

SUGGESTED SIMPLE/COMPLEX RECIPES

PUMPKIN COOKIES

Ingredients For Cookies

3/4 cups brown sugar (packed)	1/2 tsp. cinnamon
1 1/4 cups all-purpose flour	1/4 tsp. nutmeg
1/4 cup shortening	1/4 tsp. salt
1 cups canned pumpkin	1/4 tsp. ginger
1 2/2 tsp. baking powder	1/2 cup raisins
1 egg	1/2 cup chopped pecans

- ☐ Preheat oven to 400°F. Chop pecans and set aside.
- ☐ Blend dry ingredients (flour, baking powder, salt and spices) in a medium size bowl.
- ☐ Cream sugar, shortening, eggs and pumpkin in a large bowl.
- ☐ Add dry ingredients to pumpkin mixture. Fold in raisins and pecans.
- ☐ Drop one heaping teaspoonful of batter at a time onto an ungreased cookie sheet.
- ☐ Bake for 10-12 minutes until lightly brown. Let cool before icing. Makes about 60 cookies.

Ingredients for Icing

1/3 of an 8 ounce package of cream cheese (room temperature)
1 Tbsp. butter (room temperature)
1 tsp. vanilla
1 1/2 cups shifted confectioners' sugar
1/3 cup chopped pecans

In a small bowl, beat in all the ingredients (except pecans). When mixture is smooth, fold in pecans. Spread a small amount of icing on each cookie.

SPAGHETTI PIZZA CRUST

8 ounces cooked spaghetti noodles	
2 beaten eggs	1/2 cup milk
1/2 tsp. garlic salt	1/2 cup grated cheese

Mix together and place on cookie sheet. Bake at 400°F for 15 minutes. Top with sauce, cheese, etc. Bake at 400°F until crust is done and cheese is melted.

FUDGE

1 3 oz. package cream cheese	1/2 tsp. vanilla
5 Tbsp. cocoa	2 cups powdered sugar
1 cup nuts, chopped	

Cream cheese and butter together until soft. Add powdered sugar, a little at a time. Add cocoa and mix well. Add vanilla and nuts. Pat into a buttered 8" roll. Refrigerate. Slice.

The following recipes are courtesy of Carma Wadley, feature foods editor, Deseret News, Salt Lake City, Utah

APPLES PANCAKES

(Submitted by Trinka Evjen, Springville)

Approximate cost: \$1.81

Preparation time: 30 minutes Yield: 16 pancakes

Evaluation: Thick pancakes with delicious flavor; heavy and filling

2 cups Bisquick
1/2 teaspoon cinnamon
1 egg
1 1/2 cups milk
1 cup apples, shredded

Spicy Cider Sauce:
1 cup sugar
3 tablespoons Bisquick
1/4 teaspoon nutmeg
2 cups apple cider or juice
2 tablespoons lemon juice
1/4 cup butter or margarine

Mix Bisquick with cinnamon, egg and milk; beat until smooth. Stir in apple and cook pancakes.

For sauce, combine sugar, Bisquick, nutmeg and cinnamon; blend in cider and lemon juice. Cook, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute; remove from heat and stir in margarine.

□ Two pancakes with 1/4 cup syrup contains about 344 calories; 11.7 gms fat; 482 mg sodium; 30 mg cholesterol.

Resource for Option #3

PUFF PANCAKES

(Submitted by Christy Carpenter, Beaver)

Approximate cost: \$.77

Preparation time: 5 minutes plus baking

Yield: About 6 servings

Evaluation: Easy recipe that uses ingredients that are readily available. Practical recipe that doesn't require careful monitoring during busy morning hours.

1/4 cup margarine

1 cup milk

6 eggs

1 cup flour

1/2 teaspoon salt

Melt butter in 9x13 inch pan. Beat milk and eggs together; add flour and salt. Pour into buttered pan. Bake at 450°F for 10-15 minutes. Serve with powdered sugar, fruit, jam or syrup.

□ Each pancake serving contains about 245 calories; 44.9 gm fat; 350 mg sodium, 216 mg cholesterol.