

Meat Loaf

$\frac{3}{4}$ lb. ground steak $\frac{3}{4}$ lb. ground veal
2 tbsp. oil, 1 egg, beaten, 3 tbsp.
grated onions, 1 garlic clove, minced.
1 tsp. salt, $\frac{1}{4}$ tsp. pepper, $\frac{1}{4}$ cup dry
bread crumbs, $\frac{1}{4}$ cup chili sauce,
 $\frac{1}{4}$ cup water.

Mix the meat with all the
remaining ingredients. Shape into a
loaf tin that is slightly greased,
Bake at 375° for 50 min.

Crispy Liver Steaks.

- | | |
|-------------------------|---------------|
| 1 lb. beef liver slices | 1 tbsp. water |
| 1 egg | 1 c. crackers |
| 1 tsp. salt | crumbs. |
| 1 tbsp. lemon juice | 2 tbsp. fat. |

1. Beat egg, add salt, lemon juice and water.
2. Dip liver slices into cracker crumbs.
3. Brown in hot fat, do not overcook.
4. Serve with ketchup.

Meat - Potato Cakes

1 small onion - chopped

2 $\frac{1}{2}$ cups cut up, canned lunch meat.

2 cups cold mashed potatoes

1 egg.

Mix all ingredients. Shape into patties
Brown both sides in a greased skillett pan
over medium heat. 6 patties

Mix together in a large bowl, salmon
potatoes, salt, pepper, egg, parsley, lemon
juice. This is a fairly dry mixture that
can easily be shaped into croquettes. Refrigerate
an hour before shaping.

When croquettes are ready to be fried,
roll in flour, then in seasoned bread
crumbs. Heat fat to 375° in deep sauce pan.
Put in a few croquettes. Cook about 3 minutes
each. Drain on paper towels. Keep warm
on heated platter.

OVEN-BARBECUED SPARERIBS

- 6 pounds pork spareribs
- 3 cups ketchup
- 1-1/2 cups packed brown sugar
- 3/4 cup chopped onion
- 1 teaspoon garlic powder
- 4 to 5 teaspoons liquid smoke, optional

Cut ribs into serving-size pieces; place with bone side down on a rack in a shallow roasting pan. Bake, uncovered, at 350° for 30 minutes. Meanwhile, in a medium saucepan, combine remaining ingredients; simmer, uncovered, for 20 minutes, stirring occasionally. Drain ribs; pour sauce over all.

Cover and bake for 30-40 minutes or until tender. Uncover; bake 30 minutes longer, brushing several times with sauce. **Yield:** 6-8 servings.

Swiss Steak

(4-6)

1 $\frac{1}{4}$ lb. round steak
 $\frac{1}{4}$ cup flour
1 tsp. salt
 $\frac{1}{8}$ tsp. pepper

2 tbsp. fat
 $\frac{1}{2}$ c. tom. juice
 $\frac{1}{2}$ c. water
 $\frac{1}{2}$ onion - sliced

1. Place meat on a breadboard.
2. Mix the flour, salt & pepper together.
3. Spread flour mixture over both sides of meat.
4. Using edge of a heavy plate, pound the

meat until all flour is absorbed.

5. Melt the fat in a frying pan.
Brown steak on both sides.

6. Add tomato juice, water and
onion. Cover tightly and cook at
simmering temp. until tender.

Turkey Meatballs with pineapple sauce

1 tbsp	olive oil
1	medium onion, diced about 3/4 cup
1/2 tsp	garlic salt
1/4 cup	cider vinegar
1/4 cup	brown sugar, packed
2 tbsp	ketchup
1, 19 oz	can of crushed pineapple, not drained
1/2 cup + 2 tbsp	orange juice, divided
1, 1.65 lb	bag of M&M Turkey Meatballs (frozen or thawed)
1 tbsp	cornstarch
optional	chopped parsley for garnish

Heat olive oil over medium heat in a large covered saucepan. Add onion and sauté until translucent, about 3-5 minutes. Add garlic salt and sauté for 1 minute. Add vinegar, brown sugar, ketchup, pineapple and 1/2 cup orange juice and bring to gentle simmer. Add meatballs, bring back to gentle simmer, cover and simmer for 10 minutes. Meanwhile, dilute cornstarch in 2 tbsp orange juice. Add mixture to meatballs and stir gently to combine. Bring back to gentle simmer, cover and cook for an additional 5 minutes. Sprinkle with chopped parsley if using.

Serves 4-6

Honey Crisp Chicken Drumsticks

24 salted soda crackers, ground to a fine crumb (see note)	12 chicken drumsticks
Black pepper to taste	1/3 cup (75 mL) mayonnaise
Pinch ground sage if you have it	3 tablespoons (50 mL) honey

Preheat the oven to 375F. Line a baking sheet with parchment paper. Combine the ground crackers, pepper and sage in a shallow-sided dish. Place the mayonnaise in medium-sized bowl; add the chicken drumsticks and toss to coat. Coat each drumstick in cracker crumbs and set on the baking sheet.

Bake the chicken 30 minutes. Drizzle the chicken with the honey. Bake 10 minutes more, or until the chicken is cooked through.

Note: I used a food processor to pulse and crush the crackers to a fine crumb. If you do not have a food processor, put the crackers in thick plastic bag and use a kitchen hammer or rolling pin to smash and finely crush the crackers.

Options: Instead of crushed soda crackers, use bread crumbs or corn-flake crumbs to coat the chicken.

Serve the chicken with baked potatoes and raw, crisp vegetables sticks, such as carrots, celery and cucumbers.

Preparation time: 15 minutes

Cooking time: 40 minutes

Makes 4-6 servings

CHEESEBURGER MINI MEAT LOAVES

Cooking much faster than regular meat loaf, these mini loaves bring new meaning to the term fast food. You can grate the onion so kids don't come across any "unpleasant bits" they want to pick out.

- 1-1/2 lb (750 g) **Extra Lean or Lean Ground Round or Chuck***
- 1 egg, beaten
- 1 cup (250 mL) shredded **Canadian Cheddar cheese**
- 1/3 cup (75 mL) finely shredded onion
- 1/4 cup (50 mL) dry bread crumbs
- 2 tbsp (30 mL) EACH burger relish and prepared mustard
- 1/4 tsp (1 mL) EACH salt and pepper
- 1/2 cup (125 mL) **Heinz® Ketchup**

1. Combine beef, egg, 1/2 cup (125 mL) of the cheese, onion, bread crumbs, relish, mustard, salt and pepper. Mix lightly but thoroughly to blend.

2. Lightly spray 12 muffin or custard cups with cooking spray. Divide mixture among cups; make indentation in centre of each with back of spoon. Fill indentations with Heinz® Ketchup. Sprinkle each with remaining cheese

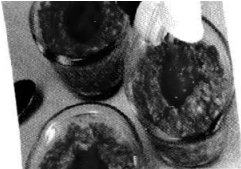


dividing equally.

3. Bake in 375°F (190°C) oven for 25 to 30 minutes or until digital rapid-read thermometer inserted into meat portion of EACH registers 160°F (71°C).

(Make-ahead: Let cool. Wrap each separately in plastic wrap or foil; freeze for up to 3 months. Thaw and heat in microwave in just minutes.)

Makes 6 servings, 2 meat loaves each.



Maple Leaf Pot Roast.

- $\frac{3}{4}$ lb. boneless beef chuck roast. ($\frac{3}{4}$ to 1" thick)
- $\frac{1}{4}$ cup orange juice
- $\frac{1}{4}$ cup maple syrup
- $\frac{1}{4}$ tsp red wine vinegar
- $\frac{1}{2}$ tsp Worcestershire sauce
- 1 teaspoon grated orange peel.
- $\frac{1}{8}$ tsp - salt
- $\frac{1}{8}$ tsp - pepper
- 1 med. carrot cut in 2" pieces
- 1 celery rib cut into 2" pieces
- 8 pearl onions
- 1 large potato
Peeled, cut 2" pieces.

In a Dutch oven coated with nonstick cooking spray, brown meat on both sides. Combine orange juice, syrup, vinegar, Worcestershire sauce, orange peel, salt and pepper; pour over roast. Reduce heat; cover, and simmer for 1 hour.

Add carrots, celery, and onions, cover and simmer for 20 minutes. Add potato; cover and simmer for 20 minutes or until tender. Serve with vegetables & pan juices. (Serves 2)

HAMBURGER ZUCCHINI CASSEROLE

1 qt. sliced zucchini squash

1/2 lb. hamburger

1/2 c. cooked rice

1/2 c. stewed tomatoes

1 1/2 c. parmesan cheese

Steam zucchini with very little water in a covered saucepan until half cooked. Drain well and place in buttered casserole. Brown hamburger and cover squash after pouring off excess fat. Sprinkle cooked rice over squash and hamburger. Spread stewed tomatoes evenly over rice. Top with parmesan cheese. Bake at 350° for 15 to 20 minutes.

Parmesan Herb Chicken.

- | | |
|--|--|
| 3 tbsp. dry bread crumbs. | $\frac{1}{4}$ tsp. salt |
| 2 tbsp. grated Parmesan Cheese | $\frac{1}{4}$ tsp. paprika |
| 1 tbsp tsp. parsley flakes. | $\frac{1}{4}$ tsp pepper |
| 1 tsp oregano | 2 bone in chicken
breast (8 oz. each) |
| | 1 tbsp. butter (melted) |

In shallow dish, combine the first 7 ingredients. Brush chicken with butter then coat with crumb mixture. Place in a 11x7x2 baking dish coated with cooking spray. Bake 40-45 min. at 350 degrees. 2 servings

Marinate for Chicken Wings

$\frac{1}{2}$ cup soya sauce

$\frac{1}{2}$ cup brown sugar

Water

Italian Meatballs

T: 9 min

V: 4

1 lb. ground beef

1 egg

1 1/2 c. soft bread crumbs

1/4 c. water or milk

2 to 3 tbsp. grated Parmesan cheese

3/4 tsp. oregano

1 tsp. parsley

1 tsp. onion salt

(over)

Set power at Med. High.
Combine all ingredients and shape
into 1 1/2 inch meatballs (about 20).
Arrange in oblong baking dish and
heat 7 1/2 to 8 1/2 minutes, draining
and rearranging meatballs once.

Meat Loaf

1 1/2 lbs ground beef

1/2 c dry bread crumbs

1/3 c finely chopped onions

1/3 c finely chopped green pepper

1 8 oz. can tomato sauce

3 tbsp. A-1 steak sauce

1 egg

1 tsp. garlic salt

3/4 tsp. oregano

3/4 tsp. basil

$\frac{1}{4}$ cup shredded Provolone or Jack
cheese

Lightly pack into 9" x 5" pan.

Bake 50 min. @ 350 degrees.

Drain. Top with cheese. Bake
another 5 min. or until cheese is
melted.

Meat Loaf. Lorraine's.

- 1/2 lb. ground beef
 - 1/4 lb. ground pork
 - 1 cup bread crumbs
 - 1 egg beaten
 - 1 cup milk
 - 4 tbsp. onion
 - 1 tsp. salt
 - 1/4 tsp. pepper
 - 1/4 tsp. dry mustard
 - 1/8 tsp. sage
- (over)

Mix together and pack in to a
greased pan. Bake at 350° for 1 1/2 hrs

~~Small one about 100°~~

~~Large one about 200°~~

Delicious hot or sliced cold in
sandwiches.

Hamburger Casserole.

- 6 oz. Broad Noodles
- 2 lb. ground beef.
- 1½ cup chopped onion
- 1½ tbsp butter
- 2 cup chopped celery
- 10 oz. can mushroom soup.
- 10 oz. can chicken soup.
- 1 can of mushroom pieces
- ½ cup blanched almonds.

Spaghetti & Meatball

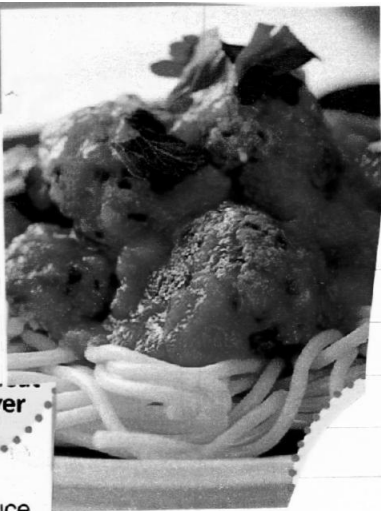
● Tear 6 slices white bread into small pieces and place in a large bowl. Pour 1/4 cup milk over the bread. Let stand 5 minutes or until all the milk is absorbed. Mix in 8 oz. ground beef, 1 egg and 1/4 cup grated Parmesan cheese. Divide the mixture into 18 pieces and shape each into a meatball.

● Heat 1 Tbs. oil in a large pot over medium-high heat. Add 1/4 cup finely chopped onion, 1 clove garlic (minced), 2 tsp. dried Italian seasoning, 1/2 tsp. salt and 1/4 tsp. pepper; cook until the onion and garlic are just tender, about 5 minutes.

Stir in 1 can (28 oz.) crushed tomatoes, 1 cup water and 1 Tbs. sugar, then bring to a boil.

● Add the meatballs, then lower the heat so the sauce simmers until the meatballs are cooked through and the sauce is thickened, about 30 minutes. Serve over

mixture with leftover bread—any kind will work."



12 oz. spaghetti (cooked). Go ahead and sprinkle with some *chopped fresh parsley*, if you like. **Serves 6.**

2 Tbs. butter

**4 boneless, skinless
chicken breast halves,
about 6 oz. each, or 8
bone-in chicken thighs,**

**about 6 oz. each,
or 8 chicken drumsticks,
about 4 oz. each**

1/2 tsp. salt

1/4 tsp. pepper

● In large nonstick skillet, melt butter over medium-high heat. Sprinkle chicken with salt and pepper. Add chicken to skillet, in batches if necessary. Cook, turning once, until browned, 4-5 minutes per side. Remove chicken from skillet; cover to keep warm while making sauce. Follow desired recipe as directed. To swap chicken pieces in recipes, simply adjust simmering times: chicken breasts, 10-12 minutes; drumsticks, 35-37 minutes; thighs, 25-30 minutes. **Makes 4 servings.**



cranberry-glazed ham

MAKES: 12 servings.

PREP: 5 minutes. **COOK:** 5 minutes.

BAKE: at 350° for about 1 hour.

- 1 can (16 ounces) whole berry cranberry sauce**
- 2 tablespoons Dijon mustard**
- 2 tablespoons packed dark-brown sugar**
- 1 tablespoon grated orange zest**
- 1 3-inch piece cinnamon stick**
- 1 small boneless fully cooked smoked ham (about 2½ pounds)**

1. In a small saucepan, stir together cranberry sauce, mustard, brown sugar, orange zest and cinnamon stick. Bring to a simmer. Cook over medium heat,

stirring occasionally, for 5 minutes. Remove cinnamon stick before using.

2. Heat oven to 350°. Place ham on rack in roasting pan. Cover with foil and bake at 350° for 30 minutes.

3. Remove foil and brush with some of the cranberry glaze. Bake 15 minutes. Brush again with glaze and bake an additional 15 minutes or until heated through. Slice and serve with remaining glaze.

Do-Ahead Tip: If not serving right away, do not slice. Cool and wrap in foil. To serve, heat gently in oven or serve at room temperature.

PER SERVING: 229 calories; 8 g fat (3 g sat.); 21 g protein; 17 g carbohydrate; 1 g fiber; 988 mg sodium; 55 mg cholesterol.

Lorraine Victoria
VERY GOOD

Chicken - Slow Cooker

1 can cream of chicken soup.

1 can cream of mushroom soup.

Knix Onion mix - 1 envelope.

$\frac{1}{4}$ Cup of water - * (BROWN CHICKEN FIRST)

(Put over vegetables, rice or noodles).

Mix Knix Onion mix with the $\frac{1}{4}$ cup water.

Then mix it with the soups. It will be

lumpy but they disappear. Pour over chicken (cook
in slow cooker).



Mashed Potato Meat Loaf

- 1-1/3 cups water**
- 1/3 cup milk**
- 2 tablespoons butter or margarine**
- 1-1/2 teaspoons salt, *divided***
- 1-1/3 cups mashed potato flakes**
- 1 egg, beaten**
- 1/2 cup quick-cooking oats**
- 1/2 cup chopped green pepper**
- 1/3 cup chopped onion**
- 3/4 teaspoon pepper**
- 1 pound lean ground beef**
- 1 can (11-1/2 ounces) picante V8 juice**
- 1/4 cup ketchup**

In a saucepan, bring water, milk, butter and 1/2 teaspoon salt to a boil. Remove from the heat; stir in potato flakes. Let stand for 30 seconds. Fluff with a fork, set aside.

In a bowl, combine the egg, oats, green pepper, onion, pepper and remaining salt. Crumble beef over mixture and mix well. On a piece of waxed paper, pat beef mixture into a 12-in. x 8-in. rectangle. Spoon mashed potatoes lengthwise down the center third to within 1 in. of edges. Bring long sides over potatoes to meet in center; seal seam and edges.

Place seam side up in a greased 13-in. x 9-in. x 2-in. baking dish. Bake uncovered, at 350° for 30 minutes; drain. Pour V-8 juice over loaf. Top with ketchup. Bake 10-20 minutes more.

up. Bake 18-22 minutes longer or until
meat is no longer pink and a meat ther-
mometer reads 160°. Let stand for 5 min-
utes before slicing. **Yield:** 4-6 servings

Apple Butter Pork Tenderloin with Mustard Cream Sauce

1	M&M Apple Butter Pork Tenderloin
1 tbsp	olive oil
1 tbsp	butter
1 cup	M&M Diced Onions, thaw and pat dry
2	small apples, peeled, cored and diced
1/2 cup	white wine or apple juice (or a mix of both)
1/4 cup	water (if needed)
1 cup	cream (heavy)
8	dried prunes coarsely chopped
1 tbsp	whole grain mustard

In a heavy bottomed pan, brown pork on all sides in butter and oil on medium heat. Reserve on a plate. Add the onions to the pan and cook on medium heat for 2-3 minutes. Deglaze the pan with the white wine or apple juice and scrape bottom of pan to include the brown bits in sauce. Add diced apples and chopped prunes, cook for 5-8 minutes. Add 1/4 cup of water if needed and cook 2 minutes more. Add cream and mustard; mix well. Cut the pork in slices and place in sauce and cook on medium heat until done.

Serves 4



Lorraine's Cabbage Rolls.

1 lb. hamburger meat

2 cups cooked rice

chopped onion

salt, pepper, garlic

Take a large head of cabbage and remove scared leaves. Cut a square around the core to loosen the leaves and put the head in a large kettle of water. Boil until the leaves fall away from the core. Take

The above mixture and spoon
into the leaves and roll envelope
style so no meat comes out.
Place in greased roaster covered
with one tin condensed tomato
soup. Cover with scalded outer
leaves and remaining small
leaves to protect from burning.
Cover with roaster lid. Bake at 375°
for 2 to 4 hours.

WW Honey-and-Orange-Glazed Roast Chicken with Gravy

Let the oven do the work while Mom puts her feet up! Our succulent roast chicken with a sweet honey-and-orange glaze is super-easy and even has a foolproof shortcut gravy!

1 orange

**1 roasting
chicken,
6-7 lbs.**

1 Tbs. olive oil

**1/2 tsp. poultry
seasoning**

1/2 tsp. salt

1/8 tsp. pepper

2 Tbs. honey

1 jar (12 oz.)

juice; reserve separately. If desired, truss chicken; place on rack in roasting pan.

● Combine oil, poultry seasoning, salt, pepper and zest; rub over chicken. Roast 1 1/2 hours. Meanwhile, combine honey and reserved

Skim fat from pan juices and discard. In pot over medium heat, combine gravy, pan juices and, if desired, wine. Cook until slightly thickened, stirring occasionally, 10 minutes. Garnish chicken with parsley sprigs, if desired, and serve with gravy.

chicken gravy

1/4 cup white wine, optional

Fresh parsley sprigs, optional

● Preheat oven to 350°F. Grate 1/2 tsp. orange zest and squeeze 1 Tbs.

juice. Brush mixture over chicken. Roast until meat thermometer inserted into thickest part of thigh, away from bone, registers 180°F, about 15 additional minutes.

● Transfer chicken to serving platter.

Servings: 6

Calories: 589

Protein: 57 g.

Fat: 34 g. (9 g. saturated)

Trans fat: 0 g.

Chol.: 183 mg.

Carbs.: 9 g.

Sodium: 597 mg.

Fiber: 0 g.

Sugar: 6 g.

Kitchen time: 25 minutes.

Total time:

2 hours, 10 minutes.

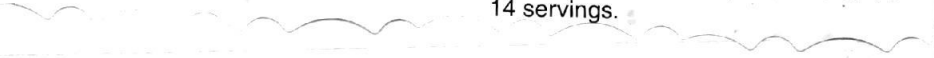


Apricot Pineapple Ham

- 1/2 fully cooked bone-in ham
(5 to 7 pounds)**
- 1 can (6 ounces) pineapple
juice**
- 1 jar (10 ounces) pineapple
preserves**
- 1 jar (10 ounces) apricot
preserves**
- 2 cans (8 ounces *each*) sliced
pineapple, drained**
- 1 jar (6 ounces) maraschino
cherries with stems**

Place ham on a rack in a roasting pan. Score the surface, making diamond shapes 1/2 in. deep. Pour pineapple juice over ham. Cover and bake at 325° for 1-1/4 hours.

Uncover; brush ham with preserves. Arrange pineapple slices and cherries on ham, securing with wooden toothpicks. Bake, uncovered, 25-30 minutes longer or until a meat thermometer reads 140° and the ham is heated through. Discard toothpicks. **Yield:** 10-14 servings.



SAUCED CHICKEN BREASTS WITH APPLES AND ONIONS

- 2 tablespoons all-purpose flour
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- 4 (4-ounce) skinned, boned chicken breast halves
- 2 teaspoons olive oil, divided
- 3 cups vertically sliced onion
- $2\frac{1}{2}$ cups sliced peeled Granny Smith apple (about 3 apples)
- 1 teaspoon dried marjoram or $\frac{1}{2}$ teaspoon dried rosemary
- 1 cup apple cider or apple juice

1. Place first 3 ingredients in a zip-top plastic bag; add chicken. Seal and shake to coat. Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat. Add chicken; sauté 2 minutes on each side. Remove from pan; keep warm.

2. Heat 1 teaspoon oil in skillet until hot. Add onion, and sauté 5 minutes or until lightly browned. Add apple and marjoram; sauté 5 minutes. Add chicken and cider; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until chicken is done. Yield: 4 servings (serving size: 1 chicken breast half and $\frac{3}{4}$ cup sauce).

CALORIES 261 (14% from fat); FAT 4.1g (sat 0.8g, mono 2g, poly 0.7g); PROTEIN 27.8g; CARB 28g; FIBER 3.7g; CHOL 66mg; IRON 1.6mg; SODIUM 225mg; CALC 41mg

BEST EVER LEAN BURGERS

- 1 lb (500 g) **Extra Lean or Lean Ground Beef**
- 1 egg, lightly beaten
- 1/4 cup (50 mL) EACH finely chopped onion and mushrooms
- 1/2 cup (125 mL) dry bread crumbs
- 1/4 cup (50 mL) EACH **Lea & Perrins® Worcestershire Sauce**
and milk
- 1 clove garlic, minced
- Pepper, to taste

Lightly combine all ingredients.

Gently form into six 3/4-inch (2 cm) thick patties.

Cook patties over medium heat on lightly greased grill for 6 to 7 minutes per side until a digital instant read thermometer inserted sideways into centre of each





Applesauce Pork Loin

- 1 boneless pork loin roast
(3 pounds)**
- 1/2 teaspoon salt**
- 1/4 teaspoon pepper**
- 2 tablespoons vegetable oil**
- 1 cup applesauce**
- 3 tablespoons Dijon mustard**
- 1 tablespoon honey**
- 3 fresh rosemary sprigs**

Sprinkle roast with salt and pepper. In a large skillet, brown roast on all sides in oil. Place on a rack in a shallow roasting pan. Combine the applesauce, mustard and honey; spread over roast. Top with rosemary. Bake, uncovered, at 350° for 1-3/4 to 2-1/2 hours or until a meat thermometer reads 160°. Let stand for 10 minutes before slicing. **Yield:** 10-12 servings.

GREAT GRANDMOM'S SWEDISH MEATBALLS

- $\frac{3}{4}$ pound ground beef
- $\frac{1}{4}$ pound ground pork
- $\frac{1}{2}$ cup soft bread crumbs
- $\frac{1}{2}$ cup unsweetened applesauce
- 2 tablespoons grated onion
- $\frac{1}{8}$ teaspoon ground nutmeg
- Pinch ground cloves
- $\frac{1}{2}$ teaspoon salt
- 1 tablespoon vegetable oil
- $\frac{1}{4}$ cup ketchup
- $\frac{1}{4}$ cup water

Combine beef, pork, bread crumbs, applesauce, onion, nutmeg, cloves and salt in bowl; mix well. Form meat mixture into 2-inch balls.

Heat oil in large frypan. Add meatballs and cook until browned. Place in $1\frac{1}{2}$ -quart casserole.

Combine ketchup and water and pour over meatballs. Cover and bake at 325 F for one hour or until meatballs are cooked. Makes four servings.

Barbara Pearson of Richmond dis-

Please see FAMILY, C2

Apricot Stir-fry Turkey

- 1/3 cup apricot jam
 - 3 tbsps. orange juice
 - 2 tbsps. lemon juice
 - 2 tsps. each cornstarch and Dijon mustard
 - 1 tbsp. vegetable oil
 - 1 lb. turkey cut into strips or turkey stir-fry strips
 - 1 clove garlic, minced
 - 1 tbsp. ginger root, minced
 - 1 red pepper, cut into strips
 - 1 cup snow peas
 - 1/2 cup carrots, julienned
 - 2 green onions, sliced diagonally
 - 1/4 cup cashews, toasted
- In small bowl, whisk together jam, orange and lemon juices, cornstarch and mustard; set aside.
- In wok or large skillet over medium-



Apricot Stir-fry Turkey had a touch of apricot jam. — CP

high heat, heat oil. Add turkey strips; stir-fry 3 to 4 minutes or until cooked through (no longer pink inside); remove to bowl.

Add garlic, ginger root, red pepper, snow peas and carrots; cook about 2 minutes or until vegetables are tender

crisp. Return turkey to pan. Stir mixture and pour over turkey. Bring to a boil; boil, stirring constantly for about 1 minute or until thick. Serve topped with onions and cashews. Makes 4 servings.

Holiday Ham

- 12-15 lb. cured or smoked ham
 - 2 dozen whole cloves
 - 1 cup brown sugar
 - 1 tsp. dry mustard
 - 2-3 cups cider, pineapple juice, grapefruit
cherry juice, maple syrup or strained
honey
 - 1 can pineapple slices (optional)
- For basting - pineapple juice or any of
the above.

Follow directions on ham wrapper.
Cut & remove rind with sharp knife.
Score outside into squares or diagonals.
Stud each square with a whole
clove.

Combine brown sugar & dry mustard.
Dampers with enough liquid to
form paste. Spread evenly over
ham surface. Place on rack in
shallow roasting pan. Roast, uncovered

~~2 1/2~~ Holiday Ham

in preheated oven 325° $3\frac{1}{2}$ - $4\frac{1}{2}$ hrs
or 18 - 20 minutes per lb.

Serve with juice.

During last hour, remove from oven,
garnish with pineapple rings (fasten
them down with tooth picks). Return
to oven. Roast until done.

Pineapple should be slightly
browned.

ALMOST CABBAGE ROLLS

- 1 pound (500 g) ground beef
- 3 garlic cloves, chopped fine
- 2 medium onions, chopped
- $\frac{3}{4}$ cup (175 mL) white rice
- 2 (398-mL) cans tomato sauce
- $\frac{1}{3}$ cup (75 mL) cider vinegar
- 1 tablespoon (15 mL) packed brown sugar
- 1 tablespoon (15 mL) Worcestershire sauce
- $\frac{1}{2}$ teaspoon (2 mL) salt
- $\frac{1}{4}$ teaspoon (1 mL) pepper
- Dash Tabasco sauce
- 8 cups (2 L) coarsely chopped cabbage

In large frypan over medium heat, cook beef with garlic and onions until meat is no longer pink. Stir in rice and set aside.

In bowl, stir together tomato sauce, vinegar, sugar, Worcestershire sauce, salt, pepper and Tabasco sauce.

Layer one-third of the cabbage in bottom of 4-quart (4 L) casserole. Arrange half the rice-beef mixture on top and drizzle with one-third of the tomato mixture.

Repeat, ending with cabbage and remaining tomato mixture. Cover and bake at 350 F (180 C) for 1³/₄ hours.

Makes 5 or 6 servings.

Note: You can freeze cooked casserole in individual portions. To reheat one portion, cover and microwave at high for about 4 minutes, stirring after 3 minutes.

LORRAINECABBAGE ROLLS.

$\frac{1}{2}$ lb. hamburger meat.

2 cups cooked rice

Chopped onion.

Salt, pepper,
garlic.

Take a good size head of cabbage, and remove the scarred leaves. Cut square around the core to loosen the leaves. Put the head of cabbage in a large kettle of water and boil until leaves fall away, from core. Take the above mixture and spoon into the leaves and roll envelope style.

Pin with tooth picks so the filling won't come out. Place in a greased roaster. Cover with a tin of undiluted tomato soup. Cover with the remaining leaves to keep from burning. Bake at 325

for 3-4 hours.