

# September 2007

## Munch 'n Share Recipes

### Family Favorites

#### Swedish Meatballs

Cindy Tolman

4 slices soft bread  
½ C. milk  
2 beaten eggs  
1 lb. ground beef  
1 t. salt  
¼ t. pepper  
2 T. chopped onion  
2 t. baking powder



Soak bread in milk and eggs for 10 minutes. Add remaining ingredients. Make 24 balls and brown. Place browned balls in baking dish. Combine 1 can cream of mushroom soup and 1 can cream of chicken soup and ½ C. milk. Pour over meatballs. Bake at 325° for 1 hour.

#### Zucchini or Yellow Squash Casserole

Julie Garner

4 Boneless skinless Chicken breasts, cubed  
2 lb. squash, unpeeled (use young zucchini or crookneck)  
½ c. chopped onion  
1 C. shredded carrots  
1 Can cream of chicken soup  
1 9 oz. pkg seasoned stuffing mix  
1 C. sour cream  
½ C. butter



Cook chicken and cube. Cook sliced squash and onion in boiling, slightly salted water for about 3 minutes. Squash must still be a little crisp. Drain well. Combine soup and sour cream. Stir in the carrots, squash and onion. Combine stuffing mix with the melted butter. Spread half the stuffing in a 12X7 baking dish. Spoon the vegetable mixture on top. Add remaining stuffing over vegetables. Bake at 350° for 25 to 30 min. or until hot and bubbly. Serves 6

## Broccoli Salad

Rebecca Harris

1 ½ to 2 lb. Broccoli, finely chopped  
½ C. salted, roasted sunflower seeds  
½ C. golden raisins  
½ C. chopped green onions  
6 slices crisp, finely chopped, cooked bacon

### Dressing

¾ C. mayonnaise  
¼ C. sugar  
1 ½ T vinegar



Combine broccoli, sunflower seeds, raisins, onions, and bacon. Mix dressing ingredients; pour over salad and toss.

## Ice-Cream Sandwich Cake

Jeanette Warren

½ c. Fudge ice-cream topping (warmed)  
1 8 oz tub Cool Whip  
1 sm. Pkg instant chocolate pudding  
8 Oreo type cookies  
12 Vanilla ice-cream sandwiches

Pour warmed fudge topping in med bowl. Stir in 1 C. Cook Whip until well blended. Add pudding mix. Stir until well blended. (If topping is too thick, add a little milk)  
Break up cookies into chunks. Stir into pudding mixture. Arrange 4 sandwiches on foil. Spread ½ pudding mixture on top. Layer with more ice-cream sandwiches. Top with pudding mix. Add a 3<sup>rd</sup> layer of sandwiches. Top with Cool whip. Freeze for 4 hours. Slice at room temp and serve.

