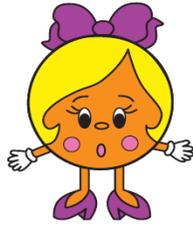


# Recipes

## Cooking "shapes" with the SHAPELS



### CINDY CIRCLE PANCAKES

#### Ingredients:

2 Cups Sifted Flour	1 Tbsp. Sugar	3 Tsp. (1 Tbsp.) Baking Powder
2 Eggs (separated)	1-3/4 Cups Milk	2 Tbsp. Melted Butter (or Margarine)
1/2 Tsp. Salt		

1. *Sift flour, sugar, baking powder and salt.*
2. *Separate eggs. Draw a face on each egg before you break it open. Recite the nursery rhyme "Humpty Dumpty" as each egg is broken. Beat egg whites until soft peaks form. Set aside.*
3. *Beat egg yolks slightly. Add milk and melted butter.*
4. *Pour egg mixture over dry ingredients. Mix together. Then fold in stiffly beaten egg whites. (Batter will be "lumpy.") Cook on lightly greased skillet until bubbles appear...then turn over.*

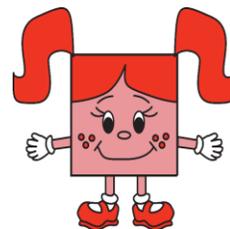
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### SUZY SQUARE'S SWEET POTATO-CHEESE SANDWICH

#### Ingredients:

Two slices of whole wheat bread (or a bread of your choice)  
Two slices of American cheese  
One sweet potato (cooked and mashed)  
Pat of Margarine



*Microwave or boil the sweet potato until tender. Mash with salt & pepper and margarine - Makes enough for at least two sandwiches.*

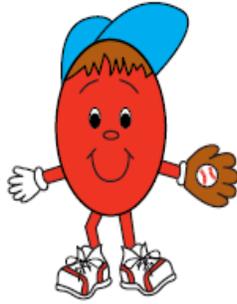
*Take a slice of bread, top with one slice of cheese, then add a thin layer of mashed sweet potato, a slice of cheese and top with the second slice of whole wheat bread. In a skillet, melt margarine, add sandwich and brown on both sides until the cheese is melted.*

## OTTO OVAL'S CORN & BEAN SALAD

### Ingredients:

One can black beans, rinsed well  
One large can of canned corn, drained  
Scallions  
Carrots diced or sliced  
A lime and a lemon

A pinch of chili pepper  
Salt and Pepper  
Rice wine vinegar  
Olive Oil



*Combine the beans (well rinsed) and the corn (drained). Dice a scallion or two and add it. Dice or slice a carrot or two and add it. Combine in a separate bowl two parts olive oil to one part rice wine vinegar, and a pinch of chili pepper. Add salt and pepper. Add a squeeze of lime to this vinaigrette. Pour to taste over the mixture. Add a squeeze or two of fresh lemon over the top and toss and serve. Very light, colorful and full of crunch.*

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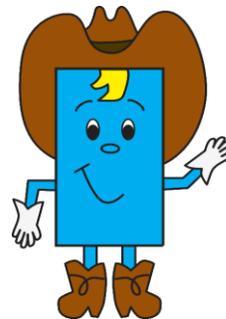
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## RICKY RECTANGLE'S PUMPKIN BREAD

### Ingredients:

1-3/4 Cups Flour  
1-1/2 Cups Sugar  
1 Tsp. Baking Soda  
1 Tsp. Cinnamon  
1/2 Tsp. Salt  
1/2 Tsp. Nutmeg  
1/8 Tsp. Cloves

1/2 Cup Margarine (melted)  
1 Cup Pumpkin  
1 Egg  
1/3 Cup Water

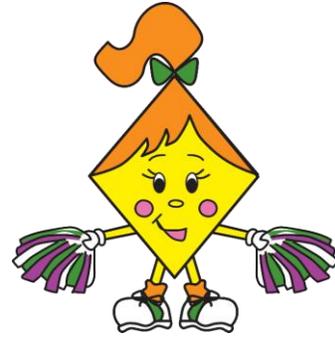


*Mix well all dry ingredients in a bowl. In another bowl, mix melted margarine, pumpkin, egg and water. Combine dry ingredients with pumpkin mixture and pour into a well greased and floured baking dish. Bake for one hour at 350 degrees. (raisins may be added)*

## DEBBIE DIAMOND'S WAFFLES

### Ingredients:

- |                    |                             |
|--------------------|-----------------------------|
| 2 Eggs             | 2 Tsp. Baking Powder        |
| 2 Cups Buttermilk  | 2 Cups Sifted Flour         |
| ½ Tsp. Salt        | 6 Tbsp. butter or margarine |
| 1 Tsp. Baking Soda |                             |



1. *Beat eggs.*
2. *Combine buttermilk and baking soda.*
3. *Add buttermilk to the beaten eggs.*
4. *Sift flour, baking powder and salt. Add to buttermilk/egg mixture.*
5. *Add melted butter.*

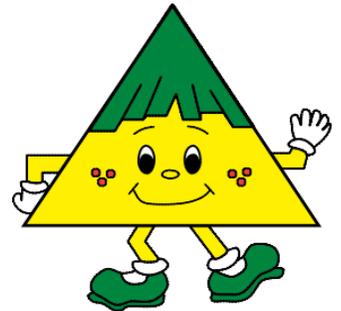
*Cook according to waffle maker directions. Demonstrate how a "square" waffle can be "turned" so that it is now a diamond!!!*

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## TOMMY TRIANGLE'S QUICHE

- One prepared pie shell; usually comes in packs of 2-3 per pack  
3 eggs  
Seasoned salt and pepper  
Monterey Jack Cheese, pre-shredded.  $\frac{3}{4}$  of one package, reserve the rest  
2 cups milk  
1 diced scallion (small pieces)  
Optional: Cooked vegetables



*Mix Eggs and Milk together and add one package of cheese or nearly all of one package. Add a pinch of seasoned salt and pepper to the mixture. Add the diced scallion.*

*Preheat the pie shell according to package directions and remove from the oven. Let cool.*

*Fill the pie shell with the mixture and bake at 375 degrees until hardened, generally about 35 minutes. Before placing in the oven you might top with another pinch of seasoned salt and pepper.*

*You may need to turn down the temperature if the top appears too brown to 300 degrees or so. You will know it is done when the mixture does not jiggle too much.*

*Let cool, and slice into triangles and serve!*