



CORN QUICHE

Ingredients:

1 1/2 cups corn (1 can or 3 medium ears, cooked & cut off cob)
1/4 cup chopped onion, sautéed (or 1 1/2 tsp. dry if you need to « 1 tbsp. butter or margarine 1/2 cup shredded sharp cheddar cheese 5 eggs (or 3 whole eggs and 4 whites) beaten
1/2 tsp. dry mustard
1 tsp. parsley flakes
Unbaked deep-dish pie shell
1 cup + 2 tbsp. milk
1 tsp. seasoned salt or garlic salt

Instructions:

Mix all ingredients: pour in pie shell. Bake at 350° for about 50 minutes.
(Knife in center should cut clean.)

FRUIT SALAD

Ingredients:

Ripe fruits such as melons, bananas, pineapple, peaches, nectarines and grapes.

Instructions:

Cut melons or scoop out ball shapes. Add remaining fruits. Can serve as a side dish or dessert, adding flaked coconut or whipped cream if desired. Can serve as light meal with cottage cheese in the middle. Sprinkle with chopped walnuts if desired.

SWEET & SOUR CABBAGE MEATBALLS

Ingredients:

1 1/2 lbs. ground beef
1 large cabbage
15 or 16 ounces tomato sauce
1/4 cup brown sugar
1/4 cup lemon juice long grain wild rice

Instructions:

Cut a deep circle at the core of the cabbage. Place in large saucepan of boiling water for 3-5 minutes or until leaves can pull away, being careful not to overcook. Mix meat with 3/4 cup tomato sauce. Put in desired amount of rice. Roll into 12 balls. Place each in the center of cooked cabbage leaves. Place seam-side down in a large skillet. Mix remaining sauce with sugar and lemon juice. Pour over meatballs. Simmer cook, covered until done, 45 minutes to one hour. Loosen balls from the bottom of skillet occasionally while cooking.