**Banana Nut Bread**

1/2 cup sugar 1/4 cup oil

1 egg 1/2 cup mashed bananas

1/4 teaspoon salt 1/2 teaspoon lemon juice

2 tablespoons milk 1 cup Flour, sifted

1 teaspoon baking powder 1/4 teaspoon baking soda

1/4 cup nuts (optional)

In a bowl, combine sugar, oil, and egg. Add the mashed bananas and blend thoroughly. Add lemon juice and milk. Sift salt, flour,

baking soda, and baking powder together and add to the mixture. Fold nuts into mixture, if desired. Pour into 2 small greased loaf pans. Bake at 375°F for 30-35 minutes, or until crust is brown. Remove from pan onto a rack and cool. Makes 2 tiny loaves (for a regular loaf of bread, double recipe and bake at 350°F for 1 hour.)

**Biscuits**

6 tablespoons shortening

1 3/4 cups flour

2 ½ teaspoons baking powder

1 teaspoon salt

3/4 cup milk

Preheat oven to 450 ° F. Cut shortening with flour, baking powder,

and salt until dough is the size of small bread crumbs. Stir in milk until

dough leaves sides of bowl and rounds up into a ball. Knead on a

lightly floured surface 10 times. Roll out to 1/2 inch thick and cut with

biscuit cutter. Place on ungreased cookie sheet about 1 inch apart.

Bake until golden brown-about 10-12 minutes. Makes 1 dozen.

**Blueberry Muffins**

1 3/4 c. flour 1 large egg

1/4 c. sugar 3/4 c. milk

2 tsp. baking powder 1/3 c. Vegetable Oil

1/2 tsp. Salt 1 c. blueberries

Preheat oven to 400 °F. Combine dry ingredients in one bowl. Mix liquid ingredients in a separate bowl. Pour liquid ingredients into dry ingredients and stir just enough to mix together. Add blueberries. DO NOT over mix. Bake for 15-20 minutes. While warm, roll each muffin

in 1 cube melted butter or margarine. Next, roll into 1 cup powdered

sugar. Serve.

**Buttermilk Syrup**

1 Cup Sugar

1/2 Cup Buttermilk

1 Stick Margarine

1/2 Tsp. Soda

1 Tsp. Vanilla

Bring sugar, buttermilk and margarine to a boil. Turn off the heat

and add the remaining ingredients. Syrup will foam up so make sure

your pan is big enough. Make syrup just before you want to serve it

because the foam will slowly disperse and the foam is the best part!

**Fettuccine Alfredo**

6 ounces fettuccine, cooked and drained

1 1/2 tablespoons margarine

1 diced garlic bud

1 1/2 tablespoons flour

1 cup milk

1/2 teaspoon salt

3/4 cup Parmesan cheese

1 teaspoon parsley

Prepare fettuccine noodles and set aside. Melt margarine in pan.

Add garlic bud and sauté. Add flour and stir until smooth. Add milk

and salt and bring to a boil, stirring constantly. Remove from heat and

add Parmesan cheese and parsley. Stir well. Pour over cooked noodles and serve immediately. Serves four.

**Chinese Fried Rice With Vegetables**

2/3 cup rice 3/4 cup onions, chopped

1 1/3 cup water 2 eggs

1 teaspoon salt, divided 2 tablespoons soy sauce

2 tablespoons oil 2 cups chopped vegetables

(carrots, celery, etc.)

Bring rice, water, and 1/2 teaspoon salt to boiling. Stir once and reduce heat. Cover and simmer 14 minutes. Remove from heat. Fluff rice lightly with fork. Cover and let steam 5- 10 minutes. Refrigerate.

Heat and sauté oil and onions. Add cold rice and sauté. Beat egg, soy

sauce, and 1/2 teaspoon salt together and add. Stirring constantly, add chopped vegetables. Stir until vegetables are warmed and slightly tender.

**Honey Whole Wheat Bread**

2 to 3 cups all purpose white flour 2 cups whole wheat flour

2 teaspoons salt 1 cup milk

1 cup warm water 1/4 cup honey

1 tablespoon active dry 2 teaspoons sugar

yeast (1 packet) 3 tablespoons shortening

In a small bowl, combine water, yeast, and sugar. Set aside. In a saucepan, heat milk, honey, and shortening until WARM (shortening does not need to melt). In a mixing bowl, combine 1 cup white flour, 1 cup whole wheat flour, and salt. Pour heated milk mixture into dry ingredients and mix. Add yeast to mixture and blend. If using a mixer, change to dough hook (if not, you may have to start mixing by hand when the dough gets too heavy for a hand mixer). Add another 1 cup of white flour and 2 cups of wheat flour. Start adding additional white flour until dough pulls away from the side of the bowl onto the dough hook. (if not, you may have to start mixing by hand when the dough gets

too heavy for a hand mixer). Add another 1 cup of white flour and 2

cups of wheat flour. Start adding additional white flour until dough pulls

away from the side of the bowl onto the dough hook. Put the dough

onto a lightly floured surface and knead for 8-10 minutes (3-5 minutes

with a dough hook and mixer). Place dough in a large, well-oiled bowl

and cover. Allow dough to double in size (2 to 3 hours). Punch down dough. Place dough on a lightly floured surface and allow the dough to rest for 10 to 15 minutes. Divide the dough into two equal portions.

Shape into loaves and place into a well-greased loaf pan (9x5x3).

Cover loaves and let them rise in a warm place until doubled in size

(about 1 hour). Preheat the oven to 400 F. Bake the loaves about 25

to 30 minutes or until done. Remove loaves from pans and cool on a cooling rack. Makes 2 large loaves or 6 mini loaves.

**Pancakes**

1 egg

1 cup buttermilk

2 tablespoons oil

1 tablespoon sugar

1 teaspoon baking powder

1/2 teaspoon soda

1/2 teaspoon salt

1 cup flour

Beat egg. Add the remaining ingredients in order: buttermilk, oil,

sugar, baking powder, soda, salt, flour. Beat with a wire whisk until

smooth. Pour batter from tip of large spoon or from pitcher onto hot

griddle. Turn pancakes as soon as they are puffed and full of

bubbles, but before bubbles break.