

# Cookbook on sale to support the arts



One of the ways to support various causes is to buy their cookbooks. Not only do you get recipes from people you know, but your money goes to a good cause. The latest one I've gotten is from the Goodland Arts Council. The following recipes are from 'Friends of the Arts Cookbook'.

**Frozen Cranberry Banana Salad**  
**Jessica Cole**

1 - 20 ounce can pineapple tidbits  
1 - 16 ounce can whole berry cranberry sauce  
5 medium bananas  
1 - 12 ounce carton Cool Whip  
1/2 cup chopped walnuts  
Drain pineapple and set aside. Half lengthwise and slice bananas. Add bananas to pineapple juice. In a large bowl, combine cranberry sauce, bananas, pineapple, Cool Whip and nuts. Pour into 9 x 13 pan. Freeze until solid. Remove from freezer 15 minutes before cutting.

**Swiss Chicken Casserole**  
**Geralyn Parker**



**pat schiefen**

• postscript

8 skinless, boneless chicken breasts  
8 slices Swiss cheese (1 ounce each)  
1 - 10 3/4 ounce cream of chicken soup  
1/2 cup dry white cooking wine  
2 cup chicken flavor Stove Top Stuffing mix  
1/3 cup margarine

Arrange chicken breasts in greased 9 x 13 pan. Put 1 slice of Swiss cheese on each breast. Stir together cream of chicken soup and cooking wine. Spread over chicken and cheese. Sprinkle on dry stuffing mix. Melt margarine and drizzle over the stuffing mix. Bake uncovered at 350 degrees for 1 hour.

**Sunflower Wheat Bread for**

1 tablespoon brown sugar  
1/4 cup chopped roasted sunflower seeds  
1 1/4 teaspoon yeast  
1 tablespoon margarine, cut into fourths

Add water and oil to bread pan. Add bread flour, wheat blend flour or whole wheat flour, salt, brown sugar and seeds. Tap pan to settle dry ingredients, then level dry ingredients, pushing some of the mixture into corners of pan. Place a fourth piece of margarine into each corner on top of dry ingredients. Make a slight well in center of dry ingredients and add yeast. Place bread pan into chamber as per bread

machine instructions. Program machine for whole wheat and light or medium crust.

When loaf is done, remove bread from pan immediately. Cool on rack for 30 minutes before slicing. Yield: 1 pound loaf.

**Peach Smoothies**  
**Jeri Ann Blain**

1/2 cup peach nectar  
1/2 cup sliced fresh peaches  
1/4 cup vanilla yogurt  
2 ice cubes

In blender combine peach nectar, peaches, yogurt and ice cubes.

Cover and process until blended. Serve in chilled glasses.

**Horseradish Christie Rasure**

2 cup horseradish  
1 cup vinegar  
1/3 cup sugar  
1 teaspoon salt  
Grind cleaned horseradish with a meat grinder or food processor then transfer to a blender with the other ingredients. Put in sterile jars. Refrigerate and enjoy.

Hint: Remember to grind horseradish in months with "R" in it.

## Woman to celebrate 80th year

Minnie Belle Imhof-Jones will celebrate her 80th birthday Thursday, Nov. 27, 2003. Her children have requested a card shower for her. Send cards to 809 Centennial Dr., Goodland, Kan. 67735.

## club news

Four members of the Lincoln Larks Family, Community and Education club met at the Cobblestone Floral and Garden Center at 10:30 a.m. Tuesday, Nov. 4. Joni Guyer gave the club a tour of the store and told of all the changes made there. It was interesting to

hear her tell about going to market and the new items she purchased for the holidays. The club then adjourned to eat lunch at a local restaurant. Its next meeting will be in December which will be the Christmas Party.

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