixture and remaining ingredients in bread machine pan in the order recommended by the manufacturer.

Select Sweet or Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.
```

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

```

Copyright:
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Yield:
"1 Loaf"

Per serving: 181 Calories (kcal); 3g Total Fat; (15\% calories from fat); 5g Protein; 32g Carbohydrate; 1mg Cholesterol; 251mg Sodium
Food Exchanges: \(11 / 2\) Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat;
1/2 Other Carbohydrates
NOTES : *Substitute 1 teaspoon almond extract plus enough water to equal 3 tablespoons for the 3 tablespoons amaretto or 2 teaspoons almond extract plus enough water to equal \(1 / 4\) cup for the \(1 / 4\) cup amaretto.
Nutr. Assoc. : 020441582409800002019
```

* Exported from MasterCook *

```
```

Coffee-Amaretto Bread (1-Pound Recipe)

```

Page 128
betty crocker best of baking recipes.txt
Recipe By
Serving Size \(\quad 8 \quad\) Preparation Time :0:00
Categories : Bread Machine Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 & teaspoons & instant coffee granules \\
\hline 3 & tablespoons & amaretto or other almond-flavored 1iqueur* \\
\hline 1/2 & cup & plus 2 tablespoons water \\
\hline 1 & tablespoon & margarine or butter -- softened \\
\hline 2 & cups & bread flour \\
\hline 3 & tablespoons & sugar \\
\hline 1 & tablespoon & dry milk \\
\hline 3/4 & teaspoon & salt \\
\hline \(11 / 2\) & teaspoons & bread machine yeast \\
\hline
\end{tabular}

Make \(11 / 2\)-pound recipe for bread machines that use 3 cups flour, or make 1 -pound recipe for bread machines that use 2 cups flour.

Dissolve coffee granules in amaretto. Measure carefully, placing coffee-amaretto mixture and remaining ingredients in bread machine pan in the order recommended by the manufacturer.

Select Sweet or Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
"@ Genera1 Mil1s, Inc. 1998."
Yield:
"1 Loaf"

```
Per serving: 178 Calories (kcal); \(2 g\) Total Fat; (12\% calories from fat); 5 g
Protein; 32g Carbohydrate; 1 mg Cholesterol; 222mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat;
1/2 Other Carbohydrates
NOTES : *Substitute 1 teaspoon almond extract plus enough water to equal 3
    tablespoons for the 3 tablespoons amaretto or 2 teaspoons almond
    extract plus enough water to equal \(1 / 4\) cup for the \(1 / 4\) cup
    amaretto.
Nutr. Assoc. : 020441582409800002019
* Exported from MasterCook *
                                    Cookie-Sour Cream Cake
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 8 \quad \text { Preparation Time }: 0: 00\end{array}\)
Categories : Baking with Kids Cakes
\begin{tabular}{rll} 
Amount & Measure & Ingredient -- Preparation Method \\
& & Shortening \\
1 & & Al1-purpose flour \\
\(1 / 4\) & cup & al1-purpose flour \\
\(1 / 2\) & cup & sugar
\end{tabular}
```

                    betty crocker best of baking recipes.txt
    | $1 / 4$ | cup margarine or butter (1/2 stick) -- softened |  |
| ---: | ---: | :--- |
| $1 / 4$ | cup water |  |
| $1 / 2$ | teaspoon | baking soda |
| $1 / 2$ | teaspoon | baking powder |
| 1 | $1 / 2$ | large |

```

Heat oven to \(350^{\circ}\).
Grease round pan with:
Shortening
Put small amount in pan and shake to coat, then pour out any extra:
Al1-purpose flour
Adult help: Coarsely chop with knife, then set aside:
8 creme-filled sandwich cookies
Beat in large bowl with electric mixer on low speed 30 seconds, scraping
bowl all the time:
1 cup al1-purpose flour
3/4 cup sugar
\(1 / 2\) cup sour cream
1/4 cup (1/2 stick) margarine or butter, softened
\(1 / 4\) cup water
1/2 teaspoon baking soda
1/2 teaspoon baking powder
1 large egg
Beat batter with electric mixer on high speed 2 minutes, scraping bow a few times. Stir the chopped cookies into batter. Spread batter in pan.

Bake 30 to 35 minutes or until cake springs back when touched lightly in center. Adult help: Cool cake in pan 10 minutes, then remove from pan to wire rack. Cool completely.

Frost cake with:
Sweetened whipped Cream (see recipe)
If you like, decorate cake with more cookies.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
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Yield:
"1 Cake"
Per serving: 308 Calories (kcal); 18g Total Fat; (50% calories from fat); 3g
Protein; 35g Carbohydrate; 60mg Cholesterol; 199mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 1/2 Fat; 1
1/2 Other Carbohydrates
NOTES : Utensils You Will Need
Round pan, 8 < 1 1/2 or 9 < 1 1/2 inches . Pastry Brush • Sharp
knife • Cutting board • Large Bowl - Dry-ingredient measuring cup
- Small sharp knife • Liquid measuring cup • Measuring spoons •
Electric mixer • Rubber scraper • Wooden spoon • Pot holders •
wire cooling rack
Nutr. Assoc. : 0 0 0 0 0 4098 0 0 0 0 0

```
```

* Exported from MasterCook *

```
betty crocker best of baking recipes.txt
Sweetened whipped Cream
\(\begin{array}{lll}\begin{array}{l}\text { Recipe By } \\ \text { Serving Size } \\ \text { Categories }\end{array} & \begin{array}{l}\text { Baking }\end{array} \quad \begin{array}{l}\text { Preparation Time } \text { with Kids }\end{array} \quad \text { 0:00 } \quad \text { Cakes }\end{array}\)
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & nt -- Preparation Method \\
\hline 3/4 & p & whipping (heavy) \\
\hline 2 & ablespoons & granulated or powdered \\
\hline
\end{tabular}

Chill medium bow 1 in freezer about 15 minutes or until cold.
Beat in chilled bowl with eggbeater until stiff:
3/4 cup whipping (heavy) cream
2 tablespoons granulated or powdered sugar

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"1 1/2 Cups"

Per serving: 712 Calories (kcal); 66g Total Fat; (81\% calories from fat); 4g Protein; 30g Carbohydrate; 245mg Cholesterol; 67 mg Sodium Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 13 Fat; 1 1/2 Other Carbohydrates

NOTES : Utensils You will Need
Medium bow1 • Liquid measuring cup • Measuring spoon • Egg beater
Nutr. Assoc. : 721652
```

* Exported from MasterCook *

```

\section*{Corn Pudding}

Recipe By
Serving Size \(\quad 8 \quad\) Preparation Time :0:00
Categories : Main and Side Dishes Rice and Grains
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 4 & medium ears & corn* \\
\hline 2 & tablespoons & sugar flour \\
\hline 2 & tablespoons & al1-purpose flour \\
\hline 1/2 & teaspoon & salt \\
\hline & Dash & pepper \\
\hline \(21 / 4\) & & eggs \\
\hline \(\frac{1}{2} 1 / 4\) & Cups
tablespoons & margarine or but \\
\hline \(21 / 2\) & teaspoon & ground nutmeg \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\). Grease 1 -quart casserole or soufflé dish. Cut enough kernels from corn to measure 2 cups. (Scrape ears with knife to extract all pulp and milk.) Mix the corn, sugar, flour, salt and pepper in 2-quart bow7. Stir in eggs. Stir in milk and margarine; pour into casserole. Sprinkle with nutmeg.
betty crocker best of baking recipes.txt
Set casserole in baking pan on middle oven rack. Pour hot water into pan on middle oven rack. Pour hot water into pan until about \(11 / 2\) inches deep. Bake until knife inserted halfway between center and edge comes out clean, about 50 to 55 minutes.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Description:
"Corn on the cob is a time-honored American favorite. And corn off the
cob can be just as wonderful! In the summer, use just-picked corn to
make this simple and creamy pudding. Be sure to scrape all the pulp
and milk from the cob."
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Per serving: 124 Calories (kcal); 6 g Total Fat; ( \(40 \%\) calories from fat); 4 g Protein; 15g Carbohydrate; 52 mg Cholesterol; 206 mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

NOTES : *2 cups frozen whole kerne1 corn, thawed, or 1 can (16 ounces) whole kernel corn, drained, can be substituted for the fresh corn. Nutr. Assoc. : 2633800000040980
```

* Exported from MasterCook *

```

Cornbread Beef Bake
\begin{tabular}{ll} 
Recipe By & \(\vdots\) \\
Serving Size & \(\vdots\) \\
Categories & Beef
\end{tabular}\(\quad\) Preparation Time :0:00 \(\quad\) Main and Side Dishes
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & pound & 1ean ground beef \\
\hline 1 & medium & onion -- chopped (1/2 cup) \\
\hline 1 & (14 1/2 ounce) & can Mexican-style stewed tomatoes -- undrained \\
\hline 1 & (15 ounce) can & black beans (1 can) -- rinsed and drained \\
\hline 1 & (8 ounce) can & tomato sauce \\
\hline 1/2 & cup & frozen corn \\
\hline 2 & teaspoons & chile powder \\
\hline 1 & (11 1/2 ounce) & can refrigerated cornbread twists \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\).
Cook beef and onion in 10-inch ovenproof skil1et over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain.

Stir in tomatoes, beans, tomato sauce, corn and chile powder; heat to boiling. Immediately top with cornbread twists left in round shape (do not unwind), pressing down gently. Bake uncovered 35 to 40 minutes or until cornbread is golden brown.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

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```

    betty crocker best of baking recipes.txt
    Per serving: 442 Calories (kcal); 19g Total Fat; (38% calories from fat); 23g
Protein; 45g Carbohydrate; 47mg Cholestero1; 1048mg Sodium
Food Exchanges: 2 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit;
2 1/2 Fat; 0 Other Carbohydrates
NOTES : A cast-iron skillet works well for this casserole. However, if you
don't have one, any ovenproof skillet works just fine.
Nutr. Assoc. : 9018 0 213 578 0 0 2614 905698

* Exported from MasterCook *
Country Apple Pie
Recipe By : % Preparation Time :0:00
Categories : Desserts Pies

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| recipe) |  | Favorite Pastry for 10-Inch Two-Crust Pie -- (see |
| 1 | cup | sugar |
| 1/4 | cup | al1-purpose flour |
| 3/4 | teaspoon | ground cinnamon |
| 1/2 | teaspoon | ground nutmeg |
|  | Dash | salt |
| 8 | cups | thinly sliced peeled tart cooking apples (about 8 medium) |
| 4 | tablespoons | whipping (heavy) cream |

```

Heat oven to \(425^{\circ}\). Prepare pastry. Mix sugar, flour, cinnamon, nutmeg and salt. Stir in apples. Turn into pastry-1ined deep-dish pie plate, \(9 \times 1\) \(1 / 2\) inches, or pie plate, \(10 \times 11 / 2\) inches. Drizzle with 3 tablespoons of the whipping cream.

Cover with top crust that has slits cut in it; seal and flute. Brush with remaining whipping cream. Top with leaf or other shapes cut from pastry scraps if desired.

Bake 40 to 45 minutes or until crust is brown and juice begins to bubble through slits in crust.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\oplus}\) Recipe.
```

Description:
"Apple pie is particularly nice when served with ice cream or a slice
of Cheddar cheese."
Copyright:
"@ General Mil1s, Inc. 1998.'
Yield:
"1 Pie"

```

Per serving: 581 Calories (kcal); 29g Total Fat; (44\% calories from fat); 5g Protein; 77g Carbohydrate; 10mg Cholesterol; 271mg Sodium Food Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fruit; 5 1/2 Fat; 1 1/2 Other Carbohydrates
```

Nutr. Assoc. : 0 0 0 0 0 0 20149 721

```
betty crocker best of baking recipes.txt
```

* Exported from MasterCook *

```
    Favorite Pastry for 10-Inch Two-Crust Pie
Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Desserts
    Pies
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 2/3 & cups & all-purpose flour \\
\hline 1 & teaspoon & salt \\
\hline 3/4 & cup & plus 2 tablespoons 1ard \\
\hline & & OR \\
\hline 1 & cup & shortening \\
\hline 7 & tablespoons & cold water (7 to 8 tablespoons \\
\hline
\end{tabular}

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bow ( 1 to 2 teaspoons water can be added if necessary).

Divide pastry in half and shape into 2 flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured
cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.
Turn desired filling into pastry-lined pie plate. Trim overhanging edge of pastry \(1 / 2\) inch from rim of plate. Roll other round of pastry. Fold into fourths; cut slits so steam can escape.
Place over filling and unfold. Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll top edge under lower edge, pressing on rim to sea1. Flatten pastry evenly on rim of pie plate. Press firm7y around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into \(V\) shape; pinch again to sharpen.

For Baked Pie She11: Heat oven to \(475^{\circ}\). Prick bottom and side thorough1y with fork. Bake 8 to 10 minutes or until light brown; cool.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

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Per serving: 378 Calories (kcal); 26 g Total Fat; ( \(61 \%\) calories from fat); 4 g Protein; 32g Carbohydrate; 0mg Cholesterol; 268mg Sodium
Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 5 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 002130706543002777
```

* Exported from MasterCook *

```
betty crocker best of baking recipes.txt Country Captain

Recipe By
Serving Size
: \(6 \quad\) Preparation Time :0:00
Categories : Main and Side Dishes Poultry
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1/2 & cup & all-purpose flour \\
\hline 1 & teaspoon & salt \\
\hline 1/4 & teaspoon & pepper \\
\hline \(21 / 2\) & pounds & cut-up broiler-fryer chicken (2 1/2 to 3-pounds) \\
\hline 1/4 & cup & vegetable oil \\
\hline 1 1/2 & teaspoons & curry powder \\
\hline 1 1/2 & teaspoons & chopped fresh thyme leaves OR \\
\hline 1/2 & teaspoon & dried thyme leaves \\
\hline 1/4 & teaspoon & salt \\
\hline 1 & large & onion -- chopped (about 1 cup) \\
\hline 1 & 1arge & green be11 pepper -- chopped (about \(11 / 2\) cups) \\
\hline 1 & clove & garlic -- finely chopped OR \\
\hline 1/8 & teaspoon & garlic powder \\
\hline 1 & (16 ounce) can & whole tomatoes (1 can) -- undrained \\
\hline 1/4 & cup & currants or raisins \\
\hline 1/3 & cup & slivered almonds -- toasted \\
\hline 3 & cups & hot cooked rice \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\). Mix flour, 1 teaspoon salt and the pepper. Coat chicken with flour mixture. Heat oil in 10 -inch skillet until hot. Cook chicken in oil over medium heat until light brown, 15 to 20 minutes. Place chicken in ungreased 2 1/2 quart casserole. Drain oil from skillet.

Add curry powder, thyme, \(1 / 4\) teaspoon salt, the onion, bell pepper, garlic and tomatoes to skillet. Heat to boiling; stirring frequently to loosen brown particles from skillet. Pour over chicken. Cover and bake until thickest pieces are done and juices of chicken run clear, about 40 minutes. Skim fat from liquid if necessary; add currants. Bake uncovered 5 minutes. Sprinkle with almonds. Serve with rice, and if desired, grated fresh coconut and chutney.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\text {® }}\) Recipe.

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Per serving: 608 Calories (kcal); 33g Total Fat; (49\% calories from fat); 31g Protein; 47g Carbohydrate; 96mg Cholesterol; 651mg Sodium
Food Exchanges: \(21 / 2\) Grain(Starch); \(31 / 2\) Lean Meat; 1 Vegetable; \(1 / 2\) Fruit; 4 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 000025660026058021307065430000021307065432470 302400
```

* Exported from MasterCook *

```

Country Crust Bread
```

Serving Size : 32
Preparation Time :0:00
Categories : Breads

```
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 & packages & active dry yeast \\
\hline 2 & cups & warm water ( \(105^{\circ}\) to \(115^{\circ}\) ) \\
\hline 1/2 & cup & sugar \\
\hline 1 & tablespoon & salt \\
\hline 2 & & eggs \\
\hline 1/4 & cup & vegetable oil \\
\hline 6 & cups & al1-purpose flour* (6 to \(61 / 2\) cups) Vegetable oil \\
\hline & & Margarine or butter -- softened \\
\hline
\end{tabular}

Dissolve yeast in warm water in large mixing bowl. Stir in sugar, salt, eggs, \(1 / 4\) cup oil and 3 cups of the flour. Beat until smooth. Mix in enough remaining flour to make dough easy to handle.

Turn dough onto lightly floured surface; knead until smooth and elastic, 8 to 10 minutes. Place in greased bow 1 ; turn greased side up. (At this point, dough can be refrigerated 3 to 4 days.) Cover; let rise in warm place until double, about 1 hour. (Dough is ready if'indentation remains when touched.)

Punch down dough; divide into halves. Roll each half into rectangle, \(18 \times\) 9 inches. Roll up tightly, beginning at 9 -inch side. Press with thumbs to seal after each turn. Pinch edge firmly to seal. Press each end with side of hand to seal; fold ends under loaf. place loaf, seam side down, in greased baking pan, \(9 \times 5 \times 3\) inches. Brush with oil. Let rise until double, about 1 hour.

Heat oven to \(375^{\circ}\). Bake until loaves are deep golden brown and sound hollow when tapped, 30 to 35 minutes. Remove from pans. Brush with margarine; cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

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Yield:
"2 Loaves"

Per serving: 118 Calories (kcal); 2g Total Fat; (17\% calories from fat); 3g Protein; 21g Carbohydrate; 12 mg Cholesterol; 204 mg Sodium Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(1 / 2\) Fat; 0 Other Carbohydrates

NOTES : *If using self-rising flour, omit salt.
Country Cinnamon-Raisin Bread: Divide dough into halves. Knead \(1 / 2\) cup raisins into each half. Roll each half into rectangle, \(18 \times 9\) inches. Brush with oil. Mix \(1 / 2\) cup sugar and 1 tablespoon ground cinnamon; sprinkle over rectangles. Continue as directed.
Nutr. Assoc. : 0547200001400
```

* Exported from MasterCook *

```

Cranberry Bread
Recipe By
Serving Size
: 48 Preparation Time :0:00
Page 136
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 & cups & fresh or frozen cranberries -- chopped \\
\hline \(12 / 3\) & cups & sugar \\
\hline 2/3 & cup & vegetable oil \\
\hline 1/2 & cup & milk \\
\hline 2 & teaspoons & grated lemon or orange pee1 \\
\hline 2 & teaspoons & vanilla \\
\hline 4 & & eggs \\
\hline 3 & cups & al1-purpose flour \\
\hline 1/2 & cup & coarsely chopped walnuts or pecans \\
\hline 4 & teaspoons & baking powder \\
\hline 1 & teaspoon & salt \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\). Grease bottoms only of 2 loaf pans, \(81 / 2 \times 41 / 2 \times 2\) \(1 / 2\) inches or \(9 \times 5 \times 3\) inches. Mix cranberries, sugar, oil, milk, lemon pee1, vanilla and eggs in large bow1. Stir in remaining ingredients. Pour into pans.

Bake 50 to 60 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaves from pans; remove from pans. cool completely on wire rack before slicing. Store tightly wrapped in refrigerator up to 1 week.
2 loaves (24 slices each)

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.
```

Copyright:
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Yield:
"2 Loaves"

```
Per serving: 100 Calories (kcal); 4g Total Fat; (38\% calories from fat); 2g
Protein; 14g Carbohydrate; 16mg Cholesterol; 91mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2
Other Carbohydrates
Nutr. Assoc. : 2928000200840002018700
* Exported from MasterCook *
    Cranberry Chip Cookies
Recipe By \(\begin{aligned} & \text { Berving Size } \\ & \text { Se } \\ & 66 \text { Preparation Time }: 0: 00\end{aligned}\)
Categories : Cookies \& Brownies
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & cup & granulated sugar \\
\hline 3/4 & cup & packed brown sugar \\
\hline 1/2 & cup & margarine or butter -- (1 stick) softened \\
\hline 1/4 & cup & milk \\
\hline 2 & tablespoons & orange juice \\
\hline 1 & & egg \\
\hline 3 & cups & al1-purpose flour \\
\hline 1 & teaspoon & baking powder \\
\hline
\end{tabular}
\begin{tabular}{|c|c|c|}
\hline 1/2 & \multicolumn{2}{|l|}{betty crocker best of baking recipes.txt
aspoon salt} \\
\hline 1/4 & teaspoon & baking soda \\
\hline \(21 / 2\) & cups & coarsely chopped cranberries \\
\hline 1 & cup & chopped nuts \\
\hline 1/2 & cup & vanilla milk chips OR \\
\hline 1/2 & cup & semisweet chocolate chips Chocolate Glaze, if desired -- (recipe follows) \\
\hline 1/2 & cup & \begin{tabular}{l}
ChOCOLATE GLAZE \\
semisweet chocolate chips
\end{tabular} \\
\hline \(21 / 2\) & tablespoons & margarine or butter \\
\hline 2 & tablespoons & corn syrup \\
\hline 1 & teaspoon & hot water (1 to 2 teaspoons) \\
\hline
\end{tabular}

Heat oven to \(375^{\circ}\). Grease cookie sheet. Mix sugars and margarine in large bowl. Stir in milk, orange juice and egg. Stir in flour, baking powder, salt and baking soda. Carefully stir in cranberries, nuts and vanilla milk chips.

Drop dough by rounded teaspoonfuls about 2 inches apart on cookie sheet.
Bake 10 to 15 minutes or until light brown. Remove from cookie sheet. Cool on wire rack. Spread with Chocolate Glaze.

CHOCOLATE GLAZE:
Heat chocolate chips, margarine and corn syrup over low heat, stirring constantly, until chocolate chips are melted; cool slightly. Stir in water, 1 teaspoon at a time, until consistency of thick syrup.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Description:
"A lovely, soft cookie bursting with cranberries and nuts. Try
pistachio nuts for a unique flavor and even more color! You can use
frozen cranberries, but be sure to pat them dry after chopping and
don't overmix, or they may smear."
Copyright:
"@ Genera1 Mil1s, Inc. 1998."
Yield:
"66 Cookies"

```
Per serving: 89 Calories (kcal); 4g Total Fat; (37\% calories from fat); 1g
Protein; 13 g Carbohydrate; 3 mg Cholesterol; 52 mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat;
1/2 Other Carbohydrates
NOTES : Tip
    Use shortening when greasing cookie sheets, and only grease if
        specified in the recipe. Margarine or butter can cause the cookies
        to stick and overbrown. Regrease sheets as needed during baking.
Nutr. Assoc. : 00440980000000002660009270213070654321307065430
                        00409803728
* Exported from MasterCook *
    Cranberry-Apple Pie
Recipe By
Serving Size
:
8 \(\quad\) Preparation Time :0:00
Categories : Desserts
```

        betty crocker best of baking recipes.txt
        Pies
    ```
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline & & Favorite Pastry for 9-Inch Two-Crust Pie -- (see recipe) \\
\hline \[
\begin{array}{ll} 
& 3 / 4 \\
1 / 4
\end{array}
\] & cups & \begin{tabular}{l}
sugar (1 3/4 to 2 cups) \\
al1-purpose flour
\end{tabular} \\
\hline 3 & cups & sliced peeled tart apples (about 3 medium) \\
\hline 2 & cups & fresh or frozen (thawed) cranberries \\
\hline 2 & tablespoons & margarine or butter \\
\hline
\end{tabular}

Heat oven to \(425^{\circ}\). Prepare pastry. Mix sugar and flour. Arrange half of the apples in pastry-1ined pie plate. Top with cranberries. Sprinkle sugar mixture over cranberries. Top with remaining apples. Dot with margarine. Cover with top crust that has slits cut in it; seal and flute. Cover edge with 2 - to 3 -inch strip of aluminum foil to prevent excessive browning; remove foil during last 15 minutes of baking.

Bake 40 to 50 minutes or until crust is brown and juice beings to bubble through slits in crust. Serve warm with ice cream if desired.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\oplus}\) Recipe.
```

Description:
"A nice blend of flavors for those who find cranberries alone a bit
too intense."
Copyright:
"O General Mills, Inc. 1998."
Yield:
"1 Pie"

```
Per serving: 379 Calories (kcal); 12g Total Fat; ( \(27 \%\) calories from fat); 2g
Protein; 68g Carbohydrate; 8mg Cholesterol; 168mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; \(1 / 2\) Fruit; \(21 / 2\) Fat;
3 Other Carbohydrates
Nutr. Assoc. : 01440142014929284098
* Exported from MasterCook *
    Favorite Pastry for 9-Inch Two-Crust Pie
Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories \(\quad\) Desserts Pies
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 & cups & all-purpose flour \\
\hline 1 & teaspoon & salt \\
\hline 2/3 & cup & 7ard \\
\hline 2/3 & cup & OR plus 2 tablespoons shortening \\
\hline 4 & blespoons & cold water (4 to 5 tablespoons) \\
\hline
\end{tabular}

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bow (1 to 2 teaspoons water can be added if necessary).
betty crocker best of baking recipes.txt
Divide pastry in half and shape into 2 flattened round on lightly floured cloth-covered surface.

Ro11 pastry 2 inches 1 arger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.
Turn desired filling into pastry-lined pie plate. Trim overhanging edge of pastry \(1 / 2\) inch from rim of plate. Ro11 other round of pastry. Fold into fourths; cut slits so steam can escape.

Place over filling and unfold. Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll top edge under lower edge, pressing on rim to seal. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into \(V\) shape; pinch again to sharpen.

For Baked Pie She11: Heat oven to \(475^{\circ}\) : Prick bottom and side thorough1y with fork. Bake 8 to 10 minutes or until light brown; cool.
```

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approved Betty Crocker® Recipe.
Copyright:
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Yield:
"2 Crusts"

```
Per serving: 268 Calories (kcal); 17g Total Fat; (59\% calories from fat); 3g
Protein; 24g Carbohydrate; 16mg Cholesterol; 267mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 1/2
Fat; 0 Other Carbohydrates
Nutr. Assoc. : 000021307065432777
* Exported from MasterCook *
    Cranberry-Orange Bread
Recipe By
Serving Size \(\quad 24\) Preparation Time :0:00
Categories : Breads Holiday
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 & cups & al1-purpose flour \\
\hline 3/4 & cup & sugar \\
\hline 1 1/2 & teaspoons & baking powder \\
\hline 1/2 & teaspoon & salt \\
\hline 1/2 & teaspoon & baking soda \\
\hline 1/4 & cup & butter or margarine -- softened \\
\hline 1 & tablespoon & grated orange peel \\
\hline 3/4 & cup & orange juice \\
\hline 1 & & egg \\
\hline 1 & cup & fresh or frozen (thawed and drained) cranberries -- chopped \\
\hline 1/2 & cup & chopped nuts \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\). Grease bottom only of loaf pan, \(81 / 2 \times 41 / 2 \times 21 / 2\)
betty crocker best of baking recipes.txt
inches or \(9 \times 5 \times 3\) inches. Mix flour, sugar, baking powder, salt and baking soda; stir in butter until mixture is crumbly. Stir in orange peel, orange juice and egg just until moistened; stir in cranberries and nuts. spread in pan.

Bake 8 -inch loaf 1 hour 15 minutes, 9 -inch loaf 55 to 65 minutes or until toothpick inserted in center comes out clean; cool 5 minutes: Loosen side of loaf from pan; remove from pan. Cool completely before slicing.
```

1 loaf (24 slices)

```

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:
"1 Loaf"

Per serving: 106 Calories (kcal); \(4 g\) Total Fat; (32\% calories from fat); 2g Protein; 16g Carbohydrate; 8 mg Cholesterol; 126 mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

NOTES : TIP
Purchase chopped nuts for this quick bread or use your food processor to chop a large quantity of nuts. Freeze in 1-cup amounts to have ready for use any time.
Nutr. Assoc. : 00000409800029280
```

* Exported from MasterCook *

```

Cream Cheese Frosting
Recipe By
Serving Size
:
St Preparation Time :0:00
Categories : Cakes Desserts
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & (8 ounce) pac & age cream cheese -- softened \\
\hline 1/4 & cup & stick margarine or butter* -- softened* \\
\hline 2 & teaspoons & milk \\
\hline 1 & teaspoon & vani17a \\
\hline 4 & cups & powdered sugar \\
\hline
\end{tabular}

Beat cream cheese, margarine, milk and vanilla in medium bowl with electric mixer on low speed until smooth.

Gradually beat in powdered sugar on low speed, 1 cup at a time, until smooth and spreadable. Frosts one \(13 \times 9\)-inch cake generous7y, or fills and frosts one 8- or 9 -inch two-1ayer cake. Refrigerate any remaining frosting.

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Yield:
```

Per serving: 193 Calories (kcal); 8g Total Fat; (35% calories from fat); 1g
Protein; 30g Carbohydrate; 16mg Cholesterol; 76mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 2
Other Carbohydrates
NOTES : *We do not recommend using vegetable oil spreads.
Chocolate Cream Cheese Frosting: Add 2 ounces unsweetened baking
chocolate, melted and cooled, with the margarine.
Nutr. Assoc. : 0 4098 0 0 0

* Exported from MasterCook *
Cream Puffs
Recipe By : Nerving.Size : 12 Preparation Time :0:00
Categories : Desserts

```


Heat oven to \(400^{\circ}\). Heat water and margarine to rolling boil in 1-quart saucepan. Stir in flour. Stir vigorously over low heat until mixture forms a bal1, about 1 minute. Remove from heat; cool 10 minutes. Beat in eggs, all at once; continue beating until smooth. Drop dough by scant \(1 / 4\) cupfuls about 3 inches apart onto ungreased cookie sheet. Bake until puffed and golden, 35 to 40 minutes. Coo 1 away from draft. Cut off tops; pull out any filaments of soft dough. Fill puffs with ice cream; replace tops. Drizzle with Chocolate Fudge Sauce.

CHOCOLATE FUDGE SAUCE:
Heat chocolate, sugar and water over low heat, stirring constantly, until chocolate and sugar are melted; remove from heat. Stir in half-and-half.

\footnotetext{
Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Copyright:
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Yie1d:
"12 cream puffs"
}
betty crocker best of baking recipes.txt
```

Per serving: 309 Calories (kcal); 19g Total Fat; (51% calories from fat); 4g
Protein; 35g Carbohydrate; 66mg Cholesterol; 116mg Sodium
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; O Vegetable; O Fruit; 3 1/2
Fat; 1 1/2 Other Carbohydrates
NOTES : *Self-rising flour can be used in this recipe.
Nutr. Assoc. : 0 4098 14 0 0 2130706543 0 0 0 0 2130706543 0 0 704 0
2130706543

* Exported from MasterCook *
Cream-Filled Oat Bars

```
```

Recipe By Serving Size : 24 Preparation Time :0:00
Categories : Cookies \& Brownies

```
\begin{tabular}{crl} 
Amount & Measure & Ingredient -- Preparation Method \\
-1 & (14 ounce) can sweetened condensed milk \\
2 & teaspoons & grated lemon peel
\end{tabular}

Heat oven to \(375^{\circ}\). Grease square pan, \(9 \times 9 \times 2\) inches. Mix milk, lemon pee 1 and lemon juice until thickened; reserve. Mix remaining ingredients until crumbly. Press half of the crumbly mixture in pan. Bake about 10 minutes or until set.

Spread milk mixture over baked layer. Sprinkle remaining crumbly mixture on milk mixture. Press gently into milk mixture.

Bake about 20 minutes or until edge is golden brown and center is set but soft. Cool completely.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Description:
"Wonderfully creamy in the center, these golden brown bars are an
exceptional treat.
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"@ Genera1 Mil1s, Inc. 1998."
Yield:
"24 Bars"

```

Per serving: 142 Calories (kcal); 6 g Total Fat; (34\% calories from fat); 3 g Protein; 21g Carbohydrate; 6 mg Cholesterol; 103mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1 Other Carbohydrates
```

Nutr. Assoc. : 0 20084 0 0 20223 0 4098 0 0

```
```

* Exported from MasterCook *

```
betty crocker best of baking recipes.txt Crown Roast of Pork with Mushroom Stuffing

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Holiday
Pork
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 7 1/2 & pounds & pork crown roast (about 20 ribs) -- (7 1/2 to 8 pounds) \\
\hline 2 & teaspoons & salt \\
\hline 1 & teaspoon & ```
pepper
Mushroom Stuffing -- (recipe follows)
``` \\
\hline 1 2/3 & medium & \begin{tabular}{l}
MUSHROOM STUFFING \\
onion (about \(1 / 2\) cup) -- finely chopped \\
margarine or butter
\end{tabular} \\
\hline 8 & cups & unseasoned croutons \\
\hline 1 & tablespoon & chopped fresh sage, thyme or marjoram leaves \\
\hline & & OR \\
\hline 1 & teaspoon & dried sage, thyme or marjoram leaves \\
\hline 1 & teaspoon & poultry seasoning \\
\hline 1 1/2 & teaspoon & salt \\
\hline \(1 / 2\) & teaspoon & pepper \\
\hline 1 & pound & fresh mushrooms -- sliced OR \\
\hline 1 & (6 ounce) can & sliced mushrooms (1 can) -- drained \\
\hline 2 & medium stalk & celery (about 1 cup) -- chopped \\
\hline
\end{tabular}

Heat oven to \(325^{\circ}\). Sprinkle pork roast with salt and pepper. Place pork, bone end up, on rack in shallow roasting pan. Wrap bone ends in aluminum foil to prevent excessive browning. Insert meat thermometer so tip is in thickest part of meat and does not touch bone. Place a small heatproof bow 1 or crumpled aluminum foil in crown to hold shape of roast evenly.

Roast uncovered until thermometer registers \(160^{\circ}\) (medium), 20 to 25 minutes per pound; or \(170^{\circ}\) (we11), 26 to 31 minutes per pound. Prepare Mushroom Stuffing.

One hour before pork is done, remove bowl and fill center of crown with Mushroom Stuffing. Cover only stuffing with aluminum foil during first 30 minutes.
when pork is done, place on large warm platter and allow to stand about 20 minutes for easiest carving. Remove foil wrapping; place paper frills on bone ends if desired. Remove stuffing to another bow1. To carve, cut roast between ribs.

\section*{MUSHROOM STUFFING:}

Cook onion in margarine in Dutch oven over medium heat about 3 minutes, stirring frequently, until tender. Stir in half of the croutons. Cook, stirring frequently, until evenly mixed and croutons are softened. Mix in remaining croutons and ingredients.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Per serving: 690 Calories (kca1); 53g Total Fat; (69\% calories from fat); 33g Protein; 18g Carbohydrate; 137mg Cholesterol; 933mg Sodium

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betty crocker best of baking recipes.txt
Food Exchanges: 1 Grain(Starch); 4 Lean Meat; \(1 / 2\) Vegetable; 0 Fruit; 8 Fat; 0 Other Carbohydrates

NOTES : Tip
Buy fresh mushrooms already sliced in the produce or deli section of your supermarket.
Nutr. Assoc. : 116800213070654300271884098489452126058 21307065434614003386021307065432516
* Exported from MasterCook *

Crunchy Nut Ice Cream Pie
\(\begin{array}{lll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 8 \quad \text { Preparation Time }: 0: 00\end{array}\)
Categories : Desserts Pies
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 1/2 & cups & ground pecans, walnuts or almonds \\
\hline 3 & tablespoons & sugar \\
\hline 2 & tablespoons & margarine or butter -- softened \\
\hline 1 & quart & coffee, chocolate or vanilla ice cream Rich Chocolate Sauce -- (recipe follows) \\
\hline & & RICH CHOCOLATE SAUCE \\
\hline 8 & ounces & sweet cooking chocolate \\
\hline 1 & (6 ounce) pa & kage semisweet chocolate chips (1 cup) \\
\hline 1/4 & cup & sugar \\
\hline 1/4 & cup & water \\
\hline 1/4 & cup & half-and-ha1f \\
\hline
\end{tabular}

Heat oven to \(400^{\circ}\). Mix pecans, sugar and margarine. Press firmly and evenly against bottom and side of ungreased pie plate, \(9 \times 11 / 4\) inches.

Bake 6 to 8 minutes; cool.
Spoon or scoop ice cream into pie she11. Freeze until firm, about 4 hours. Remove from freezer 10 to 15 minutes before serving. Cut into wedges; spoon Rich Chocolate Sauce over each serving.

RICH CHOCOLATE SAUCE:
Heat chocolate, sugar and water in saucepan over low heat, stirring constantly, until chocolate and sugar are melted. Remove from heat; blend in half-and-half. Serve warm or cool.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Copyright:
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Yield:
"1 Pie"

Per serving: 461 Calories (kcal); 32g Total Fat; (57\% calories from fat); 5g Protein; 47g Carbohydrate; 33 mg Cholesterol; 81 mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 6 Fat; 3 Other Carbohydrates
betty crocker best of baking recipes.txt
Nutr. Assoc. : 5430409836821307065430051950213070654300704
```

* Exported from MasterCook *

```
    Decadent Chocolate Cake with Raspberry Sauce
\(\begin{array}{ll}\text { Recipe By } & \text { Serving Size } \\ \text { Se } & 12 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Cakes Desserts
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & cup & semisweet chocolate chips \\
\hline 1/2 & cup & margarine or butter \\
\hline 1/2 & cup & a11-purpose flour \\
\hline 1/2 & & OR flour \\
\hline \(4 \quad 1 / 2\) & cup & \begin{tabular}{l}
cake flour \\
eggs -- separated
\end{tabular} \\
\hline 1/2 & cup & sugar \\
\hline 1/2 & cup & semisweet chocolate chips \\
\hline 2 & tablespoons & margarine or butter \\
\hline 2 & tablespoons & \begin{tabular}{l}
corn syrup \\
Raspberry Sauce -- (recipe follows)
\end{tabular} \\
\hline 1 & (10 ounce) pa & RASPBERRY SAUCE
fkage frozen raspberries -- thawed, drained and juice \\
\hline reserved \(1 / 4\) & cup & sugar \\
\hline 2 1/4 & tablespoons & cornstarch \\
\hline 1 & tablespoon & orange- or raspberry-flavored liqueur, if desired (1 to 2 tablespoons) \\
\hline
\end{tabular}

Heat oven to \(325^{\circ}\). Grease springform pan, \(8 \times 21 / 2\) inches, or round pan, \(9 \times 11 / 2\) inches. Heat 1 cup chocolate chips and \(1 / 2\) cup margarine in 2 -quart heavy saucepan over medium heat until chocolate chips are melted; cool 5 minutes. Stir in flour until smooth. Stir in egg yolks until well blended.

Beat egg whites in large bowl on high speed until foamy. Beat in sugar, 1 tablespoon at a time, until soft peaks form. Fold chocolate mixture into egg whites. Spread in pan.

Bake springform 35 to 40 minutes, round 30 to 35 minutes (top will appear dry and cracked) or until toothpick inserted in center comes out clean; cool 10 minutes.

Run knife along side of cake to loosen; remove side of springform pan. Invert cake onto wire rack; remove bottom of springform pan and cool cake completely. Place on serving plate.

Heat \(1 / 2\) cup chocolate chips, 2 tablespoons margarine and the corn syrup over medium heat until chocolate chips are melted. Spread over top of cake, allowing some to drizzle down side. Serve with Raspberry Sauce. Garnish with fresh raspberries and sweetened whipped cream, if desired.

RASPBERRY SAUCE:
Add enough water to reserved juice to measure 1 cup. Mix sugar and cornstarch in 1-quart saucepan. Stir in juice and raspberries. Heat to boiling over medium heat. Boil and stir 1 minute; strain. Stir in liqueur.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.
betty crocker best of baking recipes.txt
Copyright:
"@ General Mills, Inc. 1998."
Yield:
"1 Cake"

Per serving: 318 Calories (kcal); 17g Total Fat; (46\% calories from fat); 4g Protein; 40g Carbohydrate; 62 mg Cholesterol; 137 mg Sodium Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 3 1/2 Fat; 2 Other Carbohydrates

Nutr. Assoc. : 0409800213070654300040980213070654300123300 4305
* Exported from MasterCook *

Decorator's Frosting
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 42 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Baking with Kids Holiday
\begin{tabular}{lll} 
Amount & Measure & Ingredient -- Preparation Method \\
-1 & cup & powdered sugar \\
3 & drops & food color (3 to 4 drops) \\
3 & teaspoons & water (3 to 5 teaspoons)
\end{tabular}

Mix in small bow 1 with wooden spoon, adding the water 1 teaspoon at a time, until frosting is thin enough to drizzle or thick enough to be used in a decorating bag:

1 cup powdered sugar
3 or 4 drops food color
3 to 5 teaspoons water

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"2/3 Cup"

Per serving: 11 Calories (kcal); trace Total Fat; (0\% calories from fat); 0g Protein; 3g Carbohydrate; Omg Cholesterol; trace Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates
```

NOTES : Utensils You Will Need
Smal1 bow1 • Dry-ingredient measuring cup • Measuring spoons •
Wooden spoon
Nutr. Assoc. : 0 3314 1582

```
* Exported from MasterCook *
    Deep-Dish Cherry-Berry Pie
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & : \\ 9 & \text { Preparation Time :0:00 }\end{array}\)
    Page 147
```

betty crocker best of baking recipes.txt
Categories : Desserts Pies

```
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline & & Favorite Pastry for 9-Inch One-Crust Pie -- (see recipe) \\
\hline \(3 / 4\)
\(1 / 2\) & cup & \begin{tabular}{l}
sugar \\
al1-purpose flour
\end{tabular} \\
\hline \(21 / 3\) & cups & fresh red tart cherries -- pitted* \\
\hline 2 & cups & fresh strawberries -- cut in half** \\
\hline 1 & teaspoon & grated orange pee1 \\
\hline 1 & tablespoon & \begin{tabular}{l}
orange juice \\
Red food color, if desired
\end{tabular} \\
\hline 1 & tablespoon & butter or margarine \\
\hline
\end{tabular}

Heat oven to \(425^{\circ}\). Generously grease square pan, \(9 \times 9 \times 2\) inches, or deep-dish pie plate, \(91 / 2 \times 13 / 4\) inches. Prepare pastry as
directed-except rol1 into 10 -inch square. Make cutouts near center so steam can escape. Mix sugar and flour in medium bowl; stir in cherries, strawberries, orange pee1, orange juice and red food color. Turn into pan. Dot with butter. Fold pastry in half; place over fruit mixture. Fold edges of pastry just under inside edges of pan; press pastry to edges of pan.

Bake about 55 minutes or until juice begins to bubble through cutouts in crust. Serve warm with whipping (heavy) cream if desired.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
"@ General Mills, Inc. 1998."
Yield:
"1 Pie"

Per serving: 251 Calories (kcal); 9g Total Fat; (32\% calories from fat); 3g Protein; 40g Carbohydrate; 7 mg Cholesterol; 135mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; \(1 / 2\) Fruit; 2 Fat; 1 Other Carbohydrates

NOTES : *2 cans (about 16 ounces each) pitted red tart cherries, drained, can be substituted for the fresh cherries.
**2 cups frozen strawberries, thawed, drained and cut in half, can be substituted for the fresh strawberries.
Nutr. Assoc. : 000526100021307065434098
```

* Exported from MasterCook *

```
    Favorite Pastry for 9-Inch One-Crust Pie
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & : 8 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Desserts Pies
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & cup & all-purpose flour \\
\hline 1/2 & teaspoon & salt \\
\hline 1/3 & cup & 1ard \\
\hline & & OR 1 tablespoon shorten \\
\hline \(21 / 3\) & cup & plus 1 tablespoon shortening \\
\hline 2 & tablespoons & cold water (2 to 3 tablespoons) \\
\hline
\end{tabular}
betty crocker best of baking recipes.txt
Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bow1 (1 to 2 teaspoons water can be added if necessary).

Gather pastry into ball; shape into flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll pastry under, even with plate. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into \(V\) shape; pinch again to sharpen. Fill and bake as directed in recipe.

For Baked Pie She11: Heat oven to \(475^{\circ}\) : Prick bottom and side thoroughly with fork. Bake 8 to 10 minutes or until light brown; cool.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
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Yield:
"1 Crust"

```
Per serving: 134 Calories (kcal); 9g Total Fat; (59\% calories from fat); 2g
Protein; 12g Carbohydrate; 8mg Cholesterol; 134mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(11 / 2\) Fat; 0
Other Carbohydrates
Nutr. Assoc. : 000021307065432777
* Exported from MasterCook *
    Dijon-Thyme Bread (1 1/2-Pound Recipe)
Recipe By
Serving Size : 12 Preparation Time :0:00
Categories : Bread Machine Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & cup & water \\
\hline 3 & tablespoons & dijon mustard \\
\hline 1 & tablespoon & vegetable oil \\
\hline 3 & cups & bread flour \\
\hline 2 & tablespoons & sugar \\
\hline 3/4 & teaspoon & salt \\
\hline 1 & teaspoon & dried thyme leaves \\
\hline 2 & teaspoons & bread machine yeast \\
\hline
\end{tabular}

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.
betty crocker best of baking recipes.txt
Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

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Yield:
"1 Loaf"

Per serving: 147 Calories (kcal); 2 g Total Fat; (11\% calories from fat); 5 g Protein; 27g Carbohydrate; 0 mg Cholesterol; 182mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 00000031592019
```

* Exported from MasterCook *

```
Dijon-Thyme Bread (1-Pound Recipe)
```

Recipe By : % Preparation Time :0:00

```
Categories : Bread Machine Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2/3 & cup & water \\
\hline 2 & tablespoons & dijon mustard \\
\hline 2 & teaspoons & vegetable oil \\
\hline 2 & cups & bread flour \\
\hline 1 & tablespoon & sugar \\
\hline 1/2 & teaspoon & salt \\
\hline 1/2 & teaspoon & dried thyme leaves \\
\hline 1 1/4 & teaspoons & bread machine yeast \\
\hline
\end{tabular}

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
"@ General Mills, Inc. 1998.'
Yield:
"1 Loaf"
betty crocker best of baking recipes.txt
Per serving: 145 Calories (kcal); 2g Total Fat; (11\% calories from fat); 5g Protein; 27g Carbohydrate; Omg Cholesterol; 182mg Sodium Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 00000031592019
* Exported from MasterCook *

\section*{Dinette Cake}
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 0 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Cakes Desserts
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 1/4 & cups & all-purpose flour* \\
\hline 1 & cup & sugar \\
\hline 1 1/2 & teaspoons & baking powder \\
\hline 1/2 & teaspoon & salt \\
\hline 3/4 & cup & milk \\
\hline 1/3 & cup & shortening \\
\hline 1 & & egg \\
\hline 1 & teaspoon & vanilla \\
\hline 1 1/4 & cups & French Silk Frosting -- (see recipe) \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\). Grease and flour square pan, \(8 \times 8 \times 2\) or \(9 \times 9 \times 2\) inches, or round pan \(9 \times 11 / 2\) inches. Beat all ingredients except
frosting in large mixer bowl on low speed, scraping bow 1 constantly, 30
seconds. Beat on high speed, scraping occasionally, 3 minutes. Pour into pan.
Bake until toothpick inserted in center comes out clean, square 35 to 50 minutes, round 35 minutes; cool. Frost with French Silk Frosting (see recipe).

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

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Yie1d:
"1 Cake"

Per serving: 2763 Calories (kcal); 116 Total Fat; (37\% calories from fat); 30g Protein; 410 g Carbohydrate; 213 mg Cholesterol; 2287 mg Sodium
Food Exchanges: 8 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fruit; 22 1/2 Fat; 18 1/2 Other Carbohydrates

NOTES : *If using self-rising flour, omit baking powder and salt. Nutr. Assoc. : 1400000000
```

* Exported from MasterCook *

```

French Silk Frosting
```

Recipe By : % 10 Preparation Time :0:00

```
Categories : Cakes
betty crocker best of baking recipes.txt
\begin{tabular}{rll} 
Amount & Measure & Ingredient -- Preparation Method \\
\(-1 / 3\) & cup & margarine or butter -- softened \\
\(11 / 3\) & cups & powdered sugar \\
1 & \(1 / 2\) & ounce \\
1 & teaspoon & manited unsweetened chocolate -- (cool) \\
1 & tablespoon & milk
\end{tabular}

Beat margarine, powdered sugar, chocolate and vanilla on low speed until blended. Gradually beat in milk until fluffy.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"2 2/3 Cups"

Per serving: 133 Calories (kcal); 8 g Total Fat; (49\% calories from fat); trace Protein; 17g Carbohydrate; trace Cholesterol; 72 mg Sodium Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(11 / 2\) Fat; 1 Other Carbohydrates

Nutr. Assoc. : 40980538700
* Exported from MasterCook *

Dinosaur Cakes
\begin{tabular}{lll} 
Recipe By & By \\
Serving Size & Preparation Time \(: 0: 00\) \\
Categories & : Baking with Kids & \\
Cakes
\end{tabular}
```

    Amount Measure
    Ingredient -- Preparation Method
                                    Shortening
    2 1/3 cups all-purpose flour
    11/3 cups sugar
        1/2 cup shortening
    1 1/4 cups orange juice
    3 1/2 teaspoons baking powder
    1 teaspoon vanilia
        1/2 teaspoon salt
    3 large eggs
    1/4 cup multicolored candy decorations
        (1 pound) tub chocolate ready-to-spread frosting with
                                dinosaur candy bit sprinkles
    Heat oven to 350'.
Grease jelly roll pan with:
Shortening
Put sma11 amount in pan and shake to coat, then pour out any extra:
A11-purpose flour

```
betty crocker best of baking recipes.txt
Beat in large bowl with electric mixer on low speed 30 seconds, scraping bow 1 all the time:
\(21 / 3\) cups all-purpose flour
\(11 / 3\) cups sugar
1/2 cup shortening
1 1/4 cups orange juice
3 1/2 teaspoons baking powder
1 teaspoon vanilla
\(1 / 2\) teaspoon salt
3 large eggs
Beat batter with electric mixer on high speed 3 minutes, scraping bow a few times.

Add:
1/4 cup multicolored candy decorations
Beat batter on low speed a few seconds to mix in candy decorations. Pour batter into pan, spreading batter to corners.

Bake 20 to 25 minutes or unti 1 toothpick poked in center comes out clean. Cool completely on wire rack.

Freeze cake uncovered about 1 hour. Cut cake into dinosaur shapes with cookie cutters. Remove dinosaur cakes from pan with spatula.

Frost tops of cakes with frosting and sprinkle with dinosaur candies from:
1 tub (1 1b) chocolate ready-to-spread frosting with dinosaur candy bit sprinkles.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
"@ General Mil1s, Inc. 1998.'
Yield:
"14 Cakes"
T(Freeze):
"1:00"

```

Per serving: 380 Calories (kcal); 13g Total Fat; (31\% calories from fat); 3g Protein; 62g Carbohydrate; 40 mg Cholesterol; 304 mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(21 / 2\) Fat; 2 1/2 Other Carbohydrates
```

NOTES : Utensils You Will Need
Jelly rol1 pan, 15 1/2 < 10 1/2 x 1 inch • Pastry brush • Large
bow7. Dry-ingredient measuring cups • Measuring spoons • Liquid
measuring cup • Electric mixer • Rubber scraper • Fork • Pot
holders • Toothpick • Wire cooling rack • Dinosaur-shaped cookie
cutters • Spatula
Here's another idea. . . Make Shaped Cakes: Cut cake into shapes
using your favorite cookie cutters and frost with any
ready-to-spread frosting with candy bit sprinkles.
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 602 1163 0

```
* Exported from MasterCook *
                        Dinosaur Calzones
Recipe By :
Serving Size : 10 Preparation Time :0:00
    Page 153
```

                            betty crocker best of baking recipes.txt
    Categories : Appetizers Baking with Kids
Beef

```
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & pound & ground beef \\
\hline 1 & medium & onion -- chopped (1/2 cup) \\
\hline 2/3 & cup & pizza sauce \\
\hline 5 & cups & Bisquick Original baking mix \\
\hline 3/4 & cup & water \\
\hline 3 & tablespoons & vegetable oil \\
\hline 1 & cup & shredded Cheddar cheese (4 ounces) \\
\hline 1 & & egg white \\
\hline 2 & whole & peppercorns \\
\hline
\end{tabular}

Heat oven to \(450^{\circ}\).
Adult help: Cook in skillet over medium heat about 10 minutes, stirring often, until brown:

1 pound ground beef
Pour beef into colander to drain off any fat. Put beef back in skillet.
Stir into beef, then set aside:
1 medium onion, chopped (1/2 cup)
2/3 cup pizza sauce
Mix in large bow 1 to make a dough (using hands to shape into ball, if necessary):

5 cups Bisquick Original baking mix
3/4 cup water
3 tablespoons vegetable oil
Cut off and save about \(1 / 4\) of the dough. Divide the rest of the dough in half.

Sprinkle a clean surface (such as a kitchen counter or breadboard) with flour or baking mix. Put dough on surface. Roll or pat each dough half into 12-inch circle. Put each circle on cookie sheet.

Top half of each circle (1/2 cup for each circle):
1 cup shredded Cheddar cheese (4 ounces)
Top cheese with beef mixture to within 1 inch of edge of dough. Fold dough over filling, then press edge with fork to seal.

Beat in small bowl with fork:
1 egg white
Make fourteen 3/4-inch balls from some of the saved dough. Press 10 of the balls into triangle shapes. Press 5 triangles into sealed edge of each calzone for spikes on the backs of the dinosaurs, using egg white as glue.

Roll the rest of the balls between your hands to make legs with feet. Press 2 legs into folded edge of each calzone, using egg white as glue. Divide the rest of the saved dough into 4 pieces. Roll pieces between your hands to make tails and heads with necks. Press into calzones, using egg white as glue.

If you like, press into each head for eye 1 of:
2 whole peppercorns
Bake 15 to 20 minutes or until golden brown (it may be necessary to cover small dough pieces with pieces of aluminum foil during the last few minutes of baking).
betty crocker best of baking recipes.txt
Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

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Per serving: 425 Calories (kcal); 22g Total Fat; (46\% calories from fat); 16g Protein; 41g Carbohydrate; 40mg Cholesterol; 905mg Sodium
Food Exchanges: 2 1/2 Grain(Starch); \(11 / 2\) Lean Meat; \(1 / 2\) Vegetable; 0 Fruit; 3 1/2 Fat; 0 Other Carbohydrates
```

NOTES : Utensils You Wil1 Need
10-inch skillet • Wooden spoon • Colander • Cutting board • Sharp
knife • Dry-ingredient measuring cup • Liquid measuring cup •
Large bow7 • Measuring spoons • Rolling pin • Ruler • 2 cookie
sheets • Smal1 bow1 • Fork • Pastry brush • Pot holders
Tip
If your oven does not hold 2 cookie sheets side by side, make one
calzone with half the dough and beef mixture. Bake that one while
you make the second calzone.
Nutr. Assoc. : 9018 0 0 2250 0 0 4922 0 0

```
* Exported from MasterCook *
                                Divine Caramel Sauce
Recipe By
Serving Size
: \(9 \quad\) Preparation Time \(: 0: 00\)
Categories : Desserts
\begin{tabular}{rrl} 
Amount & Measure & Ingredient -- Preparation Method \\
-2 & cups & sugar \\
2 & cup & stick margarine or butter* \\
2 & cups & whipping (heavy) cream \\
1 & cup & light corn syrup \\
1 & Pinch salt & salila
\end{tabular}

Heat all ingredients except vanilla to boiling in heavy Dutch oven over medium heat, stirring constantly; reduce heat slightly. Boil about 30 minutes, stirring frequently, until sugar is dissolved and mixture is caramel colored.

Stir in vanilla. Serve hot or warm. Store in refrigerator up to 2 months.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Per serving: 594 Calories (kcal); 35 g Total Fat; (50\% calories from fat); 1g Protein; 74 g Carbohydrate; 73 mg Cholesterol; 242 mg Sodium Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 7 Fat; 5 Other Carbohydrates

NOTES : *We do not recommend using vegetable oil spreads.
Nutr. Assoc. : 04098721000
betty crocker best of baking recipes.txt
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* Exported from MasterCook *

```

Double Apricot-Almond Bread (1 1/2-Pound Recipe)
\(\begin{array}{llll}\text { Recipe By } \\ \text { Serving Size } & \vdots & \\ \text { Categories } & \text { 12 Bread } & \text { Preparation Time :0:00 } & \\ \text { Machine }\end{array}\)
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1/2 & cup & lukewarm water \\
\hline 1 & (6 ounce) jar & apricot baby food -- (reserve 1 teaspoon) \\
\hline 2 & tablespoons & margarine or butter -- softened \\
\hline 3 & cups & bread flour \\
\hline 2 & tablespoons & dry milk \\
\hline 2 & tablespoons & sugar \\
\hline 1 1/2 & teaspoons & salt \\
\hline 1/4 & teaspoon & ground nutmeg (1/4 to \(1 / 2\) teaspoons) \\
\hline 2 & teaspoons & bread machine yeast \\
\hline 1/2 & cup & quartered dried apricots \\
\hline 1/2 & cup & coarsely chopped toasted almonds Apricot Glaze -- (recipe follows) \\
\hline 1/2 & cup & APRICOT GLAZE powdered sugar \\
\hline 1 & teaspoon & reserved apricot baby food \\
\hline 1 & teaspoon Dash & milk nutmeg \\
\hline
\end{tabular}

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1 -pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients except the 1 teaspoon reserved baby food, apricots, almonds and Apricot Glaze in bread machine pan in the order recommended by the manufacturer. Add apricots and almonds at the Raisin/Nut signal or 5 to 10 minutes before last kneading cycle ends.

Select Sweet or Basic/white cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack. Prepare Apricot Glaze; drizzle onto cooled loaf.

APRICOT GLAZE:
Mix all ingredients until smooth and thin enough to drizzle.

\footnotetext{
Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yie1d:
"1 Loaf"

Per serving: 233 Calories (kcal); 6 g Total Fat; ( \(22 \%\) calories from fat); 6 g Protein; 40g Carbohydrate; 1 mg Cholesterol; 298mg Sodium Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 1582040980000362020193090528221307065430000 0962
}
betty crocker best of baking recipes.txt
```

* Exported from MasterCook *
Double Apricot-A1mond Bread (1-Pound Recipe)
Recipe By Size : 8 Preparation Time :0:00
Categories : Bread Machine Breads

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 1/3 | cup | lukewarm water |
| 1 | (4 ounce) jar | apricot baby food -- (reserve 1 teaspoon) |
| 1 | tablespoon | margarine or butter -- softened |
| 2 | cups | bread flour |
| 1 | tablespoon | dry milk |
| 1 | tablespoon | sugar |
| 1 | teaspoon | salt |
| 1/8 | teaspoon | ground nutmeg (1/8 to 1/4 teaspoon) |
| 1 | teaspoon | bread machine yeast. |
| 1/3 | cup | quartered dried apricots |
| 1/3 | cup | coarsely chopped toasted almonds Apricot Glaze -- (recipe follows) |
| 1/2 | cup | APRICOT GLAZE powdered sugar |
| 1 | teaspoon | reserved apricot baby food |
| 1 | teaspoon Dash | milk nutmeg |

```

Make \(11 / 2\)-pound recipe for bread machines that use 3 cups flour, or make 1 -pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients except the 1 teaspoon reserved baby food, apricots, almonds and Apricot Glaze in bread machine pan in the order recommended by the manufacturer. Add apricots and almonds at the Raisin/Nut signal or 5 to 10 minutes before last kneading cycle ends.

Select Sweet or Basic/white cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack. Prepare Apricot Glaze; drizzle onto cooled loaf.

APRICOT GLAZE:
Mix all ingredients until smooth and thin enough to drizzle.

\footnotetext{
Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

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Yie1d:
"1 Loaf"

Per serving: 235 Calories (kcal); 6 g Total Fat; ( \(20 \%\) calories from fat); \(6 g\) Protein; 41g Carbohydrate; 5 mg Cholesterol; 289mg Sodium Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 5472023940000336200309020020213070654300000
}
betty crocker best of baking recipes.txt
```

* Exported from MasterCook *

```

\section*{Duchess Potatoes}
\begin{tabular}{ll} 
Recipe By & : \\
Serving Size & 12 Preparation Time \(: 0: 00\) \\
Categories & Holiday
\end{tabular}
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 4 & pounds & potatoes (about 12 medium) -- peeled and cut into pieces \\
\hline 2/3 & cup & milk (2/3 to 1 cup) \\
\hline 1/2 & cup & margarine or butter -- softened \\
\hline 1/2 & teaspoon & salt \\
\hline & Dash & pepper \\
\hline 4 & & \begin{tabular}{l}
eggs -- beaten \\
Margarine or butter -- me7ted
\end{tabular} \\
\hline
\end{tabular}

Heat 1 inch water (salted if desired) in 3-quart saucepan to boiling. Add potatoes. Cover and heat to boiling. Cook whole potatoes 30 to 35 minutes, pieces 20 to 25 minutes or until tender; drain. Shake pan with potatoes over low heat to dry.

Heat oven to \(425^{\circ}\) : Grease cookie sheet. Mash potatoes until no lumps remain. Beat in milk in small amounts (amount of milk needed to make potatoes smooth and fluffy depends on kind of potatoes used). Add \(1 / 2\) cup margarine, the salt and pepper. Beat vigorously until potatoes are light and fluffy. Add eggs; beat until blended.

Drop potato mixture by spoonfuls into mounds onto cookie sheet. Or place in decorating bag with star tip and form rosettes or pipe in a border around meat. Brush with melted margarine.

Bake about 15 minutes or until light brown.
```

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approved Betty Crocker® Recipe.
Copyright:
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T(Bake):
"0:15"
Per serving: 215 Calories (kcal); 9g Total Fat; (38% calories from fat); 5g
Protein; 28g Carbohydrate; 63mg Cholesterol; 212mg Sodium
Food Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat;
O Other Carbohydrates
NOTES : For a different twist, use sweet potatoes or yams, and sprinkle
with nutmeg or cinnamon.
Nutr. Assoc. : 4600 4038 4098 0 0 0 0

* Exported from MasterCook *
Easy Pul1-Apart Coffee Cake
Recipe By : % 16 Preparation Time :0:00
Categories : Breads
Amount Measure Ingredient -- Preparation Method Page 158

```
\begin{tabular}{|c|c|c|c|}
\hline \multirow[t]{3}{*}{1} & & cup & pecan halves \\
\hline & 3/4 & cup & packed brown sugar \\
\hline & \multirow[t]{4}{*}{1/4} & cup & (1/2 stick) plus 2 tablespoons margarine \\
\hline 2 & & blespoons & or butter milk \\
\hline \multirow[t]{2}{*}{1} & & package & (6 serving size ) vanilla regular pudding \\
\hline & & & and pie filling \\
\hline 4 & & cups & Bisquick Original baking mix \\
\hline \multirow[b]{4}{*}{2
1
1} & 2/3 & cup & milk \\
\hline & & tablespoons & granulated sugar \\
\hline & & teaspoon & vanilla \\
\hline & & & egg \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\). Grease 12 -cup bundt cake pan. Sprinkle pecan halves in pan. Heat brown sugar, margarine, 2 tablespoons milk and the pudding and pie filling (dry) in 1-quart saucepan over medium heat, stirring constantly, until mixture begins to boil around edge; remove from heat and reserve.

Mix remaining ingredients until stiff dough forms; beat 30 seconds. (If dough is too sticky, stir in additional baking mix.) Turn dough onto surface dusted with'baking mix; roll in baking mix to coat. Knead lightly 10 times. Cut dough into 32 pieces. Stack pieces of dough in pan. Pour brown sugar mixture eventy over dough.

Bake 25 to 30 minutes or until golden brown. Immediately invert onto heatproof serving plate; let pan remain over coffee cake 1 minute. Serve warm.
```

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approved Betty Crocker® Recipe.
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Yield:
"1 Cake"

```
Per serving: 270 Calories (kcal); 12g Total Fat; (39\% calories from fat); 3g
Protein; 38 g Carbohydrate; 13 mg Cholesterol; 486 mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2
Fat; 1 Other Carbohydrates
Nutr. Assoc. : 0040980540922500000
* Exported from MasterCook *
    Easy Pumpkin Nut Pie
\(\begin{array}{lll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 8 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Baking with Kids Pies
\begin{tabular}{rll} 
Amount & Measure & Ingredient -- Preparation Method \\
\(1 / 2\) & cup & margarine or butter (1 stick) -- softened \\
\(1 / 3\) & cup & packed brown sugar \\
\(1 / 4\) & cups & all-purpose flour \\
\(1 / 4\) & cups & OR who wheat flour \\
\(1 / 2\) & cup & chopped nuts
\end{tabular}
```

                    betty crocker best of baking recipes.txt
    1/2 teaspoon vanilla
    1/4 teaspoon salt
    1/4 teaspoon baking soda
    2
    1
    3/4 cup packed brown sugar
    teaspoon ground cinnamon
    1/2 teaspoon salt
    1/4 teaspoon ground cloves
    1/4 teaspoon ground ginger
    1/4 teaspoon freshly ground nutmeg
        (12 ounce) can evaporated milk
            cup whipping (heavy) cream
        tablespoons packed brown sugar
    Mix in large bowl with wooden spoon:
1/2 cup (1 stick) margarine or butter, softened
1/3 cup packed brown sugar
Stir in just until crumb7y:
1 1/4 cups all-purpose or whole wheat flour
1/2 cup chopped nuts
1/2 teaspoon vanilla
1/4 teaspoon salt
1/4 teaspoon baking soda
Press mixture against bottom and up side of pie plate, 9 < 1 1/2 inches,
building up a 1/2-inch edge above top of pie plate. (A high edge is
necessary to keep filling from running over.)
Heat oven to 425*.
Beat slightly in large bowl with fork:
2 large eggs
Stir in until smooth:
1 cup mashed pumpkin (about ha1f of a 16-ounce can)
3/4 cup packed brown sugar
1 teaspoon ground cinnamon
1/2 teaspoon salt
1/4 teaspoon ground cloves
1/4 teaspoon ground ginger
1/4 teaspoon fresh7y ground nutmeg
Stir in, a little at a time:
1 can (12 ounces) evaporated milk
Pour pumpkin mixture into pie crust. Cover edge of crust with 2- to 3-inch
strip of aluminum foil to keep crust from browning too much.
Bake 15 minutes. Turn oven temperature down to $350^{\circ}$. Bake 45 to 55 minutes longer or until knife poked in pie near center comes out clean. Cool completely on wire rack.
Chill medium bow $i n$ freezer about 15 minutes or until cold.
Beat in chilled bowl with eggbeater until stiff:
1 cup whipping (heavy) cream
3 tablespoons packed brown sugar
Serve pie with the whipped cream. Cover and refrigerate any leftover pie and whipped cream.

```

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```

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Yield:
"1 Pie"

```
Per serving: 548 Calories (kcal); 32g Total Fat; (51\% calories from fat); 9g
Protein; 59g Carbohydrate; 100mg Cholesterol; 459mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 6 Fat; 2
1/2 Other Carbohydrates
NOTES : Utensils You will Need
    2 large bow7s • Dry-ingredient measuring cups • Wooden spoons •
    Measuring spoons • Pie plate, \(9 \times 11 / 2\) inches • Fork • Can opener
    - Aluminum foil - Pot holders • Knife • Wire cooling rack • Medium
    bow 1 - Liquid measuring cup • Eggbeater
Nutr. Assoc. : 4098 014021307065430000002600700000001010
* Exported from MasterCook *
    Easy Sugar Cookies
Recipe By \(\quad\) Berving Size
Servaration Time \(: 0: 00\)
Categories : Baking with Kids Cookies \& Brownies
\begin{tabular}{rrl} 
Amount & Measure & Ingredient -- Preparation Method \\
\hdashline 1 & cup & sugar \\
1 & \(1 / 2\) & cup \\
1 & teaspoon & vangarine or butter (2 sticks) -- softened \\
2 & \(1 / 4\) & large
\end{tabular}

Heat oven to \(375^{\circ}\).

Beat in large bowl with wooden spoon until smooth:
1 cup sugar
1 cup (2 sticks) margarine or butter, softened
1/2 teaspoon vanilla
1 1arge egg
Stir in:
2 1/4 cups all-purpose flour
Shape dough by teaspoonfuls into balls. Place balls about 2 inches apart on cookie sheet.

Flatten balls gently with bottom of glass dipped in:
Sugar, colored sugar or candy sprinkles
Bake 10 to 12 minutes or until set and edges just begin to brown. Cool cookies on cookie sheet 1 minute, then remove with spatula to wire rack. Cool.

\footnotetext{
Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.
}

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    Yield:
"48 Cookies"

```
Per serving: 73 Calories (kcal); \(4 g\) Total Fat; (48\% calories from fat); 1g
Protein; 9g Carbohydrate; 4mg Cholesterol; 46mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2
Other Carbohydrates
```

NOTES : Utensils You Will Need
Large Bow1 • Dry-ingredient measuring cups • Measuring spoons •
Wooden spoon • Cookie sheet • Teaspoon • Glass • Pot holders •
spatula • Wire cooling rack • Small bowl
TIP
If dough is too soft to shape, cover with plastic wrap and
refrigerate about 1 hour.
Nutr. Assoc. : 0 4098 0 0 0 0

```
* Exported from MasterCook *
                    Eggplant Acapulco
Recipe By
Serving Size
:
8 \(\quad\) Preparation Time :0:00
Categories : Main and Side Dishes Vegetables
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & smal 1 & eggplant (1 pound) -- peeled and cut into \(1 / 2\) inch cubes \\
\hline 1 1/2 & cups & coarsely crushed corn chips (3 ounces) \\
\hline 1 & cup & shredded Cheddar cheese (4 ounces) \\
\hline 1 & (15 ounce) can & chunky Mexican-style tomato sauce \\
\hline
\end{tabular}

Heat over to \(350^{\circ}\). Grease square baking dish, \(8 \times 8 \times 2\) inches. Heat \(1 / 2\) inch water to boiling in 2 -quart saucepan. Add eggplant. Cover and heat to boiling; reduce heat to medium-high. Cook 5 minutes; drain.

Mix corn chips and cheese. Spread half of the eggplant in baking dish; spoon half of the tomato sauce over eggplant. Sprinkle with half of the corn chip mixture. Repeat with remaining eggplant, tomato sauce and corn chip mixture. Bake uncovered about 30 minutes or until bubbly around edges.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:
"Here's and out-of-the-ordinary eggplant dish that is great for a
buffet supper."
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Per serving: 129 Calories (kcal); 7g Total Fat; (49\% calories from fat); 5g Protein; 12g Carbohydrate; 15 mg Cholesterol; 144mg Sodium Food Exchanges: 1/2 Grain'(Starch); 1/2 Lean Meat; \(11 / 2\) Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 26407136949222702
betty crocker best of baking recipes.txt
```

* Exported from MasterCook *
Elephant Ears
Recipe By ( ) 4 Preparation Time :0:00
Categories : Baking with Kids Breads

```


Heat oven to \(425^{\circ}\).
Grease cookie sheet with:
Shortening
Me7t in saucepan over low heat, then set aside:
\(1 / 4\) cup ( \(1 / 2\) stick) margarine or butter
Mix in medium bow with wooden spoon:
1 cup all-purpose flour
2 tablespoons sugar
\(1 / 2\) teaspoon baking powder
1/2 teaspoon salt
Stir in to make a dough:
3 tablespoons of the melted margarine or butter
1/3 cup milk
Sprinkle a clean surface (such as a kitchen counter or bread board) with flour. Put dough on surface. Rol1 ball of dough around 3 or 4 times. Knead dough quickly and lightly by folding, pressing and turning. Repeat 10 times. Roll or pat dough into \(9 \times 5\)-inch rectangle.

Mix in small bowl:
2 tablespoons sugar
1 teaspoon ground cinnamon
Brush dough with the rest of the melted margarine or butter, then sprinkle with the sugar-cinnamon mixture.

Roll dough up tightly, beginning at short end of rectangle. Pinch edge of dough into roll to seal. Adult help: Cut roll into 4 equal pieces with sharp knife. Put pieces, cut sides up, on cookie sheet, then pat into 6-inch circies.

Sprinkle circles with:
Sugar
Bake 8 to 10 minutes or until edges are golden brown. Immediately remove elephant ears from cookie sheet with spatula to wire rack. Cool.

\footnotetext{
Please note, if you should change this recipe it will no longer be an Page 163
}
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approved Betty Crocker \({ }^{\ominus}\) Recipe.
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Per serving: 278 Calories (kcal); 12g Total Fat; (39\% calories from fat); 4g Protein; 38 g Carbohydrate; 3 mg Cholesterol; 472 mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2
Fat; 1 other Carbohydrates
```

NOTES : Utensils You will Need
Cookie sheet - Pastry brush • 1-quart saucepan • Smal1 sharp knife
- Medium bow1 - Dry-ingredient measuring cups . Measuring spoons.
Wooden spoon • Liquid measuring cup • Rolling pin - Ruler • Small
bow7 - Sharp knife - Pot holders - Spatula - Wire cooling rack
TIP
Dip hands in sugar to keep them from sticking to dough when
patting circles on cookie sheet.
Nutr. Assoc. : 0 4098 0 0 0 0 0 0 0 0

```
* Exported from MasterCook *
                                    Espresso-Praline Torte
\begin{tabular}{l} 
Recipe By \\
Serving Size \\
Categories
\end{tabular}
\(\vdots\)
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 4 & & egg whites \\
\hline 1/4 & teaspoon & cream of tartar \\
\hline 1 & cup & sugar \\
\hline & & Almond Praline -- (recipe follows) \\
\hline \(11 / 2\) & cups & whipping (heavy) cream \\
\hline 1 & tablespoon & sugar \\
\hline 1 & teaspoon & instant espresso coffee (dry) \\
\hline 1/4 & teaspoon & almond extract \\
\hline & & ALMOND PRALINE \\
\hline 1/2 & cup & sliced almonds \\
\hline 1/4 & cup & sugar \\
\hline
\end{tabular}

Cover 3 cookie sheets with cooking parchment paper or heavy brown paper. Heat oven to \(225^{\circ}\). Beat egg whites and cream of tartar in large bowl on medium speed until foamy. Beat in 1 cup sugar, 1 tablespoon at a time on high speed; continue beating until stiff and glossy. Do not underbeat. Shape meringue into three 8 -inch circles on brown paper.

Bake 1 hour. Turn oven off and leave meringues in oven with door closed 1 hour. Finish cooling at room temperature. Remove from paper to wire rack with spatula.

Prepare Almond Praline. Beat whipping cream, 1 tablespoon sugar, the espresso and almond extract in chilled medium bow until stiff. Reserve 1 to 2 tablespoons praline for garnish. Fold remaining praline into whipped cream. Stack meringues, spreading whipped cream mixture between layers and over top. Sprinkle with reserved praline. Refrigerate at least 2 hours. cover and refrigerate any remaining torte.
ALMOND PRALINE:
Grease cookie sheet. Cook almonds and sugar in 1-quart saucepan over low Page 164
betty crocker best of baking recipes.txt
heat, stirring occasionally, until sugar is melted and golden brown. Pour onto cookie sheet; cool. Crush coarsely in blender or place in plastic bag and crush with wooden mallet.

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Yield:
"1 Torte"

Per serving: 229 Calories (kcal); 14g Total Fat; (54\% calories from fat); 3g Protein; 24g Carbohydrate; 41mg Cholesterol; 30mg Sodium Food Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat; 1 1/2 Other Carbohydrates
```

Nutr. Assoc. : 0 0 0 2130706543 1616 0 3752 0 0 0 0 0

```
* Exported from MasterCook *
                                    Favorite Cheese Pizza
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 12 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Bread Machine Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 3 & cups & bread flour \\
\hline 1 & cup & plus 2 tablespoons water \\
\hline 2 & tablespoons & olive or vegetable oil \\
\hline 2 & tablespoons & grated Parmesan cheese, if desired \\
\hline \(21 / 2\) & teaspoons & bread machine yeast \\
\hline \(11 / 2\) & teaspoons & Italian seasoning, if desired \\
\hline 1 & teaspoon & sugar \\
\hline 1 & teaspoon & salt Pizza Topping -- (recipe follows) \\
\hline & & PIZZA TOPPING \\
\hline 1 & (8 ounce) can & tomato sauce \\
\hline 1 & teaspoon & Italian seasoning \\
\hline 1 & clove & garlic -- finely chopped \\
\hline 1 & smal1 & onion -- thinly sliced and separated into rings \\
\hline 3 , & cups & shredded Mozzare11a cheese (12 ounces) \\
\hline 1/4 & cup & grated Parmesan cheese \\
\hline
\end{tabular}

Measure carefully, placing all ingredients except Pizza Topping in bread machine pan in the order recommended by the manufacturer. Select
Dough/Manual cycle.
Move oven rack to lowest position. Heat oven to \(400^{\circ}\). Grease 2 cookie sheets. Divide dough in half. Pat each half into 12 -inch circle on cookie sheet with floured fingers. Add Pizza Topping.

Bake 18 to 20 minutes or until crust is light brown.
2 pizzas, 6 pieces each
PIZZA TOPPING:
betty crocker best of baking recipes.txt
Mix tomato sauce, Italian seasoning and garlic. Spread half the sauce over each crust. Arrange onion on sauce. Sprinkle with cheeses.

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Copyright:
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Yield:
"2 Pizzas"

Per serving: 259 Calories (kcal); 11g Total Fat; (37\% calories from fat); 12g
Protein; 29g Carbohydrate; 27 mg Cholesterol; 458 mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; \(1 / 2\) Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 01582986356220193776002130706543001506000 261530
* Exported from MasterCook *

Favorite Chocolate Chip Cookies
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 42 \text { Preparation Time :0:00 }\end{array}\)
Categories : Cookies \& Brownies
\begin{tabular}{rrr} 
Amount & Measure & Ingredient -- Preparation Method \\
\(1 / 2\) & cup & granulated sugar \\
\(1 / 2\) & cup & packed brown sugar \\
\(1 / 3\) & cup & margarine or butter -- softened \\
\(1 / 3\) & cup & shortening \\
1 & & egg \\
1 & \(1 / 2\) & teaspoon
\end{tabular}

Heat oven to \(375^{\circ}\). Mix sugars, margarine, shortening, egg and vanilla.
Stir in remaining ingredients. Drop dough by rounded teaspoonfuls about 2
inches apart onto ungreased cookie sheet. Bake until light brown, 8 to 10
minutes. Cool slightly before removing from cookie sheet.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:
"42 Cookies"

Per serving: 94 Calories (kcal); 5g Total Fat; (49\% calories from fat); 1g Protein; 11g Carbohydrate; 8mg Cholesterol; 58mg Sodium Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates
betty crocker best of baking recipes.txt
NOTES : * If using self-rising flour, omit baking soda and salt.
Nutr. Assoc. : 002394000140004886
```

* Exported from MasterCook *

```
    Favorite Green Bean Casserole
Recipe By \(\begin{aligned} & \text { Serving Size } \\ & \text { Se } \\ & 6\end{aligned}\) Preparation Time :0:00
Categories : Main and Side Dishes Vegetables
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 & \multicolumn{2}{|l|}{\multirow[t]{2}{*}{(16 ounce) packages frozen cut green beans (10 \(3 / 4\) ounce) can condensed cream of celery, cream of chicken or cream of mushroom soup}} \\
\hline 1 & & \\
\hline 1/2 & cup & milk \\
\hline 1 & (2 ounce) jar & diced pimientos -- drained \\
\hline 1/8 & (2 teaspoon & pepper \\
\hline 1 & (2 3/4 ounce) & can French fried onions \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\).
Cook green beans as directed on package for the minimum amount of time; drain.

Mix soup, milk, pimientos and pepper in 2 -quart casserole or square baking dish, \(8 \times 8 \times 2\) inches. Stir in beans. Sprinkle with onions. Bake uncovered 30 to 40 minutes or until hot in center.

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Per serving: 183 Calories (kcal); 10 g Total Fat; ( \(46 \%\) calories from fat); 4 g Protein; 22g Carbohydrate; 8mg Cholesterol; 510mg Sodium Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 Vegetable; 0 Fruit; \(1 / 2\) Fat; 0 Other Carbohydrates
NOTES : Tip
Substitute 2 cans (16 ounces each) cut green beans, drained, for the frozen green beans, but do not cook. To microwave, use microwavable casserole. Decrease milk to \(1 / 4\) cup. Stir beans into soup mixture. Cover and microwave on High 5 minutes; stir. Sprinkle with onions. Microwave uncovered 3 to 5 minutes or until hot.
Nutr. Assoc. : 345829450160301677
* Exported from MasterCook *

> Favorite Pastry for 10-Inch One-Crust Pie
```

Recipe By : % 8 Sreparation Time :0:00

```
Categories : Desserts Pies

Amount Measure Ingredient -- Preparation Method Page 167
betty crocker best of baking recipes.txt
\begin{tabular}{|c|c|c|}
\hline 1 1/3 & cups & all-purpose flour \\
\hline 1/2 & teaspoon & salt \\
\hline 1/4 & cup & plus 3 tablespoons lard \\
\hline 1/2 & cup & OR shortening \\
\hline 3 & tablespoons & cold water (3 to 4 tablespoons) \\
\hline
\end{tabular}

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bow 1 ( 1 to 2 teaspoons water can be added if necessary).

Gather pastry into ball; shape into flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured
cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll pastry under, even with plate. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into \(V\) shape; pinch again to sharpen. Fill and bake as directed in recipe.

For Baked Pie She11: Heat oven to \(475^{\circ}\). Prick bottom and side thorough1y with fork. Bake 8 to 10 minutes or until light brown; cool.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"1 crust"

Per serving: 189 Calories (kcal); 13g Total Fat; (61\% calories from fat); 2g Protein; 16g Carbohydrate; 0 mg Cholesterol; 134mg Sodium Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(21 / 2\) Fat; 0 Other Carbohydrates
```

Nutr. Assoc. : 0 0 2130706543 0 0 2777

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* Exported from MasterCook *

```
    Favorite Pastry for 10-Inch Two-Crust Pie
```

Recipe By : 8 Preparation Time :0:00

```
\(\begin{array}{ll}\text { Serving Size } \\ \text { Categories } & 8 \\ \text { Desserts }\end{array}\)


Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bow 1 ( 1 to 2 teaspoons water can be added if necessary).

Divide pastry in half and shape into 2 flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Turn desired filling into pastry-lined pie plate. Trim overhanging edge of pastry \(1 / 2\) inch from rim of plate. Rol1 other round of pastry. Fold into fourths; cut slits so steam can escape.

Place over filling and unfold. Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll top edge under lower edge, pressing on rim to seal. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build'up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into \(V\) shape; pinch again to sharpen.

For Baked Pie She11: Heat oven to \(475^{\circ}\). Prick bottom and side thorough1y with fork. Bake 8 to 10 minutes or until light brown; cool.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

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Per serving: 378 Calories (kcal); 26 Total Fat; ( \(61 \%\) calories from fat); 4g Protein; 32g Carbohydrate; 0mg Cholesterol; 268mg Sodium Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 5 Fat; 0 Other Carbohydrates
```

Nutr. Assoc. : 0 0 2130706543 0 0 2777

```
```

* Exported from MasterCook *

```

Favorite Pastry for 9-Inch One-Crust Pie
```

Recipe By Size : 8 Preparation Time :0:00

```
Categories : Desserts Pies
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & cup & all-purpose flour \\
\hline 1/2 & teaspoon & salt \\
\hline 1/3 & cup & 1ard \\
\hline 1/3 & cup & OR P us 1 tablespoon shortening \\
\hline 2 & tablespoons & cold water (2 to 3 tablespoons) \\
\hline
\end{tabular}

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until ail

Page 169
betty crocker best of baking recipes.txt
flour is moistened and pastry almost cleans side of bow 1 (1 to 2 teaspoons water can be added if necessary).

Gather pastry into bal1; shape into flattened round on lightly floured cloth-covered surface.

Ro11 pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll pastry under, even with plate. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into \(V\) shape; pinch again to sharpen. Fill and bake as directed in recipe.

For Baked Pie She11: Heat oven to \(475^{\circ}\). Prick bottom and side thorough1y with fork. Bake 8 to 10 minutes or until light brown; cool.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"1 Crust"

Per serving: 134 Calories (kcal); 9g Total Fat; (59\% calories from fat); 2g Protein; 12g Carbohydrate; 8mg Cholesterol; 134mg Sodium Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(11 / 2\) Fat; 0 Other Carbohydrates

Nutr. Assoc. : 000021307065432777
```

* Exported from MasterCook *

```

Favorite Pastry for 9-Inch Two-Crust Pie
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 8 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Desserts Pies
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 & cups & all-purpose flour \\
\hline 1 & teaspoon & salt \\
\hline 2/3 & cup & 1ard \\
\hline & & OR 2 tabl \\
\hline 2/3 & cup & plus 2 tablespoons shortening \\
\hline 4 & tablespoons & cold water ( 4 to 5 tablespoons) \\
\hline
\end{tabular}

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until ail flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons water can be added if necessary).

Divide pastry in half and shape into 2 flattened round on lightly floured cloth-covered surface.
betty crocker best of baking recipes.txt
Ro11 pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firm7y against bottom and side.

Turn desired filling into pastry-1ined pie plate. Trim overhanging edge of pastry \(1 / 2\) inch from rim of plate. Roll other round of pastry. Fold into fourths; cut slits so steam can escape.

Place over filling and unfold. Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll top edge under lower edge, pressing on rim to seal. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build'up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into \(V\) shape; pinch again to sharpen.

For Baked Pie She11: Heat oven to \(475^{\circ}\). Prick bottom and side thorough1y with fork. Bake 8 to 10 minutes or until light brown; cool.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.
```

Copyright:
"@ Genera1 Mil1s, Inc. 1998."
Yield:
"2 Crusts"

```
Per serving: 268 Calories (kcal); 17g Total Fat; (59\% calories from fat); 3g
Protein; 24g Carbohydrate; 16mg Cholesterol; 267mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 1/2
Fat; O Other Carbohydrates
Nutr. Assoc. : 000021307065432777
* Exported from MasterCook *
    Festive Fruitcake Bars
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 36 \text {. Preparation Time }: 0: 00\end{array}\)
Categories : Cookies \& Brownies Holiday
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & cup & al1-purpose flour \\
\hline 3/4 & cup & packed brown sugar \\
\hline 1 1/2 & cup & margarine or butter (1 stick) -- softened \\
\hline 1 & teaspoon & grated orange pee1 \\
\hline 1/2 & teaspoon & baking soda \\
\hline 1/2 & teaspoon & ground cinnamon \\
\hline 1/4 & teaspoon & salt \\
\hline 1 1/4 & & egg \\
\hline 1/4 & cup & a11-purpose flour \\
\hline 16 & ounces & fruitcake mix \\
\hline 8 & ounces & dates -- cut up \\
\hline 1 & cup & chopped pecans or chopped filberts Orange Glaze -- (recipe follows) \\
\hline & & ORANGE GLAZE \\
\hline \(21 / 3\) & tablespoons & sugar \\
\hline
\end{tabular}
betty crocker best of baking recipes.txt
Heat oven to \(350^{\circ}\). Grease and flour rectangular pan, \(13 \times 9 \times 2\) inches. Mix 1 cup flour, the brown sugar, margarine, orange peel, baking soda, cinnamon, salt and egg in large bowl. Mix \(1 / 4\) cup flour, the fruitcake mix, dates and pecans; stir into brown sugar mixture. Spread in pan.

Bake about 35 minutes or until toothpick inserted in center comes out clean; cool. Drizzle with Orange Glaze. Cut into about \(2 \times 1 / 2\)-inch bars.

\section*{ORANGE GLAZE:}

Heat sugar and juice in 1-quart saucepan over medium heat, stirring occasionally, until mixture thickens slightly.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Copyright:
"© General Mills, Inc. 1998."
Yield:
"36 bars"
T(Bake)

Per serving: 137 Calories (kcal); 5 g Total Fat; ( \(30 \%\) calories from fat); 1 g Protein; 24g Carbohydrate; 5 mg Cholesterol; 77 mg Sodium Food Exchanges: \(1 / 2\) Grain(Starch); 0 Lean Meat; 0 Vegetable; \(1 / 2\) Fruit; 1 Fat; 1 Other Carbohydrates

Nutr. Assoc. : 004098000000592202014821307065430000
```

* Exported from MasterCook *

```

\section*{Florentines}

Recipe By
Serving Size \({ }^{\vdots}\) 54 \(\quad\) Preparation Time :0:00
Categories : Cookies \& Brownies Holiday
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 3/4 & cup & whipping (heavy) cream \\
\hline 1/4 & cup & sugar \\
\hline 1/2 & cup & very finely chopped blanched almonds \\
\hline 4 1/4 & ounces & candied orange peel -- very finely chopped \\
\hline 2 & (4 ounce) bar & s sweet cooking chocolate \\
\hline & (4 ounce) b & DR bittersweet chocolate \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\). Grease and flour cookie sheet. Mix whipping cream and sugar in medium bow 1 until well blended. Stir in almonds, orange peel and flour. (Dough may thicken as it stands.) Drop dough by rounded teaspoonfuls about 2 inches apart onto cookie sheet. Spread to form 2-inch circles. (Dough may be sticky.)
Bake 10 to 12 minutes or until edges are light brown. Cool 2 minutes; remove from cookie sheet to wire rack.

Heat chocolate until melted. Turn cookies over; spread with chocolate. Dry several hours at room temperature until chocolate becomes firm.

Page 172

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yie1d:
"54 Cookies"

Per serving: 53 Calories (kcal); 3g Total Fat; (53\% calories from fat); 1g Protein; 6 g Carbohydrate; 5 mg Cholesterol; 4 mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

NOTES : Want festive, professional-1ooking cookies? Make wavy lines with the tines of a table fork in the chocolate before it is set.
Nutr. Assoc. : 72102002024300519502130706543
```

* Exported from MasterCook *

```

\section*{French Bread}
\begin{tabular}{ll} 
Recipe By \\
Serving Size \\
Categories & \(\vdots\)
\end{tabular}\(\frac{16}{} \quad\) Breads \(\quad\) Preparation Time :0:00
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & package & active dry yeast \\
\hline \(11 / 4\) & cups & warm water ( \(105^{\circ}\) to \(115{ }^{\circ}\) ) \\
\hline \(11 / 2\) & teaspoons & salt \\
\hline 1 & tablespoon & shortening \\
\hline \(31 / 2\) & cups & all-purpose flour (3 1/2 to 4 cups) \\
\hline 1 & tablespoon & \begin{tabular}{l}
cornmeal \\
Cold water
\end{tabular} \\
\hline 1 & espoons & egg white \\
\hline
\end{tabular}

Dissolve yeast in warm water in large mixing bowl. Stir in salt, shortening and \(11 / 2\) cups of the flour. Beat with spoon until smooth. Mix in enough remaining flour (first with spoon, then by hand) to make dough easy to handle.

Turn dough onto lightly floured surface; knead until smooth and elastic, about 5 minutes. Place in greased bowl; turn greased side up. Cover; 1et rise in warm place until double, \(11 / 2\) to 2 hours. (Dough is ready if indentation remains when touched.)

Punch down dough; round up and let rise until almost double, about 45 minutes. Punch down; cover and let rest 15 minutes. Sprinkle with cornmeal. Rol1 dough into rectangle, \(15 \times 10\) inches. Roll up tightly, beginning at \(15-i n c h\) side. Pinch edge firmly to seal. Roll gently back and forth to taper ends. Place loaf on lightly greased cookie sheet. If desired, make \(1 / 4\)-inch slashes across loaf at 2 -inch intervals. Brush with cold water. Let rise about \(1 / 2\) hours. Brush with cold water.

Heat oven to \(375^{\circ}\). Bake 20 minutes. Beat egg white and 2 tablespoons cold water slightly; brush over loaf. Bake 25 minutes longer. Remove from cookie sheet; cool on wire rack.

\footnotetext{
Please note, if you should change this recipe it will no longer be an Page 173
}
betty crocker best of baking recipes.txt
approved Betty Crocker \({ }^{\oplus}\) Recipe.
```

copyright:
"O General Mills, Inc. 1998."
Yield:
"1 Loaf"

```
Per serving: 111 Calories (kcal); 1 g Total Fat; ( \(9 \%\) calories from fat); 3 g
Protein; 21 g Carbohydrate; 0 mg Cholesterol; 205mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0
Other Carbohydrates
NOTES : Tip
    Place warm water (heat only to \(110^{\circ}\) to \(115^{\circ}\) ) and yeast in food
    processor. Cover and process, using quick on and off motions,
    until yeast is dissolved. Add flour, sugar and salt. Cover and
    process about 30 seconds or until dough forms a bali. (If dough is
    too sticky, add flour, 1 tablespoon at a time.) Do not knead
    dough. Place in greased bowl, and continue as directed.
Nutr. Assoc. : 0158200140000
* Exported from MasterCook *
                                    French Silk Frosting
\begin{tabular}{ll} 
Recipe By & \\
Serving Size & \(\vdots\) \\
Categories & : Cakes
\end{tabular} Preparation Time :0:00 \(\quad\) Desserts
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1/3 & cup & margarine or butter -- softened \\
\hline 1 1/3 & cups & powdered sugar \\
\hline 1 & ounce & melted unsweetened chocolate -- (cool) \\
\hline 1/2 & teaspoon & vanitla \\
\hline 1 & tablespoon & milk \\
\hline
\end{tabular}

Beat margarine, powdered sugar, chocolate and vanilla on low speed until blended. Gradually beat in milk until fluffy.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\oplus}\) Recipe.

Copyright:
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Yield:
"2 2/3 Cups"

Per serving: 133 Calories (kcal); 8g Total Fat; (49\% calories from fat); trace Protein; 17 g Carbohydrate; trace cholesterol; 72 mg Sodium Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 1 Other Carbohydrates

Nutr. Assoc. : 40980538700
```

* Exported from MasterCook *

```

Fresh Herb Batter Bread Page 174
betty crocker best of baking recipes.txt
Recipe By
Serving Size : \(16 \quad\) Preparation Time :0:00 Categories : Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 3 & cups & all-purpose flour \\
\hline 1 & tablespoon & sugar \\
\hline 1 & teaspoon & salt \\
\hline 1 & package & regular or quick-acting active dry yeast \\
\hline 1 1/4 & cups & very warm water ( \(120^{\circ}\) to \(130^{\circ}\) ) \\
\hline 2 & tablespoons & chopped fresh parsley \\
\hline 2 & tablespoons & shortening \\
\hline \(11 / 2\) & teaspoons & chopped fresh rosemary leaves OR \\
\hline 1/2 & teaspoon & dried rosemary leaves \\
\hline 1/2 & teaspoon & chopped fresh thyme leaves \\
\hline 1/ & teaspoon & OR \({ }_{\text {dried }}\) thyme 7 eaves \\
\hline & & Margarine or butter -- softened \\
\hline
\end{tabular}

Grease loaf pan, \(9 \times 5 \times 3\) inches. Mix 2 cups of the flour, the sugar, salt and yeast in large bowl. Add warm water, parsley, shortening, rosemary and thyme. Beat on low speed 1 minute, scraping bow frequently. Beat on medium speed 1 minute, scraping bow frequently. Stir in remaining flour until smooth. Smooth and pat batter in pan with floured hands. Cover and let rise in warm place about 40 minutes or until double.

Heat oven to \(375^{\circ}\). Bake 40 to 45 minutes or until loaf sounds hollow when tapped; remove from pan. Brush with margarine. Cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\text {® }}\) Recipe.
copyright:
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Yield:
"1 Loaf"
T(Let rise):
"0:40"

Per serving: 104 Calories (kcal); \(2 g\) Total Fat; ( \(16 \%\) calories from fat); 3 g Protein; 19g Carbohydrate; 0mg Cholesterol; 135mg sodium Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(1 / 2\) Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0002019547200260550213070654326058021307065430
```

* Exported from MasterCook *

```

Fresh Herb Bread (1 1/2-Pound Recipe)*
Recipe By
Serving.Size
:
Si Preparation Time :0:00
Categories : Bread Machine Breads
\begin{tabular}{ccc} 
Amount & Measure & Ingredient -- Preparation Method \\
\hdashline 1 & cup & plus 2 tablespoons water \\
2 & tablespoons & margarine or butter -- softened \\
& & Page 175
\end{tabular}


Make \(11 / 2\)-pound recipe for bread machines that use 3 cups flour, or make 1 -pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"1 Loaf"

Per serving: 161 Calories (kcal); 3g Total Fat; (17\% calories from fat); 5g Protein; 28g Carbohydrate; 7mg Cholesterol; 207mg Sodium Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : *We recommend using bread machines with 9-cup or larger bread pan for the 1 1/2-pound recipe
Nutr. Assoc. : 158223940340320028260532605800002019
```

* Exported from MasterCook *

```

Fresh Herb Bread (1-Pound Recipe)
\begin{tabular}{llll} 
Recipe By & : & \\
Serving Size & Preparation Time :0:00 & \\
Categories & Bread Machine & Breads
\end{tabular}
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 3/4 & cup & plus 1 tablespoon water \\
\hline 1 & tablespoon & margarine or butter -- softened \\
\hline 2 & cups & bread flour \\
\hline 1 & teaspoon & chopped fresh sage leaves \\
\hline 2 & teaspoons & chopped fresh basil leaves \\
\hline 2 & teaspoons & chopped fresh oregano leaves \\
\hline 1 & teaspoon & chopped fresh thyme leaves \\
\hline 2 & tablespoons & chopped fresh parsley \\
\hline 2 & tablespoons & dry milk \\
\hline 1 & tablespoon & sugar \\
\hline 3/4 & teaspoon & salt \\
\hline 1 & teaspoon & bread machine yeast \\
\hline
\end{tabular}

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1 -pound recipe for bread machines that use 2 cups flour.
betty crocker best of baking recipes.txt
Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\oplus}\) Recipe.

Copyright:
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Yield:
"1 Loaf"

Per serving: 154 Calories (kcal); 3 g Total Fat; ( \(15 \%\) calories from fat); 5 g Protein; 27 g Carbohydrate; 6 mg Cholesterol; 224 mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat;
0 Other Carbohydrates

Nutr. Assoc. : 158223940340320028260532605800002019
```

* Exported from MasterCook *

```

Fresh Herb-Yogurt Muffins
Recipe By
Serving Size
St
12 Preparation Time :0:00 Categories : Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & cup & plain yogurt \\
\hline \multirow[t]{2}{*}{\(2^{1 / 3}\)} & cup & olive or vegetable oil \\
\hline & tablespoons & chopped fresh basil, oregano or rosemary leaves \\
\hline & & OR \({ }^{\text {dried }}\) basil, oregano or rosemary leaver \\
\hline 1 & te & dried basil, oregano or rosemary leaves \\
\hline 2 & cups & al1-purpose flour \\
\hline 2 & teaspoons & baking powder \\
\hline 1/2 & teaspoon & baking soda \\
\hline 1/2 & teaspoon & salt \\
\hline
\end{tabular}

Heat oven to \(400^{\circ}\). Grease bottoms only of 12 medium muffin cups, \(21 / 2 \times 1\) \(1 / 4\) inches, or line with paper baking cups. Beat yogurt, oil, basil and egg in large bowl. Stir in remaining ingredients just until flour is moistened. Divide batter evenly among muffin cups (cups will be about 3/4 ful1).

Bake 18 to 20 minutes or until golden brown. Immediately remove from pan.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
copyright:
"O Genera1 mil1s, Inc. 1998."
Yield:
"12 Muffins"

```
betty crocker best of baking recipes.txt

Per serving: 147 Calories (kcal); 7g Total Fat; (44\% calories from fat); 3g Protein; 17g Carbohydrate; 18mg Cholesterol; 237 mg Sodium Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(11 / 2\) Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0986200280213070654300000
* Exported from MasterCook *

Fresh Mint-Chocolate Chip Cookies
```

Recipe By : 42 Preparation Time :0:00

```
\(\begin{array}{ll}\text { Serving Size } & \text { : } 42 \quad \text { Preparation } \\ \text { Categories } & \text { Cookies \& Brownies }\end{array}\)
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 1/3 & cups & sugar \\
\hline 3/4 & cup & margarine or butter -- softened \\
\hline 1 & tablespoon & finely chopped mint leaves* \\
\hline 1 & & egg \\
\hline 2 & cups & al1-purpose flour \\
\hline 1 & teaspoon & baking soda \\
\hline 1/2 & teaspoon & salt \\
\hline 1 & (10 ounce) pa & ckage mint chocolate chips \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\). Mix sugar, margarine, mint leaves and egg in large bowl. Stir in flour, baking soda and salt. Stir in chocolate chips.

Drop dough by rounded tablespoonfuls about 2 inches apart onto ungreased cookie sheet. Bake 11 to 13 minutes or until golden brown. Cool siightly; remove from cookie sheet.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Description:
"Fresh mint is a delicious surprise in these unusually delicate
cookies-perfect with a cup of tea."
Copyright:
"@ Genera1 Mi11s, Inc. 1998."
Yield:
"42 Cookies"

```
Per serving: 111 Calories (kcal); 5 g Total Fat; (42\% calories from fat); 1g
Protein; 15 g Carbohydrate; 4 mg Cholesterol; 95 mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2
Other Carbohydrates
NOTES : * \(1 / 4\) teaspoon mint extract can be substituted for the chopped
    mint leaves.
    Mini Fresh Mint-Chocolate Chip Cookies: Drop dough by level
    teaspoonfuls onto ungreased cookie sheet. Bake 6 to 8 minutes or
    until golden brown. About \(101 / 2\) dozen cookies
Nutr. Assoc. : 0409841520000741
```

* Exported from MasterCook *

```
betty crocker best of baking recipes.txt Fruit Jumbles

Recipe By : 72 Preparation Time :0:00
Categories : Cookies \& Brownies Holiday
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 4 & cups & Holiday Cookie Mix -- (see recipe) \\
\hline 3/4 & cup & sour cream \\
\hline 1 & teaspoon & vanilla \\
\hline 2 & & eggs \\
\hline 1 1/2 & cups & candied cherries -- cut in half \\
\hline \(11 / 2\) & cups & chopped dates \\
\hline 1 & cup & chopped pecans \\
\hline & & Pecan halves -- if desired \\
\hline
\end{tabular}

Heat oven to \(375^{\circ}\). Mix Holiday Cookie Mix, sour cream, vanilla and eggs in large bowl. Stir in cherries, dates and chopped pecans. Drop dough by rounded teaspoonfuls about 2 inches apart onto ungreased cookie sheet. Place pecan half on each cookie.

Bake about 8 minutes or until almost no indentation remains when touched. Immediately remove from cookie sheet. Cool on wire rack.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
"@ General Mil1s, Inc. 1998."
Yield:
"72 Cookies"
T(Bake):
"0:08"

```
Per serving: 68 Calories (kcal); 3g Total Fat; (36\% calories from fat); 1g
Protein; 10g Carbohydrate; 6 mg Cholesterol; 35 mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2
Other Carbohydrates
NOTES : Tip
    A miniature spring-handled ice-cream scoop (\#40) makes shaping
    these cookies quick work.
Nutr. Assoc. : 00000000
* Exported from MasterCook *
                        Holiday Cookie Mix
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & 0 \\ 0\end{array} \quad\) Preparation Time :0:00
Categories : Cookies \& Brownies Holiday
\begin{tabular}{rrl} 
Amount & Measure & Ingredient -- Preparation Method \\
-8 & cups & al1-purpose flour \\
4 & cups & packed brown sugar \\
1 & tablespoon & salt \\
1 & \(1 / 2\) & teaspoons
\end{tabular} baking soda
betty crocker best of baking recipes.txt Mix flour, sugar, salt and baking soda. Cut in shortening with pastry blender or 2 knives until mixture resembles fine crumbs. Place desired amounts of mix in storage containers (plastic containers or jars or large plastic bags). Seal tightly, 1 abel and refrigerate up to 10 weeks. To measure, dip dry-ingredient measuring cup into cookie mix; level with straight-edged spatula.

15 to 16 cups cookie mix

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\oplus}\) Recipe.

\section*{Description:}
"This multipurpose mix makes quite a large batch, but it can be easily
mixed in a large roasting pan, a plastic dishpan, the vegetable bin
from your refrigerator or a 6-quart mixing bow1."
Copyright:
"© General Mil1s, Inc. 1998.'
Yield:
"16 Cups"

Per serving: 9667 Calories (kcal); 317g Total Fat; (29\% calories from fat); 103g Protein; 1619g Carbohydrate; 0mg Cholesterol; 8646mg Sodium Food Exchanges: 50 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 61 1/2 Fat; 57 Other Carbohydrates
```

Nutr. Assoc. : 0 0 0 0 0

```
* Exported from MasterCook *
                                    Fruit Swirl Coffee Cake
\begin{tabular}{ll} 
Recipe By & \begin{tabular}{l} 
By \\
Serving Size
\end{tabular} \\
Categories & : Breads \\
Holiday
\end{tabular}\(\quad\) Cakes
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 1/2 & cups & sugar \\
\hline 1/2 & cup & margarine or butter (1 stick) -- softened \\
\hline 1/2 & cup & shortening \\
\hline \(11 / 2\) & teaspoons & baking powder \\
\hline 1 & teaspoon & vanilla \\
\hline 1 & teaspoon & almond extract \\
\hline 4 & & eggs \\
\hline 3 & cups & al1-purpose flour \\
\hline 1 & (21 ounce) can & cherry, apricot or blueberry pie filling Glaze -- (recipe follows) \\
\hline & & GLAZE \\
\hline 1 & cup & powdered sugar \\
\hline 1 & tablespoon & milk (1 to 2 tablespoons) \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\). Generously grease jelly roll pan, \(151 / 2 \times 101 / 2 \times 1\) inch. Beat sugar, margarine, shortening, baking powder, vanilla, almond extract and eggs in large bow 1 on low speed, scraping bow 1 constantly. Beat on high speed 3 minutes, scraping bowl occasionally. Stir in flour. Spread \(2 / 3\) of the batter in pan. Spread pie filiing over batter. Drop remaining batter by tablespoonfuls onto pie filiing.

Bake about 45 minutes. Drizzle Glaze over warm coffee cake. Serve warm or Page 180
let stand until cool.

\section*{GLAZE:}

Mix ingredients until smooth and of drizzling consistency.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
"© General Mills, Inc. 1998."
Yield:
"1 Cake"
T(Bake):
"0:45"

Per serving: 316 Calories (kcal); 12g Total Fat; (33\% calories from fat); 4g
Protein; 49g Carbohydrate; 42 mg Cholesterol; 116mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 2
Other Carbohydrates
NOTES : For a smaller coffee cake, substitute 1 jar (10 ounces) any flavor fruit preserves for the pie filling and cut the remaining ingredients in half. Grease a \(9 \times 9 \times 2\)-inch pan instead of the je11y roll pan, and prepare as directed.
Nutr. Assoc. : 04098000000255521307065430004038
```

* Exported from MasterCook *

```
Fruit-Filled Brownies

Recipe By :
Serving Size : 36 Preparation Time :0:00
Categories : Cookies \& Brownies
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2/3 & cup & shortening \\
\hline 4 & (1 ounce) squar & res unsweetened chocolate \\
\hline 2 & cups & sugar \\
\hline 4 & & eggs \\
\hline \(11 / 2\) & cups & al1-purpose flour \\
\hline 1 & teaspoon & baking powder \\
\hline 1 & teaspoon sa & salt \\
\hline & & Apricot or peach preserves or orange marmalade \\
\hline & & Quick Chocolate Frosting -- (recipe follows) \\
\hline
\end{tabular}

1 (4 ounce) bar QUICK CHOCOLATE FROSTING
Heat oven to \(350^{\circ}\). Line jelly roll pan, \(151 / 2 \times 101 / 2 \times 1\) inch, with aluminum foil; grease. Heat shortening and chocolate in 3-quart saucepan over low heat, stirring constantly, until melted. Remove from heat; beat in sugar and eggs until smooth. Stir in flour, baking powder and salt. spread in pan.
Bake until slight indentation remains when touched, about 20 minutes; cool.

Remove brownies from pan; remove aluminum foil. Cut 1/4-inch strip from each long side of brownies; cut 3/4-inch strip from each end. Discard Page 181
betty crocker best of baking recipes.txt
strips. Cut remaining piece crosswise into halves. Spread 1 half with preserves; top with remaining half. Spread top with Quick Chocolate Frosting. Cut into bars, about \(2 \times 1\) inch.

QUICK CHOCOLATE FROSTING:
Heat chocolate over low heat, stirring constantly, until melted.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
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Yield:
"36 Brownies"

```

Per serving: 135 Calories (kcal); 7g Total Fat; (45\% calories from fat); 2g Protein; 18g Carbohydrate; 21mg Cholesterol; 80mg Sodium Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 1 Other Carbohydrates

NOTES : Use your favorite flavor of preserves or spreadable fruit to personalize these brownies.

TIP
Cut thoroughly cooled brownies with a plastic knife or table knife for smooth-sided bars.
Nutr. Assoc. : 000000002130706543005195
```

* Exported from MasterCook *

```

\section*{Fruit-Stuffed Pork Roast}
\begin{tabular}{llll} 
Recipe By & \(:\) & \\
Serving Size & Preparation Time \(: 0: 00\) & \\
Categories & Main and Side Dishes
\end{tabular}
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1/2 & teaspoon & ground cinnamon \\
\hline 1/4 & teaspoon & ground cloves \\
\hline 15 & & dried apricot halves (about 3 ounces) \\
\hline 9 & & pitted prunes (about 3 ounces) \\
\hline 4 & pounds & pork boneless top loin roast (double) \\
\hline 3/4 & teaspoon & sa7t \\
\hline 1/4 & teaspoon & pepper \\
\hline 1 1/4 & cups & apple cider or juice \\
\hline 1 & tablespoon & cornstarch \\
\hline 1 & tablespoon & cold water \\
\hline
\end{tabular}

Sprinkle cinnamon and cloves over apricots and prunes; toss to coat. Stuff fruit lengthwise between the 2 pieces of pork roast in ribbon about 2 inches wide (work from both ends of roast). Sprinkle with salt and pepper.

Heat oven to \(325^{\circ}\). Place pork, fat side up, on rack in shallow roasting pan. Insert meat thermometer so tip is in center of thickest part of pork and does not rest in fat or fruit mixture. Roast uncovered until thermometer registers \(170^{\circ}\), about 3 hours. After \(11 / 2\) hours, brush occasionally with \(1 / 4\) cup of the apple cider.

Remove pork and rack from pan; keep pork warm. Pour remaining cider into roasting pan; stir to loosen brown particles. Mix cornstarch and water;
betty crocker best of baking recipes.txt
stir into cider mixture. Heat to boiling, stirring constantly. Boil and stir 1 minute. Serve with pork.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
"© Genera1 Mills, Inc. 1998."
T(Bake):
"3:00"

Per serving: 293 Calories (kcal); 15g Total Fat; (46\% calories from fat); 28g Protein; 10g Carbohydrate; 79 mg Cholesterol; 194mg Sodium
Food Exchanges: 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 Fat; 0 Other Carbohydrates
```

Nutr. Assoc. : 0 0 3089 4634 4591 0 0 2058 0 0

```
* Exported from MasterCook *
                                    Fruit-Stuffed Trout
Recipe By
Serving Size
: \(\quad\) Preparation Time :0:00
Categories : Fish and Shellfish Holiday
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 4 & (6 ounce) & pan-dressed rainbow trout (6 to 8 ounces each) \\
\hline & & OR \\
\hline 4 & (12 ounce) & drawn trout \\
\hline & & Fruit Stuffing -- (recipe follows) \\
\hline 2
1 & tablespoons tablespoon & margarine or butter -- melted lemon juice \\
\hline & & FRUIT STUFFING \\
\hline 1 & cup & unseasoned croutons \\
\hline 1/3 & cup & diced dried fruit and raisin mixture \\
\hline 2 & tablespoons & margarine or butter -- melted \\
\hline 2 & tablespoons & dry white wine OR \\
\hline 2 & tablespoons & chicken broth \\
\hline 1/4 & teaspoon & salt \\
\hline 1/8 & teaspoon & ground allspice \\
\hline 1 & & green onion -- chopped \\
\hline
\end{tabular}

Heat oven to \(425^{\circ}\). Grease jelly roll pan, \(151 / 2 \times 101 / 2 \times 1\) inch. Stuff fish with Fruit stuffing. Close openings with skewers or toothpicks if necessary. Place fish in pan. Mix margarine and lemon juice; drizzle over fish.

Bake uncovered 15 to 18 minutes or until fish flakes easily with fork.
FRUIT STUFFING:
Mix all ingredients unti1 liquid is absorbed.

\footnotetext{
Please note, if you should change this recipe it will no longer be an Page 183
}
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approved Betty Crocker \({ }^{\ominus}\) Recipe.
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Per serving: 412 Calories (kcal); 23g Total Fat; (51\% calories from fat); 37g Protein; 12g Carbohydrate; 99mg Cholesterol; 410mg Sodium
Food Exchanges: 1/2 Grain(Starch); 5 Lean Meat; 0 Vegetable; \(1 / 2\) Fruit; \(21 / 2\) Fat; 0 Other Carbohydrates

Nutr. Assoc. : 152702130706543213070654340980004521515409800 2130706543000
* Exported from MasterCook *

Fruited Christmas wreath
Recipe By
Serving Size
:
32 \(\quad\) Preparation Time :0:00
Categories : Cakes Holiday
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 & packages & active dry yeast \\
\hline 1/2 & cup & warm water ( \(105^{\circ}\) to \(115{ }^{\circ}\) ) \\
\hline \(11 / 4\) & cups & buttermilk \\
\hline 1/2 & cup & granulated sugar \\
\hline 1/2 & cup & margarine or butter -- softened \\
\hline 2 & & eggs \\
\hline 2 & teaspoons & baking powder \\
\hline 2 & teaspoons & salt \\
\hline \(51 / 2\) & cups & al1-purpose flour \\
\hline 1 & cup & cut-up mixed candied fruit \\
\hline 1/2 & cup & chopped pecans \\
\hline 1 & tablespoon & grated 1emon peel \\
\hline \(11 / 2\) & cup & powdered sugar \\
\hline & tablespoon & milk \\
\hline
\end{tabular}

Dissolve yeast in warm water in large mixer bowl. Add buttermilk, granulated sugar, margarine, eggs, baking powder, salt and \(21 / 2\) cups of the flour. Beat on low speed, scraping bowl constantly, 30 seconds. Beat on medium speed, scraping bowl occasionally, 2 minutes. Stir in remaining flour, the candied fruit, pecans and lemon peel. (Dough will be soft and slightly sticky.)

Turn dough onto well-floured surface; knead until smooth and elastic, about 5 minutes. Roll into strip, \(24 \times 6\) inches. Cut into 3 strips, \(24 \times 2\) inches: Place close together on greased cookie sheet. Braid strips; shape into circle and pinch ends to seal. Cover; let rise in warm place until double, about 1 hour. (Dough is ready if indentation remains when touched.)

Heat oven to \(375^{\circ}\). Bake until golden brown, about 30 minutes. Mix powdered sugar and milk; drizzle over wreath while warm. Decorate with green and red candied cherries, if desired.

1 large coffee cake (32 slices)

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    "© General mills, Inc. 1998."
Yield:
"1 Large Coffee cake"

Per serving: 154 Calories (kcal); 5g Total Fat; (27\% calories from fat); 3g Protein; 25 g Carbohydrate; 12 mg Cholesterol; 215 mg Sodium Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates
```

NOTES : For two small wreaths, divide dough after kneading into halves.
Ro11 each half into rectangle, 18 < 3 inches. Cut into 3 strips,
each 18\times1 inch. Continue as directed-except bake 20 to 30
minutes. Omit powdered sugar and milk and brush with softened
margarine or butter if desired.
Nutr. Assoc. : 0 5472 0 0 4098 0 0 0 0 2431 0 20084 0 0

```
* Exported from MasterCook *
    Fudge Me7t-Away Squares
Recipe By
Serving Size
Categories : Cookies \& Brownies Holiday
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1/2 & cup & margarine or butter \\
\hline \(11 / 2\) & squares & unsweetened chocolate \\
\hline \(13 / 4\) & cups & graham cracker crumbs \\
\hline 1 & cup & flaked coconut \\
\hline 1/2 & cup & chopped nuts \\
\hline 1/4 & cup & granulated sugar \\
\hline 2 & tablespoons & water \\
\hline 1 & teaspoon & vanilla \\
\hline 2 & cups & powdered sugar \\
\hline 1/4 & cup & margarine or butter -- softened \\
\hline 2 & tablespoons & milk \\
\hline 1 & teaspoon & vanilla \\
\hline 1 1/2 & squares & unsweetened chocolate \\
\hline
\end{tabular}

Line square pan, \(9 \times 9 \times 2\) inches, with aluminum foil. Heat \(1 / 2\) cup margarine and \(11 / 2\) squares chocolate in 3-quart saucepan over low heat, stirring occasionally, until melted; remove from heat. Stir in graham cracker crumbs, coconut, nuts, granulated sugar, water and 1 teaspoon vanilla. Press in pan. Refrigerate.

Mix remaining ingredients except \(11 / 2\) squares unsweetened chocolate. Spread over refrigerated crumb mixture. Refrigerate 15 minutes.

Heat chocolate until melted. Drizzle over frosted bars. Refrigerate 2 hours or until almost hard. Remove squares, along with foil, from pan. Fold foil back to cut squares. Cover and refrigerate any remaining squares.

\footnotetext{
Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"36 squares"
}

Per serving: 118 Calories (kcal); 7 g Total Fat; ( \(53 \%\) calories from fat); 1 g
Protein; 13 g Carbohydrate; 7 mg Cholesterol; 72 mg Sodium Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates
```

Nutr. Assoc. : 2394 0 0 2737 0 0 0 0 0 4098 0 0 0

```
* Exported from MasterCook *
                                    Fudge Tart
\begin{tabular}{ll} 
Recipe By \\
Serving Size & \(: 10 \quad\) Preparation Time \(: 0: 00\)
\end{tabular}
Categories : Desserts
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 5 & ounces & bittersweet chocolate -- chopped \\
\hline 1/2 & cup & margarine or butter (1 stick) \\
\hline \(11 / 2\) & cups & sugar \\
\hline 3/4 & cup & a11-purpose flour \\
\hline 4 & & eggs -- beaten (recipe follows) \\
\hline 2 & ounces & \begin{tabular}{l}
Chocolate Glaze -- (recipe follows) \\
white chocolate (white baking bar) -- chopped
\end{tabular} \\
\hline 1 & tablespoon & whipping (heavy) cream Creamy Almond Sauce -- (recipe follows) \\
\hline & & CHOCOLATE GLAZE \\
\hline 1 & ounce & unsweetened chocolate \\
\hline 1 & teaspoon & margarine or butter \\
\hline 1 & cup & powdered sugar \\
\hline 5 & teaspoons & boiling water \\
\hline & & CREAMY ALMOND SAUCE \\
\hline 1/4 & cup & sugar \\
\hline 1 & tablespoon & cornstarch \\
\hline \(11 / 2\) & cups & mi1k \\
\hline 2 & & eggs -- beaten \\
\hline 1/4 & teaspoon & almond extract \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\) Grease 11-inch tart pan with removable bottom. Heat chocolate and margarine in 1-quart saucepan over low heat until melted; cool slightly. Mix sugar, flour and eggs in large bowl until well blended. Stir in chocolate mixture; pour into tart pan.

Bake 30 to 35 minutes or until edges are set. Cool completely on wire rack.

Prepare Chocolate G1aze. Reserve 2 tablespoons for plate design, if desired. Spread remaining warm glaze over tart, melt white chocolate and whipping cream; drizzle over warm glaze. Pull knife through glaze for marble effect. Let stand until glaze is set. remove rim of pan before serving. Serve with Creamy Almond Sauce.

CHOCOLATE GLAZE:
Heat chocolate and margarine over low heat until melted. Blend in powdered sugar and water until smooth. Stir in additional boiling water, 1/2 teaspoon at a time, until of drizzling consistency.

CREAMY ALMOND SAUCE:
Mix sugar and cornstarch in 2-quart saucepan. Gradually stir in milk. Cook Page 186
betty crocker best of baking recipes.txt
over medium heat, stirring constantly, until mixture thickens. Gradually stir at least half of the hot mixture into eggs; then stir back into hot mixture in saucepan. Boil and stir 1 minute; remove from heat. Stir in almond extract. Serve warm or chilled. Cover and refrigerate any remaining sauce.
```

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approved Betty Crocker® Recipe.
Copyright:
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Yield:
"1 11-inch Tart"

```
Per serving: 489 Calories (kcal); 25 g Total Fat; (44\% calories from fat); 8g
Protein; 65g Carbohydrate; 144mg Cholesterol; 154mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 5 Fat; 3
1/2 Other Carbohydrates
NOTES : Tip
        You can drizzle the melted white chocolate randomly over the
        Chocolate Glaze, or follow a specific design.
Nutr. Assoc. : 02394000213070654355197212130706543000409800
        0000000
* Exported from MasterCook *
                        Fudge-Pecan Torte*
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 24 \text { Preparation Time :0:00 }\end{array}\)
Categories : Cakes Holiday
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 1/2 & cups & pecan shortbread cookie crumbs (about twelve 2-inch cookies) \\
\hline \(11 / 2\) & cups & sugar \\
\hline 1 & cup & margarine or butter (2 sticks) \\
\hline 1 & cup & water \\
\hline 1 & pound & semisweet chocolate -- cut into pieces eggs \\
\hline 1/2 & cup & al1-purpose flour \\
\hline 1 & cup & \begin{tabular}{l}
chopped pecans \\
Soft Cream -- (recipe follows)
\end{tabular} \\
\hline & & SOFT CREAM \\
\hline 1 & cup & whipping cream \\
\hline 2 & tablespoons & packed brown sugar \\
\hline 1 & tablespoon & praline liqueur, if desired \\
\hline 1 & tablespoon & OR bourbon, if desired \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\). Press cookie crumbs on bottom of ungreased springform pan \(9 \times 3\) inches.* Bake 10 to 12 minutes or until light golden brown.

Heat sugar, margarine, water and chocolate in 3-quart saucepan over low heat, stirring constantly, until melted and smooth. Beat eggs slightly in large bow1. Gradually stir chocolate mixture into eggs. Stir in flour and pecans. Pour over crust in pan.

Bake 1 hour to 1 hours or unti 1 toothpick inserted in center comes out Page 187
betty crocker best of baking recipes.txt
clean. Cool 30 minutes. Loosen torte from side of pan with knife if necessary; remove side of pan. Cover with plastic wrap and refrigerate about 4 hours or until chilled. Serve with Soft Cream. Refrigerate any remaining torte.

\section*{SOFT CREAM:}

Beat all ingredients in chilled medium bowl until soft peaks form.

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Yield:
"1 Torte"

Per serving: 347 Calories (kcal); 24 g Total Fat; (59\% calories from fat); 4g Protein; 33 g Carbohydrate; 76 mg Cholesterol; 150́mg Sodium
Food Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat; 1 1/2 Other Carbohydrates
```

NOTES : *If springform pan does not seal tightly, wrap aluminum foil
around outside bottom of pan.
Nutr. Assoc. : 582 0 4098 0 0 0 0 0 2130706543 0 0 0 0 2130706543 0
2130706543

* Exported from MasterCook *

```
                                    Garlic Twists
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 18 \text { Preparation Time :0:00 }\end{array}\)
Categories : Bread Machine Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 & cups & bread flour \\
\hline 3/4 & cup & water \\
\hline 1 & tablespoon & sugar \\
\hline 1 & teaspoon & salt \\
\hline \(11 / 2\) & teaspoons & bread machine yeast \\
\hline 1/3 & cup & margarine or butter -- melted \\
\hline 2 & ablespoons & grated Parmesan cheese \\
\hline 2 & cloves & garlic -- finely chopped \\
\hline
\end{tabular}

Measure carefully, placing all ingredients except margarine, cheese and garlic in bread machine pan in the order recommended by the manufacturer. Select Dough/Manual cycle.

Grease 2 cookie sheets. Divide dough into 18 equal pieces. Roll each piece into 14 - to 16 -inch rope on lightly floured surface. Bring ends together; twist 3 or 4 times. Place on cookie sheets.

Mix margarine, garlic and cheese. Brush twists generously with cheese mixture. Cover and let rise in warm place 20 to 30 minutes or until double.

Heat oven to \(400^{\circ}\). Bake 12 to 15 minutes or until golden brown.
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Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.
```

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Yield:
"18 Twists"

```
Per serving: 92 Calories (kcal); 4 g Total Fat; (37\% calories from fat); 2g
Protein; 12g Carbohydrate; trace Cholesterol; 169mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(1 / 2\) Fat; 0
Other Carbohydrates
Nutr. Assoc. : 00002019409800
* Exported from MasterCook *
    Garlic-Basil Bread (1 1/2-Pound Recipe)
Recipe By
Serving Size
: \(12 \quad\) Preparation Time :0:00
Categories : Bread Machine Breads
\begin{tabular}{rrl} 
Amount & Measure & Ingredient -- Preparation Method \\
-1 & cup & plus 1 tablespoon water \\
1 & tablespoon & margarine or butter -- softened \\
2 & cloves & garlic - finely chopped \\
3 & cups & bread flour \\
2 & & tablespoons \\
2 & dry milk \\
1 & \(1 / 2\) & tablespoons \\
1 & sugar \\
2 & teaspoons & salt \\
2 & teaspoons & dried basil leaves \\
& teaspoons bread machine yeast
\end{tabular}

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1 -pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.
```

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Copyright:
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Yield:
"1 Loaf"
Per serving: 150 Calories (kcal); 2g Total Fat; (11\% calories from fat); 5g Protein; 28g Carbohydrate; 4mg Cholesterol; 283mg Sodium Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

```
betty crocker best of baking recipes.txt
```

* Exported from MasterCook *

```

> Garlic-Basi1 Bread (1-Pound Recipe)
```

Recipe By : % 8 Preparation Time :0:00

```
\(\begin{array}{ll}\text { Serving Size } \\ \text { Categories } & \text { Bread Machine }\end{array}\)
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 3/4 & cup & water \\
\hline 2 & teaspoons & margarine or butter -- softened \\
\hline 1 & clove & garlic -- finely chopped \\
\hline 2 & cups & bread flour \\
\hline 1 & tablespoon & dry milk \\
\hline 1 & tablespoon & sugar \\
\hline 1 & teaspoon & salt \\
\hline 1 & teaspoon & dried basil 1eaves \\
\hline 1 1/2 & teaspoons & bread machine yeast \\
\hline
\end{tabular}

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1 -pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
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Yield:
"1 Loaf"

```
Per serving: 146 Calories (kcal); \(2 g\) Total Fat; (11\% calories from fat); 5g
Protein; 27g Carbohydrate; 4 mg Cholesterol; 282mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0
Other Carbohydrates
Nutr. Assoc. : 023940000030912019
* Exported from MasterCook *
    Garlic-Parmesan Potatoes
\(\begin{array}{ll}\text { Recipe By } & \text { Serving Size } \\ \text { Se } & \text { Preparation Time }: 0: 00\end{array}\)
Categories : Main and Side Dishes Potatoes
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & (1 1/4) pound & package refrigerated mashed potatoes (2 2/3 cups) \\
\hline 1 & cup & sour cream \\
\hline 1/3 & cup & grated Parmesan cheese \\
\hline 2 & large cloves & garlic -- finely chopped \\
\hline
\end{tabular}
betty crocker best of baking recipes.txt
frozen potato wedges with skins (from 24
ounce package)
2 tablespoons grated Parmesan cheese
Chopped fresh chives -- if desired
Heat oven to \(400^{\circ}\). Spray quiche dish, \(9 \times 11 / 2\) inches, with nonstick cooking spray.

Mix mashed potatoes, sour cream, \(1 / 3\) cup cheese and the garlic in quiche dish; spread even7y. Arrange potato wedges in spoke fashion with 2 wedges in center on mashed potato mixture. Sprinkle with 2 tablespoons cheese.

Bake 25 to 30 minutes or until hot. Sprinkle with chives. Cut into wedges.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Description:
"This is fancy enough for entertaining, yet so easy! You'11 want to
serve it to company, and it's also a great time-saving idea for
holiday meals."
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Per serving: 150 Calories (kcal); 9g Total Fat; (52\% calories from fat); 5g Protein; 13g Carbohydrate; 18mg Cholesterol; 273 mg Sodium Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 411300090594100
```

* Exported from MasterCook *

```

\section*{Gingerbread}

Recipe By \(\begin{aligned} & \text { Berving Size } \\ & \text { Sereparation Time }: 0: 00\end{aligned}\)
Categories : Desserts
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 1/3 & cups & al1-purpose flour* \\
\hline 1/2 & cup & shortening \\
\hline 1/3 & cup & sugar \\
\hline 1 & cup & molasses \\
\hline 3/4 & cup & hot water \\
\hline 1 & teaspoon & baking soda \\
\hline 1 & teaspoon & ground ginger \\
\hline 1 & teaspoon & ground cinnamon \\
\hline 3/4 & teaspoon & salt \\
\hline 1 & large & egg \\
\hline 4 & cups & Divine Caramel Sauce -- (see recipe) OR \\
\hline 1 1/4 & cups & Lemon Sauce -- (see recipe), if desired \\
\hline
\end{tabular}
Heat oven to \(325^{\circ}\). Grease bottom and sides of square pan, \(9 \times 9 \times 2\) inches, with shortening; lightly flour.
Beat al1 ingredients except Divine Carame1 Sauce with electric mixer on
low speed 30 seconds, scraping bow 1 constantly. Beat on medium speed 3 minutes, scraping bowl occasionally. Pour into pan.
betty crocker best of baking recipes.txt
Bake 50 to 55 minutes or until toothpick inserted in center comes out clean. Serve warm with Divine Caramel Sauce.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

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Per serving: 2803 Calories (kcal); 154 g Total Fat; ( \(47 \%\) calories from fat); 9 g Protein; 367 g Carbohydrate; 311 mg Cholesterol; 1338mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 30 1/2 Fat; 22 Other Carbohydrates

NOTES : For a smooth and creamy treat, add a spoonful of whipped cream cheese before topping with sauce, or serve with whipped cream and a sprinkle of cinnamon.
*Do not use self-rising flour in this recipe.
Nutr. Assoc. : 14000000000002130706543
```

* Exported from MasterCook *

```

Divine Caramel Sauce
```

Recipe By ( ) 9 Preparation Time :0:00

```
Categories : Desserts
\begin{tabular}{rrl} 
Amount & Measure & Ingredient -- Preparation Method \\
-2 & cups & sugar \\
2 & cup & stick margarine or butter* \\
2 & cups & whipping (heavy) cream \\
1 & cup & light corn syrup \\
1 & Pinch salt
\end{tabular}

Heat all ingredients except vanilla to boiling in heavy Dutch oven over medium heat, stirring constantly; reduce heat slightly. Boil about 30 minutes, stirring frequently, until sugar is dissolved and mixture is caramel colored.

Stir in vanilla. Serve hot or warm. Store in refrigerator up to 2 months.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Per serving: 594 Calories (kcal); 35 g Total Fat; (50\% calories from fat); 1g Protein; 74 g Carbohydrate; 73 mg Cholesterol; 242 mg Sodium Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 7 Fat; 5 Other Carbohydrates

NOTES : *We do not recommend using vegetable oil spreads.
Nutr. Assoc. : 04098721000
betty crocker best of baking recipes.txt
```

* Exported from MasterCook *

```

\section*{Lemon Sauce}
\begin{tabular}{ll} 
Recipe By & \(: 9\) \\
Serving Size & \(\vdots\) \\
Categories & \(:\) Desserts
\end{tabular}
\begin{tabular}{rrl} 
Amount & Measure & Ingredient -- Preparation Method \\
2 & \(1 / 2\) & cup \\
2 & tablespoons & sugar \\
cornstarch \\
1 & \(3 / 4\) & cup \\
2 & \(1 / 4\) & tablespoon \\
cup & grated lemon pee1 \\
2 & tablespoons juice & stick margarine or butter*
\end{tabular}

Mix sugar and cornstarch in 1-quart saucepan. Gradually stir in water. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute; remove from heat.

Stir in remaining ingredients. Serve warm or cool. Cover and refrigerate any remaining sauce.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.
```

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Yield:
"1 1/4 Cups"

```

Per serving: 74 Calories (kcal); 3g Total Fat; (29\% calories from fat); trace Protein; 13g Carbohydrate; Omg Cholesterol; 31mg Sodium Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

NOTES : *Spreads with at least \(65 \%\) vegetable oil can be substituted.
Tip
To microwave, mix sugar and cornstarch in 4-cup microwavable measure. Gradually stir in water. Microwave uncovered on high 3 to 4 minutes, stirring every minute, until thickened and clear. Stir in remaining ingredients.
```

Nutr. Assoc. : 0 0 0 20084 0 4098

```
```

* Exported from MasterCook *

```

Gingerbread Cookie Tree
```

Recipe By : 60 Preparation Time :0:00

```
\begin{tabular}{ll} 
Serving Size & \(\vdots 60 \quad\) Preparation Time :0:00 Holiday \\
Categories & Cookies \& Brownies
\end{tabular}
\begin{tabular}{rrl} 
Amount & Measure & Ingredient -- Preparation Method \\
--2 & recipes & Gingerbread Cookies -- (see recipe) \\
4 & cups & powdered sugar \\
1 & teaspoon & vanilla \\
4 & tablespoons & half-and-half (4 to 5 tablespoons) \\
& & Assorted candies, if desired
\end{tabular}
betty crocker best of baking recipes.txt
Prepare and refrigerate recipes individually as directed. Heat oven to \(350^{\circ}\). Lightly grease cookie sheet.

Roll half of 1 recipe of dough at a time \(1 / 4\) inch thick on floured surface. Cut 3 cookies of each size with floured cutter or patterns. Place about 2 inches apart on cookie sheet.

Bake large cookies 12 to 14 minutes and small cookies 8 to 10 minutes or until no indentation remains when touched. Cool slightly; remove from cookie sheet. Cool completely.

Beat powdered sugar, vanilla and half-and-half until smooth and of spreading consistency. Assemble tree on serving plate or foil-covered cardboard: Starting with largest cookies, stack cookies as frosted, or stack unfrosted cookies together with small dab of frosting in center of each. Let layers dry or hold cookies in place with bamboo skewers if necessary. Use remaining frosting to pipe "snow" on the tree with decorating bag. Decorate with assorted candies.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
"O Genera1 Mills, Inc. 1998."
Yield:
"1 Cookie Tree"

Per serving: 297 Calories (kcal); 3g Total Fat; (9\% calories from fat); 3g Protein; 65 g Carbohydrate; 1 mg Cholesterol; 167 mg Sodium Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(1 / 2\) Fat; 3 Other Carbohydrates

NOTES : This "tree" is an edible centerpiece that can be made from stars, hearts, fluted circles or rings. Ten cutters, ranging from 2 to 8 \(3 / 4\) inches (increasing by \(3 / 4\) inch from one size to the next) are required. Nested cookie-cutter sets are available in specialty shops, but homemade patterns work just as well.
Nutr. Assoc. : 2130706543007042130706543
* Exported from MasterCook *

Gingerbread Cookies
Recipe By
Serving Size \(\quad 30 \quad\) Preparation Time :0:00
Categories \(\vdots\) Chapter 6 Rolling in Dough
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & cup & packed brown sugar \\
\hline 1/3 & cup & shortening \\
\hline \(11 / 2\) & cups & dark molasses \\
\hline 2/3 & cup & cold water \\
\hline 7 & cups & al1-purpose flour \\
\hline 2 & teaspoons & baking soda \\
\hline 2 & teaspoons & ground ginger \\
\hline 1 & teaspoon & salt \\
\hline 1 & teaspoon & ground allspice \\
\hline 1 & teaspoon & ground cloves \\
\hline 1 & teaspoon & Cround cinnamon \({ }^{\text {greamy }}\) White Frosting -- (recipe follows) \\
\hline
\end{tabular}

Page 194
betty crocker best of baking recipes.txt
CREAMY WHITE FROSTING
cups powdered sugar
teaspoon vanilla tablespoons half-and-half

Food color, if desired
Beat brown sugar, shortening, molasses and water in very large bowl with electric mixer on medium speed, or mix with spoon. Stir in remaining ingredients except Creamy white Frosting. Cover and refrigerate about 2 hours or until firm.

Heat oven to \(350^{\circ}\). Lightly grease cookie sheet. Roll one-fourth of dough at a time \(1 / 4\) inch thick on lightly floured surface. Cut with floured gingerbread cookie cutter or other favorite shaped cutter. Place about 2 inches apart on cookie sheet. Bake 10 to 12 minutes or until almost no indentation remains when touched in center. Remove from cookie sheet to wire rack. Cool completely. Frost with Creamy White Frosting.

\section*{CREAMY WHITE FROSTING:}

Mix all ingredients until smooth and spreadable.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
You may notice that the nutritional information calculated by MasterCook
is different from the nutritional information listed in the Betty Crocker®
cookbooks. Because MasterCook and Betty Crocker® use different nutritional
analysis programs and different nutrient databases, variations in results
are expected.
Description:
"A large gingerbread cookie al1 decked out in holiday finery made of
frosting and candy sprinkles makes a great tie-on for a gift or a
wonderful stocking stuffer.'
Copyright:
"@ General Mil1s, Inc. 1998."
Yield:
"1 recipe"
T(Chi11):
Per serving: 264 Calories (kcal); 3g Total Fat; (9% calories from fat); 3g
Protein; 57g Carbohydrate; 1mg Cholesterol; 166mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat;
2 1/2 Other Carbohydrates
NOTES : Cookie Tips
Did you know that a few unfrosted crumbled gingerbread or other
ginger cookies make an excellent thickener for pot roast gravy?
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 3615 0 2130706543 0 0 0 0 704 2130706543

* Exported from MasterCook *
Gingered Pear Bread
Recipe By : 48 Preparation Time :0:00
Categories : Breads Holiday
Amount Measure Ingredient -- Preparation Method
Page 195

```
\begin{tabular}{|c|c|c|}
\hline 3 & cups & chopped unpeeled pears (about 3 medium) \\
\hline 1 1/4 & cups & sugar \\
\hline 1/2 & cup & vegetable oil \\
\hline 1 & tablespoon & finely chopped gingerroot \\
\hline 3 & & eggs \\
\hline 3 & cups & a11-purpose flour \\
\hline \(31 / 2\) & teaspoons & baking powder \\
\hline 1 & teaspoon & salt \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\). Grease bottoms only of 2 loaf pans, \(81 / 2 \times 41 / 2 \times 2\) \(1 / 2\) inches or \(9 \times 5 \times 3\) inches. Mịx pears, sugar, oị, gingerroot and eggs in large bowl. Stir in remaining ingredients. Pour into pans.

Bake 8-inch loaves about 65 minutes, 9 -inch loaves about 50 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaves from pans; remove from pans. Cool completely on wire rack before slicing. Store tightly wrapped in refrigerator up to 1 week.
```

2 loaves (24 slices each)

```

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Copyright:
"@ General Mills, Inc. 1998."
Yield:
"2 Loaves"

Per serving: 79 calories (kcal); 3 g Total Fat; ( \(29 \%\) calories from fat); 1g Protein; 13g Carbohydrate; 12mg Cholesterol; 84mg Sodium Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates
```

Nutr. Assoc. : 4410 0 0 26086 0 0 0 0

* Exported from MasterCook *
Glaze for Holiday Honey Cookies
Recipe By : 42 Preparation Time :0:00
Categories : Baking with Kids Cookies \& Brownies
Holiday

| Amount | Measure | Ingredient -- Preparation Method |
| ---: | ---: | :--- |
| 2 | cups | powdered sugar |
| 2 | $1 / 4$ | teaspoon |
| 2 |  | almond extract |
| 2 |  | teaspoons |

Mix in medium bowl with wooden spoon until smooth:
2 cups powdered sugar
1/4 teaspoon almond extract
2 tablespoons water
Stir in, 1 teaspoon at a time, until spreadable:
2 to 4 teaspoons water

```
betty crocker best of baking recipes.txt
Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.
copyright:
"© General Mills, Inc. 1998."
Yield:
"2/3 cup"

Per serving: 22 Calories (kcal); trace Total Fat; (0\% calories from fat); 0g Protein; 6g Carbohydrate; Omg Cholesterol; trace Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates
```

NOTES : Utensils You Will Need
Medium bow1 • Dry-ingredient measuring cup • Measuring spoons •
Wooden spoon

```
Nutr. Assoc. : 0001582
* Exported from MasterCook *
    Glazed Acorn Squash
Recipe By
Serving Size
: \(4 \quad\) Preparation Time \(: 0: 00\)
Categories : Main and Side Dishes Vegetables
\begin{tabular}{lll} 
Amount & Measure & Ingredient -- Preparation Method \\
-2 & & acorn squash (1 to \(11 / 2\) pounds each) \\
4 & tablespoons & maple-flavored syrup \\
4 & tablespoons & whipping (heavy) cream \\
4 & tablespoons margarine or butter
\end{tabular}

Heat oven to \(350^{\circ}\).
Cut each squash lengthwise in half; remove seeds and fibers. Place squash, cut sides up, in ungreased pan. Spoon 1 tablespoon syrup and 1 tablespoon whipping cream into each half. Bake uncovered about 1 hour or until
tender.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\oplus}\) Recipe.

Copyright:
"@ General Mil1s, Inc. 1998."
T(Bake):
"1:00"

Per serving: 189 Calories (kcal); 6 g Total Fat; (25\% calories from fat); 2g
Protein; 36 g Carbohydrate; 20 mg Cholesterol; 14 mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1
Other Carbohydrates
NOTES : Lighter Glazed Acorn Squash: For less fat and fewer calories, omit whipping cream.

Apple-Stuffed Acorn Squash: Bake squash 30 minutes. Mix 1 1arge tart red apple, diced, 2 tablespoons chopped nuts, 2 tablespoons Page 197
betty crocker best of baking recipes.txt packed brown sugar and 1 tablespoon margarine or butter, melted. Spoon apple mixture into squash halves. Bake about 30 minutes longer or until tender.
Nutr. Assoc. : 201786672102130706543
```

* Exported from MasterCook *

```

\section*{Glazed Baked Ham}
```

Recipe By Size : 10. Preparation Time :0:00

```
Categories : Main and Side Dishes Pork
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1/4 & cup & packed brown sugar \\
\hline 1/4 & teaspoon & ground cloves \\
\hline 1/4 & teaspoon & ground cinnamon \\
\hline 1 & (6 ounce) can & frozen orange juice concentrate -- thawed \\
\hline 5 & pounds & fully cooked smoked ham (5 to 7 pounds) \\
\hline & & whole cloves, if desired \\
\hline & & Raisin Sauce -- (recipe follows) \\
\hline & & RAISIN SAUCE \\
\hline 2 & cups & apple cider or juice \\
\hline 3 & tablespoons & cornstarch \\
\hline 1 & cup & raisins \\
\hline 2 & tablespoons & margarine or butter \\
\hline
\end{tabular}

Heat oven to \(325^{\circ}\), Mix brown sugar, cloves, cinnamon and orange juice concentrate. Place ham, fat side up, on rack in shallow roasting pan. Insert meat thermometer so tip is in thickest part of ham and does not touch bone or rest in fat. Spoon or spread half of the juice mixture onto ham. Roast uncovered until meat thermometer registers \(135^{\circ}, 11 / 2\) to 2 hours.

About 30 minutes before ham is done, remove from oven; pour droppings from pan. Cut fat surface of ham in uniform diamond pattern 1/4 inch deep. Insert whole clove in each diamond, if desired. Spoon or spread remaining juice mixture on ham; continue baking 30 minutes. Remove from oven. Cover and let stand 10 minutes. Serve with Raisin Sauce.

\section*{RAISIN SAUCE:}

Gradually stir apple cider into cornstarch in 1-quart saucepan. Add raisins and margarine. Heat over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Serve warm.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Copyright:
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Per serving: 557 Calories (kcal); 26g Total Fat; (42\% calories from fat); 41g Protein; 38g Carbohydrate; 129 mg Cholesterol; 3022 mg Sodium Food Exchanges: 0 Grain(Starch); 6 Lean Meat; 0 Vegetable; 1 1/2 Fruit; 2 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 0001007281921307065432130706543002058004098
betty crocker best of baking recipes.txt
```

* Exported from MasterCook *
Glazed Cinnamon Rolls

```
\begin{tabular}{llll} 
Recipe By & \(:\) & & \\
Serving Size & 9 Preparation Time \(: 0: 00\) & \\
Categories & Bread Machine & Breads
\end{tabular}
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 1/2 & cups & bread flour \\
\hline 1/4 & cup & sugar \\
\hline 3/4 & cup & plus 2 tablespoons water \\
\hline 2 & tablespoons & margarine or butter -- softened \\
\hline 1 & teaspoon & salt \\
\hline 1 & teaspoon & bread machine yeast \\
\hline 2 & tablespoons & Cinnamon Filling -- (recipe follows) margarine or butter -- softened Vanilla Glaze -- (recipe follows) \\
\hline & & CINNAMON FILLING \\
\hline 1/3 & cup & sugar \\
\hline 2 & teaspoons & ground cinnamon \\
\hline & & VANILLA GLAZE \\
\hline 1 1/2 & cup & powdered sugar \\
\hline \(11 / 2\) & teaspoon & vanilk (1 to 2 tablespoons) \\
\hline
\end{tabular}

Measure carefully, placing all ingredients except Cinnamon Filing, 2 tablespoons margarine and Vanilla Glaze in bread machine pan in the order recommended by the manufacturer. Select Dough/Manual cycle.

Grease square pan, \(9 \times 9 \times 2\) inches. Prepare Cinnamon Filling. Flatten dough with hands or rolling pin into 9 -inch square on lightly floured surface. Spread with 2 tablespoons margarine; sprinkle with Cinnamon Filling. Roll dough up tightly; pinch edge of dough into roll to seal. Cut roll into 1-inch slices. Place in pan. Cover and let rise in warm place 1 to \(11 / 4\) hours or until double.

Heat oven to \(375^{\circ}\). Bake 25 to 30 minutes or until golden brown. Remove from pan to wire rack. Drizzle vanilla Glaze over warm rolls. Serve warm.

\section*{CINNAMON FILLING:}

Mix ingredients.
VANILLA GLAZE:
Mix all ingredients until smooth and thin enough to drizzle.

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker \({ }^{\circledR}\) Recipe.
Description:
"These cinnamon rolls are easy to whip together, perfect for any
breakfast or brunch."
Copyright:
"© General Mills, Inc. 1998.'
Yield:
"9 Rol1s"
betty crocker best of baking recipes.txt
Per serving: 289 Calories (kcal); 6 g Total Fat; (17\% calories from fat); 5g Protein; 55g Carbohydrate; trace Cholesterol; 299mg Sodium Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 2 Other Carbohydrates

Nutr. Assoc. : 001582409802019213070654340982130706543000000 004038
```

* Exported from MasterCook *

```

> Glazed Cinnamon-Raisin Batter Bread
```

Recipe By
Categories : Breads

```
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline \(31 / 2\) & cups & all-purpose flour (3 1/2 to \(31 / 4\) cups) \\
\hline 2 & tablespoons & sugar \\
\hline 1 & teaspoon & ground cinnamon \\
\hline 1/2 & teaspoon & salt \\
\hline 1 & package & regular or quick-acting active dry yeast \\
\hline \(11 / 2\) & cups & very warm water ( \(120^{\circ}\) to \(130^{\circ}\) ) \\
\hline 2 & tablespoons & margarine or butter -- softened \\
\hline 3/4 & cup & \begin{tabular}{l}
raisins \\
Glaze -- (recipe follows)
\end{tabular} \\
\hline & & GLAZE \\
\hline 1/2 & cup & powdered sugar \\
\hline 1/4 & teaspoon & vanilla \\
\hline 2 & teaspoons & milk (2 to \(21 / 2\) teaspoons) \\
\hline
\end{tabular}

Generously grease loaf pan, \(81 / 2 \times 41 / 2 \times 21 / 2\) inches or \(9 \times 5 \times 3\) inches. Mix 2 cups of the flour, the sugar, cinnamon, salt and yeast in large bow1. Add warm water and margarine. Beat on low speed until moistened. Beat on medium speed 3 minutes, scraping bow 7 occasionally. Stir in raisins and enough remaining flour to make a stiff batter. Smooth and pat batter in pan with floured hands. Cover and let rise in warm place about 30 minutes or until batter is about \(1 / 2\) inch above top of 8 -inch pan or about \(1 / 2\) inch below top of 9 -inch pan.

Place oven rack in lowest position. Heat oven to \(375^{\circ}\). Bake 45 to 50 minutes or until loaf is golden brown and sounds hollow when tapped; remove from pan. Cool completely on wire rack before slicing. Drizzle with G1aze.

\section*{GLAZE:}

Mix all ingredients until smooth and of drizzling consistency.
```

1 loaf (16 slices)

```

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Description:
"Cinnamon-raisin bread is an all-time favorite. You'11 love this
recipe because it's easier and faster to make than ever!"
Copyright:
"@ General Mil1s, Inc. 1998."
Yield:
"1 Loaf"
```

betty crocker best of baking recipes.txt
Per serving: 155 Calories (kcal); 2g Total Fat; (10% calories from fat); 3g
Protein; 32g Carbohydrate; trace Cholesterol; 86mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2
Fat; 1/2 Other Carbohydrates
Nutr. Assoc. : 14 0 0 0 2019 5472 4098 0 2130706543 0 0 0 0 4038

* Exported from MasterCook *
Granola-Yogurt Bread
Recipe By Serving Size : 32 Preparation Time :0:00
Categories : Breads

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 2 1/2 | packages | active dry yeast |
| 1/2 | cup | warm water ( $105^{\circ}$ to 1150 ) |
| 2 | teaspoons | sugar |
| 1 | cup | warm water |
| 1 | (8 ounce) car | ton plain yogurt |
| 1 | tablespoon | salt |
| 5 | cups | all-purpose flour (5 to $51 / 2$ cups |
| 2 | cups | granola (any flavor) |

```

Dissolve yeast in \(1 / 2\) cup warm water. Stir in sugar. Let stand until bubbly and double in volume, about 10 minutes. Mix 1 cup warm water, the yogurt and salt in large mixer bowl. Stir in yeast mixture. Beat in 3 cups of the flour on medium speed, scraping bowl occasionally, 2 minutes. Mix in granola and enough remaining flour to make dough easy to handle.

Turn dough onto lightly floured surface; knead until smooth and elastic, about 10 minutes. Place in greased bowl; turn greased side up. Cover; 1et rise in warm place until double, about 1 hour. (Dough is ready if indentation remains when touched.)

Punch down dough; divide into halves. Shape each half into oval; place on lightly greased cookie sheet. Brush with margarine. Let rise until double, about 40 minutes.

Heat oven to \(375^{\circ}\). Bake until loaves are golden brown and sound hollow when tapped, 30 to 35 minutes. Remove from cookie sheet. Brush with margarine; cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Copyright:
"© General Mil1s, Inc. 1998."
Yield:
"2 Loaves"

Per serving: 115 Calories (kcal); 3g Total Fat; (19\% calories from fat); 3g Protein; 20g Carbohydrate; 1mg Cholesterol; 205mg Sodium Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates
```

betty crocker best of baking recipes.txt

```
Nutr. Assoc. : 0547200001435470
```

* Exported from MasterCook *

```
                    Ham and Egg Bake
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 8 \quad \text { Preparation Time }: 0: 00\end{array}\)
Categories : Main and Side Dishes Pork
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 6 & cups & frozen (not thawed) hash brown potatoes \\
\hline 2 & cups & diced, fully cooked smoked ham \\
\hline 2 & cups & shredded Swiss cheese (8 ounces) \\
\hline 1 & (7 ounce) jar & roasted red be11 peppers -- drained and chopped \\
\hline 1 & (4 1/2 ounce) & jar sliced mushrooms (1 jar) -- drained \\
\hline 6 1/3 & large & eggs \\
\hline \(1 / 3\) & cup & mi1k \\
\hline 1 & cup & smal1 curd, creamed cottage cheese \\
\hline 1/4 & teaspoon & pepper \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\). Grease rectangular baking dish, \(13 \times 9 \times 2\) inches, with shortening. Sprinkle 3 cups of the potatoes evenly in baking dish. Layer with ham, Swiss cheese, bell peppers and mushrooms. Sprinkle remaining potatoes over mushrooms.

Beat eggs, milk, cottage cheese, and pepper with fork or wire whisk until blended. Pour egg mixture over potatoes.

Bake uncovered 45 to 50 minutes or until light golden brown and set in center.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Description:
"This is a perfect dish to make ahead. Just cover and refrigerate no
longer than 24 hours; increase bake time to 55 to 60 minutes."
Copyright:
"@ Genera1 Mil1s, Inc. 1998."

```
Per serving: 390 Calories (kcal); 17 g Total Fat; (39\% calories from fat); 25g
Protein; 34 g Carbohydrate; 191 mg Cholesterol; 774 mg Sodium
Food Exchanges: 2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat;
0 Other Carbohydrates
NOTES : Tip
    For less fat and fewer calories per serving, use extra-lean ham
        and reduced-fat swiss cheese. Substitute \(11 / 2\) cups fat-free
        cholesterol-free egg product for the eggs.
Nutr. Assoc. : 26496281926154475224610029620
```

* Exported from MasterCook *

```
                        Ham and Swiss Casserole
```

Recipe By : 4 Preparation Time :0:00
Categories : Casseroles

```
        Pork
betty crocker best of baking recipes.txt
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & tablespoon & margarine \\
\hline 2 & tablespoons & al1-purpose flour \\
\hline 1 1/4 & cups & skim milk \\
\hline 2 & cups & cooked brown rice OR \\
\hline 2 & cups & cooked white rice \\
\hline 1 1/4 & cups & cut-up fully cooked smoked reduced-fat ham (about 10 ounces) \\
\hline 1 & cup & shredded reduced-fat Swiss cheese (4 ounces) \\
\hline 1/4 & cup & chopped fresh parsley \\
\hline 1 1/2 & teaspoon & dried marjoram leaves. \\
\hline 1 & (4 ounce) can & mushroom stems and pieces -- drained \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\). Spray 2 -quart casserole with nonstick cooking spray. Melt margarine in 3 -quart saucepan over low heat. Cook flour in margarine, stirring constantly, until thickened; remove from heat.

Stir milk into flour mixture. Heat to boiling, stirring constantly with wire whisk. Boil and stir 1 minute. Stir in remaining ingredients. Spoon into casserole. Bake uncovered 30 to 35 minutes or until hot and bubbly.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\oplus}\) Recipe.

\section*{Description:}
"When it's a chilly night and time for comfort food, this flavorful,
creamy casserole really fills the bil1."
Copyright:
"@ General Mills, Inc. 1998."

Per serving: 290 Calories (kcal); 7g Total Fat; (23\% calories from fat); 22g Protein; 33g Carbohydrate; 31mg Cholesterol; 873mg Sodium Food Exchanges: 1 1/2 Grain(Starch); 2 1/2 Lean Meat; \(1 / 2\) Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : If no-salt-added mushrooms are available in your area, use them to reduce sodium even further.
Nutr. Assoc. : 000280102130706543388626151031282461
```

* Exported from MasterCook *

```
                                    Harvest Bean Casserole
Recipe By \(\quad\)\begin{tabular}{l} 
Rerving Size \\
Se \\
Preparation Time \(: 0: 00\)
\end{tabular}
Categories : Casseroles Main and Side Dishes
\begin{tabular}{ccc} 
Amount & Measure & Ingredient -- Preparation Method \\
\hdashline 1 & pound bulk turkey breakfast sausage
\end{tabular}

Heat oven to \(375^{\circ}\).
betty crocker best of baking recipes.txt
Cook sausage in 10-inch skillet over medium heat 8 to 10 minutes, stirring occasionally, until no longer pink; drain.

Place sausage in ungreased rectangular baking dish, \(11 \times 7 \times 11 / 2\) inches. Stir in baked beans. Arrange apple slices over sausage mixture. Slice sweet potatoes over apples.

Cover and bake 30 to 35 minutes or until apples are tender. Sprinkle with onions.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Copyright:
"@ General Mil1s, Inc. 1998."

Per serving: 455 Calories (kcal); 16g Total Fat; (29\% calories from fat); 20g
Protein; 63 g Carbohydrate; 60 mg Cholesterol; 1069mg Sodium
Food Exchanges: 4 Grain(Starch); \(11 / 2\) Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 0
Other Carbohydrates
NOTES : Use either spicy or regular sausage-whichever suits your
household-for this hearty casserole.
Nutr. Assoc. : 900579021307065432128206852160
```

* Exported from MasterCook *

```
            Harvest Loaf (1 1/2-Pound Recipe)
Recipe By :

Serving Size : 12 Preparation Time :0:00
Categories : Bread Machine Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & cup & plus 2 tablespoons water \\
\hline 1 & tablespoon & margarine or butter -- softened \\
\hline 3 & cups & bread flour \\
\hline 1/4 & cup & dehydrated soup greens \\
\hline 2 & tablespoons & dry milk \\
\hline 2 & tablespoons & sugar \\
\hline 1 1/2 & teaspoons & salt \\
\hline 1/4 & teaspoon & garlic powder \\
\hline 2 & teaspoons & bread machine yeast \\
\hline
\end{tabular}

Make \(11 / 2\)-pound recipe for bread machines that use 3 cups flour, or make
1 -pound recipe for bread machines that use 2 cups flour.
Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

\footnotetext{
Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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}
betty crocker best of baking recipes.txt
Yie1d:
"1 Loaf"

Per serving: 154 Calories (kcal); 2g Total Fat; (11\% calories from fat); 5g Protein; 29g Carbohydrate; 2mg Cholesterol; 346mg Sodium Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(1 / 2\) Fat; 0 Other Carbohydrates

NOTES : Dehydrated soup greens can be found in jars in the spice section of your supermarket.
Nutr. Assoc. : 158240980593800002019
* Exported from MasterCook *

Harvest Loaf (1-Pound Recipe)
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 8 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Bread Machine Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 3/4 & cup & water \\
\hline 2 & teaspoons & margarine or butter -- softened \\
\hline 2 & cups & bread flour \\
\hline 2 & tablespoons & dehydrated soup greens \\
\hline 1 & tablespoon & dry milk \\
\hline 1 & tablespoon & sugar \\
\hline 1 & teaspoon & salt \\
\hline 1/8 & teaspoon & garlic powder \\
\hline \(11 / 2\) & teaspoons & bread machine yeast \\
\hline
\end{tabular}

Make \(11 / 2\)-pound recipe for bread machines that use 3 cups flour, or make 1 -pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
"© General Mills, Inc. 1998."
Yield:
"1 Loaf"

Per serving: 149 Calories (kcal); 2g Total Fat; (11\% calories from fat); 5g Protein; 28g Carbohydrate; 1 mg Cholesterol; 329mg Sodium
Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Dehydrated soup greens can be found in jars in the spice section
of your supermarket.
Nutr. Assoc. : 040980593800002019
```

* Exported from MasterCook *

```
betty crocker best of baking recipes.txt
Hazelnut-Chocolate Torte
Recipe By
Serving Size \({ }^{16} \quad\) Preparation Time :0:00
Categories : Cakes
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline \multirow[t]{2}{*}{6
1} & & eggs -- separated \\
\hline & tablespoon & grated orange pee1 \\
\hline 3/4 & teaspoon & ground cinnamon \\
\hline 1/2 & cup & granulated sugar \\
\hline 1 & teaspoon & cream of tartar \\
\hline 1/2 & cup & granulated sugar \\
\hline 3 & cups & very finely ground hazelnuts (filberts) \\
\hline 1/2 & cup & \begin{tabular}{l}
al1-purpose flour \\
Chocolate Butter Frosting -- (recipe follows)
\end{tabular} \\
\hline 1 & cup & whipping (heavy) cream \\
\hline 1/2 & cup & powdered sugar \\
\hline 1/4 & cup & cocoa \\
\hline 2 & teaspoons & grated orange pee1 \\
\hline 1/2 & cup & finely chopped hazelnuts (filberts) \\
\hline & & CHOCOLATE BUTTER FROSTING \\
\hline \(3^{1 / 2}\) & \[
\begin{aligned}
& \text { cup } \\
& \text { ounces }
\end{aligned}
\] & margarine or butter (1 stick) -- softened unsweetened chocolate -- melted and cooled \\
\hline & & OR \\
\hline 1/2 & cup & cocoa \\
\hline 3 & cups & powdered sugar \\
\hline 3 & tablespoons & milk (about) \\
\hline 1 & tablespoon & brandy, if desired \\
\hline 2 & teaspoons & vanilla \\
\hline
\end{tabular}

Heat oven to \(325^{\circ}\). Grease bottom only of springform pan, \(9 \times 3\) inches. Line bottom with waxed paper; grease generously. Beat egg yolks, 1 tablespoon orange pee 1 and the cinnamon in small bow on high speed about 6 minutes or until very thick and light colored. Gradually beat in \(1 / 2\) cup granulated sugar, 1 tablespoon at a time; reserve. Wash beaters.
Beat egg whites and cream of tartar in large bowl on high speed until soft peaks form. Gradually beat in \(1 / 2\) cup granulated sugar, 1 tablespoon at a time; continue beating until stiff peaks form. Fold egg yolk mixture into meringue.

Mix 3 cups ground hazelnuts and the flour. Sprinkle about one-third of the hazelnut mixture over meringue; fold in. Repeat twice with remaining hazelnut mixture. Spread in pan. Bake 55 to 60 minutes or until toothpick inserted in center comes out clean. cool in pan on wire rack 15 minutes. Loosen side of cake from pan with metal spatula. Carefully remove side of pan. Invert cake onto wire rack; remove bottom of pan. Turn cake right side up. Cool cake completely. Wrap tightly and refrigerate at least 4 hours.

Prepare Chocolate Butter Frosting; reserve 1 cup for decorating. Beat whipping cream, powdered sugar and cocoa in chilled small bowl until stiff. Fold in 2 teaspoons orange peel. Carefully split cake horizontally to make 3 layers. (To split, mark side of cake with toothpicks and cut with long, thin straight-edged knife.) Spread 1 layer with half of the whipped cream mixture. Top with second layer; spread with remaining whipped cream mixture. Top with remaining layer. Frost side and top of torte with Chocolate Butter Frosting. Press chopped hazelnuts around side.

Place reserved 1 cup frosting in decorating bag with large open star tip (\#4B). Or place frosting in strong plastic bag; cut off a tip from one corner of bag. Pipe rosettes on top of cake. Garnish with whole hazelnuts if desired. Refrigerate at least 8 hours. Cut with sharp, straight-edged knife. Refrigerate any remaining torte.
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CHOCOLATE BUTTER FROSTING:
Mix margarine and chocolate in large bowl. Beat in remaining ingredients until mixture is smooth and of spreading consistency.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"1 Torte"

Per serving: 440 Calories (kcal); 27g Total Fat; (53\% calories from fat); 6g Protein; 48g Carbohydrate; 91mg Cholesterol; 97mg Sodium
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 5 Fat; 2 1/2 Other Carbohydrates
```

Nutr. Assoc. : 0 0 0 0 0 0 26788 0 2130706543 720 0 0 0 26787 0 0 4098 0 0

```
    21307065430403823300
* Exported from MasterCook *

Heart Cake
\begin{tabular}{ll} 
Recipe By & : 12 Preparation Time :0:00 \\
\begin{tabular}{ll} 
Serving Size & 12 \\
Categories & \begin{tabular}{l} 
Baking with Kids \\
Holiday
\end{tabular}
\end{tabular} Cakes
\end{tabular}
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline & & \begin{tabular}{l}
Shortening \\
Al1-purpose flour
\end{tabular} \\
\hline 1 & (18 1/4 ounce) & ) package white or sour cream white cake mix with \\
\hline 1 & (7 1/4 & pudding fluffy white frosting \\
\hline & & Few drops of red food color \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\).
Grease round and square pans with:
Shortening
Put sma11 amount in pans and shake to coat, then pour out any extra:
A17-purpose flour
Make and bake as directed on package for 8 -inch round pan, dividing batter between round and square pans:

1 package (1 1b 2.25 oz ) white or sour cream white cake mix with pudding

Adult help: Cool cakes in pan 10 minutes, then remove from pans to wire rack. Cool completely.

Cut round cake in half, as shown in drawing. Put square cake on tray with one point toward you. Put cut side of each half of round cake against one of the top sides of square cake, as shown in drawing, to make a heart.

Make as directed on package with electric mixer:
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```

1 package (7.2 oz) fluffy white frosting mix
```

Beat into frosting to tint pink:

```

Few drops of red food color
Frost cake with frosting. Be sure to cover top of cake well, especially over the cut sections.

Decorate cake with:
Red candies or red sugar

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Copyright:
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Yield:
"1 Cake"

Per serving: 247 Calories (kcal); 5g Total Fat; (16\% calories from fat); 2g
Protein; 50g Carbohydrate; 0mg Cholesterol; 326mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 3 1/2
Other Carbohydrates
```

NOTES : Utensils You Will Need
Round pan, 8 < 1 1/2 inches : Square pan, 8 < 8 < 2 inches -
Pastry brush • Liquid measuring cup • Large Bow7 • Electric mixer
- Pot holders - Wire cooling racks - Large tray or covered
cardboard, 18 < 15 inches • Sharp knife
Nutr. Assoc. : 0 0 5517 5537 0 0

```
* Exported from MasterCook *
                                    Hearty Shepherd's Pie
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 8 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Main and Side Dishes
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1/2 & pound & extra-1ean ground beef \\
\hline 1 & 7arge & onion -- chopped (about 1 cup) \\
\hline 1 & clove & garlic -- finely chopped \\
\hline 1 & medium & eggplant (about 12 ounces) -- cut into 1/2-inch cubes \\
\hline (about 3 & cups) & \\
\hline 1 & (16 ounce) pack & kage frozen broccoli, cauliflower and carrots \\
\hline 1 & (15 ounce) can & great northern beans (15 to 16 ounces) -- rinsed and \\
\hline drained 1 & (14 1/2 ounce) & can no-salt-added whole tomatoes -- undrained \\
\hline 2 & teaspoons & Italian seasoning \\
\hline 1/2 & teaspoon & salt \\
\hline 1/4 & teaspoon & pepper \\
\hline 2 & tablespoons & water \\
\hline 2 & tablespoons & a11-purpose flour \\
\hline 4 & cups & hot mashed potatoes \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\). Spray rectangular baking dish, \(13 \times 9 \times 2\) inches, with nonstick cooking spray. Cook ground beef, onion and garlic in 12-inch nonstick skillet over medium heat, stirring occasionally, until beef is brown and onion is tender; drain. Stir in remaining ingredients except water, flour and potatoes, breaking up tomatoes. Heat to boiling; reduce heat. Simmer uncovered 15 minutes, stirring occasionally.
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Shake water and flour in tightly covered container; stir into beef mixture. Spoon beef mixture into baking dish. Spoon potatoes evenly over beef mixture; spread to edges of dish. Bake uncovered about 30 minutes or until heated through. Let stand 5 minutes before serving.
```

6 to 8 servings

```

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:
"Eggplant adds a new twist to this updated favorite."
copyright:
"© General Mills, Inc. 1998."
T(Bake)

Per serving: 250 Calories (kcal); 6 g Total Fat; ( \(21 \%\) calories from fat); 14 g Protein; 36 g Carbohydrate; 20 mg Cholesterol; 417 mg Sodium Food Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 2 Vegetable; 0 Fruit; \(1 / 2\) Fat; 0 Other Carbohydrates

Nutr. Assoc. : 9018003234343935640000004113
```

* Exported from MasterCook *

```

\section*{Herb Buns}

Recipe By
Serving Size
S
12 Preparation Time :0:00
Categories : Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & package & active dry yeast \\
\hline 1 & cup & warm water (105 \({ }^{\circ}\) to \(115{ }^{\circ}\) ) \\
\hline 1 & teaspoon & caraway seed \\
\hline 1/2 & teaspoon & dried sage leaves \\
\hline 1/4 & teaspoon & ground nutmeg \\
\hline 2 & tablespoons & sugar \\
\hline 1 & teaspoon & salt \\
\hline 2 & tablespoons & shortening \\
\hline \(21 / 4\) & cups & al1-purpose flour* \\
\hline
\end{tabular}

Dissolve yeast in warm water in large mixing bowl. Add caraway seed, sage and nutmeg. Stir in sugar, salt, egg, shortening and 1 cup of the flour. Beat until smooth. Stir in remaining flour until smooth. Scrape batter from side of bowl. Cover; let rise in warm place until double, about 30 minutes.

Stir down batter by beating about 25 strokes. Spoon into 12 greased muffin cups, \(21 / 2 \times 11 / 4\) inches, filling each about half full. Let rise until batter reaches top of cups, 20 to 30 minutes.

Heat oven to \(400^{\circ}\). Bake 15 minutes.

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```

Copyright:
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Yield:
"12 Rol1s"

```
Per serving: 120 Calories (kcal); 3g Total Fat; (21\% calories from fat); 3g
Protein; 20g Carbohydrate; 16mg Cholesterol; 184mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(1 / 2\) Fat; 0
Other Carbohydrates
NOTES : * If using self-rising flour, omit salt.
    Sour Cream-Chive Buns: Decrease warm water to \(1 / 4\) cup. Omit
    caraway seed, sage and nutmeg. Mix \(3 / 4\) cup dairy sour cream, the
    sugar, salt and shortening. Heat just to boiling; cool to
    lukewarm. Stir sour cream mixture and half of the flour into
    yeast. Beat until smooth. Mix in remaining flour, the egg and 1
    tablespoon plus \(11 / 2\) teaspoons snipped chives.
Nutr. Assoc. : 05472031540000014
* Exported from MasterCook *

Herbed Vegetable Bake
Recipe By
Serving Size
:
12 \(\quad\) Preparation Time :0:00
Categories : Main and Side Dishes Vegetarian


\footnotetext{
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```

Copyright:
"@ General Mil1s, Inc. 1998."
T(Bake):

```
}
```

Per serving: 84 Calories (kcal); 5g Total Fat; (52% calories from fat); 2g
Protein; 9g Carbohydrate; Omg Cholesterol; 91mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 Fat; 0
Other Carbohydrates
Nutr. Assoc. : 2006 268 2495 4098 0 20028 0 2130706543 26057 0 2130706543 0

* Exported from MasterCook *
Holiday Almond Braid
Recipe By : 32 Preparation Time :0:00
Categories : Cakes Holiday

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 5 | cups | all-purpose flour (5 to $51 / 2$ cups) |
| 1/2 | cup | sugar |
| 1 | teaspoon | salt |
| 2 | packages | regular or quick-acting active dry yeast |
| 1/3 | cup | margarine or butter |
| 3/4 | cup | milk |
| 1/2 | cup | water |
| 2 |  | eggs |
| 1 | cup | slivered almonds -- toasted |
| $21 / 2$ | teaspoons | grated lemon pee1 |
| 1/4 | teaspoon | ground mace or nutmeg ( $1 / 4$ to $1 / 2$ teaspoons) <br> Glaze -- (recipe follows) |
|  |  | GLAZE |
| 1/2 | cup | powdered sugar |
|  | Dash | ground mace or nutmeg |
| 3 | teaspoons | 1emon juice (3 to 4 teaspoons) |

```

Mix \(11 / 2\) cups of the flour, the sugar, salt and undissolved yeast in large bowl. Cut margarine into small pieces. Heat margarine, milk and water until warm (105 to \(115^{\circ}\) ) ; stir into yeast mixture. Stir in eggs, almonds, lemon pee1, mace and enough remaining flour to make a soft dough. Grease top of dough. Cover tightly with plastic wrap and refrigerate at least 2 hours but no longer than 24 hours.

Lightly grease cookie sheet. Punch down dough. Divide into 4 equal parts. Rol1 3 parts into 14 -inch ropes. Place ropes close together on cookie sheet. Braid ropes loosely. Pinch ends together to seal. Divide remaining dough into 3 pieces. Roll each piece into 12 -inch rope. Place ropes close together. Braid ropes; place on top large braid. Cover and let rise in warm place 30 to 50 minutes or until double. (Dough is ready if indentation remains when touched.)

Heat oven to \(350^{\circ}\). Bake 40 to 50 minutes or until deep golden brown. Remove from cookie sheet to wire rack. Brush Glaze over warm braid.

1 loaf (32 slices)
GLAZE:
Mix all ingredients until smooth.
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Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.
```

Copyright:
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Yield:
"1 Loaf"

```
Per serving: 143 Calories (kcal); 5g Total Fat; (30\% calories from fat); 4g
Protein; 21g Carbohydrate; 12mg Cholesterol; 96mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2
Other Carbohydrates
Nutr. Assoc. : 1400263664098000020084361921307065430003619
        797
* Exported from MasterCook *
                        Holiday Cookie Mix
Recipe By \(\quad \begin{aligned} & \text { Berving Size } \\ & \text { Ser } \\ & \text { : Preparation Time }: 0: 00\end{aligned}\)
Categories : Cookies \& Brownies Holiday
\begin{tabular}{lrl} 
Amount & Measure & Ingredient -- Preparation Method \\
\hdashline 8 & cups & all-purpose flour \\
4 & cups & packed brown sugar \\
1 & tablespoon & salt \\
1 & \(1 / 2\) & teaspoons \\
1 & \(1 / 2\) & cups
\end{tabular}

Mix flour, sugar, salt and baking soda. Cut in shortening with pastry blender or 2 knives until mixture resembles fine crumbs. Place desired amounts of mix in storage containers (plastic containers or jars or 1arge plastic bags). Seal tightly, label and refrigerate up to 10 weeks. To measure, dip dry-ingredient measuring cup into cookie mix; level with straight-edged spatula.

15 to 16 cups cookie mix

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\oplus}\) Recipe.

\section*{Description:}
"This multipurpose mix makes quite a large batch, but it can be easily
mixed in a large roasting pan, a plastic dishpan, the vegetable bin
from your refrigerator or a 6-quart mixing bow1.'
Copyright:
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Yield:
"16 Cups"

Per serving: 9667 Calories (kcal); 317g Total Fat; (29\% calories from fat); 103g Protein; 1619g Carbohydrate; 0mg Cholesterol; 8646mg Sodium Food Exchanges: 50 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 61 1/2 Fat; 57 Other Carbohydrates
betty crocker best of baking recipes.txt
```

Nutr. Assoc. : 0 0 0 0 0

* Exported from MasterCook *
Holiday Honey Cookies
Recipe By Size : 42 Preparation Time :0:00
Categories : Baking with Kids Cookies \& Brownies
Holiday

| Amount | Measure | Ingredient -- Preparation Method |
| ---: | :--- | :--- |
|  |  | Shortening |
| $1 / 3$ | cup | powdered sugar |
| $1 / 3$ | cup | margarine or butter -- softened |
| 1 | $2 / 3$ | cup |
| 1 | honey |  |
| 2 | $3 / 4$ | teaspoon |
| almond extract |  |  |
| 1 | cupe | egg |
| $1 / 2$ | teaspoon | baking soda flour |
| $2 / 3$ | teaspoon | salt |
| $2 / 3$ | cup | Glaze for Holiday Honey Cookies -- (see recipe) |

Heat oven to $375^{\circ}$.
Lightly grease cookie sheet with:
Shortening
Mix in large bowl with wooden spoon:
1/3 cup powdered sugar
1/3 cup margarine or butter, softened
2/3 cup honey
1 teaspoon almond extract
1 large egg
Stir in:
2 3/4 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon salt
Sprinkle a clean surface (such as a kitchen counter or breadboard) with flour. Put dough on surface. Roll dough until $1 / 8$ inch thick. Cut with cookie cutters. Put cookies
about 1 inch apart on cookie sheet.
Bake 6 to 8 minutes or until light brown. Watch carefully because cookies brown quickly. Immediately remove cookies from cookie sheet with spatula to wire rack. Cool completely.
Frost cookies with:
Glaze (see Glaze for Holiday Honey Cookies recipe)
Decorate cookies with:
Decorator's Frosting (see recipe)

```

\footnotetext{
Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.
}
betty crocker best of baking recipes.txt
Copyright:
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Yield:
"42 Cookies"

Per serving: 98 Calories (kcal); 2g Total Fat; (14\% calories from fat); 1g
Protein; 20g Carbohydrate; 4 mg Cholesterol; 74 mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1 Other Carbohydrates
```

NOTES : Utensils You will Need
Cookie Sheet • Pastry brush • Large bowl • Dry-ingredient
measuring cups - Small sharp knife . Measuring spoons - Wooden
spoon • Rolling pin - Ruler • 2-inch cookie cutters - Pot holders
- Spatula - Wire cooking rack
Nutr. Assoc. : 0 0 4098 0 0 0 0 0 0 0 0

```
* Exported from MasterCook *
                                    Decorator's Frosting
Recipe By
Serving Size
Categories : Baking with Kids Holiday
\begin{tabular}{rll} 
Amount & Measure & Ingredient -- Preparation Method \\
\hdashline 1 & cup & powdered sugar \\
3 & drops & food color (3 to 4 drops) \\
3 & teaspoons & water (3 to 5 teaspoons)
\end{tabular}

Mix in small bow with wooden spoon, adding the water 1 teaspoon at a time, until frosting is thin enough to drizzle or thick enough to be used in a decorating bag:

1 cup powdered sugar
3 or 4 drops food color
3 to 5 teaspoons water

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Yield:
"2/3 cup"

Per serving: 11 Calories (kcal); trace Total Fat; (0\% calories from fat); 0g Protein; 3g Carbohydrate; 0mg cholesterol; trace Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates
```

NOTES : Utensils You Will Need
Sma11 bow1 - Dry-ingredient measuring cup - Measuring spoons •
Wooden spoon
Nutr. Assoc. : 0 3314 1582

```
```

* Exported from MasterCook *

```
    Glaze for Holiday Honey Cookies
    Page 214
betty crocker best of baking recipes.txt
```

Recipe By : 42 Preparation Time :0:00
Categories : Baking with Kids Cookies \& Brownies
Holiday

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 2 | cups | powdered sugar |
| 1/4 | teaspoon | almond extract |
| 2 | tablespoons | water |
| 2 | teaspoons | water (2 to 4 teaspoons) |

Mix in medium bowl with wooden spoon until smooth:
2 cups powdered sugar
1/4 teaspoon almond extract
2 tablespoons water
Stir in, 1 teaspoon at a time, until spreadable:
2 to 4 teaspoons water

```

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"2/3 cup"

Per serving: 22 Calories (kcal); trace Total Fat; (0\% calories from fat); 0g Protein; 6g Carbohydrate; 0mg Cholesterol; trace Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates

NOTES : Utensils You Will Need
Medium bow1 • Dry-ingredient measuring cup • Measuring spoons •
Wooden spoon
Nutr. Assoc. : 0001582
* Exported from MasterCook *

> Holiday Nut Bread
Recipe By
Serving Size
: \(20 \quad\) Preparation Time \(: 0: 00\)
Categories : Breads Holiday
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 1/2 & cups & all-purpose flour \\
\hline 1/2 & cup & granulated sugar \\
\hline 1/2 & cup & packed brown sugar \\
\hline 1/4 & cup & shortening \\
\hline 1 1/4 & cups & buttermilk* \\
\hline 3 & teaspoons & baking powder \\
\hline 1 & teaspoon & salt \\
\hline 1/2 & teaspoon & baking soda \\
\hline 2 & cup & eggs \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\). Grease bottom only of loaf pan, \(9 \times 5 \times 3\) inches. Beat a11 ingredients except nuts in large bow 1 on 1 ow speed 15 seconds. Beat on Page 215
betty crocker best of baking recipes.txt
medium speed 30 seconds, scraping bow 1 constantly. Stir in nuts. Pour into pan.
Bake 60 to 65 minutes or until toothpick inserted in center comes out clean. Immediately remove from pan. Cool completely on wire rack before slicing. Garnish top of nut bread with maraschino cherries and sliced green candied pineapple if desired. For best results, wrap and refrigerate at least 8 hours before slicing.

1 loaf (about 20 slices)

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Copyright:
"@ Genera1 Mi11s, Inc. 1998."
Yield:
"1 Loaf"
T(Refrigerate):
"8:00"

Per serving: 176 Calories (kcal); 7g Total Fat; (36\% calories from fat); 4g Protein; 25 g Carbohydrate; 19 mg Cholesterol; 236 mg Sodium Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates

NOTES : *1 \(1 / 4\) cups milk and 1 tablespoon white vinegar can be substituted for the buttermilk; mix and let stand 5 minutes.

Cherry-Nut Bread: Decrease buttermilk to 1 cup and add \(1 / 4\) cup maraschino cherry juice. After beating, stir in \(1 / 2\) cup chopped drained maraschino cherries. Bake 1 hour 10 minutes to 1 hour 15 minutes.

Date-Nut Bread: Omit buttermilk. Pour \(11 / 2\) cups boiling water over \(1 / 2\) cups chopped dates; stir and let cool. Beat date mixture with remaining ingredients. Bake 1 hour 5 minutes to 1 hour 10 minutes.
Nutr. Assoc. : 000022800000
* Exported from MasterCook *

Holiday Stuffed Pasta
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 8 \quad \text { Preparation Time }: 0: 00\end{array}\)
Categories : Holiday Pasta

betty crocker best of baking recipes.txt
Heat oven to \(350^{\circ}\). Cook pasta shells as directed on package; drain. Spread spaghetti sauce in rectangular pan, \(13 \times 9 \times 2\) inches. Mix remaining ingredients except pasta she11s and Spinach Pesto. Fill each pasta shell with about 2 tablespoons cheese mixture. Arrange filled shells on spaghetti sauce. Cover pan with aluminum foil.

Bake about 45 minutes or until hot. Serve with pesto.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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T(Bake) \(=10: 45 "\)

Per serving: 394 Calories (kcal); 22g Total Fat; (50\% calories from fat); 19g Protein; 31g Carbohydrate; 96mg Cholesterol; 573mg Sodium
Food Exchanges: 1 Grain(Starch); 2 Lean Meat; 2 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 90031500261530000002130706543
```

* Exported from MasterCook *

```

\section*{Spinach Pesto}

Recipe By : 60 Preparation Time :0:00
Categories : Holiday
Sauces
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 4 & cups & firmly packed spinach (10 to 12 ounces) \\
\hline 1 & cup & firmly packed fresh basil \\
\hline & & \\
\hline 1/2 & cup & dried basil leaves \\
\hline 1 & cup & grated Parmesan cheese \\
\hline 1 & cup & olive oil \\
\hline 1/2 & cup & chopped pine nuts OR \\
\hline 1/2 & cup & chopped walnuts \\
\hline 1/2 & teaspoon & salt \\
\hline 1/4 & teaspoon & pepper \\
\hline 8 & cloves & garlic \\
\hline
\end{tabular}

Place 2 cups of spinach and remaining ingredients in food processor. Cover and process 1 minute. Add remaining spinach and process about 2 minutes, stopping processor occasionally to scrape sides, until finely chopped and smooth. (Or place all ingredients except spinach in blender. Cover and blend on high speed about 1 minute, stopping blender occasionally to scrape sides. Add spinach, 1 cup at a time, blending until smooth after each addition.) Store covered in refrigerator up to 3 days or in freezer up to 3 months.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
```

                            betty crocker best of baking recipes.txt
    "@ Genera1 Mil1s, Inc. 1998.'
    Yield:
"7 1/2 Cups"

```
Per serving: 45 Calories (kcal); 5g Total Fat; (88\% calories from fat); 1g
Protein; trace Carbohydrate; 1 mg Cholesterol; 44 mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0
Other Carbohydrates
Nutr. Assoc. : 1423333202130706543002018702130706543000
* Exported from MasterCook *
                                    Honey Almond-Apple Puffs
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 9 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1/2 & (17 1/4 ounce) & package frozen puff pastry -- thawed \\
\hline 1 & 1arge & pared cooking apple -- cut into 6 wedges Ground nutmeg \\
\hline 1/4 & cup & honey \\
\hline 1/4 & cup & sliced almonds \\
\hline
\end{tabular}

Heat oven to \(425^{\circ}\). Unfold pastry and cut into 9 squares. Cut apple wedges crosswise in half (on1y 9 apple pieces are needed). Place 1 apple piece on each pastry square and sprinkle with nutmeg. Moisten corners of pastry with water. Gather corners over apple and pinch to seal well. Place on ungreased cookie sheet. Bake 15 to 20 minutes or until deep golden brown and puffed. Heat honey until thin. Brush honey over warm puffs. Sprinkle with almonds.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"9 Puffs"

Per serving: 210 Calories (kcal); 13g Total Fat; (52\% calories from fat); 3g Protein; 23g Carbohydrate; 0 mg Cholesterol; 68mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(21 / 2\) Fat; 1/2 Other Carbohydrates
```

Nutr. Assoc. : 27140 4435 0 0 0 0

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* Exported from MasterCook *

```
    Honey-Oatmeal Cookies
Recipe By :
Serving Size : 60 Preparation Time :0:00
    Page 218
```

betty crocker best of baking recipes.txt
Categories : Cookies \& Brownies

```
\begin{tabular}{rrl} 
Amount & Measure & Ingredient -- Preparation Method \\
\(-1 / 4\) & cups & sugar \\
\(1 / 2\) & cup & \begin{tabular}{l} 
shortening \\
2
\end{tabular} \\
& \(1 / 3\) & cup
\end{tabular}

Heat oven to \(375^{\circ}\). Mix sugar, shortening, eggs and honey. Stir in remaining ingredients.

Drop dough by rounded teaspoonfuls about 2 inches apart onto ungreased cookie sheet.

Bake until light brown, 8 to 10 minutes. Immediately remove from cookie sheet.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
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Yield:
"60 Cookies"

```
Per serving: 77 calories (kcal); 3g Total Fat; (30\% calories from fat); 1g
Protein; 12g Carbohydrate; 6 mg Cholesterol; 59 mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat;
1/2 Other Carbohydrates
NOTES : *If using self-rising flour, omit baking soda and salt.
Nutr. Assoc. : 000020223140000
* Exported from MasterCook *
                                    Honey-whole wheat Bread
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \vdots \\ \text { Categories } & \text { : Breads }\end{array}\) Preparation Time :0:00
\begin{tabular}{rrl} 
Amount & Measure & Ingredient -- Preparation Method \\
\hdashline 2 & packages & active dry yeast \\
\(1 / 2\) & cup & warm water ( \(105^{\circ}\) to \(115^{\circ}\) ) \\
\(1 / 3\) & cup & honey \\
\(1 / 4\) & cup & shortening \\
1 & \(3 / 4\) & tablespoon \\
1 & cups & warm water \\
3 & cups & whole wheat flour \\
3 & cups & all-purpose flour* (3 to 4 cups) \\
& & Margarine or butter -- softened
\end{tabular}

Dissolve yeast in \(1 / 2\) cup warm water in large mixing bowl. Stir in honey, shortening, salt, \(13 / 4\) cups warm water and the whole wheat flour. Beat until smooth. Mix in enough al1-purpose flour to make dough easy to
handle.
betty crocker best of baking recipes.txt

Turn dough onto lightly floured surface; knead until smooth and elastic, about 10 minutes. Place in greased bowl; turn greased side up. Cover; let rise in warm place until double, about 1 hour. (Dough is ready if indentation remains when touched.)
Punch down dough; divide into halves. Flatten each half with hands or rolling pin into rectangle, \(18 \times 9\) inches. Fold crosswise into thirds, overlapping the 2 sides. Roll up tightly, beginning at one of the open ends. Press with thumbs to seal after each turn. Pinch edge firmly to seal. Press each end with side of hand to seal; fold ends under loaf. Place loaves, seam sides down, in 2 greased baking pans, \(9 \times 5 \times 3\) inches or \(81 / 2 \times 41 / 2 \times 21 / 2\) inches. Brush with margarine; sprinkle with whole wheat flour or crushed oats, if desired. Let rise until double, about 1 hour.

Heat oven to \(375^{\circ}\). Bake until loaves are deep golden brown and sound hollow when tapped, 40 to 45 minutes. Remove from pans; cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\ominus}\) Recipe.
copyright:
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Yield:
"2 Loaves"

Per serving: 107 Calories (kcal); 2g Total Fat; (15\% calories from fat); 3g Protein; 20 g Carbohydrate; 0 mg Cholesterol; 202mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(1 / 2\) Fat; 0 Other Carbohydrates

NOTES : *If using self-rising flour, decrease salt to 1 teaspoon. Nutr. Assoc. : 0547200000140
```

* Exported from MasterCook *

```

Hot Fudge Pudding Cake
Recipe By
Serving Size \({ }^{9} \quad\) Preparation Time :0:00
Categories : Cakes
Desserts


Heat oven to \(350^{\circ}\). Mix flour, granulated sugar, 2 tablespoons cocoa, the baking powder and salt in ungreased baking pan, \(9 \times 9 \times 2\) inches. Mix in Page 220
betty crocker best of baking recipes.txt
milk, oil and vanilla with fork until smooth. Stir in nuts. Spread in pan. Sprinkle with brown sugar and \(1 / 4\) cup cocoa. Pour hot water over batter.

Bake 40 minutes. Let stand 15 minutes; spoon into dessert dishes or cut into squares and invert on dessert plates. Top with ice cream and spoon sauce over each serving.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"1 Cake"
T(Bake):
"0:40"

Per serving: 350 Calories (kcal); 13g Total Fat; (31\% calories from fat); 5g
Protein; 57 g Carbohydrate; 2 mg Cholesterol; 188mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat;
2 1/2 Other Carbohydrates
NOTES : *If using self-rising flour, omit baking powder and salt.
Hot Fudge-Butterscotch Pudding Cake: substitute 1 package ( 6
ounces) butterscotch chips for the nuts. Decrease brown sugar to
\(1 / 2\) cup and the \(1 / 4\) cup cocoa to 2 tablespoons.
Nutr. Assoc. : 14000000026770037280
```

* Exported from MasterCook *

```

> Italian Breadsticks

Recipe By
Serving Size
S
36 Preparation Time :0:00
Categories : Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & package & active dry yeast \\
\hline 2/3 & cup & warm water ( \(105^{\circ}\) to \(115{ }^{\circ}\) ) \\
\hline 1 & tablespoon & sugar \\
\hline 1 & teaspoon & salt \\
\hline 1/4 & cup & vegetable or olive oil \\
\hline 2 & cups & al1-purpose flour (2 to 2 1/4 cups) vegetable or olive oil \\
\hline 1 & & egg white \\
\hline 1 & tablespoon & water \\
\hline
\end{tabular}

Dissolve yeast in warm water in large mixing bowl. Stir in sugar, 1
teaspoon salt, \(1 / 4\) cup oil and 1 cup of the flour. Beat until smooth. Mix in enough remaining flour to make dough easy to handle.

Turn dough only lightly floured surface; knead until smooth and elastic, about 5 minutes. Shape dough into rol1, 10 inches 10 ng. Cut into 36 equal parts. Roll each part into rope, 8 inches long for thick breadsticks, 10 inches long for thin breadsticks. Place about 1 inch apart on greased cookie sheet. Brush with oil. Cover; let rise in warm place about 20 minutes.

Heat oven to \(350^{\circ}\). Beat egg white and 1 tablespoon water slightly; brush over breadsticks and sprinkle with coarse salt. Bake until golden brown,

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\text {R }}\) Recipe.

Copyright:
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Yield:
"36 Breadsticks"

Per serving: 41 Calories (kcal); 2g Total Fat; (35\% calories from fat); 1g Protein; 6g Carbohydrate; Omg Cholesterol; 61mg Sodium
Food Exchanges: \(1 / 2\) Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(1 / 2\) Fat; 0 Other Carbohydrates

Nutr. Assoc. : 05472001563140000
```

* Exported from MasterCook *

```

> Italian Focaccia
```

Recipe By :
Serving Size : 24 Preparation Time :0:00
Categories : Breads

```
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline \(21 / 2\) & cups & al1-purpose or unbleached flour (2 \(1 / 2\) to 3 cups) \\
\hline 2 & teaspoons & sugar \\
\hline 1/4 & teaspoon & salt \\
\hline 1 & package & regular or quick-acting active dry yeast \\
\hline 1/4 & cup & olive or vegetable oil \\
\hline 1 & cup & very warm water ( \(120^{\circ}\) to \(130^{\circ}\) ) olive or vegetable oil \\
\hline 2 & tablespoons & chopped fresh herbs (such as basil, \\
\hline 2 & tablespoons & oregano or rosemary) \\
\hline
\end{tabular}

Mix 1 cup of the flour, the sugar, salt and yeast in large bow 1 . Add \(1 / 4\) cup oil and the warm water. Beat on medium speed 3 minutes, scraping bow 1 occasionally. Stir in enough remaining flour until dough is soft and leaves side of bow1.

Turn dough onto lightly floured surface; gently roll in flour to coat. Knead 5 to 10 minutes or until dough is smooth and elastic. Place in greased bowl; turn greased side up. Cover and let rise in warm place 1 to \(11 / 2\) hours or until double. (Dough is ready if indentation remains when touched.)

Heat oven to \(425^{\circ}\). Grease 2 cookie sheets. Punch down dough, and divide in half. Shape each half into flattened 12 -inch round on cookie sheet. Cover and let rise in warm place 20 minutes. Prick centers and 1 inch in from edge thoroughly with fork. Brush with oil. Sprinkle each with 1 tablespoon herbs and cheese. Bake 12 to 15 minutes or until golden brown. Serve warm.

2 flatbreads (12 slices each)

\footnotetext{
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}
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Copyright:
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Yield:
"2 Flatbreads"

Per serving: 72 Calories (kcal); 3 g Total Fat; (31\% calories from fat); 2g Protein; 10g Carbohydrate; trace Cholesterol; 31mg Sodium
Food Exchanges: \(1 / 2\) Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(1 / 2\) Fat; 0 Other Carbohydrates

NOTES : Red Pepper Focaccia: For each flatbread, cook 1 medium red bell pepper, cut into \(1 / 4\)-inch rings, and 1 small onion, sliced, in 1 tablespoon olive or vegetable oil in 10 -inch skillet over medium heat, stirring frequently, until softened. Arrange on each oil-brushed flatbread and sprinkle with herbs and cheese before baking.
Nutr. Assoc. : 1400263669865472033730
* Exported from MasterCook *

> Jalapeño Cornbread (1 1/2-Pound Recipe)

Recipe By \(\begin{aligned} & \text { Serving Size } \\ & \text { S } \\ & 12\end{aligned}\) Preparation Time :0:00
Categories : Bread Machine Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 3/4 & cup & plus 2 tablespoons water \\
\hline 2/3 & cup & frozen whole kerne1 corn -- thawed \\
\hline 2 & tablespoons & margarine or butter -- softened \\
\hline 1 & tablespoon & chopped jalapeño chile \\
\hline 3 1/4 & cups & bread flour \\
\hline 1/3 & cup & cornmea 1 \\
\hline 2 & tablespoons & sugar \\
\hline \(11 / 2\) & teaspoons & salt \\
\hline \(21 / 2\) & teaspoons & bread machine yeast \\
\hline
\end{tabular}

Make \(11 / 2\)-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
"@ Genera1 Mi11s, Inc. 1998."
Yield:
"1 Loaf"

Per serving: 184 Calories (kcal); 3g Total Fat; (13\% calories from fat); 5g Protein; 34 g Carbohydrate; 5 mg Cholesterol; 288mg Sodium Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(1 / 2\) Fat; 0 Other Carbohydrates
betty crocker best of baking recipes.txt
NOTES : We do not recommend this recipe for bread machines with g1ass-domed 1ids.
Nutr. Assoc. : 1582023942606000002019
* Exported from MasterCook * Jalapeño Cornbread (1-Pound Recipe)
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 8 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Bread Machine Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1/2 & cup & water \\
\hline 1/2 & cup & frozen whole kernel corn -- thawed \\
\hline 1 & tablespoon & margarine or butter -- softened \\
\hline 2 & teaspoons & chopped jalapeño chile \\
\hline 2 & cups & bread flour \\
\hline 1/4 & cup & cornmeal \\
\hline 1 & tablespoon & sugar \\
\hline 1 & teaspoon & salt \\
\hline \(11 / 2\) & teaspoons & bread machine yeast \\
\hline
\end{tabular}

Make \(11 / 2\)-pound recipe for bread machines that use 3 cups flour, or make 1 -pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"1 Loaf"

Per serving: 170 Calories (kcal); \(2 g\) Total Fat; (11\% calories from fat); 5 g Protein; 32g Carbohydrate; 0mg Cholesterol; 285mg Sodium
Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : We do not recommend this recipe for bread machines with
glass-domed lids.
Nutr. Assoc. : 0040982606000002019
* Exported from MasterCook *

Key Lime Pie
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & : 8 \\ \text { Sreparation Time }: 0: 00\end{array}\)
Categories : Desserts Pies

Amount Measure Ingredient -- Preparation Method Page 224
betty crocker best of baking recipes.txt

\section*{1 \\ 1}
\(1 / 2\)
1/4
1/4
3
3
\(1 / 4\)
1
\(1 / 3\)
\(1 / 3\)
1
\(1 / 2\)
(14 ounce) can sweetened condensed milk tablespoon grated lemon pee 1
teaspoon grated lime peel
cup lemon juice
cup lime juice
drops green food color (3 to 4 drops)
eggs -- separated
cream of tartar
9 inch baked pie shell -- (recipe follows)
BAKED ONE-CRUST PIE SHELL
cup plus 1 tablespoon shortening
OR
cup 1ard
cup al1-purpose flour
teaspoon salt tablespoons cold water (2 to 3 tablespoons)

Mix milk, lemon peel, lime peel, lemon juice, lime juice and food color. Beat egg yolks slightly; stir in milk mixture. Beat egg whites and cream of tartar in 2 1/2-quart bowl until stiff and glossy. Fold egg yolk mixture into egg whites; mound in pie shell. Refrigerate until set, at least 2 hours. Garnish with sweetened whipped cream and grated lime pee1, if desired. Immediately refrigerate any remaining pie.

\section*{BAKED ONE-CRUST PIE SHELL:}

Heat oven to \(475^{\circ}\). Cut shortening into flour and salt until particles are size of small peas. Sprinkle in water, 1 tablespoon at a time, tossing with fork until ali flour is moistened and pastry almost cleans side of bow 1 ( 1 to 2 teaspoons water can be added if necessary).

Gather pastry into a ball; shape into flattened round on lightly floured cloth-covered board. Ro11 pastry 2 inches larger than inverted pie plate. Fold pastry into fourths and place in pie plate with point in center; unfold. Trim overhanging edge of pastry 1 inch from rim of pie plate. Fold and roll pastry under even with pie plate; flute. Prick bottom and side thoroughly with fork to prevent puffing while baking. Bake 8 to 10 minutes or until light brown; cool.
```

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

```

Copyright:
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Yield:
"1 Pie"

Per serving: 321 Calories (kcal); 15g Total Fat; ( \(40 \%\) calories from fat); 8g Protein; 41g Carbohydrate; 87 mg Cholesterol; 218mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat; 2 Other Carbohydrates

NOTES : Key Lime Pie hails from the Florida Keys, which is the only place where the special yellow Key limes will grow. But you don't have to go to Florida to pick your own limes; regular lemons and limes will also make a delicious pie. Sweetened condensed milk is the "key" to the wonderful creamy texture of this nationwide favorite.
Nutr. Assoc. : 020084202170033314002130706543000136802130706543 002777

\footnotetext{
* Exported from MasterCook *
}
betty crocker best of baking recipes.txt
Lacy Cookie Cups
Recipe By
Serving Size \(\quad \begin{aligned} & \text { : }\end{aligned} \quad\) Preparation Time :0:00
Categories : Cookies \& Brownies Holiday
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1/2 & cup & powdered sugar \\
\hline 1/4 & cup & (1/2 stick) butter -- softened* \\
\hline 1/2 & teaspoon & vanilla \\
\hline 2 & & egg whites \\
\hline 1/4 & cup & al1-purpose flour \\
\hline 1/4 & teaspoon & ground cinnamon \\
\hline \(21 / 3\) & cups & mixed fresh strawberries and raspberries \\
\hline 1/3 & cup & raspberry jam -- melted \\
\hline
\end{tabular}

Heat oven to \(400^{\circ}\). Generously grease cookie sheet. Beat powdered sugar, butter and vanilla in medium bowl on medium speed until well blended. Beat in egg whites on low speed until mixture is well blended but not foamy. Fold in flour and cinnamon.

Drop dough by about \(11 / 2\) tablespoonfuls 6 inches apart onto cookie sheet. Flatten into 5 -inch rounds using back of spoon dipped into cold water.

Bake 5 to 6 minutes or until golden brown. Let stand 30 seconds or until firm; remove from cookie sheet. Immediately shape each cookie over inverted 6 -ounce custard cup. Cool completely. Fill each cookie cup with about \(1 / 3\) cup berries. Drizzie with jam.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Description:
"These cups are versatile as well as delicious. Try filing them with
pudding, mousse or ice cream; then top with your favorite sauces-the
combinations can take you through the 12 days of Christmas, and then
some!"
Copyright:
"@ General Mil1s, Inc. 1998."
Yield:
"6 Cookie cups"

```
Per serving: 190 Calories (kcal); 8 g Total Fat; (36\% calories from fat); 2g
Protein; 29g Carbohydrate; 21mg Cholesterol; 104mg Sodium
Food Exchanges: \(1 / 2\) Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat;
1 1/2 Other Carbohydrates
NOTES : *Do not use margarine in this recipe.
Nutr. Assoc. : 0222000034110
* Exported from MasterCook *
    Lasagne Ro11-ups
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 8 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Main and Side Dishes Pasta
Amount Measure Ingredient -- Preparation Method
                                Page 226
betty crocker best of baking recipes.txt
```

    6
                    pound ground beef
                    large onion -- chopped (about 1 cup)
    (14 ounce) jar spaghetti sauce
    (8 ounce) can mushroom stems and pieces -- undrained
    (15 ounce) container Ricotta cheese
                            OR
    (15 ounce) container smal1 curd creamed cottage cheese
    (10 ounce) package frozen chopped spinach -- thawed and squeezed to
    drain
1
1/4
1/4
2
cup shredded Mozzarella cheese (4 ounces)
cup grated Parmesan cheese
teaspoon salt
teaspoon pepper
cloves garlic -- crushed
Heat oven to 350'. Cook noodles as directed on package; drain. Cover
noodles with cold water. Cook ground beef and onion in 10-inch skillet,
stirring occasionally, until beef is brown; drain. Stir in spaghetti sauce
and mushrooms. Heat to boiling. Pour into rectangular baking dish. 11 < 7
\times 1 1/2 inches.
Mix remaining ingredients. Drain noodles. Spread 3 tablespoons of the
cheese mixture to edges of 1 noodle. Roll up; cut roll in half to form 2
roll-ups. Place cut sides down in beef mixture. Repeat with remaining
noodles and cheese mixture. Cover and bake about 30 minutes or until hot
and bubbly. Serve with grated Parmesan cheese, if desired.

```

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.
copyright:
"O General mills, Inc. 1998."
T(Bake):
"0:30"

Per serving: 407 Calories (kcal); 21g Total Fat; (45\% calories from fat); 26 g Protein; 29g Carbohydrate; 77 mg Cholesterol; 841 mg Sodium
Food Exchanges: 1 Grain(Starch); 3 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 30630690180024611268021307065430261530000
* Exported from MasterCook *

\section*{Lemon Cake Pie}

Recipe By
Serving Size \(\quad 8 \quad\) Preparation Time :0:00
Categories \(\quad\) Desserts
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 3 & & Favorite Pastry for 9-Inch One-Crust Pie -- (see recipe) eggs -- separated \\
\hline 2 & tablespoons & grated 1emon pee1 \\
\hline 2/3 & cup & 1emon juice \\
\hline 1 & cup & \[
\mathrm{mi} 7 \mathrm{k}
\] \\
\hline 1 1/4 & cups & sugar \\
\hline
\end{tabular}
```

betty crocker best of baking recipes.txt
1/3 cup all-purpose flour*
1/4 teaspoon salt

```

Heat oven to \(350^{\circ}\). Prepare pastry. Beat egg whites in large mixer bow 1 until stiff peaks form; reserve. Beat egg yolks; beat in lemon pee1, lemon juice and milk. Add sugar, flour and salt; beat until smooth. Beat lemon mixture into egg whites on low speed until blended, about 1 minute. Pour into pastry-1ined pie plate.

Bake until golden brown, 45 to 50 minutes. Serve with sweetened whipped cream, if desired.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"1 Pie"

Per serving: 323 Calories (kcal); 11g Total Fat; (31\% calories from fat); 5g Protein; 51g Carbohydrate; 82 mg Cholesterol; 237 mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 2 Other Carbohydrates

NOTES : *Do not use self-rising flour in this recipe.
Nutr. Assoc. : 0020084000140
* Exported from MasterCook *

Favorite Pastry for 9-Inch One-Crust Pie
Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Desserts
Pies
\begin{tabular}{rrl} 
Amount & Measure & Ingredient -- Preparation Method \\
\hdashline 1 & & cup \\
\(1 / 2\) & all-purpose flour \\
\(1 / 3\) & teaspoon & salt \\
& cup & 1ard
\end{tabular}

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bow ( 1 to 2 teaspoons water can be added if necessary).

Gather pastry into ball; shape into flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured
cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll pastry under, even with plate. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger)
betty crocker best of baking recipes.txt
on outside. Pinch pastry into \(V\) shape; pinch again to sharpen. Fill and bake as directed in recipe.

For Baked Pie She11: Heat oven to \(475^{\circ}\). Prick bottom and side thorough1y with fork. Bake 8 to 10 minutes or until light brown; cool.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"1 Crust"

Per serving: 134 Calories (kcal); 9g Total Fat; (59\% calories from fat); 2g Protein; 12g Carbohydrate; 8 mg Cholesterol; 134mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(11 / 2\) Fat; 0 Other Carbohydrates

Nutr. Assoc. : 000021307065432777
```

* Exported from MasterCook *

```
                        Lemon Chiffon Cake
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 8 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Cakes \(\quad\) Desserts


Heat oven to \(325^{\circ}\). Mix flour, sugar, baking powder and sa7t in bowl. Make a well and add in order: oil, egg yolks, water, 1 emon peel and vanilla. Beat with spoon until smooth. Beat egg whites and cream of tartar in large mixer bow 1 on high speed until stiff peaks form. Pour egg yolk mixture gradually over beaten whites, gently folding with rubber spatula just until blended. Pour into ungreased tube pan, \(10 \times 4\) inches.

Bake until top springs back when touched lightly, about 1 1/4 hours. Invert pan on funnel; let hang until cake is cold. Remove from pan. Frost with Lemon Butter Frosting.
```

    betty crocker best of baking recipes.txt
    LEMON BUTTER FROSTING:
Mix margarine and powdered sugar. Beat in lemon pee1 and lemon juice until
of spreading consistency.

```

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"1 Cake"

Per serving: 695 Calories (kcal); 26g Total Fat; (33\% calories from fat); 9g Protein; 108g Carbohydrate; 186 mg Cholesterol; 596 mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 5 Fat; 5 1/2 Other Carbohydrates

NOTES : *If using self-rising flour, omit baking powder and salt.
Nutr. Assoc. : 1400000 0200840323102130706543004098020084 797
```

* Exported from MasterCook *

```

\section*{Lemon Meringue Cake}
```

Recipe By Size : 8 Preparation Time :0:00

```
Categories : Cakes Desserts


Bake Meringue Cake as directed. Prepare pudding and pie filling as directed on package. Refrigerate about \(11 / 2\) hours or until chilled. Stir pudding; spread \(11 / 4\) cups over meringue on 1 cake layer. Place remaining layer, meringue side up, on pudding. Spread with remaining pudding.

Place whipped cream in decorating bag with star tip. Pipe on whipped cream or garnish with whipped cream as desired. Serve within 30 minutes.

8 to 10 servings
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
"© General Mills, Inc. 1998."
Yie1d:
"1 Cake"
T(Refrigerate):
"1:30

```
Per serving: 1520 Calories (kcal); 45 g Total Fat; ( \(26 \%\) calories from fat); 19g
                                    Page 230
betty crocker best of baking recipes.txt
Protein; 268g Carbohydrate; 497mg Cholesterol; 508mg Sodium Food Exchanges: 1 Grain(Starch); \(1 / 2\) Lean Meat; 0 Vegetable; 0 Fruit; 9 Fat; 16 1/2 Other Carbohydrates

Nutr. Assoc. : 039000
* Exported from MasterCook *

\section*{Meringue Cake}
\(\begin{array}{ll}\text { Recipe By } & \text { Serving Size } \\ \text { Se }\end{array} \quad\) Preparation Time :0:00
Categories : Cakes Desserts
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 1/2 & cups & cake flour \\
\hline 3/4 & cup & sugar \\
\hline 1 1/2 & teaspoons & baking powder \\
\hline 1/2 & teaspoon & salt \\
\hline 3/4 & cup & shortening \\
\hline 2/3 & cup & milk \\
\hline \(11 / 2\) & teaspoons & vanilla \\
\hline 4 & & eggs -- separated \\
\hline 1 & cup & sugar \\
\hline
\end{tabular}

Heat oven to \(325^{\circ}\). Grease sides of 2 round pans, \(9 \times 11 / 2\) inches or \(8 \times 1\)
\(1 / 2\) inches. Line bottoms of pans with cooking parchment paper or waxed
paper circles. Beat flour, \(3 / 4\) cup sugar, the baking powder, salt,
shortening, milk, vani11a and egg yolks in medium bow 1 on low speed 30
seconds, scraping bow constantly. Beat on high speed 2 minutes, scraping bow 1 occasionally (batter wil1 be stiff). Spread evenly in pans.
Beat egg whites in small bowl on medium speed until foamy. Beat in 1 cup sugar, 1 tablespoon at a time, on high speed until stiff peaks form. Spread half of the egg white mixture over batter in each pan.

Bake 30 to 35 minutes or until meringue looks set and dry. Coo 10 minutes. Loosen meringues from edges of pans with knife point if necessary. Carefully remove from pans and peel off paper. Place layers, meringue sides up, on wire racks. Cool completely.
```

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approved Betty Crocker® Recipe.
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Yield:
"1 Cake"

```

Per serving: 461 Calories (kcal); 22 g Total Fat; ( \(43 \%\) calories from fat); 5 g Protein; 61g Carbohydrate; 96 mg Cholesterol; 263 mg Sodium
Food Exchanges: 1 Grain(Starch); \(1 / 2\) Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat; 3 Other Carbohydrates
```

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

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* Exported from MasterCook *

```
betty crocker best of baking recipes.txt Lemon Sauce
\(\begin{array}{ll}\text { Recipe By } & \vdots \\ \text { Serving Size } & \vdots \\ \text { Categories } & \text { Preparation Time : } 0: 00 \\ \text { Desserts }\end{array}\)
\begin{tabular}{rrl} 
Amount & Measure & Ingredient -- Preparation Method \\
2 & \(1 / 2\) & cup \\
2 & tablespoons & sugar \\
cornstarch \\
1 & \(3 / 4\) & cup \\
2 & \(1 / 4\) & tablespoon \\
cup & grated lemon pee1 \\
2 & tablespoons juice & stick margarine or butter*
\end{tabular}

Mix sugar and cornstarch in 1-quart saucepan. Gradually stir in water. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute; remove from heat.

Stir in remaining ingredients. Serve warm or cool. Cover and refrigerate any remaining sauce.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
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Yield:
"1 1/4 Cups"

```
Per serving: 74 Calories (kcal); 3g Total Fat; (29\% calories from fat); trace
Protein; 13g Carbohydrate; Omg Cholesterol; 31mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2
Other Carbohydrates
NOTES : *Spreads with at least \(65 \%\) vegetable oil can be substituted.
    Tip
    To microwave, mix sugar and cornstarch in 4-cup microwavable
    measure. Gradually stir in water. Microwave uncovered on high 3 to
    4 minutes, stirring every minute, until thickened and clear. Stir
    in remaining ingredients.
Nutr. Assoc. : 0002008404098
* Exported from MasterCook *
    Lemon Yogurt-Poppy Seed Muffins
\(\begin{array}{ll}\text { Recipe By } & \text { Serving.Size } \\ \text { Se } \\ \text { Se }\end{array}\) Preparation Time :0:00
Categories : Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1/3 & cup & milk \\
\hline 1/4 & cup & vegetable oil \\
\hline 1 & (6 ounce) con & tainer 1emon yogurt (2/3 cup) \\
\hline 1 & & egg \\
\hline \(13 / 4\) & cups & al1-purpose flour \\
\hline 1/4 & cup & sugar \\
\hline 2 & tablespoons & poppy seed \\
\hline 1 & tablespoon & grated lemon peel \\
\hline \(21 / 2\) & teaspoons & baking powder \\
\hline
\end{tabular}
```

                            betty crocker best of baking recipes.txt
    1/2 teaspoon baking soda
    1/2 teaspoon salt
    Lemon Glaze -- (recipe follows)
    LEMON GLAZE
    1/2
    cup powdered sugar
    2 teaspoons 1emon juice (2 to 3 teaspoons)

```
Heat oven to \(400^{\circ}\). Grease bottoms only of 12 medium muffin cups, \(21 / 2 \times 1\)
\(1 / 4\) inches, or line with paper baking cups. Beat milk, oil, yogurt and egg
in large bowl. Stir in remaining ingredients except Lemon Glaze just until
flour is moistened. Divide batter evenly among muffin cups (cups will be
about 3/4 ful1).

Bake 16 to 18 minutes or until golden brown. Immediately remove from pan. Drizzle Lemon Glaze over warm muffins.

To make the Lemon Glaze:
Mix ingredients until smooth and of drizzling consistency.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
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Yield:
'12 Muffins"
Per serving: 174 Calories (kcal); 7g Total Fat; (33% calories from fat); 3g
Protein; 26g Carbohydrate; 19mg Cholesterol; 258mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2
Other Carbohydrates
Nutr. Assoc. : 0 0 1453 0 0 0 1156 20084 0 0 0 2130706543 0 0 0 797

* Exported from MasterCook *
Lemon-Cream Cheese Dessert
Recipe By Serving Size : 9 Preparation Time :0:00
Categories : Baking with Kids Pies

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 3 | cups | toasted whole-grain oat cereal |
| 1/3 | cup m | margarine or butter (from a stick) -- melted |
| 1/4 | cup s | sugar |
| 1 | teaspoon g | ground cinnamon |
| 1 | (8 ounce) packa | age cream cheese -- softened |
| 1 | (14 ounce) can | sweetened condensed milk |
| 1/4 | cup 1 | 1 emon juice |
| 1 | teaspoon va | vanilla <br> Fresh fruit |

Heat oven to $350^{\circ}$.
Put in plastic bag:
3 cups toasted whole-grain oat cereal

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betty crocker best of baking recipes.txt
Press air out of plastic bag, then seal. Roll cereal with roling pin or jar until finely crushed.
Mix in small bow 1 with wooden spoon, then save 2 tablespoons:
The crushed cereal
\(1 / 3\) cup (from a stick) margarine or butter, melted
\(1 / 4\) cup sugar
1 teaspoon ground cinnamon
Press the rest of the cereal mixture in square pan, \(8 \times 8 \times 2\) inches. Bake 12 minutes. Cool on wire rack.

Beat in large bow 1 with electric mixer on medium speed until light and fluffy:

1 package ( 8 ounces) cream cheese, softened
Beat in, a little at a time:
1 can (14 ounces) sweetened condensed milk
Stir in:
1/4 cup lemon juice
1 teaspoon vanilla
Pour cream cheese mixture over baked cereal mixture in pan. Sprinkle saved cereal mixture over top. Cover with plastic wrap and refrigerate 3 to 4 hours or until firm.

If you like, top with:
Fresh fruit
Cover and refrigerate any leftover dessert.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
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```
Per serving: 351 Calories (kcal); 20g Total Fat; (49\% calories from fat); 7g
Protein; 39g Carbohydrate; 43mg Cholesterol; 304mg Sodium
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat; 2
Other Carbohydrates
NOTES : Utensils You will Need
    Plastic bag with zipper top • Dry-ingredient measuring cups •
    Rolling pin • Small bowl - Measuring spoons • Wooden spoon •
    Square pan, \(8 \times 8 \times 2\) inches • wire cooling rack • Large Bowl •
    Electric mixer • Can opener • Liquid measuring cup • Plastic wrap
Nutr. Assoc. : 27940980000000
* Exported from MasterCook *
    Lemon-Filled Coconut Cake
Recipe By
Serving Size \(\quad 16 \quad\) Preparation Time :0:00
Categories : Cakes
        Desserts
    \(\begin{array}{lll}\text { Amount } & \text { Measure } & \text { Ingredient -- Preparation Method } \\ 21 / 4 & \text { cups } & \begin{array}{l}\text { Lemon Filling -- (recipe follows) }\end{array} \\ 210 \text { purpose flour }\end{array}\)
        Page 234
\begin{tabular}{|c|c|c|}
\hline \multicolumn{3}{|r|}{betty crocker best of baking recipes.txt} \\
\hline \(12 / 3\) & cups & granulated sugar \\
\hline 2/3 & cup & shortening \\
\hline \(11 / 4\) & cups & milk \\
\hline \(31 / 2\) & teaspoons & baking powder \\
\hline 1 & teaspoon & salt \\
\hline 1 & teaspoon & vanilla \\
\hline 5 & & egg whites \\
\hline 1 & cup & flaked or shredded coconut \\
\hline 1 & cup & whipping (heavy) cream \\
\hline 1/4 & cup & powdered sugar \\
\hline & & LEMON FILLING \\
\hline 3/4 & cup & sugar \\
\hline 3 & tablespoons & cornstarch \\
\hline 1/4 & teaspoon & salt \\
\hline 3/4 & cup & water \\
\hline 1 & tablespoon & margarine or butter \\
\hline 1 & teaspoon & finely grated 1 emon pee 1 \\
\hline 1/3 & cup & lemon juice \\
\hline 2 & drops & yellow food color (2 to 4 drops), if desired \\
\hline
\end{tabular}

Prepare Lemon Filling; press plastic wrap onto hot filling. Refrigerate until set, about 1 hour.

Heat oven to \(350^{\circ}\). Grease and flour 2 round pans, \(8 \times 11 / 2\) or \(9 \times 11 / 2\) inches. Beat flour, granulated sugar, shortening, milk, baking powder, salt and vanilla in 3 -quart bow 1 on low speed, scraping bow 1 constantly, 30 seconds. Beat on high speed, scraping bowl occasionally, 2 minutes. Beat in egg whites on high speed, scraping bow 1 occasionaliy, 2 minutes. Stir in coconut. Pour into pans.

Bake until toothpick inserted in center comes out clean or top springs back when touched lightly, 30 to 35 minutes. Cool 10 minutes; remove from pans. Cool completely on wire rack.

Beat whipping cream and powdered sugar in chilled 1 1/2-quart bowl until stiff. Fill layers with Lemon Filling and frost with whipped cream; refrigerate. Immediately refrigerate any remaining cake.

\section*{LEMON FILLING:}

Mix sugar, cornstarch and salt in 1.1/2-quart saucepan. Gradually stir in water. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 5 minutes; remove from heat. Stir in margarine and lemon peel until margarine is melted. Gradually stir in lemon juice and food color.

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Copyright:
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Yield:
"1 Cake"

Per serving: 369 Calories (kcal); 17g Total Fat; (40\% calories from fat); 4g Protein; 51g Carbohydrate; 25 mg Cholesterol; 326 mg Sodium Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 1/2 Fat; 2 Other Carbohydrates

Nutr. Assoc. : 21307065430000000002737721000000002394 2008403314
betty crocker best of baking recipes.txt
```

* Exported from MasterCook *
Lemon-Oat Scones
Recipe By :
Serving Size : 15 Preparation Time :0:00
Categories : Breads

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 1/3 | cup | margarine or butter |
| 1 1/4 | cups | al1-purpose flour |
| 1/2 | cup | quick-cooking oats |
| 3 | tablespoons | sugar |
| $21 / 2$ | teaspoons | baking powder |
| 2 | teaspoons | grated lemon peel |
| 1/2 | teaspoon | salt |
| 1 1/2 |  | egg -- beaten |
| 1/2 | cup | chopped almonds -- toasted |
| $\begin{aligned} & 4 \\ & 1 \end{aligned}$ | tablespoons | half-and-half (4 to 6 tablespoons) |

```

Heat oven to \(400^{\circ}\). Cut margarine into flour, oats, sugar, baking powder, 1 emon peel and salt with pastry blender in medium bow until mixture resembles fine crumbs. Stir in 1 egg, the almonds and just enough half-and-half so dough leaves side of bow1.

Turn dough onto lightly floured surface; gently roll in flour to coat. Knead lightly 10 times. Roll or pat \(1 / 2\) inch thick. Cut with floured 2-inch round cutter or cut into diamond shapes with sharp knife. Place on ungreased cookie sheet. Brush 1 egg over dough.

Bake 10 to 12 minutes or until golden brown. Immediately remove from cookie sheet. Cool on wire rack. Split scones; spread with margarine and serve with strawberry preserves if desired.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

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Yield:
"15 Scones"

Per serving: 137 Calories (kcal); 8 g Total Fat; (51\% calories from fat); 3g Protein; 14 g Carbohydrate; 26 mg Cholesterol; 210 mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat;
0 Other Carbohydrates
NOTES : Spicy Fruit Scones: Omit 1 emon pee1. Add 3/4 teaspoon ground cinnamon and \(1 / 8\) teaspoon ground cloves with the salt. Substitute \(1 / 2\) cup diced fruits, chopped figs, currants or dates for the nuts.
Nutr. Assoc. : 40980000200840007040
```

* Exported from MasterCook *

```

> Lime Meltaways
```

Recipe By :
Serving Size : 36 Preparation Time :0:00

```
    Page 236
```

                    betty crocker best of baking recipes.txt
    Categories : Cookies \& Brownies

| Amount | easure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 1 | cup | margarine or butter |
| 1/2 | cup | powdered sugar |
| $13 / 4$ | cups | al1-purpose flour |
| 1/4 | cup | cornstarch |
| 1 | tablespoon | grated lime pee1 |
| 1/2 | teaspoon | ```vanilla Lime Glaze -- (recipe follows)``` |
| 1/2 | cup | LIME GLAZE powdered suga |
| $4^{1 / 2}$ | teaspoons | lime juice |
| 2 | teaspoons | grated lime pee1 |

Heat oven to 350'. Beat margarine and powdered sugar in large bowl until
light and fluffy. Stir in remaining ingredients except Lime Glaze until
we11 blended. Place dough in cookie press with ribbon tip. Form long
ribbons of dough on ungreased cookie sheet. Cut into 3-inch lengths. Bake
9 to 11 minutes or until edges are golden brown. Remove from cookie sheet.
Cool completely. Prepare Lime Glaze and brush on cookies.
LIME GLAZE:
Mix al1 ingredients.

```

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Description:
"These cookies are a refreshing dessert on summer days. They really do
me1t in your mouth."
Copyright:
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Yie1d:
"36 Cookies"

Per serving: 84 Calories (kcal); \(5 g\) Total Fat; (54\% calories from fat); 1g Protein; 9g Carbohydrate; Omg Cholesterol; 59mg Sodium Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates
```

Nutr. Assoc. : 4098 0 0 0 20217 0 2130706543 0 0 0 0 20217

```
```

* Exported from MasterCook *

```

Lindy's Cheesecake
```

Recipe By : 20 Preparation Time :0:00

```
Categories : Cakes Desserts
\begin{tabular}{rll} 
Amount & Measure & Ingredient -- Preparation Method \\
\hdashline 1 & & cup \\
\(1 / 2\) & cup & all-purpose flour \\
\(1 / 4\) & cup & sugarine or butter -- softened \\
1 & & tablespoon \\
1 & & \begin{tabular}{l} 
grated 1emon pee1 \\
egg yolk
\end{tabular}
\end{tabular}
\begin{tabular}{|c|c|c|}
\hline \multicolumn{3}{|l|}{\multirow[t]{2}{*}{\begin{tabular}{l}
betty crocker best of baking recipes.txt \\
5 (8 ounce) \\
packages cream cheese -- softened
\end{tabular}}} \\
\hline & & \\
\hline \(13 / 4\) & cups & sugar \\
\hline 3 & tablespoons & al1-purpose flour \\
\hline 1 & tablespoon & grated orange pee1 \\
\hline 1 & tablespoon & grated 1emon pee1 \\
\hline 1/4 & teaspoon & salt \\
\hline 5 & & eggs \\
\hline 2 & & egg yolks \\
\hline 1/4 & cup & whipping (heavy) cream \\
\hline 3/4 & cup & whipping (heavy) cream \\
\hline 1/3 & cup & toasted slivered almonds, if desired \\
\hline
\end{tabular}

Move oven rack to lowest position. Heat oven to \(400^{\circ}\). Lightly grease springform pan, \(9 \times 3\) inches; remove bottom. Mix 1 cup flour, the margarine, \(1 / 4\) cup sugar, 1 tablespoon 1 emon peel and 1 egg yolk with hands. Press one-third of the mixture evenly on bottom of pan. Place on cookie sheet.

Bake 8 to 10 minutes or until golden brown; cool. Assemble bottom and side of pan; secure side. Press remaining mixture all the way up side of pan.

Heat oven to \(475^{\circ}\). Beat cream cheese, \(13 / 4\) cups sugar, 3 tablespoons
flour, the orange pee1, 1 tablespoon lemon pee1, the salt and 2 eggs in large bow 1 until smooth. Continue beating, adding remaining eggs and 2 egg yolks, one at a time, until blended. Beat'in \(1 / 4\) cup whipping cream on low speed. Pour into pan.

Bake 15 minutes. Reduce oven temperature to \(200^{\circ}\). Bake 1 hour. Turn off oven and leave cheesecake in oven 15 minutes. Run metal spatula along side of cheesecake to loosen before and after refrigerating. Cover and refrigerate at least 12 hours.
Remove cheesecake from side of pan. Beat \(3 / 4\) cup whipping cream in chilled bow 1 until stiff. Spread whipped cream over top of cheesecake. Decorate with almonds. Refrigerate any remaining cheesecake.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"1 Cheesecake"

Per serving: 424 Calories (kcal); 32 g Total Fat; ( \(66 \%\) calories from fat); 8g Protein; 28 g Carbohydrate; 157 mg Cholesterol; 268 mg Sodium
Food Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fruit; 6 Fat; 1
1/2 Other Carbohydrates
NOTES : Lindy's Cheesecake Squares: Heat oven to \(400^{\circ}\). Lightly grease rectangular pan, \(13 \times 9 \times 2\) inches. Press crust mixture on bottom of pan. Do not place pan on cookie sheet. Bake 15 minutes; cool. Heat oven to \(475^{\circ}\). Pour cream cheese mixture into pan. Bake 15 minutes. Reduce oven temperature to \(200^{\circ}\). Bake about 45 minutes or until center is set. Turn off oven and leave cheesecake in oven 15 minutes; cool 15 minutes. Cover and refrigerate at least 12 hours.

Continue as directed-except increase almonds to \(1 / 2\) cup.
Nutr. Assoc. : 040980200840473000200840007217215282
```

* Exported from MasterCook *

```
betty crocker best of baking recipes.txt
\(\begin{array}{lll}\text { Recipe By } & \vdots \\ \text { Serving Size } & \text { P }\end{array}\) Preparation Time :0:00 Categories : Main and Side Dishes
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & cup & uncooked elbow macaroni (1 to \(11 / 2\) cups, about 6 ounces) \\
\hline 1/4 & cup & margarine or butter (1/2 stick) \\
\hline 1/2 & teaspoon & salt \\
\hline 1/4 & teaspoon & pepper \\
\hline 1 & smal1 & onion -- chopped (about 1/4 cup) \\
\hline 1 \(1 / 4\) & cup & all-purpose flour \\
\hline \(13 / 4\) & cups & milk \\
\hline 8 & ounces & process American loaf or sharp process \\
\hline & & American cheese loaf or process cheese \\
\hline & & spread loaf -- cut into 1/2-inch cubes \\
\hline
\end{tabular}

Heat oven to \(375^{\circ}\). Cook macaroni as directed on package; drain. Cook and stir margarine, salt, pepper, and onion in 2-quart saucepan over medium heat until onion is slightly tender. Stir in flour. Cook over low heat, stirring constantly until smooth and bubbly; remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute; remove from heat. Stir in cheese until melted. Mix macaroni and cheese sauce in ungreased \(1 / 2\)-quart casserole. Bake uncovered 30 minutes.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.
```

Copyright:
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T(Bake):
"0:30"

```
Per serving: 434 Calories (kcal); 29g Total Fat; (58\% calories from fat); 19g
Protein; 28g Carbohydrate; 68mg Cholesterol; 1526mg Sodium
Food Exchanges: 1 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 4 1/2 Fat;
1/2 Other Carbohydrates
NOTES : Tomato Macaroni and Cheese: Mix 1/4 cup sliced ripe olives into
        cheese sauce. Arrange 1 large tomato, cut into 5 slices, around
        edge of casserole before baking.
Nutr. Assoc. : 26044409800000343
* Exported from MasterCook *
        Maple-Buttermilk Cake
Recipe By
Serving Size
S
\(16 \quad\) Preparation Time :0:00
Categories : Cakes
        Desserts
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 1/2 & cups & all-purpose flour \\
\hline & & OR four \\
\hline \(\begin{array}{ll}2 & 3 / 4 \\ 1 & 1 / 2\end{array}\) & cups & cake flour \\
\hline 1 1/2 & cups & margarine or butter (1 stick) -- softened \\
\hline 1/4 & cup & shortening \\
\hline 1 1/2 & cups & buttermilk \\
\hline
\end{tabular}
betty crocker best of baking recipes.txt
\begin{tabular}{lll}
\(11 / 2\) & teaspoons & baking soda \\
1 & teaspoon & salt \\
1 & \(1 / 2\) & teaspoons \\
3 & & \begin{tabular}{l} 
maple flavoring \\
eggs
\end{tabular}
\end{tabular}

Heat oven to \(350^{\circ}\). Grease and flour 2 round pans, \(9 \times 11 / 2\) inches, or 3 round pans, \(8 \times 11 / 2\) inches. Beat all ingredients in large bow 1 on medium speed 30 seconds, scraping bowl constantly. Beat on high speed 3 minutes, scraping bow occasionally. Pour batter into pans.

Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans. Cool completely.

Coating Sides of Cakes
Two filled cake layers can be rolled in chopped nuts, candies or flaked coconut to coat sides. Place nuts on waxed paper. Hold cake as shown in illustration. Roll side carefully in nuts to coat.

14-16 servings
Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.
Copyright:
Copyright:
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    '@ Genera1 Mil1s, Inc. 1998.'
Yield:
Yield:
    "1 Cake"
    "1 Cake"
Per serving: 246 Calories (kcal); 10g Total Fat; (36\% calories from fat); 4g
Protein; 35g Carbohydrate; 36mg Cholesterol; 320mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 1 1/2
Other Carbohydrates
Nutr. Assoc. : 0021307065430409800008660
* Exported from MasterCook *
    Maple-Pecan Cake
Recipe By \(\quad\) Serving Size \(\quad 14 \quad\) Preparation Time :0:00
Categories : Cakes Desserts
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline \multirow{5}{*}{1} & & Maple-Buttermilk Cake -- (see recipe) \\
\hline & & Maple-Butter Frosting -- (recipe follows) \\
\hline & cup & finely chopped pecans \\
\hline & & Chocolate Twigs, if desired -- (recipe follows) \\
\hline & & Ma1ted-milk bal1s, if desired \\
\hline & & MAPLE-BUTTER FROSTING \\
\hline 3 & cups & powdered sugar \\
\hline 1/3 & cup & margarine or butter -- softened \\
\hline 1/3 & cup & maple-flavored syrup \\
\hline 2 & & CHOCOLATE TWIGS \\
\hline 2 & ounces & white chocolate (white baking bar) OR \\
\hline 2 & ounces & semisweet chocolate \\
\hline
\end{tabular}
betty crocker best of baking recipes.txt

Bake Maple-Buttermilk Cake as directed. Fill layers and frost side only with Maple-Butter Frosting. Place pecans on waxed paper. Hold cake as shown in diagram; roll side carefully in pecans to coat. Frost top of cake with remaining frosting in spiral design using large spatula. Garnish with Chocolate Twigs and malted-milk balls.

MAPLE-BUTTER FROSTING:
Mix all ingredients. Beat until frosting is smooth and of spreading consistency. If necessary, stir in additional syrup, \(1 / 2\) teaspoon at a time.

CHOCOLATE TWIGS:
Melt chocolate and shortening. Pour into decorating bag with small writing tip. Squeeze melted chocolate onto waxed paper into twig shapes; sprinkle with white decorator's sugar, if desired. Let dry. Peel twigs from waxed paper; arrange on cake.

14 to 16 servings

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.
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Copyright:
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Yield:
"1 cake"

```
Per serving: 519 Calories (kcal); 23g Total Fat; (39\% calories from fat); 5g
Protein; 75g Carbohydrate; 41mg Cholesterol; 418mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(41 / 2\) Fat; 3
1/2 Other Carbohydrates
```

Nutr. Assoc. : 0 2130706543 20148 2130706543 2130706543 0 0 0 4098 866 0 0
5519 0 2130706543 0

* Exported from MasterCook *

```
    Maple-Buttermilk Cake
Recipe By :
Serving Size : 16 Preparation Time :0:00
Categories : Cakes
    Desserts
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 1/2 & cups & all-purpose flour \\
\hline & & OR \\
\hline \(23 / 4\) & cups & cake flour \\
\hline 1 1/2 & cups & sugar \\
\hline 1/2 & cup & margarine or butter (1 stick) -- softened \\
\hline 1/4 & cup & shortening \\
\hline \(11 / 2\) & cups & buttermilk \\
\hline \(11 / 2\) & teaspoons & baking soda \\
\hline 13/4 & teaspoon & salt \\
\hline \({ }_{3} 11 / 2\) & teaspoons & maple flavoring \\
\hline
\end{tabular}
betty crocker best of baking recipes.txt
Heat oven to \(350^{\circ}\). Grease and flour 2 round pans, \(9 \times 11 / 2\) inches, or 3 round pans, \(8 \times 11 / 2\) inches. Beat all ingredients in large bow 1 on medium speed 30 seconds, scraping bow 1 constantly. Beat on high speed 3 minutes, scraping bow occasionally. Pour batter into pans.

Bake 30 to 35 minutes or unti 1 toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans. Cool completely.

Coating Sides of Cakes
Two filled cake layers can be rolled in chopped nuts, candies or flaked coconut to coat sides. Place nuts on waxed paper. Hold cake as shown in illustration. Roll side carefully in nuts to coat.

\section*{14-16 servings}

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

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Yield:
"1 Cake"

Per serving: 246 Calories (kcal); 10g Total Fat; (36\% calories from fat); 4g Protein; 35g Carbohydrate; 36mg Cholesterol; 320mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 1 1/2 Other Carbohydrates

Nutr. Assoc. : 0021307065430409800008660
```

* Exported from MasterCook *

```

\section*{Meringue Cake}
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving.Size } & \text { : } 8 \quad \text { Preparation Time }: 0: 00\end{array}\)
Categories : Cakes Desserts
\begin{tabular}{rrl} 
Amount & Measure & Ingredient -- Preparation Method \\
\hline \(11 / 2\) & cups & cake flour \\
\(3 / 4\) & cup & sugar \\
\(11 / 2\) & teaspoons & baking powder \\
\(1 / 2\) & teaspoon & salt \\
\(3 / 4\) & cup & shortening \\
\(11 / 3\) & cup & milk \\
4 & teaspoons & vanilla \\
1 & & cup \\
1 & cugs & sugar separated
\end{tabular}

Heat oven to \(325^{\circ}\). Grease sides of 2 round pans, \(9 \times 11 / 2\) inches or \(8 \times 1\)
\(1 / 2\) inches. Line bottoms of pans with cooking parchment paper or waxed paper circles. Beat flour, \(3 / 4\) cup sugar, the baking powder, salt, shortening, milk, vanilla and egg yolks in medium bowl on low speed 30 seconds, scraping bowl constantly. Beat on high speed 2 minutes, scraping bow 1 occasionally (batter will be stiff). Spread evenly in pans.

Beat egg whites in small bowl on medium speed until foamy. Beat in 1 cup sugar, 1 tablespoon at a time, on high speed unti] stiff peaks form. Spread half of the egg white mixture over batter in each pan.
betty crocker best of baking recipes.txt
Bake 30 to 35 minutes or until meringue looks set and dry. Cool 10 minutes. Loosen meringues from edges of pans with knife point if necessary. Carefully remove from pans and pee 1 off paper. Place layers, meringue sides up, on wire racks. Cool completely.

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Yield:
"1 Cake"

Per serving: 461 Calories (kcal); 22g Total Fat; (43\% calories from fat); 5g Protein; 61g Carbohydrate; 96mg Cholesterol; 263mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat; 3 Other Carbohydrates

Nutr. Assoc. : 000000000
* Exported from MasterCook *

> Mexi She11s
\(\begin{array}{lll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 6 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Main and Side Dishes Pasta
\begin{tabular}{ccc} 
Amount & Measure & Ingredient -- Preparation Method
\end{tabular}

Heat oven to \(350^{\circ}\). Cook and drain pasta shells as directed on package. while pasta is cooking, mix tomato sauce, flour, chile powder and 2
teaspoons cumin; reserve. Cook ground beef and onion in 2-quart saucepan over medium heat, stirring occasionally, until beef is brown; drain. Stir in 1 teaspoon cumin, the cilantro, green chiles and chile beans.

Pour 1 cup of the reserved tomato sauce mixture into ungreased rectangular baking dish, \(13 \times 9 \times 2\) inches. Spoon about \(11 / 2\) tablespoons beef mixture into each pasta she11. Place filled sides up on sauce in dish. Pour remaining tomato sauce mixture over shells. Sprinkle with cheese. Cover and bake 30 minutes. Let stand uncovered 10 minutes.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.
betty crocker best of baking recipes.txt
```

Description:
"Jumbo pasta shells are a fun change of pace, especially when stuffed
with the Mexican-inspired filling here.'
Copyright:
'@ Genera1 Mil1s, Inc. 1998.'
T(Bake):
"0:30"

```
Per serving: 429 Calories (kcal); 11g Total Fat; (25\% calories from fat); 26g
Protein; 48g Carbohydrate; 45 mg Cholesterol; 493mg Sodium
Food Exchanges: 2 Grain(Starch); \(21 / 2\) Lean Meat; 3 Vegetable; 0 Fruit; 1/2 Fat;
0 Other Carbohydrates
Nutr. Assoc. : 315264290261409018000065526150
* Exported from MasterCook *
                                    Mexican Cheese Puffs
Recipe By :
Serving Size : 24 Preparation Time :0:00
Categories : Appetizers Holiday
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & cup & Bisquick Original baking mix \\
\hline 3 & tablespoons & margarine or butter -- softened \\
\hline 3 & tablespoons & chopped green chiles \\
\hline 1 & & egg \\
\hline 1 & cup & shredded Cheddar cheese (4 ounces) \\
\hline
\end{tabular}

Heat oven to \(400^{\circ}\). Grease cookie sheet. Mix baking mix, margarine, chiles and egg in medium bow1. Stir in cheese. Drop dough by rounded teaspoonfuls about 1 inch apart onto cookie sheet.

Bake 10 to 12 minutes or until golden brown.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
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Yie1d:
"24 Puffs"

```

Per serving: 55 Calories (kcal); 4 g Total Fat; (62\% calories from fat); 2g Protein; 3 g Carbohydrate; 13 mg Cholesterol; 107 mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(1 / 2\) Fat; 0 Other Carbohydrates

Nutr. Assoc. : 22504098004922
```

* Exported from MasterCook *

```

\section*{Mincemeat Bars}
betty crocker best of baking recipes.txt
Recipe By
Serving Size \(\quad 42 \quad\) Preparation Time :0:00
Categories : Cookies \& Brownies Holiday
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & cup & packed brown sugar \\
\hline 1/2 & cup & margarine or butter (1 stick) -- softened \\
\hline 1/4 & cup & shortening \\
\hline \(11 / 2\) & cups & al1-purpose flour \\
\hline 1 & cup & quick-cooking oats \\
\hline 1 & teaspoon & salt \\
\hline 1/2 & teaspoon & baking soda \\
\hline 1 & (27 ounce) jar & prepared mincemeat (about 3 cups) \\
\hline 1/2 & cup & chopped walnuts or almonds Powdered sugar \\
\hline
\end{tabular}

Heat oven to \(400^{\circ}\). Grease rectangular pan, \(13 \times 9 \times 2\) inches. Mix brown sugar, margarine and shortening in large bowl. Stir in flour, oats, salt and baking soda until crumbly. Press half of the crumbly mixture in pan. mix mincemeat and walnuts; spread over layer in pan. Sprinkle with remaining crumbly mixture; press lightly.
Bake 25 to 30 minutes or until light brown. While warm, make a diagonal cut from corner to corner. Continue making cuts paralle to first cut, spacing them about \(11 / 2\) inches apart. Repeat, cutting diagonally in opposite direction. Sprinkle with powdered sugar.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.
```

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Yield:
"42 bars"

```

Per serving: 125 Calories (kcal); 5 g Total Fat; (34\% calories from fat); 1g Protein; 21g Carbohydrate; 0 mg Cholesterol; 119mg Sodium Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; \(1 / 2\) Fruit; 1 Fat; 1/2 Other Carbohydrates

NOTES : Apricot-Date Bars: Omit mincemeat and walnuts. Mix \(11 / 2\) cups chopped dried apricots, \(11 / 4\) cups chopped dates, \(1 / 2\) cup sugar and \(11 / 2\) cups water in 2 -quart saucepan. Cook over medium-1ow heat about 10 minutes, stirring constantly, until thickened. Substitute for the mincemeat and walnut mixture.
Nutr. Assoc. : 04098000004146201870
```

* Exported from MasterCook *

```

> Mini Pineapple Desserts
```

Recipe By : % Preparation Time :0:00

```
\begin{tabular}{ll} 
Serving Size & : \\
Categories & Breparation Time :0:00
\end{tabular} Pies
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1/2 & cup & Bisquick Original baking mix \\
\hline 3 & tablespoons & sugar \\
\hline 2 & tablespoons & finely chopped nuts \\
\hline
\end{tabular}
betty crocker best of baking recipes.txt
tablespoons margarine or butter (from a stick) -- softened
\(1 / 4\) teaspoon ground cinnamon (21 ounce) can apple pie filling
( \(81 / 4\) ounce) can crushed pineapple in syrup -- undrained teaspoon grated orange pee 1

Heat oven to \(400^{\circ}\).
Mix in pie plate with fork until crumbly:
1/2 cup Bisquick Original baking mix
3 tablespoons sugar
2 tablespoons finely chopped nuts
2 tablespoons (from a stick) margarine or butter, softened
1/4 teaspoon ground cinnamon
Bake 8 to 10 minutes or until light and dry. Stir with fork.
Heat in saucepan, stirring a few times, until hot:
1 can ( 21 ounces) apple pie filling
1 can ( 8.25 ounces) crushed pineapple in syrup, undrained
1 teaspoon grated orange pee1
Spoon apple mixture into 6-ounce custard cups. Sprinkle with baked topping. Store any leftover topping in tightly covered container in refrigerator.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
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```
Per serving: 247 Calories (kcal); 7g Total Fat; (24\% calories from fat); 1g
Protein; 47g Carbohydrate; 0mg Cholesterol; 206mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 1/2
Fat; 2 Other Carbohydrates
NOTES : Utensils You Wil1 Need
    Pie plate, \(9 \times 11 / 2\) inches • Fork • Dry-ingredient measuring cups
    - Measuring spoons - Smal1 sharp knife - Pot holders • 1 1/2-quart
    saucepan • Can opener • Grater • Six 6-ounce custard cups
Nutr. Assoc. : 22500267740980000
* Exported from MasterCook *
                                    Mixed Roasted Vegetables
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 8 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Main and Side Dishes Vegetables
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & medium & eggplant ( \(11 / 2\) pounds) -- cut into \(11 / 2\)-inch chunks \\
\hline 1 & medium & green bell pepper -- cut into 1-inch pieces \\
\hline 1 & medium & red bell pepper -- cut into 1-inch pieces \\
\hline 1 & medium & onion -- cut into 8 wedges and separated \\
\hline 2 & medium & zucchini -- cut into 1-inch pieces \\
\hline 1/2 & pound & whole mushrooms \\
\hline 1/3 & cup & chopped fresh basil \\
\hline 2 & tablespoons & \begin{tabular}{l}
OR \\
dried basil leaves
\end{tabular} \\
\hline
\end{tabular}
\begin{tabular}{lrr} 
& \multicolumn{2}{c}{ betty crocker best of baking recipes.txt } \\
3 & & tablespoons olive or vegetable oil \\
2 & & tablespoons red wine vinegar \\
1 & teaspoon dried oregano leaves \\
& \(1 / 2\) & teaspoon salt \\
& \(1 / 4\) & teaspoon pepper \\
1 & medium & tomato - seeded and cut into 2 inch pieces
\end{tabular}

Heat oven to \(350^{\circ}\).
Place eggplant, bell peppers, onion, zucchini and mushrooms in 3-quart casserole. Sprinkle evenly with basil.

Mix oil, vinegar, oregano, salt and pepper. Drizzle evenly over vegetables.

Bake uncovered 30 minutes. Add tomatoes; toss to coat. Bake uncovered about 15 minutes longer or until vegetables are tender. Serve with cheese.

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Per serving: 85 Calories (kcal); \(5 g\) Total Fat; (53\% calories from fat); 2g
Protein; 9g Carbohydrate; 0mg Cholesterol; 139mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; \(11 / 2\) Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

NOTES : This also makes a tasty meatless main dish; just toss roasted vegetables with 8 ounces of cooked pasta.
Nutr. Assoc. : 264070002130706543419600213070654398603133000 2130706543
```

* Exported from MasterCook *

```

Mocha Macaroons
\begin{tabular}{|c|c|}
\hline Recipe By & \\
\hline Serving Size & 42 Preparation Time :0:00 \\
\hline Categories & Cookies \& Brownies \\
\hline
\end{tabular}
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 3 & & egg whites \\
\hline 1 & teaspoon & freeze-dried instant coffee (dry) \\
\hline 1/4 & teaspoon & cream of tartar \\
\hline 1/8 & teaspoon & salt \\
\hline 1/2 & cup & sugar \\
\hline 2 & tablespoons & cocoa \\
\hline 2 & cups & flaked coconut \\
\hline
\end{tabular}

Heat oven to \(300^{\circ}\). Grease cookie sheet lightly. Beat egg whites, coffee, cream of tartar and salt in medium bow on high speed until foamy. Beat in sugar, 1 tablespoon at a time, on high speed. Continue beating until stiff. Do not underbeat. Fold'in cocoa. Fold in coconut.

Drop mixture by rounded teaspoonfuls 1 inch apart onto cookie sheet.
Bake 20 to 25 minutes or until set. Coo 10 minutes; remove from cookie sheet. Cool on wire rack. Sprinkle with additional cocoa or drizzle with melted chocolate, if desired.

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Yie1d:
"42 Cookies"

Per serving: 28 Calories (kcal); 1g Total Fat; (36\% calories from fat); trace Protein; 4 g Carbohydrate; 0 mg Cholesterol; 19 mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 02021600002737
```

* Exported from MasterCook *

```
                                    Molasses Bran Muffins
\begin{tabular}{ll} 
Recipe By \\
Serving Size & \(\vdots\) \\
Sation Time & : 0:00
\end{tabular}

Categories : Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 3/4 & cup & milk \\
\hline \(11 / 2\) & cups & shreds of wheat bran cereal \\
\hline 1 & & egg \\
\hline 1/2 & cup & vegetable oil \\
\hline 1/3 & cup & molasses \\
\hline 1 1/4 & cups & a11-purpose* flour OR \\
\hline \(11 / 4\) & cups & whole wheat flour \\
\hline 3 & teaspoons & baking powder \\
\hline 1 & teaspoon & salt \\
\hline
\end{tabular}

Heat oven to \(400^{\circ}\). Grease bottoms only of 12 medium muffin cups, \(21 / 2 \times 1\) \(1 / 4\) inches, or line with paper baking cups. Pour milk on cereal in medium bowl and let stand 1 minute. Beat in egg, oil and molasses. Mix remaining ingredients. Stir into cereal mixture all at once just until flour is moistened (batter will be lumpy). Divide batter even7y among muffin cups. Bake about 20 minutes or until golden brown. Immediately remove from pan.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:
"12 Muffins"

Per serving: 181 Calories (kcal); 10g Total Fat; (49\% calories from fat); 3g Protein; 20g Carbohydrate; 18mg Cholesterol; 316mg Sodium Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 1/2 Other Carbohydrates

NOTES : *If using self-rising flour, omit baking powder and salt.
Page 248
betty crocker best of baking recipes.txt
Nutr. Assoc. : 04927000140213070654300
```

* Exported from MasterCook *
Multigrain Loaf (1 1/2-Pound Recipe)
Recipe By Size : 12 Preparation Time :0:00
Categories : Bread Machine Breads

```
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 1/4 & cups & water \\
\hline 2 & tablespoons & margarine or butter -- softened \\
\hline \(11 / 3\) & cups & bread flour \\
\hline 1 1/3 & cups & whole wheat flour \\
\hline 1 & cup & 7-grain cerea 1 \\
\hline 3 & tablespoons & packed brown sugar \\
\hline 1 1/4 & teaspoons & sa7t \\
\hline \(21 / 2\) & teaspoons & bread machine yeast \\
\hline
\end{tabular}

Make \(11 / 2\)-pound recipe for bread machines that use 3 cups flour, or make 1 -pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select whole wheat or Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

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Yield:
"1 Loaf"

Per serving: 294 Calories (kcal); 23g Total Fat; (67\% calories from fat); 4g Protein; 21g Carbohydrate; 55 mg Cholesterol; 456 mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(41 / 2\) Fat; 0 Other Carbohydrates

NOTES : Look for 7-grain cereal in the health food or hot cereal section of your supermarket.
Nutr. Assoc. : 04098239400002019
* Exported from MasterCook *
Multigrain Loaf (1-Pound Recipe)
```

Recipe By : % Preparation Time :0:00

```
\begin{tabular}{lll} 
Serving Size \\
Categories & 8 & Preparation Time :0:00
\end{tabular}
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 3/4 & cup & plus 2 tablespoons water \\
\hline 1 & tablespoon & margarine or butter -- softened \\
\hline 1 & cup & bread flour \\
\hline
\end{tabular}
```

                            betty crocker best of baking recipes.txt
    3/4
                cup whole wheat flour
    2/3 cup 7-grain cereal
    2
tablespoons packed brown sugar
teaspoon salt
teaspoons bread machine yeast

```

Make \(11 / 2\)-pound recipe for bread machines that use 3 cups flour, or make 1 -pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select whole wheat or Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:
"1 Loaf"

Per serving: 305 Calories (kcal); 25g Total Fat; (70\% calories from fat); 4g Protein; 20g Carbohydrate; 62 mg Cholesterol; 520 mg Sodium Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 5 Fat; 0 Other Carbohydrates

NOTES : Look for 7-grain cereal in the health food or hot cereal section of your supermarket.
Nutr. Assoc. : 15824098239400002019
```

* Exported from MasterCook *
Mushroom Pita Bites

```
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 8 \quad \text { Preparation Time }: 0: 00\end{array}\)
Categories : Holiday
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 & & pita breads (6 inches in diameter) \\
\hline 2 & cups & sliced mushrooms (about 5 ounces)* \\
\hline 1 & sma11 & red onion -- thinly sliced \\
\hline 1/4 & cup & chopped green bell pepper \\
\hline 2 & tablespoons & chopped fresh basi1 1eaves \\
\hline 2 & teaspoons & \begin{tabular}{l}
OR \\
dried basil leaves
\end{tabular} \\
\hline 1 & cup & finely shredded mozzarella cheese (4 ounces) \\
\hline 1 & tablespoon & grated Parmesan cheese \\
\hline
\end{tabular}

Heat oven to \(425^{\circ}\). Split each pita bread around edge in half, using knife. Place pita rounds, cut sides up, on ungreased cookie sheet. Arrange mushrooms on pita breads. Top with onion and bell pepper: Sprinkle with basil and cheeses. Bake 8 to 10 minutes or until cheese is me7ted. Cut each pita round into 8 pieces.

\footnotetext{
Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.
}
betty crocker best of baking recipes.txt
```

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```
Per serving: 103 Calories (kcal); 4g Total Fat; (34\% calories from fat); 5g
Protein; 12g Carbohydrate; 13mg Cholesterol; 152 mg Sodium
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; \(1 / 2\) Vegetable; 0 Fruit; 1/2
Fat; O Other Carbohydrates
NOTES : * 1 can (4 ounces) mushroom stems and pieces, drained, can be
    substituted for fresh mushrooms.
Nutr. Assoc. : 45134977002002802130706543261530
* Exported from MasterCook *

Mystery Cake
Recipe By
Serving Size
: \(9 \quad\) Preparation Time \(: 0: 00\)
Categories : Baking with Kids
Cakes
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline & & Shortening \\
\hline & & Al1-purpose flour \\
\hline \(11 / 2\) & cups & al1-purpose flour \\
\hline 1 & cup & granulated sugar \\
\hline 2 & tablespoons & margarine or butter -- softened \\
\hline 1 & teaspoon & ground cinnamon \\
\hline 1 & teaspoon & baking soda \\
\hline 1/2 & teaspoon & salt \\
\hline 1/2 & teaspoon & ground nutmeg \\
\hline 1/4 & teaspoon & ground cloves \\
\hline 1 & large & egg \\
\hline 1 & (10 3/4 ounce) & can condensed tomato soup \\
\hline 1/2 & cup & raisins \\
\hline 1/2 & cup & chopped nuts \\
\hline 3 & tablespoons & margarine or butter \\
\hline 3/4 & cup & powdered sugar \\
\hline 1 & teaspoon & vani11a \\
\hline 3 & teaspoons & milk (3 to 4 teaspoons) \\
\hline
\end{tabular}

Heat oven to \(325^{\circ}\).
Grease square pan with:
Shortening
Put small amount in pan and shake to coat, then pour out any extra:
Al1-purpose flour
Beat in large bowl with electric mixer on medium speed about 30 seconds, scraping the bowl all the time, until mixed:

1 1/2 cups all-purpose flour
1 cup granulated sugar
2 tablespoons margarine or butter, softened
1 teaspoon ground cinnamon
1 teaspoon baking soda
\(1 / 2\) teaspoon salt
\(1 / 2\) teaspoon ground nutmeg
1/4 teaspoon ground cloves
1 large egg
1 can (10 3/4 ounces) condensed tomato soup
Beat batter with electric mixer on high speed 3 minutes, scraping bowl a Page 251
If you like, stir into batter:
    1/2 cup raisins
    \(1 / 2\) cup chopped nuts

Spread batter in pan.
Adult help: Bake 37 to 43 minutes or until toothpick poked in center comes out clean. Cool on wire rack.

Adult help: Heat in 1 1/2-quart saucepan over medium heat until 1ight brown:

3 tablespoons margarine or butter
Beat in:
3/4 cup powdered sugar
1 teaspoon vanilla
3 to 4 teaspoons milk
Frost cake with frosting.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
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Yield:
"1 Cake"

```
Per serving: 364 Calories (kcal); 12g Total Fat; (29\% calories from fat); 5g
Protein; 61g Carbohydrate; 21mg Cholesterol; 530mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 2 1/2
Fat; 2 Other Carbohydrates
NOTES : Utensils You will Need
    Square pan, \(9 \times 9 \times 2\) inches • Pastry Brush • Large Bowl •
    Dry-ingredient measuring cups • Measuring spoons • Electric mixer
    - Rubber scraper • Toothpick • 1 1/2-quart saucepan • Smal1
    spatula
    Tip
    Beat in enough milk to make frosting spreadable. If frosting
    becomes too stiff to spread, stir in more milk, \(1 / 2\) teaspoon at a
    time.
Nutr. Assoc. : 000040980000005301004098004138
* Exported from MasterCook *
                                    Oatmea1 Brownies
```

Recipe By : 46 Preparation Time :0:00
Categories : Cookies \& Brownies

```
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 1/2 & cups & quick-cooking or regular oats \\
\hline 3/4 & cup & al1-purpose flour \\
\hline 3/4 & cup & packed brown sugar \\
\hline 1/2 & teaspoon & baking soda \\
\hline 3/4 & cup & margarine or butter -- melted Brownies -- (see recipe) \\
\hline & & Page 252 \\
\hline
\end{tabular}
betty crocker best of baking recipes.txt
Heat oven to \(350^{\circ}\). Grease baking pan, \(13 \times 9 \times 2\) inches. Mix oats, flour, brown sugar and baking soda; stir in margarine. Reserve \(3 / 4\) cup of the oatmeal mixture. Press remaining oatmeal mixture in pan. Bake 10 minutes; cool 5 minutes.

Prepare Brownies as directed-except omit nuts. Spread dough over baked layer. Sprinkle with reserved oatmeal mixture.

Bake until brownies begin to pull away from sides of pan, about 35 minutes. (Do not overbake.) Cool; cut into about 1 1/2-inch squares.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:
"48 Brownies"

Per serving: 69 Calories (kcal); 4 g Total Fat; ( \(45 \%\) calories from fat); 1 g Protein; 9g Carbohydrate; trace Cholesterol; 52mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat;
1/2 Other Carbohydrates

Nutr. Assoc. : 2022300040980
```

* Exported from MasterCook *

```

\section*{Brownies}

Recipe By :
Serving Size : 36 Preparation Time :0:00
Categories : Cookies \& Brownies
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 4 & \multicolumn{2}{|l|}{(1 ounce) squares unsweetened chocolate} \\
\hline 2/3 & cup & shortening \\
\hline 2 & cups & sugar \\
\hline 4 & & eggs \\
\hline 1 & teaspoon & vanilla \\
\hline 1 1/4 & cups & a11-purpose flour* \\
\hline 1 & cup & chopped nuts, if desired \\
\hline 1 & teaspoon & baking powder \\
\hline 1 & teaspoon & salt Glossy Chocolate Frosting -- (recipe follows) \\
\hline & & GLOSSY CHOCOLATE FROSTING \\
\hline & \multicolumn{2}{|l|}{(1 ounce) squares unsweetened chocolate} \\
\hline \multirow[t]{2}{*}{3
2} & tablespoons & shortening \\
\hline & cups & powdered sugar \\
\hline 1/4 & teaspoon & salt \\
\hline 1/3 & cup & milk \\
\hline 1 & teaspoon & vanilla \\
\hline 1/2 & cup & finely chopped nuts, if desired \\
\hline \multicolumn{3}{|l|}{Heat oven to \(350^{\circ}\). Grease baking pan, \(13 \times 9 \times 2\) inches. Heat chocolate} \\
\hline \multicolumn{3}{|l|}{and shortening in 3-quart saucepan over low heat until melted; remove from} \\
\hline \multicolumn{3}{|l|}{heat. Stir in sugar, eggs and vanilla. Mix in remaining ingredients.} \\
\hline spread in & pan. & \\
\hline
\end{tabular}
betty crocker best of baking recipes.txt
Bake until brownies begin to pul1 away from side of pan, about 30 minutes. (Do not overbake.) Cool slightly; spread with Glossy Chocolate Frosting (see recipe), if desired. Cool completely; cut into bars, about \(2 \times 1\) 1/2 inches.

\section*{GLOSSY CHOCOLATE FROSTING:}

Heat chocolate and shortening over low heat until melted. Stir in powdered sugar, salt, milk and vanilla; beat until smooth. Place pan of frosting in bowl of ice and water; continue beating until smooth and of spreading consistency. Stir in nuts.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
"© General Mills, Inc. 1998."
Yield:
"36 Brownies"
T(Bake):
"0:30"

Per serving: 202 Calories (kcal); 12g Total Fat; (49\% calories from fat); 3g Protein; 24g Carbohydrate; 21mg Cholesterol; 97mg Sodium Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 1 Other Carbohydrates

NOTES : *If using self-rising flour, omit baking powder and salt.
Nutr. Assoc. : 000332180142677000213070654300000000002677
```

* Exported from MasterCook *

```

\section*{Onion Soufflé with Asparagus}

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Main and Side Dishes
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1/2 & cup & olive oil \\
\hline 2 & tablespoons & butter \\
\hline 1 & pound & pear1 onions -- peeled and cut in half \\
\hline 1 & (10 ounce) pac & kage frozen asparagus spears* \\
\hline 2 & & flat anchovy fillets in oil -- drained \\
\hline 1/2 & cup & a11-purpose flour \\
\hline 1/2 & cup & freshly grated Parmesan cheese \\
\hline 1 & tablespoon & chopped fresh tarragon \\
\hline 1 & teaspoon & freshly grated nutmeg \\
\hline 1 & teaspoon & salt \\
\hline 1/2 & teaspoon & pepper \\
\hline 4 & & eggs -- separated \\
\hline
\end{tabular}

Heat oven to \(375^{\circ}\). Butter 6-cup soufflé dish. Heat oil and butter in 10-inch skillet over medium-high heat. Sauté onions in oil mixture, gently mashing, until soft; cool.

Cook asparagus as directed on package; drain wel1. Sprinkle flour over asparagus; toss unti1 coated. Remove asparagus from flour, shaking off excess.

Place asparagus, onions and fillets of anchovy in food processor or in blender; cover and process until smooth. Mix asparagus mixture and

Page 254
betty crocker best of baking recipes.txt
remaining ingredients except egg whites thoroughly.
Beat egg whites in large bow 1 on high speed until stiff but not dry. Fold asparagus mixture into egg whites. Carefully pour into soufflé dish.

Bake uncovered 30 to 40 minutes or until knife inserted halfway between center and edge comes out clean.

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Per serving: 514 Calories (kcal); 41g Total Fat; ( \(70 \%\) calories from fat); 15 g Protein; 23g Carbohydrate; 212mg Cholesterol; 1184mg Sodium
Food Exchanges: 1 Grain(Starch); \(11 / 2\) Lean Meat; 2 Vegetable; 0 Fruit; 7 1/2 Fat; 0 Other Carbohydrates

NOTES : *1 1/2 pounds cooked fresh asparagus spears can be substituted for the frozen asparagus spears.

TIP
Soufflés stay fluffy and are easiest to serve when two forks or a fork and spoon are used to divide the servings.
Nutr. Assoc. : 0003432260040356203388000
```

* Exported from MasterCook *

```

Onion-Anchovy Tart
Recipe By
Serving Size
S
Sation Time
:0:00
Categories : Appetizers Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 3 & tablespoons & olive or vegetable oil \\
\hline 3 & large & onions -- thinly sliced \\
\hline 1 & tablespoon & chopped fresh basil or thyme leaves \\
\hline 1/8 & teaspoon & white pepper \\
\hline 1 & (1 pound) loaf & frozen white or whole wheat bread dough -- thawed \\
\hline 2 & (2 ounce) cans & anchovy fillets -- drained \\
\hline 10 & & oil-cured Greek olives -- cut in half and pitted \\
\hline
\end{tabular}

Heat oil in 10-inch skillet until hot. Stir in onions; reduce heat. Cover and cook about 25 minutes, stirring occasionally, until onions are very tender. Stir in basil and pepper.

Lightly grease cookie sheet. Shape bread dough into flattened rectangle on lightly floured surface. Roil dough with floured rolling pin into rectangle, \(14 \times 11\) inches. Place on cookie sheet. Let stand 15 minutes.

Spoon onion mixture eventy over dough to within 1 inch of edge. Arrange anchovies in lattice pattern on onion mixture. Top with olives. Let stand 15 minutes.

Heat oven to \(425^{\circ}\). Bake 15 to 20 minutes or until crust is brown. Cut into 2-inch squares.
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Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.
```

Copyright:
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Yield:
"35 Appetizers"

```
Per serving: 61 Calories (kcal); 2g Total Fat; (36\% calories from fat); 2g
Protein; 7g Carbohydrate; 3mg Cholesterol; 200mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(1 / 2\) Fat; 0
Other Carbohydrates
Nutr. Assoc. : 986020028034503566
* Exported from MasterCook *
                    Orange-Currant Scones
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 20 \quad \text { Preparation Time }: 0: 00\end{array}\)
Categories : Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1/2 & cup & currants \\
\hline 1/3 & cup & margarine or butter \\
\hline \(13 / 4\) & cups & al1-purpose flour \\
\hline 3 & tablespoons & sugar \\
\hline 2 1/2 & teaspoons & baking powder \\
\hline 1/4 & teaspoon & salt \\
\hline 1 & tablespoon & grated orange pee1 \\
\hline 1 & & egg -- beaten \\
\hline 4 & tablespoons & half-and-half (4 to 6 tablespoons) \\
\hline 1 & & egg white -- beaten \\
\hline
\end{tabular}

Heat oven to \(400^{\circ}\) : Soak currants in warm water for 10 minutes to soften; drain. Cut margarine into flour, sugar, baking powder and salt with pastry blender until mixture resembles fine crumbs. Stir in orange pee1, egg, currants and just enough half-and-half until dough leaves side of bowt.

Turn dough onto lightly floured surface. Knead lightly 10 times. Divide dough into 2 parts. Roll or pat into two 6 -inch circles about \(1 / 2\) inch thick. Place on ungreased cookie sheet; brush with beaten egg white.

Bake 10 to 12 minutes or until golden brown. Immediately remove from cookie sheet. Cut into wedges to serve.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:
"Scones come from Scotland and are often cooked on a griddle. Here
they are baked for ease-but not lack of flavor!"
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Yield:
"20 Scones"

Per serving: 93 Calories (kcal); 4 g Total Fat; (35\% calories from fat); 2 g
Page 256
betty crocker best of baking recipes.txt
Protein; 13g Carbohydrate; 10mg Cholesterol; 130mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(1 / 2\) Fat; 0 Other Carbohydrates
```

Nutr. Assoc. : 0 4098 0 0 0 0 0 0 704 0

```
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* Exported from MasterCook *

```

Overnight Danish Twists
```

Recipe By : 2 2 Serving Size : Preparation Time :0:00
Categories : Breads

```
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 1/2 & packages & regular or quick active dry yeast \\
\hline 1/2 & cup & warm water ( \(105^{\circ}\) to \(115^{\circ}\) ) \\
\hline 4 & cups & al1-purpose flour* \\
\hline 1/3 & cup & sugar \\
\hline 2 & teaspoons & salt \\
\hline 1 & cup & cold stick butter -- cut into small pieces** \\
\hline 4 & 1arge & eggs \\
\hline 1 & cup & milk \\
\hline & & \begin{tabular}{l}
Jam or preserves \\
Powdered Sugar Glaze -- (recipe follows)
\end{tabular} \\
\hline & & POWDERED SUGAR GLAZE \\
\hline \(11 / 2\) & cups & powdered sugar \\
\hline 2/4 & teaspoon & vanilla \\
\hline 2 & tablespoons & water (2 to 3 tablespoons) \\
\hline 2 & tablespoons & ORilk (2 to 3 tablespoons) \\
\hline
\end{tabular}

Dissolve yeast in warm water in large bowl. Mix in flour, sugar and salt. Cut in butter, using pastry blender or crisscrossing 2 knives, until mixture looks like fine crumbs.

Separate egg yolks from egg whites; refrigerate egg whites for later use.
Stir egg yolks and milk into flour mixture until soft dough forms. Cover bow 1 with plastic wrap and refrigerate at least 8 hours but no longer than 24 hours. Lightly grease 2 large cookie sheets with shortening.

Punch down dough. Divide dough into 3 equal parts. Rol1 1 part dough at a time into rectangle, \(9 \times 7\) inches, on lightly floured surface. (If dough becomes too sticky while shaping, refrigerate 5 to 10 minutes.) Cut rectangle crosswise into nine 1-inch strips.

For each twist, pinch ends of each strip together to form ring, stretching strip slightly, then twist to form figure 8. Place at least 2 inches apart on cookie sheet. Brush with egg white. Let rise uncovered at room temperature about 25 minutes or until dough is puffy and loops fill in.

Heat oven to \(350^{\circ}\).
Make an indentation in center of each loop. Fill with \(1 / 2\) to 1 teaspoon jam. Brush dough with egg white. Bake about 15 minutes or until light golden brown. Immediately remove to wire rack; cool slightly. Drizzle Powdered Sugar Glaze over warm twists.

To make the Powdered Sugar Glaze:
Mix all ingredients until smooth. If necessary, stir in additional water, 1/2 teaspoon at a time, until drizzling consistency.
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Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.
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Yield:
"27 Twists"

Per serving: 180 Calories (kca1); 8g Total Fat; (39\% calories from fat); 3g Protein; 24 g Carbohydrate; 47 mg Cholesterol; 241 mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates
```

NOTES : * Do not use self-rising flour in this recipe.
** We do not recommend using margarine or vegetable oil spreads.
Nutr. Assoc. : 26366 5472 14 0 0 5136 0 0 0 2130706543 0 0 0 0 1582 0
2130706543

```
* Exported from MasterCook *
    Overnight Lasagne
Recipe By
Serving Size \(\quad 8 \quad\) Preparation Time :0:00
Categories : Main and Side Dishes Pasta
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & pound & ground beef \\
\hline 1 & medium & onion -- chopped (about 1/2 cup) \\
\hline & clove & garlic -- crushed \\
\hline 1/3 & cup & chopped fresh parsley leaves \\
\hline 2 & tablespoons & dried parsley leaves \\
\hline 1 & tablespoon & sugar \\
\hline 2 & tablespoons & chopped fresh basil leaves \\
\hline \(11 / 2\) & teaspoons & dried basil leaves \\
\hline 1 & teaspoon & seasoned salt \\
\hline 1 & (16 ounce) can & whole tomatoes -- undrained \\
\hline 1 & (10 3/4 ounce) & can condensed tomato soup \\
\hline & (6 ounce) can & tomato paste \\
\hline \(21 / 2\) & cups & water \\
\hline 12 & (12 ounce) cont & uncooked lasagne noodles (about 12 ounces) tainer creamed cottage cheese \\
\hline 2 & cups sh & shredded Mozzarella cheese (8 ounces) \\
\hline 1/4 & cup gr & grated Parmesan cheese \\
\hline
\end{tabular}

Cook and stir ground beef, onion and garlic in Dutch oven until beef is brown; drain. Stir in parsley, sugar, basil, seasoned salt, tomatoes, tomato soup, tomato paste and water; break up tomatoes. Heat to boiling, stirring occasionally; reduce heat. simmer uncovered 20 minutes.
spread 2 cups of the sauce mixture in ungreased rectangular baking dish, \(13 \times 9 \times 2\) inches. Top with 4 noodles. Spread half of the cottage cheese over noodles; spread with 2 cups of the sauce mixture. Sprinkle with 1 cup of the Mozzarella cheese. Repeat with 4 noodles, the remaining cottage cheese, 2 cups of the sauce mixture and the remaining Mozzarella cheese. Top with the remaining noodles and sauce mixture; sprinkle with Parmesan cheese. Cover and refrigerate up to 12 hours.

Heat oven to \(350^{\circ}\). Bake covered 30 minutes. Uncover and bake until hot and Page 258
betty crocker best of baking recipes.txt
bubbly, 30 to 40 minutes longer. Let stand 15 minutes before cutting.

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Per serving: 395 Calories (kcal); 18g Total Fat; (39\% calories from fat); 28 g Protein; 32 g Carbohydrate; 69 mg Cholesterol; 1005 mg Sodium
Food Exchanges: \(11 / 2\) Grain(Starch); \(31 / 2\) Lean Meat; \(11 / 2\) vegetable; 0 fruit; \(11 / 2\) Fat; 0 Other Carbohydrates
NOTES : Lasagne is an American favorite, always perfect for family meals, casual get-togethers and potluck suppers. While Americans use the word lasagne to mean a casserole made with lasagne noodles, cheese and tomato sauce, Italians use it to mean the wide noodles used in many kinds of Italian dishes.

Easy overnight lasagne: Substitute \(61 / 2\) cups prepared spaghetti sauce for the parsley, sugar, basil, seasoned salt, canned tomatoes, tomato soup, tomato paste and water. Stir sauce into drained beef mixture. Do not simmer. Continue as directed.
Nutr. Assoc. : 9018002006702130706543020028021307065430247000 03060261530
```

* Exported from MasterCook *

```

\section*{Panettone}
\begin{tabular}{l} 
Recipe By \\
Serving Size \\
Categories
\end{tabular}
\(\vdots\)
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 & packages & regular or quick-acting active dry yeast \\
\hline 1 & cup & warm water ( \(105^{\circ}\) to \(115^{\circ}\) ) \\
\hline 1/2 & cup & sugar \\
\hline 1/2 & cup & margarine or butter (1 stick) -- softened \\
\hline 3 & & eggs \\
\hline 1 & teaspoon & salt \\
\hline 1 & teaspoon & grated lemon peel \\
\hline 1 & teaspoon & vanilla \\
\hline 5 & cups & al1-purpose flour (5 to \(51 / 2\) cups) \\
\hline 1/2 & cup & golden raisins \\
\hline 1/2 & cup & chopped citron \\
\hline 2 & tablespoons & pine nuts or walnuts \\
\hline & & Margarine or butter -- softened \\
\hline
\end{tabular}

Dissolve yeast in warm water in large bowl. Stir in sugar, \(1 / 2\) cup margarine, the eggs, salt, lemon peet, vanilla and \(21 / 2\) cups of the flour. Beat until smooth. Stir in raisins, citron, pine nuts and enough flour to make dough easy to handle.

Turn dough onto lightly floured surface; gently roll in flour to coat. Knead about 5 minutes or until smooth and elastic. Place in greased bowl; turn greased side up. Cover and let rise in warm place \(11 / 2\) to 2 hours or until double. (Dough is ready if indentation remains when touched.)

Punch down dough; divide in half. Shape each half into round loaf, about 6 inches in diameter. Place each loaf in ungreased round pan, \(8 \times 1\) 1/2
inches. Cut an \(X\) shape \(1 / 2\) inch deep on top of each loaf.
Page 259
betty crocker best of baking recipes.txt
Generously grease one side of a strip of heavy brown paper, about \(25 \times 4\) inches. Fit and coil paper around inside of pan, greased side toward center, forming a collar; fasten with paper clip. Repeat for second loaf. Cover and let rise about 1 hour or until double.

Heat oven to \(350^{\circ}\). Bake 35 to 45 minutes or until golden brown. Remove loaves from pans to wire rack; remove paper. Brush margarine on tops of loaves; cool.
```

2 loaves (16 slices each)

```

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Yield:
"2 Loaves"

Per serving: 135 Calories (kcal); 4g Total Fat; (25\% calories from fat); 3g Protein; 22g Carbohydrate; 27 mg Cholesterol; 109mg Sodium Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(1 / 2\) Fat; \(1 / 2\) Other Carbohydrates

Nutr. Assoc. : 2636654720239400200840140242944890
```

* Exported from MasterCook *

```
                                    Parmesan-Tomato Muffins
Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & cup & milk \\
\hline 1/4 & cup & vegetable oil \\
\hline \(\frac{1}{2}\) & & egg \({ }^{\text {alf-purpose flour }}\) \\
\hline 2 1/4 & cups & al1-purpose flour grated Parmesan cheese \\
\hline 1 & tablespoon & chopped fresh basil 1eaves \\
\hline & & OR \\
\hline 1 & teaspoon & dried basil leaves \\
\hline 2 1/2 & teaspoons & baking powder \\
\hline 1/4 & teaspoon & sa7t \\
\hline 1/2 & cup & chopped sun-dried tomatoes in olive oil -- drained \\
\hline 1/4 & cup & chopped pimiento-stuffed olives Grated Parmesan cheese \\
\hline
\end{tabular}

Heat oven to \(400^{\circ}\). Grease bottoms only of 12 medium muffin cups, \(21 / 2 \times 1\) \(1 / 4\) inches, or line with paper baking cups. Beat milk, oil and egg in
large bowl. Stir in flour, 1/4 cup Parmesan cheese, the basil, baking
powder and salt just until flour is moistened. Fold in tomatoes and
olives. Divide batter evenly among muffin cups (cups will be almost full).
Sprinkle with Parmesan cheese.
Bake 18 to 20 minutes or until golden brown. Immediately remove from pan.
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Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.
```

Copyright:
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Yield:
"12 Muffins"

```
Per serving: 156 Calories (kcal); 7g Total Fat; (41\% calories from fat); 4g
Protein; 18g Carbohydrate; 20mg Cholesterol; 233mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(11 / 2\) Fat; 0
Other Carbohydrates
Nutr. Assoc. : 00000200280213070654300144826780
* Exported from MasterCook *
    Parsley Pinwheels and Ham Bake
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 8 \quad \text { Preparation Time }: 0: 00\end{array}\)
Categories : Main and Side Dishes Pork
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 & cups & cut-up fully cooked smoked ham \\
\hline 1 & (10 3/4 ounce) & can condensed cream of chicken soup \\
\hline 1/2 & cup & chopped green pepper \\
\hline 1/2 & cup & chopped onion \\
\hline 1 & (2 ounce) jar & chopped pimiento -- drained \\
\hline 1/2 & teaspoon & dry mustard \\
\hline 1/3 & cup & shortening \\
\hline \(13 / 4\) & cups & a11-purpose flour* \\
\hline 2 1/2 & teaspoons & baking powder \\
\hline 3/4 & teaspoon & salt \\
\hline 3/4 & cup & milk \\
\hline 1/2 & cup & snipped parsley \\
\hline
\end{tabular}

Heat oven to \(425^{\circ}\). Mix ham, soup, green pepper, onion, pimiento and mustard; pour into ungreased baking dish, \(8 \times 8 \times 2\) inches.

Cut shortening into flour, baking powder and salt with pastry blender until mixture resembles fine crumbs. Stir in just enough milk so dough leaves side of bow1 and rounds up into a bal1.

Turn dough onto lightly floured surface. Knead lightly 10 times. Roll into rectangle, \(12 \times 9\) inches; sprinkle with parsley. Roll up, beginning at narrow end; pinch edge to seal. Cut into 1-inch slices. Arrange slices, cut sides up, on ham mixture.

Bake until biscuits are golden brown, 20 to 30 minutes.
6 to 8 servings

\footnotetext{
Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.
}
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```

Per serving: 296 Calories (kcal); 15g Total Fat; (47% calories from fat); 11g
Protein; 28g Carbohydrate; 25mg Cholesterol; 1111mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1/2 vegetable; 0 Fruit; 2 1/2
Fat; 0 Other Carbohydrates
NOTES : *If using self-rising flour, omit baking powder and salt.
Nutr. Assoc. : 2819 2946 20088 0 4487 0 0 14 0 0 0 3394 0

```
* Exported from MasterCook *
    Partridge-in-a-Pear-Tree Pie
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 8 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Holiday Pies
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 3 & cups & cranberries (12 ounces) \\
\hline 1 1/2 & cups & sugar \\
\hline 1 & (8 3/4 ounce) & can crushed pineapple -- drained (reserve syrup) \\
\hline 3 & tablespoons & Favorite Pastry for 9-Inch Two-Crust Pie -- (see recipe) flour \\
\hline 1/4 & teaspoon & salt \\
\hline 1/4 & teaspoon & ground cinnamon \\
\hline 1 & (8 ounce) can & pear halves -- drained and cut into halves Sugar \\
\hline
\end{tabular}

Cook cranberries, \(11 / 2\) cups sugar, the pineapple and \(1 / 4\) cup of the reserved syrup, stirring constantly, until cranberries are tender, about 5 minutes. Cool.

Prepare pastry as directed-except flute bottom crust. Mix flour, salt and cinnamon; stir into cranberry mixture. Pour into pastry-lined pie plate. Gently press pear slices spoke-fashion onto cranberry mixture.

Heat oven to \(400^{\circ}\). After rolling pastry for top crust, cut partridge, leaf and pear shapes (see photograph). Sprinkle with sugar, if desired; place on ungreased cookie sheet.

Bake pastry cutouts and pie until cutouts and pie are golden brown, 7 to 10 minutes for cutouts and about 40 minutes for pie. Arrange cutouts on pie.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"1 Pie"

Per serving: 340 Calories (kcal); 9g Total Fat; (22\% calories from fat); 2g Protein; 65g Carbohydrate; 8mg Cholesterol; 203mg Sodium Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fruit; \(11 / 2\) Fat; 2 1/2 Other Carbohydrates
betty crocker best of baking recipes.txt
NOTES : You can fashion other pastry cutouts for your Christmas pies: Use a cookie cutter (be11, star, tree) or cut around your own patterns.
Nutr. Assoc. : 292800000000
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* Exported from MasterCook *

```

\title{
Favorite Pastry for 9-Inch Two-Crust Pie
}

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Desserts
Pies
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 & cups & all-purpose flour \\
\hline 1 & teaspoon & salt \\
\hline 2/3 & cup & 1ard \\
\hline & & OR \({ }^{\text {Plus }} 2\) tablespoons shortening \\
\hline 4 & tablespoons & cold water (4 to 5 tablespoons) \\
\hline
\end{tabular}

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bow ( 1 to 2 teaspoons water can be added if necessary).

Divide pastry in half and shape into 2 flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.
Turn desired filling into pastry-lined pie plate. Trim overhanging edge of pastry \(1 / 2\) inch from rim of plate. Roll other round of pastry. Fold into fourths; cut slits so steam can escape.

Place over filling and unfold. Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll top edge under lower edge, pressing on rim to sea1. Flatten pastry evenly on rim of pie plate. Press firm7y around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into \(V\) shape; pinch again to sharpen.

For Baked Pie Shel1: Heat oven to \(475^{\circ}\) : Prick bottom and side thoroughly with fork. Bake 8 to 10 minutes or until light brown; cool.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"2 Crusts"

Per serving: 268 Calories (kcal); 17g Total Fat; (59\% calories from fat); 3g Protein; 24g Carbohydrate; 16mg Cholesterol; 267mg Sodium Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 1/2 Fat; 0 Other Carbohydrates
betty crocker best of baking recipes.txt
Nutr. Assoc. : 000021307065432777
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* Exported from MasterCook *

```
```

Pasta Casserole

```
\(\begin{array}{lll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 8 \quad \text { Preparation Time :0:00 }\end{array}\)
Serving Size
Categories
Categories : Main and Side Dishes Pasta


Heat oven to \(375^{\circ}\). Cook pasta as directed on package; drain. Mix pasta and remaining ingredients. Spoon into ungreased rectangular baking dish, \(13 \times\) \(9 \times 2\) inches. Cover and bake about 40 minutes or until hot and bubbly.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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T(Bake):
"0:40"

Per serving: 421 Calories (kcal); 13g Total Fat; (27\% calories from fat); 17g Protein; 61g Carbohydrate; 28 mg Cholesterol; 574 mg Sodium
Food Exchanges: 3 Grain(Starch); 1 Lean Meat; 3 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 43635072000358400021307065430
```

* Exported from MasterCook *

```

\section*{Pastitsio}
\begin{tabular}{lll} 
Recipe By \\
Serving Size & : \(8 \quad\) Preparation Time \(: 0: 00\)
\end{tabular}
Categories : Main and Side Dishes

Pasta
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Pr \\
\hline 1 & (16 ounce) pa & kage rigatoni pa \\
\hline 1/2 & pound & extra-1ean ground beef \\
\hline 1 & medium & onion -- chopped (about 1/2 cup) \\
\hline
\end{tabular}
```

                    betty crocker best of baking recipes.txt
    1/4 teaspoon ground allspice
    1/4 teaspoon ground cinnamon
    1/4 teaspoon ground nutmeg
    1/2 cup dry white wine
        OR
            cup water
        (6 ounce) can no-salt-added tomato paste
        tablespoon margarine
            cup al1-purpose flour
            (12 ounce) cans evaporated skimmed milk
        (14 1/2 ounce) can 1/3 1ess-salt clear chicken broth
        teaspoon pepper
            cup crumbled Feta cheese (4 ounces)
            cup chopped fresh parsley
    Heat oven to $350^{\circ}$. Grease rectangular baking dish, $13 \times 9 \times 2$ inches. Cook and drain pasta as directed on package. While pasta is cooking, cook ground beef and onion in 10-inch nonstick skillet over medium heat, stirring occasionally, until beef is brown; drain. Stir in salt, ailspice, cinnamon, nutmeg, wine and tomato paste; remove from heat and reserve.
Melt margarine in 3-quart saucepan over medium heat. Stir in flour. Cook, stirring frequently, until bubbly. Stir in milk, broth and pepper. Cook, stirring frequently with wire whisk, until mixture begins to thicken (do not boil). Stir in cheese and parsley until cheese is melted. Stir in pasta.
Spread half of the pasta mixture in baking dish. Spread beef mixture evenly over pasta mixture. Spread remaining pasta mixture over beef mixture. Bake uncovered 30 minutes.

```

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.
```

Copyright:
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T(Bake):
"0:30"

```

Per serving: 447 Calories (kcal); 11g Total Fat; (21\% calories from fat); 25g Protein; 62g Carbohydrate; 37 mg Cholesterol; 438 mg Sodium
Food Exchanges: 3 Grain(Starch); \(11 / 2\) Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 4363 9018000000021307065432642500551201150 200480
```

* Exported from MasterCook *

```

Peach-A1mond Shortcake
\begin{tabular}{ll} 
Recipe By \\
Serving.Size & : \(8 \quad\) Preparation Time :0:00
\end{tabular}
\begin{tabular}{rrl} 
Amount & Measure & Ingredient -- Preparation Method \\
\(-\quad\) cups & all-purpose flour \\
2 & ablespoons & sugar \\
2 & tableor \\
3 & teaspoons & baking powder \\
1 & teaspoon salt
\end{tabular}
```

                            betty crocker best of baking recipes.txt
    1/3 cup shortening
    3/4 cup milk
        1/4
        tablespoon margarine or butter -- softened
        cup packed brown sugar
            cup slivered almonds
                                Almond Whipped Cream -- (recipe follows)
    cups sweetened sliced peeled peaches
                            ALMOND WHIPPED CREAM
    1}\mathrm{ cup whipping (heavy) cream -- chilled
1/2
tablespoons sugar
teaspoon almond extract

```

Heat oven to \(450^{\circ}\). Grease round pan, \(9 \times 11 / 2\) inches. Mix flour, 2 tablespoons sugar, the baking powder and salt. Cut in shortening. Stir in milk. Spread in pan; brush with margarine. Sprinkle with brown sugar and almonds.

Bake until golden brown, about 20 minutes. Remove from pan; cool slightly. Split shortcake to make 2 layers. Fill layers with half of the Almond whipped Cream and peaches. Top each serving with remaining whipped cream and peaches.

ALMOND WHIPPED CREAM:
Beat all ingredients in chilled bowl until soft peaks form.
6 to 8 servings

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.
```

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```
Per serving: 466 Calories (kcal); 27g Total Fat; (50\% calories from fat); 7g
Protein; 52g Carbohydrate; 44mg Cholesterol; 493mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; \(1 / 2\) Fruit; 5 Fat;
1 Other Carbohydrates
Nutr. Assoc. : 000000409800213070654349800072100
* Exported from MasterCook *
                                    Peachy Cornish Game Hens
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \vdots \\ 2 & \text { Preparation Time :0:00 }\end{array}\)
Categories : Game Holiday
                                    Main and Side Dishes

betty crocker best of baking recipes.txt
```

1/2 cup uncooked regular long grain rice
teaspoon
1/4 teaspoon
medium carrots -- sliced (about 1 cup)*
cup hot chicken broth
tablespoons orange juice
tablespoon chopped fresh parsley

```

Heat oven to \(350^{\circ}\). Sprinkle cavities of hens with salt. Place breast sides up, on oven rack in shallow pan. Brush with margarine.

Roast uncovered 45 minutes, brushing with margarine 3 or 4 times.
while hens are roasting prepare Orange Rice. Add to oven with hens 35 minutes before hens are done. Mix jam, soy sauce and garlic. Brush hens with jam mixture.

Roast uncovered about 15 minutes longer, brushing once with jam mixture, until juices run clear. Serve with Orange Rice.

ORANGE RICE:
When grating orange peet, be sure not to grate in the white section-it has a bitter flavor.

Heat oven to \(350^{\circ}\). Mix rice, orange pee1 and nutmeg in ungreased 1-quart casserole. Stir in carrots and broth. Cover and bake 30 to 35 minutes or until liquid is absorbed. Sprinkle with orange juice. Add parsley; toss until well mixed. Let stand 5 minutes before serving.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
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```
Per serving: 1004 Calories (kcal); 50g Total Fat; (44\% calories from fat); 65g
Protein; 72 g Carbohydrate; 339 mg Cholesterol; 804 mg Sodium
Food Exchanges: 2 1/2 Grain(Starch); 8 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit;
5 Fat; 1 1/2 Other Carbohydrates
NOTES : *Use 1 cup frozen sliced carrots instead of preparing fresh
    carrots.
Nutr. Assoc. : 4770 0409821307065434386021307065430000209000
                        32700
* Exported from MasterCook *
                    Peachy Pinwheels
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 60 \text { Preparation Time :0:00 }\end{array}\)
Categories : Cookies \& Brownies
\begin{tabular}{rrl} 
Amount & Measure & Ingredient -- Preparation Method \\
\hdashline 1 & & cup \\
\(3 / 4\) & finely chopped dried peaches \\
\(1 / 2\) & cup & water \\
\(1 / 2\) & teaspoon & freshly ground nutmeg \\
\(1 / 2\) & cup & margarine or butter -- softened
\end{tabular}
\begin{tabular}{|c|c|c|}
\hline \multicolumn{3}{|r|}{0} \\
\hline 1/4 & cup & shortening \\
\hline 1 & cup & sugar \\
\hline 2 & & eggs \\
\hline 1 & teaspoon & vanil1a \\
\hline \(21 / 2\) & cups & al1-purpose flour \\
\hline 1 & teaspoon & baking powder \\
\hline 1/4 & teaspoon & salt \\
\hline
\end{tabular}

Mix peaches, water, \(1 / 2\) cup sugar and the nutmeg in 1-quart saucepan. Heat to boiling; reduce heat. Cover and simmer about 35 minutes or until peaches are tender and water is almost absorbed; cool slightly. Mash with fork.

Mix margarine, shortening, 1 cup sugar, the eggs and vanilia. Stir in remaining ingredients. Cover and refrigerate at least 1 hour.

Divide dough in half. Roll each half into rectangle, \(11 \times 7\) inches, on floured surface. Spread half of the peach mixture to within \(1 / 2\) inch of edges of each rectangle. Roll up tightly, beginning at long side. Pinch to seal. Wrap and refrigerate at least 4 hours or until firm.

Heat oven to \(375^{\circ}\). Cut roll into \(1 / 4\)-inch slices. Place on ungreased cookie sheet.

Bake about 10 minutes or until light brown; cool.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
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Yield:
"60 Cookies"
T(Bake):
"0:10"

```
Per serving: 68 Calories (kcal); 3g Total Fat; (33\% calories from fat); 1g
Protein; 11g Carbohydrate; 6 mg Cholesterol; 37 mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat;
1/2 Other Carbohydrates
NOTES : For the freshest nutmeg flavor, grate your own nutmeg.
Nutr. Assoc. : 313700362040980000000
* Exported from MasterCook *
                    Peanut Butter Buttercream Frosting
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 16 \text { Preparation Time :0:00 }\end{array}\)
Categories : Cakes Desserts
\begin{tabular}{rll} 
Amount & Measure & Ingredient -- Preparation Method \\
\hdashline 3 & cups & powdered sugar \\
\(1 / 3\) & cup & peanut butter \\
\(1 / 2\) & teaspoons & vanilla \\
\(1 / 4\) & cup & milk
\end{tabular}

Mix powdered sugar and peanut butter in medium bowl. Stir in vanilla and milk.
betty crocker best of baking recipes.txt
Beat until smooth and spreadable. Frosts one \(13 \times 9\)-inch cake or fills and frosts one 8- or 9-inch two-layer cake.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"2 1/4 Cups"

Per serving: 123 Calories (kcal); 3g Total Fat; ( \(20 \%\) calories from fat); 1g Protein; 24 g Carbohydrate; 1 mg Cholesterol; 27 mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1
1/2 Other Carbohydrates
```

NOTES : Tip
Place al1 ingredients in food processor. Cover and process,
stopping occasionally to scrape sides, until smooth and
spreadable.
Nutr. Assoc. : 0 0 0 0

```
* Exported from MasterCook *
    Pear Tart Tatin
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 8 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Holiday Pies
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 & tablespoons & margarine or butter \\
\hline 1/2 & cup & packed brown sugar \\
\hline d cut i & medium & pears or tart apples (about 3 pounds) -- peeled, cored \\
\hline \multicolumn{3}{|l|}{and cut into eighths} \\
\hline \multicolumn{3}{|r|}{\multirow[t]{2}{*}{1/2 (17 1/4 ounce) package frozen puff pastry -- thawed Pear Chantilly Cream -- (recipe follows)}} \\
\hline & & \\
\hline & & PEAR CHANTILLY CREAM \\
\hline 1 & cup & whipping (heavy) cream \\
\hline 1 & tablespoon & pear liqueur, pear brandy, apple brandy or apple juice \\
\hline
\end{tabular}

Heat margarine and brown sugar in 10-inch ovenproof skillet over medium heat, stirring constantly, until melted. Stir in pears. Cook 20 to 25 minutes, stirring frequently, until syrup thickens; remove from heat. If desired, use two forks and arrange pear slices overlapping in a pinwheel pattern.

Heat oven to \(400^{\circ}\). Rol1 pastry into \(101 / 2\)-inch square on lightly floured surface. Cut into \(101 / 2\)-inch circle. Fold pastry into fourths; cut slits so steam can escape. Place over pears in skillet and unfold; carefully tuck edge down around pears.

Bake 15 to 20 minutes or until brown. Let stand 5 minutes; invert onto heatproof serving plate. Serve with Pear Chantilly Cream.

PEAR CHANTILLY CREAM:
Beat ingredients in chilled medium bow1 until soft peaks form.
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Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\text {® }}\) Recipe.

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Per serving: 429 Calories (kcal); 26g Total Fat; (53\% calories from fat); 3g Protein; 47g Carbohydrate; 41mg Cholesterol; 127mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fruit; 5 Fat; 1 Other Carbohydrates

Nutr. Assoc. : 40980441026911213070654300161626031
* Exported from MasterCook *

\section*{Pecan Pie}

Recipe By
Serving Size \(\quad 8 \quad\) Preparation Time :0:00
Categories : Desserts Pies
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline & & Favorite Pastry for One-Crust Pie -- (see recipe) \\
\hline 2/3 & cup & sugar \\
\hline 1/3 & cup & stick margarine or butter -- melted* \\
\hline 1 1/2 & cup & corn syrup
salt \\
\hline 3 & large & eggs \\
\hline 1 & cup & pecan halves or broken pecans \\
\hline
\end{tabular}

Heat oven to \(375^{\circ}\). Prepare pastry.
Beat sugar, margarine, corn syrup, salt and eggs in medium bow with wire whisk or hand beater until well blended. Stir in pecans. Pour into pastry-lined pie plate.

Bake 40 to 50 minutes or until center is set.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\oplus}\) Recipe.

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Yield:
"1 Pie"

Per serving: 496 Calories (kcal); 27g Total Fat; (47\% calories from fat); 5g Protein; 63g Carbohydrate; 78 mg Cholesterol; 426 mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 5 Fat; 3 Other Carbohydrates

NOTES : *Spreads with at least \(65 \%\) vegetable oil can be substituted.
Lighter Pecan Pie: For less fat and fewer calories per serving, decrease the margarine to \(1 / 4\) cup. Substitute 1 egg plus 4 egg whites for the 3 eggs. Add 1 teaspoon vanilla with the egg.

Kentucky Pecan Pie: Add 2 tablespoons bourbon with the corn syrup. Stir in 1 package ( 6 ounces) semisweet chocolate chips (1 cup) with the pecans.
Nutr. Assoc. : 0040980004431
```

* Exported from MasterCook *

```
            Favorite Pastry for 9-Inch One-Crust Pie
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & : 8 \\ \text { Preparation Time }: 0: 00\end{array}\)
Categories : Desserts Pies
\begin{tabular}{crl} 
Amount & Measure & Ingredient -- Preparation Method \\
-1 & cup & all-purpose flour \\
\(1 / 2\) & teaspoon & salt \\
\(1 / 3\) & cup & lard \\
& \(1 / 3\) & cup
\end{tabular}

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until ail flour is moistened and pastry almost cleans side of bow 1 ( 1 to 2 teaspoons water can be added if necessary).

Gather pastry into ball; shape into flattened round on lightly floured cloth-covered surface.

Ro11 pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll pastry under, even with plate. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into \(V\) shape; pinch again to sharpen. Fill and bake as directed in recipe.

For Baked Pie Shell: Heat oven to \(475^{\circ}\). Prick bottom and side thorough7y with fork. Bake 8 to 10 minutes or until light brown; cool.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Copyright:
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Yield:
"1 Crust"

Per serving: 134 Calories (kcal); 9g Total Fat; (59\% calories from fat); 2g Protein; 12g Carbohydrate; 8 mg Cholesterol; 134mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(11 / 2\) Fat; 0 Other Carbohydrates
```

                betty crocker best of baking recipes.txt
    Nutr. Assoc. : 0 0 0 0 2130706543 2777

```
```

* Exported from MasterCook *

```

\section*{Peppernuts}
\begin{tabular}{llll} 
Recipe By & \(:\) & \\
Serving Size & \(\vdots 96\) Preparation Time :0:00 & \\
Categories & \(:\) Cookies \& Brownies & Holiday
\end{tabular}
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 3/4 & cup & packed brown sugar \\
\hline 1/2 & cup & shortening \\
\hline 1/2 & cup & light molasses \\
\hline 1 & tablespoon & hot water \\
\hline 1 & & egg \\
\hline 3 & drops & anise oil \\
\hline & & OR \\
\hline 1/2 & teaspoon & anise extract \\
\hline \(31 / 3\) & cups & a11-purpose flour \\
\hline -1/2 & teaspoon & baking soda \\
\hline 1/2 & teaspoon & ground cinnamon \\
\hline 1/2 & teaspoon & ground cloves \\
\hline 1/4 & teaspoon & salt \\
\hline 1/8 & teaspoon & white pepper \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\). Mix brown sugar, shortening, molasses, water, egg and anise oil in large bowl. Stir in remaining ingredients. Knead dough until stiff enough to mold. Shape dough into \(3 / 4\)-inch balls. Place about 1 inch apart on ungreased cookie sheet.

Bake about 12 minutes or until bottoms are golden brown. Remove from cookie sheet. Cool on wire rack.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Description:
"These spicy, crunchy morsels are Christmas favorites. The traditional
German spelling is Pfeffernusse, and many people like to call them by
this name."
Copyright:
"@ Genera1 Mi11s, Inc. 1998."
Yield:
"96 Cookies"

```
Per serving: 37 Calories (kcal); \(1 g\) Total Fat; ( \(28 \%\) calories from fat); 1 g
Protein; 6g Carbohydrate; 2mg Cholesterol; 14mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0
Other Carbohydrates
NOTES : For traditionally hard Peppernuts, store in airtight container.
        For softer cookies, store with an apple or orange slice in
        airtight container, replacing fruit slice frequently.
Nutr. Assoc. : 00000002130706543000000
* Exported from MasterCook *
Pepperoni Pizza Bread (1 1/2-Pound Recipe)

Page 272
betty crocker best of baking recipes.txt
Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Bread Machine Breads


Make \(11 / 2\)-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer. Add pepperoni at the Raisin/Nut signal or 5 to 10 minutes before last kneading cycle ends.

Select Basic/white cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
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Yield:
"1 Loaf"

```
Per serving: 210 Calories (kcal); 7g Total Fat; (31\% calories from fat); 8g
Protein; 28g Carbohydrate; 13mg Cholesterol; 539mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); \(1 / 2\) Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat;
0 Other Carbohydrates
NOTES : We do not recommend this recipe for 1 1/2-pound bread machines
    with cast-aluminum pans in horizontal-loaf shape.
Nutr. Assoc. : 15820000313320190
* Exported from MasterCook *
    Pepperoni Pizza Bread (1-Pound Recipe)
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 8 \quad \text { Preparation Time }: 0: 00\end{array}\)
Categories : Bread Machine Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 3/4 & cup & water \\
\hline 2 & cups & bread flour \\
\hline 1/4 & cup & shredded Mozzarella cheese \\
\hline 1 & tablespoon & sugar \\
\hline 1 & teaspoon & garlic salt \\
\hline 1 & teaspoon & dried oregano leaves \\
\hline 1 & teaspoon & bread machine yeast \\
\hline 1/2 & cup & sliced pepperoni \\
\hline
\end{tabular}
betty crocker best of baking recipes.txt
Make \(11 / 2\)-pound recipe for bread machines that use 3 cups flour, or make 1 -pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer. Add pepperoni at the Raisin/Nut signal or 5 to 10 minutes before last kneading cycle ends.

Select Basic/white cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

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Yield:
"1 Loaf"

Per serving: 217 Calories (kcal); 8g Total Fat; (33\% calories from fat); 8g Protein; 27g Carbohydrate; 15mg Cholesterol; 574mg Sodium Food Exchanges: 1 1/2 Grain(Starch); \(1 / 2\) Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

NOTES : We do not recommend this recipe for \(11 / 2\)-pound bread machines with cast-aluminum pans in horizontal-loaf shape.
Nutr. Assoc. : 00000313320190
```

* Exported from MasterCook *

```

Pepperoni Pizza-Hamburger Pie
\begin{tabular}{lll} 
Recipe By & \(:\) & \\
Serving Size & \(\vdots\) \\
Categories & Beef
\end{tabular}\(\quad\) Preparation Time :0:00 \(\quad\) Main and Side Dishes
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & pound & lean ground beef \\
\hline 1/3 & cup & dry bread crumbs \\
\hline 1 & 1arge & egg \\
\hline 1 1/2 & teaspoons & chopped fresh oregano leaves OR \\
\hline 1/2 & teaspoon & dried oregano leaves \\
\hline 1/4 & teaspoon & salt \\
\hline 1/2 & cup & sliced mushrooms \\
\hline 1 & smal1 & green bel1 pepper \\
\hline 1/3 & cup & chopped pepperoni (2 ounces) \\
\hline 1/4 & cup & sliced rịpe olives \\
\hline 1 & cup & spaghetti sauce \\
\hline 1 & cup & shredded Mozzare11a cheese (4 ounces) \\
\hline
\end{tabular}

Heat oven to \(400^{\circ}\). Mix beef, bread crumbs, egg, oregano and salt; press evenly against bottom and side of ungreased pie plate, \(9 \times 11 / 4\) inches. Sprinkle mushrooms, bel1 pepper, pepperoni and olives into meat-1ined plate. Pour spaghetti sauce over toppings.

Bake uncovered 25 minutes or until beef is no longer pink in center and juice is clear; carefully drain. Sprinkle with cheese. Bake about 5 minutes longer or until cheese is light brown. Let pie stand 5 minutes before cutting.
betty crocker best of baking recipes.txt
Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Description:
"Ring a new change on a family favorite! This pie has the flavors of
traditional pizza-but with a ground beef crust!"
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"@ General Mills, Inc. 1998."
Yield:
"1 Pie"

Per serving: 362 Calories (kcal); 23g Total Fat; ( \(58 \%\) calories from fat); 24 g Protein; 14g Carbohydrate; 105mg Cholesterol; 791mg Sodium Food Exchanges: \(1 / 2\) Grain(Starch); 3 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 9018002605302130706543000444149710922
```

* Exported from MasterCook *

```

\section*{Pesto}
```

l}\begin{array}{l}{\mathrm{ Recipe By : 6 Serving Size : 6 Preparation Time :0:00}}

```
Categories : Main and Side Dishes Sauces
\begin{tabular}{rll} 
Amount & Measure & Ingredient -- Preparation Method \\
\hdashline 2 & & cups \\
\(3 / 4\) & firmly packed fresh basil leaves \\
\(3 / 4\) & cup & grated Parmesan cheese \\
\(1 / 4\) & cup & olive or vegetable oil
\end{tabular}

Place all ingredients in blender or food processor. Cover and blend on medium speed about 3 minutes, stopping occasionally to scrape sides, until smooth. Toss with hot cooked pasta, if desired.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\oplus}\) Recipe.

Copyright:
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Yield:
"1 1/3 Cups"

Per serving: 323 Calories (kcal); 33g Total Fat; (91\% calories from fat); 5g Protein; 2 g Carbohydrate; 8 mg Cholesterol; 191mg Sodium Food Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 6 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 333309869011270
```

* Exported from MasterCook *

```
betty crocker best of baking recipes.txt
Recipe By
Serving Size Categories : Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1/3 & cup & shortening \\
\hline 1/4 & cup & pesto \\
\hline 2 & cups & al1-purpose flour \\
\hline 3 & teaspoons & baking powder \\
\hline 1/2 & teaspoon & salt \\
\hline 1/2 & cup & milk (about) \\
\hline & & Grated Parmesan cheese \\
\hline
\end{tabular}

Heat oven to \(450^{\circ}\). Cut shortening and pesto into flour, baking powder and salt with pastry blender in large bowl until mixture resembles fine crumbs. Stir in just enough milk so dough leaves side of bowl and forms a ball.

Turn dough onto lightly floured surface; gently roll in flour to coat. Knead lightly 10 times. Roll or pat \(1 / 2\) inch thick. Cut with floured 2 \(1 / 2\)-inch biscuit cutter. Place about 1 inch apart on ungreased cookie sheet. Sprinkle with cheese.

Bake 10 to 12 minutes or until golden brown. Immediately remove from cookie sheet. Serve hot.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker` Recipe.
Copyright:
"O General mil1s, Inc. 1998."
Yield:
"10 biscuits"

```
Per serving: 188 Calories (kcal); 10 g Total Fat; ( \(48 \%\) calories from fat); 4 g
Protein; 20 g Carbohydrate; 2 mg Cholesterol; 301 mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 0
Other Carbohydrates
Nutr. Assoc. : 0444900040380
* Exported from MasterCook *
    Pesto Pinwheels
Recipe By
Serving Size \(\quad 40 \quad\) Preparation Time :0:00
Categories : Appetizers Holiday


Heat oven to \(400^{\circ}\). Roll each sheet of puff pastry on a very lightly floured surface into rectangle, \(14 \times 10\) inches. Spread \(1 / 2\) cup of the
betty crocker best of baking recipes.txt
Spinach Pesto evenly over each rectangle to within \(1 / 2\) inch of 1 ong sides. Loosely roll pastry from narrow end; brush edge of roll with egg and pinch into roll to seal. Cut into \(1 / 2\)-inch slices, using sharp knife. Place on ungreased cookie sheet.
Bake 8 to 10 minutes or until golden brown.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

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Yield:
"40 Appetizers"

Per serving: 78 Calories (kcal); 6 g Total Fat; ( \(65 \%\) calories from fat); 1g Protein; 6 g Carbohydrate; 5 mg Cholesterol; 41 mg Sodium Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 271400021307065430
```

* Exported from MasterCook *

```

\section*{Spinach Pesto}
\begin{tabular}{ll} 
Recipe By \\
Serving Size & : 60 Preparation Time \(: 0: 00\)
\end{tabular} Categories : Holiday

Sauces
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 4 & cups & firmly packed spinach (10 to 12 ounces) \\
\hline 1 & cup & firmly packed fresh basil \\
\hline 1/2 & cup & OR dried basil leaves \\
\hline 1 & cup & grated Parmesan cheese \\
\hline 1 & cup & olive oil \\
\hline 1/2 & cup & chopped pine nuts \\
\hline 1/2 & cup & chopped walnuts \\
\hline 1/2 & teaspoon & salt \\
\hline 1/4 & teaspoon & pepper \\
\hline 8 & cloves & garlic \\
\hline
\end{tabular}

Place 2 cups of spinach and remaining ingredients in food processor. Cover and process 1 minute. Add remaining spinach and process about 2 minutes, stopping processor occasionally to scrape sides, until finely chopped and smooth. (Or place all ingredients except spinach in blender. Cover and blend on high speed about 1 minute, stopping blender occasionally to scrape sides. Add spinach, 1 cup at a time, blending until smooth after each addition.) Store covered in refrigerator up to 3 days or in freezer up to 3 months.

\footnotetext{
Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

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}
```

Yield:
"7 1/2 Cups"

```
Per serving: 45 Calories (kcal); \(5 g\) Total Fat; ( \(88 \%\) calories from fat); 1g
Protein; trace Carbohydrate; 1 mg Cholesterol; 44 mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0
Other Carbohydrates
Nutr. Assoc. : 1423333202130706543002018702130706543000
* Exported from MasterCook *
    Pesto-Tomato Bread (1 1/2-Pound Recipe)
Recipe By \(\begin{aligned} & \text { Serving Size } \\ & \text { Se } \\ & 12\end{aligned}\) Preparation Time :0:00
\(\begin{array}{lll}\text { Serving Size } \\ \text { Categories } & \text { : Bread Machine } & \text { Preparation Time :0:00 }\end{array}\)
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1/3 & cup & coarsely chopped, softened* sun-dried tomatoes (not oil packed) \\
\hline 1 & cup & plus 2 tablespoons water \\
\hline 1/3 & cup & pesto \\
\hline 3 & cups & bread flour \\
\hline 2 & tablespoons & sugar \\
\hline 1 1/2 & teaspoons & salt \\
\hline 1 1/4 & teaspoons & bread machine yeast \\
\hline
\end{tabular}

Make \(11 / 2\)-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Description:
"The pesto adds a wonderful flavor to this bread. You can use any
pesto you want, whether it is conveniently bought from the grocery
store or you make it yourself with your favorite recipe. Either way,
it's delicious!"
Copyright:
"@ Genera1 Mi11s, Inc. 1998."
Yield:
"1 Loaf"

```

Per serving: 170 Calories (kcal); 4 g Total Fat; (19\% calories from fat); 6 g Protein; 28g Carbohydrate; 2 mg Cholesterol; 343mg Sodium Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : *Soak tomatoes in 1 cup very hot water about 10 minutes or until softened; drain.
Nutr. Assoc. : 1447158244490002019
betty crocker best of baking recipes.txt
```

* Exported from MasterCook *

```
                                    Pesto-Tomato Bread (1-Pound Recipe)
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 8 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Bread Machine
Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1/4 & cup & coarsely chopped, softened* sun-dried tomatoes (not oil packed) \\
\hline 3/4 & cup & water \\
\hline 1/4 & cup & pesto \\
\hline 2 & cups & bread flour \\
\hline 1 & tablespoon & sugar \\
\hline 1 3/4 & teaspoon & salt bread machine yeast \\
\hline 3/4 & teaspoon & bread machine yeast \\
\hline
\end{tabular}

Make \(11 / 2\)-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Description:
"The pesto adds a wonderful flavor to this bread. You can use any
pesto you want, whether it is conveniently bought from the grocery
store or you make it yourself with your favorite recipe. Either way,
it's delicious!"
Copyright:
"@ Genera1 Mi11s, Inc. 1998."
Yield:
"1 Loaf"

```
Per serving: 173 Calories (kcal); 4 g Total Fat; ( \(21 \%\) calories from fat); 6 g
Protein; 28g Carbohydrate; 2 mg Cholesterol; 352 mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat;
0 Other Carbohydrates
NOTES : *Soak tomatoes in 1 cup very hot water about 10 minutes or until
    softened; drain.
Nutr. Assoc. : 1447044490002019
* Exported from MasterCook *
Pizza Bites
\(\begin{array}{lll}\text { Recipe By } & \text { Breparation Time :0:00 } & \\ \text { Serving Size } & \text { Pretizers } \\ \text { Categories } & \text { Appetizers with Kids }\end{array}\)
                        Breads
    Amount Measure Ingredient -- Preparation Method
                                    Page 279
```

betty crocker best of baking recipes.txt
-------- ------------ ---------------------------------------
3
1/8
tablespoons margarine or butter -- softened
teaspoon instant minced garlic
1/2 (3 1/2 ounce) package thin7y sliced pepperoni
1
1/2 teaspoon dried oregano leaves
cup shredded Mozzarella cheese (4 ounces)

```
Heat oven to \(425^{\circ}\).

Split with fork, then toast:
3 English muffins
Mix in small bowl with spoon, then spread on muffin halves:
2 tablespoons margarine or butter, softened
1/8 teaspoon instant minced garlic
Cut each muffin half into 4 wedges. Put wedges, with sides touching, on cookie sheet.

Put 1 slice on each muffin wedge:
About \(1 / 2\) package (3 1/2-ounce size) thinly sliced pepperoni
Sprinkle over muffin wedges:
1 cup shredded Mozzarelia cheese (4 ounces)
1/2 teaspoon dried oregano leaves
Bake 8 to 10 minutes or until cheese is melted. Separate into wedges.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

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Per serving: 203 Calories (kcal); 13g Total Fat; (56\% calories from fat); 8g Protein; 14g Carbohydrate; 23mg Cholesterol; 424mg Sodium
Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates
```

NOTES : Utensils You Will Need
Toaster • Sma11 bow1 - Smal1 sharp knife • Measuring spoons •
Spoon • Sharp knife • Cutting board • Cookie sheet •
Dry-ingredient measuring cup . Pot holders

```
Nutr. Assoc. : 04098201304441261531016
* Exported from MasterCook *
                                    Pizza Casserole
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 6 \quad \text { Preparation Time :0:00 }\end{array}\)
\(\begin{array}{lll}\text { Serving Size } & \text { Preparation Time : } 0: 00 \quad \text { Main and Side Dishes } \\ \text { Categories } & \text { Casseroles }\end{array}\)
                                    Pasta
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 4 & cups & uncooked wagon wheel pasta (8 ounces) \\
\hline 1/2 & pound & bulk Italian sausage \\
\hline 1/4 & cup & sliced ripe olives \\
\hline 1 & (4 ounce) can & mushroom stems and pieces -- \\
\hline 1 & (28 ounce) jar & spaghetti sauce \\
\hline 1 & cup & shredded Mozzare11a cheese (4 ounce \\
\hline
\end{tabular}
betty crocker best of baking recipes.txt
Heat oven to \(350^{\circ}\).
Cook and drain pasta as directed on package.
while pasta is cooking, cook sausage in 10 -skillet over medium-high heat, stirring occasionally, until no longer pink; drain. Mix pasta, sausage and remaining ingredients except cheese in ungreased \(21 / 2\)-quart casserote.

Cover and bake about 30 minutes or until hot and bubbly: Sprinkle with cheese. Bake uncovered about 5 minutes or until cheese is melted.

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker \({ }^{\text {® }}\) Recipe.
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Per serving: 606 Calories (kcal); 25 g Total Fat; ( \(36 \%\) calories from fat); 21 g Protein; 75 g Carbohydrate; 46 mg Cholesterol; 1145 mg Sodium
Food Exchanges: \(31 / 2\) Grain(Starch); \(11 / 2\) Lean Meat; \(41 / 2\) vegetable; 0 Fruit; 4 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 4363377549712461026153
```

* Exported from MasterCook *

```

\section*{Pocket Pizza}

Recipe By
Serving Size 2 \(\quad\) Preparation Time :0:00
Categories : Baking with Kids
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & cup & all-purpose flour \\
\hline 1/3 & cup & milk \\
\hline 2 & tablespoons & vegetable oil \\
\hline 1 & teaspoon & baking powder \\
\hline 1/2 & teaspoon & salt \\
\hline & & Shortening Vegetable oil \\
\hline 1/4 & cup & pizza sauce \\
\hline 1/2 & cup & shredded Mozzarella cheese (2 ounces) \\
\hline 1 & tablespoon & finety chopped onion OR \\
\hline 1/4 & teaspoon & onion powder \\
\hline 1/8 & teaspoon & garlic powder (1/8 to 1/4 teaspoon) \\
\hline 1/2 & (3 1/2 ounce) & package thin7y sliced pepperoni \\
\hline 2 & tablespoons & pizza sauce (2 to 3 tablespoons) \\
\hline 1/2 & cup & shredded Mozzarella cheese (2 ounces) \\
\hline
\end{tabular}
Stir hard in small bowl with wooden spoon until dough leaves side of bowl (if dough seems dry, add 1 to 2 tablespoons milk):
1 cup al1-purpose flour
\(1 / 3\) cup milk
2 tablespoons vegetable oil
1 teaspoon baking powder
1/2 teaspoon salt
Sprinkle a clean surface (such as a kitchen counter or bread board) with flour. Put dough on surface. Roll ball of dough around 3 or 4 times. Knead Page 281
betty crocker best of baking recipes.txt
dough quickly and lightly by folding, pressing and turning. Repeat 10 times. Cover dough with bow 1 and 1 et stand 15 minutes.

Heat oven to \(425^{\circ}\).
Grease cookie sheet with: Shortening

Roll or pat dough into 12 -inch circle on lightly floured surface. Fold dough loosely in half. Put dough on cookie sheet, then unfold.
Brush dough lightly, using pastry brush, with: Vegetable oil

Layer on half of the dough circle in the order listed: 1/4 cup pizza sauce
\(1 / 2\) cup shredded Mozzare1la cheese (2 ounces)
1 tablespoon finely chopped onion or \(1 / 4\) teaspoon onion powder \(1 / 8\) to \(1 / 4\) teaspoon garlic powder
About \(1 / 2\) package ( \(31 / 2\)-ounce size) thinly sliced pepperoni
2 to 3 tablespoons pizza sauce
Another \(1 / 2\) cup shredded Mozzare11a cheese ( 2 ounces)
Fold dough over filling. Turn edge of lower dough over edge of top dough, then pinch edge to sea1. Poke top with fork.
Bake 20 to 25 minutes or until golden brown. Cut pizza in half.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
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```
Per serving: 712 Calories (kcal); 42g Total Fat; (53\% calories from fat); 26g
Protein; 58 g Carbohydrate; 76 mg Cholesterol; 1834mg Sodium
Food Exchanges: 3 Grain(Starch); \(21 / 2\) Lean Meat; 1 Vegetable; 0 Fruit; 7 Fat; 0
Other Carbohydrates
```

NOTES : Utensils You Wil1 Need
Cookie sheet • Pastry brush • Smal1 bow1 • Dry-ingredient
measuring cups • Liquid measuring cup - Measuring spoons • Wooden
spoon • Rolling pin • Ruler • Scissors • Fork • Pot holders

```
Nutr. Assoc. : 00000000261530021307065436194440452026153
* Exported from MasterCook *
                        Polenta with Cheese
\(\begin{array}{lll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 6 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Main and Side Dishes \(\quad\) Rice and Grains
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & cup & yellow cornmeal \\
\hline 3/4 & cup & water \\
\hline \(31 / 4\) & cups & boiling water \\
\hline 2 & teaspoons & salt \\
\hline 1 & tablespoon & margarine or butter \\
\hline 1 & cup & grated Parmesan cheese \\
\hline
\end{tabular}
betty crocker best of baking recipes.txt
cup shredded Swiss cheese
Heat oven to \(350^{\circ}\). Grease \(11 / 2\)-quart casserole. Mix cornmeal and \(3 / 4\) cup water in 2-quart saucepan. Stir in \(31 / 4\) cups boiling water and the salt. Cook over medium-high heat, stirring constantly, until mixture thickens and boils; reduce heat. Cover and simmer 10 minutes, stirring occasionally; remove from heat. Stir until smooth.

Spread one-third of the polenta in casserole; dot with one-third of the margarine and sprinkle with \(1 / 3\) cup of the Parmesan cheese. Repeat twice. Sprinkle with Swiss cheese. Bake uncovered 15 to 20 minutes or until hot and bubbly.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

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Per serving: 186 Calories (kcal); 8 g Total Fat; (39\% calories from fat); 9g Protein; 19g Carbohydrate; 16mg Cholesterol; 1003mg Sodium Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

Serving Ideas : Serve this satisfying polenta with grilled chicken.

Nutr. Assoc. : 0000409800
* Exported from MasterCook *

Pork Roast with Rosemary
Recipe By
Serving Size
:
12. Preparation Time \(: 0: 00\)
Categories : Main and Side Dishes Pork


Please note, if you should change this recipe it will no longer be an Page 283
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approved Betty Crocker \({ }^{\oplus}\) Recipe.
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Per serving: 143 Calories (kcal); 7 g Total Fat; ( \(47 \%\) calories from fat); 17 g Protein; 1 g Carbohydrate; 43 mg Cholesterol; 224 mg Sodium
Food Exchanges: 0 Grain(Starch); \(21 / 2\) Lean Meat; 0 Vegetable; 0 Fruit; \(1 / 2\) Fat; 0 Other Carbohydrates

Nutr. Assoc. : 263842605500040980986
* Exported from MasterCook *

Potato Refrigerator Dough
Recipe By
Serving Size \(\quad 0 \quad\) Preparation Time :0:00
Categories : Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & package & active dry yeast \\
\hline 1 1/2 & cups & warm water ( \(105^{\circ}\) to \(115{ }^{\circ}\) ) \\
\hline 1 2/3 & cup & sugar \\
\hline \(11 / 2\) & teaspoons & salt \\
\hline 2/3 & cup & shortening \\
\hline 2 & & eggs \\
\hline 1 & cup & 1ukewarm mashed potatoes* \\
\hline 6 1/2 & cups & al1-purpose flour** (6 1/2 to 7 cups) \\
\hline
\end{tabular}

Dissolve yeast in warm water in large mixing bowl. Stir in sugar, salt, shortening, eggs, potatoes and 4 cups of the flour. Beat until smooth. Mix in enough remaining flour to make dough easy to handle.

Turn dough onto lightly floured surface; knead until smooth and elastic about 5 minutes. Place in greased bow1; turn greased side up. Cover bow 1 tightly; refrigerate at least 8 hours but no longer than 5 days. Punch down dough. Shape, let rise and bake as directed.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\oplus}\) Recipe.

Description:
"Thịs versatile dough makes so many delicious rolls! Use it to make
Braided Dinner Rolls to Hamburger Buns."
Copyright:
"@ General Mills, Inc. 1998."
Yield:
"10 \(1 / 3\) cups"

Per serving: 4999 Calories (kcal); 158g Total Fat; ( \(28 \%\) calories from fat) ; 102g Protein; 784g Carbohydrate; 378mg Cholesterol; 3832mg Sodium
Food Exchanges: 42 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 0 Fruit; 29 Fat;
9 Other Carbohydrates
NOTES : *Instant mashed potatoes can be substituted for the mashed potatoes; prepare as directed on package for 2 servings
**If using self-rising flour, omit salt.
Page 284
```

        betty crocker best of baking recipes.txt
    Nutr. Assoc. : 0 5472 0 0 0 0 4113 14

* Exported from MasterCook *
Potato Skins Olé
Recipe By
Categories : Main and Side Dishes Potatoes

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 4 | large | potatoes (about 2 pounds) -- baked |
| 2 | tablespoons | margarine or butter -- melted |
| 1 | cup | shredded Colby-Monterey Jack cheese (4 ounces) |
| 1/2 | cup | sour cream |
| 1/2 | cup | sliced green onions (5 medium) |
| 1/4 | cup | salsa |

```

Let potatoes stand until cool enough to handle. Cut potatoes lengthwise into fourths; carefully scoop out pulp, leaving 1/4-inch shells. Save potato pulp for another use.

Set oven control to broil. Place potato shells, skin sides down, in broiler pan. Brush potato flesh with margarine. Broil 4 to 5 inches from heat 8 to 10 minutes or until crisp and brown.

Sprinkle cheese over potato shells. Broil about 30 seconds or until cheese is melted. Mix sour cream and onions; spoon onto potatoes. Top with salsa.

8 servings (2 shells each)
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Description:
"In this Tex-Mex version of a popular appetizer, the potato skins are
baked, not fried."
Copyright:
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```
Per serving: 144 Calories (kcal); 9 g Total Fat; (56\% calories from fat); 2g
Protein; 14 g Carbohydrate; 6 mg Cholesterol; 83 mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 0
Other Carbohydrates
Nutr. Assoc. : 4600409849230200300
* Exported from MasterCook *
    Potato-Chive Bread (1 1/2-Pound Recipe)
Recipe By
Serving Size
:
12 Preparation Time :0:00
Categories : Bread Machine Breads
    Amount Measure Ingredient -- Preparation Method
\begin{tabular}{|c|c|c|}
\hline & \multicolumn{2}{|r|}{betty crocker best of baking recipes.txt} \\
\hline 1 & cup & plus 2 tablespoons water \\
\hline 2 & tablespoons & margarine or butter -- softened \\
\hline 3 & cups & bread flour \\
\hline 1/2 & cup & mashed potato mix (dry) \\
\hline 1/4 & cup & chopped fresh chives \\
\hline & & OR \\
\hline 2 & tablespoons & freeze-dried chives \\
\hline 1 & tablespoon & sugar \\
\hline \(11 / 2\) & teaspoons & salt \\
\hline \(23 / 4\) & teaspoons & bread machine yeast \\
\hline
\end{tabular}

Make \(11 / 2\)-pound recipe for bread machines that use 3 cups flour, or make 1 -pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"1 Loaf"

Per serving: 155 Calories (kcal); 3 g Total Fat; (14\% calories from fat); 5 g Protein; 28g Carbohydrate; 5mg Cholesterol; 290mg Sodium Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(1 / 2\) Fat; 0 Other Carbohydrates

Serving Ideas : This bread, flavored with chives, is very nice toasted and served with salmon or salmon cream cheese.

Nutr. Assoc. : 1582239404112002130706543002019
```

* Exported from MasterCook *

```
                                    Potato-Chive Bread (1-Pound Recipe)
\begin{tabular}{ll} 
Recipe By \\
Serving Size & \(: 8\) \\
Separation Time \(: 0: 00\)
\end{tabular}
Categories : Bread Machine Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 3/4 & cup & water \\
\hline 1 & tablespoon & margarine or butter -- softened \\
\hline 2 & cups & bread flour \\
\hline 1/3 & cup & mashed potato mix (dry) \\
\hline 2 & tablespoons & chopped fresh chives \\
\hline 1 & tablespoon & freeze-dried chives \\
\hline 2 & teaspoons & sugar \\
\hline 1 & teaspoon & salt \\
\hline \(13 / 4\) & teaspoons & bread machine yeast \\
\hline
\end{tabular}

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1 -pound recipe for bread machines that use 2 cups flour.
betty crocker best of baking recipes.txt
Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\oplus}\) Recipe.

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Yield:
"1 Loaf"

Per serving: 150 Calories (kcal); \(2 g\) Total Fat; (12\% calories from fat); 5 g Protein; 28 g Carbohydrate; 4 mg Cholesterol; 285 mg Sodium
Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(1 / 2\) Fat; 0 Other Carbohydrates
Serving Ideas : This bread, flavored with chives, is very nice toasted and served with salmon or salmon cream cheese.

Nutr. Assoc. : 0239404112002130706543002019
```

* Exported from MasterCook *

```

\section*{Potato-Tarragon Casserole Bread}

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline \(31 / 2\) & cups & all-purpose flour \\
\hline 1 & tablespoon & chopped fresh tarragon leaves \\
\hline 1 & teaspoon & dried tarragon leaves \\
\hline 1 & teaspoon & salt \\
\hline 1 & package & regular or quick-acting active dry yeast \\
\hline 3/4 & cup & very warm milk ( \(120^{\circ}\) to \(130^{\circ}\) ) \\
\hline 1/2 & cup & very warm water ( \(120^{\circ}\) to \(130^{\circ}\) ) \\
\hline 1/3 & cup & margarine or butter -- softened \\
\hline \(13 / 4\) & cup & egg lukewarm mashed potatoes \\
\hline
\end{tabular}

Grease 2 -quart casserole. Mix \(11 / 2\) cups of the flour, the tarragon, salt and yeast in large bowl. Add warm milk, warm water, margarine and egg. Beat on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 2 minutes, scraping bowl occasionally. Stir in remaining flour and the potatoes. Spread evenly in casserole. cover and let rise in warm place about 45 minutes or until double. (Batter is ready if indentation remains when touched with floured finger.)
Place oven rack in lowest position. Heat oven to \(375^{\circ}\). Bake 45 to 50 minutes or until loaf is golden brown and sounds hollow when tapped; remove from casserole. cool on wire rack.

Please note, if you should change this recipe it will no longer be an Page 287
betty crocker best of baking recipes.txt
approved Betty Crocker \({ }^{\ominus}\) Recipe.
```

Description:
"Casserole breads are no-knead yeast breads that are baked in
casserole dishes. If you don't have any leftover mashed potatoes,
prepare instant mashed potatoes as a quick alternative."
Copyright:
"@ General Mills, Inc. 1998."
Yield:
"1 Loaf"

```
Per serving: 205 Calories (kcal); 7g Total Fat; (29\% calories from fat); 5g
Protein; 31 g Carbohydrate; 18 mg Cholesterol; 281 mg Sodium
Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0
Other Carbohydrates
Nutr. Assoc. : 03412021307065430201941385472409804113
* Exported from MasterCook *
                    Pound Cake
Recipe By
Serving Size \(\quad 8 \quad\) Preparation Time :0:00
Categories : Cakes Desserts
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1/2 & cups & margarine or butter -- softened \\
\hline \(23 / 4\) & cups & sugar \\
\hline 5 & & eggs \\
\hline 1 & teaspoon & vanilla \\
\hline 3 & cups & al1-purpose flour* \\
\hline 1 & teaspoon & baking powder \\
\hline 1/4 & teaspoon & salt \\
\hline 1 & cup & evaporated milk \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\). Grease and flour tube pan, \(10 \times 4\) inches, or 12-cup bundt pan. Beat margarine, sugar, eggs and vanilla in large mixer bow on low speed, scraping bow 1 constantly, 30 seconds. Beat on high speed, scraping bow occasionally, 5 minutes. Beat in flour, baking powder and salt alternately with milk on low speed. Pour into pan.
Bake until toothpick inserted in center comes out clean, 70 to 80 minutes. cool in pan about 20 minutes; remove from pan.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"1 cake"

Per serving: 826 Calories (kcal); 40 g Total Fat; ( \(42 \%\) calories from fat); 11 g Protein; 109g Carbohydrate; 126 mg Cholesterol; 597 mg Sodium Food Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 7 1/2 Fat; 4 1/2 Other Carbohydrates
betty crocker best of baking recipes.txt
NOTES : *Do not use self-rising flour in this recipe.
Nutr. Assoc. : 409800014000
```

* Exported from MasterCook *

```

> Pul1-Apart Coffee Cake
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 16 \quad \text { Preparation Time }: 0: 00\end{array}\)
Categories : Baking with Kids Cakes
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 & cups & al1-purpose flour \\
\hline 1/3 & cup & sugar \\
\hline 1 & teaspoon & salt \\
\hline 1 & package & regular or quick-acting active dry yeast \\
\hline 1/2 & cup & milk \\
\hline 1/2 & cup & warm water \\
\hline 1/3 & cup & shortening or margarine or butter (from a stick) -- softened \\
\hline 1 & & egg \\
\hline 1 1/2 & cups & al1-purpose flour (1 1/2 to 2 cups) shortening \\
\hline 3/4 & cup & sugar \\
\hline 1/2 & cup & finely chopped nuts \\
\hline 1 & teaspoon & ground cinnamon \\
\hline 1/2 & cup & margarine or butter (1 stick) \\
\hline
\end{tabular}

Mix in large bowl with wooden spoon:
2 cups all-purpose flour
1/3 cup sugar
1 teaspoon sa7t
1 package regular or quick-acting active dry yeast
Heat in saucepan until very warm:
\(1 / 2\) cup milk
1/2 cup warm water
Stir into yeast mixture, then beat with wooden spoon until smooth:
The warm milk mixture
\(1 / 3\) cup shortening or margarine or butter (from a stick), softened
1 egg
Mix in enough to make dough easy to handle:
\(11 / 2\) to 2 cups al1-purpose flour
Sprinkle a clean surface (such as a kitchen counter or bread board) with flour. Put dough on surface. Roll ball of dough around 3 or 4 times. Knead dough quickly and lightly by folding, pressing and turning. Continue kneading about 5 minutes or until dough is smooth and elastic.

Grease large bowl with:
Shortening
Put dough in bowl, then turn greased side up. Cover dough with towel and let rise in warm place about \(11 / 2\) hours or until dough doubles. (Dough is ready if a mark stays when dough is touched.)

Grease tube pan with:
Shortening
Mix in small bowl:
3/4 cup sugar
\(1 / 2\) cup finely chopped nuts
1 teaspoon ground cinnamon
betty crocker best of baking recipes.txt
Melt in saucepan over low heat:
1/2 cup (1 stick) margarine or butter
Punch down dough with fist. Shape dough into 1 1/2-inch balls.
Dip each ball in margarine, then in sugar-nut mixture. Put a single layer of balls in pan so they just touch. (If pan has removable bottom, line with aluminum foil.) Top with another layer of balls. Cover and let rise in warm place about 40 minutes or until balls double.

Heat oven to \(375^{\circ}\).
Bake 35 to 40 minutes or until golden brown. (If coffee cake browns too quickly, cover loosely with aluminum foil.) Adult help: Loosen coffee cake from pan. Immediately turn pan upside down onto serving plate. Let pan stay a minute so margarine-sugar mixture can drizzle over coffee cake, then remove pan. Serve coffee cake while warm by pulling it apart with fingers or breaking apart with 2 forks.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
"O General Mills, Inc. 1998."
Yield:
"1 Cake"

Per serving: 274 Calories (kcal); 13 g Total Fat; ( \(41 \%\) calories from fat); 4 g Protein; 36 g Carbohydrate; 13 mg Cholesterol; 253 mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(21 / 2\) Fat; 1 Other Carbohydrates

NOTES : Utensils You will Need
1-quart saucepan • Liquid measuring cup • 2 large bowls • Kitchen
scissors • Wooden spoon • Dry-ingredient measuring cups • small
sharp knife - Measuring spoons - Kitchen towe1 - Ruler - Small
bow1. Tube pan, 10x4 inches - Pastry brush - Pot holders •
Serving plate • 2 forks
Nutr. Assoc. : 0 00201900409801400267704098
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* Exported from MasterCook *

```

\section*{Pumpkin Bread}
Recipe By
Serving Size
Categories : Breads Holiday
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & cup & sugar \\
\hline 1 & cup & canned pumpkin \\
\hline 1/3 & cup & vegetable oil \\
\hline 1 & teaspoon & vanilla \\
\hline \({ }_{1}^{2} 1 / 2\) & cups & eggs \({ }_{\text {all-purpose flour }}\) \\
\hline 1/2 & cup & coarsely chopped walnuts or pecans \\
\hline 2 & teaspoons & baking powder \\
\hline 1/2 & teaspoon & ground cinnamon \\
\hline 1/4 & teaspoon & salt ground cloves \\
\hline
\end{tabular}
betty crocker best of baking recipes.txt
Heat oven to \(350^{\circ}\). Grease bottom only of loaf pan, \(81 / 2 \times 41 / 2 \times 21 / 2\) inches or \(9 \times 5 \times 3\) inches. Mix sugar, pumpkin, oil, vanilla and eggs in large bowl. Stir in remaining ingredients. Pour into pan.
Bake 50 to 60 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaf from pan; remove from pan. Cool completely on wire rack before slicing. Store tightly wrapped in refrigerator up to 1 week.

1 loaf (24 slices)

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.
copyright:
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Yield:
"1 Loaf"

Per serving: 116 Calories (kcal); 5g Total Fat; (39\% calories from fat); 2g Protein; 16g Carbohydrate; 16 mg cholesterol; 69mg Sodium Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates
```

Nutr. Assoc. : 0 0 0 0 0 0 2677 0 0 0 0

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* Exported from MasterCook *

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Pumpkin Cheesecake
```

Recipe By : 20 Preparation Time :0:00
Serving Size ! 20 Preparation Time :0:00 Desserts

```
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline \(11 / 2\) & cups & graham cracker crumbs \\
\hline 1/2 & cup & finely chopped pecans \\
\hline 1/3 & cup & packed brown sugar \\
\hline 1/2 & (8 ounce) cup & margarine or butter -- melted \\
\hline 3 & (8 ounce) pack & kages cream cheese -- softened \\
\hline \(1^{1 / 2}\) & cup & \begin{tabular}{l}
sour cream \\
packed brown sugar
\end{tabular} \\
\hline 2 & teaspoons & ground cinnamon \\
\hline 1/2 & teaspoon & ground nutmeg \\
\hline 1/2 & teaspoon & ground ginger \\
\hline 1/4 & teaspoon & ground allspice \\
\hline \(\frac{1}{3}\) & (16 ounce) can & pumpkin \\
\hline 3 & & eggs Caramelized Sugar -- (recipe follows) \\
\hline 1 & up & CARAMELIZED SUGAR sugar \\
\hline 3 & tablespoons & water \\
\hline
\end{tabular}

Mix graham cracker crumbs, pecans, \(1 / 3\) cup brown sugar and the margarine. Press evenly on bottom and side of ungreased springform pan, \(9 \times 3\) inches. Refrigerate 20 minutes.

Heat oven to \(300^{\circ}\). Beat cream cheese, sour cream, 1 cup brown sugar and Page 291
betty crocker best of baking recipes.txt
the spices in large bowl on medium speed until smooth. Add pumpkin. Beat in eggs on low speed. Pour over crumb mixture.

Bake about 1 hour 15 minutes or until center is firm. Cover and refrigerate at least 3 hours but no longer than 48 hours.

Prepare Caramelized Sugar; drizzle with fork over top of chilled cheesecake. Loosen cheesecake from side of pan; remove side of pan. Place cheesecake on plate. Refrigerate any remaining cheesecake immediately.

\section*{CARAMELIZED SUGAR:}

Combine sugar and water in smal1 saucepan. Boil mixture over medium heat, stirring until sugar is dissolved. Boil syrup, without stirring, until golden brown. Remove from heat and gently swirl until syrup stops cooking. Let caramel cool about 1 minute or until thick enough to drizzle from fork.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Description:
"A wonderful variation on cheesecake, which could easily become a
favorite Thanksgiving dessert."
Copyright:
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Yield:
"1 Cheesecake"

Per serving: 329 Calories (kcal); 21g Total Fat; (55\% calories from fat); 5g Protein; 33g Carbohydrate; 68mg Cholesterol; 210mg Sodium Food Exchanges: \(1 / 2\) Grain(Starch); \(1 / 2\) Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat; 1 1/2 Other Carbohydrates

Nutr. Assoc. : 0201480409800000000021307065430000
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* Exported from MasterCook *

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\section*{Pumpkin Pecan Cheesecake}
\begin{tabular}{ll} 
Recipe By \\
Serving Size \\
Categories & \(\vdots\)
\end{tabular} \begin{tabular}{l} 
Cakes \\
Holiday
\end{tabular}\(\quad\) Preparation Time :0:00
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 1/4 & cups & pecan shortbread cookie crumbs (about ten 2 inch cookies) \\
\hline 2 & tablespoons & margarine or butter -- melted \\
\hline 3 & (8 ounce) pack & kages cream cheese -- softened \\
\hline 1 & cup & sugar \\
\hline 1 & teaspoon & ground cinnamon \\
\hline 1 & teaspoon & ground ginger \\
\hline 1/2 & teaspoon & ground cloves \\
\hline 1 & (16 ounce) can & n pumpkin \\
\hline 4 & & eggs \\
\hline 2 & tablespoons & sugar \\
\hline 16 & & pecan halves \\
\hline 3/4 & cup & whipping (heavy) cream \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\). Mix cookie crumbs and margarine. Press even7y on bottom Page 292
betty crocker best of baking recipes.txt
of ungreased springform pan, \(9 \times 3\) inches. Bake 10 minutes; cool. Reduce oven temperature to \(300^{\circ}\).

Beat cream cheese, 1 cup sugar, the cinnamon, ginger and cloves in large bow 1 on medium speed until smooth and fluffy. Beat in pumpkin. Beat in eggs, one at a time, on low speed. Pour over baked layer.

Bake about 1 1/4 hours or until center is firm. Cover and refrigerate at least 3 hours until chilled.

Cook 2 tablespoons sugar and the pecan halves over medium heat, stirring frequently, until sugar is melted and pecans are coated. Immediately spread on dinner plate or aluminum foil; cool. Carefully break nuts apart to separate if necessary.

Loosen cheesecake from side of pan; remove side of pan. Beat whipping cream in chilled small bow 1 until stiff. Serve cheesecake with whipped cream and garnish with pecans. Refrigerate any remaining cheesecake.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.
```

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Yie7d:

```
    "1 Cheesecake"
Per serving: 338 Calories (kcal); 26g Total Fat; (66\% calories from fat); 5g
Protein; 24 g Carbohydrate; 113 mg Cholesterol; 205 mg Sodium
Food Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 4 Fat; 1
Other Carbohydrates
Nutr. Assoc. : 5822394473000026007000721
* Exported from MasterCook *
    Pumpkin-Cheese Pie
Recipe By
Serving Size
: \(9 \quad\) Preparation Time \(: 0: 00\)
Categories : Desserts Pies

```

betty crocker best of baking recipes.txt
1/4 teaspoon vanilla

```

Heat oven to \(350^{\circ}\). Prepare pastry. Beat cream cheese, sugar and flour in large mixer bowl until blended. Add remaining ingredients except topping; beat on medium speed until smooth. Pour into pastry-lined pie plate.

Bake until knife inserted in center comes out clean, 50 to 55 minutes. Immediately spread with Sour Cream Topping; cool. Refrigerate at least 4 hours.

SOUR CREAM TOPPING:
Mix all ingredients.

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker \({ }^{\circledR}\) Recipe.
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Yield:
"1 Pie"

Per serving: 324 Calories (kcal); 18 g Total Fat; ( \(49 \%\) calories from fat); 6 g Protein; 35g Carbohydrate; 97 mg Cholesterol; 215mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 3 1/2 Fat;
1 Other Carbohydrates
NOTES : *Self-rising flour can be used in this recipe.
Nutr. Assoc. : 000140200840000026007213070654300000
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* Exported from MasterCook *

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> Favorite Pastry for 9-Inch One-Crust Pie

Recipe By :
Serving.Size : 8 Preparation Time :0:00
Categories : Desserts
Pies
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & cup & al1-purpose flour \\
\hline 1/2 & teaspoon & salt \\
\hline 1/3 & cup & 1ard \\
\hline & & OR 1 dus 1 tablespoon shortening \\
\hline 21 & tablespoons & plus 1 tablespoon shortening cold water (2 to 3 tablespoons) \\
\hline
\end{tabular}

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bow ( 1 to 2 teaspoons water can be added if necessary).

Gather pastry into ball; shape into flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured
cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.
Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll pastry under, even with plate. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour

Page 294
betty crocker best of baking recipes.txt
occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into \(V\) shape; pinch again to sharpen. Fill and bake as directed in recipe.

For Baked Pie She11: Heat oven to \(475^{\circ}\) : Prick bottom and side thoroughly with fork. Bake 8 to 10 minutes or until light brown; cool.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"1 Crust"

Per serving: 134 Calories (kcal); 9 g Total Fat; ( \(59 \%\) calories from fat); 2 g Protein; 12g Carbohydrate; 8 mg Cholesterol; 134mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(11 / 2\) Fat; 0 Other Carbohydrates

Nutr. Assoc. : 000021307065432777
```

* Exported from MasterCook *

```

> Quiche Lorraine
\begin{tabular}{lll} 
Recipe By & \(:\) & \\
Serving Size & \(\vdots\) & Preparation Time \(: 0: 00\) \\
Categories & \(:\) Main and Side Dishes
\end{tabular}
```

Amount Measure
Ingredient -- Preparation Method
Pastry for 9-inch One-Crust Pie -- (recipe follows)
8
1 1/
1/3 cup
1/4 trarge
1/4 teaspoon
1/8 teaspoon ground red pepper (cayenne)
9-INCH ONE-CRUST PIE
1/3 cup plus 1 tablespoon shortening
1/3 cup lard
1/4 tablespoons
tablespoons cold water (2 to 3 tablespoons)
Heat oven to 425*. Prepare pastry. Ease into quiche dish, 9 < 1 1/2
inches, or pie plate, 9 < 1 1/4 inches. Sprinkle bacon, cheese and onion
in pastry-lined quiche dish. Beat eggs slightly; beat in remaining
ingredients. Pour into quiche dish.
Bake 15 minutes. Reduce oven temperature to 300'. Bake about 30 minutes
longer or until knife inserted in center comes out clean. Let stand 10
minutes before cutting.

```
9-INCH ONE-CRUST PIE:
betty crocker best of baking recipes.txt
Cut shortening into flour and salt, using pastry blender or crisscrossing 2 knives, until particles are size of coarse crumbs. Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons more water can be added if necessary).

Gather pastry into a ball. Shape into flattened round on lightly floured cloth-covered board.

Roll pastry into circle 2 inches larger than upside-down pie plate, \(9 \times 1\) \(1 / 4\) inches, or 2 inches larger than 10 - or 11-inch tart pan, with floured cloth-covered rolling pin. Fold pastry into fourths; place in pie plate: Unfold and ease into plate, pressing firmly against bottom and side. Trim overhanging edge of pastry.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

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Per serving: 617 Calories (kcal); 53g Total Fat; (77\% calories from fat); 15g Protein; 20g Carbohydrate; 258mg Cholesterol; 429mg Sodium Food Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 9 1/2 Fat; 0 Other Carbohydrates

NOTES : Mushroom Quiche: Add 1 can (4 ounces) mushroom stems and pieces, drained, and 1 jar (2 ounces) diced pimientos, we11 drained, with the bacon.

Seafood Quiche: Substitute 1 cup chopped cooked crabmeat, shrimp, seafood sticks or salmon for the bacon and green onion for the onion. (Pat crabmeat dry.) Increase salt to \(1 / 2\) teaspoon.
*If using self-rising flour, omit salt. Pie crusts made with
self-rising flour differ in flavor and texture from those made with all-purpose flour.
Nutr. Assoc. : 21307065430261540072100251400136802130706543 1402777
* Exported from MasterCook *

Quick B7ueberry Cobbler
Recipe By : 6 Preparation Time :0:00
Categories : Baking with Kids Desserts
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & (21 ounce) can & blueberry pie filling \\
\hline 1 & teaspoon & grated orange pee1, if you 1ike \\
\hline 1 & cup B & Bisquick Original baking mix \\
\hline 1 / & tablespoon s & sugar juice \\
\hline 1/4 & cup or & orange juice \\
\hline
\end{tabular}

Heat oven to \(400^{\circ}\).
Mix in casserole with wooden spoon:
1 can (21 ounces) blueberry pie filling
1 teaspoon grated orange peel, if you like
betty crocker best of baking recipes.txt
Bake uncovered about 15 minutes or until hot and bubbly.
while blueberry mixture is baking, stir in small bowl to make a soft dough:

1 cup Bisquick Original baking mix
1 tablespoon sugar
1/4 cup orange juice
1 tablespoon (from a stick) margarine or butter, softened
Adult help: Drop dough by 6 spoonfuls onto hot blueberry mixture. Bake uncovered 20 to 25 minutes or until topping is light brown. Cool slightly on wire rack. Serve warm.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

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Per serving: 227 Calories (kcal); 5 g Total Fat; ( \(18 \%\) calories from fat); 1 g Protein; 45g Carbohydrate; Omg Cholesterol; 320mg Sodium Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 2 Other Carbohydrates
```

NOTES : Utensils You Will Need
1 1/2-quart casserole - Can opener - wooden spoon • Small bowl •
Dry-ingredient measuring cup - Measuring spoons • Liquid measuring
cup - Small sharp knife - Tablespoon - Pot holders - Wire cooling
rack
Here's another idea. . . Make Quick Cherry-Almond Cobbler: Use 1
can (21 ounces) cherry pie filling in place of the blueberry pie
filling, 1/2 teaspoon almond extract in place of the orange peel
and 1/4 cup milk in place of the orange juice. Stir 2 tablespoons
toasted slivered almonds into the dough in step 4.
Nutr. Assoc. : 0 20085 2250 0 0 4098

```
* Exported from MasterCook *
                        Quick Cheeseburger Pie
Recipe By
Serving Size \(\quad 6 \quad\) Preparation Time :0:00
Categories : Baking with Kids Beef
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 & medium & onions \\
\hline 1 & & Shortening \\
\hline & teaspoon & pepper \\
\hline \(11 / 2\) & cups & milk \\
\hline 3 3/4 & large & eggs \\
\hline 3/4 & & Bisquick Original baking mix \\
\hline 2
1 & medium & tomatoes shredded Cheddar (4 ounces) \\
\hline 1 & cup & OR \\
\hline
\end{tabular}

Heat oven to \(400^{\circ}\).
betty crocker best of baking recipes.txt
Grease pie plate with:
shortening
Adult help: Wash, then chop with sharp knife:
2 medium onions
Cook in skillet over medium heat about 10 minutes, stirring often, until
beef is brown:
The chopped onions
1 pound ground beef
1/4 teaspoon pepper
Pour beef mixture into strainer to drain off any fat. Spread beef mixture in pie plate.

Put in blender, cover and blend on high speed 15 seconds (or use eggbeater or wire whisk), then pour over beef in pie plate:

1 1/2 cups milk
3 large eggs
3/4 cup Bìsquick Original baking mix
Bake 25 minutes.
Adult help: Meanwhile, wash, then cut into slices:
2 medium tomatoes
Adult help: Carefully remove pie from oven. Top with tomatoes, then sprinkle with:

1 cup shredded Cheddar or process American cheese (4 ounces)
Bake 5 to 8 minutes longer or until knife poked in center of pie comes out clean. Cool 5 minutes.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
'@ General Mil1s, Inc. 1998."
Yield:
"1 Pie"
Per serving: 372 Calories (kcal); 22g Total Fat; (53% calories from fat); 25g
Protein; 18g Carbohydrate; 168mg Cholesterol; 394mg Sodium
Food Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1 Vegetable; 0 Fruit; 2 1/2 Fat;
O Other Carbohydrates
NOTES : Utensils You Wil1 Need
Pie plate, 10x1 1/2 inches • Pastry brush . Sharp knife • Cutting
board • 10-inch skillet • Wooden spoon • Measuring spoons •
Strainer • Blender • Liquid measuring cup • Dry-ingredient
measuring cups • Pot holders • Knife
Nutr. Assoc. : 0 0 9018 0 0 0 2250 0 4922 0 2130706543

* Exported from MasterCook *
Quick Praline Bars
Recipe By : 48 Preparation Time :0:00
Categories : Cookies \& Brownies
Amount Measure Ingredient -- Preparation Method

Heat oven to $350^{\circ}$. Arrange graham crackers in single layer in ungreased jelly roll pan, $151 / 2 \times 101 / 2 \times 1$ inch. Heat brown sugar and margarine to boiling. Boil and stir 1 minute; remove from heat. Stir in vanilla. Pour over crackers; spread evenly. Sprinkle with pecans.

Bake 8 to 10 minutes or until bubbly. Cool slightly. Cut into $21 / 4 \times 1$ 1/4-inch bars.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

Copyright:
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Yie1d:
"48 Bars"

Per serving: 49 Calories (kcal); 3 g Total Fat; (55\% calories from fat); trace Protein; 5g Carbohydrate; Omg Cholesterol; 44mg Sodium Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; $1 / 2$ Fat; 0 Other Carbohydrates

NOTES : Tip
Cookies are best baked on a rack in the center of the oven. If two cookie sheets are in the oven at the same time ( $p$ laced on one oven rack in the upper third and one oven rack in the lower third of the oven), switch their positions halfway through baking time.
Nutr. Assoc. : 6490409800

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* Exported from MasterCook *
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## Raspberry Jam Cake

$\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 16 \text { Preparation Time :0:00 }\end{array}$
Categories : Cakes


|  | betty crocker best of baking recipes.txt |  |
| :--- | :--- | :---: |
| 1 | $1 / 4$ |  |
| 2 | cup packed brown sugar |  |

Heat oven to $350^{\circ}$. Grease and flour tube pan, $10 \times 4$ inches. Beat margarine and sugars in 3-quart bow1 on medium speed, scraping bow1 constantly, until blended. Beat on high speed 1 minute. Beat in eggs and preserves until well blended. (Mixture will appear curdled.) Beat in flour, baking powder, baking soda, nutmeg, cinnamon, salt and cloves alternately with buttermilk, beginning and ending with flour mixture, until well blended. Stir in pecans. Pour into pan.

Bake until toothpick inserted in center comes out clean and top springs back when touched lightly, 70 to 75 minutes. Cool 10 minutes; remove from pan. Cool completely on wire rack. Frost with Caramel Frosting.

## CARAMEL FROSTING:

Heat margarine in 2-quart saucepan until melted. Stir in brown sugar. Heat to boiling, stirring constantly. Boil and stir over low heat 2 minutes; stir in milk. Heat to boiling; remove from heat. Cool to lukewarm. Gradually stir in powdered sugar; beat until smooth and of spreading consistency. If frosting becomes too stiff, stir in additional milk, 1 teaspoon at a time.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

```
Description:
    "This rich dense cake keeps wel1 for several days, so it's easy to
    have on hand when neighbors and friends drop by to chat over a cup of
    coffee."
Copyright:
    "@ Genera1 Mil1s, Inc. 1998."
Yield:
    "1 cake"
```

Per serving: 524 Calories (kcal); 24 g Total Fat; (39\% calories from fat); 6g
Protein; 75 g Carbohydrate; 48 mg Cholesterol; 423 mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 4 1/2
Fat; 3 1/2 Other Carbohydrates
NOTES : Southwesterners are particularly fond of traditional southern
cakes, such as this spice-1aden jam cake. You'11 find that
blackberry is the jam of choice in Texas and the western states,
but in the Appalachian Mountain region, raspberry is the favorite.
One thing everyone agrees on is that the buttery caramel frosting
is just perfect!
Nutr. Assoc. : 4098000468400000000002130706543004098000

* Exported from MasterCook *
Raspberry-Cream Cheese Coffee Cake
$\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 12 \quad \text { Preparation Time :0:00 }\end{array}$
Categories : Breads
Cakes

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| $11 / 2$ | cups | all-purpose flour ( $1 / 2$ to 2 cups) |
| 2 | tablespoons | sugar |



Grease rectangular pan, $13 \times 9 \times 2$ inches. Mix 3/4 cup of the flour, the sugar, margarine, salt and yeast in large bowl. Stir in warm water. Beat on medium speed 2 minutes, scraping bowl occasionally. Stir in enough remaining flour until dough pulls away from side of bowl (dough will be sticky). Pat dough eventy in bottom and $1 / 2$ inch up side of pan, using floured fingers. Cover and let rest 15 minutes.

Heat oven to $375^{\circ}$. Prepare Cream Cheese Filling and Streusel Topping; reserve.

Bake crust 10 to 15 minutes or just until edges begin to brown. Spread Cream Cheese Filling over crust, almost to edges. Stir raspberry preserves; spoon evenly over filling. Sprinkle with Streusel Topping. Bake 20 to 25 minutes or just until almonds in topping begin to brown. Serve warm or let stand until cool. Refrigerate any remaining coffee cake.

## CREAM CHEESE FILLING:

Beat all ingredients on low speed about 1 minute or until smooth.
STREUSEL TOPPING:
Cut margarine into flour and sugar with pastry blender until crumbly. Stir in almonds.

```
Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Description:
    "Even though this elegant coffee cake is made with yeast, it's quick
    because there's no kneading or long rising time."
Copyright:
    "@ Genera1 Mil1s, Inc. 1998."
Yield:
    "1 cake"
```

Per serving: 268 Calories (kcal); 11g Total Fat; (36\% calories from fat); 4g Protein; 39g Carbohydrate; 21mg Cholesterol; 189mg Sodium
Food Exchanges: 1 Grain(Starch); $1 / 2$ Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 1 1/2 Other Carbohydrates

Nutr. Assoc. : 1404098026366547221307065432130706543468400000 004098000
betty crocker best of baking recipes.txt

```
* Exported from MasterCook *
                            Raspberry-white Chocolate Cream Cake
Recipe By Size : 8 Preparation Time :0:00
Categories : Cakes Holiday
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 3 & ounces & Raspberry Filling -- (recipe follows) \\
\hline & ounces & ng bar -- chopped \\
\hline \(21 / 4\) & cups & all-purpose flour \\
\hline \(11 / 2\) & cups & sugar \\
\hline 2 1/4 & teaspoons & baking powder \\
\hline 1/2 & teaspoon & salt \\
\hline \(12 / 3\) & cups & whipping (heavy) cream \\
\hline 3 & & eggs \\
\hline 1 & teaspoon & \begin{tabular}{l}
almond extract \\
White Chocolate Frosting -- (recipe follows)
\end{tabular} \\
\hline & & RASPBERRY FILLING \\
\hline 1/4 & cup & sugar \\
\hline 2 & tablespoons & cornstarch \\
\hline 1/8 & teaspoon & salt \\
\hline 1 & cup & raspberry-flavored wine cooler \\
\hline 1 & cup & sparkling raspberry juice \\
\hline 1 & tablespoon & margarine or butter \\
\hline 1/8 & teaspoon & almond extract \\
\hline 2 & drops & red food color (2 to 3 drops), if desired \\
\hline & & WHITE CHOCOLATE FROSTING \\
\hline 3 & ounces & white baking bar -- chopped \\
\hline 3 1/2 & cups & powdered sugar \\
\hline 1/4 & cup & margarine or butter -- softened \\
\hline 3 & tablespoons & plus 2 teaspoons raspberry-flavored wine cooler (3 to 4 tablespoons) \\
\hline 3 & tablespoons & OR plus 2 teaspoons water (3 to 4 \\
\hline & & tablespoons) \\
\hline 1/2 & teaspoon & almond extract \\
\hline
\end{tabular}
```

Prepare Raspberry Filling. Heat oven to $350^{\circ}$. Grease and flour 2 round pans, $8 \times 11 / 2$ inches or $9 \times 11 / 2$ inches. Heat white baking bar over low heat, stirring occasionally, until melted; cool. Mix flour, sugar, baking powder and salt; reserve. Beat whipping cream in chilled large bow 1 until stiff; reserve. Beat eggs about 5 minutes or until thick and lemon colored; beat in melted baking bar and almond extract.

Fold egg mixture into whipped cream. Add flour mixture, about $1 / 2$ cup at a time, folding gently after each addition until blended. Pour into pans.

Bake 8 -inch rounds 35 to 40 minutes, 9 -inch rounds 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans. Cool completely on wire racks.

Fill layers with Raspberry Filling. Prepare white Chocolate Frosting; spread over side and top of cake.

RASPBERRY FILLING:
Mix sugar, cornstarch and salt in $11 / 2$-quart saucepan. Stir in wine cooler. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute; remove from heat. Stir in remaining ingredients. Cover and refrigerate until chilled.
betty crocker best of baking recipes.txt

## WHITE CHOCOLATE FROSTING:

Heat white baking bar over low heat, stirring occasionally, until melted; cool. Beat melted baking bar and remaining ingredients in medium bowl on medium speed until smooth and of spreading consistency. If necessary, stir in additional wine cooler, 1 teaspoon at a time.

```
Please note, if you should change this recipe it will no longer be an
approved Betty Crocker` Recipe.
Copyright:
    "@ General Mil1s, Inc. 1998.'
Yield:
    "1 Cake"
```

Per serving: 862 Calories (kcal); 29g Total Fat; (30\% calories from fat); 8g
Protein; 141g Carbohydrate; 138mg Cholesterol; 388mg Sodium
Food Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; O Vegetable; 0 Fruit; 5 1/2
Fat; 6 1/2 Other Carbohydrates
Nutr. Assoc. : 213070654300000772100213070654300551900005603
721213070654340980470600005603560323942130706543
4706

* Exported from MasterCook *
Refrigerator Rol1 Dough
$\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 0 \quad \text { Preparation Time }: 0: 00\end{array}$
$\begin{array}{ll}\text { Serving Size } & \text { : Breads Preparation Time :0:00 Holiday } \\ \text { Categories }\end{array}$

| Amount | Measure | Ingredient -- Preparation Method |
| ---: | ---: | :--- |
| 1 | package | regular or quick-acting active dry yeast |
| 1 | $1 / 2$ | cups |
| 1 | cup | unseasoned $105^{\circ}$ to $115^{\circ}$ ) |
|  | $2 / 3$ | cup |

Dissolve yeast in warm water in large bowl. Stir in potatoes, sugar, shortening, salt, eggs and 3 cups of the flour. Beat until smooth. Mix in enough remaining flour to make dough easy to handle.

Turn dough onto lightly floured surface; gently roll in flour to coat.
Knead about 5 minutes or until smooth and elastic. Place in greased bowl; turn greased side up. Cover bow tightly; refrigerate at least 8 hours but no longer than 5 days.

Punch down dough; divide into 4 equal parts.

[^6]Copyright:

```
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    "@ General Mil1s, Inc. 1998."
Yield:
    "10 Cups"
Per serving: 4772 Calories (kca1); 158g Total Fat; (29% calories from fat); 95g
Protein; 737g Carbohydrate; 378mg Cholesterol; 3830mg Sodium
Food Exchanges: 39 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 0 Fruit; 29 Fat;
9 Other Carbohydrates
Nutr. Assoc. : 2019 5472 4113 0 0 0 0 14
* Exported from MasterCook *
            Reuben Pitas
Recipe By : 4 Preparation Time :0:00
Categories : Appetizers Baking with Kids
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 & & pita breads \\
\hline 6 & ounces & thinly sliced corned beef -- coarsely choppe \\
\hline 1 & (8 ounce) can & sauerkraut -- rinsed and well drained \\
\hline 1 & cup & shredded Swiss cheese (4 ounces) \\
\hline 1/3 & cup & Thousand Is7and dressing \\
\hline 2 & teaspoons & caraway seed, if you like \\
\hline
\end{tabular}
Heat oven to \(425^{\circ}\).
Adult help: Cut in half around edge with knife:
2 pita breads (about 6 inches across)
Mix in medium bowl with wooden spoon:
6 ounces thin7y sliced corned beef, coarsely chopped
1 can (8 ounces) sauerkraut, rinsed and wel1 drained
1 cup shredded Swiss cheese (4 ounces)
\(1 / 3\) cup Thousand Island dressing
2 teaspoons caraway seed, if you like
Spread beef mixture on pita bread halves. Put on cookie sheet.
Bake 5 to 7 minutes or until cheese is melted. Remove sandwiches from cookie sheet
with spatula.
```

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

Copyright:
"@ General Mills, Inc. 1998."
Yield:
"4 Sandwiches"

Per serving: 335 Calories (kcal); 17g Total Fat; (46\% calories from fat); 21g Protein; 24g Carbohydrate; 39mg Cholesterol; 1135mg Sodium Food Exchanges: 1 Grain(Starch); $21 / 2$ Lean Meat; $1 / 2$ Vegetable; 0 Fruit; $21 / 2$ Fat; 0 Other Carbohydrates

```
                            betty crocker best of baking recipes.txt
NOTES : Utensils You Will Need
    Cutting board • Sharp knife • Medium bowl - Can opener •
    Dry-ingredient measuring cups • Liquid measuring cups • Measuring
    spoon • Wooden spoon - Cookie sheet • Spatula
Nutr. Assoc. : 4513 5766 0 26154 1491 }25
```

```
* Exported from MasterCook *
```


## Roast Goose

| Recipe By | $\vdots$ |
| :--- | :--- |
| Serving Size | $\vdots$ |
| Categories | Game |
|  | Main and Side Dishes |$\quad$ Holiday


| Amount | Measure | Ingredient -- Preparation Method |
| :--- | :--- | :--- |
| -1 | large | goose (9 to 11 pounds) <br> Salt <br> potatoes (4 to 6) -- peeled and cut in half <br> Fresh1y ground pepper <br> Paprika |

Heat oven to $350^{\circ}$. Trim excess fat from goose. Rub cavity of goose lightly with salt. Fasten neck skin of goose to back with skewer. Fold wings across back with tips touching. Tie drumsticks to tail. Prick skin all over with fork. Place goose, breast side up, on rack in shallow roasting pan. Insert meat thermometer so tip is in thigh muscle and does not touch bone.

Roast uncovered 3 to $31 / 2$ hours, removing excess fat from pan occasionally, until thermometer registers $180^{\circ}$ or drumstick moves easily and juices run clear. If necessary, place a tent of aluminum foil loosely over goose to prevent excessive browning.

One hour and 15 minutes before goose is done, place potatoes in roasting pan around goose. Brush potatoes with goose fat; sprinkle with salt, pepper and paprika. When done, place goose and potatoes on heated platter. Cover and let stand 15 minutes for easier carving. Garnish with kumquats and parsley, if desired.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

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"@ Genera1 Mil1s, Inc. 1998."

Per serving: 508 Calories (kcal); 18g Total Fat; (33\% calories from fat); 61g Protein; 22 g Carbohydrate; 214 mg Cholesterol; 230 mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 8 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

```
Serving Ideas : This is nice served with Apple-Raisin Dressing.
```

```
Nutr. Assoc. : 26639 0 2135 0 0
```

```
* Exported from MasterCook *
```

    Roasted Garlic Bread (1 1/2-Pound Recipe)
    Recipe By :

```
Serving Size : 12
Preparation Time :0:00
Categories : Bread Machine Breads
```

| Amount | Measure | Ingredient -- Preparation Method |
| ---: | ---: | :--- |
| --1 | bulbs | Roasted Garlic -- (see directions) |
| 2 | cup | plus 2 tablespoons water |
| 1 | cups | olive or vegetable oil |
| 1 | tablespoad flour |  |
| 3 | cablespoons | sugar |
| 2 | teaspoon | salt |
| 1 | teaspoons | bread machine yeast |

Make $11 / 2$-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Prepare Roasted Garlic. After squeezing garlic out of cloves, mash garlic slightly to measure 3 tablespoons.

Measure carefully, placing all ingredients except Roasted Garlic in bread machine pan in the order recommended by the manufacturer. Add mashed garlic at the Raisin/Nut signal or 5 to 10 minutes before 1 ast kneading cycle ends.

Select Basic/white cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack.

Roasted Garlic:
Heat oven to $350^{\circ}$. Carefully peel away paperlike skin from around 2 garlic bulbs, leaving just enough to hold bulbs intact. Trim top of garlic bulb about $1 / 2$ inch to expose cloves. Place stem end down on 12 -inch square of aluminum foil. Drizzle each bulb with 2 teaspoons olive or vegetable oil. Wrap securely in foil; place in pie plate or shallow baking pan. Bake 45 to 50 minutes or until garlic is tender when pierced with toothpick or fork. Cool slightly. Gently squeeze garlic out of cloves.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

Description:
"It's easy to roast your own garlic for this bread. The garlic adds
such a wonderful flavor, you'11 want to make it again and again."
Copyright:
"@ General Mills, Inc. 1998."
Yie1d:
"1 Loaf"

Per serving: 143 Calories (kcal); 2g Total Fat; (10\% calories from fat); 4g
Protein; 27g Carbohydrate; Omg Cholesterol; 179mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0
Other Carbohydrates
NOTES : A 1-ounce bulb of garlic, roasted, equals about 1 tablespoon mashed garlic; a 2-ounce bulb equals about 2 tablespoons mashed garlic.
Nutr. Assoc. : 015829860002019

```
* Exported from MasterCook *
```

```
Roasted Garlic Bread (1-Pound Recipe)
```

betty crocker best of baking recipes.txt
$\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 8 \quad \text { Preparation Time :0:00 }\end{array}$
Categories : Bread Machine Breads

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 1 | bulb | Roasted Garlic -- (see directions) |
| 2/3 | cup | water |
|  | teaspoon | olive or vegetable oil |
| 2 | cups | bread flour |
| 1 | tablespoon | sugar |
| 1/2 | teaspoon | salt |
| 1 | teaspoon | bread machine yeast |

Make $11 / 2$-pound recipe for bread machines that use 3 cups flour, or make 1 -pound recipe for bread machines that use 2 cups flour.

Prepare Roasted Garlic. After squeezing garlic out of cloves, mash garlic slightly to measure 2 tablespoons.

Measure carefully, placing all ingredients except Roasted Garlic in bread machine pan in the order recommended by the manufacturer. Add mashed garlic at the Raisin/Nut signal or 5 to 10 minutes before last kneading cycle ends.

Select Basic/white cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack.

Roasted Garlic:
Heat oven to $350^{\circ}$. Carefully peel away paperlike skin from around 1 garlic bulbs, leaving just enough to hold bulb intact. Trim top of garlic bulb about $1 / 2$ inch to expose cloves. Place stem end down on 12 -inch square of aluminum foil. Drizzle bulb with 2 teaspoons olive or vegetable oil. Wrap securely in foil; place in pie plate or shallow baking pan. Bake 45 to 50 minutes or until garlic is tender when pierced with toothpick or fork. Cool slightly. Gently squeeze garlic out of cloves.

```
Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.
Description:
"It's easy to roast your own garlic for this bread. The garlic adds
such a wonderful flavor, you'11 want to make it again and again."
Copyright:
"© General Mills, Inc. 1998."
Yield:
"1 Loaf"
```

Per serving: 136 Calories (kcal); $1 g$ Total Fat; (7\% calories from fat); 4g
Protein; 27g Carbohydrate; 0mg Cholesterol; 135mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0
Other Carbohydrates
NOTES : A 1-ounce bulb of garlic, roasted, equals about 1 tablespoon mashed garlic; a 2-ounce bulb equals about 2 tablespoons mashed garlic.
Nutr. Assoc. : 009860002019

```
* Exported from MasterCook *
```

betty crocker best of baking recipes.txt
$\begin{array}{ll}\text { Recipe By } & \text { Serving Size } \\ \text { Separation Time } & \text { :0:00 }\end{array}$
Categories : Main and Side Dishes


Prepare Basic Pizza Dough and Simple Pizza Sauce. Heat oven to $425^{\circ}$. Grease pie plate, $10 \times 11 / 2$ inches. Divide dough in half. Press or roll one half into 13-inch circle on lightly floured surface; place in pie plate. Sprinkle sausage over dough in pie plate. Mix cheeses; sprinkle over sausage. Top with simple Pizza Sauce, mushrooms, salami, onion and basil; drizzie with oil.

Press or roll remaining dough into 11-inch circle on lightly floured surface; place over filling. Pinch edges of dough together to seal; roll edge of dough up, forming a rim. Prick top of dough thoroughly with fork; brush with egg.

Bake about 30 minutes or until golden brown. serve hot or cold.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

```
Description:
    "Rustic Pizza Pies, or focaccias, come from rural southern Italy.
    Focaccias are baked at a moderate heat to allow the ingredients inside
    to cook evenly, unlike pizza, which is cooked quickly at a high
    temperature.'
Copyright:
    "@ Genera1 Mil1s, Inc. 1998."
Yield:
    "2 Pizzas"
T(Bake):
    0:30"
```

Per serving: 332 Calories (kcal); 21g Total Fat; (57\% calories from fat); 15g Protein; 20g Carbohydrate; 73 mg Cholesterol; 760 mg Sodium
Food Exchanges: 1 Grain(Starch); $11 / 2$ Lean Meat; 1 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates

```
Nutr. Assoc. : 0 0 3775 26153 1198 0 4814 0 0 0 0
```

* Exported from MasterCook *
Basic Pizza Dough for Two Crusts
$\begin{array}{lll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 6 \text { Preparation Time :0:00 }\end{array}$
$\begin{array}{ll}\text { Serving Size } & \text { : } \\ \text { Categories } & \text { Preparation Tim } \\ \text { Main and Side Dishes }\end{array}$
betty crocker best of baking recipes.txt

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 2 | packages | active dry yeast |
| 1 | cup | warm water ( $105^{\circ}$ to $115^{\circ}$ ) |
| $21 / 3$ | cups | al1-purpose flour* (2 1/3 to $22 / 3$ cups) |
| 2 | teaspoons | olive oil |
| 1 | teaspoon | salt |
| 1/2 | teaspoon | sugar |

Dissolve yeast in warm water in large bowl. Stir in half of the flour, the oil, salt and sugar. Stir in enough of the remaining flour to make dough easy to handle. Turn dough onto lightly floured surface; knead about 10 minutes or until smooth and elastic. Place in greased bowl; turn greased side up. Cover and let rise in warm place for 20 minutes.

Punch down dough. Cover and refrigerate for at least 2 hours but no longer than 48 hours. (Punch down dough as necessary.)

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

```
Description:
    "Everyone loves pizza! This dough is great for Classic Four Seasons
    Pizza (see recipe) or to make pizza with your favorite toppings."
Copyright:
    "@ Genera1 Mil1s, Inc. 1998."
Yield:
    "2 Crusts"
```

Per serving: 198 Calories (kcal); 2g Total Fat; (9\% calories from fat); 6g
Protein; 38g Carbohydrate; Omg Cholesterol; 359mg Sodium
Food Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat;
0 Other Carbohydrates
NOTES : *If using self-rising flour, omit salt. One cup whole wheat flour
can be substituted for 1 cup of the al1-purpose flour if desired.
Tip
One pizza too many? Wrap the partially baked extra pizza, label
and freeze no longer than two months. Heat oven to $375^{\circ}$. Bake a
thin-crust pizza on a greased cookie sheet uncovered about 25
minutes and a thick-crust pizza about 55 minutes.
Nutr. Assoc. : 0547214000

* Exported from MasterCook *
Simple Pizza Sauce
Recipe By
Serving Size
0 $\quad$ Preparation Time :0:00
Categories : Main and Side Dishes Sauces

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 2 | (28 ounce) can | imported pear-shaped tomatoes |
| 1 | tablespoon | chopped fresh basil |
| 1 1/2 | teaspoons | dried oregano |
| 1 | teaspoon | freshly grated Romano cheese |
| 2 | teaspoons | extra-virgin olive oil |
| 1/4 | teaspoon | salt |
| 1/4 | teaspoon | pepper |

Place all ingredients in food processor or blender; cover and process until smooth. Use immediately or cover and refrigerate sauce up to 48 hours. Freeze up to 2 months. Thaw in refrigerator before using.

```
Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
    "© Genera1 Mil1s, Inc. 1998."
Yield:
    "3 Cups"
```

Per serving: 417 Calories (kcal); 12 g Total Fat; ( $22 \%$ calories from fat); 16 g
Protein; 75g Carbohydrate; 2 mg Cholesterol; 2913mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; $131 / 2$ Vegetable; 0 Fruit; 2 Fat;
0 Other Carbohydrates
Nutr. Assoc. : 247000200870000

* Exported from MasterCook *
Rutabaga Casserole
Recipe By
Serving Size
: $6 \quad$ Preparation Time $: 0: 00$
Categories : Casseroles $\quad$ Main and Side Dishes
Vegetables

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 2 | medium | ```rutabagas* (about 2 pounds) eggs -- beaten``` |
| 1/4 | cup | dry bread crumbs |
| 1/4 | cup | half-and-half |
| 2 | teaspoons | $\begin{aligned} & \text { sugar } \\ & \text { OR } \end{aligned}$ |
| 2 | teaspoons | corn syrup |
| 1 | teaspoon | salt |
| $21 / 4$ | teaspoon | ground nutmeg |
| 2 | tablespoons | margarine or butter |

Wash rutabagas; pee 1 thinly. Cut into $1 / 2$-inch cubes or 2 -inch pieces.
Boil cubes 20 to 25 minutes; boilp pieces 30 to 40 minutes or until tender.
Or steam 25 to 28 minutes or until tender.
Heat oven to $350^{\circ}$. Grease $11 / 2$-quart casserole.
Drain rutabagas, reserving $1 / 4$ cup cooking liquid. Mash rutabagas with
reserved liquid. Stir remaining ingredients except margarine into
rutabagas. Pour into casserole; dot with margarine.
Bake 45 to 50 minutes until top is light brown.
6 servings, about $3 / 4$ cup each

[^7]betty crocker best of baking recipes.txt
Copyright:
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Per serving: 109 Calories (kcal); 7g Total Fat; (55\% calories from fat); 3g Protein; 9g Carbohydrate; 66 mg Cholesterol; 470 mg Sodium
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

NOTES : *6 medium turnips (about 2 pounds) can be substituted for the rutabagas.
Nutr. Assoc. : 129200704002130706543004098

* Exported from MasterCook *

Sally Lunn

```
Recipe By 首 16 Preparation Time :0:00
Categories : Breads
```

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 2 | packages | active dry yeast |
| 1/2 | cup | warm water ( $105^{\circ}$ to $115{ }^{\circ}$ ) |
| $51 / 2$ | cups | al1-purpose flour* |
| 1/4 | cup | shortening |
| $11 / 2$ | cups | lukewarm milk (scalded then cooled) |
| 2 | tablespoons | sugar |
| $11 / 2$ | teaspoons | salt |
| 2 |  | eggs |

Dissolve yeast in warm water in large mixing bowl. Stir in remaining ingredients. Beat until smooth. Cover; let rise in warm place until double, about 1 hour.

Stir down batter by beating about 25 strokes. Spread in greased tube pan, $10 \times 4$ inches. Let rise to within 1 inch of top of pan, about 45 minutes.

Heat oven to $350^{\circ}$. Bake until loaf is golden brown and crusty, 45 to 50 minutes. Remove from pan; serve warm.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

Copyright:
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Yield:
"1 Cake"

Per serving: 211 Calories (kcal); 4g Total Fat; (19\% calories from fat); 6g
Protein; 36 g Carbohydrate; 24 mg Cholesterol; 220 mg Sodium
Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0
Other Carbohydrates
NOTES : *If using self-rising flour, omit salt.
Nutr. Assoc. : 054721404038000

```
* Exported from MasterCook *
```

```
Salsa Bread (1 1/2-Pound Recipe)
Page 311
```

betty crocker best of baking recipes.txt
$\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & : 12 \quad \text { Preparation Time :0:00 }\end{array}$
Categories : Bread Machine Breads

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 3/4 | cup | prepared salsa |
| 1/3 | cup | plus 1 tablespoon water |
| 2 | tablespoons | margarine or butter -- softened |
| 3 | cups | bread flour |
| 2 | tablespoons | chopped fresh cilantro |
| 2 | tablespoons | sugar |
| $11 / 2$ | teaspoons | salt |
| 2 | teaspoons | bread machine yeast |

Make $11 / 2$-pound recipe for bread machines that use 3 cups flour; make 1 -pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

```
Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
    "@ Genera1 Mi11s, Inc. 1998."
Yield:
    "1 Loaf"
```

Per serving: 155 Calories (kcal); 3 g Total Fat; (14\% calories from fat); 5 g
Protein; 28g Carbohydrate; 5 mg Cholesterol; 358mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat;
0 Other Carbohydrates
Nutr. Assoc. : 13251582239400002019

* Exported from MasterCook *
Salsa Bread (1-Pound Recipe)
$\begin{array}{ll}\text { Recipe By } & \text { Serving.Size } \\ \text { Sereparation Time } 0: 00\end{array}$
Categories : Bread Machine Breads

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 1/2 | cup | prepared salsa |
| 1/4 | cup | water |
| 1 | tablespoon | margarine or butter -- softened |
| 2 | cups | bread flour |
| 1 | tablespoon | chopped fresh cilantro |
| 1 | tablespoon | sugar |
| 1 | teaspoon | salt |
| 1 1/4 | teaspoons | bread machine yeast |

Make 1 1/2-pound recipe for bread machines that use 3 cups flour; make Page 312
betty crocker best of baking recipes.txt
1 -pound recipe for bread machines that use 2 cups flour.
Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

Copyright:
"@ General Mills, Inc. 1998."
Yield:
"1 Loaf"

Per serving: 149 Calories (kcal); 2 g Total Fat; (12\% calories from fat); 5 g Protein; 28g Carbohydrate; 4 mg Cholesterol; 353mg Sodium Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 13250239400002019

```
* Exported from MasterCook *
    Salted Peanut Crisps
Recipe By Size : 72 Preparation Time :0:00
Categories : Cookies & Brownies
\begin{tabular}{rrl} 
Amount & Measure & Ingredient -- Preparation Method \\
\hdashline \(1 / 2\) & cups & packed brown sugar \\
\(1 / 2\) & cup & margarine or butter -- softened \\
\(1 / 2\) & cup & shortening \\
2 & & eggs \\
2 & & teaspoons
\end{tabular}
```

Heat oven to $375^{\circ}$. Mix brown sugar, margarine, shortening, eggs and vanilla. Stir in remaining ingredients.

Drop dough by rounded teaspoonfuls about 2 inches apart onto lightly greased cookie sheet. Flatten with greased bottom of glass dipped in sugar.

Bake until golden brown, 8 to 10 minutes. Immediately remove from cookie sheet.

```
Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
    "@ Genera1 Mi11s, Inc. 1998."
Yield:
    "72 Cookies"
```

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```
Per serving: 85 Calories (kcal); 5g Total Fat; (50% calories from fat); 2g
Protein; 9g Carbohydrate; 5mg Cholesterol; 43mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2
Other Carbohydrates
NOTES : *If using self-rising flour, omit baking soda and salt.
Nutr. Assoc. : 0 4098 0 0 0 14 4405 0 0
* Exported from MasterCook *
    Santa Claus Cookies
Recipe By : % 18 Preparation Time :0:00
Categories : Cookies & Brownies Holiday
```

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| $\begin{array}{ll}1 & \\ 2 & 1 / 2 \\ 1 & \\ 1 & \\ 2 & \\ 1 & \end{array}$ | cup | granulated sugar |
|  | cup | shortening |
|  | tablespoons | milk |
|  | teaspoon | grated 1emon pee1 |
|  |  | egg |
|  | cups | al1-purpose flour |
|  | teaspoon | baking powder |
| 1/2 | teaspoon | baking soda |
| 1/2 | teaspoon | salt |
|  |  | Creamy Frosting -- (recipe follows) OR |
| $11 / 2$ | cups | Chocolate Frosting -- (see recipe) |
|  |  | Miniature marshmallows Red sugar |
|  |  | Currants or semisweet chocolate chips |
|  |  | Red cinnamon candies |
|  |  | Shredded coconut |
|  |  | CREAMY FROSTING |
| $11 / 2$ | cups | powdered sugar |
| 2 1/2 | tablespoons | water (2 to 3 tablespoons) |

Heat oven to $400^{\circ}$. Mix granulated sugar, shortening, milk, lemon peel and egg. Stir in flour, baking powder, baking soda and salt. shape dough into 1 1/4-inch balls. Place about 2 inches apart on ungreased cookie sheet. Flatten to about $21 / 2$-inches in diameter with greased bottom of glass dipped in sugar.

Bake until edges are light brown, 8 to 10 minutes. Cool on wire rack.
Spread 1 cookie with small amount of Creamy Frosting. (Frost and decorate cookies one at a time.) Sprinkle top third of cookie with red sugar. Press on miniature marshmallow for tassel of cap. Press 2 currants for the eyes and 1 red cinnamon candy for nose into center third of cookie. Sprinkle coconut over bottom third for beard.

CREAMY FROSTING:
Mix all ingredients until of desired consistency.

[^8]betty crocker best of baking recipes.txt

```
Copyright:
    @@ General Mills, Inc. 1998."
Yie1d:
    "18 Cookies"
```

Per serving: 236 Calories (kcal); 8g Total Fat; (29\% calories from fat); 2g
Protein; 40g Carbohydrate; 11mg Cholesterol; 135mg Sodium
Food Exchanges: $1 / 2$ Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat;
2 Other Carbohydrates
NOTES : Santa Claus Cookie Pops: After shaping dough into balls, insert
wooden ice-cream sticks halfway into balls; continue as directed.
Tip
To divide dough easily, press dough evenly in the bottom of a loaf
pan lined with waxed paper. Lift out the dough using the waxed
paper. Cut 3 strips lengthwise and 5 strips crosswise, then shape
into balls.
Nutr. Assoc. : 0000020084000000213070654302130706543000000000

* Exported from MasterCook *
Chocolate Frosting
Recipe By
Serving Size
: 54 Preparation Time $: 0: 00$
Categories $\quad$ : Cookies \& Brownies Holiday

| Amount | Measure | Ingredient -- Preparation Method |
| ---: | ---: | :--- |
| -2 | ounces | unsweetened chocolate |
| 2 | tablespoons | margarine or butter |
| 3 | tablespoons | water |
| 2 | cups | powdered sugar (about) |

Heat unsweetened chocolate and margarine in 1 1/2-quart saucepan over low heat, stirring until melted; remove from heat. Beat in water and powdered sugar until smooth and of spreading consistency.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

Copyright:
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Yield:
"2 1/2 Cups"

Per serving: 27 calories (kcal); 1g Total Fat; (31\% calories from fat); trace Protein; 5 g Carbohydrate; 0 mg Cholesterol; 5 mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates

```
Nutr. Assoc. : 0 4098 0 1191
```

```
* Exported from MasterCook *
```

betty crocker best of baking recipes.txt Sausage Biscuits

Recipe By :
Serving Size : 10 Preparation Time :0:00
Categories : Breads

| Amount | Measure | ngredient -- Preparation Method |
| :---: | :---: | :---: |
| 1/2 | pound | bulk pork sausage |
| 1/3 | cup | shortening |
| 2 | cups | a11-purpose flour |
| 3 | easpoons | baking powder |
| 1/4 | teaspoon | salt |
| 3/4 | cup | milk (about) |
| Heat oven to $450^{\circ}$. Cook sausage in 10 -inch skillet over medium heat, stirring frequently, until brown. Drain if necessary. Cool sausage slightly; crumble. |  |  |
|  |  |  |
|  |  |  |
| Cut shortening into flour, baking powder and salt with pastry blender large bowl until mixture resembles fine crumbs. Stir in sausage. Stir in just enough milk so dough leaves side of bowl and forms a ball. |  |  |
|  |  |  |
|  |  |  |
| Turn dough onto lightly floured surface; gently roll in flour to coatKnead 1 ightly 10 times. Roll or pat $1 / 2$ inch thick. Cut with floured 2 |  |  |
|  |  |  |
| 1/2-inch biscuit cutter. Place about 1 inch apart on ungreased cookie |  |  |
| sheet. |  |  |
| Bake 10 to 12 minutes or until golden brown. Immediately remove from cookie sheet. Serve hot. Refrigerate any remaining biscuits. |  |  |
|  |  |  |

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

```
Copyright:
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Yield:
    "10 Biscuits"
```

Per serving: 254 Calories (kcal); 16 g Total Fat; ( $58 \%$ calories from fat); 6 g
Protein; 21g Carbohydrate; 16mg Cholesterol; 361mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat;
0 Other Carbohydrates
NOTES : Making a delicious breakfast sandwich is a snap with these
biscuits. Use a 3 -inch biscuit cutter and bake the biscuits just a
few minutes longer. Split the warm biscuits and fill with eggs and
cheese.
Nutr. Assoc. : 238400004038

* Exported from MasterCook *
Sausage Pie
Recipe By
Serving Size
: $6 \quad$ Preparation Time $: 0: 00$
Categories : Main and Side Dishes Pork

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | ---: | :--- |
| $-1 / 2$ | pounds | bulk pork sausage |
| 1 | medium | onion -- chopped (about $1 / 2$ cup) |

    1
    and cored
1/3
1
1/2
2

```
```

```
```

                            betty crocker best of baking recipes.txt
    ```
```

```
                            betty crocker best of baking recipes.txt
```

```
```

                            betty crocker best of baking recipes.txt
    tablespoon sugar
    tablespoon sugar
    tablespoon sugar
    teaspoons salt
    teaspoons salt
    teaspoons salt
    medium head green cabbage (1 3/4 pounds) -- cut into large chunks
    medium head green cabbage (1 3/4 pounds) -- cut into large chunks
    medium head green cabbage (1 3/4 pounds) -- cut into large chunks
    1 (16 ounce) can whole tomatoes -- undrained
    1 (16 ounce) can whole tomatoes -- undrained
    1 (16 ounce) can whole tomatoes -- undrained
    2 tablespoons all-purpose flour One-Crust Pie -- (recipe follows)
2 tablespoons all-purpose flour One-Crust Pie -- (recipe follows)
2 tablespoons all-purpose flour One-Crust Pie -- (recipe follows)
cup cold water
cup cold water
cup cold water
ONE-CRUST PIE PASTRY
ONE-CRUST PIE PASTRY
ONE-CRUST PIE PASTRY
1/3 cup plus 1 tablespoon shortening

```
    1/3 cup plus 1 tablespoon shortening
```

    1/3 cup plus 1 tablespoon shortening
    ```
```

    1/2
    1
    2
1/4
tablespoons all-purpose flour
tablespoons all-purpose flour
tablespoons all-purpose flour
OR
OR
OR
cup 1ard
cup 1ard
cup 1ard
cup all-purpose flour
cup all-purpose flour
cup all-purpose flour
teaspoon salt
teaspoon salt
teaspoon salt
tablespoons cold water (2 to 3 tablespoons)

```
                tablespoons cold water (2 to 3 tablespoons)
```

                tablespoons cold water (2 to 3 tablespoons)
    ```

Cook and stir sausage and onion in Dutch oven until sausage is done;
drain. Stir in sugar, salt, cabbage and tomatoes. Heat to boiling; reduce
heat. Cover and simmer 10 minutes.
Heat oven to \(400^{\circ}\). Prepare pastry; shape into flattened round on lightly floured cloth-covered board, Roll' to fit top of 2 -quart casserole. Fold into fourths; cut slits so steam can escape.

Mix flour and water; stir into hot sausage mixture. Pour into ungreased casserole. Place pastry over top and unfold; seal pastry to edge of casserole. Bake until crust is brown, 25 to 30 minutes.

ONE-CRUST PIE PASTRY:
Cut shortening into flour and salt until particles are size of small peas. Sprinkle in water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons water can be added if necessary).

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

You may notice that the nutritional information calculated by Mastercook is different from the nutritional information listed in the Betty Crocker \({ }^{\circledR}\) cookbooks. Because MasterCook and Betty Crocker® \({ }^{\circledR}\) use different nutritional analysis programs and different nutrient databases, variations in results are expected.

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Yield:
"1 Pie"

Per serving: 727 Calories (kcal); 58g Total Fat; (71\% calories from fat); 19g Protein; 34 g Carbohydrate; 77 mg Cholesterol; 1608mg Sodium
Food Exchanges: 1 Grain(Starch); 2 Lean Meat; \(21 / 2\) Vegetable; 0 Fruit; 10 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 238400024162470213070654300001368021307065430 02777
```

* Exported from MasterCook *

```
```

betty crocker best of baking recipes.txt

```
```

Recipe By :

```
Recipe By :
Serving Size : 30 Preparation Time :0:00
Categories : Bread Machine Breads
```

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 3 | cups | bread flour |
| 1 | cup | plus 2 tablespoons water |
| 3 | tablespoons | margarine or butter -- softened |
| 2 | tablespoons | sugar |
| $21 / 4$ | teaspoons | bread machine yeast |
| 2 | teaspoons | dried rosemary leaves -- crushed |
| $11 / 2$ | teaspoons | salt |
| 1 | teaspoon | dried oregano leaves -- crushed |
| 1 | tablespoon | water |
| 1 |  | egg white |

Measure carefully, placing all ingredients except 1 tablespoon water and the egg white in bread machine pan in the order recommended by the manufacturer. Select Dough/ Manual cycle.

Grease cookie sheet. Divide dough into 30 equal pieces. Roll each piece into 8 -inch rope. Place 1 inch apart on cookie sheet. Cover and let rise in warm place 20 to 25 minutes or until puffy.

Heat oven to $350^{\circ}$. Beat 1 tablespoon water and the egg white; brush over dough. Bake 15 to 20 minutes or until golden brown.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

```
Copyright:
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Yield:
    "30 Breadsticks"
```

Per serving: 64 Calories (kcal); 1g Total Fat; (19\% calories from fat); 2g Protein; 11g Carbohydrate; trace Cholesterol; 123mg Sodium Food Exchanges: $1 / 2$ Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

```
Nutr. Assoc. : 0 1582 4098 0 3164 3152 0 3133 0 0
```

```
* Exported from MasterCook *
```

                                    Savory Calzones
    Recipe By
Serving Size
: $6 \quad$ Preparation Time $: 0: 00$
Categories : Bread Machine Breads

| Amount | Measure | Ingredient -- Preparation Method |
| ---: | ---: | :--- |
| $-1 / 2$ | cups | bread flour |
| 2 | $1 / 2$ | cup |
| 1 | water |  |
| 1 | tablespoon | olive or vegetable oil |
| $21 / 4$ | teaspoons | bread machine yeast |
| 1 | teaspoon | sugar |
| 1 | teaspoon | salt |
|  |  | Savory Filling -- (recipe follows) |
|  |  |  | egg -- slightly beaten

SAVORY FILLING sun-dried tomato halves (not oil-packed) pesto shredded Mozzarella or Provolone cheese (6 ounces)
ounces Canadian-style bacon or ham -- cut into thin strips
cup sliced mushrooms (3 ounces) Freshly ground pepper

Measure carefully, placing all ingredients except Savory Filling and egg in bread machine pan in the order recommended by the manufacturer. Select Dough/Manual cycle.

Heat oven to $375^{\circ}$. Grease cookie sheet. Divide dough into 6 equal pieces. Roll each piece into 7 -inch circle on lightly floured surface with floured rolling pin. Add Savory Filling. Fold dough over filling; fold edge up and pinch securely to seal. Place on cookie sheet. Brush with egg. Bake 25 to 30 minutes or until golden brown.

## SAVORY FILLING:

Soak tomatoes in 1 cup very hot water about 10 minutes or until softened; drain and finely chop. Spread 1 tablespoon pesto on each circle to within 1 inch of edge. Layer cheese, bacon, mushrooms and tomatoes on half of each circle to within 1 inch of edge. Sprinkle with pepper.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

```
Copyright:
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Yield:
    "6 Calzones"
```

Per serving: 434 Calories (kcal); 19g Total Fat; (38\% calories from fat); 21g
Protein; 45 g Carbohydrate; 70 mg Cholesterol; 844 mg Sodium
Food Exchanges: 3 Grain(Starch); 2 Lean Meat; 0 Vegetable; 0 Fruit; $21 / 2$ Fat; 0
Other Carbohydrates
Nutr. Assoc. : 009862019002130706543000044492615324349770

* Exported from MasterCook *
Savory Cheese Swir1
Recipe By
Serving Size
:
$16 \quad$ Preparation Time $: 0: 00$
Categories : Breads Holiday

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 1/2 |  | Refrigerator Roll Dough -- (see recipe) |
| 1 | cup | shredded Swiss or Mozzarella cheese (4 |
| 1/4 | cup | ounces) finely chopped red or green be11 pepper |
| 2 | tablespoons | finely chopped onion |
| 2 | tablespoons | mayonnaise |

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$1 \quad$ tablespoon chopped fresh cilantro leaves OR
1 teaspoon dried cilantro leaves
1/2 teaspoon ground cumin
Grease large cookie sheet. Rol1 dough into rectangle, $15 \times 10$ inches, on lightly floured surface. Mix $1 / 2$ cup of the cheese and the remaining ingredients. Spread cheese mixture over dough to within $1 / 2$ inch of edges. Rol1 up tightly, beginning at 15-inch side. Pinch edge of dough into roll to sea1. Stretch and shape until even.

Cut roll lengthwise in half, using kitchen scissors. Place end of one strip, cut side up, in center of cookie sheet; loosely coil strip. Place second strip, cut side up, end-to-end with first strip; pinch end together. Continue coiling second strip loosely around first strip; tuck end under coil. Cover and let rise in warm place about 25 minutes or until double. (Dough is ready if indentation remains when touched.)

Heat oven to $375^{\circ}$. Bake 20 to 25 minutes or until golden brown. Immediately sprinkle with remaining cheese. Serve warm.

```
1 loaf (16 slices)
```

```
Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
    "@ General Mil1s, Inc. 1998."
Yield:
    "1 Loaf"
```

Per serving: 189 Calories (kcal); 8 g Total Fat; (39\% calories from fat); 5 g
Protein; 24g Carbohydrate; 19mg Cholesterol; 148mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2
Other Carbohydrates
NOTES : You can substitute chopped, well-drained pimiento if red peppers
are not available, and you' 11 have the same cheerful effect.
Nutr. Assoc. : 02615420088000213070654320056021307065430

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* Exported from MasterCook *
```

                        Refrigerator Roll Dough
    Recipe By $\begin{aligned} & \text { Berving Size } 0 \quad \text { Preparation Time :0:00 }\end{aligned}$
Categories $\quad$ : Breads Holiday

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 1 | package | regular or quick-acting active dry yeast |
| 1 1/2 | cups | warm water ( $105^{\circ}$ to $115^{\circ}$ ) |
| 1 | cup | unseasoned lukewarm mashed potatoes |
| 2/3 | cup | sugar |
| 1 2/3 | cup | shortening |
| $11 / 2$ | teaspoons | salt |
| 2 |  | eggs flour (6 to 7 cups) |
| 6 | cups | al1-purpose flour (6 to 7 cups) |

Dissolve yeast in warm water in large bowl. Stir in potatoes, sugar, shortening, salt, eggs and 3 cups of the fiour. Beat until smooth. Mix in
betty crocker best of baking recipes.txt
enough remaining flour to make dough easy to handle.
Turn dough onto lightly floured surface; gently roll in flour to coat. Knead about 5 minutes or until smooth and elastic. Place in greased bowl; turn greased side up. Cover bow tightly; refrigerate at least 8 hours but no longer than 5 days.
Punch down dough; divide into 4 equal parts.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

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Yield:
"10 Cups"

Per serving: 4772 Calories (kcal); 158g Total Fat; (29\% calories from fat); 95g Protein; 737 g Carbohydrate; 378 mg Cholesterol; 3830 mg Sodium
Food Exchanges: 39 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 0 Fruit; 29 Fat; 9 Other Carbohydrates

Nutr. Assoc. : 201954724113000014

```
* Exported from MasterCook *
```

Savory Roasted Pepper Bread (1 1/2-Pound Recipe)

| Recipe By |  |  |
| :--- | :--- | :--- | :--- |
| Serving Size | Preparation Time :0:00 |  |
| Categories | Bread Machine | Breads |


| Amount | Measure | Ingredient -- Preparation Method |
| ---: | ---: | :--- |
| $3 / 4$ | cup | water |
| $1 / 4$ | cup | chopped roasted red bell peppers (from a |
| 1 |  | jar) |
| 2 |  | tablespoon |
| 3 | cloves | gargarine or butter -- softened |
| 3 | cups | bread flour |
| 2 |  | tablespoons |
| 1 | grated Parmesan cheese |  |
| 1 | $1 / 2$ | tablespoons |
| sugar |  |  |
| 2 | teaspoons | salt |

Make $11 / 2$-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.
Copyright:

```
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    "@ Genera1 Mil1s, Inc. 1998.'
Yield:
    "1 Loaf"
Per serving: 150 Calories (kcal); 2g Total Fat; (11% calories from fat); 5g
Protein; 28g Carbohydrate; 4mg Cholesterol; 301mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0
Other Carbohydrates
Nutr. Assoc. : 0 4752 2394 0 0 0 0 0 3091 2019
* Exported from MasterCook *
    Savory Roasted Pepper Bread (1-Pound Recipe)
Recipe By : % Preparation Time :0:00
Categories : Bread Machine Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1/2 & cup & water \\
\hline 3 & tablespoons & chopped roasted red be11 peppers jar) \\
\hline 2 & teaspoons & margarine or butter -- softened \\
\hline 1 & clove & garlic -- crushed \\
\hline 2 & cups & bread flour \\
\hline 2 & tablespoons & grated Parmesan cheese \\
\hline 1 & tablespoon & sugar \\
\hline 1 & teaspoon & salt \\
\hline 1 & teaspoon & dried basi! leaves \\
\hline 1 1/4 & teaspoons & bread machine yeast \\
\hline
\end{tabular}
```

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack.

```
Please note, if you should change this recipe it will no longer be an
approved Betty Crocker \({ }^{\circledR}\) Recipe.
Copyright:
    "@ General Mil1s, Inc. 1998.'
Yield:
    "1 Loaf"
```

Per serving: 147 Calories (kcal); 2g Total Fat; (11\% calories from fat); 5g Protein; 27g Carbohydrate; 1 mg Cholesterol; 302mg Sodium Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0475240980000030912019
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* Exported from MasterCook *

Savory Stuffed Mushrooms
Recipe By :
Serving Size : 36 Preparation Time :0:00
Categories : Appetizers Holiday

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 36 | medium | mushrooms (about 1 pound) |
| 1 | sma11 | onion -- chopped (about 1/4 cup) |
| 1/4 | cup | chopped green bell pepper |
| 2 | tablespoons | margarine or butter |
| 1 1/2 | cups | soft bread crumbs (about $21 / 2$ slices bread) |
| 1 1/2 | teaspoons | chopped fresh thyme leaves OR |
| 1/2 | teaspoon | dried thyme leaves |
| 1/2 | teaspoon | salt |
| 1/4 | teaspoon | ground turmeric |
| 1/4 | teaspoon | pepper |

Remove stems from mushrooms; reserve caps. Finely chop enough stems to measure $1 / 3$ cup. Cook mushroom stems, onion and be 11 pepper in margarine in 10-inch skillet about 5 minutes, stirring occasionally, until tender; remove from heat. Stir in remaining ingredients.

Heat oven to $350^{\circ}$. Lightly grease shallow baking dish, $12 \times 7 \times 1$ 1/2 inches, with nonstick cooking spray. Fill mushroom caps with bread crumb mixture. Place mushrooms, filled sides up in baking dish.

Bake uncovered 15 minutes. Set oven control to broil. Broil with tops 3 to 4 inches from heat about 2 minutes or until light brown.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

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Yield:
"36 Appetizers"

Per serving: 17 Calories (kcal); $1 g$ Total Fat; (39\% calories from fat); 1g Protein; 2g Carbohydrate; trace Cholesterol; 48mg Sodium Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 26405004098202262605802130706543000

```
* Exported from MasterCook *
```

> Scalloped Corn
$\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 4 \quad \text { Preparation Time :0:00 }\end{array}$
Categories : Main and Side Dishes Rice and Grains

Amount Measure Ingredient -- Preparation Method

```
betty crocker best of baking recipes.txt
            ears corn
tablespoons margarine or butter
            smal1 onion -- chopped (1/4 cup)
                            cup chopped green bell pepper
```

1/4
1/2
$1 / 2$
1/4
3/4
$1 / 3$

```
        tablespoons all-purpose flour
            teaspoon salt
            teaspoon paprika
            teaspoon ground mustard (dry)
            Dash pepper
                cup milk
            large egg -- slightly beaten
                cup fine dry cracker crumbs
                tablespoon margarine or butter -- melted
```

Prepare corn. Boil ears in enough unsalted cold water to cover. Add 1 tablespoon sugar and 1 tablespoon lemon juice to each gallon of water, if desired. Heat to boiling. Boil uncovered 2 minutes; remove from heat. Let stand uncovered 10 minutes. Or steam ears 6 to 9 minutes or until tender. Cut enough kernels from ears to measure 2 cups.

Heat oven to $350^{\circ}$.
Melt 2 tablespoons margarine in 1-quart saucepan over medium heat. Cook onion and bel1 pepper in margarine about 2 minutes, stirring occasionally, until onion is tender; remove from heat.

Stir in flour, salt, paprika, mustard and pepper. Cook, stirring
constantly, until mixture is bubbly; remove from heat. Gradually stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in corn and egg. Pour into ungreased 1-quart casserole.

Mix cracker crumbs and 1 tablespoon melted margarine. Sprinkle over corn mixture. Bake uncovered 30 to 35 minutes or until bubbly.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.
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Per serving: 256 Calories (kcal); 13g Total Fat; (43\% calories from fat); 7g Protein; 30 g Carbohydrate; 53 mg Cholesterol; 507 mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; $1 / 2$ Vegetable; 0 Fruit; $21 / 2$ Fat; 0 Other Carbohydrates

NOTES : Chile Scalloped Corn: Omit paprika and mustard. Add $1 / 2$ teaspoon chile powder and $1 / 2$ teaspoon ground cumin with the flour. Stir in 1 can (4 ounces) chopped green chiles drained, with the egg.

Tip
Substitute 1 package ( 10 ounces) frozen whole kerne 1 corn, cooked and drained, or 1 can (16 ounces) whole kerne1 corn, drained, for the cooked fresh corn.
Nutr. Assoc. : 320940980000051800056964098

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* Exported from MasterCook *
```

Shrimp with Prosciutto

```
ll
        Fish and Shel1fish
```

        Holiday
    betty crocker best of baking recipes.txt

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 2 | tablespoons | margarine or butter |
| 2 | tablespoons | olive or vegetable oil |
| 2 |  | anchovy fillets in oil -- finely chopped |
| 1 | tablespoon | chopped fresh parsley |
| 2 | cloves | garlic -- finely chopped |
| 18 |  | raw jumbo shrimp (in shel1s) . |
| 9 | thin slices | prosciutto or fully cooked virginia ham -- cut in half |
| 1 1/2 | cup | dry white wine |
| 1 | tablespoon | lemon juice (1 to 2 tablespoons) |

Heat oven to $375^{\circ}$. Heat margarine and oil in baking dish, $9 \times 9 \times 2$
inches, in oven until margarine melts. Mix anchovies, parsley and garlic;
spread over margarine mixture in baking dish. Peel shrimp, leaving tails
intact. Make a shallow cut lengthwise down back of each shrimp; wash out vein. Wrap 1 half-slice prosciutto around each shrimp. Place shrimp on anchovy mixture.

Bake uncovered 10 minutes. Pour wine and lemon juice over shrimp. Bake about 10 minutes longer or until shrimp are pink.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

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Yield:
"18 Appetizers"

Per serving: 161 Calories (kcal); 10g Total Fat; (58\% calories from fat); 13g Protein; 2g Carbohydrate; 49mg Cholesterol; 931mg Sodium Food Exchanges: 0 Grain(Starch); 2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 40989862600400380328190797

```
* Exported from MasterCook *
```

    Simple Pizza Sauce
    | Recipe By |  |
| :--- | :--- |
| Serving Size | : $0 \quad$ Preparation Time :0:00 |

Categories : Main and Side Dishes Sauces

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 2 | (28 ounce) can | imported pear-shaped tomatoes -- drained |
| 1 | tablespoon | chopped fresh basil |
| $11 / 2$ | teaspoons | dried oregano |
| 1 | teaspoon | freshly grated Romano cheese |
| 2 | teaspoons | extra-virgin olive oil |
| 1/4 | teaspoon | salt |
| 1/4 | teaspoon | pepper |
| 4 | cloves | garlic |

Place all ingredients in food processor or blender; cover and process until smooth. Use immediately or cover and refrigerate sauce up to 48 hours. Freeze up to 2 months. Thaw in refrigerator before using.
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Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\text {® }}$ Recipe.

```
Copyright:
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Yield:
    "3 cups"
```

Per serving: 417 Calories (kcal); 12g Total Fat; (22\% calories from fat); 16g
Protein; 75g Carbohydrate; 2mg Cholesterol; 2913mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 13 1/2 Vegetable; 0 Fruit; 2 Fat;
0 Other Carbohydrates
Nutr. Assoc. : 247000200870000

* Exported from MasterCook *
skillet Chile-Cheese Cornbread
Recipe By
Serving Size $\quad 12 \quad$ Preparation Time :0:00
Categories : Breads Holiday

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| $11 / 2$ | cups | cornmeal |
| 1/2 | cup | al1-purpose flour |
| 1/2 | cup | shredded Cheddar cheese (2 ounces) |
| 1/4 | cup | shortening |
| $11 / 2$ | cups | buttermilk |
| 2 | teaspoons | baking powder |
| 1 | teaspoon | sugar |
| 1 | teaspoon | salt |
| 1/2 | teaspoon | baking soda |
| $2^{1 / 2}$ | teaspoon | chile powder |
| 1 | (4 ounce) can | eggs chopped green chiles -- well drai |

Heat oven to $450^{\circ}$. Grease 10 -inch ovenproof skillet, round pan, $9 \times 11 / 2$
inches, or square pan, $8 \times 8 \times 2$ inches. Mix all ingredients; beat
vigorously 30 seconds. Pour into skillet or pan.

Bake skillet about 20 minutes, round or square pan 25 to 30 minutes or until golden brown. Serve warm.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\ominus}$ Recipe.

Description:
"A down-home favorite, perfect served right from the skillet." Copyright:
"© General Mills, Inc. 1998."

Per serving: 166 Calories (kcal); 7g Total Fat; (39\% calories from fat); 5 g Protein; 20g Carbohydrate; 37 mg cholesterol; 494 mg Sodium Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates
betty crocker best of baking recipes.txt
NOTES : For festive flair, just before baking arrange thin slices of red or green bell peppers in the shape of Christmas trees on top of the batter.

```
Nutr. Assoc. : 0 0 4922 0 0 0 0 0 0 2614 0 27203
```

```
* Exported from MasterCook *
```

                                    Soft Pumpkin Drops
    | Recipe By | $\vdots$ |
| :--- | :--- |
| Serving Size | $\vdots 8 \quad$ Preparation Time :0:00 |
| Categories | $:$ Cookies \& Brownies |


| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 1 | cup | sugar |
| 1 | cup | canned pumpkin |
| 1/2 | cup | shortening |
| 1 | tablespoon | grated orange pee1 |
| 2 | cups | all-purpose flour |
| 2 | cups | OR <br> whole wheat flour |
| 1 | teaspoon | baking powder |
| 1 | teaspoon | baking soda |
| 1 | teaspoon | ground cinnamon |
| 1/4 | teaspoon | salt |
| 1/2 | cup | raisins |
| 1/2 | cup | chopped nuts <br> Creamy Vanilla Frosting -- (recipe follows) |
| 3 | cups | CREAMY VANILLA FROSTING powdered sugar |
| 1/3 | cup | margarine or butter -- softened |
| $11 / 2$ | teaspoons | vanilla |
| 2 | tablespoons | milk (about) |

Heat oven to $375^{\circ}$. Mix sugar, pumpkin, shortening and orange peel. Stir in flour, baking powder, baking soda, cinnamon and salt. Mix in raisins and nuts.

Drop by rounded teaspoonfuls about 2 inches apart onto ungreased cookie sheet.

Bake until 1ight brown, 8 to 10 minutes; cool. Frost with Creamy Vanilla Frosting.

CREAMY VANILLA FROSTING:
Mix powdered sugar and margarine. Stir in vanilla and milk; beat until smooth and of spreading consistency.

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker ${ }^{\circledR}$ Recipe.
Copyright:
"© General Mills, Inc. 1998."
Yield:
"48 Cookies"

Per serving: 111 Calories (kcal); 4g Total Fat; (34\% calories from fat); 1g Protein; 18g Carbohydrate; 3mg Cholesterol; 62 mg Sodium Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1 Page 327
betty crocker best of baking recipes.txt
Other Carbohydrates

```
Nutr. Assoc. : 0 0 0 0 14 0 2130706543 0 0 0 0 0 0 2130706543 0 0 0 2394 0
    4 0 3 8
* Exported from MasterCook *
    Sole Parmesan
Recipe By : 4 Preparation Time :0:00
Categories : Fish and Shellfish Main and Side Dishes
```

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 8 |  | thin sole fillets |
| 8 |  | OR <br> thin orange roughy fillets (about 2 1/2 |
|  |  | pounds) |
| 1/2 | cup | all-purpose flour |
| 2 | tablespoons | margarine or butter |
| 2 |  | green onions -- thinly sliced |
| 1/2 | teaspoon | salt |
| 1/2 | teaspoon | pepper |
| 1 | cup | dry white wine |
|  |  | OR |
| 3 | cup | Chicken broth |
| 1/2 | cup | fresh7y grated Parmesan cheese |

Heat oven to $375^{\circ}$. Coat fish fillets with flour; set aside. Me7t margarine in 12-inch ovenproof skillet over medium-1ow heat. Cook onions in margarine 3 to 5 minutes, stirring occasionally, until crisp-tender. Add fish and cook uncovered 4 minutes. Turn fish carefully. Cook 4 minutes longer. Sprinkle with salt and pepper. Pour wine and lemon juice into skil1et. Sprink1e with cheese. Bake uncovered 15 minutes or until hot and bubb7y.

```
Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
    "@ General Mil1s, Inc. 1998."
T(Bake):
    "0:15"
Per serving: 496 Calories (kcal); 13g Total Fat; (25% calories from fat); 67g
Protein; 15g Carbohydrate; 164mg Cholesterol; 788mg Sodium
Food Exchanges: 1 Grain(Starch); 9 1/2 Lean Meat; O Vegetable; 0 Fruit; 1 1/2
Fat; 0 Other Carbohydrates
Nutr. Assoc. : 5030 0 2130706543 0 4098 0 0 0 0 0 2130706543 0 20086
* Exported from MasterCook *
    Sour Cream Coffee Cake
Recipe By :
Serving Size : 16 Preparation Time :0:00
    Page 328
```

```
Categories : Cakes betty crocker best of baking recipes.txt
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 1/2 & cups & sugar \\
\hline 1 3/4 & cup & margarine or butter (1 1/2 sticks) -- softened \\
\hline \(11 / 2\) & teaspoons & vanilla \\
\hline 3 & & eggs \\
\hline 3 & cups & al1-purpose flour \\
\hline & & OR \\
\hline 3 & cups & whole wheat flour \\
\hline \(11 / 2\) & teaspoons & baking powder \\
\hline \(11 / 2\) & teaspoons & baking soda \\
\hline 3/4 & teaspoon & salt \\
\hline 1 1/2 & cups & ```
sour cream
Filling -- (recipe follows)
Light Brown Glaze -- (recipe follows)
``` \\
\hline & & FILLING \\
\hline 1/2 & cup & packed brown sugar \\
\hline 1/2 & cup & finely chopped nuts \\
\hline \(11 / 2\) & teaspoons & ground cinnamon \\
\hline 2 1/4 & cup & LIGHT BROWN GLAZE margarine or butter (1/2 stick) \\
\hline 2 & cups & powdered sugar \\
\hline 1 & teaspoon & vanilla \\
\hline 1 & tablespoon & milk (1 to 2 tablespoons) \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\). Grease tube pan, \(10 \times 4\) inches, 12 -cup bundt cake pan or 2 loaf pans, \(9 \times 5 \times 3\) inches. Beat sugar, margarine, vanilla and eggs in large bow 1 on medium speed 2 minutes, scraping bow 1 occasionally. Beat in flour, baking powder, baking soda and salt alternately with sour cream on low speed. Prepare Filling by mixing all ingredients.

For tube or bundt cake pan, spread one-third of the batter (about 2 cups) in pan and sprinkle with one-third of the filling (about 6 tablespoons); repeat twice. For loaf pans, spread one-fourth of the batter (about \(11 / 2\) cups) in each pan and sprinkle each with one-fourth of the filling (about 5 tablespoons); repeat once.

Bake tube pan or bundt cake pan about 1 hour, loaf pans about 45 minutes or until toothpick inserted near center comes out clean. Cool slightly; remove from pan to wire rack. Cool 10 minutes. Drizzle Light Brown Glaze over warm coffee cake. Serve warm or cool.

\section*{LIGHT BROWN GLAZE:}

Heat margarine in \(11 / 2\) quart saucepan over medium heat until light brown remove from heat. Stir in powdered sugar and vanilla. Stir in milk, 1 tablespoon at a time, until smooth and of drizzling consistency.
```

1 4 to 16 servings

```

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

\section*{Description:}
"This coffee cake is perfect to serve a crowd! when baked in loaf
pans, you can serve one, and give the other as a gift."
Copyright:
"© General Mills, Inc. 1998."
Yield:
"1 Cake"
betty crocker best of baking recipes.txt

Per serving: 509 Calories (kcal); 20g Total Fat; (34\% calories from fat); 8g Protein; 77g Carbohydrate; 45mg Cholesterol; 424mg Sodium Food Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat; 2 1/2 Other Carbohydrates

Nutr. Assoc. : 0409800140000000213070654321307065430026770 004098004038
```

* Exported from MasterCook *

```

\section*{Sour Cream-Banana Bars}
```

Recipe By : 48 Preparation Time :0:00
Sategories : Cookies \& Brownies

```
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 1/2 & cups & sugar \\
\hline 1 & cup & sour cream \\
\hline 1/2 & cup & margarine or butter -- softened \\
\hline 2 & & eggs \\
\hline \(11 / 2\) & cups & mashed bananas (about 3 large) \\
\hline 2 & teaspoons & vanilla \\
\hline 2 & cups & al1-purpose flour \\
\hline 1 & teaspoon & salt \\
\hline 1 & teaspoon & baking soda \\
\hline 1/2 & cup & chopped nuts Browned Butter Frosting -- (recipe follows) \\
\hline & & BROWNED BUTTER FROSTING \\
\hline 1/3 & cup & margarine or butter \\
\hline 3 & cups & powdered sugar \\
\hline \(11 / 2\) & teaspoons & vanilla \\
\hline 2 & tablespoons & milk (about) \\
\hline
\end{tabular}

Heat oven to \(375^{\circ}\). Grease and flour jelly roll pan, \(151 / 2 \times 101 / 2 \times 1\) inch. Mix sugar, sour cream, margarine and eggs in large mixer bow 1 on low speed, scraping bowl occasionally, 1 minute. Beat in bananas and vanilla on low speed 30 seconds. Beat in flour, salt and baking soda on medium speed, scraping bowl occasionally, 1 minute. Stir in nuts. Spread dough in pan.

Bake until light brown, 20 to 25 minutes. Cool; frost with Browned Butter Frosting. Cut into bars, about \(2 \times 11 / 2\) inches.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:
"48 Bars"

Per serving: 130 Calories (kcal); 5g Total Fat; (35\% calories from fat); 1g Protein; 20g Carbohydrate; 10mg Cholesterol; 113mg Sodium Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1 Other Carbohydrates

NOTES : Tip
betty crocker best of baking recipes.txt
Always check cookies at minimum bake times, as even one minute can make a difference with cookies, especially those high in sugar and fat.
Nutr. Assoc. : 0040980411100000213070654304098004138
```

* Exported from MasterCook *

```

Sour Cream-Chocolate Cake
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \vdots \\ \text { : }\end{array}\)
Categories : Cakes
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 & cups & all-purpose flour* \\
\hline 2 & cups & sugar \\
\hline 1/4 & cup & shortening \\
\hline 1 & cup & water \\
\hline 3/4 & cup & dairy sour cream \\
\hline \(11 / 4\) & teaspoons & baking soda \\
\hline 1 & teaspoon & salt \\
\hline 1/2 & teaspoon & baking powder \\
\hline 1 & teaspoon & vanilla \\
\hline 2 & & eggs \\
\hline 4 & ounces & melted unsweetened chocolate (cool) \\
\hline 1 1/2 & cups & Chocolate Butter Frosting -- (see recipe) \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\). Grease and flour rectangular pan, \(13 \times 9 \times 2\) inches, or 2 round pans, \(9 \times 11 / 2\) inches. Beat all ingredients except frosting in large mixer bowl on low speed, scraping bowl constantly, 30 seconds. Beat on high speed, scraping bowl occasionally, 3 minutes. Pour into pan(s).

Bake until top springs back when touched lightly, rectangular 40 to 45 minutes, layers 30 to 35 minutes. Cool layers 10 minutes; remove from pans. Cool completely. Frost rectangular or fill and frost layers with Chocolate Butter Frosting (see recipe).

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

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Yield:
"1 Cake"

Per serving: 751 Calories (kcal); 35 g Total Fat; (39\% calories from fat); 8g Protein; 111g Carbohydrate; 56 mg Cholesterol; 646 mg Sodium
Food Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 6 1/2 Fat;
5 1/2 Other Carbohydrates
NOTES : *If using self-rising flour, decrease baking soda to \(1 / 4\) teaspoon
and omit salt and baking powder.
Nutr. Assoc. : 14000139400000013230
```

* Exported from MasterCook *

```

\section*{Chocolate Butter Frosting}

Recipe By :
Serving Size : 16 Preparation Time :0:00
Page 331
```

Categories : Cakes betty crocker best of baking recipes.txt

```
\begin{tabular}{rll} 
Amount & Measure & Ingredient -- Preparation Method \\
\(-1 / 3\) & cup & margarine or butter -- softened \\
2 & & ounces
\end{tabular}

Mix margarine and chocolate. Mix in powdered sugar. Beat in vanilla and milk until smooth and of spreading consistency.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
"© General Mi11s, Inc. 1998."
Yie1d:
"1 1/2 Cups"

Per serving: 125 calories (kcal); 7 g Total Fat; (49\% calories from fat); trace Protein; 16g Carbohydrate; 0mg Cholesterol; 62 mg Sodium Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(11 / 2\) Fat; 1 Other Carbohydrates

Nutr. Assoc. : 40985387004098
```

* Exported from MasterCook *

```

\section*{Southern Buttermilk Cornbread}

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 1/2 & cups & yellow, white or blue cornmeal \\
\hline 1/2 & cup & al1-purpose flour* \\
\hline \(11 / 2\) & cups & buttermilk \\
\hline 1/4 & cup & vegetable oil or shortening \\
\hline 2 & teaspoons & baking powder \\
\hline 1 & teaspoon & sugar \\
\hline 1 & teaspoon & sa1t \\
\hline \(21 / 2\) & teaspoon & baking soda \\
\hline 2 & large & eggs \\
\hline
\end{tabular}

Heat oven to \(450^{\circ}\). Grease bottom and side of round pan, \(9 \times 11 / 2\) inches, square pan, \(8 \times 8 \times 2\) inches, or 10 -inch ovenproof skillet with shortening.

Mix all ingredients. Beat vigorously 30 seconds. Pour batter into pan.
Bake round or square pan 25 to 30 minutes, skillet about 20 minutes or until golden brown. Serve warm.

\footnotetext{
Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.
}
betty crocker best of baking recipes.txt
```

Copyright:
'@ General Mil1s, Inc. 1998."
Yield:
"1 Loaf"

```
Per serving: 147 Calories (kcal); 6 g Total Fat; (36\% calories from fat); 4g
Protein; 19g Carbohydrate; 32mg Cholesterol; 353mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0
Other Carbohydrates
NOTES : * If using self-rising flour, decrease baking powder to 1 teaspoon
        and omit salt.
    Lighter Southern Buttermilk Cornbread: For 3 grams of fat and 120
    calories per serving, use fat-free buttermilk, decrease oil to 2
    tablespoons and substitute \(1 / 2\) cup fat-free cholesterol-free egg
    product for the eggs.
    Cheesy Mexican Cornbread: Decrease buttermilk to 1 cup. Stir in 1
    can (about 8 ounces) cream-style corn, 1 can (4 ounces) chopped
    green chiles, wel1 drained, \(1 / 2\) cup shredded Monterey Jack or
    Cheddar cheese (2 ounces) and 1 teaspoon chile powder.
    Corn Sticks: Grease 18 corn stick pans with shortening. Fill about
        7/8 ful1. Bake 12 to 15 minutes. Makes 18 corn sticks.
Nutr. Assoc. : 5638140156300000
* Exported from MasterCook *
                    Southwest Riblets
\(\begin{array}{llll}\text { Recipe By } & \text { Preparation Time :0:00 } & \\ \text { Serving Size } & \text { Prepriday } \\ \text { Categories } & \text { Appetizers }\end{array}\)
                Pork


Cook onion in oil in 2-quart saucepan 2 minutes, stirring frequently. Stir in ground red chiles, juniper berries, garlic and salt. Cover and cook 5 minutes, stirring occasionally. Stir in chocolate until melted.

Pour water, vinegar and tomato paste into food processor or blender. Add onion mixture and sugar. Cover and process, or blend, until we11 blended.

Heat oven to \(375^{\circ}\). Cut between pork back ribs to separate. Place in single layer in roasting pan. Pour sauce evenly over pork.

Bake uncovered 30 minutes; turn pork. Bake about 30 minutes longer or
Page 333
until done.
betty crocker best of baking recipes.txt

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\ominus}\) Recipe.
copyright:
"© General Mills, Inc. 1998."
Yield:
"28 Appetizers"

Per serving: 107 Calories (kcal); 8 g Total Fat; ( \(70 \%\) calories from fat); 5 g Protein; 3 g Carbohydrate; 24 mg Cholesterol; 109mg Sodium Food Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0036240000000045470
* Exported from MasterCook * Spiced Honey-Lemon Muffins
```

Recipe By \ % Preparation Time :0:00
Categories : Breads

```
\begin{tabular}{|c|c|c|c|}
\hline & ount & Measure & Ingredient -- Preparation Method \\
\hline & 3/4 & cup & milk \\
\hline & 1/3 & cup & vegetable oil \\
\hline & 1/4 & cup & honey \\
\hline 2 & & teaspoons & grated lemon peel \\
\hline 1 & & & egg \\
\hline 2 & 1/2 & teaspoons & all-purpose flour \\
\hline & 1/2 & teaspoons & baking powder \\
\hline & 1/2 & teaspoon & ground cinnamon \\
\hline & 1/4 & teaspoon & ground allspice
Honey-Lemon Glaze -- (recipe follows) \\
\hline 2 & & tablespoons & HONEY-LEMON GLAZE honey \\
\hline & 1/4 & teaspoon & grated 1emon pee1 \\
\hline 2 & & teaspoons & 1emon juice \\
\hline
\end{tabular}

Heat oven to \(400^{\circ}\). Grease bottoms only of 8 medium muffin cups, \(21 / 2 \times 1\) \(1 / 4\) inches, or line with paper baking cups. Beat milk, oil, honey, lemon peet and egg in large bow 1 : Stir in remaining ingredients except
Honey-Lemon Glaze just until flour is moistened. Divide batter eventy among muffin cups (cups will be about 3/4 ful1).

Bake 20 to 22 minutes or until golden brown. Immediately remove from pan. Brush Honey-Lemon Glaze over warm muffins.
To make the Honey-Lemon Glaze:
Mix all ingredients until well blended.

\footnotetext{
Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.
}
betty crocker best of baking recipes.txt
Copyright:
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Yield:
"8 Muffins"

Per serving: 267 Calories (kcal); 11g Total Fat; (35\% calories from fat); 5g Protein; 39g Carbohydrate; 26 mg Cholesterol; 305mg Sodium Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 1 Other Carbohydrates

NOTES : Some of the warm glaze will drip off the warm muffins, so place muffins on a serving plate, cookie sheet or waxed paper for easier cleanup.
Nutr. Assoc. : 000200840000002130706543000200840
* Exported from MasterCook *

Spicy Apple Bread (1 1/2-Pound Recipe)
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 12 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Bread Machine Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & cup & plus 1 tablespoon water \\
\hline 2 & tablespoons & margarine or butter -- softened \\
\hline 3 & cups & bread flour \\
\hline 1/3 & cup & cut-up dried apples \\
\hline 2 & tablespoons & dry milk \\
\hline 2 & tablespoons & sugar \\
\hline \(11 / 2\) & teaspoons & salt \\
\hline \(21 / 2\) & teaspoons & apple pie spice \\
\hline 2 & teaspoons & bread machine yeast \\
\hline
\end{tabular}

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Sweet or Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Copyright:
"@ Genera1 Mil1s, Inc. 1998."
Yield:
"1 Loaf"

Per serving: 164 Calories (kcal); 3g Total Fat; (15\% calories from fat); 5g
Protein; 30g Carbohydrate; 1 mg Cholesterol; 297mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : Apple Pie Spice can be made by mixing 2 parts cinnamon with 1 part nutmeg to equal the amount called for.
Nutr. Assoc. : 1582409805140003852019
Page 335
betty crocker best of baking recipes.txt
```

* Exported from MasterCook *

```
```

Spicy Apple Bread (1-Pound Recipe)

```
\(\begin{array}{ll}\text { Recipe By } & \text { Serving Size } \\ \text { Sereparation Time }: 0: 00\end{array}\)
Categories : Bread Machine Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2/3 & cup & water \\
\hline 1 & tablespoon & margarine or butter -- softened \\
\hline 2 & cups & bread flour \\
\hline 1/4 & cup & cut-up dried apples \\
\hline 1 & tablespoon & dry milk \\
\hline 1 & tablespoon & sugar \\
\hline 1 & teaspoon & salt \\
\hline \(11 / 2\) & teaspoons & apple pie spice \\
\hline 1 1/2 & teaspoons & bread machine yeast \\
\hline
\end{tabular}

Make \(11 / 2\)-pound recipe for bread machines that use 3 cups flour, or make 1 -pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Sweet or Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
"@ Genera1 Mil1s, Inc. 1998."
Yield:
"1 Loaf"

```
Per serving: 158 Calories (kcal); 2g Total Fat; (14\% calories from fat); 5g
Protein; 29g Carbohydrate; 1mg Cholesterol; 291mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat;
0 Other Carbohydrates
NOTES : Apple Pie Spice can be made by mixing 2 parts cinnamon with 1 part
    nutmeg to equal the amount called for.
Nutr. Assoc. : 0409805140009622019
* Exported from MasterCook *
    Spicy Walnut-Raisin Pie
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 8 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Desserts Pies
\begin{tabular}{|c|c|c|}
\hline Amount & & Ingredient -- Preparation Method \\
\hline 3 2/3 & cup & ```
Favorite Pastry for 9-Inch One-Crust Pie -- (see recipe)
eggs
sugar
``` \\
\hline
\end{tabular}
```

                    betty crocker best of baking recipes.txt
    1/2 teaspoon salt
    1/2 teaspoon ground cinnamon
    1/2 teaspoon ground nutmeg
    1/2 teaspoon ground cloves
    1
1/3
1/2
1/2

```
Heat oven to \(375^{\circ}\). Prepare pastry. Beat eggs, sugar, salt, cinnamon,
nutmeg, cloves, corn syrup and margarine with hand beater until blended.
Stir in walnuts and raisins. Pour into pastry-lined pie plate.
Bake until set, 40 to 50 minutes.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.
```

Description:

```
"Love nuts? Then this is the pie for you!"
Copyright:
"@ General Mil1s, Inc. 1998."
Yield:
"1 Pie"

Per serving: 482 Calories (kcal); 22g Total Fat; (40\% calories from fat); 6g Protein; 69g Carbohydrate; 78 mg Cholesterol; 428 mg Sodium Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 4 Fat; 3 Other Carbohydrates
```

Nutr. Assoc. : 0 3218 0 0 0 0 3615 428 4098 20187 4680

```
```

* Exported from MasterCook *

```
    Favorite Pastry for 9-Inch One-Crust Pie
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \vdots \\ 8\end{array} \quad\) Preparation Time :0:00
Categories : Desserts Pies
\begin{tabular}{crl} 
Amount & Measure & Ingredient -- Preparation Method \\
\hdashline 1 & & cup \\
\(1 / 2\) & all-purpose flour \\
\(1 / 3\) & teaspoon & salt \\
& cup & lard
\end{tabular}

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bow 1 (1 to 2 teaspoons water can be added if necessary).

Gather pastry into ball; shape into flattened round on lightly floured cloth-covered surface.

Rol1 pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.
betty crocker best of baking recipes.txt
Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll pastry under, even with plate. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into \(V\) shape; pinch again to sharpen. Fill and bake as directed in recipe.

For Baked Pie She11: Heat oven to \(475^{\circ}\). Prick bottom and side thorough7y with fork. Bake 8 to 10 minutes or until light brown; cool.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
"@ Genera1 Mi11s, Inc. 1998."
Yield:
"1 Crust"

Per serving: 134 Calories (kcal); 9g Total Fat; (59\% calories from fat); 2g
Protein; 12 g Carbohydrate; 8 mg Cholesterol; 134mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(11 / 2\) Fat; 0 Other Carbohydrates

Nutr. Assoc. : 000021307065432777
```

* Exported from MasterCook *

```

> Spinach Pesto
\begin{tabular}{ll} 
Recipe By \\
Serving Size & : 60 Preparation Time :0:00
\end{tabular}
Categories : Holiday Sauces
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 4 & cups & firmly packed spinach (10 to 12 ounces) \\
\hline 1 & cup & firmly packed fresh basil \\
\hline 1/2 & & OR \\
\hline 1 1/2 & cup & grated Parmesan cheese \\
\hline 1 & cup & olive oil \\
\hline 1/2 & cup & chopped pine nuts \\
\hline 1/2 & cup & chopped walnuts \\
\hline 1/2 & teaspoon & salt \\
\hline 1/4 & teaspoon & pepper \\
\hline 8 & cloves & garlic \\
\hline
\end{tabular}

Place 2 cups of spinach and remaining ingredients in food processor. Cover and process 1 minute. Add remaining spinach and process about 2 minutes, stopping processor occasionally to scrape sides, until finely chopped and smooth. (Or place all ingredients except spinach in blender. Cover and blend on high speed about 1 minute, stopping blender occasionally to scrape sides. Add spinach, 1 cup at a time, blending until smooth after each addition.) Store covered in refrigerator up to 3 days or in freezer up to 3 months.

\footnotetext{
Please note, if you should change this recipe it will no longer be an Page 338
}
betty crocker best of baking recipes.txt
approved Betty Crocker \({ }^{\ominus}\) Recipe.
```

Copyright:
"O General Mil1s, Inc. 1998."
Yield:
"7 1/2 Cups"

```
Per serving: 45 Calories (kcal); 5 g Total Fat; ( \(88 \%\) calories from fat); 1 g
Protein; trace Carbohydrate; 1mg Cholesterol; 44mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0
Other Carbohydrates
Nutr. Assoc. : 1423333202130706543002018702130706543000
* Exported from MasterCook *
    Spinach Phyllo Pie
\(\begin{array}{lll}\text { Recipe By } \\ \text { Serving Size } & : 6 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Main and Side Dishes Vegetarian
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & tablespoon & olive or vegetable oil \\
\hline 1 & medium & onion -- chopped ( \(1 / 2\) cup) \\
\hline 1 & medium & red bel1 pepper -- chopped (1 cup) \\
\hline 1 & clove & garlic -- finely chopped \\
\hline 2 & (9 ounce) pa & kages frozen chopped spinach -- thawed and squeezed to \\
\hline drain & (8 ounce) pa & kage cream cheese -- softened \\
\hline 1/2 & cup & crumbled Feta or Gorgonzola cheese (2 ounces) \\
\hline 2 & large & eggs \\
\hline 1 & tablespoon & chopped fresh dill OR \\
\hline 1 & teaspoon & dried dill weed \\
\hline 1/2 & teaspoon & salt \\
\hline -1/4 & teaspoon & pepper \\
\hline 8 & sheets & frozen phyllo (18 \(\times 14\) inches) -- thawed
stick margarine or butter -- melted* \\
\hline
\end{tabular}

Heat oven to \(375^{\circ}\). Grease bottom and side of pie plate, \(9 \times 11 / 4\) inches with margarine. Heat oil in 10-inch skillet over medium-high heat. Cook onion, bell pepper and garlic in oil, stirring frequently, until vegetables are crisp-tender; remove from heat. Stir in spinach, cream cheese, Feta cheese, eggs, dil1 weed, salt and pepper.

Cut stack of phyllo sheets into 12 -inch square; discard extra phyllo.
Cover with waxed paper, then with damp towel to prevent them from drying
out. Brush each of 4 phy110 squares with margarine and layer in pie plate.
Gently press into pie plate, allowing corners to drape over edge.
Spread spinach mixture evenly over phy110. Fold ends of phyllo up and over filling so corners overlap on top. Brush with margarine and layer remaining 4 phyllo sheets over pie, allowing corners to drape over edge.

Gently tuck phyllo draping over top inside edge of pie plate. Cut through top phyllo layers into 6 wedges, using sharp knife or scissors.
Bake 35 to 45 minutes or until crust is golden brown and filling is hot. Let stand 10 minutes before serving.
betty crocker best of baking recipes.txt
Fold ends of phyllo up and over filling so corners overlap on top. Brush with margarine and layer remaining 4 phyllo sheets over pie, allowing corners to drape over edge.

Carefully 1 ift bottom 1 ayers of phyllo and tuck top corners between bottom layers and plate to seal.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"1 Pie"

Per serving: 350 Calories (kcal); 25g Total Fat; (63\% calories from fat); 11g Protein; 22 g Carbohydrate; 115 mg Cholesterol; 678mg Sodium
Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; \(41 / 2\) Fat; 0 Other Carbohydrates

NOTES : *we do not recommend using vegetable oil spreads.
Nutr. Assoc. : 9860000020048321826124021307065430012904098
```

* Exported from MasterCook *

```

Stained Glass Cookies
\begin{tabular}{lll} 
Recipe By & \(\vdots\) \\
Serving Size & Preparation Time :000 \\
Categories & \(:\) Cookies \& Brownies
\end{tabular}


Prepare dough for Mary's Sugar Cookies. Before refrigerating, divide dough in half. Divide one half into 3 to 5 parts. Tint each part with a different food color. Wrap each tinted dough and the plain dough separately. Refrigerate at least 2 hours.

Heat oven to \(375^{\circ}\). Grease cookie sheet lightly. Roll plain dough \(1 / 8\) inch thick on lightly floured surface. Cut with bell, star, tree or other decorative cookie cutter. Place on cookie sheet. Roll each tinted dough \(1 / 8\) inch thick; cut out different shapes and arrange on plain dough shapes.

Bake 7 to 8 minutes or until edges are light brown. Remove from cookie sheet. Cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"60 Cookies"
betty crocker best of baking recipes.txt
Per serving: 59 Calories (kcal); 3g Total Fat; (47\% calories from fat); 1g Protein; 7g Carbohydrate; 3mg Cholesterol; 58mg Sodium Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(1 / 2\) Fat; 0 Other Carbohydrates

Nutr. Assoc. : 00
* Exported from MasterCook *

Mary's Sugar Cookies
Recipe By \(\begin{aligned} & \text { Berving Size } \\ & \text { Se } \\ & 60 \quad \text { Preparation Time }: 0: 00\end{aligned}\)
Categories : Chapter 6 Rolling in Dough
\begin{tabular}{rrl} 
Amount & Measure & Ingredient -- Preparation Method \\
\(-1 / 2\) & cups & powdered sugar \\
1 & cup & butter or margarine -- softened \\
1 & & teaspoon \\
vanilia
\end{tabular}

Beat powdered sugar and butter in large bowl with electric mixer on medium speed, or mix with spoon. Stir in vanilla, almond extract and egg. Stir in flour, baking soda and cream of tartar. Cover and refrigerate about 2 hours or until firm.

Heat oven to \(375^{\circ}\). Roll half of dough at a time \(1 / 8\) inch thick on lightly floured cloth-covered surface. Cut into desired shapes. Place about 2 inches apart on ungreased cookie sheet. Sprinkle with granulated sugar. Bake 7 to 8 minutes or until light brown. Remove from cookie sheet to wire rack.
```

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.
You may notice that the nutritional information calculated by Mastercook is different from the nutritional information listed in the Betty Crocker® cookbooks. Because MasterCook and Betty Crocker® use different nutritional analysis programs and different nutrient databases, variations in results are expected.
Description:
"Sweet, crisp sugar cookies have made the grade throughout the years. Whether sprinkled with colored sugar, frosted or elaborately
decorated, they're as popular as ever.'
Copyright:
"© General Mills, Inc. 1998."
T(Chi11):
"2:00"
Per serving: 59 Calories (kcal); 3g Total Fat; (47\% calories from fat); 1g Protein; 7g Carbohydrate; 3mg Cholesterol; 58mg Sodium Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; $1 / 2$ Fat; 0 Other Carbohydrates

```
```

NOTES : Cookie Tips
betty crocker best of baking recipes.txt
One of the nice things about rolled cookies is that they will wait
until you are ready to bake them. Because the dough can always be
refrigerated (and can be frozen, too), they're very convenient. We
love them because they present lots of opportunity for creativity.
Simple cookies are ideal for teaching the beginning baker how to
handle a rolling pin.
Make It Your Way
Fruit-Flavored Sugar Cookies are very easy to make. Just sprinkle
the cut out cookies with fruit-flavored gelatin instead of
granulated sugar.
Nutr. Assoc. : 0 4098 0 0 0 0 0 0 0

```
* Exported from MasterCook *
    Standing Beef Rib Roast with Yorkshire Pudding
\(\begin{array}{lll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 6 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Beef Main and Side Dishes
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 4 & pounds & \begin{tabular}{l}
beef rib roast ( 4 to 6 pounds) \\
Salt and pepper \\
Yorkshire Pudding Batter -- (recipe follows)
\end{tabular} \\
\hline 1 & cup & YORKSHIRE PUDDING BATTER all-purpose flour \\
\hline 1 & cup & milk \\
\hline 2 1/2 & teaspoon & salt \\
\hline 2 & & eggs \\
\hline
\end{tabular}

Heat oven to \(325^{\circ}\). Place beef roast, fat side up, on rack in shallow roasting pan. Sprinkle with salt and pepper. Insert meat thermometer so tip is in center of thickest part of beef and does not touch bone or rest in fat. Do not add water.

Roast uncovered to desired degree of doneness: \(135^{\circ}\) for rare, 23 to 25 minutes per pound; \(155^{\circ}\) for medium, 27 to 30 minutes per pound.

About 30 minutes before roast reaches desired temperature, prepare Yorkshire Pudding Batter. Heat square pan, \(9 \times 9 \times 2\) inches, or rectangular baking dish, \(11 \times 7 \times 11 / 2\) inches, in oven.

When roast reaches desired temperature, remove from oven. Increase oven temperature to \(425^{\circ}\). Transfer roast to warm platter; cover with aluminum foil. Pour \(1 / 4\) cup drippings from roasting pan; place drippings in heated square pan. Pour in pudding batter.

Bake about 25 minutes or unti1 puffed and golden brown. Cut into squares; serve with beef.

YORKSHIRE PUDDING BATTER:
Mix all ingredients with hand beater just until smooth.

\footnotetext{
Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

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}
betty crocker best of baking recipes.txt

Per serving: 753 Calories (kcal); 50g Total Fat; (61\% calories from fat); 53g Protein; 18g Carbohydrate; 243mg Cholesterol; 368mg Sodium Food Exchanges: 1 Grain(Starch); 7 Lean Meat; 0 Vegetable; 0 Fruit; 5 1/2 Fat; 0 Other Carbohydrates

NOTES : Yorkshire Pudding is an English classic, similar to a popover. However, instead of baking in individual cups, Yorkshire Pudding is baked in a pan, with the roast beef drippings. When puffed and golden, it is cut into squares and served with the roast beef. Nutr. Assoc. : 220602130706543000003218
```

* Exported from MasterCook *

```

Starlight Yellow Cake
Recipe By
Serving Size
:
St Preparation Time :0:00 Categories : Cakes Desserts
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline \(21 / 4\) & cups & all-purpose flour* \\
\hline 1 1/2 & cups & sugar \\
\hline 1/2 & cup & shortening \\
\hline \(11 / 4\) & cups & milk \\
\hline \(31 / 2\) & teaspoons & baking powder \\
\hline 1 & teaspoon & salt \\
\hline 1 & teaspoon & vanilla \\
\hline \(31 / 4\) & large & eggs \\
\hline \[
\begin{array}{r}
21 / 4 \\
\text { desired }
\end{array}
\] & cups & Chocolate Buttercream Frosting -- (see recipe), if \\
\hline & & OR \\
\hline \[
\begin{array}{r}
21 / 4 \\
\text { desired }
\end{array}
\] & cups & Peanut Butter Buttercream Frosting -- (see recipe), \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\). Grease bottom and sides of rectangular pan, \(13 \times 9 \times 2\) inches, 2 round pans, \(9 \times 11 / 2\) inches, or 3 round pans, \(8 \times 11 / 2\) inches, with shortening; lightly flour.

Beat all ingredients except Chocolate Buttercream Frosting with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on high speed 3 minutes, scraping bow 1 occasionally. Pour into pan(s).

Bake rectangle 40 to 45 minutes, 9 -inch rounds 30 to 35 minutes, 8 -inch rounds 20 to 25 minutes, or until toothpick inserted in center comes out clean or until cake springs back when touched lightly in center. Cool rectangle in pan on wire rack. Cool rounds 10 minutes; remove from pans to wire rack. Cool completely.

Frost rectangle or fill and frost layers with Chocolate Buttercream Frosting.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yie7d:
"1 Cake"
betty crocker best of baking recipes.txt
Per serving: 493 Calories (kcal); 18g Total Fat; (31\% calories from fat); 6g Protein; 81 g Carbohydrate; 38 mg Cholesterol; 334 mg Sodium Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 3 1/2 Fat; 4 1/2 Other Carbohydrates
NOTES : Jazz up this favorite cake by stirring in \(1 / 2\) cup chopped nuts, dried cherries or flaked coconut before pouring into pans.
*If using self-rising flour, omit baking powder and salt.
Peanut Butter Marble Cake: Substitute peanut butter for the shortening. Pour two-thirds of the batter (about 3 cups) into pan(s). Stir 3 tablespoons baking cocoa and \(1 / 8\) teaspoon baking soda into remaining batter. Drop chocolate batter by generous tablespoonfuls random7y in mounds onto peanut butter batter. Pull knife through batters in S-shaped curves in one continuous motion for marbled design. Turn pan one-fourth turn; repeat marbing. Bake and cool as directed in main recipe. Frost with Peanut Butter Buttercream Frosting (see recipe). If desired, drop about 1/4 cup prepared fudge topping by teaspoonfuls randomly over the top and marble as directed for the batter.

Poppy Seed Cake: Stir in \(1 / 4\) cup poppy seed with the sugar. Nutr. Assoc. : 140000003218002130706543
* Exported from MasterCook *

Chocolate Buttercream Frosting
\begin{tabular}{ll} 
Recipe By \\
Serving Size & \(\vdots\) \\
Categories & : Cakes
\end{tabular}\(\quad\) Preparation Time :0:00 \(\quad\) Desserts
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 3 & cups & powdered sugar \\
\hline 1/3 & cup & stick margarine or butter -- softened* \\
\hline 2 & teaspoons & vanilla \\
\hline 3 & tablespoons & unsweetened baking chocolate -- melted and cooled \\
\hline & tablespoons & milk (2 to 3 tablespoon) \\
\hline
\end{tabular}

Mix all ingredients except milk in medium bowl. Stir in milk until smooth and spreadable. Frosts one \(13 \times 9\)-inch cake generously or fills and frosts one 8 - or 9 -inch two-layer cake.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"2 i/4 cups"

Per serving: 151 Calories (kcal); 7 g Total Fat; (38\% calories from fat); 1 g Protein; 24g Carbohydrate; trace Cholesterol; 46mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(11 / 2\) Fat; 1 1/2 Other Carbohydrates

NOTES : *We do not recommend using vegetable oil spreads.
To fill and frost one 8 -inch three-1ayer cake, use \(41 / 2\) cups powdered sugar, \(1 / 2\) cup stick margarine or butter, softened, 3 Page 344
betty crocker best of baking recipes.txt teaspoons vanilla and about \(1 / 4\) cup milk.
Nutr. Assoc. : 04098004038
```

* Exported from MasterCook *

```

Peanut Butter Buttercream Frosting
Recipe By :
Serving Size : 16 Preparation Time :0:00
Categories : Cakes Desserts
\begin{tabular}{rrl} 
Amount & Measure & Ingredient -- Preparation Method \\
\hdashline 3 & cups & powdered sugar \\
\(1 / 3\) & cup & peanut butter \\
\(1 / 2\) & teaspoons & vanilla \\
\(1 / 4\) & cup & milk
\end{tabular}

Mix powdered sugar and peanut butter in medium bowl. Stir in vanilla and milk.

Beat until smooth and spreadable. Frosts one \(13 \times 9\)-inch cake or fills and frosts one 8 - or 9 -inch two-layer cake.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
"@ Genera1 Mi11s, Inc. 1998."
Yield:
"2 i/4 Cups"

```
Per serving: 123 Calories (kcal); 3g Total Fat; (20\% calories from fat); 1g
Protein; 24g Carbohydrate; 1mg Cholesterol; 27 mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(1 / 2\) Fat; 1
1/2 Other Carbohydrates
NOTES : Tip
    Place all ingredients in food processor. Cover and process,
    stopping occasionally to scrape sides, until smooth and
    spreadable.
Nutr. Assoc. : 0000
* Exported from MasterCook *
                                    Sticky Orange Rolls
Recipe By \(\begin{aligned} & \text { Berving Size } \\ & \text { Se } \\ & 12 \quad \text { Preparation Time }: 0: 00\end{aligned}\)
Categories : Bread Machine Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & cup & water \\
\hline 1/4 & cup & margarine or butter (1/2 stick) -- softened \\
\hline \(31 / 2\) & cups & bread flour \\
\hline 1/3 & cup & packed brown sugar \\
\hline 1 & teaspoon & salt \\
\hline \(11 / 2\) & teaspoons & bread machine yeast \\
\hline 1/2 & cup & margarine or butter (1 stick) -- melted \\
\hline
\end{tabular}
                                    Page 345
```

1/2
tablespoons grated orange peel
cup granulated sugar

```

Measure carefully, placing all ingredients except \(1 / 2\) cup melted margarine, the orange peel and granulated sugar in bread machine pan in the order recommended by the manufacturer. Select Dough/Manual cycle.
Grease rectangular pan, \(13 \times 9 \times 2\) inches. Divide dough in half. Roll each half into 12 -inch rope on lightly floured surface. Cut each rope into 6 pieces.

Mix \(1 / 2\) cup melted margarine, the orange peel and granulated sugar in medium bowl. Dip dough pieces into orange mixture, covering dough completely: Place slightly apart in pan. Cover and let rise in warm place about 30 minutes or until double.

Heat oven to \(350^{\circ}\). Bake 20 to 30 minutes or until golden brown.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"12 Rol1s"

Per serving: 303 Calories (kcal); 12g Total Fat; (35\% calories from fat); 5g Protein; 44g Carbohydrate; 0mg Cholesterol; 315mg Sodium Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(21 / 2\) Fat; 1 Other Carbohydrates

NOTES : Sticky Orange-Almond Rolls: Place 1 cup sliced unblanched almonds in small bow1. Rol1 dough pieces in almonds after dipping into orange mixture.

If you prefer evenly shaped rolls, roll dough pieces into balls
before dipping into orange mixture.
Nutr. Assoc. : 040980002019409800
```

* Exported from MasterCook *

```

\section*{Stollen}
\begin{tabular}{l} 
Recipe By \\
Serving Size
\end{tabular}\(: 24 \quad\) Preparation Time :0:00
Categories : Cakes Holiday
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 3 1/2 & cups & all-purpose flour \\
\hline 1/2 & cup & sugar \\
\hline 1/2 & teaspoon & salt \\
\hline 1 & package & regular or quick-acting active dry yeast \\
\hline 3/4 & cup & warm water ( \(105^{\circ}\) to \(115^{\circ}\) ) \\
\hline 1/2 & cup & margarine or butter (1 stick) -- softened \\
\hline 3 & & eggs \\
\hline 1 & & egg -- separated \\
\hline 1/2 & cup & chopped blanched almonds \\
\hline 1/4 & cup & chopped citron \\
\hline 1/4 & cup & chopped candied cherries, if desired \\
\hline 1/4 & cup & raisins \\
\hline 1 & tablespoon & grated 1 emon pee 1 \\
\hline & & Page 346 \\
\hline
\end{tabular}
betty crocker best of baking recipes.txt
Margarine or butter -- softened
1
tablespoon water
Creamy Frosting -- (recipe follows)
CREAMY FROSTING
\(11 / 2 \quad\) cups powdered sugar
\(2 \quad 1 / 2\)
tablespoons water ( 2 to 3 tablespoons) teaspoon vanilla

Mix \(13 / 4\) cups of the flour, the sugar, salt and yeast in 7 arge bowl. Add water, \(1 / 2\) cup margarine, the eggs and egg yolk. Beat on low speed 1 minute, scraping bowl frequently. Beat on medium speed 10 minutes, scraping bowl frequently. Stir in remaining flour, the almonds, citron, candied cherries, raisins and lemon peel. Scrape batter from side of bowl. cover and let rise in warm place \(11 / 2\) to 2 hours or until double. (Dough is ready if indentation remains when touched.)

Stir down batter by beating about 25 strokes. Cover tightly and refrigerate at least 8 hours.
Grease cookie sheet. Turn dough onto well-floured surface; gently roll in flour to coat. Divide in half. Press each half into oval, \(10 \times 7\) inches. spread with margarine. Fold lengthwise in half; press only folded edge firm7y. Place on cookie sheet. Beat egg white and 1 tablespoon water; brush over dough. Cover and let rise 45 to 60 minutes or until double.

Heat oven to \(375^{\circ}\). Bake 20 to 25 minutes or until golden brown. Cool 15 minutes. Drizzle Creamy Frosting over warm coffee cakes. If desired, decorate with almond halves, pieces of citron and candied cherry halves to resemble poinsettias, or dust frosting with powdered sugar. Serve warm or cool.
```

2 coffee cakes (12 slices each)

```

CREAMY FROSTING:
mix all ingredients until of drizzling consistency.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\ominus}\) Recipe.

Description:
"This rich, classic Christmas bread originated in Germany, where it is
called weihnachts-stollen. Each province in the country has its own
recipe and shape for the bread."
copyright:
"© General Mills, Inc. 1998."
Yield:
"2 coffee Cakes"

Per serving: 186 Calories (kcal); 7g Total Fat; (34\% calories from fat); 3g Protein; 27 g Carbohydrate; 29 mg Cholesterol; 119mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 1 Other carbohydrates
```

Nutr. Assoc. : 0 0 0 2019 5472 4098 3218 26366 5472 2394 2428 20020 2429
242802130706543 200840015820

* Exported from MasterCook *

```

Strawberries and Cream Cake
betty crocker best of baking recipes.txt
Recipe By :
Serving Size : 16 Preparation Time :0:00
Categories : Cakes


Bake whipped Cream Cake as directed. Spread 1 layer with \(1 / 2\) cup of the whipped Cream Cheese Frosting; top with layer of sliced strawberries. Place remaining cake layer on top. Spread thin layer of frosting on side of cake.

Place remaining frosting in decorating bag with large open star tip \#4B. Pipe vertical rows on side of cake. Pipe shell border around top edge of cake. Arrange sliced strawberries on top of cake. Refrigerate remaining cake.

WHIPPED CREAM CAKE:
Heat oven to \(350^{\circ}\). Grease and flour 2 round pans, \(8 \times 11 / 2\) or \(9 \times 11 / 2\) inches. Mix flour, sugar, baking powder and salt.

Beat whipping cream in chilled large bow 1 until stiff. Beat eggs in small bow 1 about 5 minutes or until very thick and lemon colored. Fold eggs and vanilla into whipped cream. Add flour mixture, about \(1 / 2\) cup at a time, folding gently after each addition until blended. Pour batter into pans.

Bake 30 to 35 minutes or unti 1 toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans. Cool completely.

WHIPPED CREAM CHEESE FROSTING:
Beat cream cheese and milk in chilled bowl on low speed until smooth; beat in whipping cream and powdered sugar. Beat on high speed, scraping bowl occasionally, until stiff peaks form.

\footnotetext{
Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:
"Do you love raspberries or peaches? Any berries or cut-up fruit can
be substituted for the strawberries in this luscious cake." Copyright:
"@ General Mills, Inc. 1998."
Yield:
}
"1 Cake"
betty crocker best of baking recipes.txt

Per serving: 367 Calories (kcal); 22g Total Fat; (53\% calories from fat); 4g Protein; 39g Carbohydrate; 112mg Cholesterol; 174mg Sodium Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(41 / 2\) Fat; 1 1/2 Other Carbohydrates
```

NOTES : Tip
Substitute 1 package (18.25 ounces) yellow cake mix with pudding
for the whipped Cream Cake. Prepare and bake as directed on
package.
Nutr. Assoc. : 2130706543 2130706543 1436 0 0 0 0 2130706543 0 0 0 721
3218 0 0 0 0 0 721 0

* Exported from MasterCook *
Strawberry Pie
Recipe By : 8 S Preparation Time :0:00
Categories : Baking with Kids Pies

```
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & cup & all-purpose flour \\
\hline 1/2 & teaspoon & salt \\
\hline 1/3 & cup & plus 1 tablespoon shortening \\
\hline 2 & tablespoons & cold water (2 to 3 tablespoons) \\
\hline 6 & cups & whole strawberries \\
\hline 1 & cup & sugar \\
\hline 2 & tablespoons & cornstarch \\
\hline 1/2 & cup & water \\
\hline
\end{tabular}

Heat oven to \(475^{\circ}\).
Mix in medium bow 1 with fork:
1 cup all-purpose flour
1/2 teaspoon salt
Cut into flour mixture with pastry blender until pieces are the size of smal1 peas:

1/3 cup plus 1 tablespoon shortening
Sprinkle in, 1 tablespoon at a time, tossing with fork until all the flour is wet and pastry almost leaves side of bowl:

2 to 3 tablespoons cold water
Cover a breadboard with a pastry cloth. Sprinkle flour lightly over cloth. Shape pastry into a ball on floured cloth. Shape ball into a flattened round. Roll pastry with floured cloth-covered rolling pin until pastry is 2 inches larger than pie plate turned upside down.

Fold pastry into fourths. Put pastry into pie plate, \(9 \times 11 / 2\) inches.
Unfold and fit pastry into plate, pressing firmly against bottom and side. Trim edge of pastry that hangs over pie plate to 1 inch from rim of plate. Fold and roll pastry under, even with pie plate, then press around edge with fork dipped in flour. Poke bottom and side of pastry many times with fork.

Bake 8 to 10 minutes or until crust is light brown. Cool completely on wire rack.

Wash in colander, then remove stems from:
betty crocker best of baking recipes.txt
6 cups whole strawberries
Mash 2 cups of the strawberries in medium bow 1 with potato masher or fork to measure 1 cup mashed strawberries. Save the rest of the strawberries for step \#14.

Mix in saucepan with wooden spoon:
1 cup sugar
2 tablespoons cornstarch
Stir in:
The mashed strawberries
1/2 cup water
Adult help: Cook sugar-strawberry mixture over medium-high heat, stirring all the time, until mixture thickens and boils. Boil and stir 1 minute, then cool.

Beat until smooth with wooden spoon, then spread over bottom of pie crust: 1 package (3 ounces) cream cheese, softened

Pile whole strawberries on cream cheese in pie crust. Pour cooked strawberry mixture over top. Refrigerate about 2 hours or until set. Cover and refrigerate any leftover pie.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.
```

Copyright:
'@ General Mil1s, Inc. 1998."
Yield:
"1 Pie"

```

Per serving: 307 Calories (kcal); 13g Total Fat; (36\% calories from fat); 3g Protein; 47g Carbohydrate; 12mg Cholesterol; 167mg Sodium Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 2 1/2 Fat; 1 1/2 Other Carbohydrates
```

NOTES : Utensils You Will Need
2 Medium bowls • Dry-ingredient measuring cups • Measuring spoons
- Fork - Pastry blender - Pastry cloth and cloth cover for rolling
pin • Rolling pin • Pie plate, 9 < 1 1/2 inches • Colander • Sharp
knife • Potato masher • Pot holders • Wire cooling rack • 1
1/2-quart saucepan • Liquid measuring cup • Wooden spoon
Here's another idea. . . Make Raspberry Pie: Use 6 cups
raspberries in place of the strawberries.
Nutr. Assoc. : 0 0 1368 2777 1436 0 0 0 0

```
* Exported from MasterCook *
    Strawberry-Macadamia Nut Muffins
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & : 12 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Breads
\begin{tabular}{rll} 
Amount & Measure & Ingredient -- Preparation Method \\
\(3 / 4\) & cup & milk \\
\(1 / 3\) & cup & margarine or butter -- melted \\
1 & cups & agg \\
2 & &
\end{tabular}
\begin{tabular}{llr} 
& \multicolumn{2}{c}{ betty crocker best of baking recipes.txt } \\
2 & \(2 / 3\) & cup sugar \\
1 & \(1 / 2\) & teaspoons baking powder \\
1 & teaspoon salt & \\
& \(1 / 2\) & cup chopped fresh strawberries
\end{tabular}

Heat oven to \(400^{\circ}\). Grease bottoms only of 12 medium muffin cups, \(21 / 2 \times 1\) \(1 / 4\) inches, or line with paper baking cups. Beat milk, margarine and egg in large bowl. Stir in flour, sugar, baking powder and salt just until flour is moistened. Fold in strawberries and macadamia nuts. Divide batter evenly among muffin cups (cups will be almost full). Sprinkle with sugar if desired.

Bake 20 to 22 minutes or until golden brown. Immediately remove from pan.

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Yield:
"12 Muffins"

Per serving: 222 Calories (kcal); 10g Total Fat; (40\% calories from fat); 4g Protein; 30g Carbohydrate; 18mg Cholesterol; 242mg Sodium Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 1 Other Carbohydrates

NOTES : Macadamia nuts have a rich, buttery, slightly sweet flavor. To keep them fresh, store opened containers of macadamia nuts in the refrigerator or freezer. If you'd like, you can substitute chopped pecans or almonds for the macadamia nuts in this recipe.
Nutr. Assoc. : 0409800000341120125
```

* Exported from MasterCook *

```

\section*{Stuffed Zucchini}
\(\begin{array}{lll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 8 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Main and Side Dishes Vegetables
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 4 & medium & zucchini (about 2 pounds) \\
\hline 1 & medium & onion -- chopped (about 1/2 cup) \\
\hline 1/4 & cup & margarine or butter (1/2 stick) \\
\hline 1/4 & (4 ounce) can & chopped green chiles -- drained \\
\hline 1 & (2 ounce) jar & diced pimientos -- drained \\
\hline 1 1/2 & cups & herb-seasoned stuffing mix (dry) \\
\hline 3/4 & cup & shredded Mozzarella or Monterey Jack cheese \\
\hline
\end{tabular}

Heat 2 inches water (salted if desired) to boiling. Add zucchini. Heat to
boiling; reduce heat. Cover and simmer just until tender, 8 to 10 minutes; drain. Cool slightly; cut each zucchini lengthwise in half. Spoon out pulp; chop coarsely. place zucchini, cut sides up, in ungreased baking dish, \(13 \times 9 \times 2\) inches.

Heat oven to \(350^{\circ}\). Cook and stir onion in margarine in 10-inch skillet until onion is tender. Stir in chopped pulp, chiles, pimientos and stuffing mix. Divide stuffing mixture among zucchini halves. Sprinkle each

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with about 1 tablespoon cheese. Bake uncovered until hot, 30 to 35 minutes.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

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Per serving: 130 Calories (kcal); 9g Total Fat; (57\% calories from fat); 5g Protein; 10g Carbohydrate; 10mg Cholesterol; 265 mg Sodium Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 2640804098201974487368626153
```

* Exported from MasterCook *

```

\section*{Super Snack Bars}
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \\ 32 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Baking with Kids Cookies \& Brownies
```

    Amount Measure
        Amount Measure
        Ingredient -- Preparation Method
        Shortening
            3/4 cup
            3/4 cup granulated sugar
            3/4 cup packed brown sugar
            3/4 cup margarine or butter (1 1/2 sticks) -- softened
    1
    2
    1/2 teaspoon
    1/2 teaspoo
    1
    3/4 
    3/4 cup
    2/3 cup candy-coated chocolate candies
    1/3 cup candy-coated chocolate candies
    1/4 cup chopped pecans
    Heat oven to 350'.
Grease rectangular pan with:
Shortening
Mix in large bowl with wooden spoon:
3/4 cup granulated sugar
3/4 cup packed brown sugar
3/4 cup (1 1/2 sticks) margarine or butter, softened
1 teaspoon vanilla
2 large eggs
Stir in:
2 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon salt
1 cup whole-grain wheat flake cereal, slightly crushed
Page 352

```
betty crocker best of baking recipes.txt
3/4 cup quick-cooking oats
3/4 cup chopped pecans
2/3 cup candy-coated chocolate candies
```

Spread batter in pan.

```

\section*{Sprinkle with:}
\(1 / 3\) cup candy-coated chocolate candies
\(1 / 4\) cup chopped pecans
Bake 30 to 40 minutes or until golden brown. Cool completely on wire rack. Cut into about \(2 \times 1\) 1/4-inch bars.

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Yield:
"32 Bars"

Per serving: 179 Calories (kcal); 9g Total Fat; (43\% calories from fat); 2g Protein; 23 g Carbohydrate; 13 mg Cholesterol; 147 mg Sodium Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 1 Other Carbohydrates
```

NOTES : Utensils You Will Need
Large Bow7 - Dry-ingredient measuring cups • Small sharp knife •
Measuring spoons - Wooden spoon - Rectangular pan, 13 < 9 < 2
inches - Pot holders - Wire cooling rack - Ruler. Sharp knife
Nutr. Assoc. : 0 0 0 4098 0 3218 0 0 0 0 885 20223 20148 40724072 20148

```
```

* Exported from MasterCook *

```

\section*{Supper Popover}
```

Recipe By : % 6 Preparation Time :0:00
Categories : Main and Side Dishes

```
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & pound & ground beef \\
\hline 1 & (15 ounce) can & tomato sauce \\
\hline 1/4 & cup & chopped green pepper \\
\hline 2 & tablespoons & all-purpose flour* \\
\hline 1/2 & teaspoon & salt \\
\hline 1/2 & teaspoon & pepper \\
\hline 1 & teaspoon & parsley flakes \\
\hline 2 & cups & shredded Cheddar cheese (about 8 ounces) \\
\hline 2 & & eggs \\
\hline 1 & cup & milk \\
\hline 1 & tablespoon & vegetable oil \\
\hline 1 & cup & al1-purpose flour* \\
\hline 1/2 & teaspoon & salt \\
\hline 2 & tablespoons & chopped green onions \\
\hline
\end{tabular}

Heat oven to \(425^{\circ}\). Cook and stir ground beef in 10-inch skillet until brown; drain. Stir in tomato sauce, green pepper, 2 tablespoons flour, \(1 / 2\) teaspoon salt, the pepper and parsley. Heat to boiling. Boil and stir 1 minute. Pour into ungreased baking pan, \(13 \times 9 \times 2\) inches. Sprinkle cheese on top.
betty crocker best of baking recipes.txt
Beat eggs, milk, oil, 1 cup flour and \(1 / 2\) teaspoon salt with hand beater; pour over cheese. Sprinkle with onions.

Bake until puffy and golden brown, 25 to 30 minutes. Serve immediately.

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Yield:
"6 Popovers"

Per serving: 471 Calories (kcal); 27g Total Fat; (51\% calories from fat); 30g
Protein; 26 g Carbohydrate; 154 mg Cholesterol; 1097 mg Sodium
Food Exchanges: 1 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 3 Fat; 0
Other Carbohydrates
NOTES : *Do not use self-rising flour in this recipe.
Nutr. Assoc. : 90180200881400313549223218001402665
```

* Exported from MasterCook *

```

Sweet Bread wreath
\begin{tabular}{ll} 
Recipe By & \\
Serving Size & \(\vdots\) \\
Categories & : Breads
\end{tabular} Preparation Time :0:00
\begin{tabular}{rll} 
Amount & Measure & Ingredient -- Preparation Method \\
2 & & cup \\
\(1 / 4\) & Basic Pizza Dough for Three Crusts -- (see recipe) \\
\(1 / 2\) & eggar beaten
\end{tabular}

Prepare Basic Pizza Dough. Heat oven to \(350^{\circ}\). Grease cookie sheet. Divide dough into thirds. Roll each third dough into rope, 26 inches long. Braid ropes gently and loosely; pinch ends together. Shape braid into wreath on cookie sheet; pinch ends together. Let rise in warm place about 1 hour or until double.

Brush wreath with eggs. Mix remaining ingredients; sprinkle on wreath.
Bake 25 to 30 minutes or until golden brown.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker ${ }^{\circledR}$ Recipe.
Description:
"Pizza dough takes on a new life in this pretty-and delicious-wreath."
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Yield:
"1 Wreath"

```
Per serving: 60 Calories (kcal); \(1 g\) Total Fat; (14\% calories from fat); 2 g
                                    Page 354
betty crocker best of baking recipes.txt
Protein; 11g Carbohydrate; 23mg Cholesterol; 52mg Sodium Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates
```

Nutr. Assoc. : 0 0 0 0 23 3388

```
* Exported from MasterCook *
                                    Basic Pizza Dough for Three Crusts
```

Recipe By Size : 6 Preparation Time :0:00
Categories: Main and Side Dishes

```
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 & packages & active dry yeast \\
\hline \(11 / 2\) & cups & warm water ( \(105^{\circ}\) to \(115^{\circ}\) ) \\
\hline 3 3/4 & cups & all-purpose flour* (3 3/4 to 4 cups) \\
\hline 1 & tablespoon & olive oil \\
\hline 1 & teaspoon & salt \\
\hline 1/2 & teaspoon & sugar \\
\hline
\end{tabular}

Dissolve yeast in warm water in large bowl. Stir in half of the flour, the oil, salt and sugar. Stir in enough of the remaining flour to make dough easy to handle. Turn dough onto lightly floured surface; knead about 10 minutes or until smooth and elastic. Place in greased bowl; turn greased side up. Cover and let rise in warm place for 20 minutes.

Punch down dough. Cover and refrigerate for at least 2 hours but no longer than 48 hours. (Punch down dough as necessary.)

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Description:
"Everyone loves pizza! This dough is great for Classic Four Seasons
Pizza (see recipe) or to make pizza with your favorite toppings."
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Yield:
"3 Crusts"

Per serving: 312 Calories (kcal); 3g Total Fat; (9\% calories from fat); 9g Protein; 61g Carbohydrate; 0 mg Cholesterol; 360mg Sodium
Food Exchanges: 4 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(1 / 2\) Fat; 0 Other Carbohydrates

NOTES : *If using self-rising flour, omit salt. One cup whole wheat flour can be substituted for 1 cup of the ali-purpose flour if desired.

Tip
One pizza too many? wrap the partially baked extra pizza, label and freeze no longer than two months. Heat oven to \(375^{\circ}\). Bake a thin-crust pizza on a greased cookie sheet uncovered about 25 minutes and a thick-crust pizza about 55 minutes.
Nutr. Assoc. : 0547214000
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* Exported from MasterCook *

```

\section*{Sweet Potato Pie}

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betty crocker best of baking recipes.txt
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 8 \quad \text { Preparation Time }: 0: 00\end{array}\)
Categories : Desserts Pies
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 & & Pastry for 9-Inch One-Crust Pie -- (see recipe) eggs \\
\hline 3/4 & cup & sugar \\
\hline 1 & teaspoon & ground cinnamon \\
\hline 1/2 & teaspoon & salt \\
\hline 1/2 & teaspoon & ground ginger \\
\hline 1/4 & teaspoon & ground cloves \\
\hline 1 & (23 ounce) can & sweet potatoes -- drained and mashed (1 3/4 to 2 cups) \\
\hline 1 & (12 ounce) can & \begin{tabular}{l}
evaporated milk \\
whipped Cream if desired
\end{tabular} \\
\hline
\end{tabular}

Heat oven to \(425^{\circ}\). Prepare Pastry. Beat eggs slightly in 2 -quart bow with hand beater; beat in remaining ingredients except whipped cream. Place pastry-lined pie plate on oven rack; pour sweet potato mixture into plate. Cover edge with 2-inch strip of aluminum foil to prevent excessive browning; remove foil last 15 minutes of baking. Bake 15 minutes.

Reduce oven temperature to \(350^{\circ}\). Bake until knife inserted in center comes out clean, 45 to 50 minutes. Refrigerate until chilled, at least 4 hours. Serve with whipped cream, if desired. Immediately refrigerate remaining pie.

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Yield:
"1 Pie"

Per serving: 369 Calories (kcal); 13g Total Fat; (32\% calories from fat); 7g Protein; 56 g Carbohydrate; 67 mg Cholesterol; 358 mg Sodium
Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(21 / 2\) Fat; 1 1/2 Other Carbohydrates

NOTES : Praline Sweet Potato Pie: Decrease second baking time to 35 minutes. Mix \(1 / 3\) cup packed brown sugar, \(1 / 3\) cup chopped pecans and 1 tablespoon margarine or butter, softened; sprinkle over pie. Bake until knife inserted in center comes out clean, about 10 minutes longer.
Nutr. Assoc. : 03218000036152708202130706543
* Exported from MasterCook *

Favorite Pastry for 9-Inch One-Crust Pie
\(\begin{array}{ll}\text { Recipe By } & \text { Serving.Size } \\ \text { Se } & \text { Preparation Time }: 0: 00\end{array}\)
Categories : Desserts
Pies
\begin{tabular}{crl} 
Amount & Measure & Ingredient -- Preparation Method \\
\hdashline 1 & & cup \\
\(1 / 2\) & all-purpose flour \\
& teaspoon salt
\end{tabular}
```

    1/3
    1/3
    2
betty crocker best of baking recipes.txt cup 1ard
OR
1/3
cup plus 1 tablespoon shortening
tablespoons cold water (2 to 3 tablespoons)

```

Mix flour and salt. Cut in lard until particles are size of small peas.
Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bow 1 (1 to 2 teaspoons water can be added if necessary).

Gather pastry into ball; shape into flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll pastry under, even with plate. Flatten pastry eventy on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into \(V\) shape; pinch again to sharpen. Fill and bake as directed in recipe.

For Baked Pie She11: Heat oven to \(475^{\circ}\). Prick bottom and side thoroughly with fork. Bake 8 to 10 minutes or until light brown; cool.
```

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approved Betty Crocker® Recipe.
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Yield:
"1 Crust"

```
Per serving: 134 Calories (kcal); 9 g Total Fat; (59\% calories from fat); 2g
Protein; 12g Carbohydrate; 8mg Cholesterol; 134mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(11 / 2\) Fat; 0
Other Carbohydrates
Nutr. Assoc. : 000021307065432777
* Exported from MasterCook *

Sweetened Whipped Cream
\(\begin{array}{ll}\text { Recipe By } & \text { : } 0 \quad \text { Preparation Time }: 0: 00\end{array}\)
Categories : Baking with Kids Cakes
\begin{tabular}{cll} 
Amount & Measure & Ingredient -- Preparation Method \\
2 & \(3 / 4\) & cup \\
tablespoons & whipping (heavy) cream \\
granulated or powdered sugar
\end{tabular}

Chil1 medium bow \(i n\) freezer about 15 minutes or until cold.
Beat in chilled bow with eggbeater until stiff:
3/4 cup whipping (heavy) cream
2 tablespoons granulated or powdered sugar
Page 357
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
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Yield:
"1 1/2 Cups"

```
Per serving: 712 Calories (kca1); 66g Total Fat; (81\% calories from fat); 4g
Protein; 30 g Carbohydrate; 245 mg Cholesterol; 67 mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 13 Fat; 1
1/2 Other Carbohydrates
```

NOTES : Utensils You Wil1 Need
Medium bow1 • Liquid measuring cup • Measuring spoon • Egg beater
Nutr. Assoc. : 721 652

```
* Exported from MasterCook *
Taco Casserole
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 6 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Beef \(\begin{aligned} & \text { Main and Side Dishes }\end{aligned}\)
Casseroles
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & pound & ground beef \\
\hline 1 & (15 ounce) can & chili beans \\
\hline 1 & (8 ounce) can & tomato sauce \\
\hline 2 & tablespoons & taco sauce, picante sauce or salsa \\
\hline 2 & teaspoons & chile powder (2 to 4 teaspoons) \\
\hline 1 & teaspoon & garlic powder \\
\hline 2 & cups & coarsely broken tortilla chips \\
\hline 1 & cup & sour cream \\
\hline 1/2 & cup & sliced green onions (5 medium) \\
\hline 1 & medium & tomato -- chopped (3/4 cup) \\
\hline 1 & cup & \begin{tabular}{l}
shredded Cheddar or Monterey Jack cheese \\
(4 ounces) \\
Shredded lettuce and taco sauce, if desired
\end{tabular} \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\). Cook beef in 10 -inch skillet over medium-high heat, stirring occasionally, until brown; drain. Stir in beans, tomato sauce, 2 tablespoons taco sauce, the chile powder and garlic powder. Heat to boiling, stirring occasionally.

Place tortilla chips in ungreased 2-quart casserole. Top with beef mixture. Spread with sour cream. Sprinkle with onions, tomato and cheese.

Bake uncover 20 to 30 minutes or until hot and bubbly. Arrange additional tortilla chips around edge of casserole if desired. Serve with lettuce and taco sauce.

\footnotetext{
Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

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}

Per serving: 509 Calories (kcal); 31g Total Fat; (52\% calories from fat); 27g Protein; 35 g Carbohydrate; 84 mg Cholesterol; 1107 mg Sodium Food Exchanges: 2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 4 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 901881501472261401619020030049222130706543
```

* Exported from MasterCook *

```
    Tamale Lentil Casserole
Recipe By \(\begin{aligned} & \text { Rerving Size } \\ & \text { Sereparation Time :0:00 }\end{aligned}\)
\(\begin{array}{ll}\text { Serving Size } \\ \text { Categories } & \text { Preparation Time : } 0: 00 \text { Casseroles }\end{array}\)
Vegetarian
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & tablespoon & vegetable oil \\
\hline 1 & large & onion -- chopped (1 cup) \\
\hline 1 & medium & green be 11 pepper -- chopped (1 cup) \\
\hline 2 & cloves & garlic -- finely chopped \\
\hline 3 & cups & water \\
\hline 1 1/4 & cups & dried 1entils (10 ounces) -- sorted and rinsed \\
\hline 1 & (14 ounce) can & n tomato sauce \\
\hline 1 & (1.25 ounce) p & package taco seasoning mix \\
\hline \(1 / 2\)
\(1 / 4\) & cup & \begin{tabular}{l}
CHEESE CORNBREAD TOPPING \\
shredded Cheddar cheese (2 ounces) milk
\end{tabular} \\
\hline 1 & (8 1/2 ounce) & package cornbread muffin mix \\
\hline 1 & (8 1/2 ounce) & can cream-style corn \\
\hline 1 & 1arge & egg \\
\hline
\end{tabular}

Heat oil in 3-quart saucepan over medium-high heat. Cook onion, be11 pepper and garlic in oil, stirring frequently, until vegetables are tender. Stir in water, lentils, tomato sauce and seasoning mix; reduce heat to low. Partially cover and simmer 35 to 40 minutes or until lentils are tender.

Heat oven to \(400^{\circ}\). Grease 2 -quart casserole with shortening. Prepare Cheese Cornbread Topping by mixing all ingredients until moistened. Spoon lentil mixture into casserole. Spread topping evenly over lentil mixture.

Bake uncovered 15 to 20 minutes until topping is golden brown.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

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Per serving: 459 Calories (kcal); 11g Total Fat; (22\% calories from fat); 19g Protein; 72g Carbohydrate; 42mg Cholesterol; 1322mg Sodium Food Exchanges: 4 Grain(Starch); \(11 / 2\) Lean Meat; \(11 / 2\) Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0000031230000492205554290
betty crocker best of baking recipes.txt
* Exported from MasterCook *

Three-Bean and Cornbread Casserole
\(\begin{array}{ll}\text { Recipe By } & \text { : } \\ \text { Serving Size } & \text { Preparation Time } 0: 000 \\ \text { Categories } & \text { Casseroles } \\ \text { Vegetarian }\end{array} \quad\) Main and Side Dishes
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 2 & (21 ounce) cans & s baked beans \\
\hline 2 & (15 ounce) cans & s kidney beans -- drained \\
\hline 1 & ( \(81 / 2\) ounce) & can lima beans -- drained \\
\hline 1 & (8 ounce) can & tomato sauce \\
\hline 1/4 & cup & catsup \\
\hline 2 & tablespoons & packed brown sugar \\
\hline 2 & tablespoons & instant minced onion \\
\hline 1/2 & teaspoon & dry mustard \\
\hline 1/2 & teaspoon & salt \\
\hline 1/4 & teaspoon & pepper Cornbread Topping -- (recipe follows) \\
\hline & & CORNBREAD TOPPING \\
\hline 2/3 & cup & all-purpose flour* \\
\hline 1/3 & cup & yellow cornmeal \\
\hline \(21 / 2\) & tablespoons & margarine or butter -- softened \\
\hline 1 & tablespoon & sugar \\
\hline 1 & teaspoon & baking powder \\
\hline 1/2 & teaspoon & salt \\
\hline 1 & & egg \\
\hline
\end{tabular}

Heat oven to \(425^{\circ}\). Mix all ingredients except Cornbread Topping; pour into ungreased baking dish, \(13 \times 9 \times 2\) inches. Prepare Cornbread Topping by beating all ingredients with hand beater until smooth. Spoon evenly over bean mixture to within 1 inch of edges.

Bake until topping is deep golden brown, 25 to 30 minutes.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

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Per serving: 392 Calories (kcal); 5g Total Fat; (11\% calories from fat); 18g Protein; 74 g Carbohydrate; 25 mg Cholesterol; 1692 mg Sodium
Food Exchanges: \(41 / 2\) Grain(Starch); 1/2 Lean Meat; \(1 / 2\) Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

NOTES : *If using self-rising flour, omit baking powder and salt.
Nutr. Assoc. : 21282600178415060020220000213070654301400 40980000
```

* Exported from MasterCook *
Top-It-Your-Way Pizza
Recipe By :
Serving Size : 4 Preparation Time :0:00
Page 360

```

Categories : Appetizers
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline & & Shortening \\
\hline 1 & 1 pound & loaf frozen pizza dough \\
\hline 1 & (8 ounce) can & pizza sauce \\
\hline 1 & cup & sliced mushrooms \\
\hline 1/2 & cup & chopped green bell pepper \\
\hline 1/4 & cup & sliced rịpe olives \\
\hline & & A few thinly sliced onion rings \\
\hline 1/2 & (3 \(1 / 2\) ounce) & package thinly sliced pepperoni \\
\hline 1/4 & pound & hamburger -- cooked \\
\hline 1/4 & pound & sausage -- cooked \\
\hline \(11 / 2\) & cups & shredded Mozzare11a cheese (6 ounces) \\
\hline
\end{tabular}

Move oven rack to lowest position. Heat oven to \(350^{\circ}\).
Grease cookie sheet or pizza pan with:
Shortening
Thaw pizza dough as directed on package, then shape into \(14 \times 11\)-inch
rectangle on
cookie sheet or 14-inch circle on pizza pan:
1 loaf (1 pound) frozen pizza dough
Spread over dough with rubber scraper:
1 can ( 8 ounces) pizza sauce
Choose 2 or 3 of your favorite toppings and sprinkle them over the sauce:
1 cup sliced mushrooms
\(1 / 2\) cup chopped green bell pepper
\(1 / 4\) cup sliced ripe olives
A few thinly sliced onion rings
\(1 / 2\) package ( \(31 / 2\)-ounce size) thinly sliced pepperoni
1/4 pound hamburger or sausage, cooked
Other favorite topping
Sprinkle over the toppings:
\(11 / 2\) cups shredded Mozzarella cheese (6 ounces)
Bake 25 to 35 minutes or until cheese is melted and light brown. Cut pizza into wedges.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\text {R }}\) Recipe.
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Yield:
"1 Pie"

Per serving: 659 Calories (kcal); 27g Total Fat; (37\% calories from fat); 29g Protein; 74 g Carbohydrate; 59 mg Cholesterol; 1617 mg Sodium
Food Exchanges: 1 Grain(Starch); 2 Lean Meat; \(11 / 2\) Vegetable; 0 Fruit; 3 1/2
Fat; 0 Other Carbohydrates
NOTES : Utensils You Will Need
Cookie sheet or pizza pan, 15 inches • Pastry brush • Ru7er • Can opener • Rubber scraper • Sharp knife • Cutting board • Dry-ingredient measuring cups • Pot holders • Wire cooling rack • Pizza cutter
Nutr. Assoc. : 034504977049710498100213070654326153
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* Exported from MasterCook *

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Traditional Almond Cookies
```

Recipe By : 48 Preparation Time :0:00
Categories : Cookies \& Brownies

```


Heat oven to \(300^{\circ}\). Line cookie sheet with cooking parchment paper, or grease and flour cookie sheet. Place almonds in food processor or blender. Cover and process, or blend, until finely ground but not pastelike.

Beat egg whites in medium bowl on high speed until stiff. Stir in almonds, \(11 / 2\) cups granulated sugar and the powdered sugar. Stir in amaretto.

Drop mixture by rounded teaspoonfuls about 2 inches apart onto cookie sheet. Sprinkle with granulated sugar. Bake 20 to 25 minutes or until brown. Remove from cookie sheet. Cool on wire rack. Drizzle with melted bittersweet chocolate, if desired.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
© General Mills, Inc. 1998."
Yie1d:
"48 Cookies"

Per serving: 79 Calories (kcal); \(5 g\) Total Fat; (51\% calories from fat); 2g Protein; 8g Carbohydrate; 0mg Cholesterol; 4mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates
```

Nutr. Assoc. : 0 3231 0 0 0 0 2130706543 0

```
```

* Exported from MasterCook *

```

Traditional white Bread
\begin{tabular}{ll} 
Recipe By & \(\vdots\) \\
Serving Size & \(\vdots 32\) \\
Categories & \(:\) Breads
\end{tabular} Preparation Time :0:00
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 6 & cups & all-purpose* flour (6 to 7 cups) OR \\
\hline 6 & cups & bread flour (6 to 7 cups) \\
\hline 3 & tablespoons & sugar \\
\hline & & Page 362 \\
\hline
\end{tabular}
\begin{tabular}{|c|c|c|}
\hline \multicolumn{3}{|r|}{betty crocker best of baking recipes.txt} \\
\hline 1 & tablespoon & salt \\
\hline 2 & tablespoons & shortening \\
\hline 2 & packages & regular or quick active dry yeast \\
\hline \(21 / 4\) & cups & very warm water ( \(120^{\circ}\) to \(130^{\circ}\) ) \\
\hline & & Margarine or butter -- melted \\
\hline
\end{tabular}

Mix \(31 / 2\) cups of the flour, the sugar, salt, shortening and yeast in large bowl. Add warm water. Beat with electric mixer on low speed 1 minute, scraping bow 1 frequently. Stir in enough remaining flour, 1 cup at a time, to make dough easy to handle.

Turn dough onto lightly floured surface. Knead about 10 minutes or until smooth and elastic. Place in greased bow 1 and turn greased side up. Cover and let rise in warm place 40 to 60 minutes or until double. Dough is ready if indentation remains when touched.

Grease bottoms and sides of 2 loaf pans, \(81 / 2 \times 41 / 2 \times 21 / 2\) or \(9 \times 5 \times\) 3 inches, with shortening.

Punch down dough and divide in half. Flatten each half with hands or rolling pin into rectangle, \(18 \times 9\) inches, on lightly floured surface. Ro11 dough up tightly, beginning at 9 -inch side, to form a loaf. Press with thumbs to seal after each turn. Pinch edge of dough into roll to sea1. Press each end with side of hand to sea1. Fold ends under loaf. Place seam side down in pan. Brush loaves lightly with margarine. Cover and let rise in warm place 35 to 50 minutes or until double.

Move oven rack to low position so that tops of pans will be in center of oven. Heat oven to \(425^{\circ}\).

Bake 25 to 30 minutes or until loaves are deep golden brown and sound hollow when tapped. Remove from pans to wire rack. Brush loaves with margarine; cool.

2 loaves, 16 slices each

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
"© General Mills, Inc. 1998."
Yield:
"2 Loaves"

Per serving: 98 Calories (kcal); 1g Total Fat; (9\% calories from fat); 3g Protein; 19g Carbohydrate; 0mg Cholesterol; 201mg Sodium Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : *If using self-rising flour, omit salt.
Cinnamon-Raisin Bread: Stir in 1 cup raisins with the second addition of flour. Mix \(1 / 4\) cup sugar and 2 teaspoons ground cinnamon. After rolling dough into rectangles, sprinkle each with 1 tablespoon water and half of the sugar mixture.

Fresh Herb Bread: Stir in 2 tablespoons chopped fresh chives, 2 tablespoons chopped fresh sage leaves and 2 tablespoons chopped fresh thyme leaves just before the second addition of flour.

Do you need to use less salt in your diet? If so, decrease sugar to 2 tablespoons and salt to 1 teaspoon. Substitute vegetable oil for the shortening. Each rising time will be 10 to 15 minutes shorter.
```

Nutr. Assoc. : 14 0 2130706543 0 0 0 26366 54724098

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* Exported from MasterCook *
Triple Cheese Pesto Pita Pizzas
Recipe By Size : 6 Preparation Time :0:00
Categories : Main and Side Dishes

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 1 | (8 ounce) pack | kage cream cheese -- softened |
| 2 | tablespoons | milk |
| 6 |  | whole wheat or white pita breads (6 inches in diameter) |
| 6 | tablespoons | Pesto -- (see recipe) |
| 1 | (2 1/4 ounce) | can sliced ripe olives -- drained |
| 1 | cup | shredded Mozzarella cheese (4 ounces) |
| 2 | tablespoons | grated Parmesan cheese |
| 2 | tablespoons | chopped fresh parsley |

```

Heat oven to \(425^{\circ}\). Mix cream cheese and milk until smooth. Place pita breads on ungreased large cookie sheet. Spread cream cheese mixture on pita breads to within \(1 / 4\) inch of edge. Carefully spread pesto over cream cheese. Top with olives. Sprinkle with cheeses and parsley.
Bake 7 to 12 minutes or until thoroughly heated and cheese is melted.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Copyright:
"© Genera1 Mi11s, Inc. 1998."
Yield:
"6 Pitas"

```
Per serving: 477 Calories (kcal); 31g Total Fat; (56\% calories from fat); 16g
Protein; 38g Carbohydrate; 63mg Cholesterol; 711mg Sodium
Food Exchanges: 2 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 5
1/2 Fat; 0 Other Carbohydrates
Nutr. Assoc. : 0026190049712615300
* Exported from MasterCook *

\section*{Pesto}
\(\begin{array}{lll}\text { Recipe By } & \text { : } 6 \text { Preparation Time :0:00 } \\ \text { Serving Size } & \text { : }\end{array}\)
Categories : Main and Side Dishes Sauces
\begin{tabular}{rll} 
Amount & Measure & Ingredient -- Preparation Method \\
\hdashline 2 & & cups \\
\(3 / 4\) & firmly packed fresh basil leaves \\
\(3 / 4\) & cup & grated Parmesan cheese \\
\(1 / 4\) & cup & olive or vegetable oil \\
3 & cloves & gine nuts
\end{tabular}
betty crocker best of baking recipes.txt
Place all ingredients in blender or food processor. Cover and blend on medium speed about 3 minutes, stopping occasionally to scrape sides, until smooth. Toss with hot cooked pasta, if desired.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
"© General Mills, Inc. 1998."
Yield:
"1 1/3 Cups"

Per serving: 323 Calories (kcal); 33g Total Fat; (91\% calories from fat); 5g Protein; 2g Carbohydrate; 8 mg Cholesterol; 191mg Sodium Food Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 6 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 333309869011270
```

* Exported from MasterCook *

```
                                    Triple-Chocolate Chunk Cookies
Recipe By :
Serving Size : 36 Preparation Time :0:00
Categories : Cookies \& Brownies
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline \(11 / 2\) & cups & packed brown sugar \\
\hline 1 & cup & margarine or butter (2 sticks) -- softened \\
\hline 1 & & egg \\
\hline \(21 / 4\) & cups & al1-purpose flour \\
\hline 2 & teaspoons & ground cinnamon \\
\hline 1 & teaspoon & baking soda \\
\hline 1/2 & teaspoon & salt \\
\hline 1 & cup & chopped nuts \\
\hline 4 & ounces & bittersweet chocolate -- chopped \\
\hline 4 & ounces & sweet cooking chocolate -- chopped \\
\hline 4 & ounces & white chocolate (white baking bar) -- chopped Three-Chocolate Glaze -- (recipe follows) \\
\hline 3 & teaspoons & THREE-CHOCOLATE GLAZE shortening \\
\hline 3 & ounces & bittersweet chocolate \\
\hline 3 & ounces & sweet cooking chocolate \\
\hline 3 & ounces & white chocolate (white baking bar) \\
\hline
\end{tabular}

Heat oven to \(375^{\circ}\). Mix brown sugar, margarine and egg in large bowl. Stir in flour, cinnamon, baking soda and salt (dough will be soft). Stir in nuts, chocolates and white chocolate.

Drop dough by rounded tablespoonfuls about 2 inches apart onto ungreased cookie sheet.

Bake 8 to 10 minutes or until light golden brown. Cool slightly; remove from cookie sheet. Dip cookies in Three-Chocolate Glaze.

\section*{THREE-CHOCOLATE GLAZE:}

Heat 1 teaspoon of the shortening with bittersweet chocolate over low heat, stirring constantly, until chocolate is melted and smooth. Remove
betty crocker best of baking recipes.txt
from heat. Dip each cookie \(1 / 2\) inch deep into chocolate along one edge. Repeat with remaining shortening and chocolates. Rotate dipped edge of cookie for each type of chocolate if desired.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Description:
"A sweet trio of chocolate makes these cookies three times as
delightful-creamy milk chocolate, more assertive bittersweet chocolate
and soft white chocolate."
Copyright:
"@ Genera1 Mi11s, Inc. 1998."
Yield:
"36 Cookies"

```

Per serving: 222 calories (kcal); 15 g Total Fat; (55\% calories from fat); 3g Protein; 24g Carbohydrate; 5mg Cholesterol; 132mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat; 1
Other Carbohydrates
```

Nutr. Assoc. : 0 4098 0 0 0 0 0 2677 0 5195 5519 2130706543 0 0 0 0 5195

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    5519
* Exported from MasterCook *
    Tuna-Broccoli Casserole
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 4 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Casseroles Main and Side Dishes
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 1/2 & cups & uncooked small pasta shells (6 ounces) \\
\hline 1 & (10 ounce) pac & ckage frozen broccoli cuts -- thawed \\
\hline 1 & (6 ounce) can & tuna -- drained \\
\hline 1 & (10 3/4 ounce) & can condensed Cheddar cheese soup \\
\hline 1 & & soup can of milk \\
\hline 1 & cup & crushed potato chips \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\).
Mix all ingredients except potato chips in casserole. Sprinkle with potato chips. Bake uncovered 30 to 40 minutes or until hot and bubbly.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

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Per serving: 446 Calories (kcal); 16 g Total Fat; ( \(32 \%\) calories from fat); 24 g Protein; 52g Carbohydrate; 39 mg Cholesterol; 876 mg Sodium Food Exchanges: 3 Grain(Starch); 2 Lean Meat; \(1 / 2\) Vegetable; 0 Fruit; \(21 / 2\) Fat; 0 Other Carbohydrates
```

            betty crocker best of baking recipes.txt
    Nutr. Assoc. : 4365 3439 26332 2542 4138 0

* Exported from MasterCook *
Tuna-Macaroni Casserole
Recipe By Size : 6 Preparation Time :0:00
Categories : Casseroles Main and Side Dishes

```

```

Please note, if you should change this recipe it will no longer be an

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approved Betty Crocker \({ }^{\circledR}\) Recipe.
Copyright:
    '@ General Mills, Inc. 1998.'
Per serving: 400 Calories (kcal); 20g Total Fat; (44\% calories from fat); 23g
Protein; 32g Carbohydrate; 56 mg Cholesterol; 680 mg Sodium
Food Exchanges: 2 Grain(Starch); 2 Lean Meat; \(1 / 2\) Vegetable; 0 Fruit; 2 1/2 Fat;
0 Other Carbohydrates
Nutr. Assoc. : 2604420081002947021307065434138
* Exported from MasterCook *
Tuscan Chicken Rolls with Pork Stuffing
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 6 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Main and Side Dishes Poultry
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 6 & & boneless, skinless chicken breast halves -- (about 1 1/2 \\
\hline \multicolumn{3}{|l|}{\multirow[t]{2}{*}{pounds) pound ground pork}} \\
\hline & & ground pork \\
\hline 1 & smal1 & onion -- finely chopped (about \(1 / 4\) cup) \\
\hline 1 & clove & garlic -- finely chopped \\
\hline 1 1/2 & cup & \begin{tabular}{l}
egg -- beaten \\
soft bread crumbs
\end{tabular} \\
\hline
\end{tabular}
\begin{tabular}{|c|c|c|c|}
\hline & 1/2 & \multicolumn{2}{|l|}{betty crocker best of baking recipes.txt} \\
\hline & 1/4 & teaspoon & ground savory or crushed dried savory \\
\hline & & & leaves \\
\hline & 1/4 & teaspoon & pepper \\
\hline \multirow[t]{6}{*}{2} & & tablespoons & margarine or butter -- melted \\
\hline & 1/2 & teaspoon & salt \\
\hline & 1/2 & cup & dry white wine \\
\hline & & & OR \\
\hline & 1/2 & cup & chicken broth \\
\hline & 1/2 & cup & cold water \\
\hline \multirow[t]{3}{*}{2} & & teaspoons & cornstarch \\
\hline & 1/2 & teaspoon & chicken bouillon granules \\
\hline & & & Chopped fresh parsley \\
\hline
\end{tabular}

Heat oven to \(400^{\circ}\). Grease rectangular baking dish, \(11 \times 7 \times 11 / 2\) inches. Flatten each chicken breast half to \(1 / 4\)-inch thickness between sheets of plastic wrap or waxed paper. Cook ground pork, onion and garlic in 10-inch skillet over medium heat, stirring occasionally, until pork is no longer pink; drain. Stir in egg, bread crumbs, \(1 / 2\) teaspoon salt, the savory and pepper.

Place about \(1 / 3\) cup pork mixture on each chicken breast half to within \(1 / 2\) inch of edges. Roll up tightly; secure with toothpicks. Place in greased dish. Drizzle rolls with margarine. Sprinkle with \(1 / 2\) teaspoon salt. Pour wine into dish. Bake uncovered 35 to 40 minutes or until chicken is no longer pink when center of thickest pieces are cut.

Remove chicken to warm platter; remove toothpicks. Keep chicken warm. Pour liquid from dish into 1-quart saucepan. Stir cold water into cornstarch; pour into liquid in saucepan. Stir in bouillon granules. Heat to boiling over medium heat, stirring constantly. Boil and stir 1 minute. Pour gravy over chicken. Sprinkle with parsley.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Per serving: 309 Calories (kcal); 14g Total Fat; (44\% calories from fat); 35g Protein; 5 g Carbohydrate; 127 mg Cholesterol; 560 mg Sodium Food Exchanges: 0 Grain(Starch); 5 Lean Meat; \(1 / 2\) Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 231300000031550409800021307065430000
* Exported from MasterCook *

Upside-Down Pineapple Cake
\(\begin{array}{ll}\text { Recipe By } \\ \text { Serving Size } & \text { : } 9 \quad \text { Preparation Time :0:00 }\end{array}\)
Categories : Baking with Kids Cakes
\begin{tabular}{cc} 
Amount & Measure \\
1/4 & Ingredient -- Preparation Method \\
\(2 / 3\) & cup margarine or butter (1/2 stick)
\end{tabular}
\begin{tabular}{|c|c|c|}
\hline \multicolumn{3}{|r|}{betty crocker best of baking recipes.txt} \\
\hline 1 & cup & granulated sugar \\
\hline 1/3 & cup & shortening \\
\hline 3/4 & cup & milk \\
\hline 1 1/2 & teaspoons & baking powder \\
\hline 1/2 & teaspoon & salt \\
\hline 1 & 1arge & egg \\
\hline 1 1/2 & cups & Sweetened whipped Cream -- (see recipe) \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\).
Melt in square pan in oven:
\(1 / 4\) cup ( \(1 / 2\) stick) margarine or butter
Sprinkle over margarine:
2/3 cup packed brown sugar
Put on top of brown sugar mixture:
1 can (about 16 ounces) sliced pineapple, drained
If you like, put in centers of pineapple slices:
Maraschino cherries
Beat in large bow 1 with electric mixer on low speed 30 seconds, scraping
bow 1 all the time:
1 1/3 cups ali-purpose flour
1 cup granulated sugar
1/3 cup shortening
3/4 cup milk
\(11 / 2\) teaspoons baking powder
1/2 teaspoon salt
1 large egg
Beat batter with electric mixer on high speed 3 minutes, scraping bow a few times. Pour batter over fruit mixture in pan.

Bake 55 to 60 minutes or unti 1 toothpick poked in center comes out clean. Adult help: Immediately turn pan upside down onto heatproof serving plate. Let pan remain over cake a few minutes, then remove pan.

Serve warm and, if you like, with:
Sweetened whipped Cream (see recipe)

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Copyright:
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Yield:
"1 Cake"

Per serving: 456 Calories (kcal); 21g Total Fat; (41\% calories from fat); 4g Protein; 65 g Carbohydrate; 51 mg Cholesterol; 290mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 4 Fat; 2 1/2 Other Carbohydrates
```

NOTES : Utensils You Will Need
Square pan, 9 < 9 < 2 inches • Small sharp knife • Pot holders •
Dry-ingredient measuring cups • Can opener • Large Bowl • Liquid
measuring cup • Measuring spoons • Electric mixer • Rubber scraper
- Toothpick . Heatproof serving plate
TIP
If any pieces of pineapple or cherries stick to the pan when you
remove it, just pick them off and place on cake where they go.

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                                    Page 369
```

betty crocker best of baking recipes.txt
Nutr. Assoc. : 4098 0 4498 0 0 0 0 0 0 0 0 0

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* Exported from MasterCook *

```
                                    Sweetened whipped Cream
\begin{tabular}{lll} 
Recipe By & Beparation Time \(: 0: 00\) \\
Serving Size & \(\vdots\) \\
Categories & Preping with Kids
\end{tabular}
\begin{tabular}{rll} 
Amount & Measure & Ingredient -- Preparation Method \\
\(3 / 4\) & cup & whipping (heavy) cream \\
2 & tablespoons & granulated or powdered sugar
\end{tabular}

Chil1 medium bow 1 in freezer about 15 minutes or until cold.
Beat in chilled bowl with eggbeater until stiff:
3/4 cup whipping (heavy) cream
2 tablespoons granulated or powdered sugar

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.
```

Copyright:
'@ General Mil1s, Inc. 1998."
Yield:

```
    "1 1/2 Cups"
Per serving: 712 Calories (kcal); 66 g Total Fat; ( \(81 \%\) calories from fat); 4g
Protein; 30g Carbohydrate; 245mg Cholesterol; 67mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 13 Fat; 1
1/2 Other Carbohydrates
NOTES : Utensils You Will Need
    Medium bow1 • Liquid measuring cup • Measuring spoon • Egg beater
Nutr. Assoc. : 721652
* Exported from MasterCook *
    Vegetable Frittata
Recipe By \(\begin{aligned} & \text { Berving Size } \\ & \text { Se }\end{aligned}\). Preparation Time :0:00
Categories \(\quad\) : Main and Side Dishes Vegetarian
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & tablespoon & vegetable oil \\
\hline 1 & cup & broccoli flowerets \\
\hline 1 & medium & carrot -- shredded (1/2 cup) \\
\hline 1 & medium & onion -- chopped (1/2 cup) \\
\hline 1/4 & cup & sliced ripe olives \\
\hline 4 / & 1arge & eggs \\
\hline 1/4 & cup & milk \\
\hline 1 & tablespoon & chopped parsley \\
\hline 1/4 & teaspoon & salt \\
\hline 1/4 & teaspoon & pepper sauce \\
\hline 1 & cup & shredded Cheddar cheese (4 ounces) \\
\hline 1 & tablespoon & grated Parmesan cheese \\
\hline & & Page 370 \\
\hline
\end{tabular}
betty crocker best of baking recipes.txt
Heat oil in 10-inch skillet over medium-high heat. Cook broccoli, carrot, onion, and olives in oil about 5 minutes, stirring frequently, until vegetables are crisp-tender.
Meanwhile beat eggs, milk, parsley, salt and pepper sauce thoroughly with fork or wire whisk until a uniform yellow color. Pour egg mixture over vegetables. sprinkle with cheese, reduce heat to low.

Cover and cook about 10 minutes or until set in center. Cut into 4 wedges. Serve immediately.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:
"Frittatas are Italian omelets that have the ingredients stirred into
the egg before cooking rather than being folded inside after the eggs
are set."
Copyright:
"© General Mills, Inc. 1998."

Per serving: 258 Calories (kcal); 19g Total Fat; ( \(66 \%\) calories from fat); 15 g Protein; 7 g Carbohydrate; 220 mg Cholesterol; 488 mg Sodium Food Exchanges: 0 Grain(Starch); 2 Lean Meat; 1 Vegetable; 0 Fruit; \(21 / 2\) Fat; 0 Other Carbohydrates

NOTES : Tip
Substitute 2 cups broccoli slaw for the broccoli flowerets and carrot. Pick up chopped onion and sliced ripe olives at the salad bar of your supermarket.
Nutr. Assoc. : 023580049713218000372649220
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* Exported from MasterCook *

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Venetian Scallops
Recipe By
Serving Size \(\quad 4 \quad\) Preparation Time :0:00
Categories : Fish and Shellfish Main and Side Dishes
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & tablespoon & margarine or butter \\
\hline 1 & smal1 & onion -- thinly sliced \\
\hline 1 & pound & sea scallops -- cut in half \\
\hline 1/2 & cup & dry white wine OR \\
\hline 1/2 & cup & chicken broth \\
\hline 1/2 & cup & whipping (heavy) cream \\
\hline 1/4 & teaspoon & freshly grated nutmeg \\
\hline & cup & \\
\hline 1/4 & cup & freshly grated Parmesan cheese \\
\hline
\end{tabular}

Heat oven to \(400^{\circ}\). Me7t margarine in 10 -inch ovenproof skillet over medium-low heat. Cook onion in margarine, stirring occasionally, until tender. Add scallops. Cook 5 minutes. Stir in wine. Cook uncovered until liquid is evaporated. Stir in whipping cream and nutmeg. Mix bread crumbs and cheese; sprinkle over scallops. Bake uncovered 12 to 15 minutes or until hot and bubbly.
betty crocker best of baking recipes.txt
Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\circledR}\) Recipe.

Description:
"This dish is best made with sea scallops, which are large, rather
than small bay scallops."
Copyright:
"© General Mills, Inc. 1998."

Per serving: 312 Calories (kcal); 17g Total Fat; (51\% calories from fat); 25g Protein; 11g Carbohydrate; 94mg Cholesterol; 579mg Sodium
Food Exchanges: \(1 / 2\) Grain(Starch); 3 Lean Meat; \(1 / 2\) Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 40980264550021307065437213388486620086
```

* Exported from MasterCook *

```
                                    Western Meat Loaf
Recipe By
Serving Size \(\quad 8 \quad\) Preparation Time :0:00
Categories : Main and Side Dishes
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & (8 ounce) can & tomato sauce \\
\hline 1 1/2 & pounds & ground beef \\
\hline 1/2 & pound & ground pork \\
\hline 2 & cups & soft bread crumbs \\
\hline 2 & tablespoons & prepared horseradish (2 to 4 tablespoons) \\
\hline 1 & teaspoon & dry mustard \\
\hline 1/2 & teaspoon & salt \\
\hline 1/4 & teaspoon & pepper finely chopped (about \(1 / 2\) cup) \\
\hline 1 & medium & onion -- finely chopped (about 1/2 cup) \\
\hline 2 & tablespoon & eggs -- slightly beaten packed brown sugar \\
\hline 1/4 & teaspoon & dry mustard \\
\hline
\end{tabular}

Heat oven to \(350^{\circ}\). Reserve \(1 / 4\) cup of the tomato sauce. Mix the remaining tomato sauce and remaining ingredients except brown sugar and \(1 / 4\) teaspoon dry mustard. Spread in ungreased loaf pan. \(81 / 2 \times 41 / 2 \times 21 / 2\) or \(9 \times 5\) \(\times 3\) inches, or shape mixture into loaf in ungreased rectangular pan, \(13 \times\) \(9 \times 2\) inches.

Mix reserved tomato sauce, brown sugar and \(1 / 4\) teaspoon dry mustard; spread over loaf. Bake uncovered until done, 1 to \(11 / 4\) hours. Cover loosely with aluminum foil; let stand 10 minutes. Remove from pan.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker \({ }^{\ominus}\) Recipe.

\section*{Description:}
"With the pungent flavor of horseradish and dry mustard, our western
Meat Loaf recipe reflects its frontier heritage. This hearty meat loaf
has been a favorite of western ranch hands through the years."
copyright:
"© General Mills, Inc. 1998."
betty crocker best of baking recipes.txt
```

Per serving: 306 Calories (kcal); 18g Total Fat; (53% calories from fat); 24g
Protein; 11g Carbohydrate; 120mg Cholesterol; 441mg Sodium
Food Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2
Fat; O Other Carbohydrates
Nutr. Assoc. : 0 9018 0 0 4624 0 0 0 0 3218 0 0

```
* Exported from MasterCook *
                                    whole wheat Dinner Rolls
Recipe By \(\begin{aligned} & \text { Berving Size } \\ & \text { Se } \\ & \text { Separation Time }: 0: 00\end{aligned}\)
Categories : Bread Machine Breads
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 1/4 & cups & bread flour \\
\hline 1 & cup & whole wheat flour \\
\hline 1 & tablespoon & shortening \\
\hline 3/4 & cup & water \\
\hline 2 & tablespoons & packed brown sugar \\
\hline 1 & tablespoon & dry milk \\
\hline 1 1/4 & teaspoons & bread machine yeast \\
\hline 1/2 & teaspoon & salt \\
\hline
\end{tabular}

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer. Select Dough/ Manual cycle.

Grease large cookie sheet. Punch down dough; place on lightly floured surface. Divide dough into 12 equal pieces. Shape each piece into a ball. Place slightly apart on cookie sheet. Cover and let rise in warm place about 30 minutes or until double.

Heat oven to \(375^{\circ}\). Bake 15 to 20 minutes or until golden brown.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Description:
"Bring back memories of grandmother's kitchen and treat your family to
the heavenly aroma of homemade rolls baking in the oven."
Copyright:
"@ General Mil1s, Inc. 1998."
Yield:
"12 Rol1s"

```
Per serving: 108 Calories (kcal); 2g Total Fat; (13\% calories from fat); 3g
Protein; 20g Carbohydrate; 1mg Cholesterol; 94mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; \(1 / 2\) Fat; 0
Other Carbohydrates
Nutr. Assoc. : 00000020190
* Exported from MasterCook *
    Whole wheat-Cranberry Bread (1 1/2-Pound Recipe)
Recipe By :
```

Serving Size : 12
: 12 Preparation Time :0:00
Categories : Bread Machine Breads

```
\begin{tabular}{|c|c|c|}
\hline Amount & Measure & Ingredient -- Preparation Method \\
\hline 1 & cup & plus 2 tablespoons water \\
\hline 1/4 & cup & honey \\
\hline 2 & tablespoons & margarine or butter -- softened \\
\hline 2 & cups & bread flour \\
\hline \(11 / 4\) & cups & whole wheat flour \\
\hline 1 1/2 & teaspoons & salt \\
\hline 3/4 & teaspoon & ground mace \\
\hline 2 & teaspoons & bread machine yeast \\
\hline 1/2 & cup & dried cranberries \\
\hline 1/2 & cup & OR golden raisins \\
\hline
\end{tabular}

Make \(11 / 2\)-pound recipe for bread machines that use 3 cups flour, or make 1 -pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients except cranberries in bread machine pan in the order recommended by the manufacturer. Add cranberries at the Raisin/ Nut signal or 5 to 10 minutes before last kneading cycle ends.

Select Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.
```

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.
Description:
"Try this for the Thanksgiving holidays!"
Copyright:
"@ General Mil1s, Inc. 1998."
Yield:
"1 Loaf"
Per serving: 166 Calories (kcal); 3g Total Fat; (13% calories from fat); 5g
Protein; 32g Carbohydrate; Omg Cholesterol; 291mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat;
1/2 Other Carbohydrates
Nutr. Assoc. : 1582 0 4098 0 0 0 0 2019 26507 0 2130706543

* Exported from MasterCook *
Whole Wheat-Cranberry Bread (1-Pound Recipe)
Recipe By Size : 8 Preparation Time :0:00
Categories : Bread Machine Breads

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 3/4 | cup | water |
| 2 | tablespoons | honey |
| 1 | tablespoon | margarine or butter -- softened |
| 1 1/4 | cups | bread flour |
| 3/4 | cup | whole wheat flour |

1
betty crocker best of baking recipes.txt
teaspoon salt
$\begin{array}{lrl}11 / 4 & \text { teaspoon } & \text { ground mace } \\ \text { teaspoons } & \text { bread machine yeast }\end{array}$
1/3 cup dried cranberries
1/3 cup golden raisins
Make $11 / 2$-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients except cranberries in bread machine pan in the order recommended by the manufacturer. Add cranberries at the Raisin/ Nut signal or 5 to 10 minutes before last kneading cycle ends.

Select Basic/White cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

Description:
"Try this for the Thanksgiving holidays!"
Copyright:
"O General Mills, Inc. 1998."
Yield:
"1 Loaf"

Per serving: 147 Calories (kcal); 2 g Total Fat; ( $12 \%$ calories from fat); 4 g Protein; 28g Carbohydrate; Omg Cholesterol; 285mg Sodium Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; $1 / 2$ Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 004098000020192650702130706543

```
* Exported from MasterCook *
```

wild Mushroom Pie
Recipe By
Serving Size : 6 Preparation Time :0:00
Categories : Main and Side Dishes Vegetarian

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 2 | cups | all-purpose flour |
| 3/4 | cup | butter -- softened |
| $\frac{1}{2}$ |  | jumbo egg |
| 1 | tablespoons | onion -- thinly sliced |
| 2 | cups | sliced fresh mushrooms |
| 2 | cups | sliced porcini mushrooms |
| 1 | cup | whole more1 mushrooms |
| 1 | cup | Marsala or dry red wine |
| $11 / 4$ | cups | whipping (heavy) cream |
| 1/2 | teaspoon | salt |
| 1/4 | teaspoon | pepper |
| $11 / 2$ | cups | Ricotta cheese |
| 1 | cup | shredded Fontina cheese (4 ounces) |
| 1/2 | cup | freshly grated Parmesan cheese |

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betty crocker best of baking recipes.txt
Mix flour, $3 / 4$ cup butter and the egg in large bow 1 unti 1 dough forms. Turn dough onto lightly floured surface. Knead lightly 1 or 2 minutes or until smooth. Cover and refrigerate 30 minutes.

Heat 2 tablespoons butter in 10-inch skillet over medium-high heat. Sauté onion in butter. Reduce heat to medium; stir in mushrooms. Cook uncovered 5 minutes. Stir in wine; cook until wine is evaporated. Stir in whipping cream; sprinkle with salt and pepper. Heat to boiling over medium heat; reduce heat. Cover and simmer 10 minutes; cool.

Move oven rack to lowest position. Heat oven to $350^{\circ}$. Roll dough into 14-inch circle. Ease dough into pie plate, $10 \times 11 / 2$ inches, pressing firmly against bottom and side. Mix mushroom mixture and cheeses. Spoon into pie plate; spread to make even. Trim excess dough from edge of plate. Bake 35 to 40 minutes or until set and crust is golden brown. Cool 10 to 15 minutes before cutting.

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Per serving: 828 Calories (kcal); 62g Total Fat; (69\% calories from fat); 22g Protein; 40g Carbohydrate; 234 mg Cholesterol; 806 mg Sodium Food Exchanges: 2 Grain(Starch); 2 Lean Meat; 1 Vegetable; 0 Fruit; 11 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 00263100049774977417541067210005883562

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* Exported from MasterCook *
```


## Wild Rice Breadsticks

Recipe By
Serving Size
:
10 Preparation Time :0:00
Categories : Bread Machine Breads

| Amount | Measure | Ingredient -- Preparation Method |
| ---: | ---: | :--- |
| $-2 / 3$ | cups | bread flour |
| $1 / 2$ | cup | whole wheat flour |
| $1 / 2$ | cup | cooked wild rice or brown rice |
| $3 / 4$ | cup | water |
| 1 |  | tablespoon |
| 1 | tablespoon | vegetable oil |
| 1 | teaspoon | fennel seed, if desired |
| 1 | teaspoon salt | sed machine yeast |

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer. Select Dough/ Manual cycle.

Grease large cookie sheet. Divide dough into 10 equal pieces. Rol1 each piece into 9 -inch rope. Place on cookie sheet. Brush with vegetable oil. Cover and let rise in warm place 5 to 15 minutes or until slightly risen.

Heat oven to $375^{\circ}$. To make breadsticks resemble sheaves of grain, make short angled cuts with scissors at one end of each breadstick. For a shiny finish, brush breadsticks with slightly beaten egg, if desired.
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Bake 15 to 20 minutes or until golden brown. Remove from cookie sheet to wire rack. Serve warm or cool.

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Description:
"The wild rice in these breadsticks gives them a great, nutty flavor." Copyright:
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Yield:
"10 Breadsticks"

Per serving: 130 Calories (kcal); 2g Total Fat; (13\% calories from fat); 4g Protein; 24 g Carbohydrate; 0 mg Cholesterol; 216 mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat;
0 Other Carbohydrates

Nutr. Assoc. : 002851000326902019

```
* Exported from MasterCook *
```

Wine-and-Cheese Muffins

| Recipe By | : |  |
| :--- | :--- | :--- |
| Serving Size | $\vdots$ |  |
| Categories | Preparation Time :0:00 |  |
| Holiday |  |  |


| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 2 | cups | Bisquick Original baking mix |
| 2/3 | cup | white wine |
|  |  | OR |
| 2/3 | cup | apple juice |
| 2 | tablespoons | vegetable oil |
| 1 |  | egg shed swiss, Gruyère or Cheddar cheese |
| 1 | cup | shredded Swiss, Gruyère or Cheddar cheese (4 ounces) |
| 2 | teaspoons | chopped fresh or freeze-dried chives |

Heat oven to $400^{\circ}$. Line 12 medium muffin cups $21 / 2 \times 11 / 4$ inches, with paper baking cups or grease entire cup generously. Mix baking mix, wine, oil and egg with fork in medium bowl; beat vigorously 30 strokes. Stir in cheese and chives. Divide batter evenly among cups.

Bake about 20 minutes or until golden brown. Immediately remove from pan. Serve warm.

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Yield:
"12 Muffins"

Per serving: 150 Calories (kcal); 8 g Total Fat; ( $50 \%$ calories from fat); 4 g Page 377
betty crocker best of baking recipes.txt
Protein; 13g Carbohydrate; 24mg Cholesterol; 263mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

NOTES : Tip
Buy shredded cheese, or cut a 4-ounce chunk of cheese. You can
then shred without having to stop and measure.
Nutr. Assoc. : 2250002130706543002615426050

* Exported from MasterCook *


## Yummy Yogurt Cups

Recipe By
Serving Size $\quad 4 \quad$ Preparation Time :0:00
Categories : Baking with Kids Desserts

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 3/4 | cup | al1-purpose flour |
| 1/4 | cup | margarine or butter (1/2 stick) -- softened |
| 3 | tablespoons | powdered sugar |
| 2 | teaspoons | cold water (2 to 3 teaspoons) |
| 1 1/3 | cups | yogurt (any flavor) |

Heat oven to $375^{\circ}$.
Mix in medium bow 1 with fork until crumbly:
3/4 cup al1-purpose flour
1/4 cup ( $1 / 2$ stick) margarine or butter, softened
3 tablespoons powdered sugar
Sprinkle in, 1 teaspoon at a time, stirring to make a dough:
2 to 3 teaspoons cold water
Press about 3 tablespoons of the dough in bottom and up side of each 6 -ounce custard cup to within $1 / 2$ inch of top.

Bake 10 to 12 minutes or until golden brown. Cool 10 minutes. Adult help: Carefully remove shells from custard cups with small metal spatula to wire rack. Cool completely.

Spoon evenly into shells:
$11 / 3$ cups yogurt (any flavor)
If you like, top with:
Fresh fruit

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Per serving: 259 Calories (kcal); 14 g Total Fat; ( $49 \%$ calories from fat); 5g Protein; 27g Carbohydrate; 10mg Cholesterol; 172mg Sodium Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat; 1/2 Other Carbohydrates

NOTES : Utensils You Will Need
Medium bow 1 • Dry-ingredient measuring cups • Small sharp knife •
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betty crocker best of baking recipes.txt
Measuring spoons • Fork • Tablespoon • Four 6-ounce custard cups • Pot holders • Small metal spatula • Wire cooling rack • Spoon

Tip
Keep edges of dough even when pressing it into custard cups.
Nutr. Assoc. : 040980277716710

* Exported from MasterCook *

Zesty Roasted Chicken and Potatoes
$\begin{array}{lll}\text { Recipe By } & \text { Serving.Size } & \text { S } 6 \text { Preparation Time :0:00 }\end{array}$
Categories : Main and Side Dishes Poultry

| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 6 |  | skinless boneless chicken breast halves |
| 1 | pound | small red potatoes -- cut in quarters |
| 1/3 | cup | mayonnaise |
| 1/3 | cup | ORalad dressing |
| 3 | tablespoons | Dijon mustard |
| 1/2 | teaspoon | pepper |
| 2 | cloves | garlic -- crushed |
|  |  | Chopped fresh chives -- if desired |

Heat oven to $350^{\circ}$. Grease jelly roll pan, $151 / 2 \times 101 / 2 \times 1$ inch.
Place chicken and potatoes in pan. Mix remaining ingredients except chives; brush over chicken and potatoes.

Bake uncovered 30 to 35 minutes or until potatoes are tender and juice of chicken is no longer pink when centers of thickest pieces are cut. Sprinkle with chives.

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Per serving: 285 Calories (kcal); 12g Total Fat; (38\% calories from fat); 29g
Protein; 15g Carbohydrate; 73 mg Cholesterol; 245 mg Sodium
Food Exchanges: 1 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

Serving Ideas : Serve this family favorite with a super-quick salad. Simply pick up prepared salad greens at your local fast-food restaurant or supermarket, toss them with your favorite dressing, and you'11 have a meal on the table in a snap!

Nutr. Assoc. : 23134716881021307065430002130706543

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* Exported from MasterCook *
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## Zucchini Bread

Recipe By :
Serving Size : 24 Preparation Time :0:00
Categories : Breads
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| Amount | Measure | Ingredient -- Preparation Method |
| :---: | :---: | :---: |
| 3 | cups | shredded zucchini (about 3 medium) |
| $12 / 3$ | cups | sugar |
| 2/3 | cup | vegetable oil |
| 2 | teaspoons | vanilla |
| 4 |  | eggs |
| 3 | cups | a11-purpose flour |
| 1/2 | cup | coarsely chopped walnuts or pecans |
| 1/2 | cup | raisins, if desired |
| 4 | teaspoons | baking powder |
| 1 | teaspoon | salt |
| 1 | teaspoon | ground cinnamon |
| 1/2 | teaspoon | ground cloves |

Heat oven to $350^{\circ}$. Grease bottoms only of 2 loaf pans, $81 / 2 \times 41 / 2 \times 2$ $1 / 2$ inches or $9 \times 5 \times 3$ inches. Mix zucchini, sugar, oil, vanilla and eggs in large bowl. Stir in remaining ingredients. Pour into pans.

Bake 50 to 60 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaves from pans; remove from pans. Cool completely on wire rack before slicing. Store tightly wrapped in refrigerator up to 1 week.

2 loaves (24 slices)

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Yie1d:
"2 Loaves"

Per serving: 204 Calories (kcal); 8g Total Fat; (36\% calories from fat); 3g Protein; 29g Carbohydrate; 31mg Cholesterol; 181mg Sodium Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; $11 / 2$ Fat; 1 Other Carbohydrates

NOTES : Cut sliced Zucchini Bread into interesting shapes with cookie cutters. Spread the cutouts with cream cheese for pretty (and delicious) treats.
Nutr. Assoc. : 27096000321802018746800003615


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[^8]:    Please note, if you should change this recipe it will no longer be an approved Betty Crocker ${ }^{\circledR}$ Recipe.

