

Forty Famous
MEATLESS MEAL
RECIPES
from **KRAFT**

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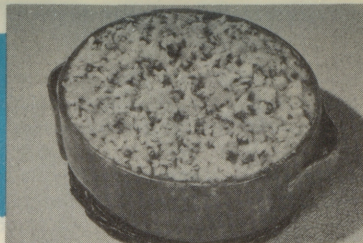


Shopping Reminders:-

- Cracker Barrel Brand Old Canadian Cheddar Cheese
- Butter or Kraft's Parkay Margarine
- Onions
- Green Pepper
- Rice
- Parsley
- Eggs

1

Golden Cheese Bake



- $\frac{1}{3}$ cup finely chopped onion
- $\frac{1}{2}$ cup chopped green pepper
- 2 tablespoons butter or Kraft's Parkay Margarine
- 3 cups cooked rice
- $\frac{1}{2}$ cup chopped parsley

- $1\frac{1}{2}$ teaspoons salt
- Dash of pepper
- 1 8-oz. pkg. Cracker Barrel Brand Old Canadian Cheddar Cheese, shredded
- 3 eggs, beaten
- $\frac{3}{4}$ cup milk

Sauté the onion and green pepper in the butter or margarine. Combine with the rice, parsley, salt, pepper and cheese. Mix lightly. Combine the eggs and milk and fold into the rice mixture. Pour into a $1\frac{1}{2}$ -quart greased baking dish. Bake in a slow oven, 325° , for 1 hour.

HOUSEHOLD HINTS

Soak new potatoes in salted cold water, and their coats will loosen and scrape off easily.

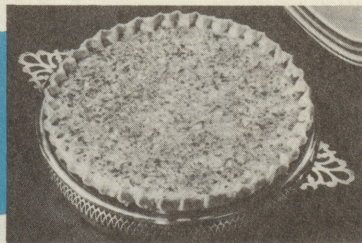


Shopping Reminders:-

- Philadelphia Brand Cream Cheese
- Cornstarch
- Crushed Pineapple
- Pecans
- Eggs

2

Pineapple "Philly" Pie



- $\frac{1}{3}$ cup sugar
- 1 tablespoon cornstarch
- 1 cup crushed pineapple (not drained)
- 1 8-oz. pkg. Philadelphia Brand Cream Cheese
- $\frac{1}{2}$ cup sugar

- $\frac{1}{2}$ teaspoon salt
- 2 eggs
- $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ teaspoon vanilla
- 1 9-inch unbaked pastry shell
- $\frac{1}{4}$ cup chopped pecans

• Blend the $\frac{1}{3}$ cup of sugar with the cornstarch and add the pineapple. Cook, stirring constantly, until the mixture is thick and clear. Cool.

• Place the cream cheese in a bowl and cream it until soft and smooth. Slowly blend the $\frac{1}{2}$ cup sugar and salt into it. Add the eggs, one at a time, stirring well after each egg is added. Blend in the milk and vanilla.

• Spread the cooled pineapple mixture over the bottom of the unbaked pastry shell. Pour in the cream cheese mixture and sprinkle with the chopped pecans. Bake in a hot oven, 400°, for 10 minutes, then reduce the heat to a slow oven, 325°, and bake for an additional 50 minutes. Cool before serving.



Shopping Reminders:-

- Kraft DeLuxe Slices Pasteurized Process Canadian Cheese
- Butter or Kraft's Parkay Margarine
- Can of Tomatoes
- Chili Powder
- Frozen Lima Beans

3

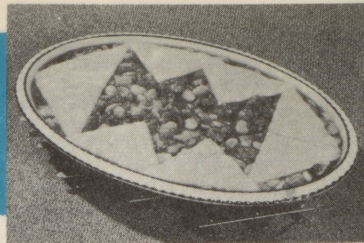
Creole Bean Cheese Casserole

- 1/3 cup chopped onion
- 2 tablespoons butter or Kraft's Parkay Margarine
- 1 No. 2 can tomatoes
- 1 teaspoon chili powder
- 1 teaspoon salt

- 1 cup cubed soft bread crumbs
- 1 pkg. frozen lima beans, cooked, drained
- 1 8-oz. pkg. Kraft DeLuxe Slices Pasteurized Process Canadian Cheese

Sauté the onion in the butter or margarine until tender. Add the tomatoes, chili powder and salt. Simmer for 10 minutes. Add the bread crumbs and lightly combine. Place half of the beans in a greased shallow baking dish. Add half of the tomato sauce and cover with 4 slices of cheese. Add the remaining beans and tomato sauce. Bake in a moderate oven, 350°, 25 minutes.

Cut the 4 remaining cheese slices into triangles diagonally and arrange around the edge of the casserole. Return the casserole to the oven for 5 minutes, or until the cheese melts. Serve hot. 4 to 6 servings.



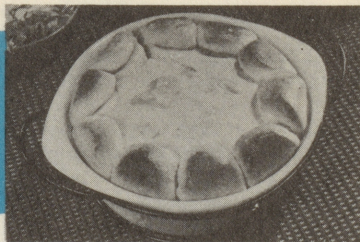


Shopping Reminders:-

- Velveeta Pasteurized Process Cheese
- Canned Tuna
- Pillsbury Ready-to-bake biscuits

4

Quick Biscuit and Tuna Casserole



2 7-oz. cans tuna, drained, flaked
1/2 lb. Velveeta Pasteurized Process Cheese
1/3 cup milk

1/2 teaspoon salt
Dash of pepper
1 pkg. Pillsbury ready-to-bake biscuits

Place the tuna in a casserole. Melt the Velveeta in the top of a double boiler. Gradually add the milk, stirring constantly until the sauce is smooth. Add the salt and pepper, and pour the sauce over the tuna.

Fold each biscuit in half into a pocketbook roll and place around the edge of the casserole. Bake in a hot oven, 425°, 15 minutes, or until the biscuits are done and lightly browned.

HOUSEHOLD HINTS

After cooking fish, heat a little vinegar in a saucepan to clean the air of an unpleasant seafood odor.

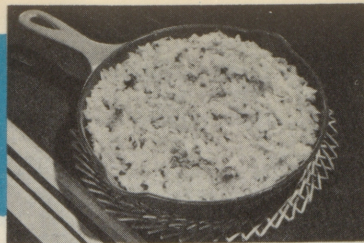


Shopping Reminders:-

- Kraft Oil and Vinegar Dressing
- Celery Seed
- Cabbage
- Onions

5

Hot Cabbage Salad



- $\frac{3}{4}$ cup Kraft Oil and Vinegar Dressing
- 3 tablespoons finely chopped onion
- $\frac{1}{2}$ teaspoon celery seed

- $\frac{1}{4}$ teaspoon salt
- Dash of pepper
- 1 quart shredded cabbage

Heat the oil and vinegar dressing. Add onion, celery seed, salt, pepper and cabbage. Cover and simmer for 7 minutes.

HOUSEHOLD HINTS

- When the lid of a jar is stuck, wind an elastic band around the lid. This gives you the required traction for easy turning.
- Sprinkle flour lightly over a cake before you ice it. This will prevent the icing from running.
- Add a pinch of soda to the water in which green vegetables are cooking, to make them more tender.

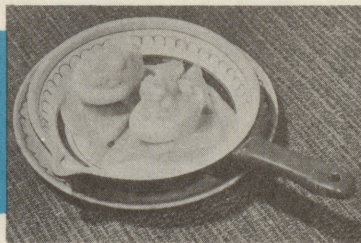


Shopping Reminders:-

- Kraft's Cheez Whiz
- Eggs

6

Deviled Eggs with Cheez Whiz



Kraft's Cheez Whiz
Deviled egg halves

Toast triangles

Heat the Cheez Whiz in a small saucepan over very low heat, or in a double boiler. For each serving place two deviled egg halves on two toast triangles in a dish. Pour the hot Cheez Whiz over the deviled eggs.

HOUSEHOLD HINTS

- To keep yolks of eggs for a day, slide them into a bowl without breaking and cover them with cold water.
- Make softened cookies crisp again by putting them in a slow oven for about 5 minutes. A touch of garlic salt adds delicious flavor to canned pea soup.



Shopping Reminders:-

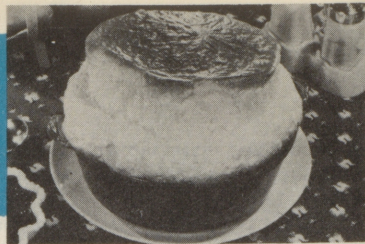
Kraft Canadian Pasteurized Process Cheese

Butter or Kraft's Parkay Margarine

Eggs

7

Cheese Soufflé



½ lb. Kraft Canadian Pasteurized Process Cheese

¼ cup butter or Kraft's Parkay Margarine

¼ cup flour

1½ cups milk

1 teaspoon salt

Dash of cayenne

6 eggs

Slice the cheese. Make a sauce with the butter or margarine, flour, milk and seasonings. When thickened and smooth add the sliced cheese, and stir until the cheese is melted. Remove from the heat and add the beaten yolks of the eggs; mix well. Slightly cool the mixture, then pour it slowly onto the stiffly beaten whites of the eggs, cutting and folding the mixture thoroughly together. Pour into an ungreased 2-quart casserole. Run the tip of a teaspoon around in the mixture one inch in from the edge of the casserole, making a slight "track" or depression. This forms a "top hat" on the soufflé as it bakes and puffs up. Bake 1¼ hours in a slow oven, 300°. Serve at once.

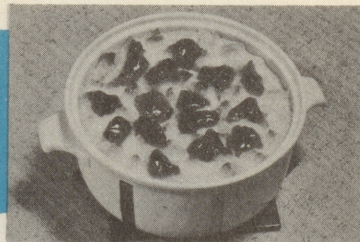


Shopping Reminders:-

- Kraft Pure Crabapple Jelly
- Vanilla
- Eggs

8

Jewel Bread Pudding



3 cups day-old bread cubes
3 eggs, slightly beaten
 $\frac{1}{3}$ cup sugar
Dash of salt

$\frac{1}{2}$ teaspoon vanilla
2 cups milk, scalded
Kraft Pure Crabapple Jelly

Place bread cubes in a greased 1-quart casserole.

Combine the eggs, sugar, salt and vanilla. Gradually blend in the scalded milk. Pour over the bread cubes.

Set the casserole in a pan of hot water and bake in a slow oven, 325°, 1 hour, or until a knife inserted halfway between center and outside edge comes out clean. Top the baked pudding with spoonfuls of jelly. Serve hot or cold.

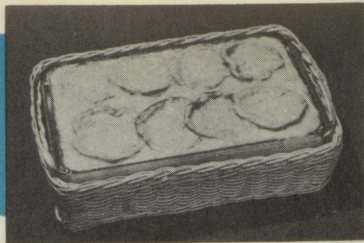


Shopping Reminders:-

- Cracker Barrel Brand Old Canadian Cheddar Cheese
- Butter or Kraft's Parkay Margarine
- Green Peppers
- Potatoes
- Onions

9

Cheese Potato Medley



- $\frac{1}{4}$ cup butter or Kraft's Parkay Margarine
- $\frac{1}{4}$ cup flour
- 2 teaspoons salt
- Dash of pepper
- 2 cups milk

- 1 12-oz. pkg. Cracker Barrel Brand Old Canadian Cheddar Cheese, shredded
- 6 cups sliced cold cooked potatoes
- 2 medium onions, sliced
- 2 medium green peppers, sliced (about 16 rings)

Make a cream sauce with the butter or margarine, flour, seasonings and milk. Add half of the cheese. Continue heating, stirring until well blended. Place half of the potatoes in a greased 2-quart baking dish. Cover with half of the onions, green pepper and cheese sauce. Add a layer each of the remaining potatoes, onion, green pepper and cheese sauce. Bake in a slow oven, 325°, 40 minutes. Top with the remaining cheese and return to the oven until the cheese melts. 6 to 8 servings.

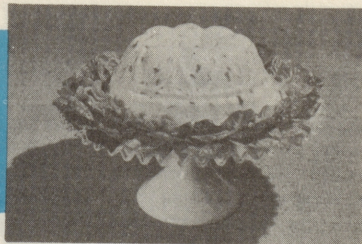


Shopping Reminders:-

- Miracle Whip Salad Dressing*
- Philadelphia Brand Cream Cheese*
- Gelatin*
- Icing Sugar*
- Canned Pineapple*
- Canned Apricots*
- Maraschino Cherries*
- Heavy Cream*
- Lettuce*

10

Fruit Salad Parfait



- 1 envelope gelatin
- $\frac{1}{2}$ cup cold water
- 1 cup Miracle Whip Salad Dressing
- 1 8-oz. pkg. Philadelphia Brand Cream Cheese
- $\frac{1}{4}$ cup maraschino cherry juice
- 2 tablespoons icing sugar

- 1 cup drained crushed canned pineapple
- 1 cup drained coarsely chopped canned apricots
- $\frac{1}{4}$ cup chopped maraschino cherries
- 1 cup heavy cream, whipped
- Lettuce

Soften gelatin in cold water and dissolve over hot water. Cool. Gradually add the salad dressing to the cream cheese, mixing until smooth and well blended. Add cherry juice, sugar and gelatin; mix well. Chill until slightly thickened. Add fruit. Fold in whipped cream. Pour into a fancy $1\frac{1}{2}$ -quart ring mold and chill until firm. Unmold and surround with lettuce.

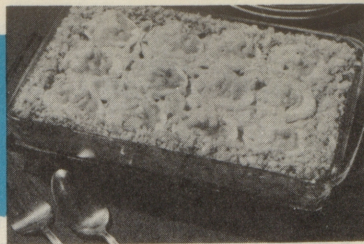


Shopping Reminders:-

- Velveeta Pasteurized Process Cheese
- Miracle Whip Salad Dressing
- Butter or Kraft's Parkay Margarine
- Parsley
- Onions
- Egg Noodles

11

Egg and Noodle Treat



- 6 hard-cooked eggs
- 1 tablespoon chopped parsley
- 1 teaspoon minced onion
- 1/3 cup Miracle Whip Salad Dressing
- 1/3 cup butter or Kraft's Parkay Margarine
- 1/3 cup flour

- 2 cups milk
- Salt and pepper
- 1/2 lb. Velveeta Pasteurized Process Cheese
- 1 8-oz. pkg. egg noodles, cooked, drained
- Soft bread crumbs

Cut the eggs in half lengthwise. Remove the yolks, mash and combine with the parsley, onion and salad dressing. Fill the whites.

Make a cream sauce with the butter or margarine, flour, milk, and seasonings. Add the Velveeta cut into pieces, and stir until it is melted. Add half of the sauce to the noodles and place in a greased casserole. Arrange the stuffed eggs on top and cover with the remaining sauce. Garnish the edge with crumbs. Bake in a moderate oven, 350°, 20 minutes, or until the crumbs are brown.



Shopping Reminders:-

- Kraft's Cheez Whiz
- Onions
- Cucumbers
- Frozen Fishsticks
- Eggs

12

Seaside Bake



- 2 eggs, beaten
- 4 cups firmly packed soft bread crumbs
- 2 cups thoroughly drained coarsely shredded cucumber
- ¼ cup finely chopped onion

- 1½ teaspoons salt
- Dash of pepper
- *
- *
- 1 8-oz. pkg. frozen fishsticks
- 1 8-oz. jar Kraft's Cheez Whiz

• Combine the eggs, crumbs, cucumber, onion and seasonings. Mix well. Place in a baking dish. Top with the fish sticks and bake in a moderate oven, 375°, for 20 minutes. Remove from the oven, spoon Cheez Whiz over the top, and serve.

HOUSEHOLD HINTS

• When making cream pie, keep the under-shell from getting soggy by cooling the filling before pouring it into the shell.

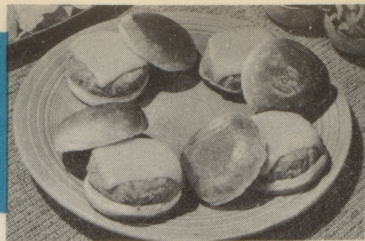


Shopping Reminders:-

- Kraft DeLuxe Slices Pasteurized Process Canadian Cheese
- Miracle Whip Salad Dressing
- Canned Tuna
- Dill Pickles
- Celery Salt
- Round Buns

13

Friday Burgers



- 2 7-oz. cans tuna, flaked
- $\frac{2}{3}$ cup Miracle Whip Salad Dressing
- $\frac{1}{4}$ cup fine dry bread crumbs
- 1 teaspoon minced onion
- $\frac{1}{4}$ cup chopped dill pickle
- $\frac{1}{2}$ teaspoon salt

- Dash of pepper
- $\frac{1}{2}$ teaspoon celery salt
- Fine dry bread crumbs
- 6 round buns, split, toasted
- 6 Kraft DeLuxe Slices Pasteurized Process Canadian Cheese

Combine the tuna, salad dressing, $\frac{1}{4}$ cup bread crumbs, onion, pickle, salt, pepper and celery salt. Shape into 6 patties 3 inches in diameter, and pat them in crumbs, covering both sides. Broil on both sides, or bake in a moderate oven, 350°, until brown.

For each serving place a hot tuna patty on the bottom half of a bun, and top with a slice of cheese. Place under the broiler or in a hot oven, 400°, until the cheese is melted. Replace the top of the bun. Serve immediately.

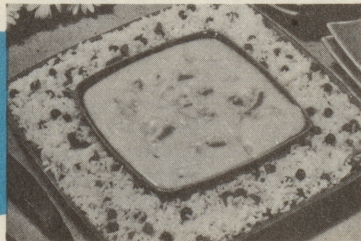


Shopping Reminders:-

- Cracker Barrel Brand Old Canadian Cheddar Cheese
- Butter or Kraft's Parkay Margarine
- Canned Tuna
- Rice
- Frozen Peas
- Pimento

14

Tuna and Rice Buffet Supper



- ¼ cup butter or Kraft's Parkay Margarine
- 2 tablespoons flour
- 1 cup milk
- Dash of salt
- Dash of pepper
- 1 8-oz. pkg. Cracker Barrel Brand Old Canadian Cheddar Cheese, shredded

- 2 7-oz. cans tuna, flaked
- 1½ cups rice
- 1 10-oz. pkg. frozen peas, cooked and drained
- ¼ cup chopped pimento

• Make a cream sauce using 2 tablespoons butter or margarine, flour, milk and seasonings. Add the cheese, and stir until the cheese is melted. Add the tuna and heat again.

• Cook rice in boiling salted water. Drain. Combine rice, 2 tablespoons butter or margarine, peas and pimento, and toss lightly. Pour the tuna mixture into a bowl placed in the center of a platter. Surround the bowl with the rice.



Shopping Reminders:-

- Kraft Dinner
- Miracle Whip Salad Dressing
- Celery
- Green Pepper
- Onion
- Canned Salmon
- Green Pepper
- Pimento
- Parsley

15

Kraft Dinner Salmon Loaf



- 1 pkg. Kraft Dinner
- ½ cup chopped celery
- ¼ cup chopped green pepper
- 2 tablespoons Miracle Whip Salad Dressing
- 1 teaspoon grated onion

- Dash of pepper
- 1 7-oz. can salmon, drained and flaked or Tuna
- 2 green pepper rings
- Pimento
- Parsley

Prepare the Kraft Dinner as directed on the package.

Add the celery, green pepper, salad dressing, onion and pepper to the salmon. Toss lightly with a fork. Arrange the green pepper rings in the bottom of a well greased 8 x 4 x 2½-inch loaf pan. Carefully pack the salmon mixture into the pan and cover with Kraft Dinner.

Bake in a slow oven, 300°, for 15 minutes. Unmold on a platter. Dot the centers of the pepper rings with pimento. Serve hot, garnished with parsley.

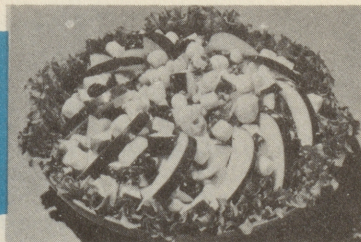


Shopping Reminders:-

- Kraft Miniature Marshmallows
- Kraft Mayonnaise
- Apples
- Lemon Juice
- Celery
- Pecans or Walnuts
- Lettuce

16

Delicious Apple Salad



3 cups diced unpeeled apples
1 tablespoon lemon juice
1 cup Kraft Miniature Marshmallows
1 cup chopped celery

¼ cup chopped pecans or walnuts
Kraft Mayonnaise
Lettuce

Sprinkle the apples with lemon juice. Add marshmallows, celery and nuts. Add enough mayonnaise to moisten, and toss lightly. Serve on lettuce.

For decorative effect, garnish the salad with thin slices of unpeeled apple.

HOUSEHOLD HINTS

To keep lettuce from turning brown, always cut out the core of head lettuce and wash the head in cold water. Drain thoroughly and let stand for an hour or so.



Shopping Reminders:-

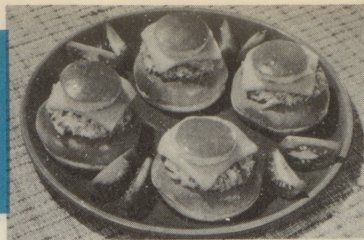
- Miracle Whip Salad Dressing*
- Kraft DeLuxe Slices Pasteurized Process Canadian Cheese*
- Butter or Kraft's Parkay's Margarine*
- Canned Tuna*
- Celery*
- Sweet Pickles*
- Round Buns*
- Tomatoes*

17

Tuna Salad Bunwiches

- 1 7-oz. can tuna, drained, flaked
- $\frac{1}{3}$ cup chopped celery
- 2 tablespoons chopped sweet pickle
- $\frac{1}{2}$ cup Miracle Whip Salad Dressing
- Salt and pepper
- 4 round buns

Combine the tuna, celery, pickle, salad dressing, and seasonings to taste. Cut a $2\frac{1}{2}$ -inch circle from the top of each bun and remove the center of the bun with a fork. Brush the inside of each bun with butter or margarine and fill with tuna salad. Bake in a slow oven, 325°, 20 minutes. Remove from the oven, top each with a slice of cheese and the cut-out round of bun. Heat again until the cheese melts. Serve hot, garnished with tomato wedges.



- Butter or Kraft's Parkay Margarine, melted
- 4 Kraft DeLuxe Slices Pasteurized Process Canadian Cheese
- 8 peeled tomato wedges

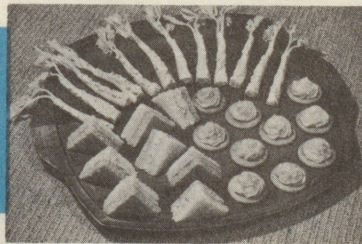


Shopping Reminders:-

- Kraft Pineapple Cream Cheese Spread
- Kraft Olive Pimento Cream Cheese Spread
- Kraft Party Snack Cream Cheese with Roka
- Kraft Pimento Cream Cheese Spread
- Celery
- Round Crackers
- White Bread
- Whole Wheat Bread

18

Hostess Snack Tray



Celery
Kraft Olive Pimento Cream Cheese Spread
Kraft Party Snack Cream Cheese with Roka

Round crackers
Kraft Pineapple Cream Cheese Spread

* *
White bread, sliced, crusts trimmed
Kraft Pimento Cream Cheese Spread
Whole wheat bread, sliced, crusts trimmed

Fill the celery with the olive pimento spread and Party Snack with roka.
Top the crackers with pineapple cheese spread, pressed through a pastry tube.
To make sandwiches, spread slices of white bread with pimento cheese spread and top each with a slice of whole wheat bread. Cut the sandwiches into quarters.
Arrange the filled celery, crackers and sandwiches on a large tray.

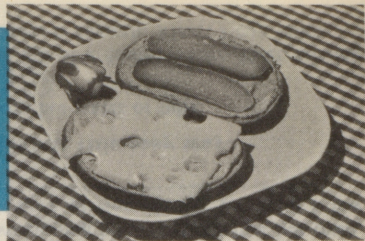


Shopping Reminders:-

- Kraft Natural Swiss Cheese Slices
- Kraft Mustard with Horseradish
- Rye Bread
- Dill Pickles
- Radishes

19

Swiss Cheese and Dill Pickle Sandwiches



Rye bread sliced
Kraft Mustard with added Horseradish
Kraft Natural Swiss Cheese Sliced,
cut in half

Dill pickles, cut into lengthwise slices
Radish roses

For each sandwich spread 2 slices of bread with mustard. Place a half-slice of cheese on 1 slice of bread and 2 slices of pickle on the other. Serve open-face and garnish with a radish rose.

HOUSEHOLD HINTS

For your next batch of cup cakes, try using fruit juice as the liquid content.

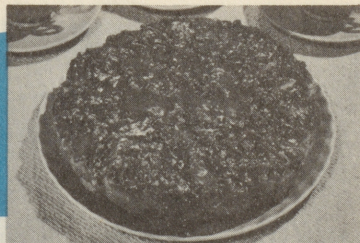


Shopping Reminders:-

- Kraft Vanilla Caramels
or Kraft Caramel
Sauce
- Butter or Kraft's
Parkay Margarine
- Chopped Pecans
- Pillsbury
Ready-to-Bake
Biscuits

20

Caramel Breakfast Cake



2 tablespoons sugar
3 tablespoons chopped pecans
 $\frac{3}{4}$ cup Kraft Caramel Sauce

2 pkgs. Pillsbury ready-to-bake biscuits
 $\frac{1}{2}$ cup butter or Kraft's Parkay
Margarine, melted

Sprinkle the sugar over the bottom of a well greased 9-inch round cake pan. Cover with the nuts, then pour on the caramel sauce. Dip each biscuit in the melted butter or margarine. Place 15 of these biscuits, overlapping, around the outer edge of the pan. Use the remaining 5 biscuits to make an inner circle of overlapping biscuits. Bake in a hot oven, 425°, 20 minutes. Immediately turn upside down on a serving platter; let stand a few minutes, then remove the pan.

Use Kraft Caramel Sauce, or make it this easy way:—

1 7-oz. pkg. Kraft Vanilla Caramels
(27 caramels)

$\frac{1}{2}$ cup hot water or milk

Place the caramels and hot water or milk in the top of a double boiler. Heat, stirring frequently, until the caramels are melted and the sauce is smooth. Yield: 1 cup sauce.

frequently, until the caramels are melted and the sauce is smooth. Yield: 1 cup sauce.

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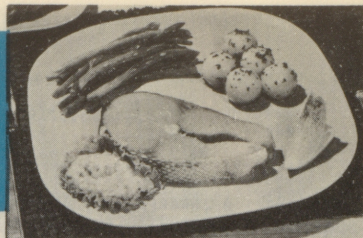


Shopping Reminders:-

- Miracle Whip Sandwich Spread*
- Onion*
- Salmon steaks*
- Lettuce*
- Green beans*
- Potatoes*
- Lemon*

21

Salmon Steak with Tartar Sauce



- 1 cup Miracle Whip Sandwich Spread
- ½ teaspoon chopped onion or onion juice
- Broiled salmon steaks

- Lettuce
- Seasoned cooked green beans
- Parsley potatoes
- Lemon wedges

Prepare tartar sauce by combining the sandwich spread with chopped onion or onion juice.

For each serving place a broiled salmon steak and a small lettuce cup filled with tartar sauce on a dinner plate, with green beans, potatoes and a lemon wedge.

HOUSEHOLD HINTS

Try cooking vegetables in bouillon or consomme instead of water and taste the difference.

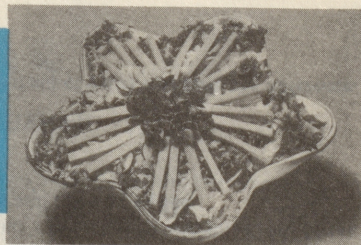


Shopping Reminders:-

- Miracle French Dressing*
- Kraft Natural Cheddar Cheese Sliced*
- Leaf Lettuce*
- Head Lettuce*
- Curly Endive*
- Radishes*
- Watercress*

22

Sunrise Salad



Leaf lettuce
Head lettuce
Curly endive
Sliced radishes

Kraft Natural Cheddar Cheese
Sliced, cut into julienne strips
Watercress
Miracle French Dressing

Tear the lettuce and endive into bite-sized pieces into a salad bowl. Add sliced radishes. Radiate strips of cheese from the center to the edge of the bowl. Garnish the center with watercress and serve with dressing.

HOUSEHOLD HINTS

A squeeze of lemon in water in which rice is boiling will whiten the rice and separate the grains.

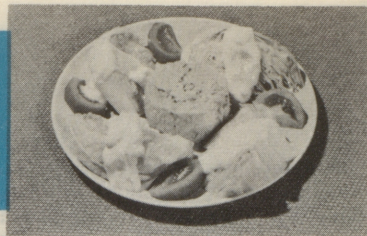


Shopping Reminders:-

- Miracle Whip Salad Dressing*
- Lettuce*
- Salmon*
- Tomatoes*
- Parsley*

23

Radiant Salmon Salad



Lettuce
7 $\frac{3}{4}$ -oz. can salmon
Lettuce wedges

Miracle Whip Salad Dressing
Parsley
Tomato wedges

Arrange lettuce on a round chop plate. Drain a can of salmon and place in the center of the plate. Radiate four wedges of head lettuce from the salmon to the edge of the plate. Place a spoonful of salad dressing on each wedge of lettuce. Garnish with parsley and the tomato wedges.

HOUSEHOLD HINTS

To prevent milk from sticking to the saucepan when heating, rinse the saucepan in cold water before heating the milk.

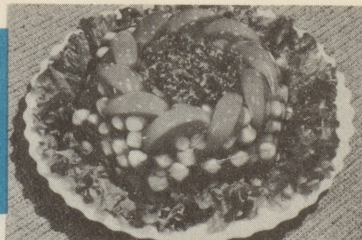


Shopping Reminders:-

- Kraft Miniature Marshmallows
- Kraft Mayonnaise, or Miracle Whip Salad Dressing
- Raspberry Gelatin Dessert
- Fresh or frozen peaches
- Lettuce

24

Marshmallow Luncheon Salad



- 1 pkg. raspberry gelatin dessert
- 1 cup hot water
- 1 cup cold water
- 1½ cups fresh or frozen sliced peaches, well drained

- 2 cups Kraft Miniature Marshmallows
- Lettuce
- Kraft Mayonnaise or Miracle Whip Salad Dressing

Dissolve the gelatin dessert in the hot water. Add the cold water. Chill until almost firm. Arrange 10 peach slices in the bottom of a 1-quart mold. Fold the marshmallows and the remaining peach slices into the gelatin mixture. Pour into the mold and chill until firm. Unmold on a lettuce covered serving plate, and garnish the center of the mold with lettuce. Serve with mayonnaise or salad dressing.

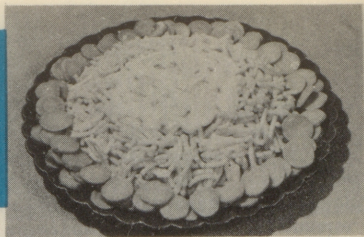


Shopping Reminders:-

- Kraft Dinner
- Canned Tuna
- Green Pepper
- Pimento
- Carrots

25

Kraft Dinner Triumph



- 1 7-oz. can tuna, drained, flaked
- 1 tablespoon chopped green pepper
- 1 tablespoon chopped pimento

- 1½ cups hot medium cream sauce
- 1 pkg. Kraft Dinner
- Hot cooked sliced carrots, seasoned

Combine the tuna, green pepper and pimento with the cream sauce, and heat. Prepare the Kraft Dinner as directed on the package. Heap it onto a round serving plate, make a depression in the center, and fill it with the hot tuna mixture. Surround the Kraft Dinner with carrots.

HOUSEHOLD HINTS

Scrambled eggs take on new color when you stir in 1 tablespoon orange juice per egg before putting in pan.



Shopping Reminders:-

- Kraft DeLuxe Slices
Pasteurized Process
Canadian Cheese
- Kraft Mayonnaise
- Butter or Kraft's
Parkay Margarine
- Can of Salmon
- Cream Style
Horseradish
- Lemon Juice
- Lemons
- Ripe Olives

26

Salmon Sandwiches Deluxe

- 1 lb. can salmon, drained
- 2 tablespoons cream style horseradish
- 1 teaspoon lemon juice
- ¼ cup Kraft Mayonnaise
- Salt and pepper
- 8 slices bread, crusts trimmed

Bone and flake the salmon and toss it with the horseradish, lemon juice, mayonnaise, and seasonings to taste. Make four sandwiches, each with a generous filling of the salmon salad. Spread the outside of each sandwich with melted butter or margarine, and toast the sandwiches on both sides under the broiler until brown. Just before they are ready to come out of the broiler place a slice of cheese on each sandwich. Return to the broiler for a few minutes to melt the cheese. Serve on a platter garnished with lemon wedges and ripe olives.



- Butter or Kraft's Parkay Margarine,
melted
- 4 Kraft DeLuxe Slices Pasteurized
Process Canadian Cheese
- Lemon wedges
- Ripe olives

- Lemons
- Ripe Olives

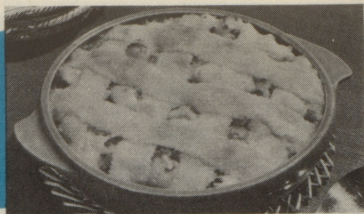


Shopping Reminders:-

- Velveeta Pasteurized Process Cheese
- Butter or Kraft's Parkay Margarine
- Fish
- Potatoes
- Celery
- Green Pepper
- Pimento
- Salad Oil

27

Friday Pie



- 2 cups or 1 lb. cooked flaked boned fish
- 2 cups cooked diced potatoes
- 1 cup cooked diced celery
- 1/2 cup chopped green pepper
- 2 tablespoons chopped pimento
- 2 teaspoons salt
- Dash of pepper

* *

- 1/4 cup butter or Kraft's Parkay Margarine

- 1/4 cup flour
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups milk
- 1/2 lb. Velveeta Pasteurized Process Cheese, sliced

* *

- 1 cup sifted flour
- 1/2 teaspoon salt
- 1/4 cup salad oil
- 2 to 3 tablespoons ice water

• Combine the fish, vegetables, 2 teaspoons salt, and a dash of pepper and place in a shallow casserole.

• Make a cream sauce with the butter or margarine, 1/4 cup flour, 1 teaspoon salt, 1/4 teaspoon pepper and milk. When the sauce is thickened and smooth add the Velveeta and stir until it is melted. Pour this sauce over the fish and vegetables.

• Sift 1 cup flour and 1/2 teaspoon salt together. Combine the oil and water; beat with a fork until light and creamy. Pour all of the mixture immediately over the entire surface of the flour. Toss and mix with a fork. Form into a ball. Roll between two squares of waxed paper. Remove the top sheet and cut the pastry into strips.

• Place the pastry strips crisscross over the top of the casserole. Bake in a hot oven, 400°, 15 to 20 minutes, or until the pastry is done and browned. 6 servings.



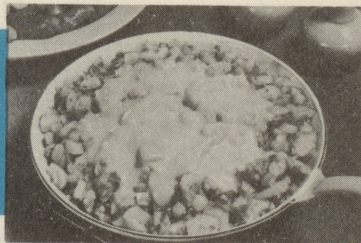
Shopping Reminders:-

Kraft's Cheez Whiz

Potatoes

28

Hashed-Brown Potatoes with Cheez Whiz



Kraft's Cheez Whiz

Hot hashed-brown potatoes

Heat Cheez Whiz in a small saucepan over very low heat or in the top of a double boiler. Pour over potatoes.

HOUSEHOLD HINTS

For a refreshing drink, use cold tea instead of water to reconstitute frozen lemonade, orange or grape juice.

To keep leftover pastry dough refrigerated, line your empty shortening carton with waxed paper, pack the pastry inside, fold over the waxed paper, and close the lid.



Shopping Reminders:-

- Kraft French Dressing
- Miracle Whip Sandwich Spread
- Head Lettuce
- Leaf Lettuce
- Cucumber

29

Lettuce and Cucumber Salad



Head lettuce, cut into wedges
Scored unpeeled cucumber slices

Leaf lettuce
French Island Dressing

For each serving place a lettuce wedge and three cucumber slices on lettuce on a salad plate. Serve with the dressing.

French Island Dressing

$\frac{1}{2}$ cup Kraft French Dressing

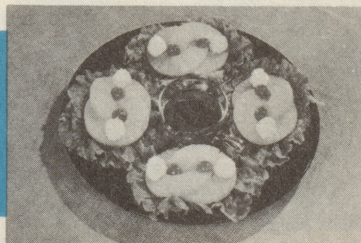
1 cup Miracle Whip Sandwich Spread

Stir the French dressing slowly into the sandwich spread. Blend well.



30

Hawaiian Lei Salad



Shopping Reminders:-

- Kraft Casino Dressing, or Miracle French Dressing
- Philadelphia Brand Cream Cheese
- Pineapple Slices
- Maraschino Cherries
- Lettuce

8 slices pineapple
Lettuce
1 4-oz. pkg. Philadelphia Brand Cream Cheese

Milk
4 maraschino cherries, halved
Miracle French Dressing, or
Kraft Casino Dressing

Cut through 4 slices of pineapple and interlock through the remaining slices, chain fashion. Place on beds of lettuce at regular intervals on a large round serving plate.

Combine cream cheese with a small amount of milk and whip until light and fluffy. Force through a pastry tube, placing a rosette on outer edge of each pineapple slice. Place a maraschino cherry-half at interlocking points of each slice. Place a bowl of dressing in the center.

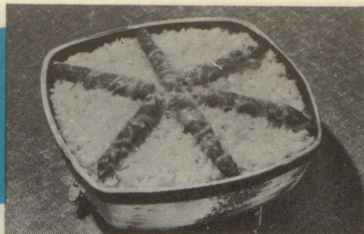


Shopping Reminders:-

- Cracker Barrel Brand Old Canadian Cheddar Cheese
- Butter or Kraft's Parkay Margarine
- Rice
- Can or Jar Asparagus Spears
- Eggs

31

Asparagus and Cheese Casserole



- 3 tablespoons butter or Kraft's Parkay Margarine
- 3 tablespoons flour
- 1½ cups milk
- 1 teaspoon salt
- 1 8-oz. pkg. Cracker Barrel Brand Old Canadian Cheddar Cheese, shredded

- 1 teaspoon minced onion
- 3 cups cooked rice
- 2 hard-cooked eggs, sliced
- 1 15-oz. can or jar asparagus spears, drained

Make cream sauce with butter or margarine, flour, milk and salt. Add the cheese, reserving ½ cup for the top, and stir until it is melted. Add onion and rice to the cheese sauce. Place alternate layers of the rice mixture, eggs and asparagus in a greased 1½-quart casserole, arranging 6 asparagus spears spoke fashion on top. Sprinkle with the remaining cheese. Bake in a moderate oven, 350°, 20 minutes.

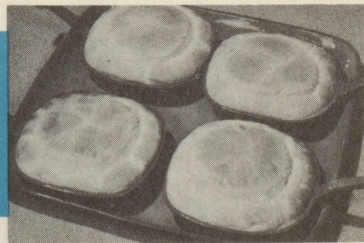


Shopping Reminders:-

- Kraft Canadian Pasteurized Process Cheese
- Butter or Kraft's Parkay Margarine
- Can of Salmon
- Celery
- Eggs

32

Individual Salmon Soufflés



½ lb. Kraft Canadian Pasteurized Process Cheese
2 tablespoons butter or Kraft's Parkay Margarine
2 tablespoons flour
1 cup milk

½ teaspoon salt
Dash of cayenne
4 eggs
1 ¾-oz. can salmon, drained, flaked
¼ cup chopped celery
Salt, pepper

Slice the cheese. Make a sauce with the butter or margarine, flour, milk, ½ teaspoon salt and cayenne. When thickened and smooth add the sliced cheese, and stir until the cheese is melted. Remove from the heat and add the beaten yolks of the eggs; mix well. Slightly cool the mixture, then pour it slowly onto the stiffly beaten whites of the eggs, cutting and folding the mixture thoroughly together.

Combine salmon and celery. Season to taste. Place equal amounts in 4 ungreased individual casseroles. Pour soufflé mixture over salmon. Bake in a slow oven, 300°, for 35 to 40 minutes. Serve at once.

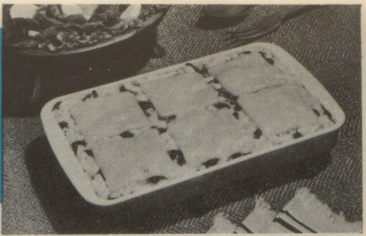
Celery

individual casseroles. Pour soufflé mixture over salmon. Bake in a slow oven, 300°, for 35 to 40 minutes. Serve at once.



33

Kidney Bean-Macaroni Bake



Shopping Reminders:-

- Kraft DeLuxe Slices Pasteurized Process Canadian Cheese
- Butter or Kraft's Parkay Margarine
- Elbow Macaroni
- Onions
- Can Condensed Cream of Celery Soup
- Can Kidney Beans
- Celery Seed

- 2 cups elbow macaroni
- 2 tablespoons chopped onion
- 2 tablespoons butter or Kraft's Parkay Margarine
- 1 can condensed cream of celery soup
- 1 cup milk

- 1 1-lb. can kidney beans, drained
- 1 teaspoon salt
- Dash of pepper
- ¼ teaspoon celery seed
- 1 8-oz. pkg. Kraft DeLuxe Slices Pasteurized Process Canadian Cheese

Cook macaroni in boiling salted water. Drain well. Sauté the onion in the butter or margarine. Remove from the heat and add the soup. Stir in the milk gradually. Add the kidney beans, seasonings, and 2 slices of cheese. Heat, stirring occasionally, until the mixture is hot and the cheese is melted. Mix in the macaroni. Pour the mixture into a greased 2-quart rectangular baking dish. Arrange the remaining 6 slices of cheese on top. Bake in a moderate oven, 350°, 5 to 10 minutes, or until the cheese begins to melt. 6 servings.

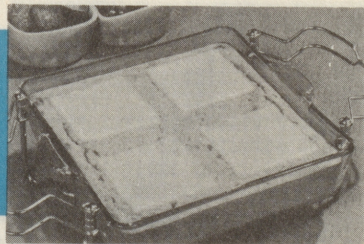


Shopping Reminders:-

- Velveeta Pasteurized Process Cheese**
- Canned Cream Style Corn**
- Canned Tomatoes**
- Onion**
- Pimento**
- Green Pepper**
- Yellow Corn Meal**
- Eggs**

34

Fiesta Casserole



- 2 cups canned cream style corn
- 1 cup canned tomatoes
- 3 tablespoons chopped onion
- 2 tablespoons chopped pimento
- 2 tablespoons chopped green pepper

- 1 teaspoon salt
- 1 cup yellow corn meal
- 2 eggs
- 4 slices Velveeta Pasteurized Process Cheese cut from a 2-lb. loaf

Combine the corn, tomatoes, onion, pimento, green pepper and salt. Gradually add the corn meal, stirring until well blended. Beat the eggs and milk together and gradually add to the corn meal mixture. Place in a well greased 8 x 8 x 2-inch baking dish and bake in a moderate oven, 350°, 1 hour. Remove from the oven. Place the 4 slices of Velveeta on top of the baking dish, return to the oven and bake until the Velveeta melts.

- Green Pepper
- Yellow Corn Meal
- Eggs

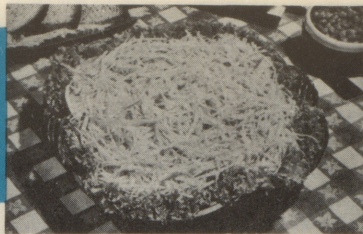


Shopping Reminders:-

- Kraft Italian Dressing
- Miracle Whip Sandwich Spread
- Cabbage
- Lettuce

35

Coleslaw with Italian Island Dressing



½ cup Kraft Italian Dressing
1 cup Miracle Whip Sandwich Spread

4 cups shredded cabbage
Lettuce

Stir the Italian dressing slowly into the sandwich spread. Blend well. Add enough of this dressing to the cabbage to moisten well; toss lightly. Serve in a salad bowl lined with lettuce.

HOUSEHOLD HINTS

Bake Meringues on cooky sheets lined with aluminum foil and you'll have no trouble with them sticking. Allow meringues to cool then peel off the foil.

For quick peeling of oranges for salads, place fruit into a saucepan of boiling water and let stand a couple of minutes. They will peel easily, leaving a membrane-free surface.



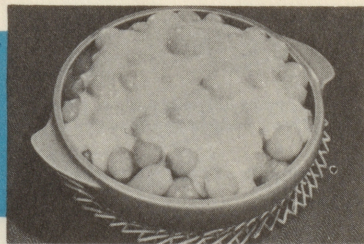
Shopping Reminders:-

Kraft's Cheez Whiz

Onions

36

Onions with Cheez Whiz



Kraft's Cheez Whiz

Well drained hot cooked onions

Heat the Cheez Whiz in a small saucepan over very low heat or in a double boiler. Place the onions in a serving dish and pour the Cheez Whiz over them.

HOUSEHOLD HINTS

A dash of nutmeg brings out the flavor of rhubarb. Try it next time you stew the fruit or put it in a rhubarb pie.

Shredded cheese and apple jelly, in equal parts, makes a delicious sandwich filling, especially pan-dried.

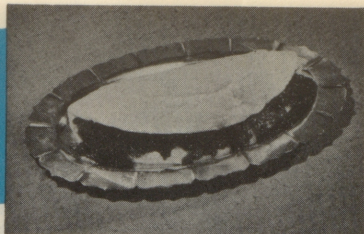


Shopping Reminders:-

- Kraft Pure Black Raspberry Jelly
- Eggs

37

Jelly Omelet



6 eggs, separated
2 tablespoons hot water

$\frac{3}{4}$ teaspoon salt
Kraft Pure Black Raspberry Jelly

Beat egg yolks, add water and salt, then fold them into the stiffly beaten egg whites. Pour the mixture into a well greased 10-inch skillet. Cook over low heat until the bottom begins to brown, then place in a slow oven, 325°, until the top is firm. Crease in the middle, spread jelly on half, fold other half over it, and place on a platter. Serve immediately.

HOUSEHOLD HINTS

When boiling fish, one tablespoon of vinegar or lemon juice added to the water will leave your fish firmer and much whiter after cooking.

For a delightful quick sundae, spoon golden honey over vanilla ice cream.

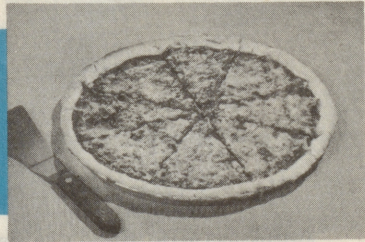


Shopping Reminders:-

- Kraft Canadian Pasteurized Process Cheddar Cheese
- Kraft Grated Parmisello Cheese
- Salad Oil
- Can Tomato Paste
- Oregano
- Black Pepper

38

Tomato Cheese Pizza



- 2 cups flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- $\frac{2}{3}$ cup milk
- $\frac{1}{3}$ cup salad oil
- 1 6-oz. can tomato paste
- $\frac{1}{4}$ cup water

- 1 teaspoon oregano
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon black pepper
- $\frac{1}{2}$ lb. Kraft Canadian Pasteurized Process Cheese, shredded
- $\frac{1}{4}$ cup Kraft Grated Parmisello Cheese

Sift the flour, baking powder and 1 teaspoon of salt into a bowl. Add the milk to the oil and pour all at once into the dry ingredients. Stir with a fork until the mixture rounds up into a ball. Knead about 10 times without flour. Roll the dough between sheets of waxed paper to fit one 14-inch pizza pan or two 15 $\frac{1}{2}$ x 12-inch baking sheets or two 10-inch pie pans.

Combine the tomato paste, water, oregano, $\frac{1}{2}$ teaspoon salt and pepper. Mix to a smooth paste.

Spread the dough with half of the shredded cheese, cover with the tomato sauce, and sprinkle with the remaining cheese. Bake in a hot oven, 425°, for 15 to 20 minutes. Remove from the oven, sprinkle with the Parmisello cheese and bake another 3 to 5 minutes.

- Oregano
- Black Pepper



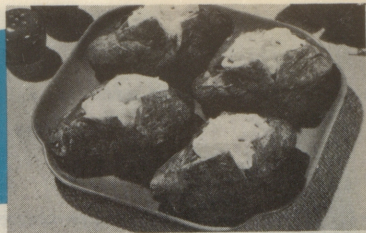
Shopping Reminders:-

- Philadelphia Brand Cream Cheese
- Cream
- Chives
- Lemon Juice
- Garlic Salt
- Potatoes

Spread the dough with half of the shredded cheese, cover with the tomato sauce, and sprinkle with the remaining cheese. Bake in a hot oven, 425°, for 15 to 20 minutes. Remove from the oven, sprinkle with the Parmisello cheese and bake another 3 to 5 minutes.

39

Baked Potatoes with "Philly" Chive Sauce



- 1/3 cup cream
- 1 8-oz. pkg. Philadelphia Brand Cream Cheese
- 1 tablespoon chopped chives

- 1 1/2 teaspoons lemon juice
- 1/2 teaspoon garlic salt
- 4 hot baked potatoes

Gradually blend the cream into the cream cheese which has been softened at room temperature. Add the chives, lemon juice and garlic salt. Serve over hot baked potatoes which have been slashed across the top and pressed open.

For a thinner sauce, add a little more cream.

HOUSEHOLD HINTS

To save vitamins, cook vegetables at a high temperature for a short period.

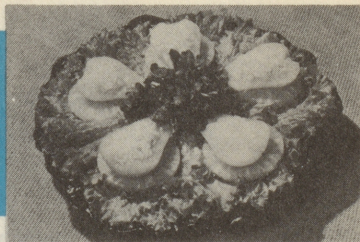


Shopping Reminders:-

- Cracker Barrel Brand Canadian Cheddar Cheese
- Kraft French Dressing
- Lettuce
- Pineapple
- Pears
- Watercress

40

Pineapple-Pear Salad



Lettuce
5 slices pineapple
5 pear halves

Cracker Barrel Brand Canadian Cheddar Cheese, shredded
Watercress
Kraft French Dressing

On a large serving plate covered with lettuce, place the pineapple slices. On each pineapple slice, place a pear half, cut side up, and fill centers with cheese. Garnish with watercress and serve with French dressing.

HOUSEHOLD HINTS

To garnish lettuce leaves colourfully, place paprika on waxed paper and dig edges of leaves into it.

To prevent boiled frosting from hardening, add a pinch of cream of tartar.

To prevent boiled frosting from hardening, add a pinch of cream of tartar.

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