

ALICES RECIPE'S TO REMEMBER

Author Joseph Medwar

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DEDICATION

To Alice, And to all those wonderful mothers who loved to cook for their families. Mom left my brothers, sister, and I, a bunch of recipe-notes so we would not go hungry after she passed on to that giant kitchen in the sky. They would come in handy some day and we would still enjoy her home cooking.

During our years growing up, you would always smell the wonderful aromas that filled her kitchen, especially as we entered the house after school, and later on in life when we returned from work. We called it, “*Alice’s Restaurant*”, and sang a popular song that came out in 1967 called “Alice’s Restaurant,” by Arlo Guthrie.

Our married years; Alice always had a dish of food to bring over to our homes. It would add perfectly to what our wives set up for us to eat during holiday meals or whenever. Mom tried to be “one-up” when it came to culinary skills. My father, (my mother’s husband) died a young age back in 1974, so it was a pleasure to see her smile when she fed us these wonderful meals.

Rest in Peace Alice, we will always remember the great recipes you left for us!

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About the Author:

ALICE'S MIDDLE EASTERN FOOD RECIPES

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Introduction

Alice was an American of Middle Eastern decent. Her parents Sarah and Michael migrated to the United States in the 1920's. Michael opened a mom and pop type grocery store in Somerville MA.. Sarah had four sons, and three daughters (one was my mother). Eventually two of her sons opened a well-known restaurants and nightclub in the local area. Food and entertainment was destined to be part of the family heritage. Sarah stayed home and cooked for her loved ones. I remember very well, because when I went to visit my grandmother as a kid, there were endless amounts of food and a lot of it was Middle Eastern dishes.

Alice learned a lot from her mother's cooking, and shared many of these delicious meals with her own family during any occasion. My mother's cooking was usually the main event. She had tons of Kibbee and rolled grape leaves as well as other ethnic cuisine stored in a large freezer in the basement. It literally was ready to-be defrosted on a moment's notice.

Alice would hold small lessons with anybody who desired to learn about Middle Eastern cooking. I remember walking into the house and seeing a small group of people pounding

ground lamb with their fist, in a large bowl to make Kibbee and Kibbee Nayee. I could not wait to be the guinea pig and try everything her students made, lucky me!

There was a beautiful grape vine in the back yard, which my father started, before he died in 1974. I continued to keep it up in his honor of course! When the time was right, I would pick hundreds of leaves for her and she would clean and freeze them until it was time to start rolling and stuffing them. The butcher at the grocery store had to be exact when she ordered her lamb bones that would simmer with the stuffed grape leaves. Alice kept logs and notes of what she cooked, and now I would like to share some of them with you.

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ASPARAGUS WITH LAMB

Ingredients

3 bunches of asparagus
1/2 cup of oil
3 cups water
2 lbs. Lamb (cubed)
1/2 cup parsley
Salt and pepper
1/2 cup lemon juice

Directions

- In a saucepan brown meat, add parsley, salt and pepper.
- **W**ash and cut Asparagus into 1" pieces.
- **A**dd asparagus to meat cook 20 minutes.
- **A**dd lemon Juice, and cook for another 10 minutes or until asparagus is tender
- **D**on't overcook!

***SERVE WITH RICE**

Nutrition Facts:

Based on: 4 Servings

Amount per one serving: Calories 583

Total Fat 39g Saturated Fat 8g Polyunsaturated Fat 3g

Monounsaturated Fat 25g Cholesterol 147mg

Sodium 196 mg Potassium 1,024mg

Total Carbohydrate 10g Dietary Fiber 2g

Sugars 1g Protein 48g

Vitamin A 24%...Vitamin B-12 103%...Vitamin B-6 26 %...

Vitamin C 86%...Vitamin D 0%...Vitamin E 29%...Calcium 6%

BAMEE (OKRA)

Ingredients

2 lbs. fresh or dried okra (soak first)

2 cloves garlic (minced)

2 tbsp. butter-to taste

1 lg. 16 ounce can tomato sauce

2 lbs. lamb (cubed)

Lemon juice or 1 lemon
2 cups water
1 tsp. coriander (kisbara) seed
1 tsp. Salt
1/2 tsp. pepper

Directions

- **W**ash okra and cut off the stem.
- **F**ry okra in butter, set aside.
- **B**rown lamb in butter, add spices, tomato sauce, water and garlic.
- **C**ook slowly until meat is tender.
- **A**dd okra and lemon juice.
- **C**ook 10 more minutes.

***SERVE WITH RICE**

Nutrition Facts:

Based on: 4 Servings

Amount per one serving: Total Fat 18g Saturated Fat 8g

Polyunsaturated Fat 1g Monounsaturated Fat 6g

Cholesterol 163 mg Sodium 1,429mg Potassium 1,445mg

Total Carbohydrate 25g Dietary Fiber 8g Sugars 12.1g Protein 52.1g

Vitamin A 25%...Vitamin B-12 103%... Vitamin B6 48% Vitamin C 124%...

Vitamin D 1%...Vitamin E 20%...Calcium 23%

BEET SALAD

Ingredients

2 cans beets (sliced)
1 onion (chopped)
1/4 cup oil
1/4 cup vinegar
Salt and pepper to taste
1 cup parsley

***Mix all ingredients well and chill**

Nutrition Facts:

Based on: 4 Servings

Amount per one serving: Calories 295

Total Fat 27g Saturated Fat 4g Polyunsaturated Fat 2g

Monounsaturated Fat 20gCholesterol 0mg Sodium 287mg

Potassium 263mg

Total Carbohydrate 14g Dietary Fiber 2g Sugars 6g Protein 1g

Vitamin A 25%...Vitamin B-12 0%...Vitamin B-6 .7%...Vitamin C 41%...

Vitamin D 10%...Vitamin E 18%...Calcium 4%

CABBAGE (ROLLED STUFFED)**Ingredients**

1/2-1 cup lemon juice
1 1/2-2 lbs. lamb or Hamburger (ground)

2 tsp. dried mint leaves, Salt
Pepper
4 cloves garlic
2 cups uncooked rice
Lamb bones (optional)
2 heads cabbage

Directions

- **W**ash cabbage,
- **C**ut around inside core, it will make leaves easier to fall off.
- **P**lace the head of the cabbage in boiling water, and cook until leaves are almost soft.
- **R**emove almost immediately.
- **M**ix lamb, rice, salt and pepper.
- **P**lace leaf on table or flat surface.
- **A**dd some mixture at the top of the leaf and roll up tight. (If you have lamb bones, cook first, drain and then set on bottom of a large pan. Then set the stuffed cabbage on top).
- **A**dd stuffed cabbage on bottom of large pan, with garlic, mint, lemon juice, salt and pepper.
- **A**dd enough water to cover the rolled cabbage. Bring to a boil.
- **A**fter it comes to a boil, lower heat and cook for 20-25 Minutes.

***TASTE... you may add more seasoning or lemon juice if you desire**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 894

Total Fat 54g Saturated Fat 23g Polyunsaturated Fat 5g

Monounsaturated Fat 22g

Cholesterol 165mg Sodium 256mg Potassium 1,740mg

Total Carbohydrate 57g Dietary Fiber 11g Sugars 1g Protein 48g

Vitamin A 12%...Vitamin B-12 87%...Vitamin B-6 42 %...Vitamin C 292%...

Vitamin D 0%...Vitamin E 5% Calcium 26%

EGGPLANT SALAD

Ingredients

2 Eggplant
1 large Onion (Diced)
2 Tomatoes (Diced)
1 Bunch of Parsley (Chopped)
1 Green pepper (diced)
Oil to taste
Salt
Vinegar to taste

Directions

- **Peel** eggplant and cut into quarters.
- **Place** in Salted water for 10-15 minutes.
- **Remove** from water, squeeze, and then pat dry.
- **Add** oil to frying pan and fry eggplant.
- **Let Drain.**
- **In a bowl,** cut eggplant into small pieces
- **Add** all ingredients.

***Mix well, and then chill!**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 138

Total Fat 4g Saturated Fat 6g Polyunsaturated Fat .5g Monounsaturated Fat 3g

Cholesterol 0mg Sodium 66mg B 831mg

Total Carbohydrate 25g Dietary Fiber 9g Sugars 4g Protein 4g

Vitamin A 56%...Vitamin B-12 0%...Vitamin B-6 13%...Vitamin C 76%...

Vitamin D 0%...Vitamin E 5%...Calcium 6%

FALAFEL**Ingredients**

1 can chick peas

1 onion chopped

1/2 cup breadcrumbs

2 tbsp. parsley (chopped)

1 tbsp. cumin

2 cloves of garlic (mashed)

2 cups iceberg lettuce

Salt and pepper to taste

1 cup yogurt

1/4 cup tahini

1/3 cup lemon juice

1 clove garlic (chopped)

1/2 cucumber (peeled and diced)

4-5 Syrian breads (shredded)

***Combine in a food processor; onion, breadcrumbs, parsley, cumin, garlic, salt and pepper.
Blend well.**

Directions

- **Divide into 12 portions.**
- **Roll into balls and then flatten.**
- **Coat nonstick skillet with cooking spray or oil and add the Falafel balls.**
- **Cook 2-3 minutes on either side until slightly brown.**
- **Set aside.**
- **Place in processor: yogurt, Tahini, lemon juice, garlic, salt and pepper.**
- **Mix until smooth. Mix in cucumbers.**
- **Split the Syrian bread in half.**
- **Layer 1/2 cup lettuce in bread; add falafel, top with cucumber sauce**

Nutrition Facts

Based on: 4 Servings

Amount per one serving:Calories 353

Total Fat 8g Saturated Fat 2g Polyunsaturated Fat 2g

Monounsaturated Fat 2g

Cholesterol 8mg Sodium 262mg Potassium 246mg

Total Carbohydrate 60g Dietary Fiber 8g Sugars 11g Protein 14g

Vitamin A 5% Vitamin B-12 5% Vitamin B-6 5% Vitamin C 22%

Vitamin D 0% Vitamin E 2% Calcium 17%

FETTUSH (Syrian bread salad)

Ingredients

2-3 loaves of Syrian Bread
Lemon Juice to taste
1 cucumber (cubed)
1 onion (chopped)
1/2 cup parsley
Salt and pepper
1/2 head lettuce (chopped)
Pinch of Mint
3 tbsp. oil
Black olives or olive of choice

***Break or cut Syrian bread into small pieces, add all ingredients. *Mix well!**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 169

Total Fat 11g Saturated Fat 1g Polyunsaturated Fat .9 g

Monounsaturated Fat 7g

Cholesterol 0mg Sodium 274mg Potassium 101mg

Total Carbohydrate 16g Dietary Fiber 3g Sugars 4g Protein 4g

Vitamin A 4%...Vitamin B-12 0%...Vitamin B-6 1%...Vitamin C 13%...

Vitamin D 0%...Vitamin E 6%...Calcium 2%

GRAPE LEAVES STUFFED

Ingredients

Grape leaves (washed)
Salt and pepper
1 lb. lamb (coarsely ground)
1/2 cup lemon to taste (or more to taste)
3/4 cups rice (washed, and drained)
Lamb Bones (cook and remove scum)

***Mix meat, rice and add salt to taste (mix lightly).**

Directions

- Place 1 leaf (wrong side up), flat on the Table.
- Add a little of the meat and rice mixture on top of the leaf.
- Bring both sides of leaf in, roll tightly and place in pan.
- Place rolled Grape leaves on top of bones.
- Add lemon juice, salt and pepper.
- Add enough water to cover the rolled grape leaves.
- Cook until water boils, lower down the heat & cook 5 minutes more.
- Taste for seasoning.
- Cook for 2-3 hours before eating, you may add more seasoning or lemon juice.

***Note:** If using store bought leaves, wash 2-3 times and soak for ½ hour. Make sure the brine is gone.

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 376

Total Fat 27g Saturated Fat 12g Polyunsaturated Fat 2g

Monounsaturated Fat 11g

Cholesterol 83mg Sodium 107mg Potassium 329mg

Total Carbohydrate 12.g Dietary Fiber 1g Sugars 1g Protein 20g
Vitamin A 57%...Vitamin B-12 43%...Vitamin B-6 11%...Vitamin C 25%...
Vitamin D 0%...Vitamin E 2%...Calcium 6%

GREEN BEAN SALAD

Ingredients

1 lb. fresh green beans or lg. pkg. frozen
Lemon juice to taste
3 tbsp. oil
Salt and Pepper
1 lg. Onion (sliced)
2 fresh Tomatoes (chopped)
1 box of mushrooms or 2 cans (sliced)
1/2 cup of oil

Directions

- **String** beans should be cooked first and then set aside
- In a frying pan, add oil and onions. Cook for five minutes.
- **Add** mushrooms, tomatoes, and cook for another minute.
- **Pour** over string beans.
- **Add** salt, pepper, and lemon juice.

***Mix well. You can add more seasoning if needed.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 480

Total Fat 37g Saturated Fat 5g Polyunsaturated Fat 3g

Monounsaturated Fat 27g

Cholesterol 0mg Sodium 222 mg Potassium 297mg

Total Carbohydrate 23g Dietary Fiber 10g Sugars 8g Protein 12g

Vitamin A 15%...Vitamin B-12 0%...Vitamin B-6 4%...Vitamin C 37%...

Vitamin D 0%...Vitamin E 25%...Calcium 4%

GREEK SPINACH PIE (Spanakopita)

Ingredients

4 pkgs. of frozen spinach
3 tbsp. parsley (chopped)
4 eggs
3 tbsp. fresh dill (chopped)
1 lb. butter (melted)
1 lb. feta cheese (crushed)
2 onions (chopped)
1 lb. fillo/phyllo dough

Directions

- **Sauté** onions in oil until golden
- **Grate** feta cheese, beat egg,
- **Combine** all these ingredients except spinach and butter.
- **Cook** spinach until thawed, drain, and add to other ingredients.
- **Mix** thoroughly.

- Lay half fillo dough in 9"x13" pan,
- Brush each sheet with butter.
- Spread on top.
- Add remaining fillo dough, brushing each piece.
- Cut into desired pieces.

***Bake 350° for 1 hour.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 1622

Total Fat 128g Saturated Fat 78g Polyunsaturated Fat 6g

Monounsaturated Fat 35g

Cholesterol 534mg Sodium 2690mg Potassium 955mg

Total Carbohydrate 84g Dietary Fiber 11g Sugars 4g Protein 39g

Vitamin A 430%...Vitamin B-12 43%...Vitamin B-6 46%...Vitamin C 63%...

Vitamin D 26%...Vitamin E 15%...Calcium 95%

HOMUS

Ingredients

2 cans chick peas.

8 tbsp. Tahini

4 cloves garlic (crushed with salt)

3 lemons (juice)

2-3 tsp. oil

Directions

- **Cook** chickpeas for 5 minutes.
- In processor, put chickpeas, tahini, crushed garlic, and lemon juice.
- **Mix** well.
- If too thick, add chickpea juice, mix again.
- Taste for seasoning, might need lemon juice, and a little more oil.

***Garnish with parsley and paprika, side dish of onion, oil and Syrian bread.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 496

Total Fat 24g Saturated Fat 3g Polyunsaturated Fat 7g

Monounsaturated Fat 9g

Cholesterol 0mg Sodium 60mg Potassium 198mg

Total Carbohydrate 57g Dietary Fiber 15g Sugars .2g Protein 19g

Vitamin A .6%...Vitamin B 12 0 %...Vitamin B-6 46.0%...Vitamin C 27%...

Vitamin D 0%...Vitamin E 6%...Calcium 14%

IMJADDARAH (lentils and Rice)**Ingredients**

2 cups lentils (Washed)

Salt and Pepper

2 1/2 cups water
2 large onions (sliced)
1 cup rice
Oil for frying

Directions

- In a saucepan, add water, salt, and pepper to lentils.
- Boil for 10 minutes or until lentils are soft.
- Add rice, stir and cover. Cook 15 minutes or until rice is cooked.
- In frying pan, add onions to oil, sauté until golden brown.
- Pour over Lentils (oil and onions).

***Mix and save some onion slices for serving.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 727

Total Fat 55g Saturated Fat 4g Polyunsaturated Fat 16g

Monounsaturated Fat 32g

Cholesterol 0mg Sodium 47mg Potassium 511mg

Total Carbohydrate 49g Dietary Fiber 9g Sugars 0g Protein 12g

Vitamin A .2%...Vitamin B 12 0 %...Vitamin B-6 17%...Vitamin C 10%...

Vitamin D 0%...Vitamin E 58%...Calcium 4%

KIBBEE

Ingredients

1/2 lbs. ground lean lamb
1 lbs. coarsely ground lamb (filling)
1 1/2 cup fine wheat (burghal)
1/2 cup cutting pine nuts
1 lg. onion (diced for filling)
Salt and Pepper
Butter, 1/2 lb. of rendered butter

Directions

- **1st** Cook filling (ground lamb) in frying pan.
- **Brown:** lamb, onions, pine nuts, salt, pepper, when onions are soft, set mixture aside to cool
- **2nd:** Wash wheat (burghal) in cold water and drain
- **Squeeze** Wheat and make sure all water is gone.
- In a large bowl, mix lean ground meat, burghal, salt & pepper (to taste)
- **Knead** 5-10 minutes; *keep dipping hands in cold water while mixing.*
- **Butter** a 9"x12" tray. Divide mixture in half.
- **Spread** 1/2 the mixture evenly on bottom of the tray,
- **Put** filling over that layer.
- **Top** layer, patty out small portions of meat and place each portion over the filling.
- **Press** all portions together until smooth.
- **With** a sharp knife, cut around whole tray,
- **Cut** into diamond shapes prick each diamond.

***Spread 1/2 lb. butter on top, and bake @ 375⁰, 30 minutes or until done.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 1015

Total Fat 92g Saturated Fat 46g Polyunsaturated Fat 10g

Monounsaturated Fat 26g

Cholesterol 244mg **Sodium** 427mg **Potassium** 367mg

Total Carbohydrate 18g Dietary Fiber 3g Sugars 7g **Protein** 31g

Vitamin A 28%...Vitamin B 12 45%...Vitamin B-6 8%...Vitamin C .2%...

Vitamin D 8%...Vitamin E 8%...Calcium 3%

KIBBEE NAYEE

Ingredients

2 lbs. lean lamb, ground fine

1 tbsp. salt & pepper to taste

1 cup wheat (burghal, fine)

Directions

- **Wash** wheat in cold water and drain.
- **Squeeze** wheat, and then add to ground lamb.
- **Add** salt & pepper. Mix and knead thoroughly.
- **Sprinkle** cold water every time you knead to a soft consistency.

***May be served with a side dish of onions, Syrian bread and a bit of butter.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 440

Total Fat 32g Saturated Fat 18g Polyunsaturated Fat 4g

Monounsaturated Fat 0g
Cholesterol 150mg Sodium 178mg Potassium .3mg
Total Carbohydrate 4g Dietary Fiber 0g Sugars 0g Protein 34g
Vitamin A 0%...Vitamin B 12 120%...Vitamin B-6 0%...Vitamin C 0%...
Vitamin D 0%...Vitamin E 0%...Calcium 0%

KOOSA (Stuffed squash)

Ingredients

12 medium green or yellow squash
Pinch of dried mint leaves
1 1/2 lb. ground lamb (course)
Salt & Pepper
3 cloves of garlic
1 can paste
5 tbsp. of tomato sauce

Directions

- **Cut** stem; scoop out inside of squash, then wash.
- **Mix** lamb with rice, salt & pepper.
- **Put** 1 tsp. of sauce in the bottom of each squash
- **Stuff** the squash with rice mixture. (Don't overstuff rice will expand)
- **Arrange** squash in pan.
- **Add** the tomato mixture, salt & pepper, garlic, and dried mint. This mixture should cover squash.

***Bring to a boil, lower heat, for 25 minutes. Make sure squash does not split.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 618

Total Fat 41g Saturated Fat 18g Polyunsaturated Fat 4g

Monounsaturated Fat 16g

Cholesterol 124mg Sodium 587mg Potassium 2412mg

Total Carbohydrate 30g Dietary Fiber 9g Sugars 19g Protein 37g

Vitamin A 38% ...Vitamin B12 65%...Vitamin B-6 81%...Vitamin C 184%...

Vitamin D 0%...Vitamin E 16%...Calcium 13%

KOOSA (Stuffed without meat)**Ingredients**

2 dozen medium size squash

1/2 cup oil

Salt and Pepper to taste

1/2 cup of rice

1 bunch of parsley (chopped fine)

2 onions (chopped fine)

2 cloves garlic (chopped)

1/2 cup pine nuts

1 tsp. dried mint

Directions

- **Cut** stem and scoop out inside of squash, then wash.

- **W**ash parsley and chop with onions (fine).
- **M**ix together with pine nuts.
- **W**ash and drain rice, add to mixture.
- **S**tuff squash 3/4 full, and place in pot.
- **A**dd garlic and pour water and tomatoes over squash.
- **C**over and cook over low heat for 45 minutes.
- **W**hen almost done, sprinkle dried mint on top of squash.

***Cook for 5 minutes. (You can use this mixture with grape leaves.)**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 374

Total Fat 14g Saturated Fat 1g Polyunsaturated Fat 7g

Monounsaturated Fat 3g

Cholesterol 0mg Sodium 72mg Potassium 3277mg

Total Carbohydrate 58g Dietary Fiber 15g Sugars 32g Protein 19g

Vitamin A 72%...Vitamin B12 0%...Vitamin B-6 135%...Vitamin C 376%...

Vitamin D 0%...Vitamin E 11%...Calcium 22%

KISHIK

Ingredients

2 cups Kishik (powder)

6 or more cups lamb stock

1/2 head cabbage

1 onion (diced)

1 lb. ground lamb (course cooked)

Salt & pepper to taste

Lamb bones

Directions

- **Cook** lamb bones for broth
- **Add** broth to large pan then add cabbage and onion.
- **Cook** until cabbage is soft.
- **Add** cooked ground lamb;
- **Add** salt & pepper and mix.
- **Cook** 10 minutes more.
- **Slowly** add Kishik. Mix well until it thickens. (If not thick, add more Kishik. If too thick, add more broth.)
- **Serve** with Kibbee and Syrian bread.
- **Serve** with Kibbee balls baked in butter.
- **Add** to Kishick and let simmer for 5 minutes more.

***Kishik, can be bought in a Middle-Eastern food store**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 643

Total Fat 45g Saturated Fat 20g Polyunsaturated Fat 2g

Monounsaturated Fat 11g

Cholesterol 83mg Sodium 295mg Potassium 408mg

Total Carbohydrate 29g Dietary Fiber 9g Sugars 15g Protein 35g

Vitamin A 9%...Vitamin B12 44%...Vitamin B-6 19%...Vitamin C 225%...

Vitamin D 0%...Vitamin E 2%...Calcium 12%

KIDNEY BEAN SALAD

Ingredients

2 cans drained and washed kidney beans
2 Onions (Med. Chopped)
1 cup Parsley (chopped)
2 tomatoes (chopped)
2 Peppers (chopped)
Lemon juice to taste
Salt and Pepper
1/2 cup of oil

***Mix ingredients and chill**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 422

Total Fat 28g Saturated Fat 4g Polyunsaturated Fat 3g
Monounsaturated Fat 20g

Cholesterol 0mg Sodium 463mg Potassium 540mg

Total Carbohydrate 37g Dietary Fiber 11g Sugars 11g Protein 35g

Vitamin A 29%...Vitamin B12 0%...Vitamin B-6 15%...Vitamin C 135%...

Vitamin D 0%...Vitamin E 21%...Calcium 8%

LABAN (Yogurt with Cukes)

Ingredients

1-quart yogurt (plain)
Pinch of mint
2 cucumbers (cut in small pieces)
2 cloves of garlic (crushed)

***Mix all ingredients in a bowl. Serve cold**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 160

Total Fat 8g Saturated Fat 5g Polyunsaturated Fat .2g
Monounsaturated Fat 2g

Cholesterol 32mg Sodium 114mg Potassium 476mg

Total Carbohydrate 13g Dietary Fiber .5g Sugars 12.3g Protein 9g

Vitamin A 6%...Vitamin B12 0%...Vitamin B-6 15%...Vitamin C 7%...

Vitamin D 0%...Vitamin E 1%...Calcium 31%

LABAN (Yogurt with Eggplant)**Ingredients**

1 large eggplant (peel and slice)
Oil for frying
Salt and pepper
1 to 2 cups Laban
2 cloves garlic (crushed)

Directions

- Fry eggplant in oil. Remove and drain
- Mash eggplant, add salt, and garlic.
- Mix in Laban until right mixture to eggplant

***You could add tahini instead of yogurt**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 663

Total Fat 63g Saturated Fat 9g Polyunsaturated Fat 16g

Monounsaturated Fat 34g

Cholesterol 32mg Sodium 155mg Potassium 634mg

Total Carbohydrate 19g Dietary Fiber 3g Sugars 11g Protein 10g

Vitamin A 7%...Vitamin B12 15%...Vitamin B-6 10%...Vitamin C 6%...

Vitamin D 0%...Vitamin E 58%...Calcium 31%

L I F T (Pickled Turnips)**Ingredients**

5 lbs. turnips (white)

5 lbs. fresh beets

Vinegar

Salt

Water

Directions

- **W**ash drain, and cut in quarters
- **S**alt and let stand overnight
- **C**ut beets in quarters
- **P**ack turnips and beets alternately in a jar.
- **M**ix salt to 1 part vinegar and 2 parts lukewarm water.

***Enough to cover**

Nutrition Facts

Based on: 4 Servings

Amount per one serving:

Calories 402

Total Fat 1g Saturated Fat .2g Polyunsaturated Fat .6g

Monounsaturated Fat .2g

Cholesterol 0mg Sodium 4970mg Potassium 2969mg

Total Carbohydrate 91g Dietary Fiber 26g Sugars 60g Protein 14g

Vitamin A 4%...Vitamin B12 0%...Vitamin B-6 44%...Vitamin C 245%...

Vitamin D 0%...Vitamin E 9%...Calcium 27%

NAZALA (Baked stuff eggplant)**Ingredients**

4 medium eggplants

1/4 cup pine nuts

1 lb. ground lamb (course)

2 cans tomato paste or sauce

2 onions (chopped fine)

3-4 cups of water

Oil for frying

Directions

- **Peel** eggplant and cut into wedges.
- **Slit** each wedge to make a pocket. Don't cut to edge.
- **Fry** eggplant in oil until browned.
- **Remove**, cool, set aside
- **The stuffing:** Brown meat and onions, add pine nuts, salt and pepper, and cook together for a few minutes.
- **Add** stuffing to each wedge, place in baking dish, filling the side up.
- **Mix** sauce, water, salt and pepper.
- **Pour** over eggplants making sure to cover the eggplant.
- **Bake** at 350⁰ for 30-40 minutes.

***Serve with rice.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 1071

Total Fat 88g Saturated Fat 16g Polyunsaturated Fat 22g

Monounsaturated Fat 45g

Cholesterol 50mg Sodium 756mg Potassium 2354mg

Total Carbohydrate 50g Dietary Fiber 18g Sugars 11g Protein 29g

Vitamin A 35%...Vitamin B12 43%...Vitamin B-6 40%...Vitamin C 47%...

Vitamin D 0%...Vitamin E 78%...Calcium 9%

PEPPERS (Stuffed)

Ingredients

8-12 Green peppers
Pinch of mint leaves
1 1/2 lbs. ground lamb (course)
2 cans tomato paste (mix with water)
1 cup rice (washed and drained)
Salt and pepper
3 cloves of garlic

Directions

- **Cut the top off pepper, clean out the inside and wash.**
- **Mix lamb with rice.**
- **Add salt and pepper.**
- **Put one teaspoon of sauce in the bottom of each pepper.**
- **Stuff the pepper with rice mixture (do not over stuff with rice it will expand).**
- **Arrange peppers in a pan.**
- **Add tomato mixture, salt and pepper, garlic and dried mint.**
- **This mixture should cover the pepper.**
- **Bring to a boil, lower heat (low), for 25 min.**

***Make sure the pepper does not split.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 679

Total Fat 41g Saturated Fat 17g Polyunsaturated Fat 3g

Monounsaturated Fat 16g
Cholesterol 124mg Sodium 820mg Potassium 1836mg
Total Carbohydrate 45g Dietary Fiber 10g Sugars 18g Protein 36g
Vitamin A 50%...Vitamin B12 65%...Vitamin B-6 23%...Vitamin C 472%...
Vitamin D 0%...Vitamin E 20%...Calcium 10%

RENDERED BUTTER

***Use only 3 to 5 lbs. butter**

Directions

- Place butter in saucepan and cook slowly on low heat until butter is clear.
- Let stand for 30 min. It will separate.

***With a large spoon, remove the clear butter.**

Nutrition Facts

One Servings

Amount per one serving: Calories 9776

Total Fat 1102g Saturated Fat 699g Polyunsaturated Fat 38g

Monounsaturated Fat 287g

Cholesterol 2971mg Sodium 7840mg Potassium 325mg

Total Carbohydrate 0g Dietary Fiber 0g Sugars 0g Protein 10g

Vitamin A 680%...Vitamin B12 38%...Vitamin B-6 0%...Vitamin C 0%...

Vitamin D 191%...Vitamin E 105%...Calcium 29%

RICE (Syrian style)

Ingredients

2 cups of rice
1 stick of butter
4 cups water or chicken broth
2-3 cups of vermicelli noodles

Directions

- **Break** noodles, and simmer in butter until lightly golden.
- **Add** rice, water, and salt. Bring to a boil, and then turn heat down low.
- **Simmer** 20-25 minutes.
- **Mix** rice once or twice, only.

***You could sauté ground lamb and pine nuts in butter and put over rice when serving.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 404

Total Fat 24g Saturated Fat 15g Polyunsaturated Fat 1g

Monounsaturated Fat 7g

Cholesterol 67mg Sodium 1127mg Potassium 460mg

Total Carbohydrate 45g Dietary Fiber 0g Sugars 1g Protein 3g

Vitamin A 14%...Vitamin B12 9%...Vitamin B-6 5%...Vitamin C 0%...

Vitamin D 4%...Vitamin E 2%...Calcium 14%

RICE STUFFING (Syrian Style)

Ingredients

2 cups of rice (washed)
Salt and pepper
1 lb. ground lamb
2 cups chicken broth
1/4 cup pine nuts
1 cup of water

Directions

- **B**rown meat, pine nuts and seasoning in a large saucepan.
- **W**ash and drain rice.
- **A**dd to meat mixture.
- **M**ix, then add broth and water.
- **B**ring to a boil, and then reduce heat.
- **C**ook until rice is done

***Cool before stuffing.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 491

Total Fat 33g Saturated Fat 12g Polyunsaturated Fat 6g

Monounsaturated Fat 13g

Cholesterol 85mg Sodium 587mg Potassium 593mg

Total Carbohydrate 24g Dietary Fiber 2g Sugars 1g Protein 23g
Vitamin A 0%...Vitamin B12 48%...Vitamin B-6 16%...Vitamin C 0%...
Vitamin D 0%...Vitamin E 3%...Calcium 22%

RISHTAYA (Lentils & Spinach Soup)

Ingredients

1 cup lentils
1/4 cup oil
1 lg. onion (chopped)
Salt and pepper to taste
1 cup noodles
4 cups water
2 cups spinach (chopped)
1 cup lemon juice

Directions

- **Wash** lentils.
- **In** saucepan, add lentils and water, bring to a boil.
- **Lower** and cook for 15 min.
- **Sauté** onions in oil until light brown
- **Add** to lentils, spinach, salt, pepper and noodles.
- **Cook** for 15 minutes more.
- **If** dry, add a little more water.

***Add lemon juice and serve.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 248

Total Fat 14g Saturated Fat 2g Polyunsaturated Fat 1g

Monounsaturated Fat 10g

Cholesterol 9mg Sodium 56mg Potassium 364mg

Total Carbohydrate 27g Dietary Fiber 5g Sugars 3g Protein 7g

Vitamin A 27%...Vitamin B12 1%...Vitamin B-6 11%...Vitamin C 59%...

Vitamin D 0%...Vitamin E 10%...Calcium 4%

S F E E H A**DOUGH**

1 cup flour

1/2 cup Crisco oil and butter mixed

1 1/4 cups warm milk

1/2 yeast dissolved in 1/4 cup of warm water

3 teaspoons salt

MEAT FILLING

2 pounds ground lamb (course)

6 onions (chopped fine)

1 cup plain yogurt drained overnight

4 tablespoons tahini

1 cup lemon juice

1 cup pine nuts

Salt and pepper (Syrian pepper if possible)

***Combine all meat filling. Set aside**

Directions

- **Mix** flour, salt, Crisco, and butter together.
- **Add** warm water, milk, and dissolved yeast.
- **Mix** until well blended.
- **Cover** and let rise for 45 min.
- **Take** part of the dough and roll out to 1/4" thickness on a lightly floured board.
- **Cut** out rounds 3 to 4 inches in diameter.
- **Using** 2 tbsp. placed in the center of double rounds. Spread to edge.
- **Arrange** on the greased baking tray.
- **Bake** 400° until bottoms of Sfeeha are lightly browned

***Remove and place to cool, on wax paper**

Nutrition Facts

Based on 4 Servings

Amount per one serving: Calories 1180

Total Fat 92g Saturated Fat 46g Polyunsaturated Fat 8g

Monounsaturated Fat 26g

Cholesterol 177mg Sodium 2013mg Potassium 885mg

Total Carbohydrate 41g Dietary Fiber 2g Sugars 9g Protein 48g

Vitamin A 5%...Vitamin B12 97%...Vitamin B-6 20%...Vitamin C 47%...

Vitamin D 10%...Vitamin E 26%...Calcium 27%

SHISH KEBAB (Laham Mishwee)

Ingredients

2 lbs. lamb or beef
3 tbsp. oil
2 onions sliced
3 tbsp. soy sauce
1 1/2 lbs. mushrooms (sliced)
Salt & Pepper

In Tray

- **Put** all ingredients in a tray.
- **Add** a small amount of water.
- **Bake** 15-20 minutes at 400 degrees
- **Do not** overcook.

***Serve with rice or baked potato**

On the Grill

- **On** a skewer, place Lamb (cubed), sliced tomato, onion, pepper, and mushroom.
- **Cook** on grill.
- **Place** Syrian pocket bread on the bottom of the pan,
- **When** the meat is done, place meat on the bread in pan to collect juices.

***Marinate with oil, salt, pepper, and Hoisin sauce (Duck sauce)**

***Enjoy!**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 384

Total Fat 15g Saturated Fat 5g Polyunsaturated Fat 1g

Monounsaturated Fat 7g

Cholesterol 147mg Sodium 863mg Potassium 700mg
Total Carbohydrate 3g Dietary Fiber 2g Sugars 0g Protein 53g
Vitamin A 0%...Vitamin B12 103%...Vitamin B-6 20%...Vitamin C 2%...
Vitamin D 0%...Vitamin E 5%...Calcium 3%

SYRIAN CHEESE

Ingredients

1 gallon of milk
1 cheese tablet (rennet)
Salt

Directions

- **Heat** milk to touch, do not boil.
- **Mix** tablet in small amount of cold milk (2 tbsp.). Make sure it is dissolved.
- **Then** move milk with tablet mix from stove.
- **Keep** stirring until milk starts to separate.
- **Using** a large spoon lift solid part out of pan
- **Put** in palm of hand, squeeze out the water.
- **Shape** into a round.
- **You** should have four flat rounds.
- **Sprinkle** salt on each side.
- **Place** on dish and refrigerate.

***If you want to save some cheese, place in a jar with a little oil.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 548

Total Fat 20g Saturated Fat 12g Polyunsaturated Fat 0g

Monounsaturated Fat 1g

Cholesterol 80mg Sodium 618mg Potassium 1784mg

Total Carbohydrate 54g Dietary Fiber 0g Sugars 46g Protein 39g

Vitamin A 39%...Vitamin B12 0%...Vitamin B-6 0%...Vitamin C 3%...

Vitamin D 100%...Vitamin E 0%...Calcium 114%

SYRIAN SPINACH PIE (Turnover)**Dough Ingredients**

5 lbs. flour (20 cups)

6 tbsp. sugar

3 cups oil

Salt & Pepper

3 pkg. yeast

2 eggs

Directions Divide the Recipe by Three

- Put 6, 1/2 cups of flour in the processor, pinch of salt, pulsate
- Add 1 cup oil, pulsate processor.
- Add yeast mixture in a bowl, add warm water, 1pkg yeast, 1 3/4 tbsp. sugar
- Mix with flour in processor
- Pulsate, the mixture. Then add 3/4 cups of water to dough.
- Mix until dough becomes a soft ball.

- Take dough out of the processor and put in a large bowl.
- Do this two more times
- Make sure dough is cover in a warm place

***Let rise until doubled size**

Filling

9 pkgs. leaf spinach (defrosted)
 Cut into threes-squeezed.
 6 onions diced squeezed
 2 lemons, squeeze
 3/4 cups oil
 3 bunches parsley (chopped)
 1 1/2 bag of walnuts (chopped)
 1 cup Snobar (pine nuts)

Directions

- Mix all ingredients and let stand
- Eggs beaten, for egg wash
- When dough has enlarged or doubled, take some of the dough out.
- Roll with hands and cut into pieces.
- Cover with a towel.
- Take out one rounded piece at a time.
- Add filling and shape like a triangle.
- Make sure, when you pull up three sides, pinch each side together.
- Eggs wash each pie
- Bake at 350 degrees. First on bottom rack of oven, then on top for about 20-25minutes

Nutrition Facts

Based on: 12 Servings

Amount per one serving: Calories 2078

Total Fat 133g Saturated Fat 11g Polyunsaturated Fat 63g
Monounsaturated Fat 50g
Cholesterol 45mg Sodium 216mg Potassium 982mg
Total Carbohydrate 192g Dietary Fiber 17g Sugars 11g Protein 42g
Vitamin A 209%...Vitamin B12 2%...Vitamin B-6 33%...Vitamin C 96%...
Vitamin D 1%...Vitamin E 88%...Calcium 26%

SYRIAN POTATO SALAD

Ingredients

3-4 lbs. potatoes cooked
1/2 cup lemon juice
2 onions (diced)
1/2 cup olive oil
1 bunch parsley (chopped)
3 stalks of celery
Salt and pepper
Pinch of dried mint

Directions

- **Drain** cooked potatoes, and rinse in cold water
- **Slice** potatoes; add onions, parsley, celery, salt and pepper.
- **Blend** garlic in lemon juice and oil.
- **Pour** over potato mixture.
- **Mix** lightly.

***If you like, sprinkle a little paprika on top**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 281

Total Fat 1g Saturated Fat 0g Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg Sodium 91mg Potassium 345mg

Total Carbohydrate 60g Dietary Fiber 2g Sugars 8g Protein 42g

Vitamin A 27% ...Vitamin B12 0%...Vitamin B-6 7%...Vitamin C 68%...

Vitamin D 0%...Vitamin E 3%...Calcium 5%

SYRIAN PEPPER**Ingredients**

2 tbsp. allspice
1 tbsp. white pepper
2 tbsp. nutmeg
5 tbsp. black pepper
2 tbsp. cinnamon
2 tbsp. paprika

Directions

- **Mix** all ingredients into a bowl
- **Double** ingredients for more pepper

***Store the mixture in a glass jar.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 70

Total Fat 2g Saturated Fat 1g Polyunsaturated Fat 1g

Monounsaturated Fat 0g

Cholesterol 15mg Sodium 8mg Potassium 243mg

Total Carbohydrate 14g Dietary Fiber 7g Sugars 1g Protein 2g

Vitamin A 37% ...Vitamin B12 0%...Vitamin B-6 9%...Vitamin C 11%...

Vitamin D 0%...Vitamin E 1%...Calcium 11%

SQUASH PATTIES**Ingredients**

3 Eggs

2 tomatoes (diced)

1 cup flour

2 peppers (diced)

1 lg. onion (diced)

1/2 bunch parsley (diced)

Pulp of inside of squash (goosa)

5 whole squash (cut up)

Oil for Frying

Directions

- **Salt** squash and let stand for 2-3 minutes
- **Squeeze** out water. Add onions, tomatoes, peppers, parsley.

- **Beat** eggs, and add to mixture.
- **Put** enough flour to hold patties
- **Add** salt and pepper.

***Makes medium size patties**

***Fry both sides.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 145

Total Fat 10g Saturated Fat 1g Polyunsaturated Fat 1g

Monounsaturated Fat 7g

Cholesterol 0mg Sodium 112mg Potassium 422mg

Total Carbohydrate 13g Dietary Fiber 4.3g Sugars 4g Protein 4g

Vitamin A 171%...Vitamin B12 0%...Vitamin B-6 8%...Vitamin C 46%...

Vitamin D 0%...Vitamin E 6%...Calcium 17%

SPINACH SALAD

Ingredients

2 bags fresh spinach or frozen 2pkg.

1 onion (sliced)

2 cloves garlic (crushed)

Salt and pepper

2-4 tbsp. olive oil

Lemon juice to taste

(Also slices of lemon)

Directions

- **Cook** spinach.
- **Squeeze** out excess water and place in bowl.
- **In** frying pan, add oil, garlic and onions,
- **Sauté** until golden brown
- **Scoop** out onions and garlic. Place in small dish and set aside
- **Pour** cooked oil over spinach, salt and pepper.
- **Mix**
- **Add** cooked onions on top of spinach with slices of lemon.

***Add lemon juice to taste.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 754

Total Fat 59g Saturated Fat 5g Polyunsaturated Fat 17g

Monounsaturated Fat 34g

Cholesterol 139mg Sodium 69mg Potassium 1379mg

Total Carbohydrate 47g Dietary Fiber 8g Sugars 12g Protein 14g

Vitamin A 43% ...Vitamin B12 6%...Vitamin B-6 58%...Vitamin C 253%...

Vitamin D 7%...Vitamin E 62%...Calcium 10%

TABOOLY

Ingredients

2 cups burghal (or fine wheat)
1/2 cup oil
2-3 bunches parsley (chopped)
Salt and pepper
Dash of mint leaves
2 red peppers (chopped)
2 onions (chopped)
2 green peppers (chopped)
Romaine lettuce
3 tomatoes (chopped)
Juice of 3 lemons

Directions

- **W**ash and soak burghal (10 minutes)
- **S**queeze water from burghal wheat
- **A**dd all ingredients to burghal wheat (large bowl) and mix well
- **C**lean lettuce and pat dry
- **P**lace large leaves on bottom of an oval dish
- **P**our tabooly over leaves

***Place leaves around top**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 721

Total Fat 39g Saturated Fat 4g Polyunsaturated Fat 2g
Monounsaturated Fat 20g

Cholesterol 0mg Sodium 70mg Potassium 398mg

Total Carbohydrate 100g Dietary Fiber 8g Sugars 17g Protein 18g

Vitamin A 148%...Vitamin B12 0%...Vitamin B-6 7%...Vitamin C 502%...

Vitamin D 0%...Vitamin E 21%...Calcium 7%

U B L A M A (Stuffed squash with meat and yogurt)

Ingredients

12 small green squash (washed)
Salt and pepper
1 1/2 lb. ground lamb (course)
2 qts. Plain yogurt
1/4 cup pine nuts
2 tbsp. butter
1 egg white
1 tsp. flour

Directions

- **C**ut stem and scoop out inside (washed)
- **S**crape outside of each squash
- **B**rown meat in frying pan
- **A**dd pine nuts, salt and pepper
- **S**tuff squash with mixture.
- **I**n same frying pan, add butter and squash
- **B**rown all sides
- **P**ut in saucepan and set aside
- **A**dd 2 quarts yogurt, 1 egg white, 1 tsp. flour, pepper & salt in pan
- **C**ook over low heat until it bubbles.
- **S**tir constantly.
- **R**emove and pour over squash.
- **C**ook for 30 minutes.

***Serve with rice.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 904

Total Fat 64g Saturated Fat 31g Polyunsaturated Fat 5g

Monounsaturated Fat 23g

Cholesterol 203mg Sodium 425mg Potassium 1153mg

Total Carbohydrate 35g Dietary Fiber 4g Sugars 30g Protein 51g

Vitamin A 13% ...Vitamin B12 96%...Vitamin B-6 19%...Vitamin C 100%...

Vitamin D 1%...Vitamin E 5%...Calcium 62%

ZA' ATAR (ZATAR) SPICE

Ingredients

1/2 cup thyme

2 tbsp. oregano

2 cups ground roasted sesame seeds

1 cup sumac (dark)

2 tbsp. marjoram

2 tsp savory

Directions

- **Mix** all ingredients together and add salt if desired.
- **Keep** in a tightly closed jar.

***It will stay fresh in the refrigerator.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 224

Total Fat 18g Saturated Fat 3g Polyunsaturated Fat 8g

Monounsaturated Fat 7g

Cholesterol 0mg Sodium 6mg Potassium 217mg

Total Carbohydrate 12g Dietary Fiber 7g Sugars 0g Protein 7g

Vitamin A 3%...Vitamin B12 0%...Vitamin B-6 17%...Vitamin C 3%...

Vitamin D 0%...Vitamin E 0%...Calcium 44%

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ALICE'S ITALIAN FOOD RECIPES

Introduction to Italian Recipes

Alice cooked Italian, and had many sauce and pasta recipes. She made a tomato sauce to *die-for*! The spices combined with other ingredients, sent hunger frenzies to your brain. I remember walking into her kitchen seeing her stirring the sauce in a large pot. She would insist on me trying a spoonful. *My God*, the heavens opened up, you would swear she was a full-bred Italian momma! At dinner, her sauce combined with either, spaghetti, lasagna or other pastas, and meatballs were all we needed.

Besides your everyday tomato sauce, she prepared sauces like Pesto sauce, Béarnaise Sauce, or a Hollandaise Sauce, for a variety of occasions and food combinations. Other pasta dinners included two types of Tortellini dishes, Stuffed shells, Manicotti, Baked macaroni, and pasta salad.

You have to try this I know you will enjoy!

SPAGHETTI SAUCE

Ingredients

2 cans of tomato paste
Salt and pepper
1 can crushed tomatoes
2 pinches Italian seasoning
1 can tomato puree
2 bay leaves
1 onion (chopped)
Pinch of basil

4-5 tbsp. oil

2-3 cloves garlic (chopped)

Directions

- In a large pan, simmer oil, garlic, and onions.
- Add paste and cook together until thick.
- Add other tomatoes, seasoning, and cup of water.
- Simmer for 3-4 hours keep stirring.
- If tart, add a little sugar or tsp. of baking soda.

***One hour before sauce is cooked; you can add meatballs for extra flavor!**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 340

Total Fat 15g Saturated Fat 2g Polyunsaturated Fat 1g

Monounsaturated Fat 10g

Cholesterol 0mg Sodium 1404mg Potassium 1213mg

Total Carbohydrate 46g Dietary Fiber 8g Sugars 28g Protein 11g

Vitamin A 42% ... Vitamin B12 0% ... Vitamin B-6 19% ... Vitamin C 50% ...

Vitamin D 0% ... Vitamin E 29% ... Calcium 8%

MARINARA SAUCE

Ingredients

1/2 cup olive oil

3 cloves garlic (minced)
1 large onion
2 lbs. ripe tomatoes or 1 can crushed tomatoes
1 tsp. oregano
1 tbsp. basil
Salt and pepper to taste

Directions

- In a saucepan, heat olive oil, add onion and garlic.
- Sauté about 5 minutes
- Stir in tomatoes, oregano, basil, salt and pepper.
- Bring to boil, reduce heat to low.

***COOK FOR 40 MINUTES OR UNTIL THICK.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 299

Total Fat 27g Saturated Fat 4g Polyunsaturated Fat 2g

Monounsaturated Fat 20g

Cholesterol 0mg Sodium 733mg Potassium 369mg

Total Carbohydrate 14g Dietary Fiber 4g Sugars 2g Protein 3g

Vitamin A 18%...Vitamin B12 0%...Vitamin B-6 1%...Vitamin C 20%...

Vitamin D 0%...Vitamin E 20%...Calcium 6%

PESTO SAUCE

Ingredients

2 cups fresh Basil
1 tsp. salt

1/2 cup olive oil
2 tbsp. pine nuts (crushed)
2 cloves garlic (crushed)
1/2 cup parmesan cheese (grated)
2 tbsp. Romano cheese (grated)
3 tbsp. butter (soften)

Directions

- **Place** basil, olive oil, garlic, salt in a blender and mix at high speed
- **Stop** mix, and then start again.
- **When** evenly blended, pour into a bowl.
- **Add** cheeses, mix, then add the butter.

***Spoon over pasta**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 419

Total Fat 43g Saturated Fat 12g Polyunsaturated Fat 4g

Monounsaturated Fat 24g

Cholesterol 36mg Sodium 919mg Potassium 146mg

Total Carbohydrate 2g Dietary Fiber 1g Sugars 0g Protein 7g

Vitamin A 29%...Vitamin B12 3%...Vitamin B-6 3%...Vitamin C 7%...

Vitamin D 1%...Vitamin E 19%...Calcium 24%

BASIC WHITE SAUCE

Ingredients

2-3 tbsp. butter (melted)

2-3 cups milk

1/2 cup flour

Salt and pepper to taste

Directions

- **M**ake a paste of the flour with a little milk.
- **I**n a saucepan, melt butter and add paste.
- **O**ver medium heat, add a little milk, making sure there are not any lumps.
- **C**ook and mix constantly
- **A**dd salt and pepper. (It should be a little thick)

***FOR A VARIETY**, add 6 slices of cheese, mushrooms, or ham, then sauté in butter.

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 208

Total Fat 13g Saturated Fat 8g Polyunsaturated Fat 1g

Monounsaturated Fat 3g

Cholesterol 35mg Sodium 692mg Potassium 200mg

Total Carbohydrate 18g Dietary Fiber 1g Sugars 6g Protein 6g

Vitamin A 8%...Vitamin B12 9%...Vitamin B-6 3%...Vitamin C 0%...

Vitamin D 14%...Vitamin E 1%...Calcium 14%

HOLLANDAISE SAUCE

Ingredients

Egg yolk
Salt and dash of cayenne
2 tbsp. cold water
2 tbsps. Lemon juice
1 stick butter or margarine

Directions

- In a double boiler, beat egg yolks, add 2 tbsps. cold water
- Cook over hot water (not boiling)
- Stir constantly until thick. Add butter, small amounts at a time.
- Keep beating until mixture is smooth (about 5 minutes.) if water boils add cool water, or sauce will curdle.
- Remove from double boiler, add lemon juice then heat and add salt and cayenne
- It should be like mayonnaise.

***To keep warm, leave in double boiler without the heat on.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 220

Total Fat 24g Saturated Fat 15g Polyunsaturated Fat 1g

Monounsaturated Fat 6g

Cholesterol 108mg Sodium 204mg Potassium 30mg

Total Carbohydrate 1g Dietary Fiber 0g Sugars 0g Protein 1g

Vitamin A 19%...Vitamin B12 2%...Vitamin B-6 1%...Vitamin C 6%...

Vitamin D 5%... Calcium 1%

BÉARNAISE SAUCE

Ingredients

1/4 cup tarragon vinegar
1 tbsp. parsley (chopped)
1/4 cup white wine
3 egg yolks
2 tbsp. tarragon (chopped or dry)
1 stick butter or margarine
1 tbsp. onion (chopped)
Black pepper to taste

Directions

- In a small saucepan, combine vinegar, wine, tarragon, onion, pepper and parsley.
- Bring water to boil, keep stirring.
- Reduce heat and simmer (It should reduce to a 1/4 cup about 8 minutes.)
- Stir into a cup, press herbs to detract juice.
- Let cool.
- Cook egg yolks in a double boiler, using 2 tbsp. tarragon liquid.
- Heat until thick
- Add butter slowly, heat until smooth.
- Remove top of double boiler from heat, add 2 tbsp. tarragon liquid, it should thicken.

***Add the chopped herb**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 263

Total Fat 27g Saturated Fat 16g Polyunsaturated Fat 1g
Monounsaturated Fat 8g
Cholesterol 200mg Sodium 12mg Potassium 114mg
Total Carbohydrate 2g Dietary Fiber 0g Sugars 0g Protein 3g
Vitamin A 25%...Vitamin B12 5%...Vitamin B-6 5%...Vitamin C 4%...
Vitamin D 3%...Vitamin E 4%...Calcium 5%

ALICES PASTA RECIPES

LASAGNA

Ingredients

1 pkg. of Lasagna
1 1/2 lb. Hamburger
1 pkg. mozzarella cheese

Grated cheese (parmesan and Romano)

1 1/2 large. containers ricotta cheese

Salt and pepper

Directions

- **Make** sauce first ([Recipe for tomato sauce](#))
- **Boil** water (add salt and oil)
- **When** water comes to a boil, add lasagna.
- **Cook** until almost tender. Drain.
- **Run** cold water through and drain.
- **In** tray 13"x 9", add 2 heaping spoonful's of sauce and spread.
- **Place** layer of lasagna (*4 across*).
- **Spoon** 1/3 ricotta cheese, 1/3 mozzarella cheese, 1/3 hamburger
- **Make** sure to spread everything equally.
- **Add** more sauce.
- **Place** another layer of lasagna, and repeat the ingredients and sauce.
- **Top** layer of lasagna add more sauce.
- **Bake** 1/2 to 1 hour at 350⁰ or until cheese is melted.

***Add grated cheese.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 1631

Total Fat 87g Saturated Fat 45g Polyunsaturated Fat 2g

Monounsaturated Fat 29g

Cholesterol 298mg Sodium 2028mg Potassium 298mg

Total Carbohydrate 91g Dietary Fiber 4g Sugars 0g Protein 112g

Vitamin A 34% ...Vitamin B12 59%...Vitamin B-6 7%...Vitamin C 0%...

Vitamin D 0%...Vitamin E 6%...Calcium 131%

SPAGHETTI OR RAVIOLI

Directions

- Boil water with salt.
- Add spaghetti or ravioli.
- When cooked, remove and drain.
- Add spaghetti sauce. ([Recipe for tomato sauce](#))

TORTELLINI WITH HAM

Ingredients

1 tbsp. olive oil
2 cloves garlic
1 cup ham (cooked and sliced)
1/2 tsp. basil (crushed)
1/2 cup onion (chopped)
1 lb. tortellini
3 cups [white sauce](#)
Grated parmesan cheese

Directions

- In a saucepan over medium heat, add oil.
- Cook ham onion, garlic, and basil for 2 minutes.
- Stir in [white sauce](#).
- Simmer for 5 minutes and set aside.

- **Cook tortellini. Drain.**
- **Pour a little white sauce mixture over tortellini.**

***When serving, pour in the rest of the mixture. You can add vegetables for a variety.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 436

Total Fat 13g Saturated Fat 6g Polyunsaturated Fat 1g

Monounsaturated Fat 3g

Cholesterol 77mg Sodium 2055mg Potassium 393mg

Total Carbohydrate 50g Dietary Fiber 3g Sugars 5g Protein 29g

Vitamin A 0%...Vitamin B12 0%...Vitamin B-6 1%...Vitamin C 5%...

Vitamin D 0%...Vitamin E 2%...Calcium 4%

TORTELLINI WITH SAUSAGE

Ingredients

4-6 sausages

1/2 cup onion (sliced)

2 cloves garlic (diced)

1 lb. tortellini

1/2 cup grated parmesan cheese

2 tbsp. Hoisin sauce (Chinese barbeque sauce)

1/2 cup olive oil

1 stick butter

Directions

- In a frying pan, cook sliced sausages for 10 minutes
- Add onions, oil and simmer until onions are soft
- Add Hoisin sauce cook another 10 minutes. Set aside.
- Cook tortellini. Drain.
- Put tortellini in a baking tray add butter and mix.
- Add the sausage mixture and mix.
- Sprinkle in parmesan cheese.

***Cover and keep warm until served.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 725

Total Fat 61g Saturated Fat 25g Polyunsaturated Fat 4g

Monounsaturated Fat 30g

Cholesterol 99mg Sodium 853mg Potassium 86mg

Total Carbohydrate 30g Dietary Fiber 1g Sugars 2g Protein 15g

Vitamin A 16% ...Vitamin B12 7%...Vitamin B-6 5%...Vitamin C 2%...

Vitamin D 4%...Vitamin E 19%...Calcium 22%

STUFFED SHELLS AND MANICOTTI**Ingredients**

2-16 oz. ricotta cheese

2 eggs (beaten)

1 16 oz. mozzarella cheese

1/2 cup parsley (chopped)

1/2 cup Romano and parmesan cheese,
1 tsp. salt and oil
2 pkg. jumbo shells

Directions

- **Mix** all ingredients. Set aside.
- **In** a large pot, add water, salt, and a tsp. oil. Bring to a boil.
- **Add** shells or manicotti.
- **Cook** for 8 minutes, don't overcook.
- **Drain.** Run cold water over shells or manicotti. Let cool.
- **Fill** each shell with a large tablespoon of filling.
- **Place** in a large tray and cover each shell or manicotti, with tomato sauce.
- **Bake** at 350⁰ for 30 minutes.
- **You** may need to add more sauce.
- **Bake** at 350⁰ for 1 hour.

***Sprinkle grated cheese on top when serving**

Nutrition Facts

Based on: 6 Servings

Amount per one serving: Calories 1077

Total Fat 43g Saturated Fat 24g Polyunsaturated Fat 1g

Monounsaturated Fat 11g

Cholesterol 149mg Sodium 968mg Potassium 244mg

Total Carbohydrate 118g Dietary Fiber 6g Sugars 6g Protein 59g

Vitamin A 36%...Vitamin B12 37%...Vitamin B-6 5%...Vitamin C 11%...

Vitamin D 0%...Vitamin E 5%...Calcium 82%

BAKED MACARONI

Ingredients

1 pkg. elbow macaroni
12 or more slices of cheese
Grated cheese
[Spaghetti sauce](#)

Directions

- **Make sauce first.**
- **Boil water with salt. Add Macaroni**
- **When cooked, remove and drain.**
- **Place in (9"x 13") tray.**
- **Add sauce.**
- **Place slices of cheese over macaroni.**
- **Add more sauce and grated cheese**
- ***Bake 15 minutes at 350⁰ or until cheese is melted.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 672

Total Fat 16g Saturated Fat 0g Polyunsaturated Fat 0g

Monounsaturated Fat 1g

Cholesterol 31mg Sodium 1553mg Potassium 327mg

Total Carbohydrate 102g Dietary Fiber 6g Sugars 14g Protein 26g

Vitamin A 10%...Vitamin B12 0%...Vitamin B-6 0%...Vitamin C 4%..

.Vitamin D 0%...Vitamin E 0%...Calcium 4%

PASTA SALAD

Ingredients

1 pkg. Rotini
1 onion
2 pkgs. frozen assorted vegetables
Garlic, salt and pepper
Grated cheese
Vinegar

Directions

- If fresh vegetable, cook until almost done
- **Boil** water with salt add Rotini.
- **When** almost cooked add frozen or cooked vegetable.
- **Cook** for 5 minutes or more if needed, drain.
- **In** a frying pan, fry onions and garlic until soft.
- **Add** to Rotini.
- **Add** salt and pepper, grated cheese, and a little vinegar.

***You could use your favorite oil and vinegar dressing instead!**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 438

Total Fat 3g Saturated Fat 0g Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 1mg Sodium 37mg Potassium 13mg

Total Carbohydrate 89g Dietary Fiber 6g Sugars 4g Protein 16g

Vitamin A 40% ...Vitamin B12 0%...Vitamin B-6 1%...Vitamin C 60%...

Vitamin D 0%...Vitamin E 0%...Calcium 5%

LINGUINI PRIMAVERA

Ingredients

2 tsp. olive oil
1/4 cup onion (chopped)
1 tbsp. garlic (chopped)
1 cup zucchini (sliced)
1 cup yellow squash (sliced)
1 1/2 cup green and yellow peppers
2 cups tomato juice
Salt and pepper to taste
2 tbsp. fresh basil (chopped or dried)
1 lb. linguini
Sliced black olives

Directions

- In a skillet, heat oil, add onions and garlic for 2 minutes.
- Add zucchini, yellow squash and peppers.
- Sauté for 3-4 minutes
- Stir in sauce. Simmer for 5-10 minutes or until vegetables are tender.
- Stir in basil, simmer, and simmer for 1 minute.
- Prepare pasta.
- Pour sauce over pasta. Garnish with olives.

***Serves 6**

Nutrition Facts

Based on: 6 Servings

Amount per one serving: Calories 159

Total Fat 3g Saturated Fat 0g Polyunsaturated Fat 0g

Monounsaturated Fat 1g

Cholesterol 0mg Sodium 54mg Potassium 403mg

Total Carbohydrate 31g Dietary Fiber 5g Sugars 6g Protein 5g

Vitamin A 20%...Vitamin B12 0%...Vitamin B-6 12%...Vitamin C 142%...

Vitamin D 0%...Vitamin E 6%...Calcium 5%

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[**ALICES CHINESE FOOD RECIPES**](#)

INTRODUCTION TO CHINESE FOOD RECIPES

Alice loved to cook! Her Chinese food dinners were always a hit at family gatherings. No need to order-out, she cooked up an assortment of homemade Chinese food dishes including egg rolls and chicken wings. The different plates were tasty; mouthwatering, *whatever*... indescribably delicious to eat! *You Bet!*

Alice managed to help a well-known Chinese chef who owed a restaurant in our hometown back in the 70 and 80's. This well-known cook had her own TV cooking special. My mother assisted her in preparing the meals while she taught cooking Chinese style on the show. Mom would make everybody watch the show, so she could brag to us of her fine accomplishment!

You have to have a wok! The ingredients to some of the recipes might be hard to find in a regular grocery store. Today there are large variety of specialty stores and online stores, so... these ingredients will not be that hard to find. I am sure all that extra preparation will award your taste buds whole-heartily.

TRY IT... YOU WILL MAKE A LOT OF FRIENDS!

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CHINESE BEEF WITH OYSTER SAUCE

Meat: 2 lb. beef tips

Meat sauce: 4 tbsp. oyster sauce, 2 tbsp. water, 2 tsp. sugar, 1 tsp. cornstarch, 1 tsp., sesame oil

Vegetables: 1 cup each Chinese Broccoli, celery, snow peas, water chestnuts, scallions.

Vegetable seasoning: 2 tbsp. Chinese rice wine, 2 tsp. sugar, 1 tsp. salt

Marinating mixture: 2 tbsp. soy sauce, 2 tbsp. cornstarch, 2 tbsp. water, 2 tsp. sugar, 1 tsp. baking soda

Meat Seasoning: 1 bunch scallions (1 inch pieces), 8 slices Ginger

Direction

- **Cut** meat into slices, marinate in the marinate mixture.
- **Refrigerate** for 30 minutes.
- **Put** 4 tbsp. oil into meat slices and mix well.
- **Heat** 2 cups of oil in wok and quickly stir fry the meat until it changes color.
- **Remove** meat and drain.
- **Cook** vegetables in 4 tsp. oil in a very hot wok.
- **Stir-fry** and add vegetable seasoning.
- **Remove** meat and drain.
- **Put** 2 tbsp. oil in wok to brown scallion and ginger.
- **Add** beef and the meat sauce.
- **Cook** the mixture until heated through.

***Pour over the vegetables and serve.**

Nutrition Facts

6 Servings

Amount per one serving: **Calories** 541

Total Fat 18g Saturated Fat 7g Polyunsaturated Fat 1g
Monounsaturated Fat 7g

Cholesterol 79mg **Sodium** 1181mg **Potassium** 1382mg

Total Carbohydrate 36g Dietary Fiber 5g Sugars 11g **Protein** 52g

Vitamin A 28%...Vitamin B12 41%...Vitamin B-6 79%...Vitamin C 64%...

Vitamin D 0%...Vitamin E 6%...Calcium 18%

***You could add a gravy called BEEF CHOW-YOA**

Ingredients

4 tbsp. oyster sauce
2 tbsp. dark oyster sauce
2 tbsp. cornstarch (add 2 tbsp. water, mix)
1 cup beef broth
2 tsp. sugar
1 cup water
2 tsp. sesame oil

Direction

- **Pour** this mixture with the meat and sauce.
- **Cook** for 3-4 minutes, and pour over vegetables

Nutrition Facts

Based on: 6 Servings

Amount per one serving: Calories 50

Total Fat 2g Saturated Fat 0g Polyunsaturated Fat 1g

Monounsaturated Fat 1g

Cholesterol 0mg Sodium 360mg Potassium 36mg

Total Carbohydrate 6g Dietary Fiber 0g Sugars 2g Protein 1g

Vitamin A 0%...Vitamin B12 1%...Vitamin B-6 0%...Vitamin C 0%..

.Vitamin D 0%...Vitamin E 0%...Calcium 1%

SWEET AND SOUR PORK**Ingredients**

1 green pepper (julienne or cut into thin strips)
1 carrot (julienne or cut into thin strips)
2 tsp. sliced ginger
1 tsp. salt
3 tbsp. vinegar
Use wok
1 lb. pork (cubed)
2 tbsp. sugar
1 tbsp. soy sauce
1 egg beaten
1/2 cup cornstarch
Oil for frying (stir-frying)
1 clove garlic (minced)
1 onion (chopped)

Directions

- Toss pork with 1 tsp. sugar & soy sauce.
- Let stand 10-15 minutes.
- Take pork 1 piece at a time. Dip in egg, and then roll in cornstarch.
- Let stand until cornstarch is absorbed.
- Heat oil, stir-fry pork until browned. Drain.
- In same oil (2 tbsp.), sauté the garlic, onion, green pepper, carrot, and ginger for 2-3 minutes.
- Mix-together the remaining sugar and cornstarch, salt, vinegar, and water.
- Add to the vegetables, stirring steadily to the boiling point.

***Add pork, cook low heat for 3 minutes. Serves 3-4**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 847

Total Fat 65g Saturated Fat 7g Polyunsaturated Fat 17g

Monounsaturated Fat 35g

Cholesterol 136mg Sodium 904mg Potassium 594mg

Total Carbohydrate 29g Dietary Fiber 2g Sugars 8g Protein 36g
Vitamin A 2%...Vitamin B12 12%...Vitamin B-6 25%...Vitamin C 1%...
Vitamin D 2%...Vitamin E 58%...Calcium 6%

CHICKEN FINGERS

***2 lbs. of Chicken Breast**

Batter Mixture

1 1/2 cup flour
2 eggs (beaten)
4 tsp. baking powder
2 tbsp. oil
1 1/2 cup cornstarch
1 1/2 cup water

Marinating Sauce

1 tsp. salt
1 tsp. sesame seed oil
1/4 tsp. pepper
1 tsp. sugar
1 tsp. rice wine

Directions

- **Cut** chicken in 3 inches in long strips.
- **Marinate** for 10 Minutes
- **Coat** each piece with batter mixture
- **Deep fry** until light golden

***Serve as an appetizer with duck sauce**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 476

Total Fat 11g Saturated Fat 1g Polyunsaturated Fat 3g

Monounsaturated Fat 5g

Cholesterol 63mg Sodium 1124mg Potassium 92mg

Total Carbohydrate 84g Dietary Fiber 2g Sugars 2g Protein 8g

Vitamin A 3%...Vitamin B12 4%...Vitamin B-6 3%...Vitamin C 0%...

Vitamin D 2%...Vitamin E 5%...Calcium 29%

SHRIMP WITH LOBSTER SAUCE

Shrimp and Marinating Sauce

2 lb. shrimp

2 tbsp. rice wine

2 tbsp. cornstarch

Mixture A

2 slices finely chopped ginger

4 cloves garlic (crushed)

2 scallions (chopped)

3 tbsp. salted black beans (soak or chop)

1/2 lb. ground meat (pork)

Mixture B

4 tsp. soy sauce

1 tsp. salt

1/2 tsp. sugar

Additional Ingredients

2 cups chicken broth

1/2 cup scallions (shredded)

3 tbsp. cornstarch in 1/2-cup chicken broth

2 eggs (well beaten)

Directions

- **Wash** the shrimp with 2 tsp. salt. Rinse & dry.
- **Marinate** for 15 minutes.
- **Stir-fry** shrimp in 2 cups of oil, then drain.
- **Heat** 6 tbsp. oil in wok, add **Mixture A**. Cook about 2 minutes.
- **Add** ground beef and brown with A.
- **Then** add **Mixture B**. Cook together add chicken broth.
- **Cover** and cook for 2 minutes.
- **Return** the shrimp to the wok mixture; add the cornstarch mixture, egg and scallion.

***Cook for a few minutes. Serve**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 562

Total Fat 29g Saturated Fat 7g Polyunsaturated Fat 3g

Monounsaturated Fat 7g

Cholesterol 482mg Sodium 1405mg Potassium 934mg

Total Carbohydrate 24g Dietary Fiber 1g Sugars 8g Protein 63g

Vitamin A 15%...Vitamin B12 58%...Vitamin B-6 29%...Vitamin C 16%...

Vitamin D 91%...Vitamin E 10%...Calcium 34%

PEPPER STEAK

Ingredients

1 1/2 lb. Flank Steak
2 green peppers (strips)
1 cup onion (strips)
2 scallions (sliced)
6 slices fresh ginger
1 tsp. sugar
2 tsp. salt
2 tsp. sesame seed oil

Marinating Sauce

4 tbsp. dark colored Soy sauce
1 tbsp. oil
1 tbsp. rice wine
4 tsp. cornstarch
2 tsp. salt

Directions

- **S**lice beef into thin strips.
- **M**arinate in Marinate Sauce for 1/2 an hour
- **H**eat 1 1/2 cups of oil in wok until very hot.
- **S**tir-fry the beef for about 15 seconds.
- **D**rain then set aside.
- **H**eat 4 tsp. oil in the wok until hot,
- **S**tir-fry the scallions, ginger add pepper and onion.

- Now add the beef, sugar, and sesame oil.

***Mix well and serve hot.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 383

Total Fat 18g Saturated Fat 6g Polyunsaturated Fat 3g

Monounsaturated Fat 8g

Cholesterol 85mg Sodium 3398mg Potassium 715mg

Total Carbohydrate 15g Dietary Fiber 2g Sugars 6g Protein 36g

Vitamin A 0%...Vitamin B12 86%...Vitamin B-6 38%...Vitamin C 3%...

Vitamin D 0%...Vitamin E 0%...Calcium 2%

CHICKEN WITH VEGETABLE (Moo Goo Gai Pan)

Ingredients

1 lb. chicken breast

4slices garlic

2 tsp. sesame oil

4 scallions

Vegetables

1 cup fresh mushrooms

1 cup celery or bok-choy

1 cup Chinese cabbage

1/2 cup water chestnuts

1/2 cup bamboo shoots
1 cup bean sprouts
1 cup pea pods

Marinating Sauce

1 egg white
4 slices garlic
2 tsp. cornstarch
4 scallions
2 tsp. wine
Salt and pepper

Seasoning Mixture

4 tbsp. soy sauce
1 tsp. sugar

Cornstarch Mixture

2 cup chicken broth
2 cup cornstarch

Directions

- **Slice** chicken thin and marinate for 30 minutes.
- **Bring** 4 cups of water to a boil and boil vegetables for 1 minute. Set aside.
- **Deep-fry** chicken in hot oil.
- **Drain** and set aside.
- **Heat** 6 tbsp. of oil in a wok, then brown, the garlic and scallions.
- **Stir-fry** vegetables add seasoning mix.
- **Add** the cornstarch mixture and sesame oil.

***Serve over noodles**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 361

Total Fat 5g Saturated Fat 1g Polyunsaturated Fat 2g

Monounsaturated Fat 2g

Cholesterol 16mg Sodium 1483mg Potassium 608mg

Total Carbohydrate 69g Dietary Fiber 3g Sugars 5g Protein 10g

Vitamin A 20%...Vitamin B12 6%...Vitamin B-6 14%...Vitamin C 37%...

Vitamin D 5%...Vitamin E 2%...Calcium 24%

TERIYAKI BEEF STICKS

***2-3 lbs. Flank steak**

Marinating Sauce

1/3 cup soy sauce

4 scallions (chopped)

1/2 cup wine

2 slices of ginger (chopped)

1/2 cup water

2 garlic cloves (chopped)

3 tbsp. lemon juice

2 tbsp. sugar

1 tsp. salt

Directions

- **Cut** the flank steak across the grain into wide strips about 1 1/2 inches
- **Skewer** the strips of steak on bamboo stick.

- **Marinate the steak in the sauce mixture overnight.**

***Cook over hot charcoal fire until cooked.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 609

Total Fat 25g Saturated Fat 11g Polyunsaturated Fat 1g

Monounsaturated Fat 10g

Cholesterol 16mg Sodium 1483mg Potassium 608mg

Total Carbohydrate 170g Dietary Fiber 1g Sugars 8g Protein 71g

Vitamin A 5%...Vitamin B12 173%...Vitamin B-6 82%...Vitamin C 21%...

Vitamin D 0%...Vitamin E 2%...Calcium 6%

SPRING ROLLS OR EGG ROLLS

Vegetables

2 cups scallion (chopped)

2 slices ginger (finely chopped)

8 cups cabbage (chopped)

2 cups carrots (chopped)

2 cups celery (chopped)

2 cups mushrooms (chopped)

2 lbs. bean sprouts

Meat

2 lb. pork, either sliced thin or ground

Marinate in 2 tbsp. soy sauce
4 tsp. cornstarch

Seasoning

2 tbsp. soy sauce
2 tsp. salt
2 tbsp. sesame seed oil
1/2 tsp. pepper
2 tbsp. cornstarch mixed with 4 tbsp. water

Shrimp

1 tsp. salt
2 tsp. cornstarch

***Marinate 2 cups of small cut shrimp**

Directions

- **Heat** 6 tbsp. of oil in wok, stir-fry pork about 1 min.
- **Drain** & set aside
- **Now** stir-fry shrimp in the sesame oil
- **Drain** and set aside.
- **Heat** 4 tbsp. oil and brown the scallions and ginger.
- **Add** the vegetables, and stir-fry for a short time.
- **Add** shrimp and meat to the wok and add seasoning.
- **Cook** for a short time.
- **Remove** the following mixture from wok and let cool.
- **Roll** small portions of the following into egg roll skins.

***Deep fry in hot oil until golden brown**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 699

Total Fat 23g Saturated Fat 6g Polyunsaturated Fat 5g

Monounsaturated Fat 8g

Cholesterol 213mg Sodium 2362mg Potassium 1987mg

Total Carbohydrate 45g Dietary Fiber 13g Sugars 15g Protein 82g

Vitamin A 165%...Vitamin B12 38%...Vitamin B-6 79%...Vitamin C 129%...

Vitamin D 7%...Vitamin E 4%...Calcium 18%

SHRIMP AND CASHEW NUTS

Ingredients

1/2 cup scallion (cut into 1-inch slices)

15 fresh gingers

2 cups cashew nuts

2 cups pea pods (sliced)

Shrimp

2 lbs. shrimp (cleaned and dried)

Marinate

1 egg white

2 tbsp. cornstarch

1 tsp. salt

Seasoning

2 tbsp. rice wine

1/2 tsp. salt
2 tsp. sesame seed oil
15 fresh gingers

Directions

- **Marinate** shrimp for 1 hour in refrigerator
- **Deep fry** shrimp in oil for 1 minute remove and drain.
- **Heat** 4 tbsp. oil in wok, brown scallions and ginger
- **Add** the shrimp seasoning mixture and nuts.
- **Stir** mixture until hot.

***Remove to a serving plate.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 879

Total Fat 38g Saturated Fat 7g Polyunsaturated Fat 8g

Monounsaturated Fat 20g

Cholesterol 344mg Sodium 1102mg Potassium 1693mg

Total Carbohydrate 74g Dietary Fiber 10g Sugars 10g Protein 65g

Vitamin A 9%...Vitamin B12 44%...Vitamin B-6 36%...Vitamin C 28%...

Vitamin D 86%...Vitamin E 11%...Calcium 16%

BARBECUED SPARERIBS (Chinese style)

Spareribs

4lbs. spareribs-in one rack or 12-16 small baby ribs

Marinating Sauce

10 tbsp. Hoi-sin sauce
4 tbsp. soy sauce
3 tbsp. sugar
2 tbsp. Chinese rice wine
1/2 tsp. Chinese 5 spice powder
2 tbsp. crushed garlic
1 scallion
1 tsp. red food coloring

***Mix all ingredients. Marinate spareribs in sauce for 5 hours or overnight.**

Directions

- Place 1 cup of water in a deep baking pan
- Place a rack in the pan and lay ribs on the rack.
- Make sure it doesn't touch the water.
- Roast the ribs for 25 minutes on backside @ 350⁰ occasionally brush the marinating sauce
- Raise oven temperature to 450⁰ and roast additional 10 minutes on each side

***Separate and cut the ribs into desired pieces.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories: 1939

Total Fat 37g Saturated Fat 50g Polyunsaturated Fat 12g

Monounsaturated Fat 61g

Cholesterol 548mg Sodium 2313mg Potassium 1502mg

Total Carbohydrate 28g Dietary Fiber 1g Sugars 24g Protein 133g

Vitamin A 0%...Vitamin B12 81%...Vitamin B-6 83%...Vitamin C 10%...

Vitamin D 0%...Vitamin E 6%...Calcium 24%

PORK OR CHICKEN LO-MEIN

***Meat:** 1 lb. pork or chicken (cut thin strips)

Vegetables

1 cup scallions (cut slant)
1/2 cup bamboo shoots (cut slant)
1 cup carrots (cut slant)
1/2 cup mushrooms (sliced)
1/2 cup peapods (cut slant)
1 1/2 cups or lb. noodles (cooked and drained)
2 tbsp. sesame seed oil
4 tbsp. scallion (sprinkle over)
1 lb. bean sprouts
2 tbsp. salt
1/2 cup celery (sliced)
5-6 tbsp. soy sauce

Directions

- **Heat** 8 tbsp. oil in wok
- **Stir fry** the meat, scallions (1/2 cup) and mushroom.
- **Stir-fry** together until noodles become brown.
- **Keep stirring** so noodles won't stick to the bottom of wok.
- **Add** bean sprouts, peapods, and sesame oil.

***Keep stirring and serve.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 322

Total Fat 11g Saturated Fat 2g Polyunsaturated Fat 4g

Monounsaturated Fat 3g

Cholesterol 96mg Sodium 2969mg Potassium 764mg

Total Carbohydrate 23g Dietary Fiber 4g Sugars 6g Protein 24g

Vitamin A 77%...Vitamin B12 1%...Vitamin B-6 8%...Vitamin C 11%...

Vitamin D 2%...Vitamin E 2%...Calcium 4%

SWEET AND SOUR PORK**Ingredients**

1 lb. pork tenderloins

1 cup pineapple chunks

1 cup each of green pepper, carrot, and Chinese cabbage (sliced)

1/2 cup cornstarch

Marinate Sauce

1/2 tsp. salt

1 tbsp. cornstarch

1/2 tbsp. water

1 egg yoke

1/2 cup soy sauce

Sweet and Sour Mixture

4 tbsp. sugar

4 tbsp. ketchup
4 tbsp. water
3 tsp. cornstarch
1 tsp. salt
1 tsp. sesame oil
4 tbsp. vinegar

Directions

- **Pound** the meat and cut into 1-inch squares.
- **Marinate** the sauce for 1/2 hour
- **Coat** the meat with cornstarch
- **Deep fry** in hot oil for 2 minutes
- **Remove** meat to allow the oil to reheat again.
- **Deep fry** the pork for another minute, remove and set aside.
- **Heat** 2 tbsp. oil in wok,
- **Stir fry** the vegetables add the sweet and sour sauce
- **Stir** the mixture until it becomes thick and bubbly.
- **Now** add the meat and stir for a while until done.

***Remove to serving dish**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories: 646

Total Fat 12g Saturated Fat 3g Polyunsaturated Fat 1g

Monounsaturated Fat 4g

Cholesterol 136mg Sodium 890mg Potassium 617mg

Total Carbohydrate 95g Dietary Fiber 3g Sugars 27g Protein 35g

Vitamin A 98% ...Vitamin B12 12%...Vitamin B-6 26%...Vitamin C 58%...

Vitamin D 1%...Vitamin E 2%...Calcium 8%

EGG FOO-YOUNG

Mixture A

5 eggs

1/2 tsp. salt

1/2 cup chicken broth

Mixture B

1/2 cup Chinese barbecue or ham strips

1/2 cup uncooked shrimp or crab meat

1/3 cup scallion or onion (chopped)

1/4 cup mushrooms (sliced)

1 cup bean sprouts

1 cup bamboo shoots (cut up)

Mixture C

1 tsp. salt

1 tbsp. soy sauce

Directions

- **Beat Mixture (A)** very well Heat 3 tbsp. oil and stir-fry.
- **Add (B)** in order listed.
- **Add (C)** seasoning and cook together for 1 minute.
- **Remove** all and place in a bowl.
- **Put** 2 tbsp. oil in and around the sides of the wok.
- **Add mixture A, B, C,** ingredients, stir-fry.

***Make sure mixture is all around the wok while cooking.**

Gravy Mixture (You could add)

1 cup chicken broth

1 tsp. salt

1 tsp. cornstarch

***Mix, cook until thick, pour over eggs**

Nutrition Facts (Gravy Mixture not included)

Based on: 4 Servings

Amount per one serving: Calories: 69

Total Fat 1.5g Saturated Fat 0g Polyunsaturated Fat 0g

Monounsaturated Fat 1g

Cholesterol 51mg Sodium 1250mg Potassium 187mg

Total Carbohydrate 3.5g Dietary Fiber 1g Sugars 1g Protein 10g

Vitamin A 1%...Vitamin B12 9%...Vitamin B-6 6%...Vitamin C 1%...

Vitamin D 12%...Vitamin E 1%...Calcium 2%

POLYNESIAN CHOW MEIN

Ingredients

1 cup chicken, beef or uncooked shrimp

2 cups fresh mushrooms, peapods, green pepper, cabbage and celery, bean sprouts

4 cups assorted onion, bamboo shoots, water chestnuts,

1 tsp. sesame seed oil

Mixture A

1 tsp. sugar
1/8 tsp. black pepper
1 tsp. salt
1 1/2 cup soup stock

Mixture B

2 tbsp. cornstarch
4 tbsp. water

Directions

- **Cook** all vegetables in 8 cups of boiling water until it is soft.
- *Do not overcook.* Drain and set aside.
- **Heat** 1 tbsp. oil in wok
- **Stir-fry** meat
- **Add** the vegetables and mixture **A**
- **Bring** the wok to a boil and add Mixture **B**. Stir well.
- **Add** the sesame seed oil.

***Mix, serve hot.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories: 206

Total Fat 1.5g Saturated Fat 0g Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 86mg Sodium 1036mg Potassium 365mg

Total Carbohydrate 32g Dietary Fiber 9g Sugars 14g Protein 21g

Vitamin A 45% ...Vitamin B12 11%...Vitamin B-6 9%...Vitamin C 239%...

Vitamin D 21%...Vitamin E 1%...Calcium 9%

ROAST CHICKEN WINGS

Ingredients

30-40 chicken wings
3/4 cup butter
1 cup brown sugar
1 cup soy sauce
1 tsp. dry mustard
3/4 cup water
1 tsp. crushed hot peppers (optional)
1/4 tsp Chinese five-season powder

Directions

- **Mix** all ingredients in a bowl.
- **Add** chicken and baste with sauce mix for 2 hours.

***Roast the chicken in an uncovered pan @ 350° for 2 hours, basting and turning the chicken occasionally.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories: 1,526

Total Fat 109g Saturated Fat 46g Polyunsaturated Fat 1g

Monounsaturated Fat 9g

Cholesterol 667mg Sodium 4240mg Potassium 274mg

Total Carbohydrate 53g Dietary Fiber 1g Sugars 49g Protein 99g

Vitamin A 21%...Vitamin B12 1%...Vitamin B-6 5%...Vitamin C 0%...

Vitamin D 6%...Vitamin E 3%...Calcium 6%

CHINESE STYLE FRIED CHICKEN WINGS

***15-20 CHICKEN WINGS (cut in serving pieces)**

Ingredients mixed in a bowl

3 scallions (chopped)
2 slices of ginger
1 star anise seed
4 tbsp. soy sauce
1 egg white
1 tbsp. cornstarch
1 tsp. sesame seed oil
1/2 tsp. sugar
1 tbsp. Chinese rice wine

Directions

- **Marinate** the chicken in the sauce-mix, for 1 hour
- **Heat** 4 cups of oil in the wok and deep-fry the chicken for 3 minutes.
- **Remove** the wings from the oil.
- **Let** the oil become very hot again.
- **Then** fry them once more for 1 minute, until they are crisp and golden brown.

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories: 378

Total Fat 36g Saturated Fat 22g Polyunsaturated Fat 2g

Monounsaturated Fat 9g

Cholesterol 93mg Sodium 1300mg Potassium 109mg

Total Carbohydrate 6g Dietary Fiber 1g Sugars 2g Protein 3g
Vitamin A 25% ...Vitamin B12 1%...Vitamin B-6 2%...Vitamin C 6%...
Vitamin D 6%...Vitamin E 3%...Calcium 3%

CHINESE WINGS A-LA- ALICE

***30-40 CHICKEN WINGS**

***CUT TIPS OF WINGS OFF.**

***MARINATE OVERNIGHT IF YOU LIKE.**

In a large bowl mix

3 tbsp. Hoisin Sauce

3-4 tbsp. ketchup

1 cup apricot jam

4 tbsp. soy sauce

1/2 cup oil

1/2 cup Ah-So Sauce

(Brush each wing when you place in tray)

1 cup chopped scallions

2 slices ginger

Directions

- **Place wings in a tray.**
- **Bake @350⁰ for 1 hour** Make sure you keep turning the wings.

***If you have them hot, add 1 tsp. hot sauce or Tabasco sauce, 1/4 tsp. Cajun pepper
(eliminate the apricot jam)**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: (without Ah-So Sauce)

Calories 477

Total Fat 28 Saturated Fat 2g Polyunsaturated Fat 8g

Monounsaturated Fat 16g

Cholesterol 0mg Sodium 1099mg Potassium 54mg

Total Carbohydrate 59g Dietary Fiber 0g Sugars 45g Protein 2g

Vitamin A 0%...Vitamin B12 0%...Vitamin B-6 2%...Vitamin C 2%...

Vitamin D 0%...Vitamin E 28%...Calcium 1%

CHINESE PORK CHOPS

Meat: 10 pieces thinly sliced pork chops

Marinating Sauce

1 egg (beaten)

2 tbsp. soy sauce

1 tbsp. Chinese wine

1/4 tsp. black pepper

1 tsp. sugar

2 tbsp. flour

2 tbsp. cornstarch

1/2 tsp. salt

1/4 tsp. Five-season powder

1/4 tsp. sesame seed oil

Directions

- **Marinate** the pork chops in the sauce for 1 hour
- **Heat** 6 cups oil until it is hot.
- **Lower** the heat and deep-fry the pork chops for about 10 minutes

***Serve hot.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 526

Total Fat 28g Saturated Fat 10g Polyunsaturated Fat 3g

Monounsaturated Fat 13g

Cholesterol 192mg Sodium 1822mg Potassium 890mg

Total Carbohydrate 11g Dietary Fiber 0g Sugars 2g Protein 55g

Vitamin A 1%...Vitamin B12 2%...Vitamin B-6 2%...Vitamin C 8%...

Vitamin D 2%...Vitamin E 0%...Calcium 5%

CHINESE DUMPLINGS

Meat Filling

1/2 lb. pork or chicken (finally ground)

3 water chestnuts (chopped)

1 egg beaten

2 scallions (chopped)

1 tbsp. soy sauce
Salt & Pepper

***Mix-all-together**

Other ingredients

2 cups flour
1 tsp. salt
1 egg beaten
1/3 cup water

Directions

- **Sift** flour and salt into a bowl.
- **Stir** in eggs.
- **Gradually** add water mixing lightly until dough is formed
- **Knead** on lightly floured surface until smooth
- **Cover** let stand for 30 minutes.
- **Roll** out as thin as possible.
- **Cut** into 2” squares.
- **Place** 1 tbsp. of filling in center
- **Fold** over triangle, press edges together and seal
- **Cook** in boiling water or soup for 15 minutes.

***Makes about 20**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 457

Total Fat 12g Saturated Fat 12g Polyunsaturated Fat 1g

Monounsaturated Fat 5g

Cholesterol 150mg Sodium 914mg Potassium 309mg

Total Carbohydrate 66g Dietary Fiber 2g Sugars 1g Protein 19g

Vitamin A 5%...Vitamin B12 9%...Vitamin B-6 28%...Vitamin C 3%...
Vitamin D 4%...Vitamin E 2%...Calcium 4%

WON-TON-SOUP

Won-ton filling

1/2 lb. ground lean pork
1 tbsp. soy sauce
1 tbsp. chopped scallion
1 tbsp. sesame oil
1 tsp. salt
1 cup shrimp (chopped)
1 cup water chestnuts (chopped)
Won-Ton skins

***Mix ingredients together in a bowl.**

***Place 1 1/2 tsp. filling onto a Won-ton skin.**

***Crimp the edge and set aside.**

Soup base

8 cups chicken broth
4 black mushroom or fresh (sliced)
1/2 lb. Bok-choy (sliced)
1 scallion (chopped)
Salt to taste
1/2 tsp. sesame oil

Directions

- **Bring** chicken broth to a boil, add mushrooms, and simmer 15 minutes
- **Add** salt to taste, and Bok-choy.
- **When** it reaches a boil again, add won-tons, scallions, & sesame oil.
- **Allow** to cook about 2 minutes.

***Serve**

To boil Won-Ton

- **Boil** in 4 quarts of water for 3-5 minutes, until they float to top.
- **Deep fry** won-tons in oil 375⁰ until golden brown, then drain.

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 853

Total Fat 19Saturated Fat 7g Polyunsaturated Fat 5g

Monounsaturated Fat 10g

Cholesterol 150mg Sodium 2988mg Potassium 1320mg

Total Carbohydrate 12g Dietary Fiber 2g Sugars 4g Protein 37g

Vitamin A 23%...Vitamin B12 45%...Vitamin B-6 25%...Vitamin C 28%...

Vitamin D 43%...Vitamin E 7%...Calcium 14%

PEANUT SAUCE**Ingredients**

1/4 cup chunky peanut butter
2 tsp. soy sauce
5 tbsp. water
1/2 tsp. sugar
1/8 tsp. garlic
1/8 tsp. salt

Directions

- In bowl, combine peanut butter, soy sauce, 1 tbsp. of water, sugar, garlic and salt
- Gradually add remaining 4 tbsp. of water and stir until evenly blended.

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 9

Total Fat 0g Saturated Fat 0g Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg Sodium 117mg Potassium 3mg

Total Carbohydrate 1g Dietary Fiber 0g Sugars 1g Protein 0g

Vitamin A 0%...Vitamin B12 0%...Vitamin B-6 0%...Vitamin C 0%...

Vitamin D 0%...Vitamin E 0%...Calcium 0%

HOLIDAY FRIED RICE

Ingredients

4 cups already cooked cold rice
2 chopped scallions
2 eggs well beaten

1/2-1 cup of barbecued pork, ham or Chinese sausage
1/4 cup of frozen peas (soaked in cold water)
4 oz. small-uncooked shrimp

Directions

- Fry the eggs in 2 tsp. oil. Cut into small pieces. Set aside.
- Fry the shrimp in 1 tbsp. oil for a short time. Set aside.
- Heat 3 tbsp. oil in wok
- Brown, scallion,
- Add meat and rice. Stir-fry 1 minute.
- Add eggs, shrimp and peas, continue to stir-fry.
- While frying you add salt and pepper to taste...

***Serve hot.**

Nutrition Facts

_Based on: 4 Servings

Amount per one serving: Calories 562

Total Fat 25 Saturated Fat 0g Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 56mg Sodium 1098mg Potassium 89mg

Total Carbohydrate 1g Dietary Fiber 0g Sugars 1g Protein 19g

Vitamin A 5 %...Vitamin B12 0%...Vitamin B-6 8%...Vitamin C 5%...

Vitamin D 0%...Vitamin E 0%...Calcium 4%

EASY RICE (Chinese Style)

Ingredients

1 lb. ground pork
Salt and pepper
3 scallions (chopped)
Ginger (small piece chopped)
4 cups chicken broth
2 cups rice
2 cups bean sprouts
Shavings of carrots
Olive oil
Soy sauce
Cornstarch
Brown gravy mix

Directions

- **First**, boil the rice. (2 cups of rice and 4 cups chicken broth)
- **Simmer** (low) until cooked. Set aside.
- **In** a wok, stir fry ginger, scallions in 3 tbsp. oil.
- **Then** add ground pork. 1 tbsp. soy sauce and 1 tbsp. cornstarch (mixed).
- **Add** bean sprouts, carrots. Mix well in wok.
- **After** a minute, add rice and brown gravy.
- **Stir-fry**, if a little dry, add more oil it should be light brown.

***Add salt and pepper to taste.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 494

Total Fat 29g Saturated Fat 10g Polyunsaturated Fat 03g

Monounsaturated Fat 014g

Cholesterol 81mg Sodium 1825mg Potassium 429mg

Total Carbohydrate 33g Dietary Fiber 2g Sugars 5g Protein 25g

Vitamin A 123 %...Vitamin B12 14%...Vitamin B-6 26%...Vitamin C 9%...

Vitamin D 0%...Vitamin E 2%...Calcium 5%

FRIED RICE A-LA-ALICE

Ingredients

6 cups cooked rice
1 cup bean sprouts
1 cup cooked broccoli (small flowerets)
2 tbsp. water chestnuts (sliced)
1 cup mushrooms (sliced)
1 cup pork (chopped or thinly sliced)
1 cup chicken (sliced)
1 cup small-uncooked shrimp (shelled)
4 tbsp. brown gravy (Chinese)

Directions

- Fry pork, chicken, and shrimp, in 3 tbsp. of oil in wok.
- Stir-fry for 3-4 minutes.
- Drain and set aside.
- Heat 5 tbsp. oil in wok,
- Brown: scallions; add broccoli, mushrooms, chestnuts, and bean sprouts.
- Stir-fry for 3-5 minutes.
- Add meat and rice mixture, salt and pepper. Mix
- Add 4 tbsp. brown gravy for dark look.
- Mix well in wok.
- Stir-fry for another minute

***You could us frozen Chinese vegetables mix instead of fresh. Make sure it is defrosted. Use
1 1/2 bags**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 638

Total Fat 13g Saturated Fat 4g Polyunsaturated Fat 1g

Monounsaturated Fat 5g

Cholesterol 185mg Sodium 332mg Potassium 751mg

Total Carbohydrate 72g Dietary Fiber 2g Sugars 2g Protein 55g

Vitamin A 9 %...Vitamin B12 25%...Vitamin B-6 42%...Vitamin C 38%...

Vitamin D 25%...Vitamin E 5%...Calcium 9%

BATTER FOR DEEP FRYING**Ingredients**

2/3 cup flour

2 tsp. salt

2 tbsp. oil

1/3 cup cornstarch

2 tsp. baking soda

1 cup water

Pinch of pepper

***Mix all ingredients**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 179

Total Fat 7g Saturated Fat 0g Polyunsaturated Fat 2g
Monounsaturated Fat 4g
Cholesterol 0mg Sodium 1793mg Potassium 23mg
Total Carbohydrate 26g Dietary Fiber 1g Sugars 0g Protein 2g
Vitamin A 0 %...Vitamin B12 0%...Vitamin B-6 0%...Vitamin C 0%...
Vitamin D 0%...Vitamin E 7%...Calcium 0%

EGG DROP SOUP

Ingredients

6 cups chicken broth
1 egg beaten
2 tbsp. scallion (cut top)
1 tsp. salt
1/4 tsp. pepper
2 tbsp. cornstarch
1 tomato (sliced)
1/4 tsp. sesame seed oil
Small amount of watercress (cut)
1/2 pkg. dried noodles (Chinese optional)

Directions

- **Bring the broth to a boil, and then add salt and tomatoes.**
- **Slowly drop in the egg and stir.**
- **Add cornstarch (mixed) pepper and scallion.**
- **Add sesame seed oil. Add the noodles**

***Heat for a short time and serve.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 163

Total Fat 1g Saturated Fat 1g Polyunsaturated Fat 1g

Monounsaturated Fat 2g

Cholesterol 7mg Sodium 2056mg Potassium 775mg

Total Carbohydrate 33g Dietary Fiber 1g Sugars 2g Protein 5g

Vitamin A 10 %...Vitamin B12 18%...Vitamin B-6 5%...Vitamin C 4%...

Vitamin D 2%...Vitamin E 2%...Calcium 7%

CHINESE TUNA SUPREME**Ingredients**

2-3 cans white tuna fish

Marinating Sauce

1 tsp sesame seed oil

1 tsp. cornstarch

1 tsp. wine (Chinese rice wine)

Seasoning Mixture

2 tbsp. cornstarch

2 slices fresh ginger (chopped)

1 can (14 oz.) chicken broth or fresh

3 tbsp. soy sauce

Vegetables (slant cut)

1 cup carrots
2 medium zucchini
1/2 cup scallions
1 cup frozen peas
1 lb. fresh or canned bean sprouts
1/4 cup water chestnuts
1/4 cup bamboo shoots
1 clove of garlic

Direction

- **Put** tuna in marinating sauce.
- **Stir-fry** vegetables add seasoning.
- **Stir-fry** for 2-3 minutes.
- **Add** tuna
- **Stir-fry** 2-3 minutes more.

***Serve over noodles**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 190

Total Fat 4g Saturated Fat 1g Polyunsaturated Fat 2g

Monounsaturated Fat 2g

Cholesterol 25mg Sodium 1504mg Potassium 730mg

Total Carbohydrate 24g Dietary Fiber 6g Sugars 8g Protein 15g

Vitamin A 114 %...Vitamin B12 4%...Vitamin B-6 12%...Vitamin C 26%...

Vitamin D 0%...Vitamin E 2%...Calcium 7%

MOU-SHE-PORK

Ingredients (double for more servings)

4 oz. pork (small strip)
1 tbsp. soy sauce
1/2 tsp. wine
1 tsp. cornstarch
2 scallions (shredded)
2 slices ginger (shredded)
2 black mushrooms (shredded)
1/2 cup bamboo shoots (shredded)
1/4 cup golden noodles (soaked)
1/4 cup wood ears (soaked and shredded)
1 cup bean sprouts
3 well-beaten eggs 1/4 tsp. salt

Seasoning

1 tbsp. wine (rice wine)
2 tbsp. soy sauce
Dash of sesame seed oil

Direction

- **M**arinate pork in soy sauce, wine and cornstarch.
- **S**oak black mushrooms, golden noodles, and wood ears in water 15 minutes
- **H**eat 3 tbsp. of oil in wok, stir-fry eggs. Chop them into small pieces.
- **S**et aside.
- **H**eat 2 tbsp. of oil in wok, stir-fry pork. Remove and set aside.
- **U**se same oil to brown scallions, ginger, black mushrooms.
- **A**dd wood ears golden noodles, bamboo shoots, meat and seasoning.
- **S**tir-fry mixture (all).

***Serve with Pancakes.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 1197

Total Fat 56g Saturated Fat 34g Polyunsaturated Fat 2g

Monounsaturated Fat 16g

Cholesterol 330mg Sodium 772mg Potassium 414mg

Total Carbohydrate 173g Dietary Fiber 6g Sugars 121g Protein 16g

Vitamin A 38% ...Vitamin B-12 12%...Vitamin B-6 5%...Vitamin C 1%...

Vitamin D 14%...Vitamin E 6%...Calcium 12%

MANDARIN PANCAKES

Ingredients

3 1/2 cups flour

1 cup hot water

1/2 cup cold water

2 tbsp. sesame seed oil

Direction

- **Slowly** add 1cup of hot water to flour as you stir quickly.
- **Add** cold water and knead dough until smooth.
- **Cover** with damp cloth for 15-20 minutes.
- **Divide** dough into 40 small pieces.
- **Flatten** each piece with your hands.
- **Lightly** oil the top surface with sesame seed oil.
- **Lay** a second pancake on top of oiled surface.

- **Pat** down a little and then roll both layers very thin.
- **Using** a clean flat pan on medium heat, cook pancakes on one side until bubble rises (30 seconds).
- **Turn over** cook the second side (15 minutes).
- **Remove** from pan and separate the two rounds.
- **This** leaves you with 2 layers. Cover layers with towel to keep warm.

***You can freeze them. Steam them to separate.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 463

Total Fat 8g Saturated Fat 1g Polyunsaturated Fat 4g

Monounsaturated Fat 3g

Cholesterol 0mg Sodium 2mg Potassium 117mg

Total Carbohydrate 83g Dietary Fiber 3g Sugars 0g Protein 11g

Vitamin A 0%...Vitamin B12 0%...Vitamin B-6 2%...Vitamin C 0%...

Vitamin D 0%...Vitamin E 0%...Calcium 2%

FRIED DUMPLINGS

Ingredients

1/2 lb. pork

1/2 lb. shrimp (shelled and deveined)

1/2 cup oil

1/3 cup onion (chopped finely)

1 tsp. ginger root (chopped finely)

3 tbsp. soy sauce

1/2 tsp. sugar
1 tsp. salt
2 cups flour
1 egg
2/3 cups flour
1/2 cup water

Meat filling

1/2 lb. pork or chicken (finely ground)
1 egg (beaten)
3 water chestnuts (chopped finely)
2 scallions (chopped finely)
1 tbsp. soy sauce
1/2 tsp. salt
1/4 tsp. pepper

Mix All Ingredients

- **Grind** pork and shrimp.
- **Heat** 2 tbsp. of oil in wok, sauté onions and ginger.
- **Add** pork mixture and sauté for 5 minutes.
- **Blend** in soy sauce, sugar and salt, cool.
- **Sift** flour into a bowl.
- **Make** a “well” in center and place egg and water in it. Work into flour.
- **Knead** until smooth. Cover for 20 minutes.
- **Roll** out paper thin, and cut 3-inch circles.
- **Put** 2 tsp. of the filling on each circle.
- **Fold** over and seal edges.
- **Heat** remaining oil in skillet and arrange dumplings in rows.
- **Fry** until bottom of dumpling is lightly-browned.
- **Add** water. Cover and cook low heat for 10 minutes.

Serve with hot mustard and duck sauce.

***It makes about 32 pieces**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 660

Total Fat 32g Saturated Fat 3g Polyunsaturated Fat 9g

Monounsaturated Fat 18g

Cholesterol 141mg Sodium 1859mg Potassium 295mg

Total Carbohydrate 70g Dietary Fiber 3g Sugars 2g Protein 20g

Vitamin A 5%...Vitamin B12 10%...Vitamin B-6 9%...Vitamin C 4%...

Vitamin D 16%...Vitamin E 30%...Calcium 5%

HOT AND SOUR SOUP**Ingredients**

1 cup bean curd

1/4 cup bamboo shoots (rinse and shredded)

1/4 cup golden noodles (soak 10 minutes drain)

2 tbsp. wood ear (soak drain and shred)

1/4 cup black mushrooms (soak and slice)

1 egg (beaten)

4 oz. pork (shredded-slant wise)

Mixture A

1 tsp. soy sauce

1 tsp. cornstarch

Mixture B

6 cups soup stock

Salt to taste

Mixture C

3 tbsp. cornstarch

3 tbsp. water

Mixture D

2 tbsp. soy sauce

1/2 tsp. black pepper

2 tbsp. vinegar

3 tbsp. scallion (chopped)

1 tsp. sesame seed oil

1 tbsp. ginger (chopped)

1 tsp chili oil

Direction

- **Marinate** sliced pork in Mixture **A** for 15 minutes.
- **Use** 2 tbsp. oil to stir fry meat. Set aside.
- **Bring** mixture **B** to a boil.
- **Add** mushrooms, bamboo shoots, wood ear, bean curd and golden noodles.
- **Cook** for 3 minutes.
- **Add** meat, Mixture **C**, and egg.
- **Add** Mixture **D**.
- **Cook** for a short time.

***Serve hot!**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 194

Total Fat 8g Saturated Fat 2g Polyunsaturated Fat 1g

Monounsaturated Fat 2g

Cholesterol 73mg Sodium 601mg Potassium 295mg

Total Carbohydrate 13g Dietary Fiber 1g Sugars 1g Protein 12g
Vitamin A 3%...Vitamin B12 5%...Vitamin B-6 10%...Vitamin C 3%...
Vitamin D 2%...Vitamin E 1%...Calcium 3%

TEMPURA

Ingredients

Large shrimp or any fresh fish

Vegetables (any amount)

Fresh string beans, sliced carrots, sweet potato, white mushroom, baby eggplant, green, peppers, bamboo shoots, scallions, lotus roots, onion slices, and pea pods.

Batter Mix

1 egg yolk
1/8 tsp. baking soda
2 cups cold water
1 2/3 cups flour

Dipping Sauce

1 tbsp. wine
3 cups fish stock
1/2 cup soy sauce
2 tbsp. sugar

Direction

- Dip each piece of fish and vegetable into batter. Coat thoroughly.
- Deep fry in hot oil

***Serve the deep fried tempura with white turnip, and a portion of the dipping sauce. Enjoy!**

Nutrition Facts

Based on: 4 Servings (Batter Only)

Amount per one serving: Calories 203

Total Fat 2g Saturated Fat 0g Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 46mg Sodium 42mg Potassium 60mg

Total Carbohydrate 40g Dietary Fiber 1g Sugars 0g Protein 6g

Vitamin A 1%...Vitamin B12 1%...Vitamin B-6 2%...Vitamin C 0%...

Vitamin D 1%...Vitamin E 1%...Calcium 1%

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[VEAL, PORK, CHICKEN, LAMB, HAM AND FISH RECIPES](#)

INTRODUCTION

Alice had a way with chicken. When the supermarket ran a special, mom would rush down to the store and pick out seven Cornish Hens, one for each of us. She would come home with a glow on her face saying, “guess what we’re having for dinner Sunday?” I could not imagine what it was. She had so many varieties of meals to choose.

Anyway, I would answer, “Gee mom, I don’t know. What could it be this time?”

She would answer, “Well I bought some Cornish hens on sale, great price, and I’m going to start preparing them right now.” She pulled out the Cornish hens and all the ingredients for the stuffing and gravy from the fridge. “It’s your favorite. I hope you don’t have anything planned for Sunday afternoon…”

I answered, “Mom I wouldn’t miss it for the world!” Well that date I worked so hard to get had to be rescheduled to another day.

Veal, pork, chicken, lamb, ham and fish, Alice…, had a recipe for all of them. You just didn’t throw the meat or fish into an oven and cook it. There were certain ingredients you had to add, spices, honey, certain herbs and veggies made a difference. Marinating the meat, basting it, how you chopped it, would it be good with rice or pasta. Fish or meat she had them all.

Try some of the recipes in this part of the cookbook, especially if you cook for yourself or your family. You will be pleased at how important of a guideline the recipes are for cooking with taste.

[Alice’s Chicken Dish Recipes](#)

* * * * *

TURKEY OR CORNISH HENS

Ingredients

12-25 lbs. (Turkey) Wash and rub down with butter
1 lb. bacon
Stuffing (1/2 amount for Cornish hens)
2 pkgs. croutons
1 onion (diced)
6-7 stalks celery (diced)
1 stick butter
1 tsp. Bells (seasoning)

Direction

- Put all ingredients except croutons in pan.
- Add enough water to cover and simmer for 10 minutes.
- Shut heat. Add croutons. Mix well.
- Stuff both ends of the turkey.
- Place slices of bacon across the top of the turkey.
- Make sure turkey is in a deep tray.
- Cover with butter cheesecloth or tin foil.
- Bake 1 hr. @ 4500, then 4-5 hours @ 3750.
- Keep basting. You might have to cook longer if the turkey is larger.
- When making gravy, sauté the livers in butter, add to gravy. Also, use turkey drippings.

***Same Stuffing for Cornish hens, cook for 1 hour @375°.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 2975

Total Fat 148g Saturated Fat 50g Polyunsaturated Fat 2g

Monounsaturated Fat 1g
Cholesterol 1191mg Sodium 3452mg Potassium 886mg
Total Carbohydrate 52g Dietary Fiber 5g Sugars 6g Protein 6323g
Vitamin A 17%...Vitamin B12 15%...Vitamin B-6 30%...Vitamin C 13%...
Vitamin D 4%...Vitamin E 5%...Calcium 10%

CHICKEN CACCIATORE

Ingredients

6-12 pieces of chicken
Italian seasoning (to taste)
1 onion (sliced)
2 peppers (sliced)
1 basket of mushrooms (sliced)
Salt and pepper
1/2 cup of oil
4-6 tbsp. tomato sauce

Direction

- **W**ash chicken.
- **P**lace in tray with onions, mushrooms, and peppers.
- **A**dd oil, salt and pepper sauce and seasoning.

***Bake 350^o for 1 hour or until done.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 587

Total Fat 36g Saturated Fat 4g Polyunsaturated Fat 10g
Monounsaturated Fat 18g
Cholesterol 181mg Sodium 347mg Potassium 868mg
Total Carbohydrate 52g Dietary Fiber 5g Sugars 6g Protein 51g
Vitamin A 8%...Vitamin B12 15%...Vitamin B-6 57%...Vitamin C 92%...
Vitamin D 7%...Vitamin E 32%...Calcium 5%

FRIED CHICKEN

Ingredients

6-8 pieces chicken
2 cups Aunt Jamima pancake mix, or 1 cup flour and 1 cup cornmeal
Oil for frying
2-3 eggs (beaten)

Directions

- **Wash** chicken, dry.
- **Dip** in egg
- **Then** dip in flour mixture.
- **Heat** oil, in a deep pan when hot, put 2-3 chicken pieces in pot.

***Fry until golden brown.**

Nutrition Facts

Based on:4 Servings

Amount per one serving: Calories 758

Total Fat 63g Saturated Fat 6g Polyunsaturated Fat 18g
Monounsaturated Fat 35g

Cholesterol 288mg Sodium 390mg Potassium 341mg
Total Carbohydrate 17g Dietary Fiber 1g Sugars 3g Protein 31g
Vitamin A 7% ...Vitamin B12 17%...Vitamin B-6 22%...Vitamin C 0%...
Vitamin D 4%...Vitamin E 59%...Calcium 4%

CHICKEN CORDON BLEU

Ingredients

8 chicken breasts (pounded thin)
3-4 cups flour
8 slices of cheese
3-4 cups of bread crumbs (Italian)
8 slices of ham
4-5 eggs (mixed)
Salt and pepper to taste
1/2-3/4 lb. butter

Directions

- **Butter** tray well
- **Place** 1 slice ham and 1 cheese onto chicken breast.
- **Fold** sides in, and then roll.
- **In** three separate bowls, put flour, egg and breadcrumbs.
- **Take** one roll at a time. Roll in flour, then dip in egg, then roll in breadcrumbs.
- **Place** in buttered tray.
- **Dot** each roll with butter.
- **Bake** 30-40 minutes at 345⁰.

***You could also do this with veal.**

***Make a white sauce and spoon over baked chicken.**

Nutrition Facts

Based on:4 Servings

Amount per one serving: Calories 2834

Total Fat 160g Saturated Fat 73g Polyunsaturated Fat 17g

Monounsaturated Fat 52g

Cholesterol 1169mg Sodium 4048mg Potassium 1839mg

Total Carbohydrate 157g Dietary Fiber 6g Sugars 8g Protein 182g

Vitamin A 78% ...Vitamin B12 76%...Vitamin B-6 176%...Vitamin C 0%...

Vitamin D 30%...Vitamin E 15%...Calcium 58%

CHICKEN PARMESAN**Ingredients**

3 cups bread crumbs (plain)

1 tsp. salt, black pepper, paprika (mixed)

1 cup Parmesan cheese (grated)

3/4 cup parsley (chopped)

3-4 cloves garlic (minced)

6-8 Chicken breasts (flattened)

2 sticks butter or margarine (melted)

Directions

- In bowl, mix bread crumbs, cheese, parsley, garlic salt, pepper.
- Dip chicken in melted butter, then in crumb mixture.
- Arrange in a large baking tray, heat oven to 375⁰.
- Bake for 45 minutes.

***The chicken should be a little golden.**

Nutrition Facts

Based on:4 Servings

Amount per one serving: Calories 1717

Total Fat 104g Saturated Fat 48g Polyunsaturated Fat 13g

Monounsaturated Fat 34g

Cholesterol 468mg Sodium 1744mg Potassium 1324mg

Total Carbohydrate 60g Dietary Fiber 4g Sugars 5g Protein 127g

Vitamin A 40% ...Vitamin B12 41%...Vitamin B-6 142%...Vitamin C 1%...

Vitamin D 8%...Vitamin E 8%...Calcium 56%

HONEY GLAZED CHICKEN LEGS

Ingredients

8 chicken legs (or chicken parts cut)

1/2 cup honey

1 cup ketchup

4-5 tbsp. butter (melted)

Directions

- **Combine ketchup and honey.**
- **Brush chicken with melted butter, then add ketchup and honey mixture.**

***Grill, broil or bake turning and brushing chicken, frequently until done!**

Nutrition Facts

Based on:4 Servings

Amount per one serving: Calories751

Total Fat 21g Saturated Fat 10g Polyunsaturated Fat 3g

Monounsaturated Fat 6g

Cholesterol 239mg Sodium 869mg Potassium 643mg

Total Carbohydrate 86g Dietary Fiber 0g Sugars 86g Protein 53g

Vitamin A 20% ...Vitamin B12 16%...Vitamin B-6 44%...Vitamin C 9%...

Vitamin D 0%...Vitamin E 1%...Calcium 4%

CHICKEN WITH ZITI

Ingredients

6 chicken breast (cut in 2-inch pieces)
1 lb. mushroom sliced or 2 cans mushrooms
1 onion (sliced)
2 garlic crushed)
1 pepper red (sliced)
1 pepper green (sliced)
1 tsp. lemon
2 tbsp. Worcestershire sauce w/white wine
Dash of Italian seasoning
2 tbsp. oil (corn)
1 lb. box of ziti
1/4 lb. butter
2 tbsp. parmesan cheese

Directions

- Use a large skillet, and sauté oil, garlic and onion for 3-5 minutes.

- **Add** red and green pepper, sauté for 5 minutes more or until peppers are soft, not overcooked.
- **Add** mushrooms lemon, pepper, Worcestershire sauce, and Italian seasoning.
- **Cook** for another 5 minutes and set aside
- **Prepare** ziti according to directions on the package. Drain water.
- **While** still hot, add butter and parmesan cheese, mix well.
- **When** serving, place ziti in platter first, then add spoonful's of chicken mixture over it.

***Serves 4**

Nutrition Facts

Based on:4 Servings

Amount per one serving: Calories1256

Total Fat 61g Saturated Fat 20g Polyunsaturated Fat 13g

Monounsaturated Fat 22g

Cholesterol 311mg Sodium 500mg Potassium 1028mg

Total Carbohydrate 66g Dietary Fiber 5g Sugars 7g Protein 104g

Vitamin A 54% ...Vitamin B12 26%...Vitamin B-6 116%...Vitamin C 98%...

Vitamin D 2%...Vitamin E 8%...Calcium 10%

STUFFED CHICKEN BREAST WITH SPINACH RICOTTA CHEESE

Ingredients

12-14 chicken breasts (flattened)

1 lb. ricotta cheese

2 pkgs. spinach (frozen, defrosted, squeezed)

1 clove garlic (chopped)

1 small onion diced

2 tsp. olive oil

7 slices of cheese (cut in half)
2-3 cups of breadcrumbs (flavored)
2 cups flour

Directions

- **Prepare** large buttered tray.
- **In** a large frying pan, add oil garlic, and onion.
- **Fry** until onion is soft.
- **Add** squeezed spinach.
- **Cook** together for three minutes.
- **Set** aside and cool.
- **Take** 1 chicken breast, spoon 1 tablespoon spinach, 1 tablespoon ricotta cheese onto chicken.
- **Add** half slice cheese on top.
- **Roll** up chicken. Make sure the ends of the chicken are tucked in.
- **Dip** each roll first in flour, then in egg mixture, then in breadcrumbs.
- **Arrange** chicken rolls; seam down in tray.
- **Place** a piece of butter on top of last roll.
- **Bake** 25-30 minutes at 375⁰ or until golden.

***You could substitute ricotta cheese with feta cheese. Stronger taste**

Nutrition Facts

Based on:4 Servings

Amount per one serving: Calories 2213

Total Fat 112g Saturated Fat 35g Polyunsaturated Fat 19g

Monounsaturated Fat 42g

Cholesterol 678mg Sodium 1365mg Potassium 2599mg

Total Carbohydrate 63g Dietary Fiber 5g Sugars 4g Protein 224g

Vitamin A 174% ...Vitamin B12 60%...Vitamin B-6 261%...

Vitamin C 24%...Vitamin D 0%...Vitamin E 3%...Calcium 50%

CHICKEN BREAST WITH LEMON AND PARSLEY

Ingredients

2 tbsp. Oil
5 tbsp. butter
3-5 chicken breasts (filet)
Juice of 1 lemon
3 tbsp. parsley (chopped)
1 lemon (sliced)
Salt and pepper to taste

Directions

- **Heat** oil, and 3 tbsp. of butter in a skillet at medium heat
- **When** butter foams; sauté chicken on both sides for 4 minutes.
- **Remove** chicken to a platter and add salt and pepper.
- **Add** lemon juice to a skillet and turn on heat to medium.
- **Loosen** all cooking residue from bottom of the pan, and if necessary add 1 or 2 tbsp. of water.
- **Add** parsley and remaining 3 tbsp. butter to the cooking juices.
- **Lower** the heat and add the chicken fillet turning them over quickly in the sauce once or twice.
- **Transfer** the chicken to the platter and pour the cooking juices over them.

***Garnish with lemon slices.**

Nutrition Facts

Based on: 4 Servings

Amount per one serving: Calories 791

Total Fat 50g Saturated Fat 19g Polyunsaturated Fat 8g

Monounsaturated Fat 20g
Cholesterol 271mg Sodium 274mg Potassium 930mg
Total Carbohydrate 7g Dietary Fiber 1g Sugars 2g Protein 76g
Vitamin A 19% ...Vitamin B12 21%...Vitamin B-6 98%...Vitamin C 49%...
Vitamin D 0%...Vitamin E 3%...Calcium 7%

CHICKEN PIE

Ingredients

1 whole chicken (boiled, diced)
3-4 carrots (diced)
3-4 celery (diced)
1 onion (diced)
1 pkg. frozen peas
5-6 potatoes (boiled and diced)
White sauce
Dough topping

Directions

- **Put** vegetables (except peas) in pan.
- **Cook** with a small amount of water.
- **When** done, add peas, diced chicken, salt and pepper.
- **Simmer** for five minutes. Shut heat.
- **Add** white sauce.

To make white sauce:

- **Use** 2-3 tbsp. flour with some milk to make a paste.
- **Add** 3 cups of milk, cook until a slightly thick.
- **Pour** over vegetables and chicken.

- **Line up your bowls and put exact amount of mixture in each bowl.**
- **On top of the bowl, add a flattened piece of dough.**
- **Brush each piece of dough with egg (mixed).**

***Bake at 350° for ½ hour, or until it is done**

Nutrition Facts

Based on:4 Servings

Amount per one serving: Calories 462

Total Fat 6g Saturated Fat 2g Polyunsaturated Fat 0g Monounsaturated Fat 0g

Cholesterol 26mg Sodium 472mg Potassium 1850mg

Total Carbohydrate 86g Dietary Fiber 15g Sugars 14g Protein 18g

Vitamin A 34% ...Vitamin B12 0%...Vitamin B-6 54%...Vitamin C 138%...

Vitamin D 0%...Vitamin E 2%...Calcium 9%

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ALICE'S VEAL PORK BEEF LAMB & HAM RECIPES

BREADED VEAL CUTLETS OR PORK CHOPS

Ingredients

4 Chops or cutlets
Butter or margarine
2 eggs (beaten)
Bread Crumbs
Flour
Salt and Pepper

Directions

- **Beat** eggs, place in one bowl.
- **Bread** crumbs in another bowl
- **Flour** in another
- **First**, dip chops or cutlets in flour, then in egg mixture, then in breadcrumbs.
- **Repeat** with all the meat.
- **Place** meat in a “well-buttered” tray.
- **Top** each piece with butter.
- **Bake** at 350⁰ for 1 hour or until they are done

***For Cutlets, add slices of cheese towards the end of baking.**

Nutrition Facts

Based on:4 Servings

Amount per one serving: Calories 821

Total Fat 57g Saturated Fat 32g Polyunsaturated Fat 2g

Monounsaturated Fat 12g

Cholesterol 194mg Sodium 891mg Potassium 47mg

Total Carbohydrate 44g Dietary Fiber 2g Sugars 2g Protein 37g

Vitamin A 28% ...Vitamin B12 2%...Vitamin B-6 1%...Vitamin C 0%...

Vitamin D 8%...Vitamin E 4%...Calcium 6%

PORK CHOPS/SPARERIBS/CHICKEN WINGS (SWEET)**Ingredients**

4 tbsp. apricot jam

2 tbsp. ketchup

2 tbsp. soy sauce

3 tbsp. honey

Lemon juice (dash)

2-3 tbsp. oil

Directions

- **C**hoose the meat.
- **M**arinate overnight
- **W**hen ready, place meat in tray with marinade.
- **B**ake 1 hour at 350⁰.
- **C**ook a bit longer if needed.

Nutrition Facts

Based on: 4 Servings Sauce only

Amount per one serving: Calories 138

Total Fat 3g Saturated Fat 1g Polyunsaturated Fat 0g

Monounsaturated Fat 2g

Cholesterol 0mg Sodium 307mg Potassium 17mg

Total Carbohydrate 28g Dietary Fiber 0g Sugars 26g Protein 0g

Vitamin A 1% ...Vitamin B12 0%...Vitamin B-6 1%...Vitamin C 1%...

Vitamin D 0%...Vitamin E 2%...Calcium 0%

STUFFED BREADED PORK CHOPS**Ingredients**

8 (center cut) Pork Chops 1 1/2 inches

4 eggs (beaten)

1 1/2 cup flour

2 cups breadcrumbs (flavored)

1 lb. butter

2 cans of mushrooms (sliced)

2 cups croutons

1 onion sliced

6-8 slices of cheese (American)

2 garlic's crushed

1 tbsp. oil

Prepare stuffing

- In skillet, sauté oil, onions, garlic for 3 minutes or until onions soften.
- Add mushrooms. Sauté for 5 minutes more.
- Remove skillet from stove and add croutons, mix.
- Add a little water or broth to make sure croutons are moist. Set aside.
- Take 1 pork chop at a time. Cut a slit to make a pocket.
- Open the chops put 1 slice of cheese, then 2-3 tsp. of stuffing.
- Press edges together.
- Dip chop first in flour, then eggs, and last in breadcrumbs.
- Place in buttered tray. Put pieces of butter on top of each chop.
- Bake at 350⁰ for 1 hour.

***Serves 6-8**

Nutrition Facts

Based on: 8 servings

Amount per one serving: Calories 1061

Total Fat 74g Saturated Fat 39g Polyunsaturated Fat 3g

Monounsaturated Fat 15g

Cholesterol 414mg Sodium 957mg Potassium 154mg

Total Carbohydrate 28g Dietary Fiber 0g Sugars 26g Protein 0g

Vitamin A 34% ...Vitamin B12 9%...Vitamin B-6 4%...Vitamin C 2%...

Vitamin D 11%...Vitamin E 7%...Calcium 20%

ROAST PORK WITH VEGETABLES

Ingredients

4-5 Boneless Pork
4 tbsp. olive oil
1tbsp. thyme
Mushrooms (sliced)
2 bay leaf
2 cups of water
2 onions sliced
8-10 potatoes (quartered)
8-10 carrots cleaned and cut to 2 inch pieces

Directions

- In a large deep tray, cook roast rubbed with oil, until it is browned on all sides.
- Remove and set aside.
- In the same tray, add thyme, bay leaves, 2 cups water, also 1-diced onion.
- Cook on top of stove for 2-3 minutes.
- Return roast to tray and mixture.
- Cover with foil and return to oven. Bake at 350⁰ for 1 hour.
- Add potatoes carrots and mushroom, cover.
- Bake for another hour and 30 minutes.

***Vegetables should be tender. Use drippings in tray for making gravy.**

Nutrition Facts

Based on: 5 servings

Amount per one serving: Calories 538

Total Fat 12g Saturated Fat 3g Polyunsaturated Fat 2g Monounsaturated Fat 6g

Cholesterol 47mg Sodium 394mg Potassium 2332mg

Total Carbohydrate 28g Dietary Fiber 0g Sugars 26g Protein 0g

Vitamin A 278% ...Vitamin B12 7%...Vitamin B-6 51%...Vitamin C 127%...

Vitamin D 0%...Vitamin E 6%...Calcium 14%

ROAST PORK OR CROWN ROAST

Ingredients

5-6 lbs. lean Pork Roast or Crown Roast

1-2 tsp. salt-black pepper

3 tsp. soy sauce

4-5 scallions (chopped)

3 cloves garlic (chopped)

3 tbsp. hoi sin sauce

***Marinate roast in above mixture for six hours or overnight.**

***For roast pork** Preheat oven to 450⁰, then 350⁰ for 1 hour
(For extra sweet brush Karo syrup before baking)

For Crown Roast

- **Press** piece of foil into center of crown to keep shape.
- **Place** roast in pan and cook uncovered for 15 minutes. Remove roast from oven.
- **Take out** foil and add stuffing. (You can use turkey stuffing).

***Cover stuffing with foil and return to oven for 45 minutes more, or until cooked.**

Nutrition Facts

Based on: 5 servings

Amount per one serving: Calories 2107

Total Fat 80g Saturated Fat 32g Polyunsaturated Fat 0g Monounsaturated Fat 0g

Cholesterol 720mg Sodium 1258mg Potassium 46mg

Total Carbohydrate 22g Dietary Fiber 0g Sugars 4g Protein 304g
Vitamin A 2% ...Vitamin B12 0%...Vitamin B-6 1%...Vitamin C 5%...
Vitamin D 0%...Vitamin E 0%...Calcium 1%

MEATBALLS

Ingredients

1 1/2-2 lbs. hamburger
1 1/2 cups Italian bread crumbs
3-4 eggs
Salt and pepper to taste

Directions

- **Mix** all ingredients. If it seems to be dry, add another egg.
- **Wet** your hands.
- **Shape** meat into balls, and put in tray with a little butter.
- **Bake** for one half hour at 350⁰.

***When done, add to your sauce and cook for another half hour.**

Nutrition Facts

Based on: 4 servings

Amount per one serving: Calories 531

Total Fat 17g Saturated Fat 6g Polyunsaturated Fat 1g

Monounsaturated Fat 1g

Cholesterol 280mg Sodium 1489mg Potassium 58mg

Total Carbohydrate 31g Dietary Fiber 2g Sugars 3g Protein 58g

Vitamin A 4% ...Vitamin B12 6%...Vitamin B-6 3%...Vitamin C 0%...
Vitamin D 7%...Vitamin E 0%...Calcium 0%

BEEF STROGANOFF

Ingredients

2-3 lbs. beef (cubed)
1 onion sliced
4 tbsp. butter or margarine
1/2 cup sour cream
1 lb. pkg. of egg noodles (wide)
1/2 lb. mushrooms sliced
White Sauce recipe
2 tsp. gravy master (for color)
Salt and pepper

Directions

- **Prepare** white sauce and set aside.
- **In** a large skillet over medium heat, melt the butter.
- **Add** cubed beef and onions.
- **Cook** until meat is tender.
- **Remove** meat and set aside.
- **In** the same skillet, add white sauce, sour cream, and gravy master.
- **Cook** for one minute.
- **Return** meat and mushrooms to skillet.
- **Cook** for 2-3 minutes more.

***Serve over cooked noodles.**

Nutrition Facts

Based on: 4 servings (not included: White sauce)

Amount per one serving: Calories 636

Total Fat 16g Saturated Fat 16g Polyunsaturated Fat 1g

Monounsaturated Fat 5g

Cholesterol 209mg Sodium 952mg Potassium 95mg

Total Carbohydrate 18g Dietary Fiber 2g Sugars 3g Protein 74g

Vitamin A 12% ...Vitamin B12 2%...Vitamin B-6 0%...Vitamin C 6%...

Vitamin D 2%...Vitamin E 2%...Calcium 5%

MEAT LOAF

Ingredients

3 lbs. hamburger

1 1/2 cups bread crumbs

4 eggs

1 pkg. Onion soup mix (optional)

Salt and pepper

Butter

Directions

- **Mix** all ingredients.
- **Shape** meat in a long roll or two short ones.
- **Place** in a buttered tray,
- **Dot** with butter

- Bake 1/2 hour @ 350⁰

Variations

- Pat out all meat until it is flat
- Place slices of cheese in center, and then roll.

***Before baking, slice green peppers and place on top of meat loaf.**

Nutrition Facts

Based on: 6 servings

Amount per one serving: Calories 1143

Total Fat 74g Saturated Fat 35g Polyunsaturated Fat 6g

Monounsaturated Fat 26g

Cholesterol 380mg Sodium 1279mg Potassium 561mg

Total Carbohydrate 73g Dietary Fiber 1g Sugars 2g Protein 47g

Vitamin A 24% ...Vitamin B12 69%...Vitamin B-6 24%...Vitamin C 0%...

Vitamin D 18%...Vitamin E 6%...Calcium 21%

BEEF STEW

Ingredients

1-2 lbs. sirloin tips (small Pieces)

6-7 carrots

7-8 celery stalks

2 onions

6-8 peppers
Salt and Pepper
2 tsp. tomato sauce

Directions

- **Put** beef tips in frying pan.
- **Sauté** in butter, salt and pepper, set aside.
- **Cut** carrots, and celery in slant angles.
- **Cut** potatoes in medium pieces.
- **Put** all vegetables in a pot, add a little water and cook until half done.
- **Add** gravy mixture. (Steps to make gravy)
- **Two** tbsp. flour mixed with water to make a paste.
- **In** a small pan, add more water to paste about 1 1/2 cup.
- **Cook** until thick, add 1 tbsp. gravy master and mix.
- **Add** this mixture to the vegetables as well as tomato sauce.
- **Add** salt and pepper.
- **Let** all cook together for 10-15 minutes.
- **Last**, add the beef tips.
- **Cook** for 10-15 minutes more.

***If needed add water. Do not let dry up.**

Nutrition Facts

Based on: 4 servings

Amount per one serving: Calories 665

Total Fat 37g Saturated Fat 14g Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 152mg Sodium 318mg Potassium 843mg

Total Carbohydrate 33g Dietary Fiber 8g Sugars 14g Protein 49g

Vitamin A 273% ...Vitamin B12 0%...Vitamin B-6 41%...Vitamin C 349%...

Vitamin D 0%...Vitamin E 12%...Calcium 6%

STUFFED BEEF TENDERLOIN

Ingredients

3-5 lb. beef tenderloin
1 onion chopped
1-cup mushrooms
2 tbsp. butter
2 cups croutons
1/2 cup celery (chopped)
6 slices bacon
Salt and pepper

Directions

- **Split and flatten meat.**
- **Lightly brown, onion, mushrooms, and butter in skillet.**
- **Add croutons, celery, and one cup of hot water; moisten all ingredients.**
- **Season with salt and pepper**
- **Spread over 1/2 the meat.**
- **Bring up second side and fasten edges together.**
- **Season, then place strips of bacon slices on top of roast.**

***Cook uncovered at 350⁰, for one hour.**

Nutrition Facts

Based on: 6 servings

Amount per one serving: Calories 1037

Total Fat 75g Saturated Fat 31g Polyunsaturated Fat 3g

Monounsaturated Fat 31g

Cholesterol 269mg Sodium 381mg Potassium 1261mg
Total Carbohydrate 10g Dietary Fiber 1g Sugars 0g Protein 76g
Vitamin A 3% ...Vitamin B12 59%...Vitamin B-6 103%...Vitamin C 4%...
Vitamin D 0%...Vitamin E 4%...Calcium 10%

ROAST BEEF AND GRAVY

***5-6 lbs. beef (sirloin or top)**

To cook

- Place in a tray.
- Bake 1 1/2-2 hours at 375°.
- The meat should be medium cooked, until well done.
- Cook another 1/2 hour.

Gravy Ingredients

2 tsp. gravy master
2 tbsp. butter
3 tbsp. flour
Juice of meat
Salt and pepper

Gravy Directions

- In bowl, add enough water to the flour to make a paste (smooth).
- In a pan, add butter and juice over heat
- Add flour mixture, salt and pepper, then the gravy master.
- Add more water.

- **Mix** until smooth.
- **Cook** until you get the thickness you desire.
- You can also add mushroom.

Nutrition Facts

Based on: 6 servings w/ gravy

Amount per one serving: Calories 964

Total Fat 40g Saturated Fat 40g Polyunsaturated Fat 2g Monounsaturated Fat 16g

Cholesterol 414mg Sodium 392mg Potassium 1832mg

Total Carbohydrate 4g Dietary Fiber 0g Sugars 1g Protein 138g

Vitamin A 2% ...Vitamin B12 215%...Vitamin B-6 102%...Vitamin C 0%...

Vitamin D 1%...Vitamin E 4%...Calcium 5%

HAM (GLAZED)

Ingredients

7-8 lbs. ham

1 large can sliced pineapple

1small can crushed pineapple

1/2 cup orange marmalade

1/2 cup ketchup

2 tsp. Dijon Mustard

1/2 cup brown sugar

Directions

- **Bake** Ham according to label instructions for thirty minutes.
- In a bowl, combine all the above ingredients except the sliced pineapples.

- **Remove ham**
- **You can insert sticks of cloves (optional). Spoon the mixture over ham.**
- **Return to oven. Continue basting with glaze for another 30-40 minutes,**
- **Bake at 350⁰**

***Decorate ham with pineapple slices with a cherry inside.**

Nutrition Facts

Based on: 6 servings

Amount per one serving: Calories 1760

Total Fat 127g Saturated Fat 44g Polyunsaturated Fat 13g

Monounsaturated Fat 56g

Cholesterol 411mg Sodium 606mg Potassium 1835mg

Total Carbohydrate 47g Dietary Fiber 1g Sugars 47g Protein 104g

Vitamin A 4% ...Vitamin B12 60%...Vitamin B-6 121%...Vitamin C 20%...

Vitamin D 0%...Vitamin E 0%...Calcium 6%

HAM BALLS

Ingredients

3 cups of Bisquick Baking Mix

2 cups finely chopped leftover ham

4 cups cheddar cheese (shredded)

1/2 cup grated parmesan cheese

2 tbsp. parsley flakes

2 tsp. Dijon mustard

2/3 cups of milk

Directions

- **H**eat oven at 350⁰
- **G**rease large tray.
- **M**ix all ingredients in a separate bowl.
- **S**hape into 1-inch balls.
- **P**lace 2 inches apart in a pan.
- **B**ake 20-25 minutes until brown.
- **R**emove and Serve warm.

***Ham balls can be used as appetizers, or make them larger and serve with a white sauce.**

Nutrition Facts

Based on: 6 servings

Amount per one serving: Calories 726

Total Fat 32g Saturated Fat 7g Polyunsaturated Fat 0g

Monounsaturated Fat 1g

Cholesterol 121mg Sodium 2452mg Potassium 86mg

Total Carbohydrate 47g Dietary Fiber 1g Sugars 3g Protein 41g

Vitamin A 18% ...Vitamin B12 2%...Vitamin B-6 1%...Vitamin C 1%...

Vitamin D 3%...Vitamin E 0%...Calcium 69%

ROAST LEG OF LAMB**Ingredients**

7-8 lbs. Lamb

1 tbsp. rosemary

2-3 cloves of garlic (chopped)
1 tsp. dried basil
4-5 tbsp. Dijon mustard
3 tbsp. butter
Salt and pepper to taste

Directions

- **Mix** garlic, basil, salt and pepper, mustard, butter, and brush over lamb.
- **Let** it set for 2-3 hours overnight.
- **Place** roast in a shallow pan.
- **Add** a little water or broth to bottom of pan.
- **Bake** at 325⁰ for 2 hours.
- **It** should be medium rare. Bake a little if undercooked.
- **Leftover** juices on the bottom of the pan, is great to make gravy.

***You can also insert cloves of garlic in slits of roast for extra taste.**

Nutrition Facts

Based on: 6 servings

Amount per one serving: Calories 884

Total Fat 38g Saturated Fat 16g Polyunsaturated Fat 2g

Monounsaturated Fat 15g

Cholesterol 403mg Sodium 797mg Potassium 2022mg

Total Carbohydrate 1g Dietary Fiber 1g Sugars 0g Protein 124g

Vitamin A 5% ...Vitamin B12 304%...Vitamin B-6 125%...Vitamin C 2%...

Vitamin D 1%...Vitamin E 1%...Calcium 8%

STUFFED ROAST LEG OF LAMB

Ingredients

5-6 lb. leg of lamb (boned)
1/2 cup lemon juice
1 onion (finely chopped)
1 cup parsley (chopped)
1 tsp. basil (dried)
1/2 tsp. marjoram (dried)
3 cloves garlic (crushed)
2-3 tbsp. butter (melted)
2 cups croutons

Directions

- **Spread** lamb flat on board, pound with mallet to make even thickness.
- **Pour** lemon over lamb
- **In** a bowl, combine onion, parsley, salt and pepper, basil, marjoram, garlic, and croutons.
Mix well.
- **Spread** mixture over lamb to 1 inch of edge.
- **Roll** lamb up, tie with string. Tie ends with toothpicks.
- **Place** roast in pan.
- **Pour** melted butter over roast.
- **Bake** for 30 minutes at 350°.
- **If** you like, add potatoes, onions and carrots to roast with 2 cups of water mixed with beef bouillon.

***Bake for 40 minute more, or until vegetables are cooked.**

Nutrition Facts

Based on: 6 servings

Amount per one serving: Calories 760

Total Fat 34g Saturated Fat 16g Polyunsaturated Fat 2g
Monounsaturated Fat 13g
Cholesterol 316mg Sodium 512mg Potassium 1637mg
Total Carbohydrate 13g Dietary Fiber 1g Sugars 1g Protein 95g
Vitamin A 23% ...Vitamin B12 229%...Vitamin B-6 94%...Vitamin C 41%...
Vitamin D 2%...Vitamin E 2%...Calcium 8%

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ALICE'S FISH DISH RECIPES

FRIED HADDOCK (or any fish fillet)

Ingredients

Breadcrumbs
Oil (deep fry)
1-2 lbs. fish
2 eggs

Salt and Pepper

1 stick butter

1 cup milk

Lemon juice

Directions

- **Dip** fish in eggs, then in breadcrumbs.
- **Add** salt and pepper to taste.
- **Heat** oil in a frying pan and fry fish until it is golden.

To Bake Fish

- **Put** fish in a tray.
- **Add** stick of butter. 1 cup of milk, salt and pepper.
- **Bake** 1/2–1 hour at 350⁰

***Use lemon as garnish.**

Nutrition Facts

Based on: 6 servings

Amount per one serving: Calories 715

Total Fat 58g Saturated Fat 15g Polyunsaturated Fat 12g

Monounsaturated Fat 26g

Cholesterol 251mg Sodium 450mg Potassium 636mg

Total Carbohydrate 5g Dietary Fiber 0g Sugars 2g Protein 49g

Vitamin A 15% ...Vitamin B-12 40%...Vitamin B-6 28%...Vitamin C 0%..

.Vitamin D 9%...Vitamin E 40%...Calcium 13%

FRIED SMELTS

Ingredients

2 lbs. smelts-fish (cleaned)
3 cups Pancake mix
3-4 eggs (mixed with a little water)
Oil for frying
Salt and pepper

Directions

- **Wash and clean fish**
- **Dip fish in eggs (beaten).**
- **Then dip in pancake mixture.**

***Fry fish in hot oil until golden brown.**

Nutrition Facts

Based on: 6 servings

Amount per one serving: Calories 779

Total Fat 49g Saturated Fat 6g Polyunsaturated Fat 13g

Monounsaturated Fat 24g

Cholesterol 341mg Sodium 975mg Potassium 729mg

Total Carbohydrate 38g Dietary Fiber 1g Sugars 8g Protein 45g

Vitamin A 17% ...Vitamin B-12 109%...Vitamin B-6 26%...Vitamin C 0%...

Vitamin D 14%...Vitamin E 40%...Calcium 34%

SHRIMP SCAMPI OR SCALLOPS

Ingredients

1-2 lbs. shrimp or scallops
3 tbsp. butter
2-3 cloves garlic (crushed)
2-3 tbsp. seasoned breadcrumbs
Parsley (diced)

Directions

- **Put** all ingredients in a frying pan (except crumbs)
- **Cook** slowly in butter.
- **When** almost cooked, add breadcrumbs and parsley, add more butter.
- **Cover** and simmer again for 2 minutes.
- **Taste** it might need more butter.

***For added taste, add 1/3 cup of Dijon mustard.**

Nutrition Facts

Based on: 4 servings

Amount per one serving: Calories 347

Total Fat 13g Saturated Fat 6g Polyunsaturated Fat 2g

Monounsaturated Fat 3g

Cholesterol 368mg Sodium 504mg Potassium 527mg

Total Carbohydrate 8g Dietary Fiber 1g Sugars 0g Protein 47g

Vitamin A 39% ...Vitamin B-12 44%...Vitamin B-6 14%...Vitamin C 42%...

Vitamin D 88%...Vitamin E 11%...Calcium 15%

STUFFED SHRIMP

Ingredients

18 raw jumbo shrimp
1/2 lb. ground beef
2 tbsp. scallions (chopped)
Salt and pepper to taste
1/2-cup flour
Oil for frying

Directions

- **Remove** shrimp shells and leave tails.
- **Slit** the back of the shrimp, remove vein, wash and dry.
- **Mix** beef, scallions, salt and pepper.
- **Stuff** the shrimp and pierce with a toothpick to close opening.
- **Mix** flour, salt and pepper
- **Roll** shrimp in mixture.
- **Heat** oil and fry shrimp in it for 5 minutes.
- **Drain** and remove toothpicks.

***Serves 8-6**

Suggestions

You could add 1/2-cup bread crumbs to filling for more flavoring.

If you do not want to fry, Dot each shrimp with a pad of butter, bake in oven in a buttered tray.

Nutrition Facts

Based on: 4 servings

Amount per one serving:Calories 672

Total Fat 49g Saturated Fat 7g Polyunsaturated Fat 12g Monounsaturated Fat 26g

Cholesterol 324mg Sodium 451mg Potassium 383mg

Total Carbohydrate 8g Dietary Fiber 1g Sugars 0g Protein 47g

Vitamin A 6% ...Vitamin B-12 46%...Vitamin B-6 13%...Vitamin C 6%...

Vitamin D 57%...Vitamin E 44%...Calcium 12%

STUFFED FILLET OF SOLE

Ingredients

1 lb. Shrimp (cooked and shelled)

1/2 lb. cheese (feta or any other)

3 cups spinach (chopped)

4-5 scallions (chopped)

8-10 pieces fillet of sole

White wine (optional)

Salt and pepper

Butter

Directions

- **Set aside 3-4 shrimp. Chop the remainder.**
- **Crumble cheese into a bowl. Mix**
- **Add shrimp, spinach, onions and mix well.**
- **Pat fish dry. Sprinkle salt and pepper on each side.**
- **Divide shrimp mixture among fillets.**
- **Roll up and fasten with toothpick.**
- **Put in buttered baking dish. Add a little milk.**

- **Cover** and bake until cooked 15-20 minutes at 350⁰.
- **Make** sure you put enough butter on top.

***You also could use broccoli instead of spinach.**

Nutrition Facts

Based on: 4 servings

Amount per one serving: Calories 363

Total Fat 17g Saturated Fat 10g Polyunsaturated Fat 1g

Monounsaturated Fat 3g

Cholesterol 276mg Sodium 790mg Potassium 256mg

Total Carbohydrate 2g Dietary Fiber 0g Sugars 0g Protein 49g

Vitamin A 39% ...Vitamin B-12 30%...Vitamin B-6 14%...Vitamin C 11%...

Vitamin D 17%...Vitamin E 4%...Calcium 9%

SHRIMP WITH RICE NOODLES AND VEGETABLES

Ingredients

1lb.shrimp (shelled)

1 bunch bok choy (chopped 1 lb.)

3 tbsp. soy sauce

3 tsp. cornstarch

2 cups chicken stock

6 tbsp. peanut oil (or more)

1 lb. rice noodles

3 cloves garlic (minced)

3 tsp. ginger (peeled and minced)

1 can baby corn (drained)
1 can water chestnuts (washed and drained)
Salt and pepper
2 bunches scallions (chopped)

Directions

- In a wok, heat 2 tbsp. peanut oil.
- Add shrimp, sauté for 2 minutes.
- Remove from Pan'
- In a large saucepan, boil water, add rice noodle.
- Cook for 2-3 minutes then drain.
- Heat 2 tsp. of oil in a wok. Add garlic and sauté.
- Add stock mixture and bring to a boil.
- Add corn, water chestnuts, shrimp and bok choy.
- Bring to a boil.
- Add noodles, salt and pepper.

***Toss Add more seasoning if you like.**

Nutrition Facts

Based on: 4 servings

Amount per one serving: Calories 525

Total Fat 24g Saturated Fat 4g Polyunsaturated Fat 8g Monounsaturated Fat 10g

Cholesterol 176mg Sodium 1146mg Potassium 605mg

Total Carbohydrate 46g Dietary Fiber 4g Sugars 3g Protein g

Vitamin A 29% ...Vitamin B-12 21%...Vitamin B-6 17%...Vitamin C 30%...

Vitamin D 43%...Vitamin E 19%...Calcium 11%

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ALICE'S SOUPS AND CHOWDERS

CLAM AND MUSSEL CHOWDER

Ingredients

1 lb. mussel fresh or frozen (not in shell)
3 cans baby clams
2 cups potatoes (diced)
1 onion (diced)
3 stalks celery
3 cups light cream*
2 cups clam juice
2 cups milk
Salt and pepper to taste
1/2 tsp. thyme
1 stick of butter
1/2 tsp. white pepper

***If you do not have light cream, mix 6 cups of milk with cornstarch mixture, cooked until thick.** (Cornstarch mixture: 1/3 cup milk and 3 tbsp. of cornstarch)

Directions

- **Place** potatoes, onions, celery in large pot.
- **Cover** with very little water for 5 minutes.
- **Add** clams, mussel, salt and pepper, thyme, clam juice, and butter.
- **Cook** for another 5 minutes.
- **Add** cream and 2 cups milk, or milk mixture.
- **Bring** to near boil, stirring frequently.
- **Add** cornstarch mixture if using cream.

***Stir constantly until thickened, about 10 minutes.**

Nutrition Facts

Based on: 4 servings

Amount per one serving: Calories 525

Total Fat 24g Saturated Fat 4g Polyunsaturated Fat 8g

Monounsaturated Fat 10g

Cholesterol 176mg Sodium 1146mg Potassium 605mg

Total Carbohydrate 46g Dietary Fiber 4g Sugars 3g Protein g

Vitamin A 29% ...Vitamin B-12 21%...Vitamin B-6 17%...Vitamin C 30%...

Vitamin D 43%...Vitamin E 19%...Calcium 11%

LAMB AND VEGETABLE SOUP

Ingredients

1 lb. Lamb (cut in pieces)
Lamb bones
4 carrots (sliced)
4-5 celery (sliced)
1 onion (diced)
1/2 cup rice
1 lg. can tomatoes (crushed)
Salt and pepper

Directions

- **Sauté** lamb pieces in butter and set aside.
- **Put** lamb bones in pot.
- **Cover** with water.
- **Bring** to a boil, let simmer for 5 minutes.
- **Shut** heat. Skim the fat until clear.
- **Add** all the vegetables, 1/2 the can of tomatoes (you might not need the other half), add rice and meat to bones in pot.
- **Bring** to a boil again, and then lower heat to simmer.

***Cook for 1/2 hour or until vegetables are cooked**

Nutrition Facts

Based on: 4 servings

Amount per one serving: Calories 308

Total Fat 7g Saturated Fat 2g Polyunsaturated Fat 1g

Monounsaturated Fat 2g

Cholesterol 74mg Sodium 523mg Potassium 1468mg

Total Carbohydrate 35g Dietary Fiber 8g Sugars 3g Protein 29g

Vitamin A 181% ...Vitamin B-12 52%...Vitamin B-6 34%...Vitamin C 54%...

Vitamin D 0%...Vitamin E 10%...Calcium 15%

CHICKEN SOUP

Ingredients

1 small chicken washed
6-7 carrots (sliced)
1 onion (diced)
1/2 cup rice
Salt and pepper

Directions

- **Place** chicken in large pot with enough water to cover chicken.
- **Bring** to a boil.
- **Skim** all the fat that comes to the top.
- **When** all fat is gone, add ingredients.

***Let cook slowly for 1 hour or until chicken is cooked.**

Nutrition Facts

Based on: 4 servings

Amount per one serving: Calories 121

Total Fat 4g Saturated Fat 1g Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 25mg Sodium 110mg Potassium 247mg

Total Carbohydrate 14g Dietary Fiber 2g Sugars 3g Protein 6g

Vitamin A 184% ...Vitamin B-12 0%...Vitamin B-6 6%...Vitamin C 8%...

Vitamin D 0%...Vitamin E 2%...Calcium 3%

CREAM OF BROCCOLI SOUP

Ingredients

1 1/2 lb. broccoli
1 onion (diced)
1 cup celery (diced)
3 tbs. butter
5 cups chicken broth
2 cups half and half cream or light cream
Salt and pepper

Directions

- **Chop** onions and celery, into a large pot.
- **Sauté** in butter over medium heat for 5 minutes or until golden
- **Wash** broccoli, cut off buds (save some for garnish), peel the stocks and chop them.
- **Place** chopped stocks in pot with sautéed vegetables, and then add chicken broth.
- **Bring** to a boil. Reduce heat and simmer for 15 minutes.
- **Add** the broccoli buds, and cook for 5 minutes more or until buds are tender.
- **With** slotted spoon, remove half of buds, and set aside.
- **Puree** soup in blender. Put back in pot, and add cream.
- **Cook** another 5 minutes.

***Serve with broccoli buds in each bowl**

Nutrition Facts

Based on: 4 servings

Amount per one serving: Calories 404

Total Fat 26g Saturated Fat 15g Polyunsaturated Fat 2g

Monounsaturated Fat 8g

Cholesterol 81mg Sodium 623mg Potassium 1082mg

Total Carbohydrate 28g Dietary Fiber 6g Sugars 10g Protein 16g

Vitamin A 67% ...Vitamin B-12 7%...Vitamin B-6 25%...Vitamin C 271%...

Vitamin D 1%...Vitamin E 16%...Calcium 23%

PEA SOUP

Ingredients

Ham Bone and a few slices of ham

1 pkg. green slit beans

1 lg. onion (chopped)

3 stalks of celery

1 box frozen peas

Salt and pepper

Directions

- **W**ash green split peas and drain
- **P**ut ham bone, split peas, onions, celery, salt and pepper into a large pot.
- **C**ook for 1 1/2 hours

***Add chopped slices of ham and frozen peas, cook for another hour.**

Nutrition Facts

Based on: 4 servings

Amount per one serving: Calories 680

Total Fat 8g Saturated Fat 0g Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg Sodium 105mg Potassium 0mg

Total Carbohydrate 0g Dietary Fiber 20g Sugars 10g Protein 16g

Vitamin A 0% ...Vitamin B-12 0%...Vitamin B-6 0%...Vitamin C 0%...

Vitamin D 0%...Vitamin E 0%...Calcium 0%

ONION SOUP**Ingredients**

4 onions (large, sliced thin)

3 tbsp. butter or margarine

1 tbsp. flour

3-4 cans beef broth (10 3/4 oz.)

3-4 cups of water

1 bay leaf

6-8 slices of French bread (toasted)

2 tbsp. parmesan cheese

Swiss cheese (either sliced or whole)

Directions

- Put butter in saucepan (4qts.), heat until butter melts.
- Add onions and pepper.
- Sauté, until onions are golden brown.

- **Sprinkle flour over onions and stir until flour blends.**
- **Remove to heat.**
- **Add beef broth to onion mixture.**
- **Stir in water and bay leaf.**
- **Return to heat and bring to a boil.**
- **Keep stirring over low heat uncovered for 30-40 minutes.**
- **Take out bay leaf.**
- **Add salt and pepper to taste.**
- **Put soup in onion-soup bowls.**
- **Place slice toast in each bowl.**
- **Sprinkle parmesan cheese on toast.**
- **Then add slice of Swiss cheese over toast.**

***Place under broiler. Broil until cheese melts and turns golden brown.**

Nutrition Facts

Based on: 6 servings

Amount per one serving: Calories 639

Total Fat 47g Saturated Fat 30g Polyunsaturated Fat 2g

Monounsaturated Fat 12g

Cholesterol 156mg Sodium 442mg Potassium 189mg

Total Carbohydrate 6g Dietary Fiber 0g Sugars 0g Protein 48g

Vitamin A 29% ...Vitamin B-12 48%...Vitamin B-6 7%...Vitamin C 0%...

Vitamin D 19%...Vitamin E 4%...Calcium 63%

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ALICE'S EGGPLANT, MUSHROOM AND POTATO RECIPES

EGGPLANT PARMESAN

Ingredients

3 eggplants (medium)
2 cups bread crumbs
1 cup flour
3 eggs (beaten)
2 pkg. mozzarella cheese
Tomato sauce
Oil
Salt and pepper

Directions

- **Peel and slice eggplant (Into round slices).**
- **Dip eggplant in flour, then eggs, and then in breadcrumbs**
- **In a frying pan with a little oil, fry eggplant on both sides.**
- **Place one layer in buttered deep tray.**
- **Add mozzarella cheese on top, and then some sauce.**
- **Place another layer of eggplant with cheese and sauce.**
- **Top with a layer of eggplant and sauce.**

***Bake for 1 hour or until cheese is melted at 350°**

Nutrition Facts Based on:4 Servings

Amount per one serving: Calories 869

Total Fat 35g Saturated Fat 17g Polyunsaturated Fat 3g

Monounsaturated Fat 11g

Cholesterol 291mg Sodium 1849mg Potassium 1438mg

Total Carbohydrate 96g Dietary Fiber 14g Sugars 10g Protein 46g

Vitamin A 35% ...Vitamin B-12 56%...Vitamin B-6 30%...Vitamin C 24%...

Vitamin D 4%...Vitamin E 16%...Calcium 74%

OMELET

Ingredients

2 tbsp. butter

1 cup mushroom (chopped)

6 eggs

1/2 cup peppers (diced)

1/3 cup milk

1/2 cup tomato (diced)

Salt and pepper to taste

1/4 cup onion (diced optional)

3/4 cups diced ham

4 slices American cheese

Directions

- In a skillet, add butter, low heat.
- **Beat** eggs so it is well blended.
- **Add** milk, salt and pepper.
- **Mix** thoroughly into skillet and cook over low heat.
- **Cook** until a film of cooked egg forms.
- **Lift** the edges of the cooked egg, tilting the pan a number of times.
- In another skillet, cook ham, mushrooms, pepper, tomatoes, and onions, with 1 tbsp. of butter for 5 minutes.
- **When** the peppers are soft in the skillet, pour over omelet. Add cheese.
- **Cook** 1 minute extra. Loosen omelet with a spatula.
- **Fold** egg starting from the handle of the pan to the opposite side of the pan.
- **Turn** onto the platter.

***Serves 4**

Nutrition Facts

Based on: 4 servings

Amount per one serving: Calories 299

Total Fat 19g Saturated Fat 8g Polyunsaturated Fat 2g

Monounsaturated Fat 5g

Cholesterol 443mg Sodium 886mg Potassium 400mg

Total Carbohydrate 8g Dietary Fiber 1g Sugars 5g Protein 25g

Vitamin A 18% ...Vitamin B-12 23%...Vitamin B-6 10%...Vitamin C 21%...

Vitamin D 11%...Vitamin E 6%...Calcium 28%

STUFFED MUSHROOMS-I

Ingredients

1 lb. large mushrooms (washed and cleaned)
1 cup butter
2-3 cups croutons (crumbled)
1 tbsp. lemon juice
1/2 cup parsley (chopped)
1/8 tsp. marjoram
1/8 tsp. thyme
1/8 tsp. garlic powder
Salt
1 small onion (chopped)

Directions

- **Heat** oven to 375⁰,
- **Melt** butter in skillet.
- **Add** onion, chopped mushrooms stems, croutons, sauté 5 minutes.
- **Add** lemon juice, parsley, marjoram, thyme, garlic powder and salt.
- **Cook** for another 5 minutes.
- **Place** mushroom caps in a pan. Sprinkle with salt.
- **Fill** with breadcrumb mixture.
- **Bake** 10 minutes, and then broil for 4-5 minutes until golden brown.

Nutrition Facts

Based on: 4 servings

Amount per one serving: Calories 505

Total Fat 47g Saturated Fat 29g Polyunsaturated Fat 2g

Monounsaturated Fat 12g

Cholesterol 124mg Sodium 480mg Potassium 461mg

Total Carbohydrate 18g Dietary Fiber 3g Sugars 4g Protein 6g

Vitamin A 41% ...Vitamin B-12 2%...Vitamin B-6 7%...Vitamin C 24%...

Vitamin D 29%...Vitamin E 6%...Calcium 4%

STUFFED MUSHROOMS-II

Ingredients

24 large mushrooms
5-6 tbsp. butter
1/2 cup onion (chopped finely)
2 cups bread crumbs (soft)
1 cup ham, shrimp, chicken or crabmeat
4 tbsp. sherry (optional)
1 tsp. tarragon
Salt and pepper to taste

Directions

- **Remove and chop mushroom stems.**
- **Sauté the stems with onion in 5-6 tbsp. of butter for 3-4 minutes**
- **Add breadcrumbs, add either ham, chicken or crabmeat, add sherry, and seasoning.**
- **Stuff mushrooms with this mixture and dot the tops with remaining butter.**
- **Bake about 25 minutes or until lightly brown.**

***Oven should be preheated, to 375°**

Nutrition Facts

Based on: 5 servings

Amount per one serving: Calories 464

Total Fat 15g Saturated Fat 8g Polyunsaturated Fat 1g

Monounsaturated Fat 3g

Cholesterol 111mg Sodium 942mg Potassium 129mg
Total Carbohydrate 66g Dietary Fiber 9g Sugars 4g Protein 36g
Vitamin A 7% ...Vitamin B-12 3%...Vitamin B-6 3%...Vitamin C 0%...
Vitamin D 2%...Vitamin E 2%...Calcium 12%

STUFFED BAKED POTATOES

Ingredients

6-8 lg. baking potatoes
4 tbsp. butter
2 cups cheddar cheese
1-cup sour cream
4 tbsp. chives (chopped)
6 slices bacon (cooked, crumbled)
Save a little cheddar cheese and bacon for topping

Directions

- **Heat** oven to 400⁰, wash and scrub potatoes, prick each one. Bake for 1 hour. Remove when done.
- **Slit** the top of each potato lengthwise.
- **Scoop** out the potatoes into a bowl. Be careful not to break the potato shells.
- **Mash** potatoes with butter until light and fluffy.
- **Add** the cheese, sour cream, chives, bacon bits, salt and pepper. Mix well.
- **Fill** the hollowed out shells with potato mixture.
- **Place** the reserved cheddar cheese and bacon on top of each one.

***Bake for twenty minutes.**

Nutrition Facts

Based on: 6 servings

Amount per one serving: Calories 421

Total Fat 27g Saturated Fat 17g Polyunsaturated Fat 1g

Monounsaturated Fat 7g

Cholesterol 67mg Sodium 223mg Potassium 737mg

Total Carbohydrate 37g Dietary Fiber 2g Sugars 0g Protein 9g

Vitamin A 19% ...Vitamin B-12 5%...Vitamin B-6 25%...Vitamin C 34%...

Vitamin D 1%...Vitamin E 3%...Calcium 17%

SCALLOPED POTATOES**Ingredients**

4-5 lbs. peeled potatoes (boiled)

2 cups milk

Butter

10 cheese slices

Salt, pepper and paprika

Directions

- Do not boil potatoes. Slice potatoes and line them in a buttered tray.
- Add milk and butter, salt and pepper
- Bake at 350⁰ until potatoes are cooked.
- Take the tray out of oven and place slices of cheese on top.
- Cover the whole tray with cheese.
- Sprinkle paprika over all.

***Bake again until cheese is melted.**

Nutrition Facts:

Based on: 5 servings

Amount per one serving: Calories 404

Total Fat 21g Saturated Fat 8g Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 53mg Sodium 853mg Potassium 635mg

Total Carbohydrate 41g Dietary Fiber 3g Sugars 8g Protein 12g

Vitamin A 13% ...Vitamin B-12 0%...Vitamin B-6 25%...Vitamin C 35%...

Vitamin D 12%...Vitamin E 13%...Calcium 13%

TERIYAKI POTATOES

Ingredients

2 lbs. new or red potatoes

2 tbsp. butter or margarine

2 tbsp. teriyaki sauce

1/2 tsp. garlic salt

1/2 tsp. Italian seasoning

Black pepper, red pepper

Sprinkle of parsley (diced)

Directions

- **Wash and scrub potatoes. Cut into quarters. Place potatoes in 1 1/2-quart casserole.**

- **Add** butter, teriyaki sauce, garlic salt, Italian seasoning, black and red pepper. Toss.
- **Cover** and bake at 375⁰ for 30-40minutes or until potatoes are tender.

***You could sprinkle parsley over potatoes. You may want to add water if too dry.**

Nutrition Facts

Based on: 4 servings

Amount per one serving: Calories 259

Total Fat 8g Saturated Fat 4g Polyunsaturated Fat 0g

Monounsaturated Fat 1g

Cholesterol 37mg Sodium 490mg Potassium 1065mg

Total Carbohydrate 38g Dietary Fiber 4g Sugars 5g Protein 10g

Vitamin A 9% ...Vitamin B-12 0%...Vitamin B-6 23%...Vitamin C 75%...

Vitamin D 1%...Vitamin E 1%...Calcium 9%

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ALICE'S SALAD RECIPES

SPINACH WITH MUSHROOMS

Ingredients

2 pkg. frozen spinach (defrosted)
1 lb. mushrooms (sliced)
1 clove garlic (crushed)
2 tbsp. olive oil
1 tsp. lemon juice
Salt

Directions

- Defrost spinach; squeeze all of the water out.
- In large frying pan, sauté garlic and mushroom in oil for 3-4 minutes.
- Add spinach, cook for 2-3 minutes more. Remove from stove.

***Place in serving bowl; add lemon juice and dash of salt. Mix.**

***You could serve it hot**

Nutrition Facts

Based on: 4 servings

Amount per one serving: Calories 59

Total Fat 0g Saturated Fat 0g Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg Sodium 158mg Potassium 331mg

Total Carbohydrate 8g Dietary Fiber 5g Sugars 1g Protein 6g

Vitamin A 171% ...Vitamin B-12 0%...Vitamin B-6 8%...Vitamin C 23%...

Vitamin D 0%...Vitamin E 0%...Calcium 16%

RICE AND SPINACH

Ingredients

2 cups rice
1 3/4 cups water
1 box frozen chopped spinach
1 clove garlic
1 onion (sliced)
3 tbsp. oil
1/4 stick of butter

Directions

- In pan, cook spinach. Drain.
- In frying pan, add oil and sliced onions, Fry until lightly brown, mix.
- Add salt and butter.
- Mix, set aside.
- In pan, add rice and water, salt and butter.
- Bring to a boil, then let simmer (low) until rice is done.

***Add the spinach mixture**

Nutrition Facts

Based on: 4 servings

Amount per one serving: Calories 278

Total Fat 17g Saturated Fat 4g Polyunsaturated Fat 3g

Monounsaturated Fat 8g
Cholesterol 15mg Sodium 78mg Potassium 246mg
Total Carbohydrate 29g Dietary Fiber 3g Sugars 0g Protein 4g
Vitamin A 89% ...Vitamin B-12 0%...Vitamin B-6 8%...Vitamin C 15%...
Vitamin D 1%...Vitamin E 12%...Calcium 10%

COLE SLAW

Ingredients

1 head cabbage (shredded)
3 carrots (diced)
1 onion (diced)
1 green pepper (sliced)
Dash of mint
Salt and pepper
1 clove garlic (crushed)
1/2 cup lemon juice
3/4 cup mayonnaise (optional)
Oil to taste

***Mix all ingredients. Add more seasoning to taste if you like.**

Nutrition Facts

Based on: 4 servings

Amount per one serving: Calories 138

Total Fat 2g Saturated Fat 0g Polyunsaturated Fat 1g

Monounsaturated Fat 1g

Cholesterol 0mg Sodium 147mg Potassium 956mg

Total Carbohydrate 30g Dietary Fiber 10g Sugars 6g Protein 5g
Vitamin A 237% ...Vitamin B-12 0%...Vitamin B-6 18%...Vitamin C 158%...
Vitamin D 0%...Vitamin E 5%...Calcium 15%

ANTIPASTO

Ingredients

1 head of lettuce (washed and dried)
1 head of leaf lettuce (washed and dried)
1 box of cherry tomatoes (washed)
2 cucumbers (peeled and sliced)
1 cup of radishes (sliced)
1 purple onion (round slices)
1 green pepper (wash round slices)
1 red pepper (wash round slices)
4 hard-boiled eggs (quarter cut)
1 cup of olives (black or green)
1 cup of cheese (diced, Vermont sharp)
1/2 pound of salami (cut in half florets)
1 can of sardines (King)
1 can of anchovies (rolled)
1 small jar of artichokes
Dried parsley

Directions

- Line the edge of a serving tray with loose colored leaf lettuce.
- In a large bowl, mix lettuce, 1/2 cherry tomatoes, 1 cucumber, 1/2 peppers, 1/2 onions, and 1/2 radishes.

- **Spread** on top of lettuce.
- **Place** the remaining vegetables strategically on top.
- **Then** place egg slices, olives, cheese, salami, and anchovies.
- **Last** of all, take 1 sardine at a time, and place around the edge of tray.
- **Sprinkle** dried parsley on top.

***When serving use desired dressing (Italian dressing is a good one).**

Nutrition Facts

Based on: 8 servings

Amount per one serving: Calories 316

Total Fat 20g Saturated Fat 9g Polyunsaturated Fat 2g

Monounsaturated Fat 5g

Cholesterol 162mg Sodium 988mg Potassium 680mg

Total Carbohydrate 15g Dietary Fiber 5g Sugars 4g Protein 23g

Vitamin A 37% ...Vitamin B-12 23%...Vitamin B-6 13%...Vitamin C 27%...

Vitamin D 8%...Vitamin E 6%...Calcium 34%

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ALICE'S DRESSINGS RECIPES

CAESAR DRESSING (no eggs)

Ingredients

2 cloves garlic
4 anchovies (cut up)
1/2 tsp. Worcestershire sauce
1 lemon (juice)
3 tsp. Dijon mustard
Salt and pepper to taste
1 cup Parmesan cheese
1 cup olive oil
1 small onion

Directions

- In food processor, combine garlic, anchovies, Worcestershire sauce, lemon juice, mustard and onion.
- Press chopping type motion in food processor (on/off, on/off) until the mixture is combined.
- Add salt, pepper and cheese. Mix
- Then add oil slowly, mix again (on/off).

***Taste... You could add more salt and pepper to taste.**

Nutrition Facts:

Based on: 4 servings

Amount per one serving: Calories 636

Total Fat 619g Saturated Fat 12g Polyunsaturated Fat 5g

Monounsaturated Fat 42g
Cholesterol 23mg Sodium 750mg Potassium 180mg
Total Carbohydrate 10g Dietary Fiber 1g Sugars 1g Protein 12g
Vitamin A 4% ...Vitamin B-12 6%...Vitamin B-6 4%...Vitamin C 51%...
Vitamin D 0%...Vitamin E 35%...Calcium 37%

BLUE CHEESE DRESSING

Ingredients

1/2 lb. blue cheese
1/2 cup sour cream
1/2 cup mayonnaise
1/4 tsp. white pepper
1/4 tsp. garlic (dried)
Pinch dry mustard
1/4 tsp. Horseradish

***Combine all ingredients. Mix at low speed in processor for 5 minutes.**

Nutrition Facts:

Based on: 4 servings

Amount per one serving: Calories 442

Total Fat 42g Saturated Fat 17g Polyunsaturated Fat 1g
Monounsaturated Fat 6g
Cholesterol 63mg Sodium 947mg Potassium 192mg
Total Carbohydrate 3g Dietary Fiber 0g Sugars 0g Protein 13g
Vitamin A 14% ...Vitamin B-12 14%...Vitamin B-6 5%...Vitamin C 1%...

Vitamin D 0%...Vitamin E 8%...Calcium 33%

ITALIAN DRESSING

Ingredients

1 cup olive oil
1/2 cup vinegar
2 cloves garlic
1/2 tsp. white pepper
1/2 tsp. onion (dried)
1/2 tsp Dijon mustard
1/2 tsp. sugar
Salt to taste
1/2 tsp salad dressing mix (dry)

***Combine all ingredients and mix.**

Nutrition Facts:

Based on: 4 servings

Amount per one serving: Calories 484

Total Fat 54g Saturated Fat 7g Polyunsaturated Fat 4g

Monounsaturated Fat 40g

Cholesterol 0mg Sodium 109mg Potassium 6mg

Total Carbohydrate 1g Dietary Fiber 0g Sugars 1g Protein 0g

Vitamin A 0% ...Vitamin B-12 0%...Vitamin B-6 1%...Vitamin C 1%...

Vitamin D 0%...Vitamin E 33%...Calcium 0%

CREAMY HERB DRESSING

Ingredients

1 small onion (chopped fine)
1/3 bunch parsley (chopped fine)
1/2 cup sour cream
1/2 cup mayonnaise
1/4 tbsp. dry mustard
Salt to taste
1/4 tbsp. oregano
1 tsp. dill
1/2 Top Salad Dressing Mix (dry)

Directions

- In a processor, mix onions and parsley so they are finely chopped.
- Add sour cream and mayonnaise.
- Just press 2-3 times quickly.
- Blend in all spices except dill.

***Mix again. Stir in dill.**

Nutrition Facts

Based on: 4 servings

Amount per one serving: Calories 264

Total Fat 26g Saturated Fat 7g Polyunsaturated Fat 0g

Monounsaturated Fat 2g

Cholesterol 20mg Sodium 267mg Potassium 190mg

Total Carbohydrate 6g Dietary Fiber 1g Sugars 0g Protein 2g

Vitamin A 32% ...Vitamin B-12 2%...Vitamin B-6 1%...Vitamin C 38%...

Vitamin D 0%...Vitamin E 8%...Calcium 8%

BALSAMIC VINAIGRETTE

Ingredients

12 tbsp. olive oil

6 tbsp. balsamic vinegar

2 tbsp. Dijon mustard

***Mix thoroughly!**

Nutrition Facts

Based on: 4 servings

Amount per one serving: Calories 377

Total Fat 40g Saturated Fat 5g Polyunsaturated Fat 3g

Monounsaturated Fat 30g

Cholesterol 0mg Sodium 187mg Potassium 0mg

Total Carbohydrate 3g Dietary Fiber 0g Sugars 0g Protein 0g

Vitamin A 0% ...Vitamin B-12 0%...Vitamin B-6 0%...Vitamin C 0%...

Vitamin D 0%...Vitamin E 25%...Calcium 0%

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ALICE'S QUICHE RECIPES

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QUICHE (preparation)

***PREPARATION USED FOR ALL QUICHES.**

***Pie crust can be ready made or make it yourself with this recipe!**

Preparation

- **Pinch and form your pie shell**
- **Bake 400⁰, 4-5 minutes**
- **Layer pie shell bottom with Jarlesberg cheese (1 3/4 cups)**
- **Add moderate amounts of special ingredients. (Special ingredients in recipes to follow)**
- **Using ladle, fill pie shell to just below brim with egg and milk mixture.**
- **Bake 400⁰, 30-40 minutes**

***Set for 10 minutes before cutting.**

QUICHE LORRAINE

(Pie shell preparation)

Special ingredients

4 eggs (beaten)
1 1/2 cup milk
1/2 tsp white pepper
1/4 tsp nutmeg
1 cup ham (diced)
1/2 tsp. dried chives
1 1/2 cup grated Jarlesberg cheese

Nutrition Facts

Based on: 4 servings (pie crust not included)

Amount per one serving: Calories 281

Total Fat 16g Saturated Fat 8g Polyunsaturated Fat 1g

Monounsaturated Fat 2g

Cholesterol 304mg Sodium 394mg Potassium 85mg

Total Carbohydrate 5g Dietary Fiber 0g Sugars 5g Protein 28g

Vitamin A 20% ...Vitamin B-12 14%...Vitamin B-6 4%...Vitamin C 0%...

Vitamin D 15%...Vitamin E 3%...Calcium 69%

WESTERN QUICHE

[\(Pie shell preparation\)](#)

Special ingredients

4 eggs (beaten)
1 1/2 cup milk
1 1/2 cup Jarlesberg cheese (chopped)
1/4 cup onions (chopped)
1/4 cup milk
1/4 cup green peppers (Chopped)
1/2 tsp. white pepper
1/2 tsp Worcestershire Sauce
1/2 cup ham (diced)

Nutrition Facts

Based on:4 Servings (pie crust not included)

Amount per one serving: Calories 305

Total Fat 16g Saturated Fat 8g Polyunsaturated Fat 1g

Monounsaturated Fat 2g

Cholesterol 311mg Sodium 581mg Potassium 111mg

Total Carbohydrate 8g Dietary Fiber 0g Sugars 6g Protein 32g

Vitamin A 20% ...Vitamin B-12 14%...Vitamin B-6 5%...Vitamin C 10%...

Vitamin D 15%...Vitamin E 3%...Calcium 69%

HAM AND OLIVE QUICHE

[\(Pie shell preparation\)](#)

Special ingredients

4 eggs (beaten)
1 1/2 cup milk
1/2 cup granulated onions
1/2 cup ground ham
1/2 tsp. white pepper
3/4 cup olives sliced
1/2 tsp Worcestershire Sauce
1 1/2 cup Jarlesberg cheese (grated)

Nutrition Facts

Based on:4 Servings (pie crust not included)

Amount per one serving: Calories 621

Total Fat 33g Saturated Fat 10g Polyunsaturated Fat 1g

Monounsaturated Fat 2g

Cholesterol 341mg Sodium 1369mg Potassium 88mg

Total Carbohydrate 36g Dietary Fiber 0g Sugars 5g Protein 39g

Vitamin A 20% ...Vitamin B-12 14%...Vitamin B-6 4%...Vitamin C 10%...

Vitamin D 15%...Vitamin E 3%...Calcium 69%

BACON AND ONION QUICHE

[\(Pie shell preparation\)](#)

Special ingredients

4 eggs (beaten)
1 1/2 cup milk
1/2 tsp. white pepper
1 1/2 cup Jarlesberg cheese (grated)

1/2 tsp. dried chives
1 cup Bacon (cooked and chopped)
1 tsp. salt
1 cup onions (chopped)

Nutrition Facts

Based on: 4 Servings (pie crust not included)

Amount per one serving: Calories 336

Total Fat 19g Saturated Fat 9g Polyunsaturated Fat 1g
Monounsaturated Fat 2g

Cholesterol 311mg Sodium 1136mg Potassium 148mg

Total Carbohydrate 8g Dietary Fiber 0g Sugars 5g Protein 33g

Vitamin A 20% ...Vitamin B-12 14%...Vitamin B-6 7%...Vitamin C 4%...

Vitamin D 15%...Vitamin E 3%...Calcium 69%

CAULIFLOWER AND BACON QUICHE

[\(Pie shell preparation\)](#)

Special ingredients

4 eggs (beaten)
1/2 cup bacon (cooked and chopped)
1 cup milk
1/2 cup melted butter
1/2 tsp. salt
1/2 tsp. white pepper
1/2 head cauliflower (precook for 8 minutes)
1 1/2 cup Jarlesberg cheese (grated and chopped)

Nutrition Facts

Based on: 4 Servings (pie crust not included)

Amount per one serving: Calories 346

Total Fat 19g Saturated Fat 9g Polyunsaturated Fat 1g

Monounsaturated Fat 2g

Cholesterol 311mg Sodium 1166mg Potassium 403mg

Total Carbohydrate 10g Dietary Fiber 3g Sugars 5g Protein 34g

Vitamin A 20% ...Vitamin B-12 14%...Vitamin B-6 16%...Vitamin C 81%...

Vitamin D 15%...Vitamin E 3%...Calcium 71%

SPINACH QUICHE

(Pie shell preparation)

Special ingredients

4 eggs (beaten)

1/4 cup melted butter

1 1/2 cup milk

1/2 tsp. salt

1/2 tsp. white pepper

1 1/2 cup Jarlesberg cheese (grated)

1/2 pkg. (10 oz.) spinach thawed and drained thoroughly

1/2 tsp. garlic

***Warm butter and spinach together**

Nutrition Facts

Based on:4 Servings (pie crust not included)

Amount per one serving: Calories 393

Total Fat 27g Saturated Fat 15g Polyunsaturated Fat 1g

Monounsaturated Fat 5g

Cholesterol 335mg Sodium 1111mg Potassium 490mg

Total Carbohydrate 6g Dietary Fiber 1g Sugars 5g Protein 31g

Vitamin A 82% ...Vitamin B-12 14%...Vitamin B-6 5%...Vitamin C 5%...

Vitamin D 17%...Vitamin E 4%...Calcium 72%

SPINACH AND BACON QUICHE

[\(Pie shell preparation\)](#)

Special ingredients

- **Use** 1-cup freshly cooked bacon bits with spinach and butter
- **Follow** recipe above (spinach quiche)

SPINACH AND HAM QUICHE

[\(Pie shell preparation\)](#)

Special ingredients

- Add 1-cup ground ham, but reduce milk to 1 1/4 cups.
- Follow recipe above (spinach quiche)

MUSHROOM QUICHE

[\(Pie shell preparation\)](#)

Special ingredients

4 eggs (beaten)
 1 1/4 cup milk
 1/2 tsp. salt
 1/2 tsp. white pepper
 1 1/2 cup Jarlesberg cheese (grated)
 1 cup sliced mushroom (cooked with 1/2 cup melted butter)

Nutrition Facts

Based on: 4 Servings (pie crust not included)

Amount per one serving: Calories 284

Total Fat 16g Saturated Fat 8g Polyunsaturated Fat 1g

Monounsaturated Fat 2g

Cholesterol 304mg Sodium 976mg Potassium 140mg

Total Carbohydrate 6g Dietary Fiber 0g Sugars 5g Protein 30g

Vitamin A 20% ...Vitamin B-12 14%...Vitamin B-6 5%...Vitamin C 1%...

Vitamin D 15%...Vitamin E 3%...Calcium 69%

SPINACH AND SHRIMP QUICHE

(Pie shell preparation)

Special ingredients

4 eggs (beaten)
1 1/4 cup milk
1/2 tsp. salt
1/2 tsp. white pepper
1/2 cup melted butter
1 1/2 cup Jarlesberg cheese (grated)
1/2 tsp. garlic
1/2 pkg. (10 oz.) spinach thawed and drained squeezed
3/4 lb. tiny shrimp

***Cook Shrimp, add warm butter, and spinach**

Nutrition Facts

Based on:4 Servings (pie crust not included)

Amount per one serving: Calories 502

Total Fat 39g Saturated Fat 22g Polyunsaturated Fat 2g

Monounsaturated Fat 8g

Cholesterol 394mg Sodium 1264mg Potassium 175mg

Total Carbohydrate 7g Dietary Fiber 1g Sugars 5g Protein 33g

Vitamin A 77% ...Vitamin B-12 14%...Vitamin B-6 6%...Vitamin C 6%...

Vitamin D 18%...Vitamin E 5%...Calcium 75%

TOMATO AND PARMESAN QUICHE

[\(Pie shell preparation\)](#)

Special ingredients

4 eggs (beaten)
1/4 tsp. oregano
1 1/2 cups milk
1/3 tbsp. oil
1/2 tsp. salt
1 1/2 ripe tomato (sliced)
1/2 tsp. white pepper
1 1/2 cup Jarlesberg cheese (grated)
1/4 cup parmesan cheese

Nutrition Facts

Based on:4 Servings (pie crust not included)

Amount per one serving: Calories 330

Total Fat 19g Saturated Fat 9g Polyunsaturated Fat 1g
Monounsaturated Fat 4g

Cholesterol 309mg Sodium 1091mg Potassium 93mg

Total Carbohydrate 7g Dietary Fiber 0g Sugars 6g Protein 33g

Vitamin A 29% ...Vitamin B-12 15%...Vitamin B-6 7%...

Vitamin C 10%...Vitamin D 15%...Vitamin E 4%...Calcium 78%

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ALICE'S BAKERY RECIPE'S

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INTRODUCTION TO ALICES BAKERY

Alice had a sweet tooth, and loved to bake. She'd baked a variety of breads, pastries and pies to satisfy our inability to resist the gratification of whims and desires. I can't remember a time when there wasn't homemade apple pie, chocolate chip cookies or a chocolate cake, in the fridge waiting for us to eat. Apple upsidedown cake or her famous church windows were always a favorite around the holiday's. You couldn't miss it!

Cornbread, croissants, bran muffins, were served during coffee hour while she entertained guests, who visited often. They knew she had something she cooked up and wanted them to try. It wasn't at all, hard to convince them. She always was over gratified by her results. It made her go to the next level and cook up another recipe and the whole process would start again. So please get those cookie sheets, baking pans and pie crusts ready and start baking, these are some great recipes for *you to enjoy!*

* * * * *

ALICE'S BREAD RECIPE'S

WHITE BREAD

Ingredients

1/4 cup luke warm water
2 tbsp. sugar
1 1/2 tsp. salt
2 tbsp. shortening
6 1/2-7 cups of flour sifted
1 compressed yeast or granular yeast
2 cups milk scalded (Milk heated almost to a boil)

Directions

- **Dissolve** yeast and 1 tsp. sugar in 1/4 cup of water.
- **Let** stand for 10 minutes. (mixture)
- **Scald** milk.
- **Add** sugar, salt, water, and shortening. Cool to luke warm.
- **Add** yeast mixture and flour gradually, beating thoroughly.
- **Turn** dough on lightly floured board knead until smooth.
- **Shape** into ball, place in greased bowl.
- **Brush** top lightly with melted shortening.
- **Cover**.
- **Let** rise until double the size 1 1/2 hours.

- **Divide** in two portions.
- **Shape** into loaves and place in two greased bread pans.
- **Brush** top lightly with melted butter.
- **Cover**.
- **Let rise** until double the size.

***Bake 375⁰ for 45–50 minutes.**

Variation

- **Roll out** dough add cinnamon and sugar.
- **Grease** a glass cylinder and place dough. It will come out round.

Nutrition Facts

Based on:4 Servings

Amount per one serving:Calories 914

Total Fat 17g Saturated Fat 8g Polyunsaturated Fat 1g

Monounsaturated Fat 6g

Cholesterol 17mg Sodium 935mg Potassium 245mg

Total Carbohydrate 172g Dietary Fiber 3g Sugars 15g Protein 25g

Vitamin A 2% ...Vitamin B-12 0%...Vitamin B-6 0%...Vitamin C 0%...

Vitamin D 12%...Vitamin E 1%...Calcium 15%

CINNAMON ROLLS OR BREAD

***Make basic bread dough** (white bread recipe)

Directions

- Roll dough out 1/2 inch thick. Spread melted butter.
- Then sprinkle with sugar and cinnamon, very generously (1-cup sugar and 2 tsp. cinnamon).
- You could add raisins.
- You can cut into cinnamon rolls at this point or place in a glass cylinder.
- Cover with cloth. Let rise until double in size.

***Bake in hot oven 425° for 20-25 minutes.**

Nutrition Facts

Based on:4 Servings

Amount per one serving: Calories 914

Total Fat 17g Saturated Fat 8g Polyunsaturated Fat 1g

Monounsaturated Fat 6g

Cholesterol 17mg Sodium 935mg Potassium 245mg

Total Carbohydrate 172g Dietary Fiber 3g Sugars 15g Protein 25g

Vitamin A 2% ...Vitamin B-12 0%...Vitamin B-6 0%...Vitamin C 0%...

Vitamin D 12%...Vitamin E 1%...Calcium 15%

BANANA NUT BREAD

Ingredients

2 eggs

1/2 tsp salt

1/3 cup butter
2/3 cup sugar
1 3/4 cups flour (sifted)
1 tsp. baking powder
1 tsp .baking soda
1 cup bananas (mashed)
1 cup walnuts (chopped)

***Preheat oven 350°**

Directions

- **Cream** together butter and sugar, add eggs and beat well (mixture).
- **Sift** together all other ingredients.
- **Then** add to creamed mixture, alternating in mashed bananas.
- **Stir** in nuts.
- **Pour** into a well-greased pan.

***Bake 350° for 45-50 minutes or until done.**

Variation

***Instead of walnuts, try macadamia nuts.**

Nutrition Facts

Based on:4 Servings

Amount per one serving:Calories 622

Total Fat 24g Saturated Fat 3g Polyunsaturated Fat 15g

Monounsaturated Fat 3g

Cholesterol 135mg Sodium 1326mg Potassium 105mg

Total Carbohydrate 93g Dietary Fiber 5g Sugars 41g Protein 14g

Vitamin A 5% ...Vitamin B-12 7%...Vitamin B-6 3%...Vitamin C 8%...

Vitamin D 3%...Vitamin E 2%...Calcium 10%

BANANA NUT BRAN BREAD

Ingredients

1/2 stick butter
1/2 cup granulated sugar
1 egg (beaten)
1 cup bran (all)
2 cups banana (ripe and mashed)
1 tsp. vanilla
1 1/2 cups sifted flour
2 tsp. baking powder
1/2 tsp. salt
1/2 tsp. baking soda
1/2-1 cups walnuts (chopped)

Directions

- **Mix** butter or margarine with wooden spoon until fluffy or creamy.
- **Then** add sugar, mix until light (mixture).
- **Add** egg and beat well.
- **Add** the bran, bananas, and vanilla mix.
- **Sift** together flour, baking powder, salt, and baking soda.
- **Add** to mixture.
- **Mix** well, and then add nuts.
- **Pour** into a 9"x 5"x 3" greased and floured pan.

***Bake 350^o for 1 hour or until done.**

Nutrition Facts

Based on:4 Servings

Amount per one serving: Calories 874

Total Fat 47g Saturated Fat 18g Polyunsaturated Fat 16g

Monounsaturated Fat 9g

Cholesterol 197mg Sodium 950mg Potassium 162mg

Total Carbohydrate 110g Dietary Fiber 13g Sugars 39g Protein 16g

Vitamin A 20% ...Vitamin B-12 22%...Vitamin B-6 16%...Vitamin C 21%...

Vitamin D 7%...Vitamin E 4%...Calcium 22%

CRANBERRY NUT BREAD**Ingredients**

2 cups flour (sifted)

1 1/2 tsp baking powder

1 tsp. salt

1/2 tsp. baking soda

1egg

1 cup nuts (walnuts)

1/4 cup butter or margarine (softened)

3/4 cup orange juice

1/4 cup rind of orange

1 cup cranberries

1 cup sugar

Directions

- Preheat oven to 350⁰.
- Grease loaf pan. Sift flour, baking soda, and salt into mixing bowl.

- **Set aside.**
- **In mixer, put in egg, shortening, orange juice, rind, and sugar. Mix well.**
- **By hand, add flour mixture and mix.**
- **Fold in cranberries and nuts.**
- **Pour into prepared pan.**
- **Bake 50-60 minutes or until cake tester (Prod) comes out clean.**

Nutrition Facts

Based on:4 Servings

Amount per one serving:Calories 772

Total Fat 38g Saturated Fat 10g Polyunsaturated Fat 15g

Monounsaturated Fat 6g

Cholesterol 77mg Sodium 1024mg Potassium 342mg

Total Carbohydrate 111g Dietary Fiber 5g Sugars 56g Protein 13g

Vitamin A 10% ...Vitamin B-12 2%...Vitamin B-6 12%...Vitamin C 31%...

Vitamin D 4%...Vitamin E 6%...Calcium 15%

PUMPKIN BREAD (w/nuts)

Ingredients

2 cups of flour

2 tsp. baking powder

1/2 tsp. cinnamon

1/2 tsp. nutmeg

1/2 tsp. salt

1 cup pumpkin (canned or fresh)

1 cup sugar (granulated)

1/2 cup milk

2 eggs
1/4 cup butter or margarine (softened)
1 cup walnuts (chopped)

Directions

- **Preheat** oven 350⁰.
- **Lightly** grease a loaf pan.
- **Sift** together flour, baking soda, baking powder, cinnamon, nutmeg, and salt. Set aside.
- **Put** softened butter, eggs, milk, sugar, and pumpkin in large bowl.
- **Mix** until thoroughly combined.
- **Add** flour mixture.
- **Mix** with spoon until all ingredients are moistened, and the batter is smooth.
- **Add** nuts to mixture.
- **Pour** batter into greased pan and spread evenly.
- **Bake** for 50-60 minutes.
- **Use** cake tester to see if center comes out clean. If not, return to oven a few more minutes.

***Cool then remove from pan.**

Nutrition Facts

Based on:4 Servings

Amount per one serving: Calories 797

Total Fat 36g Saturated Fat 11g Polyunsaturated Fat 15g

Monounsaturated Fat 6g

Cholesterol 126mg Sodium 672mg Potassium 370mg

Total Carbohydrate 110g Dietary Fiber 6g Sugars 54g Protein 16g

Vitamin A 201% ...Vitamin B-12 4%...Vitamin B-6 13%...Vitamin C 5%...

Vitamin D 10%...Vitamin E 9%...Calcium 25%

CORN BREAD

Ingredients

1 cup flour (sifted)
1/4 cup sugar
4 tsp. salt
1 cup corn meal
2 eggs
1 cup milk
1/4 cup butter (soft)

Directions

- **Preheat to 425⁰**
- **Sift flour, sugar, baking powder, and salt into a bowl.**
- **Stir in corn meal.**
- **Add eggs, Milk, and butter. Beat until smooth.**
- **Pour into a greased loaf pan.**

***Bake at 425⁰ for 20-25 minutes.**

Nutrition Facts

Based on:4 Servings

Amount per one serving: Calories 428

Total Fat 16g Saturated Fat 9g Polyunsaturated Fat 1g

Monounsaturated Fat 4g

Cholesterol 126mg Sodium 2469mg Potassium 159mg

Total Carbohydrate 61g Dietary Fiber 3g Sugars 14g Protein 10g

Vitamin A 12% ...Vitamin B-12 4%...Vitamin B-6 7%...Vitamin C 0%...

Vitamin D 10%...Vitamin E 2%...Calcium 6%

CROISSANTS

Ingredients

1 1/2 cups butter
1/4 cup flour
3/4 cup milk
2 tbsp. sugar
1 tsp. salt
1/2 cup warm water
2 pkg. active dry yeast
3 cups flour (unsifted)
Egg wash (1 egg yolk and
1 tbsp. milk mixed)

Directions

- **With** a spoon beat butter, and 1/4 cup flour, until smooth.
- **Spread** on wax paper in a rectangle 12"x 16" (Make sure there is a wet cookie sheet underneath the wax paper).
- **Refrigerate.**
- **Heat** milk, stir in sugar, salt to dissolve.
- **Cool** milk to luke warm water.
- **Sprinkle** with yeast stir to dissolve.
- **With** a spoon beat in milk mixture and 3 cups of flour until smooth.
- **Turn** on lightly floured pastry cloth and knead until smooth.
- **Let** rise, cover in a warm place free from draft, until doubled in size, 1 hour.
- **Refrigerate** for 1/2 hour.
- **On** a lightly floured pastry cloth, roll dough to a (rolling-floured pin) 14"x 14" square.

- **Place mixture on 1/2 the dough (remove the paper).**
- **Fold other 1/2 of dough over,**
- **Butter and pinch edges to seal**
- **With the fold to your right, roll the dough from center to 20"x 8".**
- **From short side (8") fold dough in thirds, making 3 layers. Seal edges.**
- **Chill 1 hour wrapped in foil.**
- **With fold at left, roll 20"x 8" fold, chill ½ hour.**
- **Repeat, and chill overnight.**
- **Next day roll, fold twice, then chill ½ hour in between.**

***Then chill for 1 hour longer.**

To Shape

- **Cut dough into 4 parts.**
- **On a lightly floured pastry cloth, roll each into 12" circle.**
- **Cut each into 6 wedges.**
- **Roll up beginning at the wide end.**
- **Form into crescent.**
- **Place point side down, 2" apart on brown paper or cookie sheet.**
- **Cover and let rise in warm place, until double (1hour).**
- **Brush with egg wash.**
- **Oven should be heated to 425⁰, bake for 5 minutes.**

***Reduce oven to 375⁰, bake 10 minutes until croissants are puffed and slightly browned.**

Nutrition Facts

Based on:8 Servings

Amount per one serving:Calories 1048

Total Fat 71g Saturated Fat 45g Polyunsaturated Fat 3g

Monounsaturated Fat 18g

Cholesterol 190mg Sodium 554mg Potassium 129mg

Total Carbohydrate 86g Dietary Fiber 3g Sugars 9g Protein 13g

Vitamin A 43% ...Vitamin B-12 2%...Vitamin B-6 2%...Vitamin C 0%...
Vitamin D 16%...Vitamin E 7%...Calcium 9%

ALICE'S PASTRY RECIPE'S

ALICE'S CHOCOLATE CHIP COOKIES

***M**akes 100-150, you can cut ingredients in half to make fewer cookies.

Ingredients

4 1/2 cups flour
2 tsp. baking soda
2 tsp. salt
2 cups butter/4 sticks (softened)
1 1/2 cups granulated sugar
1 1/2 cups light brown sugar
4 eggs (medium) beaten

2 tsp. vanilla
2 bags chocolate chips
Some walnuts (optional)

Directions

- **Combine** flour, baking soda, and salt, set aside.
- **Mix** butter and sugars until creamy.
- **Add** vanilla and mix.
- **Add** eggs one at a time.
- **Slowly** add flour mixture, until mixed well.
- **Add** chocolate chips.
- **Drop** spoonful onto ungreased tray.

***Bake 375⁰ for 10 minutes.**

Nutrition Facts

Based on:100 servings

Amount per one serving: Calories 80

Total Fat 4g Saturated Fat 2g Polyunsaturated Fat 0g

Monounsaturated Fat 1g

Cholesterol 20mg Sodium 101mg Potassium 10mg

Total Carbohydrate 10g Dietary Fiber 0g Sugars 6g Protein 1g

Vitamin A 3% ...Vitamin B-12 1%...Vitamin B-6 0%...Vitamin C 0%...

Vitamin D 1%...Vitamin E 0%...Calcium 0%

BUTTER COOKIES

Ingredients

1/2 cup sugar
3/4 cup butter (softened)
1 egg yolk
1 tsp. almond extract
1 1/2 cup flour

Directions

- In bowl, combine all ingredients except flour and cocoa.
- Beat until light and fluffy.
- Gradually add flour and cocoa. Mix well.
- Shape in balls, logs, or thumbprints, 1" apart.
- Bake 375⁰ for 9-7 minutes.
- Decorate with melted chocolate chips, nuts, and colored sugar.

Nutrition Facts

Based on:25 servings

Amount per one serving:Calories 93

Total Fat 6g Saturated Fat 4g Polyunsaturated Fat 0g

Monounsaturated Fat 1g

Cholesterol 22mg Sodium 40mg Potassium 10mg

Total Carbohydrate 10g Dietary Fiber 0g Sugars 4g Protein 1g

Vitamin A 4% ...Vitamin B-12 0%...Vitamin B-6 0%...Vitamin C 0%...

Vitamin D 1%...Vitamin E 1%...Calcium 0%

CHOCOLATE CAKE

Ingredients

1 cup unsweetened cocoa
2 cups boiling water
2 3/4 cups sifted flour
2 tsp. baking soda
1/2 tsp. salt
1/2 tsp. baking powder
1 cup butter or margarine
2 1/2 cups sugar
4 eggs
1 1/2 tsp. vanilla

To Bake Cake

- In bowl, combine cocoa with boiling water. Mix until smooth. Set aside.
- Sift flour with soda, salt, and baking soda.
- In a large bowl of an electric mixer, beat butter, sugar, eggs, and vanilla until light and fluffy (5minutes).
- At low speed add flour mixture slowly, alternate with cocoa mixture, ending with flour mixture.
- Divide into three greased and lightly floured pans (9"x 1 1/2").
- Bake for 25-30 minutes.
- Cool in pans for 10 minutes.
- Loosen before moving.

***Preheat oven to 350°**

Filling

1 cup heavy cream
1/4 cup confectionary sugar
1 tsp. vanilla

Filling Directions

- **Whip** cream with sugar and vanilla. Spread half on first layer.
- **Place** second layer on the cake.
- **Spread** the rest of the cream

***Place third layer on cake.**

Frosting

1 pkg. (6oz.) semisweet chocolate pieces.

1/2 cup light cream

1 cup butter or margarine

1 1/2 cups confectionary sugar

Directions

- **In** a saucepan, combine chocolate pieces, cream and butter.
- **Stir** over medium heat until smooth.
- **Remove** from heat.
- **Blend** in 2 1/2 cups confectionary sugar with a whisk.
- **Beat** until it holds its shape.

***With a spatula frost sides first, and then top.**

Nutrition Facts

Based on:6 servings included: frosting and filling

Amount per one serving: Calories 1197

Total Fat 56g Saturated Fat 34g Polyunsaturated Fat 2g

Monounsaturated Fat 16g

Cholesterol 330mg Sodium 772mg Potassium 414mg

Total Carbohydrate 173g Dietary Fiber 6g Sugars 121g Protein 16g

Vitamin A 38% ...Vitamin B-12 12%...Vitamin B-6 5%...Vitamin C 1%...

Vitamin D 14%...Vitamin E 6%...Calcium 12%

WHITE OR CHOCOLATE FROSTING

Ingredients

1/2 cup butter

1/4 tsp. salt (optional)

5 cups confectionary sugar

5 tbsp. milk

2 tbsp. vanilla

If chocolate frosting add 4 squares of melted chocolate

Directions

- Cream butter until fluffy; gradually add sugar, then a little milk at a time.
- You want to see consistency.

***If thick enough to spread, add vanilla or chocolate If too thin add more confectionary sugar.**

Nutrition Facts

Based on:4 servings

Amount per one serving: (without chocolate) Calories 993

Total Fat 33g Saturated Fat 21g Polyunsaturated Fat 1g

Monounsaturated Fat 6g

Cholesterol 87mg Sodium 322mg Potassium 19mg

Total Carbohydrate 164g Dietary Fiber 0g Sugars 161g Protein 10g

Vitamin A 19% ...Vitamin B-12 1%...Vitamin B-6 0%...Vitamin C 1%...

Vitamin D 35%...Vitamin E 2%...Calcium 38%

EASY CHOCOLATE CAKE

Ingredients

2 cups sugar
1 3/4 cups flour
3/4 cup cocoa
1 1/2 tsp baking powder
1 1/2 tsp. baking soda
1 tsp. salt
2 eggs
1 cup milk
1/2 cup vegetable oil
2 tsp. vanilla extract
1 cup boiling water

Directions

- **Heat** oven to 350⁰
- **Combine** dry ingredients in a large bowl.
- **Add** eggs, milk, oil and vanilla.
- **Beat** for two minutes
- **Stir** in boiling water (batter will be thin) pour into two 9" round greased and floured pans.
- **Bake** 30-35 minutes.
- **Cool** completely before you frost.

[*Use chocolate frosting recipe.](#)

Nutrition Facts

Based on:8 servings

Amount per one serving: (without frosting) Calories 334

Total Fat 3g Saturated Fat 2g Polyunsaturated Fat 0g

Monounsaturated Fat 1g

Cholesterol 67mg Sodium 640mg Potassium 175mg

Total Carbohydrate 76g Dietary Fiber 3g Sugars 50g Protein 6g

Vitamin A 2% ...Vitamin B-12 3%...Vitamin B-6 2%...Vitamin C 0%...

Vitamin D 1%...Vitamin E 1%...Calcium 7%

QUEEN OR YELLOW CAKE**Ingredients**

1 cup Butter

2 1/2 cups sifted flour

1/2 tsp salt

2 1/2 tsp. baking powder

1 tsp. vanilla

1 cup milk

2 cups sugar

4 eggs unbeaten

Directions

- **Combine** butter, salt, and vanilla.
- **Add** sugar gradually, and cream until light and fluffy.
- **Add** eggs one at a time, beating thoroughly after each addition.
- **Sift** flour and baking powder together.

- **Add** flour mixture alternatively with milk.
- **Beat** until smooth.
- **Pour** butter into 9" greased and floured pan.
- **Bake** at 370⁰ for 25 minutes.

***Spread any frosting you like.**

Nutrition Facts

Based on:8 servings

Amount per one serving: (without frosting) Calories 600

Total Fat 27g Saturated Fat 16g Polyunsaturated Fat 1g

Monounsaturated Fat 8g

Cholesterol 199mg Sodium 357mg Potassium 98mg

Total Carbohydrate 82g Dietary Fiber 1g Sugars 51g Protein 9g

Vitamin A 22% ...Vitamin B-12 8%...Vitamin B-6 3%...Vitamin C 0%...

Vitamin D 6%...Vitamin E 4%...Calcium 15%

LEMON AND LIME FILLING WITH COCONUT CREAM (for layered cake)

Filling

1 cup sugar

3 tbsp. cornstarch

1/2 tsp. salt

1/2 cup orange juice

1 tbsp. grated lemon peel

2 tbsp. lemon juice

2 tbsp. lime juice

1/4 cup water

Other Ingredients

3 egg yolks

1 tbsp. grated lime peel

Directions

- In a small pan, mix 1 cup of sugar with cornstarch and salt.
- Gradually stir in orange, lemon, lime juices and water.
- Bring to boil over medium heat.
- Keep stirring remove from heat.
- Add egg yolks one at a time, beating after each addition.
- Bring to a boil, and stir while, it boils for 1 minute.
- Remove from heat.
- Stir in lemon and lime peels and a few drops of color (green).

***Turn into bowl. Cool over ice.**

Frosting

2 cups heavy cream

1/2 cup confectionary sugar

1 can flaked coconut

3 thin slices of lime

Directions

- In a bowl, combine cream and confectionary sugar.
- Refrigerate for 1/2 hour.
- Then beat until stiff.
- Take 1 cup cream and mix with filling.
- Spread filling on 1st layer. If you make a three-layer cake, put filling in each layer.

- Top layer use rest of whipped cream.

***Decorate with coconut and lime.**

Nutrition Facts

Based on:4 servings

Amount per one serving: (without frosting) Calories 270

Total Fat 3g Saturated Fat 1g Polyunsaturated Fat 1g

Monounsaturated Fat 1g

Cholesterol 138mg Sodium 298mg Potassium 80mg

Total Carbohydrate 60g Dietary Fiber 0g Sugars 53g Protein 2g

Vitamin A 4% ...Vitamin B-12 4%...Vitamin B-6 3%...Vitamin C 23%...

Vitamin D 3%...Vitamin E 2%...Calcium 2%

APPLE UPSIDE DOWN CAKE

Ingredients

1/4 cup spry

1/2 tsp. salt

1/2 tsp. cinnamon

1/4 tsp. allspice

3/4 cup sugar

1 egg

1 1/4 cups sifted flour

1 1/2 tsp. baking soda

1/2 cup milk

8 apples (peeled and sliced-round)

3 tbsp. spry

1 tbsp. butter

1/2 cup brown sugar, 2 tbsp. milk

Directions

- **Combine** spry, salt and spices.
- **Add** sugar gradually, cream until light and fluffy.
- **Add** eggs, and beat thoroughly.
- **Sift** flour and baking powder together (3 times).
- **Add** small amounts of flour to creamed mixture, alternatively with milk
- **Beat** after each addition until smooth. Set aside.
- **Arrange** apples in 8"x 8" greased pan (round thin slices).
- **Melt** spry and butter.
- **Add** brown sugar mix. Mix well. It should be a little thick.
- **Spread** over apples.
- **Pour** butter over all.
- **Bake** 350⁰ for 50-60 minutes.
- **Wait** until cool before turning the pan over onto a platter. First, loosen edges with a knife.

***Double recipe for a 9" tray**

Nutrition Facts

Based on:4 servings

Amount per one serving: (without frosting) Calories 270

Total Fat 3g Saturated Fat 1g Polyunsaturated Fat 1g

Monounsaturated Fat 1g

Cholesterol 138mg Sodium 298mg Potassium 80mg

Total Carbohydrate 60g Dietary Fiber 0g Sugars 53g Protein 2g

Vitamin A 4% ...Vitamin B-12 4%...Vitamin B-6 3%...Vitamin C 23%...

Vitamin D 3%...Vitamin E 2%...Calcium 2%

PINEAPPLE UPSIDE DOWN CAKE

Ingredients

1/2 cup spray or butter
1/2 tsp. salt
1 tsp. vanilla
2 eggs
2 cups sifted flour
2 1/2 tsp. baking powder
8-10 pineapples (sliced-maraschino)
Cherry

Directions

- **Grease and flour an 8"x8" pan or a flat tube pan.**
- **Line pineapples in the pan and cover bottom and sides.**
- **Put cherry in center.**
- **In a small saucepan, melt 1/2 cup butter or margarine;**
- **Add cup brown sugar and mix. It should be thick**
- **Add 2 tbsp. milk. Mix again.**
- **In the pan, spoon over each pineapple and cherry**
- **Combine spray, salt and vanilla.**
- **Add sugar gradually, cream until light and fluffy.**
- **Add eggs beat thoroughly.**
- **Sift flour and baking powder.**
- **Add to creamed mixture.**
- **Alternate with milk and beat until smooth.**
- **Pour butter over pineapples.**

***Bake 375° for 25 minutes or until you insert a toothpick and it come out clean.**

Nutrition Facts

Based on:6 servings

Amount per one serving: Calories 510

Total Fat 33g Saturated Fat 20g Polyunsaturated Fat 2g

Monounsaturated Fat 9g

Cholesterol 173mg Sodium 643mg Potassium 226mg

Total Carbohydrate 46g Dietary Fiber 2g Sugars 11g Protein 8g

Vitamin A 22% ...Vitamin B-12 6%...Vitamin B-6 6%...Vitamin C 22%...

Vitamin D 7%...Vitamin E 4%...Calcium 15%

RICE KRISPIES AND DATES**Ingredients**

4-5 cups of Rice Krispies

1 1/2 cups sugar

5 cups cut up Dates

2 eggs (beaten)

2 cups chopped nuts

2 tsp. vanilla

2 pkgs. coconut

Directions

- **Mix** dates, eggs, butter, and sugar.
- **Cook** over medium heat (3-4 minutes). Mixture should be thick.
- **Add** Krispies nuts and vanilla. Mix well. Let cool.
- **Take** a small amount in hand (size of a walnut) roll in coconut.
- **Place** in wrapper.

***Refrigerate or freeze.**

Nutrition Facts

Based on:6 servings

Amount per one serving: Calories 650

Total Fat 14g Saturated Fat 9g Polyunsaturated Fat 4g

Monounsaturated Fat 3g

Cholesterol 90mg Sodium 152mg Potassium 1114mg

Total Carbohydrate 133g Dietary Fiber 15g Sugars 99g Protein 9g

Vitamin A 8% ...Vitamin B-12 18%...Vitamin B-6 29%...Vitamin C 8%...

Vitamin D 7%...Vitamin E 3%...Calcium 7%

CHEESE CAKE

Ingredients

2 cups graham cracker crumbs

1/2 cup butter (melted)

2 1/2 cups sugar

6 pkgs. cream cheese (8oz. softened)

4 tsp. vanilla

6 eggs

2 cups sour cream

Fruit for topping (strawberry, pineapple, or cherries)

Directions

- Use a 10" spring-form pan.

- **Combine** crumbs, butter and 1/2 cup sugar in a bowl.
- **Press** mixture on bottom and sides of 10" spring-form-pan and set aside.
- **In** another large bowl with electric mixer, beat cream cheese, remaining sugar and vanilla until creamy.
- **Beat** eggs one at a time. Blend in your cream.
- **Pour** over graham cracker crumbs
- **Bake** at 350⁰ for 70 minutes, or until the center is set
- **Turn** off oven.
- **Leave** cheesecake in oven for 1 hour. Door of oven should be slightly ajar.
- **Remove** from oven, cool.

***Chill 6 hours overnight. Fruit should be added at this time.**

Nutrition Facts

Based on:6 servings (without fruit topping)

Amount per one serving: Calories 888

Total Fat 51g Saturated Fat 29g Polyunsaturated Fat 3g

Monounsaturated Fat 14g

Cholesterol 386mg Sodium 405mg Potassium 269mg

Total Carbohydrate 97g Dietary Fiber 0g Sugars 88g Protein 14g

Vitamin A 40% ...Vitamin B-12 21%...Vitamin B-6 6%...Vitamin C 1%...

Vitamin D 8%...Vitamin E 8%...Calcium 16%

NO NAME BUNS

Ingredients

1 stick of butter or margarine
2 cups graham cracker crumbs
2 cups chocolate chips
2 cups coconut
2 cups walnut chopped
2 cans condensed milk

Directions

- **Melt** butter slowly in tray.
- **Sprinkle** first layer of graham crackers, then layer of chocolate chips, coconuts and walnuts.
- **Saturate** the whole works with condensed milk.
- **Bake** at 350° for 35 minutes. Cool.
- **Cut** into squares.
- **Place** in wrappers.

***You could sprinkle with colored candy (optional)**

Nutrition Facts

Based on: 6 servings

Amount per one serving: Calories 1078

Total Fat 85g Saturated Fat 39g Polyunsaturated Fat 20g

Monounsaturated Fat 10g

Cholesterol 103mg Sodium 361mg Potassium 491mg

Total Carbohydrate 78g Dietary Fiber 5g Sugars 59g Protein 21g

Vitamin A 15% ... Vitamin B-12 9% ... Vitamin B-6 4% ... Vitamin C 5% ...

Vitamin D 3% ... Vitamin E 3% ... Calcium 43%

CARROT CAKE

Ingredients

3 cups of flour
2 tsp. baking powder
1 tsp. baking soda
1 tsp. cinnamon
1/2 tsp. salt
2 cups carrots (shredded)
1 cup butter or margarine
1 cup light brown sugar
1 cup sugar
4 eggs
1 cup dates and raisins
1 cup walnuts (chopped)
2 tbsp. lemon juice
2 tbsp. lemon (grated and peeled)

Directions

- **Lightly** grease and flour a 10" x 4" tube pan.
- **Preheat** oven to 350°.
- **Sift** flower, baking powder, baking soda, cinnamon, and salt.
- **Set** aside.
- **In** a large bowl or mixer, beat butter, brown and granulated sugar until light and fluffy.
- **Add** eggs one at a time until smooth.
- **In** a small bowl, combine lemon, and orange peels, and juices at low speed.
- **Beat** in flour mix.
- **Alternate** with lemon-orange mixtures ending with flour mixture, beat until smooth.
- **Stir** in grated carrots, nuts, dates and raisins. Mix well.
- **Turn** into prepared tube pan.
- **Bake** for 60 min. test with toothpick. It should come out clean.
- **Cool**

Spread cream cheese frosting on top and sides.

Cream cheese frosting

1 box confectionary sugar
1 tsp. vanilla
1 pkg. cream cheese (8oz.) softened
1/2 stick butter
1 tbsp. lemon juice
1 tsp. grated lemon peel

Directions

- **Combine** cream cheese, butter, lemon juice and peel.
- **Beat** with mixer until smooth.

***Add confectionary sugar; mix until it's able to spread.**

Nutrition Facts

Based on:6 servings (frosting not included)

Amount per one serving:Calories 998

Total Fat 45g Saturated Fat 21g Polyunsaturated Fat 10g

Monounsaturated Fat 9g

Cholesterol 83mg Sodium 828mg Potassium 561mg

Total Carbohydrate 159g Dietary Fiber 6g Sugars 102g Protein 11g

Vitamin A 107% ...Vitamin B-12 1%...Vitamin B-6 7%...Vitamin C 11%...

Vitamin D 5%...Vitamin E 4%...Calcium 18%

COCONUT MACAROONS

Ingredients

1 1/2 cups Baker's Coconut Flakes
3 tbsp. flour
1/2 cup sugar
Pinch of salt
2 egg whites
1/2 tsp. almond extract
Can dried cherry halves

Directions

- **Combine** coconut, sugar, flour, and salt, in a mixing bowl.
- **Stir** in egg whites and almond extract. Mix well.
- **Drop** mixture with a teaspoon, onto lightly greased baking sheet
- **Garnish** with can dried cherry halves.
- **Bake** at 325° for 20-25 min. or until edge of cookies are golden brown.
- **Remove** from baking sheet immediately.

***Makes about 1 1/2 dozen**

Nutrition Facts

Based on:6 servings

Amount per one serving:Calories 297

Total Fat 10g Saturated Fat 9g Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg Sodium 136mg Potassium 120mg

Total Carbohydrate 49g Dietary Fiber 9g Sugars 39g Protein 3g

Vitamin A 13% ...Vitamin B-12 0%...Vitamin B-6 0%...Vitamin C 0%...

Vitamin D 0%...Vitamin E 0%...Calcium 1%

BLUEBERRY CAKE

Ingredients

3 cups flour
1 1/2 tsp. baking powder
3/4 tsp baking soda
1/4 tsp. salt
1/4 cups light brown sugar
2 tbsp. flour
1/2 tsp cinnamon
3/4 cups butter or margarine (softened)
1 cup confectionary sugar
1-2 tbsp. milk
1 1/2 cups of sugar
1 tsp. vanilla extract
4 eggs
1 cup sour cream
2 cups blueberries (washed)

Directions

- **Preheat** oven to 350°.
- **Lightly** grease and flour a 10"x4 1/2 tube pan.
- **Sift** 3 cups flour with the baking powder, baking soda, and salt in small bowl. Set aside.
- **Mix** brown sugar, 1 tbsp. flour, in cinnamon in small bowl.
- **Put** butter in large bowl of electric mixer, mix until smooth and creamy.
- **Add** sugar and vanilla to butter and beat until light and fluffy.
- **Add** eggs one at a time to the butter mixture. Beat well.

- **Add** flour-baking powder mixture, alternate with sour cream. Beat butter thoroughly.
- **Dust** blueberries with one tablespoon of flour.
- **Turn** 1/3 of batter into prepared pan, sprinkle with half of blueberries and half of brown sugar-flour mixture.
- **Repeat** layering of remaining batter, blueberries and brown sugar mixture.
- **Bake** for 60 min. or until a cake tester inserted in cake comes out clean.

***Cool, remove the pan, mix confectionary sugar and milk, drizzle over cake**

Nutrition Facts

Based on:6 servings

Amount per one serving:Calories 867

Total Fat 26g Saturated Fat 8g Polyunsaturated Fat 5g

Monounsaturated Fat 11g

Cholesterol 196mg Sodium 607mg Potassium 419mg

Total Carbohydrate 146g Dietary Fiber 6g Sugars 87g Protein 21g

Vitamin A 9% ...Vitamin B-12 11%...Vitamin B-6 12%...Vitamin C 1%...

Vitamin D 4%...Vitamin E 19%...Calcium 18%

DATE COFFEE CAKE

Ingredients

1/3 cup bananas (mashed)

1/2 cup butter (softened)

3 large eggs

1 tsp. vanilla extract

3 cups flour

1 tsp. baking soda
2 tsp. baking powder
1 1/2 cups dates (chopped)
1 1/2 cups water

Toppings Mix together 1/3 dates chopped 1/3 cup walnuts chopped and 1/3 cup of coconut.

Directions

- **Beat** together bananas and butter until creamy.
- **Add** eggs, vanilla and water. Mix
- **Add** flour, baking soda and baking powder. Beat well.
- **Stir in** 1 1/2 cups dates.
- **Pour** batter into a greased and floured 9"x13" baking pan. Spread batter evenly.
- **Sprinkle** topping over batter.

***Bake 350° for 20 to 25 min. or until knife is inserted and comes out clean.**

Nutrition Facts

Based on: 6 servings

Amount per one serving: Calories 547

Total Fat 19g Saturated Fat 10g Polyunsaturated Fat 1g

Monounsaturated Fat 5g

Cholesterol 176mg Sodium 361mg Potassium 451mg

Total Carbohydrate 84g Dietary Fiber 6g Sugars 30g Protein 12g

Vitamin A 14% ...Vitamin B-12 7%...Vitamin B-6 11%...Vitamin C 2%...

Vitamin D 5%...Vitamin E 3%...Calcium 5%

BRAN MUFFINS

Ingredients

1 1/4 cups flour
1 tbsp. baking powder
1/2 cup sugar
1/2 tsp. salt
1 1/2 All Bran Cereal
1 1/4 cup milk
1 egg beaten
1/2 cup oil (corn)

Directions

- **Mix** together flour, baking powder, salt and sugar. Set aside.
- **Combine** cereal and milk (until cereal softens).
- **Add** eggs and oil. Mix well.
- **Add** flour mixture. Stir until combined.
- **Spoon** batter into muffin tin with paper cups.

***Heat oven to 400° for 15 to 20 min. or until lightly browned.**

Nutrition Facts

Based on: 6 servings

Amount per one serving: Calories 372

Total Fat 21g Saturated Fat 4g Polyunsaturated Fat 10g

Monounsaturated Fat 5g

Cholesterol 35mg Sodium 322mg Potassium 187mg

Total Carbohydrate 48g Dietary Fiber 5g Sugars 39g Protein 5g

Vitamin A 7% ...Vitamin B-12 51%...Vitamin B-6 50%...Vitamin C 5%...

Vitamin D 12%...Vitamin E 19%...Calcium 25%

APPLE MUFFINS

Ingredients

1 1/2 cups flour
1/2 cup milk
2/3 cup sugar
1-2 cups apple (chopped)
2 tsp. baking powder
1/2 tsp salt
1 tsp. cinnamon
1/4 tsp. nutmeg
1/4 cup butter or margarine
1 egg

Directions

- **Preheat** oven to 400°.
- **Grease** muffin tin with paper cup.
- **Sift** flour, sugar, baking powder, salt, cinnamon, and nutmeg in bowl.
- **Add** butter, egg, and milk. Mix enough to moisten.
- **Stir** in Apple's
- **Spoon** into prepared muffin tin
- **Top** with streusel mix.

***Bake for 20 to 25 min. until done.**

Nutrition Facts

Based on:6 servings

Amount per one serving:Calories 315

Total Fat 9g Saturated Fat 6g Polyunsaturated Fat 1g

Monounsaturated Fat 2g

Cholesterol 53mg Sodium 434mg Potassium 50mg

Total Carbohydrate 53g Dietary Fiber 2g Sugars 28g Protein 5g

Vitamin A 6% ...Vitamin B-12 2%...Vitamin B-6 2%...Vitamin C 3%...

Vitamin D 5%...Vitamin E 1%...Calcium 13%

BLUEBERRY MUFFINS

Ingredients

1 3/4 cup flour

2 tbsp. sugar

1 1/2 tsp. baking powder

Dash of salt

1 egg (beaten)

1/2 cup milk

1/3 cup oil

1 cup fresh blueberries or frozen blueberries (mix with two tbsp. sugar)

Directions

- **C**ombine flour, baking powder, and salt. Sift together.
- **A**dd sugar. Stir in egg and oil.
- **M**ix until ingredients are moistened.
- **G**ently stir in blueberries.
- **F**ill greased muffin pans or paper cups 2/3 full.

***Bake at 400° for 25 min.**

Nutrition Facts

Based on:6 servings

Amount per one serving:Calories 294

Total Fat 14g Saturated Fat 2g Polyunsaturated Fat 4g

Monounsaturated Fat 7g

Cholesterol 33mg Sodium 174mg Potassium 51mg

Total Carbohydrate 37g Dietary Fiber 2g Sugars 5g Protein 6g

Vitamin A 1% ...Vitamin B-12 1%...Vitamin B-6 1%...Vitamin C 0%...

Vitamin D 4%...Vitamin E 13%...Calcium 10%

BROWNIES

Ingredients

1/2 cup butter or margarine

1 cup granulated sugar

2 eggs (beaten)

4-5 score squares unsweetened chocolate (melted)

1/4 tsp. baking powder

1/4 tsp. salt

3/4 cup nuts

3/4 cups flour

1/2 tsp. vanilla

1/2 cup chopped nuts

Directions

- **C**ream shortening until fluffy
- **A**dd sugar gradually until light.
- **A**dd eggs and melted chocolate.
- **S**ift flour, baking powder and salt, add to mixture.
- **M**ix, then add nuts.
- **B**ake at 350° for 30 to 35 minutes
- **C**ut into squares.

***Grease 13"x 9" pan for double recipe**

Nutrition Facts

Based on:6 servings

Amount per one serving:Calories 518

Total Fat 38g Saturated Fat 20g Polyunsaturated Fat 3g

Monounsaturated Fat 14g

Cholesterol 131mg Sodium 368mg Potassium 326mg

Total Carbohydrate 47g Dietary Fiber 4g Sugars 34g Protein 9g

Vitamin A 12% ...Vitamin B-12 5%...Vitamin B-6 4%...Vitamin C 0%...

Vitamin D 4%...Vitamin E 4%...Calcium 6%

BROWNIES WITH CREAM CHEESE

***Either use my [brownie](#) mix or your favorite mix.**

Ingredients

3 pkgs. (3 oz.) cream cheese

5 tbsp. butter or margarine

1/3 cup sugar

3 eggs

2 3/4 tbsp. flour

Directions

- **Make** brownie batter and set aside.
- **Softened** cream cheese and butter beat together until light and fluffy.
- **Add** sugar, eggs, flour, and vanilla. Mix until smooth.
- **Pour** half brownie batter into a 13" x 9" greased pan.
- **Pour** all the cream cheese mixture over the brownie layer.
- **Spoon** the remaining brownie batter over the cream cheese mixture.
- **Make** a swirl with a knife.
- **Bake** at 350° for 35 to 40 min., insert a toothpick, if cooked it will come out clean.
- **Cool.**
- **Frost** with chocolate frosting

***Cut into squares.**

Nutrition Facts

Based on: 6 servings (minus brownie mix)

Amount per one serving: Calories 473

Total Fat 28g Saturated Fat 15g Polyunsaturated Fat 2g

Monounsaturated Fat 7g

Cholesterol 207mg Sodium 234mg Potassium 149mg

Total Carbohydrate 46g Dietary Fiber 1g Sugars 13g Protein 12g

Vitamin A 22% ...Vitamin B-12 10%...Vitamin B-6 4%...Vitamin C 0%...

Vitamin D 4%...Vitamin E 4%...Calcium 6%

CHOCOLATE CHURCH WINDOWS

Ingredients

1/2 lb. Butter or margarine
2 pkgs. chocolate chips
1 10 oz. mixture marshmallows (small, colored)
2 pkgs. shredded coconut

Directions

- **Melt** butter and chocolate over warm burner until melted. Cool,
- **Add** marshmallows. Make sure they don't melt.
- **Shape** into log
- **Roll** in the shredded coconut
- **Place** each log onto wax paper.
- **Refrigerate** right away until hard.

***Slice and place into cups.**

Nutrition Facts

Based on:6 servings

Amount per one serving:Calories 594

Total Fat 60g Saturated Fat 45g Polyunsaturated Fat 1g Monounsaturated Fat 8g

Cholesterol 82mg Sodium 243mg Potassium 9mg

Total Carbohydrate 10g Dietary Fiber 0g Sugars 8g Protein 3g

Vitamin A 19% ...Vitamin B-12 1%...Vitamin B-6 0%...Vitamin C 0%...

Vitamin D 5%...Vitamin E 3%...Calcium 1%

ÉCLAIRS

Ingredients

3/4 cups water
1/3 cup butter or margarine
1/8 tsp salt
3/4 cups flour (sifted)
3 large eggs

Custard filling

1 1/2 cups milk
1/4 cups sugar
1 1/2 tbsp. cornstarch
2 egg yolks
1 tsp. vanilla
1/2 cup heavy cream (whipped)

Chocolate glaze

1 cup (6oz.) semisweet chocolate
2 tbsp. butter or margarine
2 tbsp. corn syrup
3 tbsp. milk

Directions

- **Preheat** oven to 400°.
- **In** saucepan, bring water, butter, and salt to a boil.
- **Remove** from heat.
- **Quickly** add flour, with wooden spoon.

- **Heat** over low heat until mixture forms a ball and leaves side of pan.
- **Remove** from heat.
- **Beat** eggs one at a time into mixture. Beat until dough is shiny.
- **Dough** will be stiff and hold its shape.
- **Drop** dough 3" apart on ungreased cookie sheet.
- **With** a spatula shape into 4"x 1 1/2" strips rounding ends.
- **Make** indentation on either side.
- **Bake** 35 to 40 min. or until puffed. Cool.

Filling

- In saucepan, heat 1 1/2 cups of milk until boiling. Mix sugar and cornstarch, stir into hot milk.
- **Over** medium heat, cook stir until it starts boiling.
- **Simmer** 1 minute, beat a small amount of hot mixture into egg yolks, then return to saucepan.
- **Cook** until thickened.
- **Add** vanilla.
- **Return** to bowl
- **Refrigerate** 1 1/2 hours.
- **Fold** in cream.

To fill éclair

- **With** a sharp knife cut off tops of éclairs.
- **Add** filling 1/4 cup each.
- **Replace** tops.

***To make glaze:**

Glaze

- **Melt** chocolate with butter, blend in corn syrup and milk.

- **Cool** 5 min.
- **Spoon** over éclairs

***Refrigerate**

Nutrition Facts

Based on:8 servings All ingredients

Amount per one serving:Calories 516

Total Fat 33g Saturated Fat 19g Polyunsaturated Fat 2g

Monounsaturated Fat 9g

Cholesterol 253mg Sodium 219mg Potassium 180mg

Total Carbohydrate 49g Dietary Fiber 2g Sugars 32g Protein 10g

Vitamin A 18% ...Vitamin B-12 9%...Vitamin B-6 4%...Vitamin C 0%...

Vitamin D 15%...Vitamin E 6%...Calcium 13%

ALICE'S PIE

RECIPES

BASIC PIE CRUST

Ingredients

2 cups flour

1 tsp. salt

3/4 cups shortening

4-5 tbsp. ice water

Directions

- In a bowl, mix all ingredients.
- With two knives cut shortening into flour until mixture resembles corn meal.
- Gradually add ice water. Mix lightly.
- Shape into pastry ball. Pastry should not be sticky it should be smooth.
- Divide into 2 balls.
- Wipe table with damp cloth so wax paper won't slip.
- Place 1 ball between two 12" sheets of floured wax paper
- Roll out gently until pastry reaches edges of paper.
- Peel off top sheet. Lift bottom sheet and pastry.
- Place paper side up in greased 9" pie pan. Carefully peel off paper.
- Repeat for top crust.
- Preheat oven 425°.

***You could substitute shortening with 1/2 cup butter and 1/4 cup shortening. It will be flakier.**

Nutrition Facts

Based on: 6 servings

Amount per one serving: Calories 382

Total Fat 26g Saturated Fat 10g Polyunsaturated Fat 3g
Monounsaturated Fat 11g
Cholesterol 14mg Sodium 388mg Potassium 45mg
Total Carbohydrate 32g Dietary Fiber 1g Sugars 0g Protein 4g
Vitamin A 0% ...Vitamin B-12 0%...Vitamin B-6 1%...Vitamin C 0%...
Vitamin D 0%...Vitamin E 2%...Calcium 1%

FLAKEY PIE CRUST

Ingredients

2 1/4 cups all-purpose flour
1 1/2 tsp. salt
1/3 cup cold milk
1/2 cup plus 1 tbsp. salad oil

Directions

- In a bowl mix flour and salt, pour milk and oil, add to flour.
- With fork, stir lightly until dough is well mixed.
- Press dough into smooth ball divide into 2 balls.
- Wipe table with damp cloth so wax paper won't slip.
- Place 1 ball between two 12" sheets of floured wax paper
- Roll out gently until pastry reaches edges of paper.
- Peel off top sheet. Lift bottom sheet and pastry.
- Place paper side up in 9" pie pan. Carefully peel off paper.
- Repeat for top crust.
- For baked shell, prick bottom.

***Bake at 475° for 8 to 12 min.**

Nutrition Facts

Based on:6 servings

Amount per one serving:Calories 319

Total Fat 17g Saturated Fat 3g Polyunsaturated Fat 8g

Monounsaturated Fat 5g

Cholesterol 1mg Sodium 589mg Potassium 59mg

Total Carbohydrate 37g Dietary Fiber 1g Sugars 1g Protein 4g

Vitamin A 0% ...Vitamin B-12 0%...Vitamin B-6 1%...Vitamin C 0%...

Vitamin D 1%...Vitamin E 14%...Calcium 2%

APPLE PIE FILLING**Ingredients**

1/8 tsp. nutmeg

1 tsp. cinnamon

1/2 tsp. salt

7 cups apples (sliced) or more

2 tbsp. lemon juice

2 tbsp. butter

1 tsp. Cornstarch

Directions

- In a bowl, add apples, sugar, spice salt and lemon juice.
- Turn the apple mixture into pastry lined pie plate.
- Dot apples with butter, and sprinkle 1 tsp. of cornstarch.
- Carefully place pastry on top of apples.

- **Using** scissors, trim overhanging edge of pastry. It should measure 1"all around.
- **Moisten** the edge of the bottom of pastry with a little water.
- **Fold** the top pastry under edge of bottom pastry.
- **With** finger, press edges together to seal. Crimp edges.
- **Brush** top crust with egg wash (beaten egg).

***Bake 40 to 50 min. or until crust is golden.**

Nutrition Facts

Based on:6 servings

Amount per one serving: Calories 105

Total Fat 4g Saturated Fat 2g Polyunsaturated Fat 0g

Monounsaturated Fat 1g

Cholesterol 10mg Sodium 222mg Potassium 146mg

Total Carbohydrate 19g Dietary Fiber 3g Sugars 13g Protein 0g

Vitamin A 4% ...Vitamin B-12 0%...Vitamin B-6 0%...Vitamin C 14%...

Vitamin D 1%...Vitamin E 2%...Calcium 2%

CARMEL APPLE PIE

Ingredients

1/2 pkg. caramels (24)

1 tbsp. milk

1 Ready Crust Graham Cracker Pie Crust

1/3 cup chopped nuts

1pkg. cream cheese (softened 8oz.)

1/2 cup sour cream

2 tbsp. sugar
1/2 cup chunky applesauce
2 tsp. cinnamon
3 1/2 cups cool whip (8 oz.)
Fresh apple slices

Directions

- **Melt** caramel with milk, stir until smooth.
- **Pour** 3/4 of caramel into the crust.
- **Sprinkle** with nuts. Cool.
- **Beat** cream cheese, sour cream and sugar until smooth.
- **Stir** in applesauce, vanilla and cinnamon.
- **Fold-in**, half of whipped topping.
- **Spread** mixture over caramel layer crust.
- **Chill** at least 4 hours.
- **Garnish** with remaining whipped topping and apple slices.
- **Spoon** caramel over each apple slices.

Nutrition Facts

Based on:6 servings

Amount per one serving:Calories 674

Total Fat 37g Saturated Fat 21g Polyunsaturated Fat 4g

Monounsaturated Fat 9g

Cholesterol 53mg Sodium 424mg Potassium 201mg

Total Carbohydrate 78g Dietary Fiber 2g Sugars 56g Protein 7g

Vitamin A 20% ...Vitamin B-12 4%...Vitamin B-6 2%...Vitamin C 1%...

Vitamin D 0%...Vitamin E 10%...Calcium 13%

EASY BANANA CREAM PIE

Ingredients

1 Graham Cracker Crust (already made)
1 pkg. chocolate pudding
3 bananas sliced
1 container cool whip
2 cups milk

Directions

- **Bake** graham cracker crust in 375⁰ oven for 8 minutes until lightly brown.
- **Cool.**
- **In** pan, make pudding according to direction.
- **Pour** into graham cracker shell.
- **Cool** for 1 hour
- **Slice** bananas and place over pudding.
- **Spread** cool whip over bananas.

***Cool before serving.**

Nutrition Facts

Based on:6 servings

Amount per one serving:Calories 681

Total Fat 23g Saturated Fat 8g Polyunsaturated Fat 5g Monounsaturated Fat 7g

Cholesterol 7mg Sodium 1029mg Potassium 613mg

Total Carbohydrate 116g Dietary Fiber 5g Sugars 62g Protein 9g

Vitamin A 8% ...Vitamin B-12 8%...Vitamin B-6 22%...Vitamin C 10%...

Vitamin D 8%...Vitamin E 14%...Calcium 24%

CUSTARD PIE

Ingredients

One 9" unbaked pastry shell (use homemade [piecrust](#))
4 eggs (beaten)
1 cup sugar
1/4 tsp. salt
1/2 tsp. vanilla
2 1/2 cups milk (scalded)
1 tsp. Nutmeg

Directions

- **Blend** eggs, sugar, salt and vanilla. Gradually stir in scalded milk.
- **Pour** into pie shell.
- **Sprinkle** with nutmeg.
- **Bake** in hot oven 400⁰ for 25–30 minutes, insert knife in custard until it comes out clean.

***Make sure you crimp edges of your piecrust high.**

Nutrition Facts

Based on: 6 servings (excluding pie crust)

Amount per one serving: Calories 190

Total Fat 4g Saturated Fat 1g Polyunsaturated Fat 1g

Monounsaturated Fat 2g

Cholesterol 180mg Sodium 150mg Potassium 58mg

Total Carbohydrate 34g Dietary Fiber 0g Sugars 39g Protein 5g

Vitamin A 5% ...Vitamin B-12 9%...Vitamin B-6 3%...Vitamin C 0%...

Vitamin D 4%...Vitamin E 2%...Calcium 3%

Pumpkin Pie

Ingredients

One 9" unbaked pastry shell (use homemade [piecrust](#))
1 1/2 cups canned or mashed pumpkin
3/4 cup sugar
1/2 tsp. salt
1 1/4 tsp cinnamon
3/4 tsp. ginger
1/2 tsp. nutmeg
1/2 tsp. cloves
3 eggs (beaten)
1 1/4 cups milk
1 can evaporated milk (6oz.)

Directions

- **Combine** the pumpkin, sugar, salt and spices.
- **Blend** in eggs, milk, and evaporated milk.
- **Pour** into unbaked pastry shell.
- **Make** sure you have edges crimped high.
- **Bake** in hot oven 400⁰ for 50 minutes or until knife inserted in center comes out clean.

Nutrition Facts

Based on: 6 servings (excluding pie crust)

Amount per one serving: Calories 232

Total Fat 7g Saturated Fat 4g Polyunsaturated Fat 0g

Monounsaturated Fat 2g
Cholesterol 148mg Sodium 294mg Potassium 143mg
Total Carbohydrate 35g Dietary Fiber 1g Sugars 31g Protein 8g
Vitamin A 6% ...Vitamin B-12 8%...Vitamin B-6 3%...Vitamin C 1%...
Vitamin D 8%...Vitamin E 2%...Calcium 16%

BLUEBERRY PIE

Ingredients

4 cups blueberries (fresh)
1 cup sugar
3 tbsp. flour
1/2 tsp. grated lemon peel
1/2 tsp. cinnamon and nutmeg
2 tsp. lemon juice
1 tbsp. butter
1 basic recipe for pie dough
1 egg (beaten)

Directions

- **M**ake piecrust. (for homemade [piecrust](#))
- **L**ine 9" pie plate with rolled out pastry
- **C**ombine blueberries, sugar, flour, grated lemon peel, dash salt and spices.
- **F**ill pie shell.
- **S**prinkle lemon juice, then dot with butter.
- **L**ay top crust over mixture.
- **E**gg-wash top crust

***Bake in hot oven at 400° for 30-40 minutes**

Nutrition Facts

Based on:6 servings (excluding pie crust)

Amount per one serving:Calories 229

Total Fat 3g Saturated Fat 2g Polyunsaturated Fat 0g

Monounsaturated Fat 1g

Cholesterol 50mg Sodium 33mg Potassium 107mg

Total Carbohydrate 50g Dietary Fiber 3g Sugars 43g Protein 2g

Vitamin A 4% ...Vitamin B-12 2%...Vitamin B-6 3%...Vitamin C 23%...

Vitamin D 1%...Vitamin E 5%...Calcium 1%

LEMON MERINGUE PIE

Ingredients

1/2 recipe for pie crust (for homemade [piecrust](#))

1 3/4 cups sugar

1/4 cup cornstarch

3 tbsp. flour

1/2 tsp salt

4 eggs (separated)

1/2 cup lemon juice

1 tbsp. grated lemon peel

1 tbsp. butter

1/4 tsp. cream of tartar

1/2 cup sugar

Directions

- **Roll** pastry into a 9" pie plate. Crimp edges.
- **Refrigerate** for 15 minutes.
- **Preheat** oven to 450⁰.
- **Prick** with fork the entire piecrust.
- **Bake** 10 minutes or until golden brown.

***Cool.**

Filling

- **In** a saucepan, combine cornstarch, flour, sugar and salt. Mix well.
- **Gradually** add 2 cups water, stirring until smooth
- **Bring** to a boil; stirring occasionally, then boil 1 minute.
- **Separate** eggs. Beat egg yolks. Stir some of the mixture into the yolks.
- **Pour** all back into mixture. Mix, cook over low heat for 5 minutes.
- **Remove** from heat
- **Stir** in lemon juice, peel, and butter.
- **Pour** into pie shell.

***Preheat oven to 400⁰.**

Meringue

- **With** mixer beat egg whites with cream of tartar until creamy.
- **Gradually** beat in sugar, 2 tbsp. at a time
- **Beat** at high speed until stiff peak forms.
- **Bake** 7-10 minutes or until meringue is golden brown.

***Let cool.**

Nutrition Facts

Based on:6 servings (excluding pie crust)

Amount per one serving:Calories 444

Total Fat 6g Saturated Fat 3g Polyunsaturated Fat 1g Monounsaturated Fat 2g

Cholesterol 185mg Sodium 263mg Potassium 107mg

Total Carbohydrate 95g Dietary Fiber 0g Sugars 76g Protein 6g

Vitamin A 7% ...Vitamin B-12 9%...Vitamin B-6 3%...Vitamin C 18%...

Vitamin D 4%...Vitamin E 2%...Calcium 3%

BAKLAVA**Ingredients**

2 lbs. phyllo/fillo dough

3 lbs. walnuts or pistachio nuts (coarsely grounded)

1 cup sugar

2 tbsp. orange flower water

3-4 cups butter (rendered)

Directions

- **P**reheat oven to 400⁰
- **C**ombine all ingredients. Mix
- **Y**ou should use a tray 17" x 13"; Butter the tray thoroughly.
- **O**pen 1 lb. pkg. Phyllo dough; lay flat on a towel, place damp towel on top.
- **T**ake one sheet at a time and place in tray. Butter each sheet. Do not butter last sheet.
- **S**pread nut mixture evenly.
- **T**ake the other 1 lb. of Phyllo and place on towel.
- **P**lace 1 dough over filling and brush with butter.

- **Repeat** until you use all the Phyllo dough.
- **Cut** into diamond shape.
- **Pour** remaining butter over Baklava.
- **Bake** in oven 400⁰ for 15 minutes then reduce heat 325⁰ for 45 minutes

***When done remove from heat to cool.**

Syrup

3 cups sugar

1/2 tsp. lemon juice

2 cups water

1 tsp. orange flower water

Directions

- **Mix** sugar and water in saucepan.
- **Bring** to a boil over medium heat for 15-20 minutes.
- **Add** lemon juice and orange water.
- **Remove** from heat.

***Let syrup stand for 10-15 minutes before spooning it evenly over cold Baklava.**

Nutrition Facts

Based on:10 servings (excluding syrup)

Amount per one serving:Calories 1565

Total Fat 119g Saturated Fat 43g Polyunsaturated Fat 21g

Monounsaturated Fat 49g

Cholesterol 149mg Sodium 831mg Potassium 1478mg

Total Carbohydrate 104g Dietary Fiber 15g Sugars 30g Protein 34g

Vitamin A 49% ...Vitamin B-12 2%...Vitamin B-6 117%...Vitamin C 11%...

Vitamin D 10%...Vitamin E 41%...Calcium 17%

THE END!

I hope you will try some of Alice's recipes and remember them in your variety of meal plans. I am sure your culinary skills will move up a notch!

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[Nutritional Facts](#)

Calorie: The calorie was first defined specifically to measure energy in the form of heat.

The name **calorie** is used for two units of energy.

- The **small calorie** or **gram calorie** (symbol: **cal**) is the approximate amount of energy needed to raise the temperature of one gram of water by one degree Celsius at a pressure of one atmosphere.
- The **large calorie**, **kilogram calorie**, **dietary calorie**, **nutritionist's calorie**, **nutritional calorie**, **Calorie** (capital C) or **food calorie** (symbol: **Cal**) is approximately the amount of energy needed to raise the temperature of one kilogram of water by one degree Celsius. The large calorie is thus equal to 1000 small calories or one **kilocalorie**.

Total Fats: **Fat** is one of the three main macronutrients: **fat**, **carbohydrate**, and **protein**

- A **saturated fat** is a fat that consists of triglycerides containing only saturated fatty acids. *Saturated* fatty acids have no double bonds between the individual carbon atoms of the fatty acid chain. That is, the chain of carbon atoms is fully "saturated" with hydrogen atoms. There are many kinds of naturally occurring saturated fatty acids, which differ mainly in number of carbon atoms, from 3 carbons (propionic acid) to 36 (hexatriacontanoic acid).
- Various fats contain different proportions of saturated and unsaturated fat. Examples of foods containing a high proportion of saturated fat include animal fat products such as cream, cheese, butter, ghee, suet, tallow, lard, and fatty meats. Certain vegetable products have high saturated fat content, such as coconut oil, cottonseed oil, palm kernel oil and chocolate¹. Many prepared foods are high in saturated fat content, such as pizza, dairy desserts, bacon and sausage.

Polyunsaturated Fats

- Polyunsaturated fats can help reduce bad cholesterol levels in your blood, which can lower your risk of heart disease and stroke. They also provide nutrients to help develop and maintain your body's cells. Oils rich in polyunsaturated fats also contribute vitamin E to the diet, an antioxidant vitamin most Americans need more of.
- Oils rich in polyunsaturated fats also provide essential fats that your body needs but can't produce itself – such as omega-6 and omega-3 fatty acids. You must get essential fats through food. Omega-6 and omega-3 fatty acids are important for many functions in the body.

Monounsaturated fats

- Monounsaturated fats can help reduce bad cholesterol levels in your blood which can lower your risk of heart disease and stroke. They also provide nutrients to help develop and maintain your body's cells. Oils rich in monounsaturated fats also contribute vitamin E to the diet, an antioxidant vitamin most Americans need more of.
- **Are monounsaturated fats better for me than saturated fats or Trans fats?** Yes. While, all fats provide 9 calories per gram, monounsaturated fats and polyunsaturated fats can have a positive effect on your health, when eaten in moderation. The bad fats – saturated fats and Trans fats – can negatively affect your health.

Which foods contain monounsaturated fats? Most foods contain a combination of different fats. Examples of foods high in monounsaturated fats include plant-based liquid oils such as: olive oil, canola oil, peanut oil, safflower oil and sesame oil.

Cholesterol

- It may surprise you to know that cholesterol itself isn't bad. In fact, cholesterol is just one of the many substances created and used by our bodies to keep us healthy.
- **What is cholesterol and where does it come from?** Cholesterol is a waxy substance that comes from two sources: your body and food. Your body, and especially your liver, makes all the cholesterol you need and circulates it through the blood. But cholesterol is also found in foods from animal sources, such as meat, poultry and full-fat dairy products. Your liver produces more cholesterol when you eat a diet high in saturated and *Tran's* fats.
- Excess cholesterol can form plaque between layers of artery walls, making it harder for your heart to circulate blood. Plaque can break open and cause blood clots. If a clot blocks an artery that feeds the brain, it causes a stroke. If it blocks an artery that feeds the heart, it causes a heart attack. View an animation of cholesterol there are two types of cholesterol: "good" and "bad." Too much of one type — or not enough of another — can put you at risk for coronary heart disease, heart attack or stroke. It's important to know the levels of cholesterol in your blood so that you and your doctor can determine the best strategy to lower your risk.
- Making healthy eating choices and increasing exercise are important first steps in improving your cholesterol. For some people, cholesterol-lowering medication may also be needed to reduce the risk for heart attack and stroke. Use the information provided here to start a conversation with your doctor about how cholesterol affects your heart attack and stroke risk and what you can do to lower your risk.

Salt

- Salt is present in most foods, but in naturally occurring foodstuffs such as meats, vegetables and fruit, it is present in very small quantities. It is often added to processed foods to make their flavor more appealing and is also present at higher levels in preserved foods. Thus, herring contains 67mg sodium per 100g, while kipper, its preserved form, contains 990mg. Similarly, pork typically contains 63mg while bacon contains 1480mg, and potatoes contain 7mg but potato crisps 800mg per 100 g. The main sources of salt in the diet, apart from direct use of sodium chloride, are bread and cereal products, meat products and milk and dairy products.

Potassium

- A potassium intake sufficient to support life can in general be guaranteed by eating a variety of foods. Foods rich in potassium include yam, parsley, dried apricots, dried milk, chocolate, various nuts (especially almonds and pistachios), potatoes, bamboo shoots, bananas, avocados, coconut water, soybeans, and bran, although it is also present in sufficient quantities in most fruits, vegetables, meat and fish

Carbohydrate

- Carbohydrate is one of three major macronutrients found in food. The other major macronutrients are protein and fat. Carbohydrate in its simplest form is known as glucose and can contribute to a rise in blood sugar. In people with diabetes, the body's ability to keep blood sugar at a normal level is impaired. Dietary management of carbohydrate consumed is one tool used to help optimize blood sugar levels.
- Carbohydrate is found in a number of foods including fruits, starchy vegetables (such as peas, potatoes, and corn), grains, milk and yogurt, legumes, and desserts. In general, foods such as meat, eggs, cheese, fats, and non-starchy vegetables (such as greens and broccoli) have little to no carbohydrate. Other foods free of carbohydrate include small quantities of certain condiments, unsweetened coffee and tea, and sugar free sodas.
- Carbohydrate content of foods is listed on the Nutrition Facts panel as "total carbohydrate". Some food labels will list specific types of carbohydrate, such as "fiber, sugar, or other carbohydrate". With carbohydrate counting, the "total carbohydrate" is used as the carbohydrate amount.^[3] Carbohydrate counting can be done by either adding up grams of total carbohydrate or adding "carbohydrate units". A carbohydrate unit is simply 15 g of carbohydrate.¹

Dietary fiber

- **Dietary fiber** or **roughage** is the indigestible portion of food derived from plants. The consumption of foods high in fiber have been found to reduce appetite. It has two main components: *Soluble fiber*, which dissolves in water, is readily fermented in the colon into gases and physiologically active byproducts, and can be prebiotic and viscous.
Insoluble fiber, which does not dissolve in water, is metabolically inert and provides bulking, or it can be prebiotic and metabolically ferment in the large intestine. Bulking fibers absorb water as they move through the digestive system, easing defecation.
- Dietary fibers can act by changing the nature of the contents of the gastrointestinal tract and by changing how other nutrients and chemicals are absorbed. Some types of soluble fiber absorb water to become a gelatinous, viscous substance which is fermented by bacteria in the digestive tract. Some types of insoluble fiber have bulking

action and are not fermented. Lignin a major dietary insoluble fiber source, may alter the rate and metabolism of soluble fibers. Other types of insoluble fiber, notably resistant starch, are fully fermented.

- Food sources of dietary fiber are often divided according to whether they provide (predominantly) soluble or insoluble fiber. Plant foods contain both types of fiber in varying degrees, according to the plant's characteristics.
- Advantages of consuming fiber are the production of healthful compounds during the fermentation of soluble fiber, and insoluble fiber's ability (via its passive hygroscopic properties) to increase bulk, soften stool, and shorten transit time through the intestinal tract.
- A disadvantage of a diet high in fiber is the potential for significant intestinal gas production and bloating. Constipation can occur if insufficient fluid is consumed with a high-fiber diet.

Sugar

- **Sugar** is the generalized name for sweet, short-chain, soluble carbohydrates, many of which are used in food. They are carbohydrates, composed of carbon, hydrogen, and oxygen. There are various types of sugar derived from different sources. Simple sugars are called monosaccharides and include glucose (also known as dextrose), fructose and galactose. The table or granulated sugar most customarily used as food is sucrose, a disaccharide. (In the body, sucrose hydrolyses into fructose and glucose.) Other disaccharides include maltose and lactose. Longer chains of sugars are called oligosaccharides. Chemically different substances may also have a sweet taste, but are not classified as sugars. Some are used as lower-calorie food substitutes for sugar described as artificial sweeteners.

Proteins

- **Proteins** are essential nutrients for the human body. They are one of the building blocks of body tissue, and can also serve as a fuel source. As a fuel, proteins contain 4kcal per gram, just like carbohydrates and unlike lipids, which contain 9 kcal per gram. The most important aspect and defining characteristic of protein from a nutritional standpoint is its amino acid composition.
- Proteins are polymer chains made of amino acids linked together by peptide bonds. During human digestion, proteins are broken down in the stomach to smaller polypeptide chains via hydrochloric acid and protease actions. This is crucial for the synthesis of the essential amino acids that cannot be biosynthesized by the body.

- There are nine essential amino acids which humans must obtain from their diet in order to prevent protein-energy malnutrition. They are phenylalanine, valine, threonine, tryptophan, methionine, leucine, isoleucine, lysine, and histidine. There are five dispensable amino acids which humans are able to synthesize in the body. These five are alanine, aspartic acid, asparagine, glutamic acid and serine. There are six conditionally essential amino acids whose synthesis can be limited under special pathophysiological conditions, such as prematurity in the infant or individuals in severe catabolic distress. These six are arginine, cysteine, glycine, glutamine, proline and tyrosine.¹
- Humans need the essential amino acids in certain ratios. Some protein sources contain amino acids in a more or less common sense. This has given rise to various ranking systems for protein sources, as described in the article.
- Animal sources of protein include meats, dairy products, fish and eggs. Vegan sources of protein include whole grains, pulses, legumes, soy, and nuts. Vegetarians and vegans get "enough" essential amino acids by eating a variety of plant proteins. It is commonly believed that athletes should consume a higher-than-normal protein intake to maintain optimal physical performance

Vitamin A

- **Vitamin A** is a group of unsaturated nutritional organic compounds that includes retinol, retinal, retinoic acid, and several provitamin A carotenoids, among which beta-carotene is the most important. Vitamin A has multiple functions: it is important for growth and development, for the maintenance of the immune system and good vision. Vitamin A is needed by the retina of the eye in the form of retinal, which combines with protein opsin to form rhodopsin, the light-absorbing molecule necessary for both low-light (scotopic vision) and color vision. Vitamin A also functions in a very different role as retinoic acid (an irreversibly oxidized form of retinol), which is an important hormone like growth factor for epithelial and other cells.
- In foods of animal origin, the major form of vitamin A is an ester, primarily retinyl palmitate, which is converted to retinol (chemically an alcohol) in the small intestine. The retinol form functions as a storage form of the vitamin, and can be converted to and from its visually active aldehyde form, retinal.
- All forms of vitamin A have a beta-ionone ring to which an isoprenoid chain is attached, called a *retinyl group*. Both structural features are essential for vitamin activity. The orange pigment of carrot (beta-carotene) can be represented as two connected retinyl groups, which are used in the body to contribute to vitamin A levels. Alpha-carotene and gamma-carotene also have a single retinyl group, which give them

some vitamin activity. None of the other carotenes have vitamin activity. The carotenoid beta-cryptoxanthin possesses an ionone group and has vitamin activity in humans.

Vitamin 12

- **Vitamin B₁₂, vitamin B12 or vitamin B-12**, also called **cobalamin**, is a water-soluble vitamin with a key role in the normal functioning of the brain and nervous system, and for the formation of blood. It is one of the eight B vitamins. It is normally involved in the metabolism of every cell of the human body, especially affecting DNA synthesis and regulation, but also fatty acid metabolism and amino acid metabolism. Neither fungi, plants, nor animals are capable of producing vitamin B₁₂. Only bacteria and archaea have the enzymes required for its synthesis, although many foods are a natural source of B₁₂ because of bacterial symbiosis. The vitamin is the largest and most structurally complicated vitamin and can be produced industrially only through bacterial fermentation-synthesis.
- Vitamin B₁₂ consists of a class of chemically related compounds (vitamers), all of which have vitamin activity. It contains the biochemically rare element cobalt sitting in the center of a planar tetra-pyrrole ring called a Corrin ring. Biosynthesis of the basic structure of the vitamin is accomplished only by bacteria and archaea (which usually produce hydroxocobalamin), but conversion between different forms of the vitamin can be accomplished in the human body. A common semi-synthetic form of the vitamin is cyanocobalamin, which does not occur in nature but is produced from bacterial hydroxocobalamin. Because of its stability and lower production cost, this form is then used in many pharmaceuticals and supplements as well as a food additive. In the body it is converted to the human physiological forms methylcobalamin and 5'-deoxyadenosylcobalamin, leaving behind the cyanide ion, albeit in a minimal concentration. More recently, hydroxocobalamin, methylcobalamin, and adenosylcobalamin can be found in more expensive pharmacological products and food supplements. The extra utility of these is currently debated.
- Vitamin B₁₂ was discovered from its relationship to disease pernicious anemia, which is an autoimmune disease in which parietal cells of the stomach responsible for secreting intrinsic factor are destroyed (these cells are also responsible for secreting acid in the stomach). Because intrinsic factor is crucial for the normal absorption of B₁₂, its lack in pernicious anemia causes a vitamin B₁₂ deficiency. Many other subtler kinds of vitamin B₁₂ deficiency and their biochemical effects have since been elucidated.

.Vitamin B-6

- Vitamin B₆ is widely distributed in foods in both its free and bound forms. Good sources include meats, whole-grain products (including cereals), vegetables, nuts, and bananas. Cooking, storage, and processing losses of vitamin B₆ vary and in some foods may be more than 50%, depending on the form of vitamin present in the food. Plant foods lose the least during processing, as they contain mostly pyridoxine, which is far more stable than the pyridoxal or pyridoxamine found in animal foods. For example, milk can lose 30 to 70% of its vitamin B₆ content when dried. Vitamin B₆ is found in the germ and aleurone layer of grains, and milling results in the reduction of this vitamin in white flour. Freezing and canning are other food processing methods that result in the loss of vitamin B₆ in foods.
- The best natural sources include avocado, brewer's yeast, wheat bran, wheat germ, liver, kidney, heart, blackstrap molasses, milk, eggs, and beef.

Vitamin C

- **Vitamin C** or **L-ascorbic acid**, or simply **ascorbate** (the anion of ascorbic acid), is an essential nutrient for humans and certain other animal species. Vitamin C refers to a number of vitamers that have vitamin C activity in animals, including ascorbic acid and its salts, and some oxidized forms of the molecule like dehydroascorbic acid. Ascorbate and ascorbic acid are both naturally present in the body when either of these is introduced into cells, since the forms interconvert according to pH.
- Vitamin C is a cofactor in at least eight enzymatic reactions, including several collagen synthesis reactions that, when dysfunctional, cause the most severe symptoms of scurvy. In animals, these reactions are especially important in wound-healing and in preventing bleeding from capillaries. Ascorbate may also act as an antioxidant against oxidative stress. However, the fact that the enantiomer **D**-ascorbate (not found in nature) has identical antioxidant activity to **L**-ascorbate, yet far less vitamin activity, underscores the fact that most of the function of **L**-ascorbate as a vitamin relies not on its antioxidant properties, but upon enzymic reactions that are stereospecific. "Ascorbate" without the letter for the enantiomeric form is always presumed to be the chemical **L**-ascorbate.
- Ascorbate (the anion of ascorbic acid) is required for a range of essential metabolic reactions in all animals and plants. It is made internally by almost all organisms; the main exceptions are most bats, all guinea pigs, capybaras, and the Anthropeoidea (i.e., Haplorrhini, one of the two major primate suborders, consisting of tarsiers, monkeys, and humans and other apes). Ascorbate is also not synthesized by some species of birds and fish. All species that do not synthesize ascorbate require it in the diet. Deficiency in this vitamin causes the disease scurvy in humans.

- Ascorbic acid is also widely used as a food additive, to prevent oxidation.
- Vitamin C chemically decomposes under certain conditions, many of which may occur during the cooking of food. Vitamin C concentrations in various food substances decrease with time in proportion to the temperature they are stored at and cooking can reduce the Vitamin C content of vegetables by around 60% possibly partly due to increased enzymatic destruction as it may be more significant at sub-boiling temperatures. Longer cooking times also add to this effect, as will copper food vessels, which catalyze the decomposition.
- Another cause of vitamin C being lost from food is leaching, where the water-soluble vitamin dissolves into the cooking water, which is later poured away and not consumed. However, vitamin C does not leach in all vegetables at the same rate; research shows broccoli seems to retain more than any other. Research has also shown that fresh-cut fruits do not lose significant nutrients when stored in the refrigerator for a few days.

Vitamin D

- **Vitamin D** refers to a group of fat-soluble secosteroids responsible for enhancing intestinal absorption of calcium, iron, magnesium, phosphate and zinc. In humans, the most important compounds in this group are vitamin D₃ (also known as cholecalciferol) and vitamin D₂ (ergocalciferol). Cholecalciferol and ergocalciferol can be ingested from the diet and from supplements. Very few foods contain vitamin D, synthesis of vitamin D (specifically cholecalciferol) in the skin is the major natural source of the vitamin. Dermal synthesis of vitamin D from cholesterol is dependent on sun exposure (specifically UV-B radiation).
- Vitamin D from the diet or dermal synthesis from sunlight is biologically inactive, activation requires enzymatic conversion (hydroxylation) in the liver and kidney. Evidence indicates the synthesis of vitamin D from sun exposure is regulated by a negative feedback loop that prevents toxicity, but because of uncertainty about the cancer risk from sunlight, no recommendations are issued by the Institute of Medicine, USA, for the amount of sun exposure required to meet vitamin D requirements. Accordingly, the Dietary Reference Intake for vitamin D assumes no synthesis occurs and all of a person's vitamin D is from food intake, although that will rarely occur in practice. As vitamin D is synthesized in adequate amounts by most mammals exposed to sunlight, it is not strictly a vitamin, and may be considered a hormone as its synthesis and activity occur in different locations. Vitamin D has a significant role in

calcium homeostasis and metabolism. Its discovery was due to effort to find the dietary substance lacking in rickets (the childhood form of osteomalacia).

- Beyond its use to prevent osteomalacia or rickets, the evidence for other health effects of vitamin D supplementation in the general population is inconsistent. The best evidence of benefit is for bone health.^[7] The effect of vitamin D supplementation on mortality is not clear, with one meta-analysis finding a decrease in mortality in elderly people,^[8] and another concluding no clear justification exists for recommending vitamin D. Because it found mounting evidence for a benefit to bone health, though it had not found good evidence of other benefits, the Food and Drug Administration of the United States intends to begin requiring manufacturers to declare the amount of Vitamin D on Nutrition Facts labels, as "nutrients of public health significance".
- In the liver, cholecalciferol (vitamin D₃) is converted to calcidiol, which is also known as calcifediol (INN), 25-hydroxycholecalciferol, or 25-hydroxyvitamin D₃ — abbreviated 25(OH)D₃. Ergocalciferol (vitamin D₂) is converted in the liver to 25-hydroxyergocalciferol, also known as 25-hydroxyvitamin D₂ — abbreviated 25(OH) D₂. These two specific vitamin D metabolites are measured in serum to determine a person's vitamin D status. Part of the calcidiol is converted by the kidneys to calcitriol, the biologically active form of vitamin D. Calcitriol circulates as a hormone in the blood, regulating the concentration of calcium and phosphate in the bloodstream and promoting the healthy growth and remodeling of bone. Calcitriol also affects neuromuscular and immune function.

Vitamin E

- **Vitamin E** refers to a group of ten lipid-soluble compounds that include both tocopherols and tocotrienols. Of the many different forms of vitamin E, γ-tocopherol is the most common in the North American diet. γ-Tocopherol can be found in corn oil, soybean oil, margarine, and dressings. α-tocopherol, the most biologically active form of vitamin E, is the second-most common form of vitamin E in the diet. This variant can be found most abundantly in wheat germ oil, sunflower, and safflower oils. As a fat-soluble antioxidant, it stops the production of reactive oxygen species formed when fat undergoes oxidation. Regular consumption of more than 1,000 mg (1,500 IU) of tocopherols per day may be expected to cause hypervitaminosis E, with an associated risk of vitamin K deficiency and consequently of bleeding problem

Calcium

- Calcium is an important component of a healthy diet and a mineral necessary for life. The National Osteoporosis Foundation says, "Calcium plays an important role in

building stronger, denser bones early in life and keeping bones strong and healthy later in life." Approximately 99 percent of the body's calcium is stored in the bones and teeth. The rest of the calcium in the body has other important uses, such as some exocytosis, especially neurotransmitter release, and muscle contraction. In the electrical conduction system of the heart, calcium replaces sodium as the mineral that depolarizes the cell, proliferating the action potential. In cardiac muscle, sodium influx commences an action potential, but during potassium efflux, the cardiac myocyte experiences calcium influx, prolonging the action potential and creating a plateau phase of dynamic equilibrium. Long-term calcium deficiency can lead to rickets and poor blood clotting and in case of a menopausal woman, it can lead to osteoporosis, in which the bone deteriorates and there is an increased risk of fractures. While a lifelong deficit can affect bone and tooth formation, over-retention can cause hypercalcemia (elevated levels of calcium in the blood), impaired kidney function and decreased absorption of other minerals. Several sources suggest a correlation between high calcium intake (2000 mg per day, or twice the U.S. recommended daily allowance, equivalent to six or more glasses of milk per day) and prostate cancer. High calcium intakes or high calcium absorption were previously thought to contribute to the development of kidney stones. However, a high calcium intake has been associated with a lower risk for kidney stones in more recent research. Vitamin D is needed to absorb calcium.

- Dairy products, such as milk and cheese, are a well-known source of calcium. Some individuals are allergic to dairy products and even more people, in particular those of non-Indo-European descent, are lactose-intolerant, leaving them unable to consume non-fermented dairy products in quantities larger than about half a liter per serving. Others, such as vegans, avoid dairy products for ethical and health reasons.
- Many good vegetable sources of calcium exist, including seaweeds such as kelp, wakamee and hijiki; nuts and seeds like almonds, hazelnuts, sesame, and pistachio; blackstrap molasses; beans (especially soy beans); fig; quinoa; okra; rutabaga; broccoli; dandelion leaves; and kale. In addition, several foods and drinks, such as orange juice, soy milk, tofu, breakfast cereals, and breads are often fortified with calcium.
- Numerous vegetables, notably spinach, chard and rhubarb have a high calcium content, but they may also contain varying amounts of oxalic acid that binds calcium and reduces its absorption. The same problem may to a degree affect the absorption of calcium from amaranth, collard greens, and chicory greens. This process may also be related to the generation of calcium oxalate.

Source for information: <https://www.wikipedia.com>

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ABOUT THE AUTHOR



The author Joseph D Medwar, was born in Boston and grew up a long time resident of Winchester MA. He has since moved to another location within the state of MA. Joseph graduated from High School in the early seventies. The next year after his graduation, his father died and he joined the armed forces. Then after leaving the armed forces, he drove commercial “big rigs,” hauling various products cross-country, visiting almost every state in the USA. He was married in 1987, had a son that same year and a second son two years after. He stayed married for twenty years until 2007, attended Emergency Medical school training and Medical transcriptionist school at a local college.

Joseph worked in the Emergency Medical field as an EMT and experienced real life events saving lives. He also worked as a Field Manager for a private law enforcement company for 12 years. His EMT skills came in handy during his life events, as he used all his experiences as a guide to write his first book *Emergency and the White Crystal* and his second book, *H. B.’s Big Heist*.

Please enjoy Alice’s Recipe’s to Remember, as he share’s in this cookbook, her wonderful recipe notes she left behind after she passed away. He enjoys cooking up her delightful surprises and hopes you will too!



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