

CHICKEN SANDWICH SQUARES

(Basic Four Lunch)

1/2 pkg. cream cheese (3 oz.)
1 1/2 Tbsp. mayonnaise
1 can chicken
1/2 c. cheese
1-2 green onions
Salt, pepper and garlic salt to taste
1 can crescents

Preheat oven to 350°F. Grate cheese and finely chop onions. Mix cream cheese, mayonnaise, chicken, cheese, onions and spices together. Place 1 Tbsp. of mixture on a crescent. Fold in half and pinch edge. Bake on an ungreased cookie sheet at 350°F. for 15 minutes or until light brown.

SPAGHETTI

7 oz. spaghetti noodles
2 1/2 quarts water
1 Tbsp. salt

Mix salt with water and bring to a boil. Add spaghetti noodles and stir occasionally during cooking. Cook just until tender, about 12 minutes.

SAUCE:

1/2 lb. ground beef
1/2 tsp. onion powder or 2 tsp. onion flakes
1/2 green pepper
1/2 tsp. Italian Seasoning
1 c. tomato paste
3/4 cup water

Dice green pepper. Brown ground beef with onions, green pepper, oregano, and Italian Seasoning. Drain grease. Mix in tomato paste and water. Let simmer 12 minutes. Place on spaghetti noodles and eat!