

Finalist

FRIED SAUERKRAUT AND SPAETZLE

1 large can sauerkraut (can also use frozen or homemade)

1 stick butter or oleo

2 Tbsp. sugar

Dash of pepper

2 eggs

1½ cups flour

1½ cups water

¼ tsp. baking powder

2 slices bread

4 quarts water with 1 tsp. salt

Melt ½ stick of butter or oleo in large frying pan. Add sauerkraut and 2 Tbsp. sugar and a couple dashes of pepper. Fry until brown. Turn frequently because it can burn easily. Set aside. Place 4 quarts water and 1 tsp. salt in large pan and bring to a boil. For Spaetzle, combine eggs, flour, 1½ cups water and baking powder. Beat well; it should be the consistency of a pancake batter. You may need to add a little flour to reach the right consistency. Drop small bits of batter from a spoon into boiling water or cut with a knife on edge of pan. May also use Spaetzle maker. Cook 10-15 minutes until dough is cooked through. Drain into a colander when done. In skillet, melt ½ stick butter or oleo. Add bread that has been cut into small cubes. Fry until golden brown. Grease 13- by 9-inch casserole dish, layer fried sauerkraut and cooked Spaetzle in dish. Top with fried bread. Cover with foil. Bake at 350 degrees for 30 minutes.

George Hartle
Clarion

FRITO PIE CASSEROLE

1 pound lean ground beef

1 small onion

1 can cream of mushroom soup

1 can cream of chicken soup

1 bag Fritos

Grated cheddar cheese

Brown ground beef and onion. Drain well. Add both cans of soup and bring to a boil. Place a layer of Fritos in a greased baking dish and cover with a layer of soup/meat mixture. Cover with a layer of cheese. Continue in layers, making cheese the top layer. Bake at 350 degrees until casserole bubbles.

Ruth Laskey
Seneca

per. Put on paper towels to get excess oil off. Spread prepared pizza crust on greased 14-inch round pizza pan or 9- by 13-inch pan. Arrange eggplant slices on pizza crust. Sprinkle with garlic and tomatoes. Bake 12 minutes. Add cheeses and bake until cheese begins to turn golden, about 15 minutes. Makes 8 slices.

Phyllis Agnello
Knox

ENCHILADAS WITH CHICKEN SAUCE

1 pound ground beef

1 onion, chopped

1 pkg. taco seasoning

10 flour tortillas

2 16-oz. containers of sour cream

2 10¼-oz. cans cream of chicken soup

2 3-oz. cans chopped chilies

1 pound shredded cheddar cheese

In skillet, brown ground beef and onion. Add taco seasoning according to package directions. Warm tortillas in microwave for 30 seconds. Meanwhile, in a dutch oven, stir together and heat through sour cream, chicken soup and chilies. Spread some sauce on tortillas and add a small scoop of meat mixture. Top with cheese and roll up. Put into 9- by 13-inch pan which has been sprayed with aerosol oil. Pour sauce over all and sprinkle with remaining cheese. Bake at 350 degrees for 45 minutes to an hour.

Tristan MacDonald
Allegheny-Clarion Valley High School

FETTUCCHINE ITALIANA

8 oz. uncooked fettuccine

14-oz. pkg. reduced-fat smoked turkey sausage, thinly sliced

2 cups fresh asparagus, cut into 1½-inch slices

1 cup sliced fresh mushrooms

¼ cup chopped onion

1 garlic clove, minced

½ tsp. dried thyme

1 Tbsp. olive oil

1 Tbsp. cornstarch

1 cup reduced-sodium chicken broth

¼ cup shredded parmesan or romano cheese

Cook fettuccine according to package directions. Meanwhile, saute turkey sausage, asparagus, mushrooms, onion, garlic and thyme in oil in a large saucepan until vegetables are tender. Combine cornstarch and chicken broth until smooth; stir into sausage mixture. Bring to a boil. Cook and stir for 1-2 minutes or until thickened. Drain fettuccine. Add to sausage mixture; toss to coat. Sprinkle with parmesan cheese.

Lakenya Jacobs
Union High School

down in a 9- by 13-inch baking dish lined with aluminum foil. If you have a cake/cookie cooling rack that will fit inside the pan, put the roast on it. The fat drips off the prime rib and burns up quite a bit, so you want the foil in the pan to make clean up simple. Cook the roast in the oven for 5 minutes per pound. Then, shut the oven off. Do not open oven door for 2 hours. After 2 hours, take roast out and tent it with foil for 10 minutes. Then carve. This procedure will yield a perfect medium rare prime rib.

Stacey Neufeld
Titusville

EGGPLANT PIZZA

1 large eggplant, thinly sliced

1 pkg. pizza dough, made according to package instructions

3 Tbsp. minced garlic

1 tsp. salt

1 Tbsp. olive oil

½ tsp. pepper

12 oz. mozzarella cheese

½ cup parmesan cheese

1 large tomato, diced

Preheat oven to 450 degrees. In large frying pan, add enough oil to fry eggplant slices. Season eggplant with salt and pep-

EASY MEATLOAF

2 pounds ground beef
6-oz. pkg. Stove Top stuffing mix
1 cup water
2 eggs, beaten
½ cup barbecue sauce, divided

Mix all ingredients except ¼ cup of the barbecue sauce. Shape into 2 oval loaves and place side by side in 13- by 9-inch baking dish. Top with remaining barbecue sauce. Bake at 375 degrees for 35 minutes or until center is no longer pink.

Makes 6-8 servings.

Mary M. Miller
Franklin

EASY NO-PEEK PRIME RIB

1 rib roast (5-6 pounds)

2 Tbsp. onion salt

2 Tbsp. seasoned salt

2 Tbsp. garlic powder

Preheat oven to 500 degrees. Let the roast set on the counter for an hour to two hours. Room-temperature roast is much better. Mix the seasonings together and pat it all over the roast. It doesn't always stick real well to the fat side, but that's OK. Put the roast fat-side-up/bone-side-



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