

RECIPES from CAROLYN SWART

CASSEROLE DINNER

1 T. oil
fresh mushrooms, cleaned and sliced
1 lb. fresh ground beef
1 can of peas, drained (save liquid)
1 cup brown rice, uncooked
1 cup of thin cream sauce
1 tsp. basil
salt and pepper to taste
 $\frac{1}{2}$ cup grated cheese (try cheddar, mozzarella or parmesan)

Cook the rice first so it will be ready when you assemble the casserole. Steam 1 cup of rice in 2 cups liquid. Use the juice from the peas as part of the liquid—use water for the remainder.

Saute the mushrooms until tender and reserve in a separate dish. Form hamburger into two large thin patties and fry. When cooked through, break it up into small chunks and set aside.

When rice is cooked, mix the seasonings into it.

Into a lightly oiled casserole, add half of the rice. Sprinkle over $\frac{1}{2}$ can of peas. Add $\frac{1}{2}$ the mushrooms. Add the chunked beef, followed by the remaining peas and mushrooms. Add the remaining rice. Pour the cream sauce over all and sprinkle grated cheese on top.

Bake in 350° oven for about 25 minutes or until you can hear it bubble.

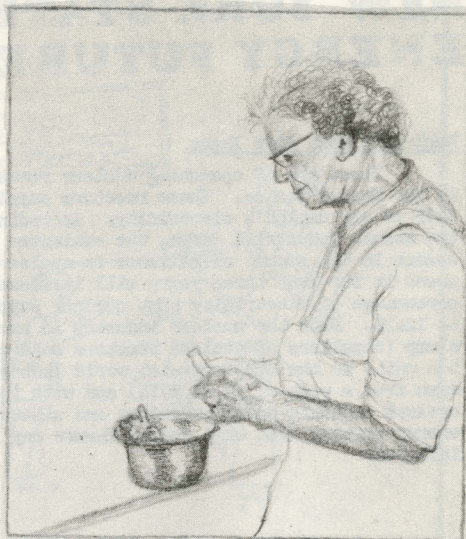


ALPHABET STEW

oil
1 clove garlic, minced
1 onion, chopped
fresh veggies, cut in small pieces
canned tomatoes (do not drain)
canned veggies (drained) and/or frozen veggies
salt, pepper, soy sauce, basil, oregano, or whatever spices please your palate
whole wheat alphabet noodles

In skillet, heat oil to point of fragrance. Add garlic and saute until lightly browned. Add chopped onions and saute until soft. If using fresh veggies, saute until cooked through. Pour in tomatoes with all of the juice and add the remaining vegetables. Sprinkle in the spices. When the entire dish is simmered through, add the alphabet noodles. Cover the dish if the liquid becomes quite reduced.

Delicious served with homemade sourdough bread.



LEMON-WALNUT LAYER CAKE

$\frac{2}{3}$ cup butter
1- $\frac{1}{2}$ cups brown sugar
3 eggs, beaten
1 tsp. vanilla
2 tsps. grated lemon rind
 $\frac{2}{3}$ cup yogurt
1- $\frac{1}{4}$ cups ricotta cheese
2- $\frac{1}{4}$ cups unbleached white flour
1- $\frac{1}{4}$ tsp. baking soda
1- $\frac{1}{4}$ tsps. baking powder
1 tsp. salt
 $\frac{2}{3}$ cup ground walnuts
1 cup vanilla or lemon icing

Have all ingredients at room temperature. Cream butter and brown sugar together until light. Add the beaten eggs and vanilla. Mix until smooth.

In a separate bowl blend together the grated lemon rind, yogurt and ricotta cheese.

Into another bowl sift together the flour, baking soda, baking powder and salt.

Add the flour mixture to the butter mixture in three parts, alternating with thirds of the yogurt-cheese mixture. The proper method of mixing these $\frac{1}{3}$ parts is to gently stir from the middle of the batter and work your way to the outside edge of the bowl as the ingredients become completely moistened. This will prevent the gluten in the flour from developing and thus, a lighter cake will result. Next, gently fold in the ground walnuts.

Pour batter into two 9" layer pans that have been greased and lightly floured. Bake at 350° for about 45 minutes.

After the cakes have cooled for 5 minutes, turn them out onto a wire rack. When completely cooled, frost. Instead of frosting you may prefer a thinner icing or glaze which will keep your cake nice and moist.

Enjoy!