

* Exported from MasterCook *

Acapulco Baked Eggs

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories :

Amount	Measure	Ingredient --	Preparation Method
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- | | | | |
|-----|--------------|------------------------|----------|
| 8 | large | eggs | |
| 2 | tablespoons | butter or margarine | |
| 6 | tablespoons | milk | |
| 3/4 | teaspoon | salt | |
| 1/4 | teaspoon | pepper | |
| 2/3 | cup | extra-sharp cheddar -- | shred |
| 1 | 4 ounces can | green chiles -- | chopped |
| | | tomato sauce, ketchup | |
| | | chili or taco sauce -- | optional |
| | | tomatoes; sliced -- | garnish |

Put butter in 8" square baking pan. Set in 350~ oven to melt. Shake pan to distribute butter evenly. Slightly beat eggs, milk, salt and pepper. Pour into pan. Bake at 350 for 10 minutes or until eggs begin to set. Sprinkle with cheese and chiles. Draw a wide metal spatula across bottom of pan several times to break up mixture. Bake, breaking up mixture again several times, for 5 more minutes or until of desired doneness. Serve with tomato sauce, ketchup or chili sauce, if used. Garnish with sliced tomatoes.

* Exported from MasterCook *

All-In-One-Breakfast

Recipe By :

Serving Size : 1 Preparation Time :0:00

Categories :

Amount	Measure	Ingredient -- Preparation Method
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1	slice	whole wheat bread -- toasted
1	teaspoon	butter
3		fresh mushrooms -- thin sliced
3		tomato slices
2	tablespoons	grated parmesan cheese
1	slice	bacon; crisp -- drain/crumble

Place toast on baking sheet. Spread with butter if desired. Cover with mushrooms and tomato slices. Sprinkle cheese and crumbled bacon on top. Bake in 350 degree oven until cheese melts. 1 serving - 147 cal or 1 bread, 1 fat and 1 lean meat exchange (without butter) or 182 cal or 1 bread, 2 fat and 1 lean meat exchange (with butter).

* Exported from MasterCook *

Almond Quiche

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories :

Amount	Measure	Ingredient -- Preparation Method
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1/2	cup	onion -- chopped
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- 2 tablespoons butter
- 2 egg -- beaten
- 1 cup half and half
- 1 cup milk
- 1 tablespoon flour
- 1/4 teaspoon pepper -- white
- 1 1/2 cups swiss cheese -- shredded
- 1 cup almonds -- sliced
- 1 pie shell -- baked

Saute onion in butter until tender. In small bowl, beat together the eggs, both milks, flour and pepper until lightly frothy. Stir in the cooked onion, cheese and toasted sliced almonds until well mixed. Pour the mixture into a still hot baked pie shell. Bake at 325F for about 45 minutes. When done, a knife inserted in the middle will come out clean. Let stand for 10 minutes, slice and serve.

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Amaretto Butter & Amaretto Syrup

Recipe By :

Serving Size : 1 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

-
- amaretto butter-----
 - 2 tablespoons amaretto
 - 1/2 cup butter or margarine -- soften
 - amaretto syrup-----
 - 1/4 cup amaretto

1 cup maple syrup

AMARETTO BUTTER: Combine butter and amaretto. AMARETTO SYRUP: In small saucepan, combine amaretto and syrup. Heat to boiling. Allow to cool before serving.

* Exported from MasterCook *

Amaretto French Toast

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories :

Amount	Measure	Ingredient --	Preparation Method
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6	tablespoons	amaretto	
4		eggs --	well beaten
1/2	cup	milk	
12	slices	french bread	
		amaretto butter	(see recipe)
		amaretto syrup	(see recipe)

In shallow bowl mix all ingredients except bread. Soak bread in mixture. In large skillet, melt some butter. Drain bread. Cook in butter until both sides are golden brown. Serve immediately with Amaretto butter and Amaretto Syrup. NOTE: For a change, try Irish Cream instead of Amaretto.

* Exported from MasterCook *

Amaretto Pancakes

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories :

Amount	Measure	Ingredient -- Preparation Method
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2	cups	bisquick
2		eggs
1	cup	milk
1/4	cup	amaretto
1/2	cup	almonds -- sliced
		amaretto butter (see recipe)
		amaretto syrup (see recipe)

Beat pancakes ingredients together until smooth. Cook as usual.

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American-Style Strata

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories :

Amount	Measure	Ingredient -- Preparation Method
12	sl	sourdough bread -- or
6	sl	whole-grain bread -- halved
1 3/4	cups	mozzarella or monterey jack -- shred
1 1/2	cups	cooked beef, lamb or pork
		cut bite-size
1	cup	carrot or zucchini -- shred
4		eggs
2	cups	milk
1/2	teaspoon	salt
1/2	teaspoon	dry mustard
1/4	teaspoon	ground black pepper
1	teaspoon	worcestershire
1	teaspoon	dried thyme leaves -- crumble
1	teaspoon	dried basil leaves -- crumble

In a 10x6x2 baking dish, layer bread slices to cover bottom of dish.

Sprinkle cheese, meat and veggies over bread. In a bowl, stir together

the eggs, milk and seasonings till well mixed. Pour carefully over

ingredients in baking dish. Cover. Let stand 1 hour at room temperature or

in fridge for longer periods. Uncover. Bake 325~ for 50 to 60 minutes or

until center is nearly set. Let stand 10 minutes. Cut into squares.

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Apple Oat Pancakes

Recipe By : Pillsbury Fast and Healthy - Sept/Oct, 1993

Serving Size : 5 Preparation Time :0:30

Categories :

Amount Measure Ingredient -- Preparation Method

 1/2 cup quick-cooking rolled oats
 2 cups water
 2 cups pancake mix, complete -- *
 1/2 cup apple -- * * shredded
 2 tablespoons sugar
 1/2 teaspoon cinnamon

In medium bowl, combine rolled oats and water; let stand 5 minutes. Meanwhile, heat large nonstick skillet or griddle to medium high heat (375F). Grease lightly with oil. Add remaining ingredients to rolled oats mixture; stir just until all ingredients are moistened. (Batter will be thin). For each pancake, pour 1/4 cup batter into hot skillet. Cook 1 to 1 1/2 minutes, turning when edges look cooked and bubbles begin to break on surface. Continue to cook 1 to 1 1/2 minutes or until golden brown. Serve with syrup, if desired. 15 (4-inch) pancakes; 5 servings Note: use low-fat Bisquick if you prefer.

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Apple Pancakes

Recipe By :

Serving Size : 2 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

1 cup flour -- sifted
 1 teaspoon baking powder
 1/8 teaspoon salt
 1/4 teaspoon cinnamon
 1/8 teaspoon cloves
 3 tablespoons butter
 1 egg
 1/3 cup milk
 2 tablespoons powdered milk
 1/2 cup applesauce

Mix together flour, baking powder, salt, cinnamon and cloves. Cut butter into flour mixture. In a small bowl, beat together egg, milk, powdered milk and apple sauce. Combine flour mixture with egg mixture until well mixed. Bake on hot griddle. Serve with butter and syrup or fruit.

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Apple Pancakes With Cinnamon Nonfat Yogurt

Recipe By : Eat More, Weigh Less

Serving Size : 4 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

1 cup all-purpose flour
 3 tablespoons nonfat egg substitute
 1 1/2 cups nonfat plain yogurt
 1/2 tes baking powder

- 3 tablespoons orange juice
- 3 tablespoons maple syrup
- 4 granny smith apples
or other tart apples
peeled/cored/sliced
- 1/4 teaspoon ground cinnamon
mint leaves

Combine the flour, egg substitute, 1 cup yogurt, baking powder, orange juice, and 2 tablespoons maple syrup into a batter. If you like thinner pancakes, add 2 to 4 tablespoons of water at this point. Let rest for 1/2 hour. Meanwhile, in a nonstick skillet, saute the sliced apples with 1 tablespoon water until the slices are tender and caramelized. Combine the remaining yogurt and maple syrup with the cinnamon. Using a nonstick omelette pan, make thin crepes by pouring 3 tablespoons of the batter into the preheated pan and rolling it around to uniformly cover the surface of the pan. Cook over medium heat about 1 minute, flip with a spatula and cook the other side for about 10 seconds. Continue until all the batter has been used. For each serving, roll each of two crepes around 2 tablespoons of the apples. Garnish with a dollop of flavored yogurt and a mint leaf. 278 calories, 1.2 grams fat per 3 (4- to 5-inch) pancakes with filling.

* Exported from MasterCook *

Apple Sausage Pancakes With Cider Syrup

Recipe By :
 Serving Size : 4 Preparation Time :0:00
 Categories :

Amount Measure Ingredient -- Preparation Method

1 egg
1/2 teaspoon cinnamon
1 cup pancake mix
1/2 cup fresh apple -- shredded
2/3 cup milk
1/2 pound bulk pork sausage -- browned
2 tablespoons oil
-----cider syrup-----
1/2 cup sugar
1 cup apple cider
1 tablespoon cornstarch
1 tablespoon lemon juice
1/8 teaspoon pumpkin pie spice
2 tablespoons margarine or butter

Heat griddle to 375~. In small bowl, beat egg on high speed until thick and lemon colored, about 5 minutes. Lightly spoon pancake mix into measuring cup; level off. Stir in pancake mix, milk, oil and cinnamon. Fold in apples and sausage. Grease griddle lightly before making each pancake. Pour batter from 1/4 cup measuring cup onto hot griddle. Bake until bubbles appear, about 2 minutes on each side. Serve with hot Cider Syrup. CIDER SYRUP: In medium saucepan, combine sugar, cornstarch and pumpkin pie spice; stir in apple cider and lemon juice. Cook, stirring constantly, until mixture thickens and boils for 1 minute. Remove from heat and stir in margarine.

* Exported from MasterCook *

Apple-Brie Cheese Omelet

Recipe By :

Serving Size : 1 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

Amount	Measure	Ingredient	Preparation Method
1/2		apple	
		peel- core and thinly slice	
2 1/2	tablespoons	butter -- divided	
2		eggs	
2	teaspoons	cream or milk	
		salt & pepper	
2	tablespoons	diced brie cheese	

Saute 1/2 apple in one Tbsp. butter. Beat together two eggs, 2 tsp. cream or milk, and salt & pepper until blended but not frothy. Melt 1 1/2 Tbsp. butter in omelette pan over high heat until foam begins to recede but before beginning to color. Pour in egg mixture and prepare omelette, beating to lighten but still allowing it to set on the bottom. Fill with sauteed apples and 2 Tbsp. diced Brie cheese cubes. Fold or roll and slide out of pan onto a heated plate. Source: Dairy Hollow House, Eureka Spgs., AR

* Exported from MasterCook *

Apple-Cheddar Omelet

Recipe By :

Serving Size : 1 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

4 sl bacon -- chopped
 1 can cheddar cheese soup
 8 eggs
 1/3 cup milk -- whole
 1 sm apple; peeled -- chopped
 1 cup cheese, cheddar -- shredded
 about 4 ounces
 1/8 teaspoon pepper, black -- ground

Microwave or fry bacon until crisp, drain, reserve drippings. Stir 1/2 cup of soup in bowl until smooth, add eggs; beat until well blended, set aside. In casserole, stir remaining soup until smooth, stir in apple, milk, cheese and pepper. Cover, micro-cook 4 minutes on HIGH until hot and bubbling. Stir once. Let stand, covered, while preparing omelets. Brush 1 teaspoon bacon drippings in bottom of pie plate. Pour in 1/2 egg mixture. Cover, micro-cook 2 minutes on HIGH. Using spatula, gently move outer edge to center, letting uncooked portion move to edge. Micro-cook 2 minutes on HIGH or until set. Fold in half, slide on plate. Repeat with bacon drippings and remaining egg mixture. Spoon sauce over each omelet, sprinkle with bacon. Campbell's Recipes

* Exported from MasterCook *

Bacon 'n Eggs Crescent Sandwich

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

 1 cup refrigerated crescent rolls

- 1 tablespoon onion -- chopped
- 4 cheddar cheese slices
- 1/2 cup milk
- 1/2 pound bacon
- 2 eggs

Cook the bacon crisp; crumble. Heat oven to 375~. Separate dough into 4 rectangles. Place 2 rectangles in ungreased 8" square pan; press over bottom and 1/2" up sides to form crust, sealing perforations. Place cheese slices over dough. Sprinkle bacon and onions over evenly. Blend milk and eggs; pour over bacon. Separate remaining dough into triangles; arrange triangles over bacon-egg mix; do not seal. Bake for 30-35 minutes or until golden brown and filling is set.

* Exported from MasterCook *

Bacon And Cheese Breakfast Pizza

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

- 1 9" single-crust pastry
- 1/2 pound bacon; cook -- crumble
- 8 ounces swiss cheese -- shredded
- 4 eggs
- 12 ounces sour cream
- 2 tablespoons fresh parsley -- chopped

Roll pastry to fit into a 12" pizza pan. Bake at 425~ for 5 minutes.

Sprinkle bacon and cheese evenly over crust. In a bowl, beat eggs, sour cream and parsley until smooth; pour over pizza. Bake for 20 to 25 minutes or until pizza is puffy and lightly browned. Yield 6 main-dish or 18 appetizer servings.

 * Exported from MasterCook *

Baked Cheddar Toast

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories :

Amount	Measure	Ingredient -- Preparation Method
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1	cup	heavy cream
1	cup	cheddar cheese -- shredded
1/2	teaspoon	nutmeg
1/4	teaspoon	white pepper
4	large	eggs -- well beaten
12	slices	bread

In the top of a double boiler, combine the cream, cheddar, white pepper, and nutmeg. Stir over hot water until the cheese melts and the mixture is well blended. Remove from the heat and cool to lukewarm. Generously butter a large baking sheet and set aside. Cut the bread slices diagonally and dip each triangle into the cheddar mixture. Place 1/2-inch apart on the baking sheet and bake until browned and bubbly, about 15 minutes. Serve hot.

* Exported from MasterCook *

Baked Eggs

Recipe By :

Serving Size : 1 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

1	large	egg	
1/4	teaspoon	mustard -- prepared	
4	drops	worcestershire	
1/4	cup	bean sprouts -- chopped	
2	tablespoons	scallions -- chopped	
2	tablespoons	parsley -- chopped	
1/4	cup	cheddar cheese -- shredded	

Break egg into a lightly greased individual baking dish. Stir egg to break yolk. Add mustard, Worcestershire, bean sprouts, onion and parsley; stir to mix thoroughly. Mix in half the cheese. Top with remaining cheese. Place dish in a larger pan that has about 1 in. hot water. Bake at 350F for 10-15 minutes or until egg is firm.

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Baked Eggs In Mushroom Sauce

Recipe By : Possum Kingdom Lake Cookbook

Serving Size : 6 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

1 Pound Mushrooms
4 Tablespoons Butter
3 Tablespoons Flour
2 Cups Milk
1 Bouillon Cube
1 Tablespoon Boiling Water
1 Tablespoon Grated Onions
1/2 Teaspoon Salt
Pepper -- to taste
6 Large Eggs

Wash and slice mushrooms, stems and all. Saute over medium heat in butter, stirring occasionally, for 10 minutes.

Stir in flour, milk, bouillon cube dissolved in hot water, grated onion, salt and pepper. Cook, stirring, until thick.

Pour about 1/2 cup of sauce into each of 6 individual ramekins or casseroles (sauce should be about 1" deep).

Break an egg into each ramekin.

Slip a spoon under egg and press into sauce so that egg will sink lightly. Remove spoon.

Bake in a 350 degree oven until eggs are cooked to desired doneness, about 20 minutes.

* Exported from MasterCook *

Baked English Omelette

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

6 eggs -- beaten
2/3 cup milk
1/4 teaspoon salt
1/8 teaspoon pepper
1 1/2 cups cheddar cheese -- shredded
1 green onion -- slice thin
3 slices bacon; cook -- crumble
1 tablespoon butter or margarine
1 tablespoon parmesan
add'l bacon for garnish -- opt

Beat milk into eggs. Stir in seasonings, cheddar, onion and bacon. Melt butter in a 9" frying pan. Pour egg mixture into pan. Sprinkle with Parmesan. Bake at 400~ for 20 minutes or until set and golden. Garnish with additional bacon, if desired. Serve immediately.

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Baked Fluffy Orange French Toast

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

 6 eggs -- separated
 1/2 cup orange juice
 3 tablespoons sugar
 2 tablespoons milk
 2 teaspoons grated orange peel
 12 bread slices
 1/2 teaspoon salt
 powdered sugar
 -----sauce-----
 1/2 cup sour cream
 1/4 cup orange marmalade

Heat oven to 450~. Grease large cookie sheet. In medium bowl, beat egg whites until foamy. Gradually add sugar, beating until stiff peaks form; set aside. Beat egg yolks; stir in orange juice, orange peel, salt and milk. Fold egg yolk mix into beaten egg whites. Dip bread slices into egg mix until evenly coated. Place on prepared cookie sheet. Bake for 5-8 minutes or until golden brown (do not turn toast). In small saucepan, combine sour cream and marmalade; heat over low heat just until warmed. Serve immediately with sauce.

* Exported from MasterCook *

Baked French Toast

Recipe By :

Serving Size : 8 Preparation Time :0:00

Categories :

Amount	Measure	Ingredient	Preparation Method
8	slices	bread	
12	ounces	evaporated skim milk	
4		eggs	
1/4	cup	brown sugar	
1	teaspoon	vanilla extract	
3/4	teaspoon	ground cinnamon	

Lightly coat 9"x13"x2" pan with non-stick vegetable spray. Arrange bread slices in bottom of pan. Combine all remaining ingredients and mix well, using whisk or egg beater. Pour mixture evenly over bread. Cover tightly and refrigerate several hours or overnight. To bake, preheat oven to 350.

Remove bread from refrigerator and spray lightly with non-stick vegetable spray. Bake 30-35 minutes, until lightly browned. Serve with hot maple syrup, powdered sugar, and cinnamon. Sylvia's notes: this worked fine, came out reasonably crisp on the outside and reasonably soggy on the inside. Definitely a fine lower-fat alternative to the traditional fried french toast.

NOTES : this worked fine, came out reasonably crisp on the outside and reasonably soggy on the inside. Definitely a fine lower-fat alternative to the traditional fried french toast.

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* Exported from MasterCook *

Baked Scrambled Egg Casserole

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories :

Amount	Measure	Ingredient	Preparation Method
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2	tablespoons	margarine	
1 1/2	cups	cooked ham -- chopped	
1/2	cup	green onions -- sliced	
1	can	cream of mushroom soup	
12		eggs	
4	ounces	cheddar cheese -- shredded	
1/2	cup	half & half	

Heat oven to 250~. Grease 2-qt casserole. In large skillet, melt margarine. Saute onions until crisp tender. In large bowl, beat eggs; stir in half & half and ham. Pour egg mixture into skillet with onions; mix well. Cook over medium heat. As mixture begins to set, gently lift cooked portions with spatula so that thin uncooked portions can flow to bottom. Avoid constant stirring. Cook until eggs are thickened throughout; spoon into prepared casserole dish. Pour soup evenly over top. Bake at 250~ for 30 minutes; sprinkle with cheddar cheese and bake 10-15 minutes longer.

* Exported from MasterCook *

Banana Bran Pancakes

Recipe By :

Serving Size : 1 Preparation Time :0:00

Categories :

Amount	Measure	Ingredient	-- Preparation Method
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- | | | | |
|-------|-------------|-------------------|--|
| 1 1/3 | cups | milk | |
| 2 | | eggs | |
| 1/4 | cup | vegetable oil | |
| 1 | teaspoon | vanilla | |
| 1/2 | cup | banana | |
| 1 1/2 | cups | bran chex cereal | |
| 1 | cup | all purpose flour | |
| 3 | tablespoons | sugar | |
| 1 | teaspoon | baking powder | |
| 1/2 | teaspoon | baking soda | |
| 1/4 | teaspoon | salt | |
| 1/8 | teaspoon | ground nutmeg | |

In blender, process milk, eggs, oil, vanilla, and banana just to mix.

Add bran cereal, process. Add remaining ingredients. Process to combine.

Scrape sides of container. Let stand 5 minutes. Stir. Bake on preheated, lightly greased griddle over medium heat. Pour out enough batter to form 3" to 4" pancakes. Cook until edges are set. Turn. Cook until browned.

Repeat with remaining batter. Refrigerate or freeze leftover pancakes with

two squares of waxed paper between each. Reheat in toaster. Sallies

comment:- I add a little more banana than this calls for. Source: Cooking with Grace - cookbook from Grace Episcopal Church, Kirkwood, Missouri.

Cookbook conceived and created by Sallie Kratz!

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Banana Bread French Toast

Recipe By :

Serving Size : 12 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

-----bread-----

1 package banana quick bread mix

3 tablespoons oil

1 cup water

1 egg

1/2 cup mashed banana

-----egg mixture-----

3 eggs

1 teaspoon vanilla

1/2 cup milk

Heat oven to 375~. Grease and flour bottom of 9" loaf pan. In large bowl, combine all bread ingredients. Stir 50-75 strokes; just until dry particles are moistened. Pour into prepared pan. Bake 40-50 minutes or until tested done. Cool in pan 15 minutes; remove from pan; cool completely. Cut bread into 12 slices. Heat skillet to 375~. Grease lightly with margarine. In pie pan, combine eggs, milk and vanilla; beat well. Dip bread slices in egg mixture, turning to coat both sides well. Cook in skillet 2-3 minutes on each side or until golden brown. Serve with syrup.

* Exported from MasterCook *

Banana Burrito Ww

Recipe By :

Serving Size : 1 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

1 6" flour tortilla
1 tablespoon creamy peanut butter
2 teaspoons raspberry spread -- * see note
1 teaspoon shredded coconut -- (otional)
1/2 medium banana

* Use the red low calorie (8 calorie per spoon) raspberry spread. 1. Lay tortilla on flat surface; spread evenly with peanut butter and raspberry spread. Sprinkle with coconut, if desired. 2. Place banana on edge of tortilla; roll up to enclose. Wrap loosely in paper towel. Microwave on High 35 seconds. This serving provides: 1 fat; 1 protein; 1 bread; 1 fruit; 20 optional calories. (Add 5 optional calories if coconut is used.) Per serving: 232 calories, 7 g protein, 10 g fat, 31 g carbohydrate, 49 mg calcium, 216 mg sodium, 0 mg cholesterol, 3 g dietary fiber. Source: "Weight Watchers Favorite Homestyle Recipes."

* Exported from MasterCook *

Banana French Toast/Ww

Recipe By :

Serving Size : 2 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

6 tablespoons plain nonfat yogurt
1/4 teaspoon vanilla extract
sugar substitute to equal 1 -- ts
1/2 cup egg substitute
4 slices reduced-calorie white bread
1 medium banana -- sliced
1/4 cup red.-cal. maple-flavored -- syrup

1. In small bowl, whisk together yogurt, vanilla, and sugar substitute. Set aside. 2. Pour egg substitute into shallow bowl; dip bread in egg substitute, coating both sides and absorbing all liquid. 3. Spray large nonstick skillet with nonstick cooking spray; over medium heat, cook bread until browned on both sides. Remove to heated platter, cover, and keep warm. In same skillet, quickly cook banana slices until golden on each side. 4. Place 2 slices bread on each serving plate; top evenly with yogurt mixture, banana slices, and syrup. Each serving (2 slices) provides: 1/2 milk; 1 protein; 1 bread; 1/2 fruit; 25 optional calories. Per serving: 239 calories, 12 g protein, 2 g fat, 48 g carbohydrate, 150 mg calcium, 385 mg sodium, 1 mg cholesterol, 2 g dietary fiber. Source: "Weight Watchers Favorite Homestyle Recipes."

* Exported from MasterCook *

Basic Biscuits

Recipe By :

Serving Size : 12 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

3 1/4	cups	cake flour	
1	teaspoon	salt	
1	tablespoon	sugar	
4	teaspoons	baking powder	
4	tablespoons	butter or margarine	
		or vegetable shortening	
1		egg -- lightly beaten	
1	cup	milk	
2	tablespoons	milk	
1	spray	shortening and corn	
		meal for coating pan	

Preheat oven to 400~.In a food processor or a large bowl, mix 3 cups of the flour with the salt,sugar and baking powder. Cut the butter into the dry ingredients until the mixture is textured like cornmeal. Separately mix the egg with the milk,and stir all but 2 tbsp. of this liquid into the dry mixture. Mix just enough to make a uniformly moistened dough. Dust a clean work surface with 1/2 the remaining flour,and turn the dough out onto the floured surface. Sprinkle the top with the rest of the flour,and with floured hands,gently push the dough into a circle about 1/2" thick. Cut with a 2" or 3" biscuit cutter,and place the cut biscuits close together on a greased corn meal coated cookie sheet. You will get about 12 biscuits. Brush the tops of the biscuits with the reserved milk egg mixture. Bake in the preheated oven until puffed and brown,about 15 minutes. Cool for a few minutes before serving. Yields about a dozen biscuits.

* Exported from MasterCook *

Basic Buttermilk Biscuits

Recipe By :

Serving Size : 12 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

3 1/2	cups	flour	
1	teaspoon	salt	
1	tablespoon	sugar	
4	teaspoons	baking powder	
1	teaspoon	baking soda	
4	tablespoons	butter	
2		eggs -- lightly beaten	
1 1/2	cups	buttermilk	
1	spray	shortening and corn-	
		meal for coating pan	

Preheat oven to 400~. In a food processor or a large bowl,mix 3 cups of the flour with salt,sugar,baking powder and baking soda. Cut the butter into the dry ingredients until the mixture is textured like cornmeal. Separately mix the eggs with the buttermilk,and stir all but 2 tbsp. of this liquid into the dry mixture. Mix just enough to make a uniformly moistened dough. Dust a clean work surface with 1/2 the remaining flour,and turn the dough out onto the floured surface. Sprinkle the top with the rest of the flour,and with floured hands,gently push the dough into a circle about 1/2" thick.. Cut with a 2" or 3 " biscuit cutter,and place biscuits close together on a grease and cornmeal coated cookie sheet. You will get about 12 biscuits. Brush the tops of the biscuits with the reserved buttermilk egg mixture. Bake in the preheated oven until puffed and brown,about 15 minutes .Cool for a few minutes before

serving.

* Exported from MasterCook *

Basic Buttermilk Drop Biscuits

Recipe By :

Serving Size : 15 Preparation Time :0:00

Categories :

Amount	Measure	Ingredient	Preparation Method
3	cups	flour	
1	teaspoon	salt	
1	tablespoon	sugar	
4	teaspoons	baking powder	
1	teaspoon	baking soda	
4	tablespoons	butter	
2		eggs -- lightly beaten	
1 1/4	cups	buttermilk	
1	spray	shortening and corn meal for coating pan	

Preheat oven to 425~. In a food processor or a large bowl,mix the flour with the salt,sugar,baking powder and baking soda. Cut the butter into the dry ingredients until the mixture is textured like cornmeal.. Separately mix the eggs with the buttermilk,and stir all but 2 tbs. of this liquid into the dry mixture. Mix just enough to make a uniformly moistened dough.. Drop spoonfuls of the dough onto a greased and cornmeal coated cookie sheet about an inch apart. Brush tops with reserved egg and buttermilk mixture. Bake in the preheated oven until puffed and brown,about 12 minutes. Cool for a few minutes before serving. Yields

about 15 biscuits..

* Exported from MasterCook *

Basic Cornmeal Biscuit

Recipe By :

Serving Size : 12 Preparation Time :0:00

Categories :

Amount	Measure	Ingredient --	Preparation Method
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- | | | | |
|-------|-------------|----------------|----------------|
| 2 | cups | cornmeal -- | any color |
| 1 1/2 | cups | flour | |
| 1/4 | teaspoon | salt | |
| 1 | tablespoon | sugar | |
| 1 | pinch | cayenne pepper | |
| 2 | teaspoons | baking powder | |
| 1 | teaspoon | baking soda | |
| 4 | tablespoons | butter | |
| 1 | | egg -- | lightly beaten |
| 1 1/4 | cups | buttermilk | |
| 1 | spray | shortening | |

Preheat oven to 425~. In a food processor or large bowl,mix 1 1/2 cups of the cornmeal with the flour, salt, sugar, cayenne pepper,baking powder and baking soda. Cut the butter into the dry ingredients until the whole mixture is the texture of cornmeal. Separately mix the egg with the buttermilk,and stir all but 2 tbsp. of this liquid into the dry mixture. Mix just enough to make a uniformly moistened dough. Dust a clean board with half the remaining cornmeal,and turn the dough out onto the floured surface. Sprinkle the top with the remaining cornmeal,and with flowered

hands, gently push the dough into a circle about a 1/2" thick. Cut with a 2" or 3" biscuit cutter, and place biscuits close together on a greased cookie sheet. Brush top of the biscuits with the reserved buttermilk egg mixture. Bake in the preheated oven until puffed and brown, about 12 minutes. Cool for a few minutes before serving. Yields about 1 dozen biscuits.

* Exported from MasterCook *

Basic Crepes #1

Recipe By : Mrs. A. Corbett Alexander, Swannanoa, North Carolina

Serving Size : 6 Preparation Time : 0:00

Categories :

Amount	Measure	Ingredient	Preparation Method
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2	Cups	All-Purpose Flour	
---	------	-------------------	--

1/2	Teaspoon	Salt	
-----	----------	------	--

4	Large	Eggs	
---	-------	------	--

1	Cup	Milk -- cold	
---	-----	--------------	--

1	Cup	Cold Water	
---	-----	------------	--

4	Tablespoons	Butter -- melted	
---	-------------	------------------	--

		Salad Oil	
--	--	-----------	--

Combine flour, salt and eggs; blend well.

Blend in milk, water and butter. Mix well.

Refrigerate batter for at least 2 hours, allowing the flour particles to swell and soften so that the crepes are light in texture.

Brush the bottom of a 6 or 7" crepe pan or heavy skillet lightly with salad oil and heat pan over medium heat until just hot, not smoking.

Pour scant 1/4 cup of batter in pan and quickly tilt pan in all directions to run batter all over bottom of pan in a thin film.

Cook for about 1 minute. Lift edge of crepe to test for doneness.

The crepe is ready for flipping when it can be shaken loose from the bottom of pan.

Flip the crepe and cook for about 1/2 minute on other side; this is rarely more than a spotty brown and is used as side on which filling is placed.

Crepes can be made in advance and stacked between layers of waxed paper to prevent them from sticking.

Crepes can be frozen; heat them in a covered dish at 300 degrees to thaw.

Yield; about 22 crepes

NOTES : Possum Kingdom Lake Cookbook

* Exported from MasterCook *

Basic Crepes #2

Recipe By : Possum Kingdom Lake Cookbook

Serving Size : 4 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

2 Eggs -- slightly beaten
2/3 Cup Milk
3 Tablespoons Oil
1/2 Cup All-Purpose Flour
1/4 Teaspoon Salt

In medium bowl, stir together beaten eggs, milk and 1 Tbsp. oil.

Gradually stir in flour and salt; beat until smooth.

Cover and refrigerate at least 1 hour.

Lightly brush a six or seven inch crepe pan or skillet with some of the remaining oil; heat until hot. Stir batter.

Pour about 2 Tbsp. batter into hot pan; tilt quickly so that batter runs to cover the bottom of the pan thinly but completely.

Cook, turning once, until light brown on both sides.

Repeat, using all the batter.

Brush pan with oil when necessary.

Recipe make about 12 crepes.

NOTES : Tip for better crepes. Batter should be about as thick as heavy cream. The pan should be quite hot but if oil begins to smotke, lift pan from heat source until it cools slightly. Expect the first few crepes to stick to the pan. If early crepes come out misshapen, use them for deep-fried snacks or noodles.

* Exported from MasterCook *

Basic Drop Biscuits

Recipe By :

Serving Size : 15 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

```
-----
2 1/2 cups      cake flour
2  tablespoons  cake flour
1  tablespoon   sugar
2  teaspoons    baking powder
4  tablespoons  shortening
1                egg -- lightly beaten
1  cup          milk
1  spray        shortening
```

Preheat oven to 425~. In a food processor or a large bowl,mix the flour with the salt,sugar and baking powder.Cut the shortening into the dry ingredients until the mixture is the texture of cornmeal. Separately mix the egg with the milk,and stir all but 2 tbs. of this liquid into the dry mixture. Mix just enough to make a uniformly moistened dough. Drop spoonfuls of the dough onto a greased and cornmeal coated cookie sheet about 1" apart. Brush tops with reserved liquid.Bake in the preheated

oven until puffed and brown, about 12 minutes. Cool for a few minutes before serving. Yields about 15 biscuits.

* Exported from MasterCook *

Basic Omelet

Recipe By :

Serving Size : 1 Preparation Time :0:00

Categories :

Amount	Measure	Ingredient	-- Preparation Method
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- | | | | |
|-----|-------------|-------------------|--|
| 2 | | egg | |
| 2 | tablespoons | milk | |
| 1/8 | teaspoon | salt | |
| 1 | pinch | pepper | |
| 2 | teaspoons | butter | |
| 1/8 | teaspoon | tarragon -- dried | |

In a small 1 qt. bowl beat eggs milk, salt and pepper. In a small bowl melt butter in microwave for 15 seconds. Pour egg mixture into a shallow bowl and cover tightly with plastic wrap. Cook at FULL POWER in microwave oven for 45 seconds. With a rubber spatula or fork, move cooked eggs toward center. Cook at FULL POWER covered in microwave for 1 minute. Let stand covered at least 1 1/2 minutes. Loosen egg from dish with a rubber spatula. (If omelet is not cooked enough, return it to oven for an additional 30 seconds.)

* Exported from MasterCook *

Basic Pancakes Mix (Lf)

Recipe By :

Serving Size : 12 Preparation Time :0:00

Categories :

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

mix--

- | | | | |
|-------|------------|------------------------|--|
| 4 | cups | wholewheat flour | |
| 4 | cups | flour, all-purpose | |
| 2 | cups | wheat germ | |
| 1 | cup | milk -- nonfat dry | |
| 1/3 | cup | baking powder | |
| 1 | teaspoon | salt -- pancakes- | |
| 1 1/2 | cups | dry mix -- * | |
| 1 | | eggs -- beaten well | |
| 1 1/4 | cups | milk, skim -- or water | |
| 1 | tablespoon | oil | |
| | | nonstick cooking spray | |

*Make your own nutritious, homemade pancake mix. Store the dry mix in an airtight container--add the wet ingredients when you are ready to prepare the pancakes. Combine the mix with the egg, milk, and oil. Do not overmix; the batter will be slightly lumpy. Heat a TEFLON pan, or other pan spray with nonstick cooking spray, over medium heat. Pour about 1/4 cup of batter per pancake onto the heated pan. When the cakes are bubbly on top and brown on the bottom, flip and brown on the other side. From One Meal At A Time by Martin Katahn

* Exported from MasterCook *

Basque Tortilla

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories :

Amount	Measure	Ingredient -- Preparation Method
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4	slices	bacon
2	teaspoons	sliced green onions/tops
3/4	teaspoon	salt
1	dash	pepper
3	med.	potatoes
1	tablespoon	snipped parsley
1/8	teaspoon	dried thyme -- crushed
4	large	eggs

In 8-inch skillet cook bacon until crisp; drain, reserving 2 T of drippings. Crumble bacon and set aside. In same skillet combine reserved drippings, peeled, thinly sliced potatoes, onion, parsley, salt, thyme and pepper. Cover tightly; cook over low heat til potatoes are barely tender, 20 to 25 minutes, stirring carefully once or twice. In small bowl beat together eggs and milk; pour over potato mixture. Cover and continue cooking over very low heat til egg is set in center, 8 to 10 minutes. With a wide spatula, loosen sides and bottom and slide potatoes out onto serving plate, or serve from skillet. Sprinkle crumbled bacon atop. Serve hot.

* Exported from MasterCook *

Belgian Club Soda Waffles

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories :

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

2	cups	biscuit mix		
---	------	-------------	--	--

1 1/3	cups	club soda		
-------	------	-----------	--	--

1		egg		
---	--	-----	--	--

3	tablespoons	oil		
---	-------------	-----	--	--

Mix well. Pour into Belgian waffler for an extra light waffle. Makes four Belgian waffles.

* Exported from MasterCook *

Benny's Eggs

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories :

Amount	Measure	Ingredient -- Preparation Method
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		orange hollandaise sauce-
1		egg
2	tablespoons	lemon juice
1	teaspoon	orange rind -- grated
1/2	cup	butter -- melted
		eggs-
8	large	eggs
4	slices	rich egg bread or brioche toasted
3	ounces	cream cheese -- soft
3	ounces	sliced smoked salmon or use lox
		orange slices -- garnish
		fresh mint sprigs -- garnish

SAUCE-In a large metal bowl, whisk together egg, lemon juice and orange rind over a pan of boiling water for 1 minute. Gradually whisk in butter until sauce is smooth and well blended. It will be rather thin while warm, but will thicken as it cools slightly. EGGS-Crack eggs into shallow pan of boiling water. Poach until done to your liking. Meanwhile, toast the bread. Spread with cream cheese. Top with the salmon. Place on plate. Top with 2 eggs per serving. Spoon sauce over. Serve with oranges and mint or parsley.

* Exported from MasterCook *

Best Ever Waffle's

Recipe By : Mrs. Christin W. Sayer, Possum Kingdom Lake Cookbook

Serving Size : 4 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

2 Eggs
2 Tablespoons Sugar
1 Teaspoon Salt
1/2 Cup Oil
1 Package Active Dry Yeast
1/2 Cup Warm Water
2 Cups Milk
3 Cups Flour

Dissolve yeast in 1/2 cup warm water.

Scald milk and cool.

In a large mixing bowl, beat eggs well, then add other ingredients.
Stirring until mixture is blended. Then beat until the batter is smooth.

The batter may be stored in a large fruit juice container so that it does not rise over the top.

This will keep in refrigerator for a long time.

* Exported from MasterCook *

Blueberry Muffins

Recipe By : Sunset Easy Basics

Serving Size : 12 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

2	cups	all-purpose flour	
1/2	cup	sugar	
3	teaspoons	baking powder	
1/2	teaspoon	salt	
1	cup	milk	
1		egg	
4	tablespoons	butter, or margarine*	
3/4	cup	fresh or frozen blueberries --	

Preheat oven to 425 degrees. Grease a muffin pan with 2+1/2-inch diameter cups, or line with paper baking cup liners; set aside. In a bowl, sift together flour, sugar, baking powder and salt; add frozen blueberries, and make a well in the center. Pour the milk into a 2 cup glass measure and add egg and butter; blend well. Pour liquid all at once into flour well. (This method allows you to mix the batter with fewer strokes, avoiding overtiring.) Making 12 to 15 full circular strokes that scrape the bottom of bowl; stir just until dry ingredients are moistened. Batter 'should' be lumpy. Fill each prepared muffin cup 2/3 full with batter. Bake for 20 to 25 minutes or until tops are lightly browned. Remove muffins from pan immediately (otherwise moisture condenses on bottom of cups and muffins become soggy). Makes 12.

NOTES : * Melted and cooled. Shar McCormack

* Exported from MasterCook *

Blueberry Sauce For Waffles/Pancakes

Recipe By : BH & G, 1960

Serving Size : 1 Preparation Time :0:00

Categories :

Amount	Measure	Ingredient	Preparation Method
1	pound	can blueberries	
2	teaspoons	cornstarch	
1	teaspoon	lemon juice	

Cook and stir one (1) pound can of blueberries with 2 teaspoons cornstarch til mixture thickens and bubbles. Add 1 teaspoonful lemon juice.

* Exported from MasterCook *

Bran Griddle Cakes

Recipe By : Possum Kingdom Lake Cookbook

Serving Size : 24 Preparation Time :0:00

Categories :

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

1 1/4 cups sifted flour
3/4 teaspoon salt
2 teaspoons sugar
3 teaspoons baking powder
2 egg yolks -- well beaten
1 3/4 cups milk
1 cup post's bran flakes
1 tablespoon butter -- melted
2 egg whites -- stiffly beaten

Sift flour once, measure, add salt, sugar, and baking powder, and sift again.

Combine egg yolks and milk. Add to flour gradually, stirring only until smooth.

Add Post's Bran Flakes and butter.

Fold in egg whites.

Bakes on hot, well-greased griddle.

Serve hot with Log Cabin Syrup.

Makes 24 cakes.

* Exported from MasterCook *

Buckwheat Cakes

Recipe By : Possum Kingdom Lake Cookbook

Serving Size : 12 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

1 cup buckwheat flour
1 teaspoon baking powder
1 1/2 tablespoons sugar
1/4 teaspoon soda
1/4 teaspoon salt
1 egg -- well beaten
1 cup sour milk
1 tablespoon butter -- melted

Sift flour once, measure, add baking powder, sugar, soda and salt, and sift again.

Combine egg and milk and add to flour. Stir only until smooth.

Add butter.

Bake on hot, well-greased griddle.

Serve hot with Log Cabin Syrup.

* Exported from MasterCook *

Cornmeal Pancakes

Recipe By :

Serving Size : 1 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

1 1/2 cups	Bisquick baking mix
1 1/2 cups	milk
1/2 cup	yellow cornmeal
1	Egg

Beat all ingredients with hand beater until smooth.

For each pancake, pour generous 1/2 cup batter onto hot griddle. (Grease griddle if necessary.)

Cook until pancakes are dry around edges.

Turn; cook other side until golden brown.

Possum Kingdom Lake Cookbook

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* Exported from MasterCook *

Crepes

Recipe By :

Serving Size : 1 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

3/4	cup	water	
3/4	cup	milk	
3		Eggs	
1/2	teaspoon	salt	
1 1/2	cups	flour	
3	tablespoons	butter or margarine	

In blender container combine all ingredients and blend on high speed for 1 minute.

Refrigerate mixture 2 hours.

Place 6" skillet over medium heat. Brush bottom and sides of skillet with melted butter or margarine.

Pour in 2 Tbsp. batter; tip pan to coat bottom with batter.

Cook until top is set and bottom is lightly browned.

With spatula, turn crepe and cook other side 1 minute.

Repeat procedure until all batter is used.

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* Exported from MasterCook *

Dill Crepes

Recipe By :

Serving Size : 1 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

 3 Eggs
 1/2 cup milk
 1/2 cup water
 3 tablespoons butter -- melted
 3/4 cup all-purpose flour
 1/2 teaspoon salt
 1/2 teaspoon dried dill weed

If using blender, combine all ingredients in blender container. Blend about 1 minute. Scrape down sides of container with rubber spatula, if necessary. Blend until smooth, about 30 additional seconds.

If using mixer, rotary beater or whisk, combine eggs, milk, water and butter in mixing bowl. Beat until combined. Add flour, salt and dried drill weed. Beat until smooth.

Bake immediately or refrigerate batter 1 hour.

If you have special crepe pan, follow manufacture's directions.

Otherwise, on medium-high heat, heat buttered 10" omelet pan (or 8" crepe pan) until just hot enough to sizzle drop of water.

For each crepe pour scant 1/4 cup (2 Tbsp. in 8" pan) batter in pan, rotating pan as batter is poured.

Cook until lightly browned on bottom.

Remove from pan or, if desired, turn and brown on other side. (Crepes to be filled need only be browned on 1 side. Use unbrowned side for filling.)

Stir batter frequently to keep dill distributed.

tack between sheets of paper toweling or waxed paper until ready to use.

Crepes may be frozen.

Yield: 2 cups batter.

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Dixie Waffles

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories :

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

- | | | | |
|-------|-------------|------------------------------|--|
| 2 | Cups | Flour -- sifted | |
| 2 1/4 | Teaspoons | Baking Powder | |
| 1/2 | Teaspoon | Salt | |
| 1 | Tablespoon | Sugar | |
| 1 1/2 | Cups | Milk | |
| 2 | | Egg Yolks -- well beaten | |
| 2 | Tablespoons | Butter -- melted | |
| 2 | | Egg Whites -- stiffly beaten | |

Sift flour once, measure, add baking powder, salt, and sugar, and sift

together twice.

Combine milk, egg yolks, and butter; add to flour.

Fold in egg whites.

Bake on hot waffle iron.

Serve hot with Log Cabin Syrup.

Makes six 4-section waffles.

* Exported from MasterCook *

Favorite Blueberry Pancakes

Recipe By : BH & G, 1960

Serving Size : 4 Preparation Time :0:00

Categories :

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

- | | | |
|-------|-------------|---|
| 1 1/4 | cups | all-purpose flour -- sifted |
| 3 | teaspoons | baking powder |
| 1 | tablespoon | sugar |
| 1/2 | teaspoon | salt |
| 1 | | egg -- beaten |
| 1 | cup | milk* |
| 2 | tablespoons | salad oil |
| 3/4 | cup | fresh or thawed blueberries --
drained |

Stir together dry ingredients. Combine egg, milk, and salad oil; add to dry ingredients, stirring just till moistened. Bake on hot griddle. When undersides on pancakes are nicely browned, sprinkle about 2 tablespoons of drained blueberries over each cake. Turn, brown other side. Makes about 12 dollar-size, or eight 4-inch size pancakes.

NOTES : * For thinner pancakes, add 2 tablespoons milk to the batter. Shar McCormack

* Exported from MasterCook *

Griddle Cakes

Recipe By :

Serving Size : 1 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

Amount	Measure	Ingredient	Preparation Method
1	cup	sifted flour	
1	teaspoon	baking powder	
1/4	teaspoon	salt	

3/4 cup milk
1 Egg -- well beaten
1 1/2 tablespoons butter -- melted

Sift flour once, measure, add baking powder and salt, sift again.

Combine milk and egg and add to flour. Stir only until smooth. Add butter.

Bake on hot, well-greased griddle.

Serve hot with Log Cabin Syrup.

Makes 12 cakes.

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* Exported from MasterCook *

Ham Waffles

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories :

Amount Measure Ingredient -- Preparation Method

2 Cups Flour -- sifted
1/4 Teaspoon Baking Soda

- 2 Teaspoons Baking Powder
- 1/2 Teaspoon Salt
- 1 Tablespoon Sugar
- 2 Egg Yolks -- well beaten
- 1 3/4 Cups Sour Milk
- 1/3 Cup Butter -- melted
- 2 Egg Whites -- stiffly beaten
- 1 Cup Smoked Ham -- uncooked, diced

Sift flour once, measure, add soda, baking powder, salt, and sugar, and sift again.

Combine egg yolks, milk, and butter. Add to flour, beating until smooth.

Fold in egg whites.

Bake on hot waffle iron. Sprinkling 1/4 cup ham over batter of each waffle just before closing iron.

Serve soft scrambled eggs on each waffle.

Makes four 4-section waffles.

* Exported from MasterCook *

Impossible Brunch Pie

Recipe By : Bisquick "No Time to Cook" Recipe booklet
Serving Size : 6 Preparation Time :0:00
Categories :

Amount Measure Ingredient -- Preparation Method

1 package frozen broccoli -- cooked and drained
OR other frozen vegetable of your choice
1 cup sour cream
1 cup cottage cheese -- creamed
1/2 cup Bisquick. baking mix
1/4 cup butter -- melted
2 eggs
1 tomato -- thinly sliced
1/4 cup Parmesan cheese -- grated

Heat oven to 350 degrees.

Grease 9" pie plate.

Spread broccoli in plate.

Beat sour cream, cottage cheese, baking mix, margarine and eggs until smooth, 15 seconds in blender on high or 1 minute with hand beater.

Pour into plate.

Top with tomatoes; sprinkle with Parmesan cheese.

Bake until knife inserted between center and edge comes out clean, about 30 minutes.

Cool 5 minutes.

6-8 servings.

Note: 8 ounces of frozen asparagus spears, cooked and drained can be substituted for the broccoli.

High Altitude (3500 to 6500 feet): Use pie plate, 10 x 1 1/2 inches. Bake about 35 minutes.

Possum Kingdom Lake Cookbook

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Mable Wheeler's Blueberry Pancakes

Recipe By :

Serving Size : 1 Preparation Time :0:00

Categories :

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

- | | | |
|-----|-------------|--|
| 1 | cup | pancake mix |
| 1 | Cup | milk |
| 1 | | Egg |
| 1 | tablespoon | vegetable oil |
| 1 | can | Comstock Blueberry Pie Filling -- (21 oz.) |
| 2 | tablespoons | butter |
| 1/4 | cup | orange juice |
| 1/2 | cup | firmly packed light brown sugar |

In medium bowl, combine pancake mix, milk, egg and vegetable oil; blend well.

Drain pie filling; reserve syrup.

Gently stir berries into batter.

Pour about 1/4 Cup batter onto hot griddle. Cook until bubbles form on top and underside is golden brown.

Turn; brown other side.

Repeat with remaining batter.

In small saucepan, combine reserved syrup, butter, orange juice and sugar. Cook and stir until butter melts.

Serve over pancakes.

NOTE: Sauce may be stored and used over ice cream or cake.

Possum Kingdom Lake Cookbook

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Nature Cereal

Recipe By : Janis Alling.

Serving Size : 1 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

- 1 Cup Honey
- 1/2 Cup Brown Sugar
- 1/4 Cup Oil
- 1/2 Cup Water
- Cinnamon -- to taste
- 1 Box Oats -- old fashioned
- Coconut
- 1 Bag Almonds -- small
- 1/4 Bag Wheat Germ

Raisins
Banana Chips

Heat honey, sugar, oil, water and cinnamon.

Pour honey mixture over oats, coconut almonds and wheat germ.

Bake for 45 minutes at 325 degrees. Stir 3 times.

Add raisins, banana chips etc.

Store in Tupperware.

* Exported from MasterCook *

Potato Pancakes

Recipe By :

Serving Size : 1 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

- 4 Potatoes -- shredded
- 1/4 cup flour
- 1/2 cup sour cream
- Salt
- 1 Egg
- Onions to taste

Shred potatoes and dry in paper towels.

Mix all ingredients together.

Spoon in hot oil and turn when browned..

Possum Kingdom Lake Cookbook

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Rice Omelet

Recipe By :

Serving Size : 3 Preparation Time :0:00

Categories :

Amount	Measure	Ingredient -- Preparation Method
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-----philly.inquirer-----

3/4 cup cooked rice

salt to taste

1/2 cup grated cheese

fresh ground pepper to taste

1/2 cup pepperoni -- 1/4" cubes

3 tablespoon butter

8 eggs

In a bowl,with a fork blend the rice,cheese and pepperoni.Beat the eggs in a separate bowl just long enough to mix the whites and yolks;then season lightly with salt and pepper.In a large frying pan or omelet pan,over medium high heat,melt the butter,being sure the entire bottom of the pan

is coated.Pour the eggs into the pan and cook for an omelet,lifting the cooked part of the eggs to allow the uncooked part to run under,and shaking the pan when the bottom starts to set. While the top is still moist,spoon the rice filling down the center of the omelet.Fold over,and cook just long enough to heat the filling and melt the cheese.Or,if you prefer,cook individual omelets,using 2 or three eggs per person,and divide the filling among the omelets.Makes 3 to 4 servings...

* Exported from MasterCook *

Rye Crepes

Recipe By :

Serving Size : 1 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

Amount	Measure	Ingredient	Preparation Method
3/4	cup	all-purpose flour	
3/4	cup	rye flour	
1	teaspoon	salt	
1	teaspoon	baking powder	
1		Egg	
1	tablespoon	vegetable oil	
2 1/4	cups	milk	

Combine flours, salt and baking powder.

Beat egg with oil and milk until well blended.

Add flour mixture and beat until smooth.

Let batter rest one hour before cooking crepes.

Use about 2 Tbsp. batter for 6" crepe.

Yield: 12 to 15 crepes

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Sour Dough Hot Cakes #2

Recipe By :

Serving Size : 1 Preparation Time :0:00

Categories :

Amount	Measure	Ingredient	--	Preparation Method
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STARTER: Old time recipe.

1/4 package granular dry yeast

1/4 cup luke warm water

Flour

Dissolve yeast in luke warm water. Put dissolved yeast into a bowl and add enough flour (3/4 to 1 Cup unsifted) to make a running batter.

Place in small crock or in large jar. Do not cover tightly. Just cover jar with a cloth or place a saucer over the top of the jar.

Put in a warm place to sour.

Each day for 5 days, add 1/2 cup luke warm water and enough flour to keep the batter at the same consistency. You will then have a sour dough starter.

For really good flavor, dough should be properly soured before using.

Every time you use some of the starter again add water and flour.

If you use only occasionally, you may store it in the refrigerator and feed it every week with flour and water.

Never put any of the mixed batter into the starter. Keep it perfectly free from fat, egg or other leavening material.

FOR HOT CAKES: 3 Well beaten eggs 1 Cup milk 2 Cups sour dough mix 1 3/4 Cups sifted flour 1 Tsp. soda 2 Tsp. baking powder 1/4 Cup sugar

Combine all ingredients.

Bake on a greased griddle.

These can be made on an ungreased griddle but in that case 1/4 Cup of melted fat must be added.

To make thinner cake add more milk.

Bake at 370 degrees.

Possum Kingdom Lake Cookbook

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Sourdough Hot Cakes #1

Recipe By :

Serving Size : 1 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

FOR SOURDOUGH STARTER

2 cups flour
2 cups warm water
1 package dry yeast

FOR HOT CAKES

2 Eggs
1 tablespoon sugar
1 teaspoon baking soda
1 teaspoon salt
2 tablespoons butter

To prepare starter:

Mix together 2 cups flour, 2 cups warm water, and 1 pkg. dry yeast in a bowl. Cover with damp cloth and let stand in a warm place overnight or for at least 6 hours. (If left in oven, there is not need to turn on oven; pilot light will provide enough heat or turn electric oven to "warm".)

To prepare Hot Cakes:

Measure 1/2 cup sourdough starter and place in closed...

Heat griddle over medium heat.

Use 1/4 cup batter for one medium-size hot cake. Pour onto hot griddle. Turn hot cake when top is covered with bubbles and edges looked cooked. Brown on second side.

Serve with honey and melted butter.

Makes 8 Hot Cakes.

The yarns about Alaska's famous sourdough are as big as the country. "Sourdough Pete," so the legend goes, first brought it from Michigan at the turn of the century. The old-time prospectors and pioneers, nicknamed "sourdoughs," wore their precious sourdough starter in a bag inside their shirts and slept with it under the covers to keep it from freezing. Trappers not only considered it their "staff of life" for the hot cakes, waffles, muffins and bread it made; they also used it for tanning hides!

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Southern Waffles

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

Amount	Measure	Ingredient	Preparation Method
1	Cup	Boiling Water	
1	Cup	Yellow Cornmeal	
2	Cups	Flour -- sifted	
3	Teaspoons	Baking Powder	
1 1/4	Teaspoons	Salt	
1	Tablespoon	Sugar	

- 2 Cups Milk
- 2 Egg Yolks -- well beaten
- 3 Tablespoons Butter -- melted
- 2 Egg Whites -- stiffly beaten

Pour boiling water over corn meal.

Sift flour once, measure, add baking powder, salt, and sugar, and sift again.

Add milk to corn meal then egg yolks and flour, mixing well. Add butter.

Fold in egg whites.

Bake on hot waffle iron.

Serve hot with Log Cabin Syrup.

Makes seven 4-section waffles.

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Strawberry Crepes

Recipe By : Janis Alling

Serving Size : 1 Preparation Time :0:00

Categories :

Amount	Measure	Ingredient --	Preparation Method
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CREPES:

- 4 Eggs
- 1 cup flour
- 1/2 cup milk
- 1/2 cup water
- salt
- 2 teaspoons melted oleo
- 2 teaspoons sugar
- 1 teaspoon vanilla
- FILLING:
- 2 cups whipped cream
- 6 ounces cream cheese
- 1 1/2 cups powdered sugar
- 2 cups strawberries -- no juice, up to 3

Measure all ingredients for crepes except flour. Beat. Gradually add flour.

Cook, spread very thin only on one side.

Fill crepe with filling and roll up.

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Vanilla Crepes With Orange Sauce

Recipe By : Mrs. A. Corbett Alexander

Serving Size : 8 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

1 Cup milk
2 tablespoons vanilla extract
1/2 cup sugar
3 tablespoons all-purpose flour
3 Eggs -- divided
16 Crepes
2 tablespoons melted butter
Orange sauce -- (see recipe)

Scald milk and vanilla. Set aside.

Combine sugar, flour, and egg yolks. Stir in milk mixture. Cook over medium heat, stirring constantly, until mixture comes to a boil. Cook a few seconds; remove from heat.

Beat egg whites until stiff; fold gently into egg yolk mixture.

Place about 3 Tbsp. batter on each crepe; roll crepes loosely over batter.

Place on cookie sheet; brush crepes with melted butter.

Bake at 350 degrees for 20 to 25 minutes.

Arrange crepes on platter; serve immediately with Orange sauce.

Mrs. A. Corbett Alexander, Swannanoa, North Carolina

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Waffles #1

Recipe By :

Serving Size : 2 Preparation Time :0:00

Categories :

Amount	Measure	Ingredient	--	Preparation Method
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2	Cups	Flour	--	sifted
2	Teaspoons	Baking Powder		
1/2	Teaspoon	Salt		
3		Egg Yolks	--	well beaten
1	Cup	Milk		
4	Tablespoons	Butter	--	melted
3		Egg Whites	--	stiffly beaten

Sift flour once, measure, add baking powder, salt, and sift again.

Combine egg yolks, milk and butter. Add to flour, beating until smooth.

Fold in egg whites.

Bake on hot waffle iron.

Serve hot with Log Cabin Syrup.

Makes four 4-section waffles.

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Waffles #2

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

2 Cups Flour -- sifted
3 Teaspoons Baking Powder
1 Teaspoon Baking Soda
1 Tablespoon Sugar
3/4 Teaspoon Salt
2 Eggs
1 2/3 Cups Shortening -- soft

Mix ingredients.

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Wheat Griddle Cakes

Recipe By :

Serving Size : 1 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

1 cup sifted flour
3/4 teaspoon baking powder
1/8 teaspoon soda
1/2 teaspoon salt
1/2 tablespoon sugar
1 cup buttermilk -- or thick sour milk
1 Egg -- well beaten
1 tablespoon butter -- melted

Sift flour once, measure, add baking powder, soda, salt and sugar, and sift again.

Combine milk and egg and add to flour. Stir only until smooth.

Add butter.

Bake on hot, well-greased griddle.

Serve hot with Log Cabin Syrup.

Makes 12 to 15 cakes.

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Whole Wheat Crepes

Recipe By :

Serving Size : 1 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

3/4	cup	all-purpose flour	
3/4	cup	whole wheat flour	
1	teaspoon	salt	
1	teaspoon	baking powder	
1		Egg	
1	tablespoon	vegetable oil	
2 1/4	cups	milk	

Combine flours, salt and baking powder.

Beat egg with oil and milk until well blended.

Add flour mixture and beat until smooth.

Let batter rest one hour before cooking crepes.

Use about 2 Tbsp. batter for 6" crepe.

Yield: 12 to 15 crepes

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Yogurt Blender Pancakes

Recipe By :

Serving Size : 1 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

 1 Egg
 1 cup Borden Lite-line Plain Yogurt -- (8 oz.)
 2 tablespoons vegetable oil
 1 cup unsifted flour
 1 tablespoon sugar
 1 teaspoon baking powder
 1/2 teaspoon baking soda
 1/4 teaspoon salt
 1/4 teaspoon ground cinnamon -- (optional)
****BLUEBERRY CINNAMON TOPPING****
 1 cup Borden Lite-line Blueberry Yogurt
 2 tablespoons honey
 1/4 teaspoon ground cinnamon

In blender container, blend egg, yogurt and oil until smooth.

Add dry ingredients; blend until smooth.

On lightly greased hot griddle, pour scant 1/4 cup batter for each pancake. When pancake is covered with bubbles, turn over. Brown second side 1 to 2 minutes.

Serve with butter and syrup or Blueberry Cinnamon Topping.

BLUEBERRY CINNAMON TOPPING: In small saucepan, over low heat, combine ingredients. Warm mixture; do not boil. Serve over pancakes.

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