



Chicken Parmesan

- ¾ Pound Boneless Chicken
- 1 Jar (28 oz.) Spaghetti Sauce
- ½ C. shredded mozzarella cheese
- 2 Tbsp. grated Parmesan cheese

Place chicken in shallow baking dish. Top with Spaghetti Sauce and Cheese. Bake at 400° for about 1 hour. Serve over spaghetti.



Saucy Skillet Potatoes

- 1 tbs. Margarine
- 1 cup chopped onions
- ½ cup mayonnaise
- 1/3 cup cider vinegar
- 1 Tbs. sugar
- 1 ¾ tsp. salt
- ¼ tsp. pepper
- 4 medium potatoes, cooked, peeled, sliced (4 cups)
- 1 Tbs. chopped parsley
- 1 Tbs. cooked, crumbled bacon



In large skillet melt margarine over medium heat. Add onions; cook 2 to 3 minutes or until tender-crisp. Stir in next 5 ingredients. Add potatoes; cook, stirring constantly, 2 minutes or until hot (do not boil). Garnish with parsley and bacon. Makes 4 to 6 servings.

Mandarin Salad

½ C. Almonds, slivered
3 T. sugar
½ head iceberg lettuce
½ head romaine lettuce
1 C. chopped celery (opt.)
¼ White onion, sliced thin
1 can mandarin oranges (11 oz) drained
½ C. Craisins

Dressing:

½ t. salt
1 dash pepper
¼ C. canola oil
1 T. chopped parsley
2 T. sugar
2 T. vinegar
1 dash Tabasco sauce



Over medium heat in pan, cook almonds and sugar, stirring constantly until almonds are coated and sugar dissolved. Watch carefully as they will burn easily. Cool on tin foil and store in air-tight container. Mix all dressing ingredients and chill. Mix lettuces, celery and onions. Just before serving add almonds and oranges. Toss with the dressing.

100% Whole Wheat Brownies

½ C. shortening
2 sq. unsweetened chocolate or 2 T. cocoa
Melt above together

2 Eggs, beaten
1 C. Sugar
1 t. Vanilla
½ t. Baking Powder
½ t. Salt
1 C. nuts, chopped
¾ C. Whole wheat flour



Combine beaten eggs, sugar, vanilla, chocolate, & shortening. Beat well. Add dry ingredients together and stir in. Blend in nuts. Pour into greased 8X8" pan. Bake 25 min. at 350°-375° or until done. Cut in squares while warm.

