

A Centennial Celebration:

100 YEARS OF COOKING WITH IDAHO POWER



**IDAHO
POWER**®

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100 YEARS OF COOKING WITH IDAHO POWER



Idaho Power has been sharing recipes with our customers and employees since the 1920s when the company began offering cooking classes to homemakers. Lasting well into the 1960s, Idaho Power home economists brought cooking classes to communities throughout our service area, to emphasize the benefits of electric appliances that made cooking fast, easy and economical.

As the era encouraging customers to use more electricity shifted to wise energy use in the 1970s, Idaho Power began publishing recipes in our newsletter sent to customers in their monthly bills. Today, these recipes are selected by registered dieticians from the Central District Health Department based on their nutritional value and low energy needs for preparation.

In celebration of our 100-year history of serving you, this cookbook is a collection of favorite recipes from our newsletter, employees, families and friends of Idaho Power. Thank you to all who contributed over the decades. We hope you enjoy these recipes and share them with future generations.

Special thanks to the Idaho Power employees — past and present — who helped bring this cookbook to life.

CENTENNIAL COOKBOOK COMMITTEE:

- Anne Alenskis
- Becky Andersohn
- Carla Bell
- Mary Hacking, Editor
- Sandra Holmes
- Denise Humphreys
- Susan Klein, Creative Director

Historical content provided by Stevens Historical Research Associates.

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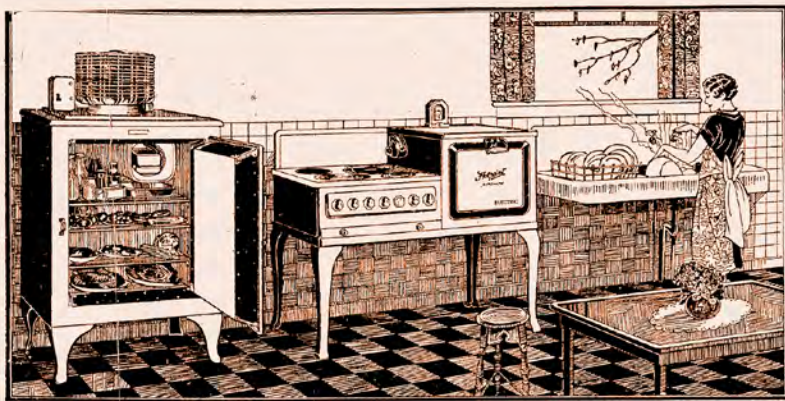
Electricity Use ~ Going Electric

Throughout its first few decades, Idaho Power was especially proud of the number of customers it supplied with electricity, the number of households that used electricity to cook, the number of electric appliances that it sold and serviced, and the amount of electricity that all of this activity consumed. In an era that predated the idea of energy conservation, consumption on this level was a sign of success and modernity. And to Idaho Power's credit, its customers often far outpaced the rest of the nation in many of these arenas.

This push towards increased electricity use can be seen as far back as 1923, when The Elektrikat asserted that electric cooking was "losing nothing in popularity" in the Twin Falls Division, where there were 1,462

cooking customers. That same year, the sales department at Idaho Power saw its largest volume in the company's history, with 564 automatic washers sold in just 30 days as one particularly noteworthy record. Altogether, 1923 sales represented a 10 percent increase over the previous year. To further push volume, Idaho Power set a goal of selling 300 electric ranges in just one month. Its efforts remained focused on electric cooking for decades to come. Clearly, the campaign worked: by 1929, the consumption of electricity per residence in Idaho Power's service area was well above the national average, and most of that electricity was used for cooking. In fact, 35 percent of Idaho Power's residential customers cooked electrically in 1929.

Continued on reverse



Eventually Every Home Will Have the Convenience of

AN ALL-ELECTRIC KITCHEN

Women Everywhere, Are Coming To Realize That Electricity Does These
Three Things Better Than They Can Be Done By Any Other Method—

Cooking~Water Heating~Refrigeration

Continued from front

This focus on electric cooking didn't stop there. By 1934, 40 percent of Boise residents used electricity to cook (the national average was only 6 percent!). In 1939, 52 percent of Idaho Power's customers used electricity to cook, and in 1959, Idaho Power had added more commercial cooking load than any other power company of its size in the nation. By then, of course, electric cooking — and the ranges, refrigerators, toasters, and coffee percolators that made it possible — was here to stay. But just as the transition was complete, Idaho Power started urging energy conservation in the 1970s, marking the end of a decades-long emphasis not just on the all-electric kitchen, but on the all-electric lifestyle.



Page Three

Refrigerator Users Double Since 1937

• A recent survey released by the General Electric company indicates twice as many electric refrigerators in use today as there were in 1937 in the United States. Today fourteen million homes use electricity to freeze ice cubes and preserve food.

Idaho Power Users Increase

Here in our own territory 23,121 refrigerators have been sold in those four years, and of these only about 15 per cent were replacements, according to general sales department statistics. This means that since 1937 nearly 20,000 customers have added electric refrigeration to their list of services.

While no figures are available for comparison before 1937, our territory now has a refrigerator saturation of approximately 55 per cent, which compares favorably with the national average.

Ever heard of something called "refrigerator saturation?" No, it's not when your fridge is so stuffed full of food that you can't possibly fit even the tiniest bit more. It's a measure that Idaho Power used during its all-electric years to assess how many refrigerators were being used in its territory, and how many more the territory could take before it became saturated. In 1941, refrigerator saturation in Idaho Power's territory was at 55 percent. There were twice as many refrigerators in use as there were in 1937, meaning that in just four years, as many as 20,000 customers had added refrigerators to their homes.

Peachy Dream

January • 1993

4 large, ripe peaches (about 2 lbs)
2 cups small ice cubes or crushed ice
1 Tbsp lemon juice
1 (6 oz) can frozen pink lemonade concentrate

NOTES:

Peel and pit peaches; cut fruit in chunks and put into a blender. To peaches, add the lemon juice and lemonade concentrate; whirl until smooth. Add half the ice at a time, whirling after each addition, until mixture has fine, slushy texture. Pour into glasses.

Makes about 4 servings.

Blushing Peach Smoothie

August • 1997

2 large fresh peaches, peeled and sliced
1 cup ripe fresh or frozen strawberries, stemmed
1 cup plain nonfat yogurt
1 Tbsp sugar
½ tsp vanilla

NOTES:

Combine ingredients in a blender. Blend until smooth and creamy and serve.

Makes 3, 1-cup servings.

Strawberry Lemonade

May • 2001

4 cups lemonade
1 lemon, thinly sliced
1 cup orange juice
2 pints strawberries, sliced

NOTES:

Combine lemonade and lemon slices in a large pitcher.
In a blender, puree orange juice with half of the strawberries.
Pour strawberry/orange puree into lemonade. Add remaining
sliced strawberries. Stir and chill. Serve over ice.

Makes 8 servings, one cup each.

Sparkling Fruit Punch

May • 2004

2 cups pineapple juice, chilled
2 cups apple juice, chilled
1 (12 oz) can thawed cranberry juice concentrate
1 (6 oz) can thawed orange juice concentrate
4 cups club soda, chilled

NOTES:

In a 3-quart pitcher, stir together pineapple juice, apple juice,
cranberry juice concentrate, and orange juice concentrate.
Keep chilled. Just before serving, add club soda and stir until
blended.

Makes 10 servings, 1 cup each.

Fruity Protein Smoothie

June • 2005

½ cup frozen strawberries (or berries of your choice)
½ cup orange juice
½ banana, peeled and sliced
2 Tbsp honey
½ cup crushed ice
4 oz silken soft tofu

Place all ingredients in blender and process until smooth.
Serve immediately.

Makes 2 servings, 1 cup each.

NOTES:

This non-dairy recipe is great for breakfast or an afternoon snack.

Iced Mocha Shake

August • 2006

¾ cup skim milk
½ tsp vanilla extract
1 Tbsp sugar
3 Tbsp mocha flavored instant coffee mix
1 cup crushed ice

Combine milk, vanilla, sugar, coffee mix and ice in a blender container. Cover and blend until smooth. Pour into glasses and serve immediately.

Makes 2 servings, each 1 ½ cups.

NOTES:

Tropical Smoothie

August • 2007

1 cup nonfat milk
½ cup crushed pineapple
1 medium banana, peeled
1 medium papaya, peeled and cubed
4–6 ice cubes

Place milk, pineapple, banana, and papaya in blender container. Process on medium until mixture is smooth. Add ice cubes and blend on high until smooth. Serve immediately.

Makes 4 servings, each 1 cup.

NOTES:

Berrylicious Smoothie

August • 2008

½ cup low-fat vanilla yogurt
½ cup pomegranate or cran-raspberry juice
1 tsp sugar (optional)
6 oz (1 ½ cups) frozen mixed berries
½ banana, peeled, cubed and frozen

Combine yogurt, juice and sugar in a blender container; cover and blend briefly. Add frozen berries and banana and blend until smooth. Serve immediately.

Makes 2 servings, each 1 cup.

NOTES:

Kiwi-Lime Smoothie

August • 2009

1 cup orange juice
Juice from 1 lime (3 Tbsp)
2 Tbsp powdered sugar
½ banana, peeled, cubed and frozen
2 kiwi, peeled, cubed and frozen (1 cup)

Pour orange juice, lime juice and sugar into a blender container; cover and blend briefly. Add frozen banana and kiwi and blend until smooth. Serve immediately.

Makes 2 servings, each 1 cup.

NOTES:

Almost Piña Coladas

June • 2010

1 (8 oz) can unsweetened crushed pineapple, chilled
1 large banana, sliced
15 ice cubes
1 (12 oz) can evaporated skimmed milk, chilled
½ cup frozen pineapple juice concentrate
½ tsp rum extract
½ tsp coconut extract

Combine all ingredients in a blender container.
Cover and process until smooth.

Makes 6 servings, each about 1 cup.

NOTES:

Mango-Mint Smoothie

July • 2011

½ mango, pitted, peeled and cut into chunks
¾ cup nonfat plain yogurt
⅓ cup orange juice
5 large mint leaves
¼ tsp rum flavoring
3–4 ice cubes

In a blender, combine all ingredients and blend until thick and smooth. Serve immediately.

Makes 2 servings; each 1 cup.

NOTES:

Cranberry Citrus Smoothie

June • 2012

2 cups cranberry juice
1 cup orange juice
½ cup non-fat lemon yogurt
1 Tbsp lemon juice
2 bananas, peeled
1 cup crushed ice
Mint leaves

Combine all ingredients except mint leaves in a blender container; process on high for one minute. Pour into serving glasses and garnish with mint leaves.

Makes 4 servings, each 1 ½ cups.

NOTES:

Chai Tea Latte

February • 2014

<p>2 cups water 1 (3-inch piece) cinnamon stick 3 cardamom pods 4 whole cloves 2 black peppercorns (optional) 4 black tea bags 2 Tbsp sugar 2 cups 1% milk</p> <p>Place water, cinnamon, cardamom, cloves and peppercorns in a saucepan; bring to a boil. Add tea bags; remove from heat, cover and let stand 10–15 minutes. Remove tea bags and spices with a slotted spoon and discard. Stir sugar and milk into tea mixture and bring to a simmer, stirring occasionally. Pour into four mugs and serve.</p> <p>Makes 4 servings, each 1 cup.</p>	<p>NOTES:</p>
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Cucumber Melon Smoothie

August • 2015

<p>1 cup watermelon cubes 1 cup cantaloupe cubes 1 cup fresh spinach ½ medium cucumber with peel, seeded and diced 1 container (6 oz) vanilla or plain nonfat yogurt 1 small frozen banana Juice from ½ of a lime (approx. 2 tsp) Ice cubes 3–4 fresh mint leaves (optional)</p> <p>Combine all ingredients in a blender container. Cover and process until smooth.</p> <p>Makes 6 servings, each about 1 cup.</p>	<p>NOTES:</p>
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Cheese Puffs

1930

1 cup boiling water
 ½ cup Old English cheese
 ¼ cup butter
 2 eggs
 ½ cup flour
 ½ tsp salt
 Dash of cayenne

FILLING:
 1 Tbsp butter
 ¼ tsp salt
 1 tsp cornstarch
 ¼ tsp mustard
 ½ cup thin cream
 ½ lb soft mild cheese
 Dash of cayenne

Heat the water and butter to boiling point, add flour, salt and cayenne. Cook until mixture leaves sides of pan, then add cheese and mix thoroughly, Add eggs unbeaten one at a time, beating well after each egg. Drop a small teaspoonful on a greased pan making small balls. Cook in a moderate oven (350°) for 30–40 minutes. When baked and cooled, make small openings in puff balls and fill with mixture. Cheese puffs should be served warm.

From the 1930 *Boise Junior League Cookbook*.

Recipe submitted by Mrs. M.L. Hubbard, wife of Idaho Power President M.L. Hubbard (1932–1933).

Sweet Potato Puffs

1960

6 large orange halves
 2 cups mashed sweet potatoes
 1 Tbsp grated orange rind
 ½ tsp nutmeg
 1 Tbsp sugar
 1 tsp salt
 ¼ cup milk or orange juice
 3 Tbsp butter or margarine

Remove pulp from orange halves. Measure ½ cup of drained pulp and blend with sweet potatoes. Add other ingredients. Beat until smooth and fluffy. Fill orange shell with potato mixture and dot with butter. Place on broiler rack 4 inches from unit. Broil 5 minutes or until brown.

Serves 6.

From the 1960 *Best Cook Jubilee* cookbook.



Asparagus Vinaigrette

1967

½ cup finely chopped onion
6 Tbsp finely chopped dill pickle
1 hard-cooked egg, finely chopped
1 Tbsp finely chopped parsley
½ cup oil

1 Tbsp chopped chives
1 Tbsp chopped capers
¼ tsp salt
¼ cup lemon juice
⅓ cup cider vinegar

Combine onion, pickle, egg, chives, capers and parsley; place in a pint jar. Add oil, vinegar, lemon juice and salt; cover and shake well. Chill. Stir well before using. Yield 1 ⅔ cups.

Arrange asparagus spears on beds of shredded lettuce and garnish with strips of pimienta. Reserve vinaigrette dressing for dipping.

From the 1967 *Best Cook Flameless Recipes* cookbook.



Fried Zucchini

1990

1 medium zucchini, peeled and sliced
½ cup Bisquick
¼ to ½ tsp “Salad Supreme” seasoning
1 egg
Milk

Mix Bisquick and seasoning together. Add egg and enough milk to form a batter (consistency similar to pancake batter).

Dip sliced zucchini in batter and deep fry over medium heat until golden brown. Serve hot and dip in Thousand Island or Ranch dressing.

From the 1990 *Pole Top Recipes* Idaho Power employee cookbook.

Recipe submitted by Jerald Rowan, Pocatello.

Short Circuit Salsa

1990

¼ bushel (about 35) ripe tomatoes

10 green bell peppers

8 medium onions

1 (4 oz) can jalapeno peppers (adjust more or less for mild or hot salsa)

1 (4 oz) can green chile peppers

2 cloves garlic

1 ½ to 2 tsp basil or oregano

1 ½ tsp chili powder

1 tsp cumin

¼ cup salt

¼ to ½ cup sugar

Pepper to taste

1 cup vinegar

Scald tomatoes 15–30 seconds in boiling water. Plunge into ice water to cool. Peel and chop. Chop all other vegetables and place all including spices in a large heavy pan. Bring to boil then simmer for 20 minutes.

Put into clean jars leaving ½-inch head space. Process in hot water bath for 10 minutes.

Makes 14–16 pints of salsa.

From the 1990 *Pole Top Recipes* Idaho Power employee cookbook.

Recipe submitted by Jerald Rowan, Pocatello.

Fruit Nut Spread

April • 1991

2 cups low-fat cottage cheese

⅓ cup chopped raisins

2 tsp. freshly squeezed lemon juice

1 (8 oz) can crushed pineapple, drained

⅓ cup chopped pecans or walnuts

Place the cottage cheese and lemon juice in a blender and blend smooth. Scrape mixture out of blender and into bowl. Stir in pecans or walnuts, raisins, and pineapple. Spread ½ cup of mixture on 2 slices of bread to make a sandwich.

Makes filling for 4 sandwiches (3 cups spread).

NOTES:

Greek Cucumber Dip/Salad

September • 2002

2 cups plain non-fat yogurt
2 or more cloves garlic, finely minced
2 tsp white vinegar
2 tsp olive oil
½ tsp salt
Freshly ground pepper

For dip: 2 cucumbers, diced

For salad: 5 cucumbers, thinly sliced and 1 green onion, sliced

Line a strainer with cheesecloth and place over medium bowl; place yogurt in strainer. Cover with plastic wrap and drain overnight in refrigerator. In a medium bowl, stir together drained yogurt, garlic, vinegar, olive oil, salt and pepper to taste. For dip, stir diced cucumber into yogurt mixture. Serve with small pieces of thickly sliced whole grain bread, crisp baked pita wedges, a gyro or raw vegetables. For salad, stir sliced cucumber and onion into yogurt mixture. Mix well and store in refrigerator. Serve chilled within 24 hours.

NOTES:

Makes 4 cups dip or
6 (½ cup) salad servings.

Microwave Spicy Snack Mix

December • 2003

5 cups rice, corn or wheat square cereal
1 cup pretzel sticks
1 Tbsp chili powder
½ tsp garlic powder
2 cups round toasted oat cereal
3 Tbsp oil
1 tsp ground cumin
2 Tbsp Parmesan cheese

In a 4-quart microwave safe bowl, combine cereals and pretzels. In a small bowl stir together oil, chili powder, cumin and garlic powder. Pour over cereal mixture and toss gently to coat. Sprinkle with Parmesan cheese; toss to coat. Microwave uncovered on high for 5–6 minutes or until mixture begins to toast, stir every 60 seconds. Cool. Store in an airtight container.

Makes 16 (½ cup) servings.

NOTES:

Honey-Glazed Snack Mix

October • 2004

2 Tbsp butter
1 tsp vanilla
¼ cup honey
2 cups round toasted oat cereal
5 cups bite-size rice or corn cereal
1 ½ cups pretzel sticks

NOTES:

In a small microwave-safe bowl, combine butter and honey. Cover and microwave on high for 30–45 seconds or until butter is melted. Stir in vanilla. In a 4-quart microwave-safe dish, combine cereals and pretzels. Pour butter mixture over cereal mixture and toss gently to coat. Microwave, uncovered, on high for 5–6 minutes or until mixture begins to toast, carefully stirring every 60 seconds. Cool, stirring occasionally. Store in an airtight container.

Makes 8 ½ cups, ½ cup serving.

Zesty Dip

May • 2005

1 cup low-fat yogurt
1 cup low-fat cottage cheese
2 green onions, trimmed
¼ tsp cayenne pepper
½ tsp garlic powder
½ tsp soy sauce
¼ tsp salt

NOTES:

Combine all ingredients in an electric blender and blend until smooth. Pour into a container with a tight-fitting lid, and refrigerate several hours. Serve with raw vegetables, such as broccoli or cauliflower florets or carrot or celery sticks. May also be served with crackers or chips.

Makes 16 servings, 2 Tbsp each.

Dilly Vegetable Dip

November • 2006

$\frac{2}{3}$ cup light mayonnaise
 $\frac{2}{3}$ cup plain nonfat yogurt
 $\frac{2}{3}$ cup light sour cream
1 heaping tsp dried dill weed
1 heaping Tbsp dried chives
1 heaping Tbsp dried parsley
1 heaping tsp Beau Monde seasoning salt

NOTES:

In a medium bowl, stir together all ingredients. Cover and refrigerate for several hours. Serve with assorted raw vegetables such as cauliflower, broccoli florets, carrot sticks, celery sticks, green or red pepper strips, sugar snap peas and cucumber slices.

Makes 2 cups or 12 servings, each 3 Tbsp.

Pomegranate-Orange Salsa

December • 2006

3 Tbsp fresh lime juice
2 Tbsp honey
 $\frac{1}{2}$ tsp salt
2 medium avocados, peeled and diced
2 navel oranges, peeled, sectioned and chopped
Seeds of 1 pomegranate
 $\frac{1}{4}$ cup green onion, thinly sliced
 $\frac{1}{2}$ cup chopped fresh cilantro
1 jalapeño pepper, seeded and minced

NOTES:

In a medium bowl, stir together lime juice, honey and salt. Add remaining ingredients and toss gently to combine. Serve with tortilla chips.

Makes 3 cups or 12 servings, each $\frac{1}{4}$ cup.

Hummus & Pita Chips

December • 2007

HUMMUS:

1 (15 oz) can garbanzo beans, drained (reserve liquid)

¼ cup tahini (sesame seed paste)

¼ cup lemon juice

1 tsp minced garlic

¼ tsp cumin

¼ cup thinly sliced green onions

⅓ cup diced tomatoes

¼ tsp paprika

¼ cup chopped parsley

Place garbanzo beans, tahini, lemon juice and garlic in blender or food processor; process, adding bean juice or water as needed to make a thick paste. Pour into serving bowl and stir in cumin, green onion, and tomatoes. Sprinkle with paprika and parsley. Serve with pita chips. Refrigerate leftovers.

PITA CHIPS:

1 package whole wheat pita bread

Preheat oven to 325°.

With kitchen shears, trim the edge around the pita bread. Pull apart. Cut into wedges with scissors (6 or 8 wedges). Place on dry cookie sheet. Bake around 10 minutes or until crisp. They get harder as they cool.

Makes 12 servings, each ½ pita and ¼ cup hummus.

Apples with Fruit Curry Dip

October • 2008

¼ cup reduced-fat cream cheese, softened

6 oz vanilla low-fat yogurt

⅓ cup drained crushed pineapple

⅓ cup finely chopped red apple

½ tsp curry powder

¼ tsp garlic salt

4 apples

In a medium bowl, gradually add yogurt to softened cream cheese, stirring until smooth after each addition. Gently stir in pineapple, chopped red apple, curry powder, and garlic salt. Cover and chill for several hours. Immediately before serving, slice apples and arrange on a platter near the fruit curry dip.

Makes 12 servings, each 2 Tbsp dip and ⅓ of an apple

NOTES:

Spring Rolls with Peanut Dipping Sauce

June • 2009

SAUCE:

2 Tbsp peanut butter
1 tsp brown sugar
1 Tbsp fresh lemon juice
1 ½ Tbsp hot salsa
1 Tbsp hot water

ROLLS:

12 (8-inch) round spring roll wrappers
3 cups thinly sliced romaine lettuce
2 medium carrots, julienne cut
1 avocado, thinly sliced
1 cucumber, peeled and julienne cut
1 red bell pepper, julienne cut
1 cup chopped fresh cilantro

Add hot water to a large, shallow dish to a depth of 1 inch. Place 1 spring roll wrapper in dish and let stand just until soft, about 30 seconds. Place sheet on a flat surface. Arrange a small amount of each in a horizontal line on the bottom third of the wrapper: lettuce, carrot, avocado, cucumber, bell pepper and cilantro. Fold the bottom edge over the filling, then fold in the two side edges of the wrapper and continue to roll. Place roll, seam side down, on a serving platter.

Repeat with remaining wrappers. Slice each roll in half diagonally. Serve rolls with sauce.

NOTES:

Customer Favorite!

Makes 12 appetizer servings, each 1 roll and ½ Tbsp sauce.

Marinated Mushrooms

December • 2006

1 lb fresh small button mushrooms
3 Tbsp canola oil
½ cup red wine vinegar
2 tsp Dijon mustard
½ tsp sugar
1 tsp tarragon
3 Tbsp fresh chopped chives (or 1 Tbsp dried)
½ tsp minced garlic

Wash mushrooms thoroughly and place on paper towel to dry. In a medium container, combine remaining ingredients to make marinade. Add mushrooms and gently stir to coat with marinade. Cover and refrigerate for several days, stirring daily. Serve with toothpicks.

Makes 10–12 appetizer servings; each about 3–4 mushrooms.

NOTES:

Customer Favorite!

Cranberry Salsa

December • 2011

1 ½ cups fresh cranberries
2 Tbsp minced green onion
1 small jalapeño, seeded and minced
2 Tbsp fresh cilantro, minced
1 Tbsp grated fresh ginger
¼ cup sugar
1 Tbsp fresh lemon juice
1 (8 oz) package cream cheese

Rinse the cranberries and discard any that are spoiled. Finely chop cranberries and place in a medium bowl. Add green onions, jalapeño, cilantro, ginger, sugar, and lemon juice to cranberries; mix. Cover and refrigerate for at least 4 hours.

To serve, place block of cream cheese on a platter, pour cranberry salsa over cream cheese. Serve with crackers or small bread slices.

Makes 16 appetizer servings.

NOTES:

Mango-Peach Salsa

August • 2012

1 mango, peeled, seeded and chopped
1 peach, halved, pitted and diced
½ red bell pepper, diced
½ cup green onion, thinly sliced
½ cup chopped fresh cilantro
1 finely chopped seeded jalapeño pepper
¼ cup fresh lime juice
1 tsp sugar
¼ tsp salt

Place the mango, peach, bell pepper, onion, cilantro, and jalapeño in a mixing bowl. Stir in lime juice, sugar, and water. Cover and refrigerate at least 1–2 hours before serving.

Makes about 3 cups salsa.

NOTES:

Roasted Pepper Crostini

September • 2013

18 slices Italian bread, ½ inch thick
2 Tbsp olive oil
2 large tomatoes, diced (2 cups)
¼ cup chopped fresh basil leaves
1 Tbsp balsamic vinegar
Fresh ground pepper
1 (8 oz) jar roasted red bell peppers, drained and chopped (1 cup)
¾ cup shredded mozzarella cheese

NOTES:

Preheat coals or gas grill to medium. Brush one cut side of bread with olive oil. Grill, turning once, until the bread is lightly toasted — about 5 minutes. Remove from grill.

In a medium bowl, mix tomatoes, basil, vinegar, pepper and bell peppers. Spread tomato mixture on oiled side of toast. Sprinkle each toast with 2 tsp cheese and return to grill. Cover and cook until the cheese is melted, taking care not to let toast burn — about 3–5 minutes. Serve immediately.

Makes 18 appetizers.

Spiced Mixed Nuts

December • 2013

1 egg white
1 tsp water
½ cup unsalted roasted peanuts
1 cup whole almonds
1 cup walnuts
½ cup sugar
1 Tbsp pumpkin pie spice
¼ tsp salt
⅓ tsp cayenne pepper

NOTES:

Beat egg whites and water together until frothy. Add nuts and stir until coated. Combine sugar, pumpkin pie spice, salt and cayenne pepper. Pour over nuts and stir until coated. Spread wet nut mixture in a single layer on a large microwave safe plate. Microwave on high for 4 minutes; stirring after every minute. Spread cooked nuts out onto parchment paper or waxed paper. Cool. Store in a sealed container.

Makes 3 cups.

Creamy Pumpkin Dip

December • 2015

8 oz pumpkin puree
8 oz plain Greek yogurt
2 Tbsp brown sugar
1 tsp vanilla extract
1 tsp pumpkin pie spice
1 tsp cinnamon

NOTES:

Put all ingredients in a bowl and whip it up. Suggested dippers:
apple or pear slices, strawberries, grapes or jicama slices.

Makes 8 servings.



Idaho Power Cooking Schools

Reimagining the Kitchen

When Idaho Power was established 100 years ago, only a small number of Idahoans had seen electricity in action, and even fewer had it in their homes. In fact, Idaho Power had to teach customers how to use it. The kitchen became the focus of this electricity education.

Starting in the 1920s, and lasting well into the 1960s, Idaho Power offered electric cooking classes to women in towns across its service area. Cooking schools helped Idaho Power show electricity's usefulness and practicality. Women flocked to these schools to learn to use their latest appliances — purchased from and serviced by Idaho Power. The local papers published the recipes from the cooking schools a few days later. (See inset.)

Idaho Power's cooking schools sought to teach women "newer methods of preparing foods used in the majority of homes every day," a goal that supported Idaho Power's message that electric cooking was something every woman, family and home deserved and could afford. The cooking schools were remarkably successful. By 1950, Idaho Power's domestic customers used 154 percent more electricity than the national average.



Above: In 1936, more than 150 women attended a two-day cooking school in Ontario, Oregon. They learned how to use electric ranges and refrigerators. And if the women wanted to go home with a new kitchen appliance, dealers were on hand, displaying the latest models.

Idaho Statesman – March 15, 1940

Boise Cooking School Used These Recipes

Three complete menus were arranged, cooked and served by Miss Evelyn Sparks and Miss Helen Dodge of the home service department of the Idaho Power Company during a three-day cooking school and electric appliance show last week, sponsored by Montgomery Ward and Company.

Veal a la Maryland

1 ½ pounds veal – cut ¾-inch thick
from round or shoulder
1 can cream of mushroom soup
1 cup milk
Flour
Salt
Shortening

Cut steak into pieces for serving. Salt slightly; dust with flour. Brown in hot fat in skillet. Arrange in casserole. Add soup diluted with milk. Cover. Bake 350 to 375 degrees for one to one and one-half hours.

Oven-Fried Potatoes

1/3 cup melted butter
3 to 6 potatoes
½ tsp salt
Pepper
Bacon

Pare potatoes and cut in ½-inch slices or in pieces for large French fries. Precook five minutes in boiling water (or add a little water to pan when baking). Dry and dip in melted butter. Bake in shallow pan 1 to 1 ½ hours at 375 degrees.

Yale Beets

8 thinly sliced beets
¼ cup orange juice
1 tsp lemon juice
1 tsp butter

Bake in oven for 45 minutes at 375 or 1 to 1 ½ hours at 350.

Your Cue for better Cooking

... modern electric cookery helps every housewife be a good cook. Accurate, automatic time and temperature controls mean uniform results. And best of all, these time and heat controls give you extra hours of kitchen freedom. It's no wonder that 42 thousand Snake River Valley homemakers shout the praises of electric cookery—they love it!

You can look forward to better living when you cook electrically

It won't be too long before electric ranges will again be available—and the wait is worth it. Ask your dealer for information.

IDAHO POWER
Electricity Does So MUCH Costs So LITTLE!

Right: In 1940, the *Idaho Statesman* published several pages of recipes and menus used at an Idaho Power cooking school in Boise. Women practiced the recipes during the three-day cooking school so they could bring the all-electric methods and tastes home to their families.

Porto Rican Pot Roast

Wipe a four- to five-pound rump pot roast with damp cloth and cut slits in meat at two-inch intervals on both sides. Stuff slits alternately with stuffed olives and strips cut from one-quarter pound of salt pork. Brown meat in two pounds shortening. Place in deep well cooker. Add one cup water and one cup catsup, one onion — sliced, and salt and pepper to taste. Cook on "high" until steam flows from vent in cover. Turn switch to "low" and cook about 45 minutes to the pound. About an hour or hour and a half before done add vegetables, if desired. Be sure to turn heat to "high" until steam flows freely from vent again after adding vegetables.

Mansfield Meat Loaf

1 lb beef cut coarse
1 lb pork cut coarse
2 eggs
1 onion, finely chopped
1 cup bread crumbs
1 Tbsp salt
½ cup milk
¼ tsp pepper
⅛ tsp sage

Lay meat mixture on large square of butcher's paper or two slices of waxed paper. Shape to square, stack dressing in center and bring sides of paper up, rolling meat around dressing. Roll off into pan and bake 1 hour at 350 or 1 ½ hours at 350 (cold oven to start).

The stuffing:

4 cups bread cakes or crumbs
½ cup diced celery
2 Tbsp minced onion
⅛ tsp sage
salt and pepper
½ cup chopped olives (stuffed green), more for garnish
2 Tbsp chopped green pepper

Graham Muffins

1930

3 cups graham flour
tsp baking powder
½ tsp salt
½ cup sugar
1 Tbsp melted shortening
1 beaten egg in 1 cup milk

Sift together flour with baking powder, salt and sugar.
Mix in melted shortening and egg. Drop into buttered
muffin pans and bake 20 minutes in hot oven.

From the 1930 *Boise Junior League Cookbook*.

Recipe submitted by
Mrs. Thomas Ogden, wife
of Idaho Power employee
Tom Ogden.

Orange Coffee Cake

1959

2 ¼ cups sifted flour	¾ cup orange juice
3 tsp baking powder	½ cup brown sugar
¾ cup sugar	1 ½ tsp cinnamon
1 tsp salt	1 ½ Tbsp grated orange rind
⅓ cup shortening	⅓ cup chopped nuts
2 small eggs, beaten	2 Tbsp butter

Line bottom of fry pan with 3 thicknesses of wax paper or
one of aluminum foil. Preheat fry pan to 275°. Sift flour, baking
powder, sugar and salt together. Cut in shortening. Add
combined eggs and orange juice. Stir just enough to blend.
Spread batter in fry pan. Sprinkle combined brown sugar,
cinnamon, orange rind and nuts over top; dot with butter.
Cover, open steam vent, and bake for 30-35 minutes or until
done. Serve warm.

From the 1959 *Best Cook
Cooking Jubilee* cookbook.



Fresh Lemon Muffins

1967

1 or 2 lemons
½ cup sugar
1 cup unsifted flour
2 eggs, separated
1 tsp baking powder

2 Tbsp sugar
¼ tsp salt
¼ tsp cinnamon
½ cup butter or margarine

Grate peel to yield 1 Tbsp peel. Juice lemons to yield 3 Tbsp juice; set aside. Sift together flour, baking powder, salt. Cream butter thoroughly; gradually add sugar, beating until light and fluffy. Beat egg yolks until lemon colored; add to butter-sugar mixture, blending well. Add flour mixture alternately with lemon juice. Do not over mix. Beat egg whites until stiff but not dry.

Carefully fold whites and grated lemon peel into batter. Fill lightly greased muffin pan ¾ full. Combine sugar and cinnamon mix well and sprinkle about ½ tsp over each muffin. Bake at 375° about 25 min or until done.

From the 1967 *Best Cook Flameless Recipes* cookbook.

Excellent served as an accompaniment for salads — particularly fruit salads.



Meter Reader Grits

1990

1 cup cooked grits (salt and pepper to taste)
1 stick butter
1 ½ lbs grated cheddar cheese (about 4 cups)
4 eggs, beaten
½ onion, diced
½ bell pepper, diced (optional)
Sliced black olives (optional)

Optional: cooked sausage, bacon, ham, Spam or chicken, cut into small pieces.

Cook grits then add butter, salt, pepper and cheese. Beat eggs and in casserole dish add remaining ingredients. Sprinkle paprika on top and bake at 350° for 30–45 minutes or until firm.

From the 1990 *Pole Top Recipes* Idaho Power employee cookbook.

Recipe submitted by Merl Hanson, Boise.

Customer Service Week Breakfast Casserole

1990

Bread slices (good use for stale bread)
1 lb sausage or ham, browned and drained
2 cups sharp or mild cheddar cheese, grated
6 eggs
2 cups milk
1 tsp dry mustard
Pepper
1 cup onions, diced (optional)
½ cup hot peppers (optional)

Line bottom of 9 x 13-inch pan with bread slices. Spoon sausage or ham to cover bread. Sprinkle cheese over meat. In separate bowl, mix eggs, milk, salt, mustard and a dash of pepper. Add onions and peppers if desired. Pour egg mixture over meat and cheese. Bake at 325° for 30–40 minutes.

You can prepare it the night before and bake it the next day.

From the 1990 *Pole Top Recipes* Idaho Power employee cookbook.

Recipe submitted by Cheryl Neace, Vale.

Powerhouse Quiche

1990

6 slices bacon, chopped
¼ cup sliced green onion
1 cup shredded Swiss cheese
3 eggs, beaten
1 cup cream
½ tsp dry mustard
Dash of ground nutmeg
¼ tsp salt

Line 8-inch pie plate with pie pastry (do not prick). Flute edges. Bake at 350° for 10 minutes. While pastry is baking, cook bacon until crisp; drain, reserving 1 Tbsp of drippings. Cook onion in drippings until tender.

Layer cheese on bottom of cooked pastry. Add bacon and onion. Combine eggs, cream and seasonings in small bowl. Pour into pastry shell. Bake at 350° until set (30–40 minutes).

Let stand 10 minutes before serving.

From the 1990 *Pole Top Recipes* Idaho Power employee cookbook.

Recipe submitted by Cindy Hammons, Twin Falls.

Hearty Hotcakes

March • 1992

½ cup regular rolled oats
½ cup cornmeal
½ cup all-purpose flour
¼ tsp salt

2 large eggs, separated
1 tsp baking powder
1 tsp baking soda
1 cup buttermilk

NOTES:

In a bowl, combine oats, flour, sugar, baking powder, baking soda and salt. In another bowl whisk egg yolks and buttermilk to combine. Pour liquid into dry ingredients; stir just to evenly moisten. With an electric mixer, beat egg whites on high speed until soft peaks form. Gently fold whites into batter. Heat an electric griddle to 375° (or heat a 10- to 12-inch frying pan over medium-high heat until a drop of water sizzles on it). Brush griddle lightly with oil. Spoon about 1/3 cup batter per pancake onto griddle; cook until top of pancake is set and bottom is medium brown, about 1 minute. Turn pancake over; cook until medium brown, about 30 seconds more. Repeat with remaining batter.

Makes about 8 pancakes.

Zucchini-Nut Muffins

July • 1992

2 eggs
½ tsp salt
½ tsp baking powder
½ cup brown sugar
½ tsp ground nutmeg
1 ½ tsp cinnamon
¼ cup honey
1 cup granola cereal

½ cup chopped nuts
1 tsp vanilla
½ cup plain yogurt
1 ¾ cups flour
1 tsp soda
¼ cup margarine, melted
2 cups zucchini, shredded

NOTES:

In a large bowl beat eggs lightly; then beat in the brown sugar, honey, margarine, vanilla and yogurt. In another bowl, stir together the flour, soda, salt, baking powder, nutmeg and cinnamon. Add dry ingredients to the egg mixture and stir until just evenly moistened. Then stir in the granola, nuts and zucchini. Spoon batter evenly into 18 well-greased muffin cups (2-3 inches in diameter), filling each about 3/4 full. Bake in a 350° oven for about 25 minutes. Serve warm or cool.

Makes 18 muffins.

Pineapple-Nut Muffins

October • 1992

1 $\frac{3}{4}$ cups sifted flour

$\frac{1}{2}$ cup sugar

2 tsp baking powder

3 Tbsp soft butter

$\frac{1}{2}$ tsp salt

2 eggs

$\frac{1}{4}$ tsp soda

$\frac{3}{4}$ cup chopped nuts

1 (8 oz) can crushed pineapple, not drained (about 1 cup)

TOPPING:

2 Tbsp sugar

$\frac{1}{2}$ tsp cinnamon

NOTES:

Measure flour, baking powder, salt and soda into sifter, set aside. Gradually beat sugar into butter. Beat in eggs, one at a time. Add nuts. Sift in about $\frac{1}{2}$ cup flour mixture. Stir (don't beat) just enough to moisten. Add pineapple with its juice, then rest of flour mixture. Evenly spoon batter into 12 greased muffin cups (2 $\frac{1}{2}$ to 3 inches in diameter), filling each about $\frac{3}{4}$ full. Sprinkle with topping. Bake in 350° oven for about 20 minutes.

Makes 12.

Feather-Light Biscuits

June • 1993

1 cup all-purpose flour

1 $\frac{1}{2}$ tsp baking powder

$\frac{1}{8}$ tsp baking soda

$\frac{1}{4}$ tsp salt

2 Tbsp margarine

$\frac{1}{2}$ cup plain non-fat yogurt

$\frac{1}{2}$ tsp honey

NOTES:

Combine flour, baking powder, baking soda and salt in a medium bowl; cut in margarine with a pastry blender until mixture resembles coarse meal. Add yogurt and honey, stirring just until dry ingredients are moistened. Turn biscuit dough out onto lightly floured surface and knead lightly 4 or 5 times. Roll dough to $\frac{1}{2}$ -inch thickness; cut into rounds with a 2 $\frac{1}{2}$ -inch biscuit cutter.

Transfer dough rounds to an ungreased baking sheet. Bake at 425° for 12 minutes or until golden. Serve warm.

Makes 6 biscuits.

Cheese-Herb Biscuits

April • 1995

- 1 cup all-purpose flour

2 tsp baking powder

1 tsp Italian seasoning

1 cup low-fat cottage cheese

½ cup whole wheat flour
- 1 ½ tsp sugar

2 Tbsp margarine

1 egg

¼ cup skim milk

NOTES:

Preheat oven to 450°. Mix dry ingredients in a medium bowl. Cut in margarine until mixture resembles coarse crumbs. Add cottage cheese, milk and egg; mix with fork until mixture forms soft dough. On floured surface with floured hands, knead dough 10 times. With floured rolling pin, roll out dough ½-inch thick. Cut with 2-inch round biscuit cutter. Press dough trimmings together; roll and cut until all dough is used. Place biscuits on ungreased cookie sheet 1-inch apart. Bake 12–15 minutes until golden. Loosen with spatula. Serve immediately.

Makes 12 biscuits.

Favorite French Toast

February • 1996

- 2 eggs

1 cup nonfat milk

¼ tsp salt

1 tsp vanilla

1 cup flour

1 ½ tsp baking powder

1 tsp cinnamon

10 slices whole-wheat bread

NOTES:

In a medium bowl, beat eggs with mixer until well blended. Add remaining ingredients (except bread), and beat until smooth. Dip bread into batter and drain slightly. Cook on nonstick griddle until golden brown on each side. Serve with warm syrup or nonfat fruit yogurt.

Makes 5 servings, 2 slices of French toast each.

Sausage Soufflé

April • 1997

12 oz turkey and pork sausage
8 slices wheat bread, cubed
½ cup (2 oz) cheddar cheese,
shredded
4 green onions, thinly sliced
½ green pepper, chopped

1 egg plus 3 egg whites
1 tsp dry mustard
2 ¼ cups skim milk
1 (10 ¾ oz) can cream of
mushroom soup
¼ cup milk

NOTES:

Preheat oven to 350°. In a large skillet, over medium heat, cook sausage until browned, stirring to crumble. Drain well. Layer bread, sausage, cheese, mustard, green onion and green pepper in a 9 x 13-inch baking dish coated with cooking spray. Toss to mix. In a small bowl, combine eggs, dry mustard and skim milk. Pour over bread mixture. In a small bowl, combine soup and ¼ cup milk. Pour over soufflé. Bake for 45 minutes, or until toothpick comes out clean.

Makes 10 servings.

Apricot Almond Scones

October • 1997

3 cups all-purpose flour
½ cup granulated sugar
2 ½ tsp baking powder
½ tsp baking soda
½ cup butter at room temperature
¾ cup finely diced dried apricots
½ cup sliced almonds
1 ½ cup buttermilk

GLAZE:
2 Tbsp milk
2 tsp granulated or
turbinado sugar

NOTES:

**Customer
Favorite!**

Heat oven to 425°. Grease a large cookie sheet. In a large bowl, combine flour, sugar, baking powder and baking soda. Using a pastry blender, cut in butter until mixture resembles coarse crumbs. Stir in apricots and almonds. Pour buttermilk over flour mixture and stir with fork until dough comes together. Turn dough out onto floured surface and knead 4–5 times. Divide dough in half. Shape each half into an 8-inch circle. Using a floured knife, cut circle into 8 wedges. Place wedges onto greased cookie sheet. Brush tops of scones with milk and sprinkle with sugar. Bake 20–25 minutes until toothpick inserted in center comes out clean. Makes 16 scones.

Baked-Apple French Toast

May • 1998

3 large cooking apples
2 Tbsp butter
½ cup brown sugar
1 (6 oz) package Neufchatel cheese
2 eggs
4 egg whites
3 ½ cups milk
10 slices whole wheat bread
2 Tbsp vanilla
Cinnamon

NOTES:

Preheat oven to 350°. Coat the inside of a 9 x 13-inch pan with non-stick cooking spray. Core and thinly slice apples. In a skillet over medium heat, melt butter with brown sugar and 1 Tbsp water. Add the apple slices and cook, stirring for 3 minutes. Pour into a baking dish and spread to cover bottom of pan. Cut Neufchatel cheese into cubes and distribute evenly over the apples. Cut slices of bread in half diagonally and layer over the apples/Neufchatel cheese, covering the whole dish. In a large mixing bowl, beat together egg whites, eggs, milk and vanilla. Pour evenly over bread, moistening all pieces. Sprinkle with cinnamon. Bake for 40–50 minutes, until golden brown and puffed. Let cool before serving. Refrigerate leftovers. Reheats well. Serves 8.

Blueberry Oatmeal Muffins

May • 1999

1 ¼ cups oatmeal
1 cup flour
½ cup sugar
1 Tbsp baking powder
½ tsp salt
1 egg
1 cup skim milk
¼ cup canola oil
¾ cup blueberries

NOTES:

Preheat oven to 400°. In a large mixing bowl, stir together oatmeal, flour, sugar, baking powder and salt. In a medium bowl, beat egg; stir in milk and oil. Add liquid ingredients to dry ingredients and mix just until dry ingredients are evenly moistened. Fold in blueberries. Spoon into lightly greased muffin cups, filling 2/3 full. Bake until browned, about 20–25 minutes.

Makes 12 muffins.

Tropical Baked Oatmeal

March • 2000

3 cups oats	½ cup brown sugar
2 tsp baking powder	¼ tsp salt
1 tsp cinnamon	½ cup dried tropical fruit bits
½ cup coconut	4 egg whites
2 ½ cups fat-free milk	1 tsp vanilla
2 Tbsp butter, melted	

NOTES:

Preheat oven to 375°. Spray an 8-inch square baking dish with non-stick cooking spray. In a large bowl, stir together oats, sugar, baking powder, salt, cinnamon, dried fruit and coconut. In a medium bowl, whisk egg whites until frothy. Add milk, vanilla and melted butter; mix well. Pour milk mixture into oat mixture and stir thoroughly. Pour into baking dish. Bake for 30–35 minutes until golden brown and the center is set.

Makes 8 servings. Refrigerate leftovers.

Lemon Quick Bread

May • 2000

2 tsp baking powder	GLAZE:
¾ cup whole wheat flour	3 Tbsp fresh-squeezed
1 ½ cups white flour	lemon juice
¼ cup oil	½ cup powdered sugar
⅔ cup sugar	
2 eggs	
2 tsp grated lemon rind	
1 cup skim milk	

NOTES:

Preheat oven to 350°. Lightly oil a 9 x 5-inch loaf pan. In a medium bowl, stir together baking powder, white flour and whole wheat flour. In another bowl, beat together oil, sugar, eggs and lemon rind. Add milk and mix thoroughly. Pour liquid ingredients into flour mixture and stir until just moistened. Pour into loaf pan and bake for 60 minutes or until wooden toothpick inserted in center comes out clean. Mix powdered sugar with lemon juice until smooth. Pour over warm bread. Cool and remove bread from pan.

Makes one loaf, around 16 slices.

Peach Pancakes

March • 2002

1 cup flour
½ tsp baking soda
1 egg, beaten
½ cup 1% milk
1 Tbsp sugar
1 tsp baking powder

¼ tsp cinnamon
¾ cup peach yogurt
2 Tbsp canola oil
½ cup chopped peaches, drained

NOTES:

Combine flour baking powder, soda and cinnamon in a medium bowl; make a well in center of mixture. Combine egg, yogurt, milk, oil and sugar; add mixture to dry ingredients, stirring just until dry ingredients are moistened. Fold in peaches. Preheat nonstick griddle to 325°. For each pancake, pour ¼ cup batter onto hot griddle. Cook until light brown on bottom; turn and cook other side.

Makes 4 servings, 2 pancakes each.

Oatmeal Waffles

September • 2004

2 cups quick-cooking oats
3 Tbsp vegetable oil
2 eggs, separated
¼ cup white flour
1 tsp soda
Pinch of nutmeg

2 cups buttermilk
2 Tbsp honey
¼ cup whole-wheat flour
1 tsp baking powder
¼ tsp cinnamon
Pinch of salt

NOTES:

In a large bowl, combine oats, buttermilk, oil, honey, and egg yolks. In a small bowl, lightly mix whole wheat flour, white flour, baking powder, soda, cinnamon, nutmeg, and salt. Add dry ingredients to oat mixture and stir just until combined. In a medium bowl, beat egg whites until they form stiff peaks. Fold into batter. Following manufacturer's instructions, bake in a hot oiled waffle iron.

Makes 8, 6-inch waffles.

Blueberry-Cornmeal Pancakes

June • 2006

½ cup all-purpose flour	¼ tsp ground cinnamon
½ cup yellow cornmeal	1 egg, lightly beaten
2 Tbsp sugar	1 cup plain nonfat yogurt
1 tsp baking powder	3 Tbsp skim milk
½ tsp soda	1 Tbsp vegetable oil
⅛ tsp salt	1 cup fresh or frozen blueberries

NOTES:

In a large bowl, stir together flour, cornmeal, sugar, baking powder, soda, salt, and cinnamon. In a medium bowl, stir together the egg, yogurt, milk, and oil. Add yogurt mixture all at once to flour mixture, stirring just until moistened. Gently fold in blueberries. For each pancake, spread about ⅓ cup batter into a 4-inch circle onto a hot, non-stick griddle or skillet. Cook over medium heat until golden brown, turning to second side when pancake edges are slightly dry.

Makes 4 servings, 2 pancakes each.

Breakfast Burritos

June • 2007

6 ounces turkey sausage
1 ½ cups frozen southern-style hash brown potatoes
6 eggs
½ cup shredded sharp cheddar cheese
½ cup hot salsa
6 (8-inch) whole-wheat flour tortillas

DO AHEAD
TECHNIQUE:

Prepare burritos and let cool. Wrap each separately in plastic wrap and place in refrigerator for up to 2 days. Microwave on HIGH for 35–45 seconds to serve.

In a large skillet, cook sausage on medium heat until brown. Drain fat. Transfer sausage to a paper towel lined plate and squeeze to remove excess fat. Set aside. Add hash browns to skillet and cook 10–12 minutes, turning occasionally until golden brown. In a medium bowl, beat eggs. Pour over potatoes; cook and stir until eggs are set. Return sausage to skillet. Meanwhile, heat tortillas in microwave on HIGH for 30 seconds to warm. Spoon an equal amount of the egg mixture in the middle of each tortilla. Sprinkle each filling with cheese and salsa and roll up tightly.

Makes 6 servings, one burrito each.

Sour Cream Walnut Pancakes

February • 2008

1 cup flour
1 ½ tsp baking powder
¼ tsp salt
1 egg
1 Tbsp packed brown sugar
⅔ cup milk

1 Tbsp oil
1 tsp vanilla
½ cup light sour cream
¼ cup chopped toasted walnuts

NOTES:

**Customer
Favorite!**

In a large bowl, stir together flour, baking powder, and salt. In a medium bowl, whisk together egg, brown sugar, milk, oil, vanilla, and sour cream. Add wet ingredients and walnuts to dry ingredients and stir until slightly lumpy.

Heat a lightly oiled skillet or griddle over medium heat. For each pancake, pour ¼ cup batter onto hot griddle. When pancake bottoms are golden brown and tops bubbly, flip pancakes and cook until golden brown on remaining side.

Makes 4 servings — 2, 4-inch pancakes each.

Healthy Banana Waffles

April • 2009

¾ cup all purpose flour
½ cup whole wheat flour
1 Tbsp baking powder
¼ tsp cinnamon
Dash of nutmeg
Dash of salt

1 cup skim milk
1 egg, slightly beaten
1 tsp vanilla
2 ripe bananas, mashed

NOTES:

Coat inside of waffle iron with non-stick cooking spray and preheat. In large bowl stir together flours, baking powder, cinnamon, nutmeg, and salt. Add milk, eggs, vanilla, and bananas and mix until smooth. Pour about ½ cup of batter onto hot waffle iron, spreading batter to edges. Cook until golden brown and serve hot.

Makes around 4 waffles.

Multi-Grain Pecan Pancakes

February • 2010

1 cup whole-wheat flour	½ tsp salt
½ cup all purpose flour	3 Tbsp canola oil
½ cup old fashioned rolled oats	2 eggs
¼ cup yellow cornmeal	2 cups buttermilk
1 ½ tsp baking powder	¼ cup honey
1 tsp baking soda	¼ cup chopped pecans

NOTES:

In a medium bowl, stir together the flour, oats, cornmeal, baking powder, soda and salt. In a large mixing bowl, beat the oil, eggs, buttermilk and honey. Stir in the flour mixture. Fold in the chopped pecans.

Heat a large skillet or griddle over medium heat (320°). Coat skillet with cooking spray; spoon about ¼ cup batter per pancake onto the griddle. Cook until golden and bubbly. Flip and cook until browned on the other side. Repeat with remaining batter. Serve with maple syrup.

Makes 16, 4-inch pancakes.

Wonderful Waffles

February • 2011

1 ½ cups whole wheat flour	1 ½ cups skim milk
1 cup oatmeal	¼ cup canola oil
1 tablespoon baking powder	1 teaspoon vanilla
1 teaspoon cinnamon	1 tablespoon brown sugar
2 eggs, separated	

NOTES:

In a large bowl stir together flour, oatmeal, baking powder and cinnamon; set aside. In a medium bowl, beat egg whites until stiff peaks form; set aside. In another medium bowl beat egg yolks slightly; stir in milk, oil, vanilla and brown sugar. Add egg yolk mixture to flour mixture; stir just until moistened. Gently fold in egg whites.

Pour about one-half cup batter onto grids of a preheated, lightly greased waffle baker. Close lid. Bake according to manufacturer's instructions. When done, use a fork to lift waffle off grid. Repeat with remaining batter.

Makes 7 (6 ½-inch) waffles.

Double Corn Cakes

March • 2012

- 1 cup fresh or frozen corn kernels
- ¼ cup chopped green onions
- 2 Tbsp canola oil
- 2 large eggs, separated
- ¼ cup whole wheat flour
- ¼ cup yellow cornmeal
- ¼ tsp salt
- ¼ tsp pepper
- Non-stick cooking spray
- ½ cup light sour cream
- Chili powder

Combine corn and green onions in a blender or food processor and pulse until chopped. Transfer to a large bowl and whisk in oil and egg yolks. In another container, mix dry ingredients: flour, cornmeal, salt, and pepper. Add dry ingredients to corn mixture and gently stir to combine. In a large bowl, beat egg whites until soft peaks form. Gently fold whites into corn mixture.

Spray large frying pan with non-stick cooking spray, heat over medium-high. Drop spoonfuls of the corn batter into pan. Cook until edges begin to set and underside browns. Flip and cook until cakes are brown and cooked through.

NOTES:

Continue with remaining batter. Serve hot, garnished with dollop of sour cream and sprinkle of chili powder.

Makes 8 servings, each 2 cakes.

Pumpkin Pancakes

October • 2012

- 2 cups whole wheat pastry flour or 1 cup all-purpose white flour and 1 cup whole wheat flour
- 2 Tbsp brown sugar
- 2 tsp baking powder
- 1 tsp baking soda
- 1 tsp ground allspice
- 1 tsp ground cinnamon
- ½ tsp ground ginger
- ¼ tsp salt
- 1 ½ cups 1% milk
- 2 Tbsp vinegar
- 1 cup canned pumpkin
- 1 egg
- 2 Tbsp canola oil

In a large bowl, whisk the flour, brown sugar, baking powder, baking soda, allspice, cinnamon, ginger, and salt. In a medium bowl, stir together the milk, vinegar, pumpkin, egg, and oil. Add the wet ingredients all at once to the dry ingredients. Stir until it is moist and free of lumps.

Lightly coat a griddle or a skillet with nonstick cooking spray, and heat to medium. For each pancake, spread about ¼ cup batter into a 4-inch circle onto the hot griddle. Cook until the bubbles begin to burst, then flip and cook until golden brown.

Makes 6 servings, 3 pancakes each.

NOTES:

Customer Favorite!

Almond Nut & Seed Energy Bars

May • 2014

1 cup oats
3 cups nuts and seeds (suggestions: raw unsalted sunflower seeds; raw unsalted cashew pieces, pumpkin seeds, almond slices; toasted watermelon seeds)
½ cup almond butter
¼ cup honey
½ tsp vanilla

Line an 8 x 8-inch pan with wax paper, extending the paper over two opposing sides of pan to use as handles later. In a medium bowl, combine oats, nuts, and seeds. In a 2-quart saucepan over medium-low, heat the almond butter, honey and vanilla for about 5 minutes, stirring occasionally. Add oats, seeds and nuts to almond butter mixture and stir to evenly coat. Pour the mixture into the baking dish and pack firmly into an even layer. Let mixture stand until firm; about an hour. Using wax paper handles, lift out the nut and seed mixture. Cut into 12 rectangles. Store in refrigerator.

Makes 12, 2 x 2 ¾-inch bars.

NOTES:

Customer Favorite!

Berry Easy Stovetop Granola

July • 2014

1 Tbsp canola oil
4 cups rolled oats
1 ½ tsp ground cinnamon
1 cup slivered almonds
¼ cup butter
¼ cup honey

1 tsp vanilla
½ cup dried cranberries
½ cup dried blueberries
½ cup coarsely chopped, roasted and salted pistachios

Heat the oil in a large stockpot over medium heat. Combine oats, cinnamon and almonds and add to the pot. Cook, stirring constantly, until lightly toasted; 8–10 minutes. Pour oats onto a large cookie sheet.

Add butter to the pot and return to heat. When melted, stir in honey and vanilla. When mixture starts to simmer, return the oats to the pot and continue to cook and stir until coated and hot.

Remove from heat and stir in cranberries, blueberries, and pistachios. Pour onto a large cookie sheet. When cool, transfer to an airtight container. Store at room temperature.

NOTES:

Makes 13 servings;
½ cup per serving.

Make-Ahead Breakfast Burritos

March • 2015

8 whole wheat tortillas
1 ½ cups egg whites
2 whole eggs
½ tsp cumin
½ tsp chili powder
2 cups spinach
1 (4 oz) can diced green chiles
½ cup shredded Mexican cheese

In a medium mixing bowl, beat egg whites, eggs and spices. Cook over medium heat, turning frequently until eggs are fully cooked, approximately 8 minutes. Fill each tortilla with approximately ¼ cup spinach, 1 Tbsp of chiles and 1 Tbsp of shredded cheese. Serve immediately or wrap in foil, place in a freezer bag and freeze for later. To reheat: remove foil, wrap in paper towel and microwave on medium for 2-3 minutes, turning once.

Makes 8 servings.

NOTES:

Overnight Steel Cut Oats

October • 2015

4 pint sized jars, or other
(2 cup) containers
1 cup steel cut oats
2 cups 1% milk, or milk alternative

FLAVORS:
6 Tbsp honey or fruit jam
6 Tbsp peanut butter

Combine all ingredients (even flavors) and divide between 4 containers. Refrigerate overnight. The next morning, the oatmeal can be enjoyed cold or heated in the microwave; stir and enjoy in any season! Try other flavors like, banana + blueberry, almond butter + cranberries or pumpkin + honey.

With steel cut oats, a chewy texture is normal. For softer oats, place 4 cups of water and 1 cup oats in a crockpot on low overnight (7-8 hrs). Add your flavor choice in the morning, and enjoy!

Makes 4 portions, each 2 cups.

NOTES:

Household Appliances at Idaho Power

The Evolution of Appliances

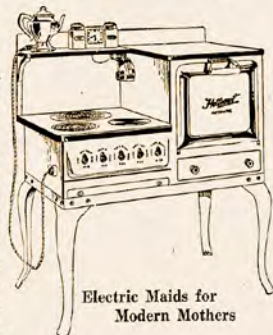
Just like today, time was at a premium back in the early decades of Idaho Power. Looking at the electric industry's advertisements from these years, you would think that women did nothing but housework and never had any time for fun. Thank goodness for the arrival of electric appliances that could rescue the average woman from a life of pure "kitchen drudgery" and "endless toil!" Hand in hand, appliance manufacturers such as Hotpoint, Thor and General Electric teamed up with utilities nationwide — including Idaho Power — to advertise, sell, demonstrate and service these modern wonders.

The sale and rapid adoption of household appliances in the 1920s and 1930s were an important part of Idaho Power's early growth. Housewives' demand for the "magic servants" of electricity in the kitchen meant that demand for electricity skyrocketed and Idaho Power grew. Although the appliances practically sold themselves, Idaho Power and its partners employed clever sales techniques to boost sales. Idaho Power held contests between its different sales divisions, offering the "range trophy" to the division that sold the most of that year's hottest appliance.

Continued on reverse

This SPECIAL OFFER Makes it Possible For Every Woman to Cook Electrically

Your Choice of These Two
Hotpoint AUTOMATIC RANGES
on very attractive terms of



Electric Maids for
Modern Mothers

Model R. A. 100
(ABOVE)

The latest Hotpoint Automatic Electric Range, white enamel finish with black "striped" trim. A convenient range, as easy to clean as a china plate. Equipped with milk and butter shakers, white enameled kitchen clock and 2-cup percolator with white handle and gray silk cord.

Model R. A. 73
(RIGHT)

A compact model Hotpoint Automatic Electric Range of velvet black Japan and white enamel with polished nickel trimmings. If necessary, this range can be placed under a window and not prevent light from entering the kitchen, has a special combination baking and broiling oven.



These splendid Hotpoint Automatic Electric Ranges are equipped with the famous Hotpoint speed cooking units—and there are no faster or more economical units in the world. Altogether, this special offer presents you with an opportunity to secure an electric range combining speed, economy, ultimate convenience and guaranteed durability—all for a first payment of only \$1.00 down—then easily spaced monthly payments.

Idaho Power Company's BARGAIN RATES for Domestic Service make electricity the cheapest cooking fuel you can buy. These rates apply on a number of combination home services. In many instances it has been found that the application of these rates lowered the monthly cost for service while in all instances they effect a lower kilowatt hour cost for increased use of current. Ask to have these rates explained at any Idaho Power office.



IDAHO POWER COMPANY

Inset on front: During the 1920s Idaho Power relied upon local newspapers to promote the use of electric appliances. More often than not these advertisements publicized the effectiveness and proficiency of electric appliances.

Continued from front

Likewise, manufacturers offered incentives such as national contests where top winners took home cash prizes.

Idaho Power gave its customers incentives to buy as well. For households feeling the pinch of the Great Depression, the company lowered rates several times and boasted of the cheapness with which a person could operate these wondrous tools. They also offered purchase incentives, such as giving away a free percolator with the purchase of a new washing machine. By the early 1930s, Idaho Power even provided purchase plans that made the equipment “well within your reach” with “convenient monthly payment plans.”

The key to all of this were the advertisements that wooed women with the lure of modernity, for who could stand to be left behind when everyone else was moving ahead? The appliance trend that began in the 1920s with basics like toasters and percolators had graduated to refrigerators and electric ranges by the 1930s, items that dramatically changed home life and the way people lived.

Hotpoint DeLuxe All White Range



Now offered on
**SPECIAL
TERMS**

**\$1⁰⁰
DOWN**

Balance in
convenient
monthly sums

*The Electric Maid For
Modern Mothers*

YOU, too, like more than 9,000 other Idaho Power Customers, can enjoy the manifold advantages of electric cooking if you avail yourself of this special offer.

For a first payment of only **ONE DOLLAR DOWN** we will deliver one of these attractive ranges to your home. Then you can begin to prepare your meals in the most convenient, best and most economical manner known to modern cooks and modern science.

There is no substitute for electric cooking. Why not begin at once? Come in and see these splendid Hotpoint Ranges.

Idaho Power Company

Entertainment by appliance? Cooking theater? Oh yes, all in a day's work! In 1927, Hotpoint Electric Company sent appliance demonstrator Ardell Crockett to Twin Falls to work with Idaho Power's home economist, Gertrude McDevitt, to put on a play centered on the wonders of electric cooking. The new RA77 white enamel range was the show's star actor, allowing the women to cook a dinner, set the automatic timers on this fabulous new appliance, and head out to a show. Voila! Upon their return, the meat was done, the veggies cooked just right, and the family content. The miracle of electric appliances was the leisure time they afforded to housewives, permitting them to see a show or read the paper!

Thousand Island Dressing

1930

1 cup mayonnaise
1 hardboiled egg, mashed
1 tsp paprika
2 Tbsp lemon juice
2 Tbsp chili powder
½ onion and 1 green pepper minced
1 pinch ground mustard

Blend all ingredients together thoroughly.

From the 1930 *Boise Junior League Cookbook*.

Recipe submitted by Mrs. F. F. Johnson, wife of F.F. Johnson, Idaho Power President 1916–1937, Chairman of the Board 1920–1937.

Frosty Fruit Salad

1959

1 orange, peeled and cubed
⅔ cup diced pineapple
¼ cup Royal Anne cherries, pitted and halved
1 banana, cubed
2 canned pear halves, diced
¼ cup sliced maraschino cherries
¼ cup blanched almonds, chopped
1 (8 oz) pkg cream cheese, softened
½ cup mayonnaise
½ cup cream, whipped

Combine fruits and nuts. Cream cheese until soft and blend with mayonnaise. Add to the fruit mixture and blend well. Fold in whipped cream. Pour into lightly oiled molds. Place in freezer until frozen. Remove from molds and wrap for freezer storage.

Serves 8.

From the 1959 *Best Cook Jubilee* cookbook.

Instead of placing in molds, these may be put in found freezer cartons. When ready to use, remove carton, slice into serving portions.



Egg Salad

1963

12 hard-cooked eggs
1 chopped green pepper
½ cup finely cut parsley
1 ½ cups highly seasoned mayonnaise
Juice of 1 lemon
1 tsp onion juice
2 drops Tabasco sauce
2 Tbsp (2 envelopes) gelatin soaked in ½ cup cold water

Heat lemon juice, Tabasco sauce and onion juice. Add gelatin, then mayonnaise. Grate 11 egg whites and yolks (seperately). Place whites in bottom of gelatin mold. Pour over ½ gelatin mixture. Spread layer of green pepper and parsley. Let stand 10 minutes. Add ¼ gelatin mixture. Add yolks and remainder of gelatin mixture. Place in refrigerator. Unmold. Garnish with the other egg, lettuce, ripe olives, asparagus tips and tomato wedges.

From the 1963 *Buhl Best Cook Jubilee* cookbook.



Cold Slaw

1971

1 medium head of cabbage	1 tsp celery seed
1 large onion	1 cup vinegar
1 large green pepper	1 tsp mustard seed
2 pimientos, cut up	1 cup sugar
1 heaping Tbsp salt	Add a dash of accent
1 cup boiling water	

Shred cabbage, onion and green pepper; add pimento and salt. Pour water over mixture; cover and let stand 1 hour. Squeeze out all liquid by hand. Add seasonings; combine vinegar and sugar and add to slaw. Cover and refrigerate overnight. May be kept for weeks in a covered dish in refrigerator.

Serves 20.

Third Place ~ Salad

From the 1971 *Buhl Best Cook Cooking Jubilee* cookbook.

Recipe submitted by
Mrs. Lonnie Moore



Hawaiian Chicken Salad In Pastry Tarts

1971

PASTRY TARTS

1 ½ cups sifted flour
¾ tsp salt
½ cup plus 2 Tbsp shortening
3 Tbsp cold water

Heat oven to 450°. Mix flour and salt. Cut in shortening. Sprinkle with water; mix with fork. Divide pastry into 6 equal parts and roll each out to a 6-inch round. Fit into 6 individual 4 ¼ x 1 ¼-inch tart pans. Prick with for. Flute edges. Bake 7-9 minutes. Cool. Fill with Chicken Salad.

CHICKEN SALAD

2 cups cooked chicken, cut into bite sized pieces
1 tsp. salt
1 cup diced celery
1 cup diced apple, unpeeled
¼ cup crushed pineapple, drained, reserve juice
¼ cup diced canned peaches, drained
1 banana, diced
½ cup sour cream
1 Tbsp pineapple juice
½ cup walnuts, chopped

Toss first 6 ingredients together. Chill. Thin sour cream with pineapple juice. Set aside. Just before serving, add banana and nuts, the sour cream mixture. Spoon into tart crusts. Garnish with walnut halves and pineapple tidbits. Serve on a platter with lettuce leaves.

First Place ~ Salad

From the 1971 *Buhl
Best Cook Cooking Jubilee*
cookbook.

Recipe submitted by
Mrs. William J. Roberts



A Real “Dazzler” Tropical Salad

1971

1 (3 oz) package lemon Jello
1 (3 oz) package orange Jello
2 cups ginger ale
1 avocado, diced
1 cup seedless white grapes
1 cup watermelon balls
1 cup cantaloupe balls

Dissolve Jello in 2 cups boiling water. Add ginger ale to Jello while still hot. Let cool until syrupy. Then add avocado, grapes (cut in half), watermelon balls and cantaloupe balls. Pour into a 1 ½-quart mold. Chill until firm. At serving time, unmold on crisp lettuce.

Note: melon balls and grapes may be frozen in season and used in this salad in the winter months. Do not cut grapes in half to freeze.

Second Place ~ Salad

From the 1971 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by
Mrs. J.A. Brewer.



Yukon Star Fruit Salad

1972

1 (6 oz) can frozen lemonade or limeade concentrate
1 envelope unflavored gelatin
1 package regular coconut pudding
1 cup whipped cream
½ cup blanched almonds, slivered
¼ cup maraschino cherries, halved
1 (11 oz) can mandarin oranges, drained
1 (8.75 oz) can crushed pineapple, drained
1 cup miniature marshmallows
Pineapple juice

Prepare lemon or limeade according to directions, substituting pineapple juice as part of the water. Soften gelatin in ¼ cup limeade. Blend pudding mix into 1 ¾ cup limeade. Cook until mixture comes to a full roiling boil and thickens. Add gelatin; stir until it dissolves. Cool until mixture begins to set. Fold in whipped cream. Add remaining ingredients. Chill until firm.

Serves 8.

First Place ~ Salad

From the 1972 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by
Mrs. M.J. Hanson.



Apricot Cheese Delight

1972

Drain and reserve the juice from 1 pint of cut fine apricots and a small can of crushed pineapple. You should have 2 cups of juice.

1 (3 oz) package orange Jello
1 cup hot water
1 cup juice

Dissolve Jello in hot water, add the juice and stir well. Add the apricots and pineapple. Mix well and let set until thick. Put 1 cup of miniature marshmallows over the top of the mixture and let set until hard.

CUSTARD

½ cup sugar
1 egg, lightly beaten
3 Tbsp flour
1 cup of the juice

Mix well and cook in a double boiler until thick. Cool well. Beat ½ cup cream until thick, add 1 tsp. sugar; add to cooled custard, stirring well. Spread over Jello-marshmallow mixture. Sprinkle with grated cheese. Let set until hard.

Serves 6.

Second Place ~ Salad

From the 1972 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by Mrs. Jay Welch.



Molded Chicken Salad

1972

1 large hen
4 hard-boiled eggs, chopped
1 cup finely cut celery
1 cup blanched almonds, cut fine
1 cup tiny green peas, drained
1 envelope plain gelatin
2 cups chicken broth
1 pint mayonnaise
1 small grated onion
2 Tbsp pimento

Boil hen until meat falls from bone. Chop chicken. Mix with eggs, celery, almonds, and peas. Dissolve gelatin in ¼ cup cold water. Add to hot chicken broth. Dissolve gelatin; cool. Add remaining ingredients. Pour into mold and chill until firm.

Serves 15.

Third Place ~ Salad

From the 1972 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by Mrs. James Hepworth.



Cool Garden Perfection Salad

1972

2 green peppers
4 green onions, chopped
(tops and all)
2 radishes
2 carrots, medium sized
2 small tomatoes
 $\frac{3}{4}$ cup French dressing
2 envelopes unflavored gelatin
 $\frac{1}{4}$ cup sugar

1 tsp salt
2 $\frac{3}{4}$ cups very hot water
 $\frac{1}{2}$ cup vinegar
2 Tbsp lemon juice
2 cups lettuce
1 cup shredded cabbage
 $\frac{1}{4}$ cup parsley (optional)

Marinate peppers, onions, radishes, carrots and tomatoes for 15 minutes in French dressing. Combine gelatin, sugar and salt. Add hot water, stir until dissolved. Add lemon juice and vinegar. Chill until thickens. Drain the marinated vegetables. Fold marinated vegetables and crisp greens into gelatin. Pour into oiled 1 $\frac{1}{2}$ quart mold. Chill until firm. Unmold and garnish.

Serves 8.

From the 1972 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by
Mrs. J.A. Brewer.



Hot Chicken Salad

1972

2 cups cooked chicken, cubed
2 cups toasted bread, cubed
2 cups diced celery
 $\frac{1}{2}$ cup slivered almonds
1 cup mayonnaise
2 Tbsp grated onion
2 Tbsp lemon juice
 $\frac{1}{2}$ tsp salt
 $\frac{1}{4}$ tsp white pepper
 $\frac{1}{2}$ cup grated cheese

Combine all ingredients except cheese; put in oiled baking dish and sprinkle with the cheese all over. Bake 15 minutes at 450°.

Makes 8 servings.

From the 1972 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by
Mrs. W.S. Stonemets.



Idaho Mashed Potato Salad

1972

3 cups mashed Idaho Potatoes ½ cup sweet pickle vinegar
½ tsp salt 1 small can ripe olives
¼ tsp black pepper 4 hard boiled eggs
1 tsp celery seed 1 cup chopped onion
½ cup mayonnaise 1 cup chopped sweet pickles

To mashed potatoes (hot or cold) add salt, pepper, celery seed, mayonnaise and pickle vinegar. Mix well, add pickles, onions and 3 hard boiled eggs. Mix well. Place in round mold and cool. Turn out on platter and garnish with remaining ingredients. To make egg flower, cut the white of one boiled egg to form petals, use egg yolk for centers. To make individual servings, use ice cream scoop. Place around center mold. Garnish with ripe olives, paprika and sprigs of parsley for color.

Serves 10.

From the 1972 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by
Mrs. A.D. Bartosovsky.



Carrot Relish Salad

1973

1 (3 oz) package orange gelatin
¼ cup sugar
1 cup boiling water
1 (8 oz) package cream cheese, softened
½ cup orange juice
½ tsp grated lemon peel
2 Tbsp lemon juice
1 cup shredded carrots
1 cup chopped apple

Dissolve gelatin and sugar in boiling water, add cream cheese and beat until smooth with electric or rotary beater. Stir in orange juice, lemon juice and lemon peel. Chill till partially set. Add carrots and apples. Spoon into mold. Chill until firm. Garnish with orange sections or carrot curls.

From the 1973 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by
Mrs. Melvin Moore



Coke Salad

1973

1 can cherries
¼ cup water
1 cup sugar
2 packages cherry Jello
1 cup crushed pineapple
1 bottle Coke
1 package Dream Whip
¼ cup powdered sugar
1 (8 oz) package cream cheese

Bring cherries, water and sugar to a boil. Add 2 packages cherry Jello, pineapple and Coke. After salad sets, mix Dream Whip, powdered sugar and cream cheese and spread on top of salad.

From the 1973 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by
Mrs. Melvin Moore.



Pineapple Cool Cheese Salad

1973

1 (8 ¼ oz) can crushed pineapple	1 cup Cool Whip
½ cup water	1 cup mayonnaise
½ cup sugar	½ green pepper, chopped
1 envelope unflavored gelatin	1 small bunch of green onions, sliced thinly
½ cup lemon juice	1 cup celery, finely chopped
1 cup grated cheese	Lettuce leaves

Soak gelatin in about 4 Tbsp cold water. Bring pineapple, sugar and water to a boil. Add gelatin to hot pineapple. Add lemon juice. Set to semi-hard and then add grated cheese and Cool Whip. Set fully.

Mix green pepper, onions and celery with mayonnaise. Spread over top of gelatin. Serve on lettuce leaves.

First Place ~ Salad

From the 1972 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by
Mrs. Everett Hustead.



Shrimp 'N Rice Salad

1973

1 cup cleaned, cooked shrimp
3 cups cooled, cooked rice
¼ cup sliced celery
¼ cup sliced stuffed olives
¼ cup chopped green pepper
¼ cup chopped pimiento
¼ cup minced onion
½ tsp salt
¼ tsp pepper
3 Tbsp mayonnaise

In large bowl, combine shrimp, rice, celery, olives, green pepper, pimiento and onion, cover and chill. Just before serving, stir together salt, pepper and mayonnaise and toss with shrimp mixture. Spoon shrimp onto crisp greens; garnish with lemon wedges and serve with French dressing.

Serves 6.

Note: Crabmeat, lobster or a combination of the three seafoods can be substituted for the shrimp.

From the 1973 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by Mrs. Steve Lammers.



Garden Pasta Salad

August • 1991

12 oz pasta swirls (rotelle)
1 can black olives, pitted
12 oz rotelle pasta
1 red onion, diced
1 (6 oz) jar marinated artichoke hearts, halved & drained (reserve oil for dressing)
½ cup radishes, sliced
1 cucumber, cut in chunks
4 medium tomatoes, chopped
1 cup Provolone or Monterey Jack cheese, cubed
1 green pepper, diced

Cook pasta according to directions. Drain and rinse in cold water. Turn into large bowl. Mix dressing ingredients; pour over pasta. Add all other ingredients except cheese. Refrigerate several hours. Add cheese just before serving.

Serves 12.

SALAD DRESSING:
½ cup salad oil (includes artichoke marinade)
½ cup vinegar
½ tsp crushed, dried basil
½ tsp salt
½ tsp pepper

Zesty Vegetable Salad

May • 1992

4 cups broccoli, cut into pieces
½ can small pitted olives
4 cups cauliflower, cut in pieces
½ cup Zesty Italian dressing
1 cup tomatoes
¼ cup Parmesan cheese
Garlic powder to taste

NOTES:

Mix all ingredients together and marinate in refrigerator a minimum of 2 hours before serving.

Serves 8.

Corn Salsa Salad

February • 1993

Kernels from 4 ears sweet white corn or one (16 oz) can sweet corn, drained
¼ cup finely chopped sweet red pepper
2 Tbsp finely chopped red onion
1 Tbsp minced fresh basil or ½ tsp dried basil
2 Tbsp finely chopped green pepper
2 Tbsp minced fresh cilantro
1 minced garlic clove

DRESSING:

½ cup rice vinegar
1 Tbsp olive oil
2–4 drops of hot chili oil
or Tabasco sauce
Dash salt & pepper
(optional)

Place corn in a bowl and add red pepper, onion, basil, green pepper, cilantro and garlic. Mix dressing and pour over vegetable mixture and marinate in refrigerator for a few hours.

Makes 6 servings, ½ cup each.

Spinach-Apple Salad

September • 1993

5 cups torn fresh spinach
1 cup chopped red apple
½ cup sliced celery
½ tsp oil
2 Tbsp lemon juice
½ tsp sugar
3 Tbsp cider vinegar
½ tsp. curry powder
1 Tbsp coarsely chopped walnuts

In a large bowl, combine spinach, apple and celery. In a small bowl, combine the remaining ingredients, except walnuts. Pour vinegar mixture over spinach mixture toss well. Garnish with walnuts.

Serves 4.

Mandarin Spinach Salad

August • 1995

¼ cup sliced almonds
2 pounds spinach
2 whole green onions, sliced
2 Tbsp sugar
1 cup whole chopped celery
1 (11 oz) can mandarin oranges,
drained, chilled

DRESSING:
2 Tbsp oil
2 Tbsp vinegar
2 Tbsp sugar
½ tsp salt
1 Tbsp chopped parsley

NOTES:

In a small frying pan over medium heat, cook almonds and sugar, stirring constantly until almonds are coated with sugar. Wash spinach, pat dry and tear into bite-size pieces. Combine spinach, celery, onions and oranges in a salad bowl. Chill. Combine dressing ingredients, mix and chill. Just before serving, pour dressing over salad and toss gently. Garnish with caramelized almonds.

Makes 6–8 servings.

Cranberry Holiday Salad

December • 1995

- 1 cup water
- 2 cups fresh cranberries
- ½ cup cold water
- ½ cup diced celery
- 1 cup sugar
- 1 envelope unflavored gelatin
- ¼ tsp salt
- ⅓ cup chopped walnuts

In a two-quart saucepan combine 1 cup water and sugar. Over medium high heat, boil for five minutes. Add the cranberries and cook without stirring until all cranberry skins pop open, about five minutes. In a small bowl, soften gelatin in ½ cup cold water. Pour gelatin mixture and salt into hot cranberries; stir until dissolved. Chill until mixture is slightly thickened. Stir in celery and walnuts. Pour into serving bowl. Chill until firm.

Makes 6 servings.

NOTES:

Spicy Broccoli Slaw

July • 1997

- ¼ cup thinly sliced green onions
 - 1 (16 oz) package ready-to-use broccoli slaw or 1 small head cabbage, cored and shredded
- DRESSING:

 - ¼ cup rice vinegar
 - 2 tsp sesame oil
 - 1 clove garlic, peeled & minced
 - 2 tablespoons soy sauce
 - ¼ tsp hot, red pepper flakes

Place green onion and broccoli coleslaw or shredded cabbage in a large bowl. In a small bowl, combine dressing ingredients and stir well. Pour over salad and toss well. Cover and marinate for 2 hours in the refrigerator.

Makes 6 servings.

NOTES:

Sweet & Crunchy Citrus Slaw

February • 1998

3 oranges, peeled and cut into bite-size chunks	DRESSING:
1 small jicama, peeled and cut into match sticks	¼ cup rice vinegar
3 cups green cabbage, shredded	2 tsp sesame oil
1 cup red cabbage, shredded	1 clove garlic, peeled & minced
	2 tablespoons soy sauce
	¼ tsp hot, red pepper flakes

NOTES:

In a large bowl, combine orange chunks, jicama and green and red cabbage. In a small bowl stir together dressing ingredients and pour over cabbage mixture. Stir until well mixed. Cover and refrigerate until serving time.

Makes 8 servings.

Wilted Spinach Salad

September • 1998

1 ½ lbs spinach, washed and torn
½ lb fresh mushrooms, sliced
3 Tbsp sesame seeds
4 Tbsp sugar
4 Tbsp vinegar
1 Tbsp soy sauce
2 slices bacon, cooked and crumbled

NOTES:

Place spinach and mushrooms in large bowl. In a small frying pan, over medium-high heat, brown sesame seeds, stirring frequently. In a small bowl, combine sugar, vinegar and soy sauce. Add to frying pan and bring just to a boil. Toss hot dressing with spinach and mushrooms. Sprinkle crumbled bacon over top and serve immediately.

Makes 6 servings.

Chinese Vermicelli Salad

February • 1999

- 2 Tbsp sesame oil
- ¼ cup soy sauce
- 2 Tbsp Balsamic vinegar
- 2 Tbsp sugar
- ½ Tbsp hot chili oil
- 1 lb fresh vermicelli (or thin spaghetti)
- ½ cup sesame seeds, toasted
- 1 cup green onions, sliced diagonally in 2-inch pieces

In a large bowl, combine the oil, soy sauce, vinegar, sugar and chili oil. Cook pasta al dente. Drain, rinse with cold water, drain again. Toss the pasta and the dressing until coated evenly. Add sesame seeds and fold through pasta. Pour onto a shallow pasta platter and top with green onions.

Makes 8 servings.

NOTES:

Kiwi Brown Rice & Apple Salad

April • 2000

- 2 cups cooked brown rice
- 2 kiwi, peeled and cut in half, lengthwise
- 2 Granny Smith apples, cored and cut into cubes
- ¼ cup toasted walnut pieces
- 2 green onions, thinly sliced
- ½ cup thinly sliced celery
- ½ cup red pepper strips
- 1 Tbsp dried parsley
- ⅓ cup raspberry vinaigrette dressing

In a medium-to-large bowl, gently toss together all ingredients. Cover and refrigerate for several hours to allow flavors to blend.

Makes 8 servings, about ¾ cup each.

NOTES:

Potato & Green Bean Salad

September • 2000

2 lb (4 large) potatoes boiled and cubed
4 hard-boiled eggs, chopped
½ cup diced sweet red bell pepper
16 oz (2 cups) fresh or frozen cut green beans;
cooked, drained and cooled
¾ cup chopped fresh parsley
¾ cup low-calorie Italian salad dressing

NOTES:

In a large bowl, combine all ingredients. Gently toss to mix.
Chill for several hours or overnight.

Makes 8 servings, about 1 cup each.

Orange Dream Fruit Salad

April • 2001

1 (20 oz) can pineapple chunks, drained
1 (29 oz) can peach slices, drained and cut into chunks
1 (11 oz) can mandarin oranges, drained
1 package (3.4 oz) instant vanilla pudding mix
½ cup frozen orange juice concentrate
3 firm bananas, sliced
1 large apple, cut into chunks
1 ½ cups skim milk
¾ cup light sour cream

NOTES:

Place well-drained fruits in a large bowl; set aside. In a medium-sized mixing bowl, combine pudding mix, milk and orange juice concentrate. Beat for 2 minutes. Gently stir in light sour cream until well mixed. Pour pudding mixture over fruit and gently stir to coat. Cover and refrigerate for a few hours.

Makes 8 servings.

Cumin Scallop Salad

September • 2003

3 Tbsp olive oil
2 Tbsp white vinegar
2 tsp ground cumin
¼ tsp salt
⅛ tsp pepper
1 lb scallops

2 green onions, trimmed and chopped
1 large tomato, chopped
1 head romaine lettuce, washed and torn into bite-size pieces

NOTES:

In a medium bowl, stir together oil, vinegar, cumin, salt and pepper. Cover and store in refrigerator. Spray a 12-inch skillet with non-stick cooking spray. Heat over medium-high heat. Add scallops and sauté 3 to 5 minutes, until scallops are opaque. Cool. With slotted spoon, transfer scallops to chilled dressing. Discard scallop liquid. Add green onions and tomato to dressing and toss well. Serve on a bed of romaine lettuce on individual plates.

Makes 4 servings, each 4 cups lettuce and ¾ cup scallop mixture.

Dilled Pasta Salad

August • 2004

12 oz spiral pasta, cooked and drained
1 (12.5 oz) can chunk chicken packed in water, drained
1 (16 oz) package frozen peas, thawed
2/3 cup plain, low-fat yogurt
1 (1 oz) envelope ranch salad dressing mix

1 Tbsp dried dill weed
¼ cup thinly sliced green onion
1 cup chopped celery
2/3 cup light sour cream
1/3 cup mayonnaise
½ cup nonfat milk
¼ tsp garlic powder

NOTES:

In a large bowl, combine pasta, chicken, celery, onions and peas. In a small bowl, combine sour cream, yogurt, mayonnaise, milk, ranch dressing mix, dill weed and garlic powder. Mix well. Pour dressing over salad and gently stir to coat. Cover and refrigerate for several hours before serving.

Makes 12 servings, 1 cup each.

Cranberry Slaw

December • 2004

<p>3 tablespoons light mayonnaise 1 ½ tsp sugar 3 cups thinly shredded cabbage 2 Tbsp toasted slivered almonds 1 tsp fresh lemon juice ¼ tsp salt ½ cup dried cranberries</p> <p>In a small bowl, combine mayonnaise, lemon juice, sugar and salt. Place cabbage, dried cranberries and almonds in a serving bowl. Pour mayonnaise dressing over cabbage mixture and toss to coat evenly. Serve immediately. Cover and refrigerate leftovers.</p> <p>Makes 4 servings, ½ cup each.</p>	<p>NOTES:</p>
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Brown Rice Salad

March • 2005

<p>2 cups cooked brown rice ¼ cup chopped red onion ¼ cup minced fresh parsley 1 Tbsp olive oil ½ tsp seasoning salt 1 cup halved grape tomatoes 1 (2 ¼ oz) can sliced ripe olives, drained 3 Tbsp red wine vinegar ½ teaspoon sugar</p> <p>In a medium bowl, combine rice, tomatoes, red onion, olives and parsley. In a small bowl, mix together vinegar, oil, sugar and salt. Pour dressing over rice mixture and toss to coat. Cover and chill for at least 4 hours or overnight.</p> <p>Makes 7 servings, ½ cup each.</p>	<p>NOTES:</p>
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Orzo Tuna Salad

September • 2005

1 cup orzo (rice-shaped pasta), uncooked
½ cup crumbled feta cheese
¼ cup chopped red onion
1 (6 oz) can chunk tuna, drained
2 Tbsp water
½ tsp dried basil

½ tsp minced garlic
2 cups chopped tomatoes
¼ cup finely chopped parsley
2 Tbsp sliced ripe olives
½ cup red wine vinegar
2 Tbsp olive oil
½ tsp dried oregano

NOTES:

Customer Favorite!

Cook orzo according to package directions. Drain. In a large bowl, gently toss orzo, tomato, feta cheese, parsley, onion, olives and tuna. In a small bowl, combine vinegar, water, olive oil, basil, oregano and garlic; stir until blended. Pour dressing over pasta/vegetable mixture and toss well. Cover and chill.

Makes 6 servings, 1 cup each.

Apple Cole Slaw

November • 2005

1 small head of cabbage
1 medium onion
1 tsp celery seeds
1 Tbsp apple cider vinegar
Salt to taste

2–3 carrots
1 Golden Delicious apple
2 Tbsp sugar
⅓ cup light mayonnaise
Pepper to taste

NOTES:

Customer Favorite!

Chop cabbage, carrots, onion and apple in food processor and transfer to large mixing bowl. Add celery seed, sugar, vinegar and mayonnaise to bowl. Add salt and pepper to taste. Stir until blended. Refrigerate until chilled and ready to serve

Makes 10 servings, ½ cup each.

Balsamic Bean Salad

April • 2007

1 (15 oz) can kidney beans	2 Tbsp Dijon mustard
1 (15 oz) can garbanzo beans	1 Tbsp dried basil
1 (15 oz) can black beans	1 Tbsp olive oil
1 cup frozen cut green beans	1 tsp sugar
2 cups frozen corn	1 tsp dried thyme
½ cup sliced green onion	¼ tsp pepper
½ cup balsamic vinegar	1 tsp minced garlic
¼ cup water	

In a colander, combine the beans and corn; rinse and drain. In a large bowl, combine remaining ingredients; add beans and corn, stirring gently to coat. Cover and marinate in refrigerator several hours, stirring occasionally.

Makes 7 servings, about 1 cup each.

NOTES:

**Customer
Favorite!**

Pear, Blue Cheese & Pecan Salad

November • 2007

½ cup pecans	3 Tbsp olive oil
¼ cup white sugar	1 head romaine lettuce, washed, trimmed and torn into bite-size pieces
¼ cup red wine vinegar	3 pears, cored and chopped
1 ½ tsp sugar	2 ounces blue cheese, crumbled
1 Tbsp Dijon mustard	1 small red onion, thinly sliced
½ tsp minced garlic	
½ tsp salt	
⅛ tsp fresh-ground pepper	

In a small skillet over medium heat, stir pecans and ¼ cup sugar together. Continue stirring gently until sugar has melted and caramelized the pecans. Transfer pecans onto a sheet of waxed paper. Allow to cool and break into pieces. In a small bowl, combine vinegar, sugar, mustard, garlic, salt and pepper. Slowly whisk in the olive oil. In a large bowl, layer lettuce, pears, blue cheese and onion. Pour dressing over salad, sprinkle with pecans and serve immediately.

Makes: 6 servings, each about 1 ½ cups.

NOTES:

**Customer
Favorite!**

Crunchy Chicken Salad

April • 2008

2 (6–8 oz each) skinless boneless chicken breast halves
1 ½ cups chicken broth
1 cup (½ medium-sized) cubed jicama (celery can be substituted)
1 green onion, thinly sliced
¼ cup light mayonnaise
¼ cup light sour cream
½ tsp Dijon mustard
2 Tbsp fresh lemon juice
1 tsp dried dill weed
4 cups salad greens

Place chicken breasts and broth in a skillet. Bring to a boil. Cover, reduce heat to low and simmer 15–20 minutes, or until chicken is just cooked through. Remove chicken to a plate and cool. Broth may be discarded or refrigerated and saved for another use.

In a large bowl stir together the jicama (or celery), green onion, mayonnaise, sour cream, mustard, lemon juice and dill weed. Cut the chicken breasts into ½-inch cubes. Gently stir into the mayonnaise mixture. Add salt and freshly ground black pepper to taste. Cover and refrigerate at least 1 hour before serving. Serve chicken salad on bed of salad greens.

NOTES:

Makes 4 servings; each
¾ cup chicken salad and
1 cup greens.

Fruit Salad with Strawberry Sauce

May • 2008

1 fresh mango, peeled and cubed
½ cantaloupe, peeled and cubed
2 kiwi, peeled and cubed
½ cup blueberries
1 ½ cups fresh strawberries
1 Tbsp lemon juice
¼ cup powdered sugar

Place mango, cantaloupe, kiwi and blueberries in a large bowl. Place strawberries, lemon juice and sugar in a blender container and blend until smooth. Drizzle strawberry sauce over fruit and serve immediately.

Store leftovers in refrigerator.

Makes 4 servings; about 1 cup each.

NOTES:

Sour Cream & Dill Potato Salad

December • 2008

3 pounds russet potatoes, scrubbed
¾ cup light mayonnaise
1 cup light sour cream
1 tsp dried dill weed
1 Tbsp chopped fresh parsley
½ tsp salt
¼ tsp freshly ground black pepper

NOTES:

Cut potatoes into quarters. In a large saucepan, cover potatoes with cold water. Bring to a boil over high heat; reduce heat and simmer until tender, about 20 minutes. Drain. Meanwhile, in a large bowl, stir together mayonnaise, sour cream, dill, parsley, salt, and pepper. While potatoes are still warm, cut into bite size pieces. Add potatoes to sour cream mixture; tossing to coat. Cover and refrigerate overnight. Garnish with additional chopped parsley, if desired.

Makes 8 servings; about ½ cup each.

Crunchy Romaine Salad

May • 2009

¼ cup sugar	1 Tbsp butter
3 Tbsp olive oil	¼ cup sliced almonds
½ cup apple cider vinegar	2 cups chopped broccoli
1 tsp soy sauce	1 small head romaine lettuce,
Salt and pepper to taste	torn
1 (3 oz) package ramen noodles, broken into small pieces	

NOTES:

To make dressing combine sugar, oil, vinegar, soy sauce, salt and pepper in a jar with a tight fitting lid; shake well and set aside. Sauté noodles, butter, and almonds in a skillet until golden brown. In a large bowl combine romaine and broccoli. Just before serving toss romaine with dressing and noodles.

Makes 8 servings; about 1 cup each.

Marinated Carrot Salad

April • 2010

2 lbs fresh carrots, sliced into
¼ inch rounds

1 medium onion, thinly
sliced and separated into
rings

1 medium green pepper,
cut into thin strips

1 can (10 ¾ oz) condensed
tomato soup

¾ cup white vinegar

½ cup sugar

¼ cup canola oil

1 tsp prepared mustard

½ tsp pepper

2 tsp Worcestershire Sauce

NOTES:

**Customer
Favorite!**

Cook carrots in a small amount of boiling water until just tender, about 8–10 minutes. Drain well.

In a large bowl, combine tomato soup, vinegar, sugar, oil, mustard, pepper, and Worcestershire Sauce. Add carrots, onion, and green pepper and gently stir to coat. Cover and marinate a minimum of 12 hours.

Makes 5 servings, 1 cup each.

Lemon-Mint Cucumber & Melon Salad

May • 2010

2 tsp grated lemon peel

¼ cup fresh lemon juice

1 ½ tsp dried mint leaves (or ¼ cup finely chopped fresh mint)

2 Tbsp honey

1 medium cantaloupe, peeled, seeded and cubed

1 medium cucumber

NOTES:

In a medium bowl, whisk together lemon peel, lemon juice, mint leaves and honey.

Peel and cut cantaloupe in 1-inch cubes. Cut cucumber lengthwise then thinly slice diagonally.

Add cantaloupe and cucumber to dressing and toss gently to coat. Cover and refrigerate until serving.

Makes 6 servings, about 1 cup each.

German Potato Salad

October • 2010

3 medium russet potatoes,
scrubbed and cubed (1 ½ lbs;
4 cups cubed)
1 Tbsp olive oil
1 medium onion, chopped
1 cup chicken broth
½ cup white vinegar

1 Tbsp Dijon mustard
1 tsp caraway seeds, crushed
½ tsp freshly ground black
pepper
¼ cup real bacon bits
4 green onions, chopped

Place potatoes in a medium saucepan and cover with water; bring to a boil over high heat. Reduce heat to low; cover and simmer for 15–20 minutes or until the potatoes can easily be pierced with a fork. Drain potatoes and set aside.

While potatoes are boiling, heat oil in a large skillet over medium heat. Add the onion and cook, stirring, for 8–10 minutes. Add chicken broth and vinegar and mix well. Simmer, uncovered for 5 minutes. Remove from heat and stir in mustard, caraway seeds, and pepper. Place potatoes in a large bowl. Add the dressing mixture, bacon bits, and green onions and stir to mix. Serve warm.

NOTES:

Makes 8 servings;
½ cup each.

Lemon-Broccoli Zucchini Salad

September • 2011

1 Tbsp rice vinegar
2 Tbsp grated lemon zest
1 Tbsp lemon juice
1 Tbsp Dijon mustard
½ tsp salt
¼ tsp ground pepper
2 Tbsp olive oil

1 pound broccoli, rinsed and
cut into florets (6 cups)
1 small zucchini, julienned
1 cup grape tomatoes, halved
2 Tbsp chopped fresh basil leaves
¼ cup coarsely chopped pecans,
toasted

In a small bowl, stir together vinegar, zest, lemon juice, mustard, salt, pepper and olive oil. In a large bowl combine broccoli, zucchini, and tomatoes. Pour dressing over vegetables and toss to coat. Cover and refrigerate for a minimum of 1 hour.

Just before serving, stir in fresh basil and pecans.

Makes 8 servings; about 1 cup each.

NOTES:

**Customer
Favorite!**

Curried Quinoa Salad

September • 2012

2 cups quinoa
1 cup dried cranberries
1 cup frozen green peas,
thawed
¼ cup sliced green onion
¼ cup chopped fresh parsley
1 (15 ½ oz) can garbanzo
beans, drained

DRESSING:
⅓ cup fresh lemon juice
1 Tbsp grated orange rind
¼ cup orange juice
½ tsp curry powder
1 ½ Tbsp olive oil
½ tsp salt
¼ tsp pepper
½ tsp minced garlic

NOTES:

In a medium saucepan, bring 4 cups water to a boil. Add quinoa, cover, and reduce to a simmer. Cook for 10–15 minutes. Let cool.

In a small bowl, whisk lemon juice, orange rind, orange juice, curry powder, oil, salt, pepper and garlic.

In a large bowl, combine quinoa, cranberries, peas, onion, parsley and garbanzo beans. Top with dressing and mix well. Cover and chill for 1 hour.

Makes 10 servings,
1 cup each.

Edamame Bean Salad

June • 2014

2 tsp olive oil
1 tsp minced garlic
2 Tbsp fresh lime juice
2 Tbsp vinegar
¼ tsp fresh ground black
pepper
1 (15 oz) can black beans,
rinsed and drained

1 cup grape tomatoes, halved
1 cup fresh or frozen shelled
edamame
¼ cup chopped red onion
1 Anaheim chile pepper,
seeded and diced
½ cup chopped fresh cilantro

NOTES:

In a medium bowl, stir together oil, garlic, lime juice, vinegar and black pepper. To the same bowl, add beans, tomatoes, edamame, onion, Anaheim chile and cilantro. Toss to combine. Cover and refrigerate for 1 hour.

Makes 8 servings; ½ cup each.

Lemon, Asparagus & Couscous Salad

April • 2015

1 cup whole wheat couscous
¾ cup vegetable broth
¾ lb thin asparagus spears,
tough ends trimmed
1 ½ cups grape tomatoes,
quartered
¼ cup red onion, minced

1 lemon, juiced + zest
3 Tbsp capers, drained
1 Tbsp extra virgin olive oil
3 Tbsp fresh basil, minced

NOTES:

This is delicious the next day, too.

Trim asparagus ends and chop into ½-inch pieces. Bring vegetable broth to boil. Add asparagus to boiling broth, cook until tender, about 3 minutes. Remove asparagus and rinse with cool water; set aside. Remove broth from heat. Pour couscous into large bowl and pour hot broth over it. While it soaks (about 5 minutes) mix onion, tomatoes, lemon, and basil. Fluff couscous with a fork. Combine together all ingredients. Enjoy at room temperature or chilled.

Makes 5 servings, 1 cup each.

Veggie Barley Salad with Honey Vinaigrette

September • 2015

2 cups cooked barley
(approx. ¾ cup dry)
1 cup chopped fresh spinach
2 stalks celery, chopped
(leaves included)
½ orange bell pepper, chopped
½ cup grapes, halved
¼ sweet onion, minced
Utopia Std cup chopped walnuts

DRESSING:
1 Tbsp lemon juice
1 Tbsp white vinegar
1 Tbsp honey
3 Tbsp olive oil
Dash of salt/pepper

NOTES:

Combine all salad ingredients in a large bowl. In a small bowl, whisk together dressing ingredients and drizzle over salad. Toss to combine.

Makes 8 servings.



No matter what you cook, you can always cook it better the electric way. Clean, convenient, economical electric cookery provides a real kitchen thrill — especially with summer on the way, for you'll be cool as a cucumber when you cook electrically.

When production of electrical equipment again gets into full swing, it won't be long until you can know the thrill of cooking the easy, economical and efficient electric way.

IDAHO POWER
Electricity...Does So MUCH-Costs So LITTLE!

Gender in Advertising

Marketing to Idaho Power's Modern Housewife

In 1948, an Idaho Power advertisement encouraged women to “Come Out of the Kitchen...and Live!” Idaho Power created this tag line to encourage the purchase of electric appliances and the use of all-electric kitchens. Those offerings could save women time and allow them to fulfill their domestic duties but still have a life! This was just one of many successful advertisements that were directed at women specifically.

Idaho Power's advertisements have been catchy and energetic since the early days. Whether the company was targeting an internal audience by publishing its advertise-

ments in the company's *Electrikat*, or were aimed at its customer base through publication in newspapers, Idaho Power has made every effort to market (and cater!) to its broad customer base. But these efforts are especially true of advertisements aimed at women in the 1940s and 1950s.

As the tagline from the “Come out of the Kitchen” ad suggests, Idaho Power was trying to highlight the benefits that electricity offered women. For busy housewives, those benefits were most obviously seen



THERE are many new exciting helps to modern living . . . but none that will give you more pleasure and more freedom from old-fashioned kitchen drudgery than **ELECTRIC COOKING**. Amazing time and temperature controls will take over much of your cooking routine, leaving you many extra hours of leisure time to enjoy the things you've always wanted to do.

Inset on front: In the late 1940s Idaho Power advertisements assured women that adopting electric cooking would provide time for fun with friends.

Continued from front

in the kitchen in the form of simple-to-use, time-saving, and economical appliances. Unlike the days before electricity, when housewives labored to prepare meals, electricity made meal prep fast and easy. Many of the advertisements from this era highlighted the joys of modern electric living, often times referring to the electric appliances as wife-saving “electric servants.” Thanks to electricity, women now had time to partake in leisure activities, all the while knowing that they were providing delicious and nutritious food for their families, “three meals a day, thirty days a month, twelve months a year.” As Reddy Kilowatt used to say, “3 x 30 x 12 equals an awful lot of cooking!”

A black and white illustration of a man in a chef's hat and apron, cooking on a modern electric range. He is holding a spatula and looking at the stove. Above him, a sign reads "...this is a cinch...". Below the illustration, there is a testimonial from a man about his new electric range. At the bottom, the Idaho Power logo is displayed with the slogan "Electricity Does So MUCH Costs So LITTLE!".

...this is a cinch...

Never thought I'd be much of a cook, but it's a cinch with our new electric range! My wife is so enthusiastic, I thought I'd try it. My wife tells me "controlled even heat" is the secret. Another stack? You bet!

Yes, modern electric ranges simplify cooking, assure results! Take a look at the splendid new models now at your appliance dealers. Make a wise investment in 1954 electric living. Idaho Power's rates, 135% lower than the national average! keep operating costs at a happy minimum

IDAHO POWER
Electricity Does So MUCH Costs So LITTLE!

Grandma's Stew

1972

1 lb beef stew chunks
1 tsp salt
3 cups noodles
1 cup sliced carrots
1 cup sliced celery
1 cup sliced parsnips

2 Tbsp chopped onion
½ cup tomatoes
1 tsp salt
½ tsp pepper
½ cup shredded cheese
Pimento strips and parsley

Boil the meat 1 ½ hours. Add the noodles and cook uncovered 10 minutes; add salt. Cook the vegetables in a separate kettle for 30 minutes. Add salt and pepper. Add vegetables to beef and noodles and simmer together 10 minutes. Garnish with cheese, pimento and parsley.

Serves 6.

From the 1972 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by
Mrs. D.C. Brannen



Crunchy Gazpacho

August • 1992

1 large clove garlic, peeled and split
1 Tbsp olive or vegetable oil
4 cups tomato juice
2 Tbsp red wine vinegar
2 large tomatoes, chopped
2 small green peppers, seeded and chopped
⅓ cup finely chopped, peeled onion
6 drops Tabasco sauce (more or less to taste)

Mix ingredients in a bowl or large jar. Taste, add more vinegar and Tabasco, if desired.

Cover and chill several hours. Stir soup before serving and discard garlic.

Makes 4 servings.

NOTES:

Carrot & Corn Chowder

January • 1995

- 1 tsp oil
- 3 green onions, thinly sliced
- 3 medium carrots, thinly sliced (about 1 cup)
- ¼ tsp caraway seed
- 1 (10 ¾ oz) can condensed cream of celery soup
- 1 ½ soup cans of milk
- 1 (11 oz) can Mexican-style corn
- 1 heaping cup shredded cabbage

NOTES:

In a medium saucepan, over medium heat, cook carrots, onions and caraway seeds in oil until carrots are slightly softened, stirring frequently. Stir in soup, milk, corn and cabbage. Heat to boiling over medium heat. Reduce heat, cover and simmer for 15 minutes or until carrots and cabbage are tender.

Makes 4 servings, 1 cup each.

Taco Soup

January • 1996

- | | |
|---|---------------------------------------|
| 1 lb lean ground beef | 1 medium onion, chopped |
| 1 package mild taco seasoning mix | 1 (16 oz) can of corn |
| 1 (16 oz) can pinto beans, drained & rinsed | 1 (8 oz) can tomato sauce |
| 1 (16 oz) can stewed tomatoes, mashed | 8 oz tortilla chips, coarsely crushed |
| | 1 cup grated cheddar cheese |
| | ½ cup sour cream |

NOTES:

Brown beef in 4-quart saucepan over medium high heat. Drain fat. Add onions and sauté until transparent. Stir in taco seasoning, corn, beans, tomatoes and tomato sauce. Cover, reduce heat to low and simmer for 30 minutes. Spoon soup into serving bowls. Top with tortilla chips, grated cheese and a dollop of sour cream.

Makes 8 servings.

Chicken Tortilla Soup

January • 1998

6 corn tortillas	8 oz cooked chicken, shredded
1 tsp cooking oil	
2 medium carrots, sliced	¼ cup chopped cilantro
4 green onions, sliced	¼ tsp pepper
3 cloves garlic, minced	Cilantro sprigs for garnish
1 (14.5 oz) can diced tomatoes	1 cup Monterey Jack cheese, shredded
2 (14.5 oz) cans chicken broth	

NOTES:

Preheat oven to 350°. Cut tortillas into ½-inch strips. Place strips on ungreased baking sheet. Bake 15 minutes or until crisp, stirring once. In a large pot heat 1 tsp cooking oil. Cook carrots, onions and garlic about 5 minutes, stirring often. Stir in chicken broth, un-drained, diced tomatoes, chicken, chopped cilantro and pepper. Bring to boil, reduce heat, cover and simmer 10 minutes. Blend half the tortilla strips in food processor or blender until finely crushed, stir into soup and cook 5 minutes. Spoon soup into bowls. Top with remaining tortilla strips, sprinkle with cheese and garnish with cilantro sprigs.

Makes 4 main-course servings.

Hungarian Pepper Pot Stew

January • 1999

½ lb lean ground beef	1 (10 ¾ oz) can condensed tomato soup
2 slices bacon, chopped	3 cups water
1 medium green pepper, cut into 1-inch pieces	1 Tbsp sweet Hungarian paprika
½ cup chopped onion	½ tsp black pepper
1 clove garlic	5 medium potatoes, scrubbed and cubed
1 (14.5 oz) can chopped tomatoes	

NOTES:

In a 4-quart pan over medium heat, brown ground beef and bacon. Drain fat; add green pepper, onion and garlic and cook until vegetables are tender. Stir in remaining ingredients. Bring to boil, reduce heat and simmer, covered, for 20 minutes or until potatoes are tender.

Makes 4 servings.

Easy Pasta Fagioli

January • 2001

2 (15 oz) cans Great Northern white beans, drained
1 (28 oz) jar spaghetti sauce
1 small onion, chopped
¼ tsp pepper
1 (14 oz) can stewed tomatoes
2 celery stalks, thinly sliced
3 cups water
2 cups uncooked small pasta (macaroni or spirals)
Freshly grated Parmesan cheese for garnish

NOTES:

In a 4-quart saucepan, combine all ingredients except pasta and cheese. Over medium high heat, bring to a boil. Reduce heat to low. Cover; allow to simmer for 20 minutes. Add pasta, cover and simmer for an additional 10 minutes or until pasta is tender; stirring occasionally. Ladle into bowls and garnish with freshly grated Parmesan cheese.

Makes 6 servings.

Slow Cooker Beef Stew

January • 2002

1 ½ lb beef chuck or stew meat, cut into 1-inch pieces
6 carrots, peeled and sliced
4 russet potatoes, peeled and cubed
1 bay leaf
1 large onion, cut into chunks
2 stalks celery, sliced
1 (14 oz) can beef broth
2 tsp Worcestershire sauce
1 clove garlic
½ tsp pepper
1 tsp paprika

NOTES:

Place the carrots, potatoes, beef, bay leaf, onion and celery in a slow cooker in the order given. Combine beef broth, Worcestershire sauce, garlic and spices. Pour broth over ingredients in slow cooker. Cover and cook on low for 10–12 hours, or on high for 5–6 hours.

Makes 6 servings.

Chicken Potato Soup

February • 2002

Non-stick cooking spray
1 cup mild bottled salsa
2 cups cubed Idaho Russett potatoes
½ tsp ground cumin
½ cup chopped onion
2 (14.5 oz) cans chicken broth
2 cups diced red bell pepper

2 cloves garlic, minced
2 (15 oz) cans chicken and wild rice soup, undiluted
2 cups chopped cooked chicken breasts (about 8 oz or 2 breasts)
1 (15 oz) can black beans, drained and rinsed

NOTES:

Place in a large cooking pot coated with non-stick cooking spray over medium-high heat until hot. Add potatoes, onion, bell pepper and garlic; sauté 5 minutes. Stir in chicken, salsa, cumin, chicken broth, chicken soup and beans. Bring to boil. Reduce heat, cover and simmer for 20 minutes or until potatoes are tender.

Makes 8 servings, about 1 ½ cups each.

Red Lentil Soup

January • 2003

1 Tbsp olive oil
2 medium onions, chopped
½ Tbsp cumin seed
½ Tbsp coriander
¼ tsp red pepper flakes
½ tsp salt
1 cups water fresh cilantro

1 (14.5 oz) can chopped tomatoes
2 cups red/orange lentils, rinsed
½ tsp minced garlic
½ tsp turmeric
¼ tsp pepper
¼ cup lemon juice

NOTES:

Pour olive oil in a four-quart soup pot; place over medium high heat. Add onions, garlic, cumin, coriander and turmeric, sauté until tender. Add lentils, red pepper flakes, salt, pepper, water, tomatoes and 5–6 cilantro stalks; stir well. Bring to a boil; cover, reduce heat and simmer 30 minutes or until lentils are tender, stirring occasionally. Before serving, remove cilantro stalks and stir in ¼ cup lemon juice. Ladle into bowls and garnish with chopped fresh cilantro.

Makes 8, 1 ½ cup servings.

White Chicken Chili

January • 2004

1 lb skinless, boneless chicken breasts
2 (15 oz) cans of white northern beans, drained
1 ½ cup water
1 tsp ground cumin
2 cups chopped celery
1 (16 oz) jar salsa
1 Tbsp chili powder

Cut chicken in bite-size pieces. Brown chicken pieces in 4-quart saucepan sprayed with non-stick cooking spray. Add remaining ingredients. Cover and simmer for 30 minutes. Ladle into bowls and serve.

Makes 6, 1 ½ cup servings.

NOTES:

Slow Cooker Chicken Corn Soup

January • 2005

2 boneless skinless chicken breasts, cubed	1 medium onion, chopped
½ tsp minced garlic	2 carrots, sliced
4 ribs celery, chopped	4 medium potatoes, cubed
1 tsp basil	1 tsp thyme
¼ tsp pepper	1 (8 oz) can tomato sauce
1 (12 oz) can cream-style corn	1 (14 oz) can corn
3 cups chicken broth	½ cup cilantro, chopped

Combine all ingredients except cilantro in a slow cooker. Cover and cook on low for 8–9 hours, or until chicken is tender. Add cilantro 30 minutes before serving.

Makes 6 servings (1 ½ cups each).

NOTES:

Customer Favorite!

Potato & Bean Chowder

January • 2006

1 Tbsp olive oil
1 cup chopped onion
1 cup chopped celery
1 tsp minced garlic
3 cups water
2 cups cubed potato, cut into
½-inch pieces
1 (14.5 oz) can diced tomatoes

1 (4 oz) can diced green chiles
1 ½ tsp ground cumin
¼ teaspoon pepper
1 (14 oz) can beef broth
1 each (16 oz) can: garbanzo
beans, kidney beans, and
navy beans

NOTES:

Rinse and drain garbanzo beans, kidney beans, and navy beans. Heat olive oil in a 4-quart saucepan over medium-high heat. Add the onion, celery, and garlic and sauté 5 minutes.

Add water, potato, tomatoes, green chilies, cumin, pepper, beef broth and beans; bring to a boil. Reduce heat and simmer 30 minutes, stirring occasionally.

Yield: 9 servings, 1 ¼ cups each.

Balsamic Chicken Soup

October • 2006

¾ cup chopped onion
1 tsp minced garlic
2 (14.5 oz) cans chicken broth
1 (14.5 oz) can diced tomatoes
¼ cup balsamic vinegar
1 cup chopped green bell
pepper
1 cup sliced carrot

1 cup sliced mushrooms
1 cup long-grain rice
2 cups chopped cooked
chicken breast (about 8 oz
or 2 chicken breasts)
1 tsp dried Italian seasoning
pepper

NOTES:

**Customer
Favorite!**

Place a large Dutch oven coated with cooking spray over medium high heat until hot. Add onion and garlic and sauté 5 minutes. Stir in broth and remaining ingredients; bring to a boil. Cover, reduce heat and simmer 45 minutes or until rice is tender.

Slow cooker directions: Combine ingredients in a slow cooker. Cover with lid; cook on low setting for 6–8 hours.

Makes: 6 servings, about 1 ½ cups each.

Southwestern Beef Stew

January • 2007

1 tsp oil
2 lbs beef stew meat, cubed
1 onion, chopped
3 cups water
1 cup salsa
1 tsp minced garlic
2 tsp beef bouillon granules
1 tsp ground cumin

3 carrots, chopped
1 (14.5 oz) can diced tomatoes
1 ½ cups frozen cut green beans
1 ½ cups frozen corn
1 (4 oz) can chopped green chiles
1 cup cilantro, chopped

NOTES:

In a 4-quart saucepan over medium heat, brown meat and onion in oil. Add water, salsa, garlic, bouillon, cumin, and carrots; bring to a boil. Reduce heat; cover and simmer for 1 hour. Add tomatoes, beans, corn, chilies, and cilantro; return to a boil. Reduce heat; cover and simmer for 20–30 minutes or until beef and vegetables are tender.

Makes 8 servings, 1 ½ cups each.

Garbanzo Bean Soup

October • 2007

1 Tbsp olive oil
1 cup chopped onion
2 tsp minced garlic
4 cups water
¼ tsp dried rosemary
½ tsp salt
¼ tsp pepper

3 (15 oz) cans garbanzo beans, rinsed and drained
1 (14 oz) can diced tomatoes, undrained
1 Tbsp balsamic vinegar
6 Tbsp (1 ½ oz) grated fresh Parmesan cheese

NOTES:

Customer Favorite!

Heat olive oil in a 4 ½-quart saucepot over medium heat. Add onion and garlic and cook, stirring frequently, for 10 minutes. Add water, rosemary, salt, pepper, garbanzo beans, and tomatoes. Bring to a boil, reduce heat, and simmer for 20 minutes.

Place 2 cups soup into a blender or food processor, and process until smooth. Pour pureed soup into a bowl. Repeat with 2 additional cups soup. Return all pureed soup to saucepot. Add vinegar, and bring to a boil.

Spoon into 6 serving bowls and top each bowl with 1 Tbsp grated Parmesan cheese.

Makes 6 servings;
1 ½ cups each.

Baked Potato Soup

January • 2008

2 slices bacon, diced	¼ tsp hot pepper sauce
1 small onion, chopped	1 cup lowfat milk
½ tsp minced garlic	¼ cup flour
2 (14 oz) cans chicken broth	½ cup light sour cream
2 large baking potatoes, scrubbed & cubed	½ cup shredded sharp cheddar cheese
½ tsp pepper	2 green onions, chopped

In a 4-quart saucepot, cook bacon until crisp. Remove bacon and set aside. Drain fat, leaving 1 tsp drippings in pan; sauté onion and garlic in the drippings until tender. Add broth, cubed potatoes, pepper, and hot pepper sauce. Bring to a boil. Cover, and simmer for 20 minutes or until potatoes are tender. Use a potato masher to coarsely mash potatoes. In a medium bowl, whisk together milk and flour; stir into simmering soup. Cook until thickened. Stir in sour cream. Heat through but do not boil. Ladle soup into bowls and garnish with bacon, cheese and green onion.

NOTES:

Makes 4 servings;
1 ½ cups each.

Sweet & Sour Cabbage & Bean Soup

January • 2009

1 Tbsp olive oil	1 Tbsp brown sugar
1 large onion, finely chopped	1 (15 oz) can tomatoes
2 carrots, sliced	1 (15 oz) can white beans, drained and rinsed
1 large stalk celery, sliced	1 Tbsp cider vinegar
1 tsp caraway seeds	¼ cup chopped parsley
2 cups chopped green cabbage	
2 cups water	

Heat oil in large saucepan over medium high heat; sauté onion in oil for 3 minutes. Add carrot and celery; sauté 3 minutes. Add caraway seeds; cook, stirring 1 minute.

Stir in cabbage, water and sugar. Bring to a boil, reduce heat, cover and simmer 5 minutes. Stir in tomatoes with juice, breaking up tomatoes. Simmer, covered 20 minutes. Add beans and vinegar; simmer, uncovered, 5 minutes. Stir in parsley and cook until heated through.

Makes 4 servings; 1 ½ cups each.

NOTES:

**Customer
Favorite!**

Caribbean Beef Stew

January • 2010

1 Tbsp olive oil
2 lbs beef stew meat, cubed
1 medium onion, chopped
2 (14.5 oz) cans diced tomatoes, undrained
1/3 cup raisins
1/2 tsp pepper

2 cups water
3 Tbsp molasses
1/4 cup white vinegar
3 cups carrots, peeled and chopped
1/2 tsp ground ginger

NOTES:

Stovetop directions: Heat the oil in a large saucepan; brown the beef cubes on all sides. Add onion and sauté until transparent. Add tomato, raisins and pepper. Combine water, molasses and vinegar; stir into beef mixture. Cover, reduce heat and simmer 1 hour and 15 minutes or until beef is tender. Stir in carrots and ginger; simmer 30 additional minutes or until vegetables are tender.

Slow cooker directions: Heat oil in skillet over medium heat; brown meat. Layer onion, carrots, meat, raisins, tomatoes and pepper in slow cooker. Combine water, molasses and vinegar; pour over. Cover and cook on low heat for 6–8 hours or until vegetables are tender. Add ginger during last half hour of cooking.

Makes 8 servings,
about 1 1/4 cups each.

Lentil Chili

January • 2011

1/2 lb (3/4 cup) lentils
1 lb ground turkey
1 medium onion, chopped
1 tsp minced garlic
2 (14.5 oz) cans diced tomatoes

4 tsp chili powder
1 tsp ground oregano
1 tsp ground cumin
1/2 tsp salt

NOTES:

Sort and rinse lentils. In a 4-quart saucepot, combine lentils with three cups water. Bring to a boil, reduce heat and simmer, cover, about 30 minutes. Drain.

Spray bottom of a skillet with non-stick cooking spray. Cook crumbles of ground turkey over medium-high heat, stirring constantly, for 5–6 minutes or until well done. Add onion and garlic and sauté until limp.

Add turkey mixture to cooked lentils along with tomatoes, chili powder, oregano, cumin and salt. Simmer, covered, for 1 hour.

Makes 6 servings; 1 1/2 cups each.

Tailgate Black Bean Chili

November • 2011

1 ¼ pound ground turkey	1 (7 oz) can diced green chilies
1 cup chopped onion	4 tsp chili powder
1 tsp minced garlic	½ tsp crushed dried red pepper
3 cups diced zucchini	1 tsp ground cumin
1 (14 oz) can fire roasted diced tomatoes	½ tsp black pepper
2 (15 oz) cans beans, rinsed	
1 (8 oz) can tomato sauce	

NOTES:

In a large saucepan, cook ground turkey, onion, and garlic until meat is brown and onion is tender. Add remaining ingredients. Bring to boiling; reduce heat. Simmer, covered, for 20 minutes.

Slow cooker directions: In a large skillet, cook ground turkey, onion, and garlic until meat is brown and onion is tender. Transfer to a 4-quart slow cooker. Add remaining ingredients. Cover; cook on low-heat setting for 8–10 hours or on high-heat setting for 4–5 hours.

Makes 8 servings (about 9 1/2 cups).

Southwest Pork Stew

January • 2012

Nonstick cooking spray	3 medium zucchini,
2 lbs boneless pork loin or sirloin	quartered lengthwise and thinly sliced (4 cups)
2 (14 oz) cans chicken broth	2 cups frozen shelled edamame
1 (12 oz) can tomato paste	1 cup frozen whole kernel corn
1 cup prepared salsa	
½ cup chopped fresh cilantro	
1 tsp cumin	

NOTES:

Trim fat from pork. Cut pork into 1-inch pieces. Lightly coat a 4-quart saucepan with nonstick cooking spray. Preheat over medium-high heat. Cook pork, half at a time, until browned, stirring occasionally.

Add chick broth, tomato paste, salsa, cilantro, cumin, zucchini, soybeans and corn. Bring to a boil; reduce heat and simmer, covered for about 10 minutes or until vegetables are tender.

Ladle into serving bowls and garnish with sprigs of fresh cilantro.

Makes 8 servings,
1 ½ cups each.

Italian Turkey Sausage Minestrone

January • 2013

¾ lb hot Italian turkey sausage	1 (15 oz) can Great Northern
1 cup of each, diced: onion,	beans, rinsed and drained
carrot, and celery	1 tsp dried oregano
3 cups water	½ tsp ground pepper
2 cups diced peeled yams	6 cups chopped spinach
1 (28 oz) can diced tomatoes	or kale

NOTES:

Remove and discard casings from sausage, crumble and sauté meat in frying pan over medium-high heat until sausage begins to brown. Add onion, carrot and celery, and sauté a few more minutes. Place in a slow cooker. Add water, yams, diced tomatoes and beans to slow cooker. Cover and cook on low for 8 hours.

During last 30 minutes of cooking, stir in oregano and pepper. Add spinach or kale during last 5 minute of cooking.

Makes 8 servings, 1 ½ cups each.

Curried Zucchini-Potato Soup

October • 2013

2 Tbsp olive oil	1 large potato, peeled and
1 large onion, coarsely chopped	cut into ½ inch cubes
1 clove garlic, minced	(about 2 cups)
1 Tbsp curry powder	4 cups chicken stock
¼ tsp cayenne pepper	
4 small zucchini, quartered	
lengthwise and cut into	
½ slices (about 3 cups)	

NOTES:

Heat the oil in a large pot over medium heat. Add onion and garlic and sauté until tender. Add curry powder, cayenne, zucchini, potato and chicken stock. Bring to a boil. Cover, reduce heat to low and simmer 20 minutes.

Remove from heat. Using a hand blender, blend until almost smooth, leaving a few chunks.

Makes 4 servings, 2 cups each.

Watermelon Gazpacho

September • 2014

4 cups cubed watermelon	½ small red onion; diced
1 cup each: red bell pepper, yellow bell pepper, cucumber; seeded and diced	2 Tbsp finely chopped fresh basil or mint
1 small jalapeño pepper; seeded and minced	3 Tbsp lime juice
3 inner stalks celery, with leaves; diced	2 Tbsp extra-virgin olive oil
	2 Tbsp red wine vinegar
	¼ tsp salt

NOTES:

Combine all ingredients in a large bowl. In a blender or food processor, puree ½ to ¾ of the mixture. Add the puree back in with the chopped ingredients and combine. Cover and chill for 1–4 hours. Garnish with a dollop of sour cream or a crumble of feta cheese.

Makes 6 servings, 1 cup each.

Slow Cooker Black Bean Chili

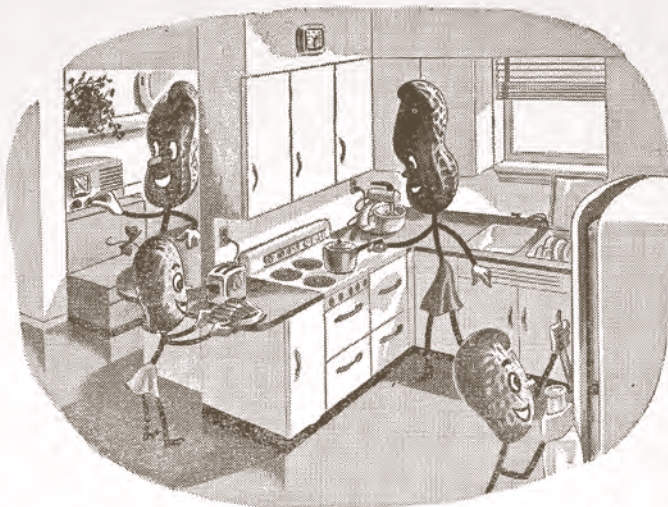
February • 2015

1 medium butternut squash	2 (19 oz) cans mild red enchilada sauce
1 cup frozen corn	1 cup vegetable or chicken broth
1 (15.25 oz) can black beans	1 (1.25 oz) packet taco seasoning
1 cup uncooked quinoa, rinsed	
1 tsp minced garlic	
1 (14.5 oz) can fire-roasted petite diced tomatoes	

NOTES:

Peel and remove seeds from squash. Cut it into cubes and place in the slow cooker. Add in the corn, drained and rinsed black beans, quinoa, minced garlic, un-drained fire-roasted petite diced tomatoes, enchilada sauce, vegetable broth, and packet of taco seasoning. Stir together, cover and cook on high for 3–4 hours or until the quinoa is cooked and the butternut squash is tender. You can alternatively cook on low overnight.

Makes 7 servings, 1 cup each.



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IDAHO  POWER
A CITIZEN WHEREVER IT SERVES

Hells Canyon Kitchen Employees

Hell's Kitchen

Smelling the aroma of a meal cooked over a fire is a special experience. In a setting as remote and rugged as Hells Canyon, it's easy to conjure up images of Idaho Power engineers in 1919 pouring over sketches and notes, putting puzzle pieces into place for what would become Hells Canyon Complex as their dinner cooked over a crackling fire. As the set of three dams transitioned from mere ideas to an interconnected system that would energize Idaho Power for generations to come, the company also considered how it would fuel its employees who were working tirelessly to make the dams a reality.

As the construction of Oxbow, Brownlee and Hells Canyon progressed, Idaho Power called upon employees from across its service area to travel and work on the massive projects. Working 10 days on, four days off, it became obvious that temporary accommodations and a dining hall were needed. A full-scale kitchen complete with a chef named "Big Jim," kept Idaho Power's employees sustained with breakfast, lunch and dinner. Think preparing meals for a hundreds of employees was a tall task? Think again! Big Jim was so accustomed to cooking for 300, the real challenge was trying to whip up a meal for a group of six.

Continued on reverse



Inset on front: In May 1919, Idaho Power investigated hydroelectric development at Oxbow. Decades later, when development became a reality, "Big Jim" and his fully stocked kitchen would feed over 300 Idaho Power employees breakfast, lunch and dinner.

Continued from front

Even after the completion and dedication of all three Hells Canyon dams, the Idaho Power kitchen remained open. Decades later, it has served hundreds, if not thousands of Idaho Power employees. Renowned for heaping portions and its cracker-barrel feel, the Hells Canyon kitchen provides traveling employees a taste of home. No matter of snow, rain, heat or flood, the Hells Canyon kitchen is going to keep the employees who keep our lights on well fed.



After the conclusion of World War II, Idaho Power embarked on massive dam construction projects along the rugged terrain of Hells Canyon. Employees worked vigorously to bring the dams to fruition, and in doing so often worked up an appetite. Idaho Power established Hells Canyon kitchen in order to sustain its employees. A few decades and several thousand meals later, Hells Canyon kitchen remains a place where after a hard days work Idaho Power employees can sit and enjoy a down-home meal.

Baked Green Beans

1958

1 (12 oz) package frozen green beans
Aluminum foil
1 Tbsp hot water
2 Tbsp melted butter
 $\frac{1}{2}$ tsp salt
 $\frac{1}{4}$ tsp pepper

Place partially thawed green beans on a square of aluminum foil large enough to make a flat package with double folds. Drizzle water and butter over vegetables; sprinkle with salt and pepper. Bring 2 edges of foil together over vegetables and double fold to seal tightly. Double fold remaining edges so a tight, square package is formed. Place package in bottom of rotisserie. Cook for about 1 hour while meat cooks.

From the 1958 *Best Cook Jubilee Cookbook*.



Sour Cream Braised Cabbage

1962

2 Tbsp butter, margarine or bacon drippings
5 cups finely shredded cabbage (green or white)
 $\frac{1}{2}$ cup water
2 Tbsp flour
 $\frac{1}{2}$ tsp salt
 $\frac{1}{4}$ tsp pepper
 $\frac{3}{4}$ cup sour cream

Heat butter in heavy skillet with tight-fitting cover. Add cabbage and water. Cover and simmer 12 minutes. Remove cover, turn up heat and continue cooking, stirring until moisture is absorbed and cabbage is beginning to brown very slightly. Turn heat low. Sprinkle in flour, salt and pepper. Cook, stirring constantly, for 3–4 minutes. Stir in sour cream, heat and serve.

Makes 4 to 5 servings.

From the 1962 *Best Cook Jubilee Cookbook*.



Sparky Spuds

1990

2 cans cream of chicken soup
1 (24 oz) package frozen shredded hash brown potatoes
2 cups sour cream
1 cube melted butter
⅓ cup grated onion
Shredded cheese

Layer all ingredients in a buttered casserole dish and bake at 350° for 30 minutes.

From the 1990 *Pole Top Recipes* Idaho Power employee cookbook.

Recipe submitted by Larry Anderson, Pocatello.

Apple Sauced Acorn Squash

October • 1993

1 tsp margarine, melted
½ tsp cinnamon
½ cup apple sauce
1 large acorn squash
2 Tbsp firmly packed brown sugar

Stir together first four ingredients. Cut squash in half lengthwise. Remove and discard seeds and membranes. Place halves, cut side up, in a 13 x 9 x 2-inch baking dish. Add water to a depth of ¼ inch. Spoon half of the apple sauce mixture into each squash half. Cover and bake at 350° for 60 minutes or until tender.

Serves four.

NOTES:

Broccoli Oriental

February • 1994

2 lbs fresh broccoli
½ tsp sesame oil
1 Tbsp sesame seeds
½ tsp freshly grated gingerroot
1 Tbsp soy sauce
1 Tbsp lemon juice
1 Tbsp sugar

Remove tough ends of broccoli stems and discard. Wash broccoli in cold running water; separate into spears and arrange in a microwave-safe cooking dish. Cook on high for 7–9 minutes or until broccoli is crisp-done. In a small saucepan, heat oil over medium heat. Sauté sesame seeds and gingerroot in oil until sesame seeds are light brown. Add soy sauce, lemon juice and sugar; bring to a boil. Drain broccoli. Pour sauce over broccoli and toss to coat.

Serves four.

NOTES:

Parmesan Potatoes

April • 1994

¼ cup flour
¼ cup parmesan cheese
⅛ tsp pepper
¼ cup melted margarine
6 large baking potatoes

Combine flour, Parmesan cheese and pepper in a clean, small paper bag. Pour melted margarine into a 9 x 13-inch baking dish and spread to cover bottom of pan. Cut potatoes into quarters lengthwise. Moisten potatoes in water. Place potato quarters, a few at a time, in paper bag with flour/cheese mixture. Shake to coat. Remove potato quarters from bag and place in baking dish. Bake at 375° for 1 hour, turning once.

Serves 8.

NOTES:

Sicilian Green Beans

February • 1995

1 bag (16 oz.) frozen green beans
1 ½ tsp Dijon mustard
¼ tsp garlic powder
¼ tsp oregano
¼ cup water
1 Tbsp red wine vinegar
⅓ tsp black pepper

Place frozen green beans and ¼ cup water into a quart microwave-safe container. Cover and microwave on high for 11 minutes, stirring halfway through the cooking time. In a small bowl, stir together mustard, vinegar, garlic, oregano and pepper. When beans have finished cooking, drain liquid. Pour vinegar mixture over beans and toss to coat.

Serves 6.

NOTES:

Spicy Braised Apples

October • 1995

1 large tart apples
½ tsp ground allspice
1 tsp butter or margarine
2 Tbsp chopped walnuts
1 tsp ground cinnamon
¼ tsp ground nutmeg
½ cup apple juice

Wash apples. Core and cut into ½- to ¾-inch chunks. In a medium bowl toss apples with spices. In a large nonstick skillet, melt margarine over medium heat. Add apple slices and sauté for 3–4 minutes. Pour in apple juice, cover and reduce heat to medium low. Simmer for 5 minutes or until apples are tender, stirring occasionally. Remove cover for last minute of cooking to thicken sauce. Sprinkle with chopped nuts and serve solo or spoon over waffles or frozen yogurt.

Serves 4.

NOTES:

Lemon Cauliflower

March • 1996

2 lbs cauliflower, broken into florets
2 Tbsp water
½ cup plain non-fat yogurt
¼ cup low fat mayonnaise
½ tsp grated lemon peel
1 Tbsp lemon juice
1 Tbsp Dijon mustard
2 tsp parsley

Place cauliflower and water in a 1 ½- to 2-quart casserole.
Cover and microwave on high for 8 minutes or until crisp-tender.
Drain water.

While cauliflower is cooking, combine yogurt, mayonnaise, lemon peel, lemon juice and mustard in a small bowl; stir well.
Pour yogurt mixture over hot cauliflower. Sprinkle with parsley.
Makes 5 servings.

NOTES:

Green Chile Rice Ring

April • 1996

6 cups cooked rice
½ lb Monterey Jack cheese,
grated
1 (4 oz) can peeled green
chilies, chopped
1 cup sour cream
⅛ tsp pepper
1 cup plain yogurt
¼ tsp salt

GARNISH:
1 pimento, cut in thin strips
1 tomato
3 celery stalks
(upper 5 inches with leaves)

Combine rice with cheese, chilies, sour cream, yogurt, salt and pepper. Mix gently. Spoon into 8-cup greased ring mold, packing mixture down lightly with back of spoon.

Bake in 350° oven for 30 minutes. Cool in mold 5 minutes.
Loosen around edges with a knife. Cover with serving plate.
Turn upside down; gently lift off mold. Garnish by placing pimento strips over top of ring. Fill center with cored tomato filled with celery leaves.

NOTES:

Makes 12,
½ cup servings.

Marinated Tomatoes

August • 1996

4 large, ripe tomatoes
1 ½ tsp olive oil
1 Tbsp lemon juice
½ tsp oregano leaves
½ tsp lemon pepper
1 clove garlic, minced

Cut tomatoes into thick slices and place on a shallow plate. In a small bowl, combine lemon juice, oregano, lemon pepper and garlic. Spoon mixture over tomatoes. Cover and refrigerate for several hours, spooning the dressing over the tomatoes from time to time.

Makes 4 servings.

NOTES:

Orange-Glazed Carrots

January • 1997

2 lbs carrots, thickly sliced
½ cup water
2 Tbsp orange marmalade
2 Tbsp orange juice
2 Tbsp prepared horseradish

Place carrots and water in a large sauce pan. Cover and bring to a boil over medium heat. Cook just until tender, about 10 minutes. Drain water. In a small bowl, stir together orange marmalade, orange juice and horseradish. Pour over carrots. Cook until the liquid has evaporated and carrots are glazed.

Makes 8 servings, ½ cup each.

NOTES:

Berry Good Sweet Potatoes

December • 1997

1 ½ lbs sweet potatoes or yams, peeled and quartered
½ cup canned whole-berry cranberry sauce
1 tsp grated orange rind
¼ cup raisins
½ cup packed brown sugar
¼ tsp salt
2 Tbsp butter
¼ cup chopped pecans

Cook sweet potatoes in enough boiling water to cover until just tender, about 15–25 minutes. Drain. Combine sweet potatoes, cranberry sauce and orange rind and whip until fluffy. Stir in raisins. Spoon mixture into 2-quart casserole dish. In a small bowl, mix sugar and salt, cut in butter, then stir in nuts. Sprinkle this over whipped sweet potatoes. Bake at 350° until hot, about 20 to 30 minutes.

Makes 6 servings.

NOTES:

Green Beans with Garlic Sauce

April • 1998

1 Tbsp canola oil
1 ½ cup fresh green beans, trimmed and cut into 1-inch lengths
3 Tbsp soy sauce
1 Tbsp minced garlic
1 Tbsp honey
2 tsp minced, peeled fresh ginger

Heat oil in large skillet over high heat. Add green beans and sauté until beans are just crisp but tender, about 5 minutes. In a small bowl, stir together soy sauce, minced garlic, honey and ginger. Pour over green beans in skillet and boil until sauce thickens and coats green beans, about two minutes. Place in bowl and serve immediately.

Makes 6 servings.

NOTES:

Fragrant Rice

June • 1999

1 cup rice
2 cups water
bay leaf
½ cinnamon stick
5 whole cloves
3 cardamom pods

In a 2-quart, covered saucepan, combine water and spices. Bring to a rolling boil. Stir in rice. Cover and reduce heat to low. Cook until rice is fluffy, about 20 minutes.

Remove spices. Stir well to combine flavors

Makes 4 servings, ½ cup cooked rice each.

NOTES:

This is great with stir-fried vegetables. Double the recipe and eat the leftovers, heated and with milk, for breakfast.

Gingered Apples & Carrots

October • 1999

1 tsp butter or margarine
2 cups diagonally sliced carrots
⅓ cup orange juice
2 tsp slivered fresh ginger
2 apples, cored and sliced into ¼-inch thick slices (4 cups)

In a skillet over medium high heat, melt butter or margarine. Add carrots, orange juice and ginger. Cover and cook for 5 minutes. Add apple slices. Cover and simmer for 2–4 minutes or until crisp-tender.

Makes 6 servings, about 1 cup each.

NOTES:

Cranberry Barley & Rice Pilaf

January • 2000

¼ cup uncooked wild rice
3 cups reduced sodium chicken broth
½ cup brown rice
½ cup pearl or quick barley
½ cup dried cranberries
¼ cup slivered almonds, toasted

NOTES:

Rinse and drain wild rice. Combine wild rice and chicken broth in a 2-quart saucepan. Bring to a boil, reduce heat, cover and simmer for 10 minutes. Spray a 2-quart baking dish with non-stick cooking spray. Combine the brown rice, barley and cranberries in baking dish. Pour simmered wild rice and chicken broth mixture into baking dish. Cover and bake at 325° degrees for 1 hour or until liquid is absorbed and rice is tender. Add almonds and fluff with a fork.

Makes 8 servings, about ½ cup each.

Garlic Dill Mashed Potatoes

December • 2000

3 medium Idaho Russet potatoes (1 lb)
1 clove garlic, minced
¼ cup light sour cream
1 tsp dried dill weed
¼ tsp salt
¼ cup skim milk
2 tsp dried parsley flakes
⅛ tsp pepper

NOTES:

Scrub potatoes under running water. Cut into quarters and place in a medium saucepan. Cover potatoes with water; add salt and garlic. Bring to a boil, reduce heat and simmer for 20 minutes or until potatoes are tender. Drain water from potatoes. Mash, adding milk, sour cream, parsley flakes, dill weed and pepper.

Makes 4 servings.

Oranges & Cucumbers in Orange Marinade

February • 2001

5 medium oranges
¼ cup freshly squeezed orange juice
¼ cup rice vinegar
½ tsp grated orange rind
2 cucumbers, thinly sliced
1 ½ Tbsp sugar

NOTES:

Grate ½ tsp rind from one orange. Squeeze ¼ cup juice from same orange. Peel remaining oranges and cut into slices on the crosswise. Arrange orange slices and cucumbers in a glass dish. In a small bowl, combine orange rind, orange juice, vinegar and sugar. Stir until sugar dissolves. Pour over cucumbers and oranges. Cover and marinate in refrigerator at least 2 hours.

Makes 6 servings.

Creamed New Potatoes & Peas

June • 2002

1 lb tiny new potatoes
10 oz (2 ¼ cups) frozen peas
1 cup skim milk
2 Tbsp flour
1 Tbsp butter-flavored sprinkles
⅓ tsp pepper

NOTES:

Scrub potatoes. Halve or quarter large potatoes. In a 2 ½-quart saucepan, cook the potatoes in boiling water for 15 minutes. Stir in the peas and cook for 3–5 minutes more. Drain well. In a small bowl with a tight fitting lid, vigorously shake the milk, flour, butter-flavored sprinkles and pepper until no lumps remain. Pour over peas and potatoes. Cook and stir over medium heat until thickened and bubbly.

Makes 4 servings, about 1 cup each.

Spiced Green Beans

August • 2002

1 ½ lb green beans, trimmed
5 cloves garlic, crushed
½ tsp salt
1 tsp olive oil
⅓ cup water
1 Tbsp lemon juice
Pinch of cayenne pepper (optional)
½ tsp cumin

Combine water, garlic, lemon juice, salt and cayenne pepper in a small bowl. Set aside. In a 12-inch skillet, heat the oil over medium high heat. Add cumin and stir for a few seconds. Add green beans and sauté for 1 minute. Stir in the garlic mixture and reduce heat to low. Cover and cook, stirring occasionally, for 10 minutes or until beans are tender-crisp. Increase heat to high and cook beans, uncovered, stirring constantly until liquid evaporates.

Makes 4 servings, 1 cup each.

NOTES:

German Sweet & Sour Cabbage

October • 2002

1 tsp butter
½ medium head red cabbage, shredded (about 5 cups)
2 apples, peeled and sliced thin
2 Tbsp vinegar
½ cup chopped onion
2 Tbsp brown sugar
⅛ tsp ground cloves
⅛ tsp salt

In a large saucepan over medium heat, sauté chopped onion in butter. Add shredded cabbage, apples, sugar, vinegar, cloves and salt. Cover and simmer on low heat for 30 minutes, stirring occasionally, until cabbage is tender.

Makes 6 servings, ½ cup each.

NOTES:

Grapefruit & Dried Fruit Compote

March • 2003

3 cups cranberry-apple or cranberry-raspberry juice
7 oz dried apricots, halved (about 1 ½ cups)
6 ounces dried peaches, quartered (about 1 ½ cups)
⅓ cup honey
6 whole allspice berries
2 grapefruit

In a medium saucepan over medium-high heat, bring first 5 ingredients to boiling. Reduce heat, cover and simmer until fruit is tender, about 10 minutes. With a slotted serving spoon, transfer fruit to a medium bowl. Boil poaching liquid, uncovered until syrupy, about 5 minutes. Pour syrup over fruit. Cover and refrigerate until chilled. Cut all peel and pith from grapefruit. Over a bowl, cut between membranes to remove sections. Cover and chill. Drain grapefruit sections and add to poached fruit. Before serving, remove allspice berries.

Makes 8 servings, ½ cup each.

NOTES:

Colorful Vegetable Platter

May • 2003

¾ lb fresh broccoli	¼ medium head cauliflower
1 medium zucchini	¼ tsp garlic powder
1 Tbsp butter	⅓ tsp thyme leaves
1 medium tomato, cut into wedges	2 Tbsp Parmesan cheese

Trim broccoli, cut into florets about 2 ½-inches long and with stalks about ¼-inch thick. Arrange around edge of 10-inch glass serving plate. Cut cauliflower into similar size pieces and arrange inside broccoli. Cut zucchini into ¼-inch slices and mound in center of plate. Cover with plastic wrap. Microwave on high for 4 minutes or until vegetables are tender-crisp. In small glass bowl, combine butter, garlic powder and thyme. Microwave about 45 seconds or until melted. Remove plastic wrap from vegetables. Arrange tomato wedges over other vegetables. Drizzle vegetables with butter mixture; sprinkle with parmesan cheese. Microwave, uncovered, 1 ½ minutes or until cheese melts.

NOTES:

Makes 6 servings,
1 cup each.

Lemon-Basil Broccoli & Tomatoes

September • 2003

1 lb fresh broccoli, cut into florets
1 tsp grated lemon rind
¼ tsp salt
¾ cup cherry or grape tomatoes, halved
1 Tbsp chopped fresh basil
⅓ tsp fresh ground pepper

NOTES:

Place broccoli florets and two tablespoons water in a 2-quart casserole. Cover and microwave on high 3 to 4 minutes or until crisp-tender. Remove from microwave; drain liquid. Add tomatoes. Sprinkle lemon rind, basil, salt and pepper over broccoli/tomato mixture, toss gently.

Makes 4 servings, 1 cup each.

Green Beans with Hazelnuts & Lemon

February • 2004

1 pound green beans, trimmed
2 tablespoons hazelnuts, toasted and finely chopped
1 teaspoon olive oil
1 teaspoon grated lemon peel
Freshly ground black pepper

NOTES:

Wash beans; remove ends and strings. Leave whole, or cut into one-inch pieces. In covered pan cook beans in small amount of boiling salted water until crisp tender, about 10 minutes. Drain and transfer to a large bowl. Toss while still hot with nuts, oil, lemon and pepper to taste. Serve immediately.

Makes 4 servings, ½ cup each.

Sugar Snap Peas with Orange Sauce

April • 2004

1 lb sugar snap peas
1 tsp grated orange rind
2 tsp butter
2 Tbsp orange juice

Place washed and trimmed sugar snap peas and one tablespoon water in a 1.5-quart casserole dish. Cover and microwave on high for 4 to 5 minutes, or until peas are just crisp-tender. Drain water. Add butter, grated orange rind and orange juice to sugar snap peas. Cover for a minute to allow butter to melt. Remove lid and gently toss to disperse sauce throughout the peas. Serve immediately.

Makes 6 servings, ½ cup each.

NOTES:

Spanish Potatoes

April • 2005

1 ¼ lbs russet potatoes,
scrubbed, cut into ½-inch
cubes (about 4 cups)
1 tsp olive oil
1 tsp minced garlic
1 (14 oz) can diced tomatoes,
drained
¾ tsp ground cumin
½ tsp crushed red pepper
flakes
¼ tsp salt
5 dashes Tabasco
Lemon juice

Spray a large skillet with non-stick spray; add olive oil and pre-heat over medium-high heat. Add cubed potatoes and fry until browned and partially cooked through, about 10–15 minutes. Turn only 2–3 times with a spatula. In a medium bowl, combine tomatoes, cloves, cumin, red pepper flakes, hot pepper sauce and salt. After potatoes have browned, add tomato mixture and stir to coat. Reduce heat to medium and cook 5–10 minutes until potatoes are cooked through. Stir often. Pour into serving dish and garnish with a drizzle of lemon juice.

NOTES:

Makes 4 servings,
1 cup each.

Lemon Dill Baby Carrots

October • 2005

1 lb baby carrots
1 Tbsp lemon juice
¼ tsp grated lemon rind
1 tsp butter
½ tsp dried dill weed
Dash of pepper

Place carrots and 1 Tbsp of water in a covered container and microwave on high for 5–7 minutes or until crisp-tender, stirring halfway through cooking time. Drain water. Immediately add butter, lemon juice, dill weed, lemon rind, and pepper to hot carrots and gently toss.

Makes 4 servings, ½ cup each.

NOTES:

Penne Pasta Bake

February • 2006

2 ½ cups penne pasta, uncooked (8 oz)
2 cups jarred spaghetti sauce
4 green onions, thinly sliced
1 cup low-fat ricotta cheese
½ cup light sour cream
¼ tsp pepper
⅔ cup (2 oz) shredded part-skim mozzarella cheese

Cook pasta according to package directions, omitting salt and fat. Drain pasta. Combine pasta, ricotta cheese, sour cream, and pepper; toss.

Combine spaghetti sauce and onion in a medium saucepan; place over medium heat and simmer for 10 minutes, stirring occasionally.

Spoon pasta mixture into a 9 x 13-inch baking dish sprayed with non-stick cooking spray; top with hot spaghetti sauce, and sprinkle with mozzarella. Bake in microwave oven, loosely covered, on 80% power for 8–10 minutes or until heated through.

NOTES:

Makes 4 servings.
Each serving is
1 cup pasta mixture,
½ cup sauce and
3 Tbsp mozzarella.

Cauliflower in Creamy Cumin Sauce

March • 2006

4 cups cauliflower florets
2 Tbsp water
½ cup plain low-fat yogurt
2 Tbsp light mayonnaise
¼ cup chopped fresh cilantro
1 tsp lemon juice
¼ tsp ground cumin
¼ tsp salt

Place cauliflower and water in a 1 ½ to 2-quart casserole. Cover and microwave on high for 4–6 minutes or until crisp-tender. Drain water.

While cauliflower is cooking, combine yogurt, mayonnaise, cilantro, lemon juice, cumin, and salt in a small bowl; stir well. Pour over cauliflower; toss gently. Serve immediately.

Makes 4 servings, about ¾ cup each.

NOTES:

Tabbouleh

May • 2006

½ cup bulgur
1 cup boiling water
¾ cup coarsely chopped
cucumber
¼ cup chopped fresh parsley
1–2 green onions, sliced

1 large tomato, chopped
3 Tbsp lemon juice
1 Tbsp olive oil
½–1 tsp dried mint, crushed
⅛ tsp garlic salt
⅛ tsp pepper

In a medium bowl, combine boiling water and bulgur. Cover and let stand for 1 hour. Add cucumber, parsley, onion, and tomato.

In a small bowl, combine lemon juice, water, olive oil, mint, garlic salt and pepper; stir well with a wire whisk. Pour dressing over bulgur mixture; toss well. Cover and chill for a minimum of 4 hours.

Makes 4 servings, about ¾ cup each.

NOTES:

**Customer
Favorite!**

Glazed Carrots & Grapes

February • 2007

10 oz whole baby carrots
1 Tbsp brown sugar
1 tsp cornstarch
¼ tsp salt
⅓ cup orange juice
½ tsp freshly grated ginger
½ cup seedless red grapes, halved

Place carrots and 1 Tbsp of water in a microwave-safe casserole. Cover and cook on high for 4–6 minutes until crisp-tender, stirring halfway through cooking time. Drain water, cover carrots and set aside.

Combine brown sugar, cornstarch, and salt in a saucepan. Gradually add orange juice and grated ginger, stirring with a wire whisk until blended. Bring to a boil over medium heat. Boil for 1 minute. Add drained carrots and grapes; cooking for 2 minutes or until heated through, stirring occasionally.

NOTES:

Makes 4 servings,
1 ½ cups each.

Spinach Rice

May • 2007

1 tsp olive oil
1 cup chopped onion
1 ½ cups uncooked instant brown rice
1 ¾ cups water
¼ tsp salt
1 (10 oz) package frozen chopped spinach
3 Tbsp grated Parmesan cheese
⅓ tsp ground nutmeg

Add oil to 2 ½-quart saucepan and place over medium high heat until hot. Add onion, sauté 1 minute. Add rice, water, salt, and spinach; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed and spinach is thawed. Break spinach apart with a fork. Stir in cheese and nutmeg.

Makes 4 servings, 1 cup each.

NOTES:

Black Beans & Quinoa

September • 2007

1 tsp canola oil
1 onion, chopped
½ tsp minced garlic
¾ cup uncooked quinoa
1 (14.5 oz) can chicken broth
1 tsp ground cumin

⅛ tsp cayenne pepper
Pepper to taste
1 cup frozen corn kernels
2 (15 oz) cans black beans,
rinsed and drained
½ cup chopped fresh cilantro

NOTES:

**Customer
Favorite!**

In a 2 ½-quart saucepan, heat canola oil over medium. Add onions and minced garlic, and sauté until soft. Stir quinoa and chicken broth into saucepan. Add cumin, cayenne pepper, and pepper. Bring mixture to a boil, cover and reduce heat. Let simmer for 20 minutes. Add frozen corn and black beans, simmer for 5 minutes until heated through. Stir in fresh cilantro and serve.

Makes 8 servings, ½ cup each.

Tomato & Feta Cheese Pasta

March • 2008

8 oz thin spaghetti
1 Tbsp olive oil
1 green onion, thinly sliced
4 tomatoes, chopped (2 cups)
1 medium carrot, finely chopped
¼ cup sun dried tomatoes, chopped
½ cup (2 oz) crumbled feta cheese
¼ tsp fresh ground pepper

NOTES:

Cook pasta according to package directions. Drain.

While pasta is cooking, heat oil in large skillet over medium high heat; add onion and sauté for 30 seconds. Add fresh tomatoes, carrot, and sun dried tomatoes. Cover and cook for 4–5 minutes, stirring once. Add cooked pasta and toss until coated. Pour into serving dish and sprinkle with feta cheese and pepper.

Makes 4 servings; about 1 ½ cups each.

Stovetop Baked Beans

June • 2008

2 slices bacon, cut into ½ inch pieces
1 medium onion, chopped
3 (15 oz) cans pinto beans, rinsed and drained
¼ cup ketchup
¼ cup dark molasses
¼ cup brown sugar
1 Tbsp prepared mustard

NOTES:

Place bacon in a large, deep skillet; cook over medium high heat until evenly brown. Drain and discard excess grease. Add the onion and sauté until tender. Stir in the beans, ketchup, molasses, brown sugar and mustard. Reduce heat to medium-low, and cook uncovered, stirring occasionally, for 20 minutes or until sauce thickens.

Makes 8 servings; ½ cup each.

Sweet & Spicy Sautéed Broccoli

March • 2009

1 lb broccoli florets
1 Tbsp finely grated Parmesan cheese
½ tsp brown sugar
½ tsp cinnamon
1 Tbsp olive oil
1 tsp red pepper flakes
¼ tsp salt
⅛ tsp ground black pepper

NOTES:

In a small bowl mix Parmesan cheese, brown sugar and cinnamon. Set aside. In a medium skillet heat oil on medium to high heat. Add broccoli, pepper flakes, salt and pepper. Toss broccoli mixture together until coated and broccoli is crisp-tender. Sprinkle cheese mixture over the top and cover for 2 minutes. Serve warm.

Makes 6 servings, about ½ cup each.

Festive Cauliflower

December • 2010

7 cups cauliflower florets (about 1 $\frac{3}{4}$ lbs)
1 tsp olive oil
1 tsp minced garlic
 $\frac{1}{2}$ cup diced green bell pepper
 $\frac{1}{2}$ cup diced red pepper
2 Tbsp sliced green onions
1 tsp dried dill weed
1 tsp lemon pepper
1 tsp red wine vinegar

Steam or microwave cauliflower, covered, until crisp-tender; drain and set aside. Meanwhile, heat oil in a medium skillet over medium-high heat. Add garlic, green pepper, red pepper, and onion; sauté 2 minutes. Stir in dill weed, lemon pepper and vinegar; heat for 1 minute.

Pour mixture over cauliflower and serve.

NOTES:

Ginger Peas & Carrots

April • 2011

2 tsp olive oil
 $\frac{3}{4}$ lb whole baby carrots
 $\frac{1}{2}$ lb fresh snow peas or sugar snap peas
2 green onions, thinly sliced
1 tsp finely grated fresh ginger
 $\frac{1}{4}$ tsp salt

Heat oil in a large skillet over medium-high heat. When hot, add carrots and cook, stirring occasionally until they are brown and caramelized slightly, about 5 minutes. Reduce heat to medium-low and add the peas, green onion, ginger and salt. Cook, stirring occasionally, until vegetables are tender, about 10 minutes. Serve immediately.

Makes 6 servings, $\frac{1}{2}$ cup each.

NOTES:

Broccoli with Dijon Vinaigrette

April • 2012

1 lb fresh broccoli florets
2 tsp olive oil
2 Tbsp thinly sliced green
onion
¼ tsp dried mustard
1 tsp minced garlic

1 Tbsp water
1 Tbsp tarragon vinegar
1 ½ tsp Dijon mustard
⅛ tsp freshly ground pepper

NOTES:

Rinse and trim broccoli florets and place in a microwave safe covered serving dish. Heat olive oil in a small saucepan over medium heat. Add green onions, dried mustard, and garlic; sauté for 3 minutes. Remove from heat and add water, vinegar, Dijon mustard and freshly ground pepper; stir until blended.

Microwave broccoli, covered for 3–4 minutes, until crisp-tender. Drain liquid. Pour mustard vinaigrette over broccoli and toss gently to coat.

Makes four servings, ½ cup each.

Pear Cranberry Sauce

November • 2012

4 medium pears, cored & diced
1 cup water
¾ to 1 cup sugar
1 tsp grated fresh ginger
½ tsp ground cinnamon
12 oz fresh cranberries

NOTES:

**Customer
Favorite!**

Combine pears, water, sugar, ginger and cinnamon in a medium saucepan. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes. Stir in cranberries; return to boil. Reduce heat and simmer uncovered for 8–10 minutes or until the cranberries have burst and the sauce is slightly thickened, stirring several times. Cool slightly, cover and refrigerate.

Makes 8 servings, ½ cup each.

Garlic-Herb Mashed Potatoes

December • 2012

2 lbs (4 medium) Russet potatoes, scrubbed and cubed
2 garlic cloves, peeled and halved
½ tsp salt
½ cup skim milk

½ cup light sour cream
1 tsp dried parsley
½ tsp dried oregano
½ tsp dried thyme
1 Tbsp butter
Dash of fresh ground pepper

Place potatoes and garlic in a large saucepan. Add salt and enough water to cover. Bring to a boil, cover, reduce heat and simmer for 20 minutes or until potatoes are tender; drain. In a small bowl, combine milk, sour cream, parsley, oregano and thyme. Add milk mixture and butter to drained potatoes. Using a potato masher, mash until smooth. Season with salt and pepper to taste.

Makes 6–8 servings, 1 cup each.

NOTES:

Customer Favorite!

Wilted Rainbow Chard with Parmesan

February • 2013

8 large rainbow Swiss chard leaves
2 Tbsp olive oil
2 cloves garlic, minced
4 Tbsp rice wine vinegar
½ tsp salt
½ cup freshly grated Parmesan cheese

Wash rainbow chard; remove and discard tough center stem. Roll leaves and thinly slice using a sharp knife. Place in a large serving bowl. In a small saucepan, heat olive oil over medium heat. Add garlic and cook until just starting to turn brown. Add vinegar and salt; increase temperature to medium-high and boil for 2–3 minutes to meld flavors and reduce liquid.

Pour dressing over sliced chard, using tongs to toss and coat evenly. Mix in Parmesan cheese. Serve immediately.

Makes 8 servings, ½ cup each.

NOTES:

Slow Cooker Barbeque Lentils

April • 2013

1 cup barbeque sauce
4 cups water
1 pound dry lentils
1 red bell pepper, diced
1 green bell pepper, diced
2 medium onions, diced
2 cups celery, diced
1 tsp minced garlic

Combine all ingredients in a slow cooker.
Cover and cook on low for 6–8 hours.
Makes 8 servings, about 1 ½ cups each.

NOTES:

Spinach & Onion Sauté

May • 2013

1 medium red onion, sliced
2 tsp olive oil
10 oz (about 10–12 cups) spinach leaves, coarsely chopped
Freshly ground pepper to taste

Heat olive oil in a large frying pan over medium high heat. Add onions and sauté until soft, about 3–5 minutes. Add spinach and sauté just until wilted. Season with freshly ground pepper and serve immediately.
Makes 6 servings, ½ cup each.

NOTES:

Roasted Brussels Sprouts with Balsamic Sauce

March • 2014

1 pound Brussels sprouts, trimmed and halved
2 tsp olive oil
1 Tbsp Dijon mustard
1 Tbsp balsamic vinegar
½ tsp honey
1 tsp Worcestershire sauce
2 Tbsp chopped Parsley

In a small bowl, prepare sauce by whisking together olive oil, Dijon mustard, balsamic vinegar, honey and Worcestershire sauce until creamy. Set aside. Heat a large non-stick skillet over medium heat until hot, about 2–3 minutes. Add Brussels sprouts, cut-side down; cover and cook until golden brown, 3–5 minutes. Flip Brussels sprouts. Cover and cook until the other side is browned, about 3 more minutes. Pour sauce over Brussels sprouts and toss to coat. Pour into serving dish and sprinkle with parsley.

Makes 4 servings, ½ cup each.

NOTES:

Zucchini Fritters

October • 2014

3 cups zucchini, shredded
1 large egg, beaten
¼ cup whole wheat flour
¼ cup grated Parmesan
2 cloves garlic, minced
1 Tbsp olive oil
½ tsp salt

Place shredded zucchini in a colander over the sink and allow to drain for ten minutes. Combine all ingredients in a large bowl. Heat olive oil in a large skillet over medium heat. Cook spoon-fuls of zucchini mixture until lightly brown; about 2 minutes. Turn and cook other side, 1–2 minutes. Serve immediately.

Makes 8 medium-sized fritters, 1 fritter per serving.

NOTES:

Optional: Top with pizza sauce, salsa, hummus, or yogurt.

Harvest Fresh Applesauce

November • 2014

5–6 medium apples
1 ½ cups water
1 ½ tsp ground cinnamon
1 tsp vanilla extract
¼ tsp ground ginger
Toasted walnuts (optional)

NOTES:

Peel, core and chop the apples. (Hint: for added fiber leave a couple apples unpeeled). In a medium saucepan, combine water and apples and bring to a boil. Reduce heat, cover and simmer for 20 minutes. Add cinnamon, vanilla and ginger. Re-cover and simmer for 15–20 minutes longer. Remove from heat. Mash with a potato masher until desired consistency. Sprinkle with toasted walnuts and serve warm.

Makes 5 servings.

Butternut Squash Quinoa with Kale, Cranberries and Walnuts

December • 2014

1 medium butternut squash, diced
2 cup kale, chopped and stems removed
½ cup dried cranberries
¼ cup walnuts
1 cup quinoa (Use brown rice if quinoa unavailable)
2 cups vegetable broth
1 ½ Tbsp olive oil

NOTES:

Prepare quinoa according to package directions on stove top, using vegetable broth instead of water. Allow to cool completely. While quinoa is cooking, add 1 Tbsp olive oil to skillet and sauté diced squash for 10 minutes on medium-high heat. Reduce to low heat. Add ½ Tbsp olive oil to squash and add kale, wilt slightly, approximately 2 minutes. Add walnuts to pan and toast gently, being careful not to burn, for approximately 2 minutes. Combine all and enjoy your salad warm, or allow to cool and gently mix.

Makes 4 servings, 1 cup each.

Balsamic Brussels Sprouts

January • 2015

1 large stalk (approx. $\frac{3}{4}$ lb) Brussels sprouts, washed, trimmed and halved
2 Tbsp olive oil
 $\frac{1}{4}$ cup balsamic vinegar
1 Tbsp honey
Roasted sunflower seed kernels

Heat oil in a pan over medium-high heat. Add Brussels sprouts, cook and stir until slightly browned, approximately 8 minutes. Meanwhile, whisk vinegar and honey in a small bowl; add to pan. Reduce heat and simmer until mixture thickens and sprouts are tender, approximately 12–15 minutes. Sprinkle with sunflower kernels and serve.

Makes 4 servings.

NOTES:

Cowboy Caviar

May • 2015

1 can each of the following, rinsed and drained:
black beans, black eyed peas, sweet corn
1 can diced tomatoes with green chiles
 $\frac{1}{2}$ red onion, diced
 $\frac{1}{2}$ green bell pepper, diced
 $\frac{1}{2}$ red bell pepper, diced

DRESSING:
2 Tbsp olive oil
2 tsp lime juice
1 tsp white wine vinegar
1 tsp honey
2 garlic cloves, crushed
 $\frac{1}{2}$ tsp each of the following:
chili powder, cumin, and oregano

In a large bowl, combine beans, corn, tomatoes, peppers and onion. In a separate dish, whisk together dressing ingredients; pour over the top of the bean mixture. Stir to coat. Chill 2 hours before serving.

Makes approximately 14, $\frac{1}{2}$ -cup servings.

NOTES:



"Cooking is no chore with an electric range. It's almost like having a famous chef in the house. All I do is make the simple preparations, and automatic temperature controls watch the food while I attend to other matters or enjoy an afternoon off.

"And my recipes turn out better too . . . my family says so, and that's who I'm striving to please. Besides that, electric cooking is cleaner. Pots and pans are as shiny as a new dime. But best of all, I'll have a cool kitchen this summer.

"I could give you a dozen reasons why I like electric cooking, and they all add up to 'we're living better.' I hope you're planning on an electric range because when they're available again, you'll wonder how you ever got along without electric cooking."

IDAHO  POWER
Electricity...Does So MUCH-Costs So LITTLE!



IN the old days, fortunes were preserved for the future by burying them, and fortunes were spent in finding them again. Today one of the most valuable treasures in the home is provided by the home freezer . . . economically.

In-season foods can be purchased in quantity at low prices — quick frozen and preserved in your home "treasure chest" — for off-season eating enjoyment. Or you may purchase your favorite commercially frozen foods to serve whenever you wish.

Home freezers are available in several sizes to fit your needs. See these modern "treasure chests" at your dealer's. There's one to fit your budget. They cost so little to operate at Idaho Power's low electric rates.

IDAHO  POWER
Electricity...Does So MUCH-Costs So LITTLE!

The Idaho Power Home Economists

Demonstrating the Necessity of Electricity

"Is Your Kitchen As Modern As This?" mused a 1933 Idaho Power Company advertisement in *The Idaho Statesman* newspaper. Targeting women, the company extolled the time and money that could be saved when households used electric appliances. But Idaho Power discovered that newspaper ads only did so much. Selling the essentiality of electricity to wives and mothers required hands on demonstrations, and who better to sell the monetary and lifestyle advantages of electric appliances than a home economist.

As early as 1924 Idaho Power employed home economists to exhibit the use of electric appliances, such as ranges, toasters, waffle irons and coffee makers. Indicative of the time, women were the ones to fill the position of home economists. Excellent interpersonal skills, a clear speaking voice, knowledge of multiple products, and proficiency in the kitchen were necessary job skills. Training for the position was completed in-house, often with home economists presenting

Continued on reverse

Is Your Kitchen As Modern As This?



The ALL-ELECTRIC KITCHEN
Saves Dollars As Well As Time and Steps

Inset on front: Throughout the 1920s, 30s and 40s, Idaho Power advertised the lifestyle benefits electric appliances brought to women and their families with advertisements like this one, which was published in *The Idaho Statesman* in 1933. Idaho Power home economist presentations demonstrated the time efficiency and monetary savings that an all-electric kitchen provided, bolstering the company's mission to bring electricity into their customers' homes.

Continued from front

to fellow female employees or writing short articles that praised the benefits of electricity when cooking. However, the job was no cake-walk; demonstrations drew hundreds of attendees and could last several days. The position also called for business travel to county fairs and rural areas within the company's service area, which necessitated the use of the company's car and coach trailer that boasted a complete demonstration kitchen and electric laundry. The work of Idaho Power's home economists didn't go unnoticed. In 1933 the company won the George A. Hughes award for the "greatest contribution to the advancement of electric cookery." Three years later, the company celebrated a significant milestone — approximately 50 percent of the company's customers cooked with electricity, which was the highest percentage of any company in the United States.

Just as Idaho Power's business strategies shifted in the 1960s and 70s, home economists found that their task was complete. The vast majority of households in the company's service area utilized electric stoves and ovens, refrigerators, and freezers; thanks in large part to the demonstrations of home economists. However, remnants of the position remain evident in the work of Idaho Power. Former home economists can take heart that each month customers receive a new and timely recipe they can add to their cooking arsenal.

Inset above right: Collecting and sharing recipes was one of the many tasks of Idaho Power home economists. In fact, the "expert" recipes of the company's home economists often appeared in local newspapers and only served to supplement the company's more formal advertisements. From green beans to hamburger shamrocks, the recipes furthered Idaho Power's mission to bring electric appliances into each of its customers' homes. However, the recipes did much more than sell the merits of electric appliances; they fostered a sense of community between Idaho Power and its customers, one that continues to this day.

Home Economics Expert Offers Favorite Recipes

Favorite recipes of Miss Evelyn Sparks, Boise home economics expert of the Idaho Power Company, have been submitted for the many Boiseans who saw her demonstration March 17 at the Montgomery Ward cooking school.

Broiler Meal

Whole Green Beans, Candied Sweet Potatoes, Hamburger Shamrocks

Put cooked, drained string beans in one end of broiler pan. Season with salt, pepper and melted butter. Slice sweet potatoes and butter generously. Place them in other end of broiler pan and sprinkle with brown sugar. Place hamburger shamrocks on rack over vegetables. Broil until shamrocks are well browned and vegetables are hot through.

Hamburger Shamrocks

1 pound hamburger
1 egg
¼ cup soft bread crumbs
¾ tsp salt
¼ tsp poultry seasoning
¼ tsp pepper
3 green peppers

Beat eggs, add crumbs and seasonings, then beef. Cut rings ½ inch thick from green peppers. Pat meat into rings. Broil seven minutes on one side, six minutes on other.

Halibut

1930

Pour over each slice 1 Tbsp olive oil and season with salt and pepper. Allow this to stand 1 hour. Place on plank and broil 25 or 30 minutes.

Dress with one gill melted butter with finely chopped parsley and juice of ½ lemon.

From the 1930 *Boise Junior League Cookbook*.

Recipe submitted by Mrs. F.F. Johnson wife of Idaho Power President F.F. Johnson (1916–1931).

Hungarian Sweetbreads

1930

Two lbs sweetbreads boiled tender, preferably the day before using. Put on to boil in cold water. Take out all the skin and fibre and cut in small pieces and fry in butter with a little onion, a dash of red pepper (Hungarian).

Fry onion in butter until a light brown, add paprika, then a cup of soup stock; simmer ten minutes. Stir 2 Tbsp flour in some cream, if desired pour in 1 cup of Sherry wine. Cook one can of mushrooms with the sweetbreads.

From the 1930 *Boise Junior League Cookbook*.

Recipe submitted by Mrs. F.F. Johnson wife of Idaho Power President F.F. Johnson (1916–1931).

Pheasant A L'Idaho

1930

Prepare one or more pheasants by jointing and cutting the breast into halves lengthwise along the breastbone. Roll each piece in flour and fry quickly in butter or butter and bacon grease until nicely browned. Place these pieces in a casserole and cover with a sauce made as follows:

Melt a piece of butter the size of a large walnut in a saucepan and when moderately hot stir in sufficient flour to thicken until it will almost pour from a spoon. Add to this sufficient milk and cream in equal parts to make the required quantity of sauce, stirring thoroughly as this is added.

From a medium size can of mushrooms (pieces and stems) take about $\frac{1}{2}$ and pass through a fine meat grinder or, if this is not available, macerate with a fork. Add these and the balance of the can of mushrooms (draining off the liquid) to the sauce. Season with pepper, salt and Worcestershire Sauce to suit taste.

Stir frequently, but do not allow to boil. When thoroughly heated pour into casserole so that contents are well covered.

From the 1930 *Boise Junior League Cookbook*.

Recipe submitted by Mrs. M.L. Hubbard wife of Idaho Power President M.L. Hubbard (1932-1933).

Cook in moderate oven from 1 $\frac{1}{4}$ hours to 1 $\frac{1}{2}$ hours, depending on the age of the birds. Dust with paprika and serve.

Beef Drumsticks

1959

1 lb ground beef
1 tsp salt
1 Tbsp minced onion
1 egg
Fine cracker crumbs
2 slices bacon
6 wooden skewers

Mix together ground beef, salt, onion and egg. Divide into 6 equal portions. Form about 3 inches of ends of skewers in shape of drumsticks. Roll in crumbs. Place in baking dish. On top of each place $\frac{1}{2}$ slice bacon. Bake at 450° for 30 minutes. Serve with catsup, chili sauce, hot tomato or mushroom sauce.

From the 1959 *Best Cook Jubilee* cookbook.



Barbecued Bologna

1967

1 (3-4 lb) big bologna, unsliced
1 cup catsup
 $\frac{1}{3}$ cup butter
1 $\frac{1}{2}$ Tbsp Worcestershire sauce
1 $\frac{1}{2}$ Tbsp prepared mustard
1 $\frac{1}{2}$ tsp onion salt

Score bologna with diagonal lines about $\frac{1}{4}$ -inch deep. Anchor on spit, attach in oven. Rotisserie for about 1 $\frac{1}{4}$ hours or until brown. Meanwhile, combine remaining ingredients for sauce; brush on bologna frequently the last 15 minutes of cooking. Slice and serve with remaining heated sauce. May be served between toasted hamburger bun with sauce spooned over.

From the 1967 *Best Cook Flameless Recipes* cookbook.

A tasty budget stretcher!



Cashew Nut Casserole

1971

1 cup chopped onion	1 can mushroom soup
$\frac{3}{4}$ to 1 lb ground beef	$\frac{1}{2}$ package krinkley or flat noodles (6 oz.)
1 soup can milk	$\frac{1}{2}$ cup stuffed olives, cut in half
1 cup grated cheddar cheese	$\frac{3}{4}$ cup cashews, cut in half
2 cups crushed potato chips	
1 Tbsp butter	

Cook and drain noodles, salt and pepper to taste. Do not over-cook. Cook onions in butter. Add browned and drained ground beef. Combine with soup, milk and noodles, add cheese, salt and pepper. Mix well, place half the mixture in greased casserole dish, slice olives on top and cover with remaining beef mixture. Bake at 350° for 35 minutes. Remove from oven, sprinkle with nuts and chips and bake for 15 minutes more.

Serves 6 to 8.

From the 1971 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by Mrs. Chris Kurtz.



Mild Enchiladas

1971

- | | |
|---------------------------------------|----------------------|
| 1 (6-inch) pkg corn tortillas | 1 lb ground round |
| 1 lb mild cheddar cheese,
shredded | ½ tsp salt |
| 1 bunch green onions, chopped | 1 tsp chili powder |
| 1 (10 oz) can enchilada sauce | 1 can olives, pitted |
| 1 (8 oz) can tomato sauce | |

Preheat oven to 300°. Cook ground round to medium done. Add salt and chili powder. Place enchilada sauce and tomato sauce in flat bowl. Cook tortillas in medium hot oil, not crisp, drain. Dip tortillas in sauce and place in long baking dish. Fill with one large spoon of meat and top with cheese. Sprinkle with green onions. Roll with seam side down, cover with remaining sauce and cheese. Garnish with olives and onions. Bake 30 minutes. Serve hot.

Serves 6.

First Place ~ Main Dish

From the 1971 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by
Mrs. Gertrude Bartosovsky.



Sicilian Meat Roll

1971

- | | |
|-------------------------|--|
| 2 eggs, beaten | 1 small clove garlic, minced |
| ¾ cup soft bread crumbs | 2 lb lean ground beef |
| ½ cup tomato sauce | 8 thin slices boiled ham |
| 2 Tbsp parsley flakes | 1 ½ cups shredded
mozzarella cheese |
| ½ tsp oregano | 3 slices mozzarella cheese,
halved diagonally |
| ½ tsp salt | |
| ¼ tsp pepper | |

Combine eggs, bread crumbs, tomato sauce, parsley, oregano, salt, pepper and garlic. Stir in ground beef, mixing well. On foil, pat meat to a 12 x 10-inch rectangle. Arrange ham slices on top of meat, leaving a small margin around edges. Sprinkle shredded cheese over ham. Starting from short end, carefully roll up meat, using foil to lift; seal edges and ends. Place roll, seam side down, in a 12 x 9 x 2-inch baking pan. Bake in 350° oven for 1 hour 30 minutes or till done. (Center of meat roll will be pink due to ham). Place cheese wedges over top of roll; return to oven till cheese melts slightly. Makes 8 servings.

Second Place ~ Main Dish

From the 1971 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by
Mrs. Bill Lewis



Company Barbequed Chicken

1971

2 fryers
2 Tbsp fat
2 Tbsp brown sugar
1 cup catsup
3 Tbsp Worcestershire sauce
½ cup celery, chopped
1 tsp salt

1 medium onion
2 Tbsp vinegar
¼ cup lemon juice
1 cup water
½ Tbsp prepared mustard
1 tsp red pepper

Brown chicken in fat. Sauté onion and add remaining ingredients, let simmer for at least 30 minutes. Pour over chicken and bake, covered, for 2 hours at 325°. Garnish with orange slices.

Third Place ~ Main Dish

From the 1971 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by
Mrs. Roger Vincent.



Teriyaki Steak

1971

1 cup soy sauce
1 tsp fresh ginger, grated
Dash of monosodium glutamate, if desired
¾ cup white sugar
2 small cloves of garlic, finely chopped

Mix above until sugar is well dissolved. Marinate strips of meat in sauce at least 2 hours. Use very thin slices (1-inch wide) of sirloin tip cut against the grain. Thread meat on bamboo or metal skewers. Broil in oven on oiled broiler pan or over barbeque grill for 3–4 minutes on each side.

May also be used for rib steak, chicken breasts or drumsticks. Bake at 350° for 1 ½ to 2 hours.

Honorable Mention ~ Main Dish

From the 1971 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by
Mrs. John Thomas.



Sweet & Sour Duck

1972

2 duck breasts, filleted
1 Tbsp flour

1 egg
2 cups vegetable oil

SAUCE:

1 (46 oz) can pineapple juice
1 (16 oz) can crushed pineapple
1 (4 oz) jar maraschino cherries
½ green pepper, sliced
1 onion

1 Tbsp Worcestershire sauce
¼ cup vinegar
2 cups brown sugar
2 Tbsp cornstarch, heaped
¼ cup water
Dash of salt

Grind the raw duck breast in a meat grinder and add the egg and flour. Mix well. Heat vegetable oil and spoon bite size portions of the ground meat mixture into the oil. Cook over high heat 60 seconds. Remove balls and drain on a paper towel.

In a separate pan, bring the pineapple juice, crushed pineapple, green pepper, onion, Worcestershire sauce, vinegar, salt and brown sugar to a boil. Dissolve cornstarch in water and add to boiling mixture to thicken. Add cherries to add color.

First Place ~ Main Dish

From the 1972 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by Mrs. Stan Melton.

Add the duck meatballs and garnish with your favorite colorful fruit. Serve on rice or noodles and enjoy a delicious meal which serves 12.

Veal Roll-ups

1972

5 boneless veal cutlets
1 (4 ½-oz) can deviled ham
1 Tbsp chopped onion
1 (3-oz) package cream cheese
1 beaten egg
½ cup fine dry bread crumbs
2 Tbsp butter or margarine
¾ cup water
1 envelope dry mushroom gravy mix

Pound cutlets very thin; mix deviled ham with onion, spread on cutlets. Slice cream cheese into 12 narrow strips; place 3 strips on each cutlet. Roll cutlets jelly-roll style. Dip rolls in beaten egg, then in crumbs. Melt butter or margarine in skillet; add veal rolls and brown on all sides. Arrange browned rolls in baking dish. Pour water into skillet; add gravy mix. Cook and stir till mixture is bubbly; pour over veal rolls. Bake, covered, at 350° for 45 minutes or till tender.

Second Place ~ Main Dish

From the 1972 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by Mrs. Melvin Brown.



Meat & Cheese Casserole

1972

2 Tbsp shortening
1 medium onion, minced
1 ½ lbs ground beef
1 (15-oz) can tomato sauce
1 (12-oz) package noodles
1 tsp salt

½ tsp pepper
1 ½ cups sliced, stuffed olives
1 cup grated sharp cheddar cheese
2 cans cream of vegetable soup

Cover noodles with boiling water, let stand 4 minutes, drain. Sauté minced onion in shortening. Drain and add ground beef; drain will. Place well-browned onion and ground beef in a 3-quart baking dish. Mix salt and pepper in tomatoes and spread over top of meat. Top with sliced olives and spread noodles over olives. Smooth cream of vegetable soup over top of noodles and sprinkle with grated cheese. Bake at 350° for 40 minutes or until noodles are done.

Third Place ~ Main Dish

From the 1972 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by
Mrs. Snorre Erikson.



Ditchbank Dinner

1972

2 pheasants, cut up
Seasoned salt
Flour
3 Tbsp cooking oil
1 ½ cups long grain white rice
¼ cup sliced almonds
2 Tbsp instant chicken bouillon
½ tsp powdered poultry seasoning
½ medium onion, diced
2 cups boiling water

SAUCE:
1 can cream of chicken soup
½ soup can warm water
½ tsp curry powder

Dry pheasant pieces on paper towel, sprinkle with seasoned salt. Flour lightly and brown in oil in deep skillet or Dutch oven. Remove meat and brown rice in drippings. Add onion, sprinkle bouillon, almonds and poultry seasoning over rice. Arrange pheasant on top of rice; add water. Cover tightly and simmer over low heat 20 minutes or until rice is tender.

Heat sauce slowly and server over rice.

Honorable Mention ~ Main Dish

From the 1972 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by
Mrs. Stan Melton.



Beef-Stuffed Cabbage Rolls

1972

6 large or 12 medium
cabbage leaves
1 lb ground beef
1 slightly beaten egg
½ cup milk
¾ cup cooked rice
(⅓ cup uncooked)
½ tsp salt

½ tsp pepper
1 tsp dill weed
1 (10.5 oz) can mushroom soup
¼ cup catsup
½ cup water
½ cup minced onion
1 small can sliced or chopped
mushrooms

Immerse cabbage leaves in boiling, salted water 3–4 minutes to soften. Combine beef, egg, milk, cooked rice, salt, pepper and ½ tsp dill weed.

Place ¼ cup meat mixture on each medium or ½ cup meat mixture on each large leaf. Roll.

In large skillet combine soup, catsup, water, onion, mushrooms and remaining dill weed. Add cabbage rolls. Cover and cook over low heat 30 minutes stirring occasionally.

From the 1972 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by
Mrs. Lillian Dana.



Chicken a la King

1973

¼ cup butter
⅓ cup all-purpose flour
½ tsp salt
1 cup chicken broth
1 cup milk
2 cups diced cooked chicken
1 (3 oz) can sliced mushrooms, drained
¼ cup chopped, canned pimento
Toast points

In saucepan, melt butter; blend in flour and salt. Add chicken broth and milk all at once. Cook and stir till sauce is thick and bubbly. Add cooked chicken, mushrooms and pimentos. Heat through. Server over toast points.

Makes 5 servings.

Second Place ~ Main Dish

From the 1973 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by
Mrs. Leo Ottley.



Barbecued Short Ribs

1973

3 lbs spare or loin ribs
½ tsp onion powder
½ cup water

BARBECUE SAUCE:

2 Tbsp brown sugar
1 Tbsp paprika
1 tsp salt
1 tsp dry mustard
¼ tsp chili powder
2 Tbsp Worcestershire
sauce
1 Tbsp vinegar
1 cup tomato sauce
(8 oz can)
¼ cup catsup
½ cup water

Cut ribs into serving size pieces. Place in pressure cooker and sprinkle with onion powder. Put water in bottom of pan. Close cover securely. Place pressure regulator on vent pipe and cook 25 minutes with the pressure regulator rocking slowly. (Follow instructions for your pressure cooker to maintain 15 pounds of pressure.) With pressure completely down, remove lid (let pressure drop of its own accord) and drain juice. Pour barbecue sauce over ribs and cover loosely and simmer 10 minutes.

Mix in sauce pan and simmer 15 minutes, or until slightly thickened. May be stored in the refrigerator and used as you would any barbecue sauce.

Third Place ~ Main Dish

From the 1973 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by
Mrs. Don Smith.



Viva La Chicken Tortilla Casserole

1973

4 whole chicken breasts, boiled
1 dozen corn tortillas
1 can cream of mushroom soup
1 can cream of chicken soup
1 cup milk
1 grated onion
1-1 ½ cans green chili salsa
½-1 lb grated cheddar cheese

Bone chicken, cut in large pieces. Cut tortillas in 1-inch strips or squares. Mix soups, milk and onion. Add salsa. Butter large casserole dish. Place a layer of tortillas, a layer of chicken and a layer of the soup mixture. Repeat 2 or 3 layers. End with soup mixture. Top with cheese. Refrigerate 24 hours. Bake at 300° for 1-1 ½ hours.

Honorable Mention ~ Main Dish

From the 1973 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by
Mrs. Willard Price.



Devil Egg Bake

1973

6 hard-cooked eggs, shelled
¼ cup mayonnaise or salad
dressing
2 tsp prepared mustard
¼ tsp salt

1 can shrimp (4 ½ to 5 oz)
1 can cream of mushroom
soup
½ cup milk
4 cups hot, cooked rice

Halve eggs crosswise; remove yolks and mash in a small bowl. Blend in mayonnaise or salad dressing, mustard and salt; pile back into whites.

Drain shrimp and rinse. Combine shrimp with soup and milk. Heat slowly, stirring several times, just until bubbly.

Spoon rice into a 6-cup shallow baking dish; arrange stuffed eggs in rows on top, pushing down into rice; spoon shrimp sauce over all.

Bake in moderate oven (350°) 15 minutes or until bubbly hot. Garnish with parsley.

From the 1973 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by
Mrs. Leo Martins.



Frito Bandito Casserole

1973

1 lb ground beef
1 onion, chopped
1 can chili con carne with beans
5 cups tomatoes
1 lb mild cheese, shredded
1 (11 oz) package Fritos corn chips, crushed (leave a few whole for garnish)

Brown ground beef and onion, set aside. Combine chili, beans and tomatoes and heat through.

Spread ⅓ of the corn chips on the bottom of a large casserole dish. Spread in layers ½ of each of the other ingredients: beef mixture, tomato mixture and cheese. Repeat procedure starting with another ⅓ of the chips then using the remainder of the other ingredients and top with the last ⅓ of the chips. Garnish with a few unbroken chips. Bake at 350° for 15–30 minutes.

From the 1973 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by
Mrs. George Downs.



Ham & Cheese Casserole

1973

3 to 4 oz uncooked noodles
½ cup sliced celery
2 tsp finely chopped onion
1 ½ cup grated mild cheddar cheese
1 cup milk
1 ½ cup ham, cut in strips

Add noodles and celery to boiling salted water and cook until noodles are tender. Drain. In 1 ½-quart casserole dish, combine ham, cheese and onion. Add noodles and celery. Pour milk over all and top with more grated cheese. Bake at 350° for about 45 minutes. Garnish as desired.

Serves 4.

From the 1973 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by
Mrs. Mike Thomas.



Salmon Soufflé

1973

1 (16 oz) can salmon
1 can cream of mushroom soup
1 tsp basil
¼ tsp celery seed
⅛ tsp marjoram
4 eggs, separated
¼ tsp cream of tartar
1 tsp sugar

Put salmon into 2-quart baking dish, add mushroom soup, add basil, celery seed and marjoram. Stir thoroughly; add egg yolks. Stir again. Put egg whites into medium mixing bowl, add cream of tartar and sugar, mix on high speed till high peaks form. Fold egg whites into salmon mixture. Bake at 350° for 50 minutes. Garnish with parsley and lemon wedges or slices.

Serves 6.

From the 1973 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by
Mrs. John M. Tracy.



Chicken Rollantini with Pesto

1990

8 boneless, skinless chicken breasts, about 5 oz each
4 thick slices of ham or prosciutto
8 oz Mozzarella, cut into logs
¾ cup pesto
½ cup flour
2 eggs, beaten with 2 Tbsp water
2 cups dry bread crumbs
2 Tbsp butter
1 Tbsp olive oil

Preheat oven to 350°. Cut a pocket in each chicken breast or pound out flat. Roll a piece of ham around each piece of Mozzarella. Smear inside of chicken pocket with 1 ½ tsp pesto. Place ham and cheese roll in pocket and press together.

Dredge chicken in flour; shake off excess. Dip in egg; dredge in bread crumbs. In a large frying pan, melt 1 Tbsp butter with 1 Tbsp olive oil over medium-high heat. Add half the chicken and cook 3–4 minutes on each side until lightly browned. Remove to a baking dish. Repeat with remaining butter, oil and chicken.

Transfer chicken rollantini to oven and bake 20 minutes. Serve with remaining pesto on the side.

From the 1990 *Pole Top Recipes* Idaho Power employee cookbook.

Recipe submitted by Jim Jauregui, Twin Falls.

High Voltage Meat Loaf

1990

1 lb very lean ground beef
1 (4.5 oz) can deviled ham
1 (5.5 oz) can spicy V8 juice
1 cup dried bread crumbs
2 cloves garlic, finely chopped
¼ cup onion, finely diced
¼ cup green pepper, finely diced
¼ cup red pepper, finely diced
1 medium sized dill pickle, finely diced
1 tsp salt
¼ tsp black pepper
2 egg whites or 1 whole egg, lightly beaten
¼ tsp dried basil
¼ tsp ground thyme
¼ tsp oregano

Pour V8 juice over bread and let stand 5 minutes so bread absorbs liquid. Mix all ingredients together and mix for 5 minutes or until everything is well mixed together. Form into a loaf and place in baking pan with a rack on the bottom. Cover top of loaf with Salsa after making indented lines (like on a ham). Bake at 350° for 75 minutes. Cool 20 minutes before removing from pan.

From the 1990 *Pole Top Recipes* Idaho Power employee cookbook.

Recipe submitted by Teri Hudson, Twin Falls.

Chili Con Cashews

January • 1992

2 tsp oil	1 tsp each, basil and oregano
1 clove garlic, minced	1 tsp chili powder, or to taste
2 carrots, grated	1 tsp ground cumin
2 onions, chopped	1 bay leaf
1 cup raw cashews	Dash of pepper
2-3 cups cooked kidney beans	¼ cup raisins
4 cups chopped tomatoes, with liquid	1 cup grated cheddar cheese

NOTES:

Sauté garlic, carrots and onions in oil; add nuts, beans, tomatoes, seasonings and raisins. Simmer for at least 2 hours, until thick, in covered pot or slow cooker. Serve topped with grated cheese.

Serves 6.

Easy Lasagna with Marinara Sauce

February • 1992

½ lb ground turkey or lean ground beef	MARINARA SAUCE:
1 ½ cups low-fat cottage cheese	1 clove garlic, minced
¾ cup water	2 (8 oz) cans tomato sauce
1 (10 oz) package frozen, chopped spinach	2 (16 oz) cans tomatoes
4 cups marinara sauce (see recipe)	1 ½ Tbsp oil
1 cup grated part-skim mozzarella	1 tsp oregano
8 oz uncooked lasagna noodles	1 Tbsp chopped parsley
¼ cup grated Parmesan cheese	1 tsp chili powder

NOTES:

Preheat oven to 375°. Brown ground meat and drain. Add water and Marinara Sauce and bring to boil. Remove from heat. In 9 x 13-inch dish, layer sauce, uncooked lasagna noodles, spinach, cottage cheese, mozzarella cheese: repeat layers ending with sauce and Parmesan cheese. The sauce will be runny. Cover dish and bake for 1 hour. Let stand 5-10 minutes before cutting into squares.

Sauce: Sauté garlic in oil; add tomatoes and tomato sauce. Stir in oregano and parsley. Bring to boil and simmer, covered, for 20 minutes to 2 hours — the longer the better.

Makes 6-8 generous servings.

Spaghetti with Clam Sauce

September • 1992

8 oz spaghetti noodles
1 cup fresh grated Parmesan cheese
3 cloves garlic, chopped
Dash of thyme
2 Tbsp fresh parsley, chopped
1 Tbsp olive oil
3 (6.5 oz) cans chopped clams

Combine clams and thyme and marinate for ½ hour. Sauté chopped garlic in olive oil until light brown, add drained clams and parsley and heat thoroughly. Cook spaghetti until done. Spoon sauce over hot spaghetti and cover with cheese.

Makes 4 servings.

NOTES:

Pepper Steak

January • 1993

1 lb beef round steak	¼ tsp salt
1 (16 oz) can tomatoes, cut in chunks	Dash of pepper
½ medium onion, thinly sliced	2 medium green peppers, cut in ½-inch strips
1 small garlic clove, minced	8 oz egg noodles, cooked
1 tsp Worcestershire sauce	

Trim excess fat from steak. Cut meat in 2 x ¼-inch strips. In a medium skillet, brown meat and drain off fat. Drain tomatoes, reserve liquid. Add reserved tomato liquid, onion slices, garlic, Worcestershire sauce, salt and a dash of pepper to browned meat strips. Cover tightly and simmer mixture over low heat for 50 minutes. Stir in green pepper strips and tomato chunks. Cook meat mixture, covered, till green pepper is tender, about 6–8 minutes. Serve over hot noodles.

Serves 4.

NOTES:

Orange Roughy Mexicali

March • 1994

1 ½ lbs white fish (halibut, sole, red snapper or orange roughy)
½ cup lime juice
3 tomatoes, chopped
¼ cup chopped onion
¼ cup diced green chilies
3 Tbsp chopped fresh cilantro
Dash hot pepper sauce

Place fillets in a dish. Pour lime juice over fish. Cover and marinate in refrigerator for 30 minutes. Prepare salsa by combining tomatoes, onion, green chilies, cilantro and hot pepper sauce. Cover and place in refrigerator for 30 minutes. Drain fish and place on lightly oiled broiler pan. Broil 3 or 4 inches from the source of heat. Allow approximately 10 minutes cooking time per inch of thickness. Turn fish half way through cooking time. Fish is done when flesh is opaque and flakes easily.

Serves 4.

NOTES:

Chilaquiles

March • 1995

½ tsp oil	1 tomato, chopped
¼ cup canned, chopped green chilies	1 (15 oz) can pinto beans, rinsed & drained
1 medium onion, chopped	¼ cup chopped fresh cilantro
¼ tsp cumin	1 cup sharp cheddar cheese, shredded
2 cups shredded carrots	1 (8 oz) can tomato sauce
¼ tsp chili powder	
4 (8-inch) flour tortillas	

In a large skillet over medium high heat, sauté the onions and garlic in oil for 2 to 3 minutes. Add carrots and cook for 2 minutes. Add beans, tomatoes, tomato sauce, chilies, cumin and chili powder to onion-carrot mixture. Reduce heat and simmer uncovered for 5 minutes, stirring occasionally. Preheat oven to 400°F. Coat a 10-inch baking dish with nonstick spray. Place one tortilla in the bottom of the baking dish. Top with ¼ of the vegetable-bean mixture and ¼ of the cheese. Repeat layers 3 or more times, ending with cheese. Bake 15–20 minutes. Let stand 5 minutes. Top with fresh cilantro.

NOTES:

Serves 4.

Chicken Dijon

May • 1996

1 tsp oil
8 boneless, skinless chicken breast halves
2 Tbsp Dijon-style mustard
1 garlic clove, chopped
1 (14 oz) can condensed chicken broth
1 Tbsp flour
2 Tbsp parsley, chopped

Heat oil in large skillet and brown chicken on both sides. In a small bowl, mix mustard, garlic, onion, broth, flour and parsley. Pour mixture over chicken. Cover and simmer, turning pieces occasionally. Cook until tender, about 30 minutes. Remove chicken to platter. Simmer sauce until slightly thickened. Spoon sauce over chicken.

Serves 8.

NOTES:

Quick & Elegant Chicken

May • 1997

2 lbs boneless chicken breast tenders
3 oz Neufchatel cheese
1 (10.75 oz) can cream of mushroom soup
½ envelope dry Italian dressing mix
⅓ cup skim milk
½ cup chopped chives

Preheat oven to 350°. Place chicken breast tenders in a 9 x 12-inch baking dish coated with nonstick cooking spray. In a small bowl or small pan heat Neufchatel cheese, soup and dressing mix, stirring until blended. Gradually stir in skim milk and chopped chives. Pour sauce over chicken. Bake for 25 minutes or until fork can be inserted with ease and juices run clear.

Makes 6 servings.

NOTES:

Excellent served over rice.

Fireworks Shrimp

March • 1998

1 lb medium shrimp, peeled and deveined	½ tsp sugar
½ tsp fresh ginger, minced	1 Tbsp oil
¼ cup tomato sauce	4 bok choy stalks, cut into 1 ½-inch pieces
1 Tbsp oyster sauce	3 green onions, cut into 3-inch pieces
3 garlic cloves, finely minced	¼ lb snow peas, trimmed
1 ½ tsp chili paste w/garlic	2 Tbsp cornstarch mixed with 3 Tbsp cold water
1 Tbsp light soy sauce	
1 tsp red wine vinegar	
1 tsp sesame oil	

NOTES:

Cut shrimp in half lengthwise, set aside. Combine minced garlic, ginger and chili paste in small bowl, set aside. Blend tomato sauce, oyster sauce, soy sauce, vinegar, sesame oil and sugar in bowl, set aside. Heat wok to very hot. Add 1 ½ tsp oil and heat. Add shrimp and stir fry until translucent. Remove shrimp. Add 1 ½ tsp oil and minced garlic mixture, snow peas, bok choy and green onions and stir fry until peas turn bright green. Pour tomato sauce mixture around sides of wok. Return shrimp to wok. Stir in small amount of cornstarch solution to thicken. Taste and adjust seasoning. Serve immediately.

Makes 4 large servings.

Curry Mustard Chicken

June • 1998

6 boneless chicken breasts
1 ½ tsp curry powder
½ cup Dijon mustard
2 medium green onions, thinly sliced
¼ cup lemon juice
½ tsp soy sauce
⅓ cup honey

NOTES:

Wash and pat chicken breasts dry. Arrange in a 9 x 13-inch baking dish. In a small bowl, combine lemon juice, curry powder and soy sauce. Add mustard and honey and stir until blended. Pour over chicken. Bake, uncovered, in a 350° oven for 30 minutes or until done; basting during baking time. Garnish with sliced onion. Excellent served with rice.

Makes 6 servings.

Tex-Mex Turkey Casserole

October • 1998

4 cups cooked, cubed turkey or chicken
1 cup skim milk
1 (15 oz) can black beans drained & rinsed
½ cup salsa
12 (6-inch) corn tortillas
1 cup grated cheddar cheese
2 (10 ¾ oz) cans cream of chicken soup

Preheat oven to 350°. Spray a 9 x 13-inch baking dish with non-stick cooking spray. Place turkey cubes and beans in bottom of baking dish. Cut tortillas into small pieces and place over beans and turkey. In a large mixing bowl, combine soup, milk and salsa. Pour over casserole. Bake for 45 minutes. Remove from oven and sprinkle cheese over top of casserole.

Serves 8.

NOTES:

Lemon Thyme Chicken

April • 1999

4 boneless, skinless chicken breasts	1 tsp olive oil
1 Tbsp lemon juice	2 large cloves of garlic, minced
¼ tsp cracked black pepper	1 ½ tsp grated lemon peel
2 tsp chopped fresh thyme or ½ tsp dried thyme	½ cup chicken broth
	Fresh thyme, optional

Rinse chicken breasts. Pat dry with paper towel. Sprinkle with pepper. Heat oil in a large skillet over medium heat. Add chicken: cook for 5–7 minutes, or until browned, turning once. Remove to a plate. Reduce heat to low. Add garlic and cook, stirring for 30 seconds. Add broth, lemon juice and chopped thyme. Increase heat to high and bring to a boil, scraping up brown bits. Add chicken, then cover; reduce heat to low and simmer for 30 minutes, or until chicken is cooked through. Remove chicken to clean serving platter, retaining liquid in frying pan. Increase heat to high; bring sauce to boil. Cook for 2–3 minutes or until sauce is reduced to about ½ cup. Stir in grated lemon peel. Pour sauce over chicken; garnish with thyme.

NOTES:

Customer Favorite!

Makes 4 servings.

Pork & Snow Peas with Peanut Sauce

March • 2000

4 boneless pork loin chops	1 Tbsp minced, peeled fresh ginger
¼ cup creamy peanut butter	⅛ tsp ground red pepper (cayenne)
4 green onions cut into 1-inch diagonal slices	3 cloves of garlic, minced
1 Tbsp sugar	¾ cup water
8 oz snow peas, strings removed	Steamed rice
1 Tbsp soy sauce	

Spray 12-inch frying pan with non-stick cooking spray and heat over medium-high heat until hot. Add pork chops and cook 5 minutes. Turn pork over and cook another 4–5 minutes, until no longer pink inside. Place on a platter and cover to keep warm. In same frying pan, add green onions and snow peas. Stir fry over medium heat 4 minutes. Stir in ginger and garlic, cook 1 minute. Return pork to skillet. In a small bowl, stir together peanut butter, sugar, soy sauce, ground red pepper and ¾ cup water. Pour mixture into same frying pan, heat to boiling over medium-high heat. Reduce heat to low, simmer 1 minute. Serve over steamed rice.

NOTES:

Makes 4 servings.

Chicken Caesar Pita Pockets

July • 2000

2 tsp olive oil	1 ½ Tbsp red wine vinegar
½ tsp dried oregano leaves	⅛ tsp salt
1 lb boneless chicken (2 half breasts) cooked and cubed	¼ cup sliced red onion
1 cup chopped tomato	1 cup diced cucumber
4 whole-wheat pita breads, cut in half	8 romaine lettuce leaves
	4 Tbsp light Caesar dressing

In a re-closable plastic gallon bag, combine olive oil, vinegar, oregano leaves and salt. Add cubed chicken. Shake to mix well. Refrigerate for several hours or overnight. In a medium bowl, combine onion, cucumber and tomato. Chill. Place a lettuce leaf in each pita pocket half. Spoon in vegetables and chicken. Drizzle 1 ½ tsp Caesar dressing over filling in each pita pocket.

Makes 4 servings, 2 pita halves each.

NOTES:

Taco Casserole

October • 2000

1 ½ lb extra lean ground beef
2 (8 oz each) cans tomato sauce
1 tsp chili powder
1 (15 oz) can corn, drained
2 cups grated, cheddar cheese

1 large onion
1 tsp cumin
½ tsp garlic powder
12 (6-inch) corn tortillas

Preheat oven to 350°. Spray a large skillet with non-stick cooking spray. Over medium heat, brown ground beef with onion. Add tomato sauce, seasonings and corn, mix well. Spray a 9 x 12-inch baking dish with non-stick cooking spray. Spread 1/3 ground beef mixture in bottom of dish; cover with 6 tortillas. Repeat layers and end with ground meat mixture. Cover and bake for 35–40 minutes until heated through. Remove from oven, sprinkle with cheese.

Makes 8 servings.

NOTES:

**Customer
Favorite!**

Pasta with White Bean And Sun-Dried Tomato Sauce

1 medium onion, sliced
1 ½ tsp minced garlic
2 (15 oz each) cans white beans
1 tsp dried thyme
¼ tsp pepper
¼ cup parsley, chopped
8 oz sliced mushrooms

12 oz vegetable or chicken broth
1 cup sun-dried tomatoes, cut in strips
1 tsp dried basil
12 oz penne pasta
¼ cup grated Parmesan cheese

Combine onion, mushrooms, garlic and ¼ cup broth in a large pot. Simmer over moderately high heat until onions and mushrooms are soft, about 5 minutes. Stir in beans with their liquid, sun-dried tomatoes, thyme, basil, pepper and remaining broth. Bring to simmer and cook uncovered over moderate heat, stirring often, 15–20 minutes. Prepare pasta according to package directions. Drain and transfer to a warm bowl. Add sauce and toss to coat. Top with parsley and cheese.

Makes 6 servings.

NOTES:

Teriyaki Chicken

June • 2001

MARINADE:

1 cup low-sodium soy sauce
½ cup pineapple juice
¼ cup brown sugar
1 tsp sesame oil
1 rounded Tbsp chopped fresh garlic
1 ½ Tbsp chopped fresh ginger

8 boneless, skinless chicken breast halves (about 2 lbs)

Combine in a bowl the first 6 ingredients; mix well. Reserve ½ cup for basting cover and refrigerate. Pour remaining marinade into a large re-sealable plastic bag or shallow glass container: add chicken and turn to coat. Seal or cover, then refrigerate for 6 hours (or overnight) turning occasionally. Drain and discard marinade. Grill, uncovered, over medium heat for 3 minutes on each side. Grill 6–8 minutes longer or until juices run clear, basting with the reserved marinade and turning occasionally.

NOTES:

Makes 8 servings.

Quick Oriental Pork Skillet

October • 2001

1 tsp oil	1 medium red bell pepper, cut
¾ lb boneless pork chops, cut	into ¾-inch pieces (1 cup)
into 1/8-inch strips	1 Tbsp soy sauce
1 ½ cups water	2 medium green onions, cut
2 packages (3 oz each)	into ½-inch pieces
Oriental-flavored ramen	1 tsp chili garlic sauce
noodles	1 tsp grated fresh ginger
3 cups broccoli florets	1 Tbsp chopped fresh parsley

Heat oil in 12-inch skillet over medium high heat. Add pork; stir-fry about 5 minutes or until pork is no longer pink. Break noodles apart. Stir noodles, seasonings from flavor packets, water and remaining ingredients into pork. Heat to boiling. Boil 3–4 minutes, stirring occasionally, until noodles are softened.

Makes 4 servings.

NOTES:

Cajun Red Beans & Rice

April • 2002

6 cups cooked brown rice
1 (14.5 oz) can Italian-style stewed tomatoes, chopped
2 (15 oz) cans kidney beans, rinsed and drained
1 (4 oz) can diced green chilies
6–12 drops Tabasco sauce
½ cup fresh parsley, chopped
½ cup green onion, thinly sliced

Coat a large skillet with vegetable oil spray. Over medium high heat, sauté onion until tender. Add stewed tomatoes, beans, chilies, Tabasco sauce and parsley. Reduce heat, cover and simmer for 15 minutes. To serve, place a scoop of bean mixture over hot rice.

Makes 4 servings. Each serving consists of 1 ½ cups rice and ¾ cup bean mixture.

NOTES:

Buttermilk Stroganoff

May • 2002

¾ lb beef round steak, cut into ½ x 2-inch strips	¼ tsp each: thyme, rosemary and black pepper
8 oz sliced fresh mushrooms	1 cup buttermilk
1 cup sliced onion	10 oz egg noodles, cooked
1 (14 oz) can beef broth	¼ cup flour
¼ cup tomato juice	2 Tbsp chopped fresh parsley

Spray a large skillet with non-stick cooking spray. Heat over medium-high heat until hot. Add beef, mushrooms and onion. Cook until beef is lightly browned. Stir in beef broth, tomato juice and seasonings. Reduce heat; cover and simmer for 30 minutes or until meat is tender, stirring occasionally. In a small bowl, blend flour with ½ cup of the buttermilk until smooth; blend in remaining buttermilk. Stir into beef mixture and cook over medium heat, stirring constantly until mixture boils and thickens. Serve over hot, cooked noodles. Sprinkle with parsley.

NOTES:

Makes 5 servings.
Each serving consists of 1 cup noodles and ¾ cup sauce.

Cranberry Curry Chicken

November • 2002

4 boneless, skinless chicken breasts
1 (16 oz) can whole-berry cranberry sauce
1 medium green apple, peeled and chopped
1 (10 oz) package couscous
2 Tbsp chopped walnuts
2 green onions, minced
1 Tbsp balsamic vinegar
¼ cup golden raisins
½ to ¾ tsp curry powder

Place chicken in slow cooker. In a medium bowl, combine cranberry sauce, onion, vinegar, apple, raisins and curry powder. Stir until well mixed. Pour cranberry mixture over chicken. Cover and cook on low for 6–8 hours. Fifteen minutes before serving, prepare couscous as label directs. To serve, spoon couscous onto large platter; top with chicken mixture. Sprinkle with walnuts.

Makes 4 servings; each serving: 1 cup couscous and 1 chicken breast with sauce.

NOTES:

Grilled Vegetable Pizza

July • 2003

1 medium zucchini, cut lengthwise
1 ½ tsp olive oil
1 (14 oz) pre-baked pizza crust
1 cup chopped plum tomatoes (about 2 whole tomatoes)
1 yellow bell pepper sliced into rings
¼ tsp garlic powder
1 cup mozzarella cheese, grated
¼ cup chopped fresh basil

Prepare barbecue (medium heat). Brush zucchini and bell pepper with olive oil; sprinkle with garlic powder. Grill 5 minutes per side. Remove vegetables from heat: cut zucchini crosswise into slices. Keep warm. Place pizza crust top side down on grill for 1 minute. Flip over with tongs; then, working quickly, sprinkle shredded mozzarella on crust and top with grilled zucchini, bell pepper and chopped tomato. Cover with grill top or heavy-duty foil. Grill until topping is heated through, about 5 minutes. Place on serving platter, Top with fresh basil. Cut into individual pieces and serve hot.

NOTES:

Makes 4 servings,
¼ of 12-inch pizza
per serving.

Pork Chops with Mushroom Sauce

April • 2004

4 boneless pork loin chops,
about 4 oz each
1 tsp lemon pepper seasoning
1 tsp Worcestershire sauce
8 oz fresh mushrooms, sliced

¼ cup water
1 Tbsp lemon juice
1 ½ tsp Dijon mustard
2 green onions, thinly sliced

Sprinkle lemon pepper on pork chops. Spray a 12-inch heavy skillet with nonstick cooking spray and heat over medium high heat. Sauté pork chops, turning once, until golden brown and just cooked through (about 5–7 minutes for half-inch-thick pork chops). Remove pork chops to warm platter and cover with foil to keep warm. In small bowl combine lemon juice, Worcestershire sauce, Dijon mustard and water; set aside. Sauté green onion in drippings over medium heat, stirring until soft. Pour lemon juice mixture into skillet; add mushrooms. Bring to a boil and cook until mushrooms are softened and sauce begins to thicken. Pour sauce over pork chops and serve.

NOTES:

Orange-Beef Stir-Fry

February • 2005

2 oz round steak, cut into thin
strips
2 Tbsp soy sauce
½ tsp minced garlic
4 green onions, cut into 1-inch
pieces
3 oranges, peeled, sectioned
and cut into chunks

¾ cup orange juice
1 Tbsp cornstarch
1 tsp grated fresh gingerroot
1 Tbsp coarsely grated orange
peel
3 cups hot cooked brown rice

In a small bowl, combine orange juice, soy sauce, cornstarch, garlic, and ginger. Set aside. Spray a wok or large skillet with non-stick cooking spray; preheat over medium-high heat. Stir-fry beef in batches until browned, removing to plate as slices brown. Keep warm. Add onions and orange peel to skillet and stir-fry about 1–2 minutes, until onions are crisp-tender. Return beef to wok or skillet. Add orange juice mixture. Heat to boiling and boil for 1 minute, stirring constantly until thickened. Add orange chunks. Heat through, serve over rice.

NOTES:

Makes 4 servings, ¾ cup rice and 1 ¼ cups orange-beef mixture.

Lemon Herbed Chicken Piccata

August • 2005

½ cup dry bread crumbs
2 tsp dried basil
2 tsp grated lemon rind
2 tsp minced garlic
¼ tsp pepper
4 skinless, boneless chicken
breast halves

Non-stick cooking spray
¾ cup chicken broth
¼ cup chopped fresh parsley
2 Tbsp lemon juice

NOTES:

In a shallow dish, stir together breadcrumbs, basil, lemon rind, garlic and pepper. Place chicken between 2 sheets of heavy-duty plastic wrap and with a meat mallet or rolling pin, flatten to ¼-inch thick. Coat both sides of chicken breasts with bread-crumb mixture. Spray a large skillet with non-stick cooking spray and heat over medium heat. Add chicken; cook 5–7 minutes on each side or until done. Remove chicken from skillet and keep warm. Add broth, parsley, and lemon juice to skillet; cook 2–5 minutes. Spoon sauce over chicken and serve.

Makes 4 servings.

Black Bean & Corn Burritos

December • 2005

1 (15 oz) can black beans, rinsed and drained
1 (15 oz) can whole-kernel, salt-free corn, drained
1 (4 oz) can diced mild green chilies
6 flour tortillas (7- to 8-inch diameter)
1 tsp ground cumin
½ tsp garlic powder
½ cup salsa
¾ cup shredded cheddar cheese

NOTES:

Combine beans, corn, chilies, cumin, garlic powder and salsa in a medium saucepan and bring to a boil over medium heat. Reduce heat, cover and simmer for 5 minutes. Heat tortillas in a covered container in the microwave for 1 ½ minutes, rotating ¼ turn halfway through cooking time.

To serve, spoon ½ cup bean mixture along center of each tortilla and top with 2 Tbsp cheese. Roll up burrito style. Serve immediately.

Makes 6 servings. One serving equals 1 tortilla and ½ cup bean mixture.

Spicy Chicken & Rice Skillet

April • 2006

¼ tsp salt	¾ cup long-grain rice, uncooked
½ tsp paprika	
½ tsp ground pepper	¼ tsp each; onion powder, garlic powder, ground turmeric
Non-stick cooking spray	
4 (4 oz) boneless, skinless chicken breast halves	1 (14 oz) can chicken broth
1 cup sliced fresh mushrooms	1 cup frozen green peas

In a small bowl, stir together salt, paprika, and pepper; sprinkle over both sides of chicken. Spray a large skillet with cooking spray; place over medium high heat until hot. Add chicken, cook 3 minutes on each side or until lightly browned. Remove chicken from skillet; cover and set aside.

Add mushrooms, rice, onion powder, garlic powder, turmeric, and chicken broth to skillet and stir well. Bring to a boil. Return chicken to skillet. Cover, reduce heat and simmer over medium-low heat 20 minutes. Stir in peas; cover and cook for 3 more minutes.

NOTES:

Makes 4 servings, ¾ cup rice mixture and one chicken breast half each.

Asian Lettuce Wraps

September • 2006

1 lb lean ground beef	1 tsp Asian hot chile pepper sauce
½ tsp minced garlic	
1 bunch green onions, thinly sliced	2 Tbsp peanut butter (optional)
2 Tbsp low sodium soy sauce	8 iceberg or butter lettuce leaves, rinsed
½ cup hoisin sauce	
2 tsp freshly grated ginger	2 carrots, coarsely shredded

In a 10- to 12-inch non-stick frying pan over medium-high heat, brown the ground beef, garlic and onion. Drain fat. In a small bowl, stir together the soy sauce, hoisin sauce, ginger, chile pepper sauce, and peanut butter. Add to beef mixture and continue cooking until heated through.

To serve, allow each person to spoon ¼ cup of the beef mixture into a lettuce leaf, top with about 2 Tbsp grated carrot. Wrap the lettuce leaf to enclose the filling.

NOTES:

**Customer
Favorite!**

Makes 4 servings,
2 lettuce wraps each.

Caribbean Chicken

March • 2007

3 skinless, boneless chicken breast halves, cut into strips (approx. 12 oz)
¼ tsp salt
⅛ to ¼ tsp cayenne pepper
1 medium sweet potato or yam, peeled, quartered lengthwise, and thinly sliced

1 yellow bell pepper, seeded and chopped
1 ½ cups unsweetened pineapple juice
2 tsp cornstarch
2 cups cooked brown rice

NOTES:

Spray a large, non-stick skillet with non-stick cooking spray and heat over medium-high heat. Season chicken with salt and cayenne pepper, place in skillet and brown for 2–3 minutes. Add sweet potato and yellow chili pepper and cook and stir for 6–7 minutes.

In a small bowl, combine pineapple juice and cornstarch. Add to skillet and cook, stirring gently, until bubbly. Serve over cooked brown rice.

Makes 4 servings, 1 ½ cups chicken mixture and ½ cup rice each.

Ratatouille Frittata

September • 2008

1 eggplant, about ¾ pound
2 Tbsp olive oil
1 tsp minced garlic
1 medium-size red onion, sliced
3 small zucchini, thinly sliced
1 cup red bell pepper, chopped

4 medium tomatoes, chopped
¼ cup minced fresh basil leaves (or 1 Tbsp dried)
6 large eggs, lightly beaten
1 cup (about 4 oz) shredded Parmesan cheese

NOTES:

Quarter eggplant lengthwise then slice thinly crosswise. In a 12-inch frying pan over medium heat, stir eggplant and 1 Tbsp oil. Cover and cook 8 minutes, stirring once. Add remaining oil, garlic, onion, zucchini and bell pepper. Cook and stir over medium-high heat until zucchini is tender-crisp, about 5 minutes. Add tomatoes and basil; cook and stir about 2 minutes. Reduce heat to medium. Pour eggs into pan, cover and cook until eggs are set, about 5–7 minutes. Sprinkle top with cheese, cover and cook until cheese melts, about 2 minutes.

Makes 6 servings, each about 1 ½ cups.

Pork with Lemon Caper Sauce

November • 2008

4 boneless pork chops, $\frac{3}{4}$ -inch thick, (5 oz each), trimmed
 $\frac{1}{4}$ tsp fresh ground black pepper
1 lemon
 $\frac{1}{2}$ cup chicken broth
1 tsp minced garlic
2 Tbsp capers, drained
 $\frac{1}{3}$ cup chopped fresh parsley
1 Tbsp margarine or butter

Sprinkle pork chops with pepper. Spray a 12-inch skillet with non-stick cooking spray and heat over medium-high heat until hot. Add pork chops and cook 5–7 minutes. Turn pork and cook an additional 4–6 minutes until no longer pink inside. Place on a platter and cover to keep warm.

Meanwhile, from lemon, grate $\frac{1}{2}$ tsp peel and squeeze 1 Tbsp juice. Set aside.

To 12-inch skillet, add chicken broth, garlic, lemon peel and juice. Heat to boiling and cook 2 minutes, stirring occasionally. Remove skillet from heat and stir in capers, parsley and margarine or butter. Pour sauce over pork chops and serve.

NOTES:

Makes 4 servings.

Shrimp with Angel Hair Pasta

February • 2009

12 oz angel hair pasta
1 Tbsp olive oil
 $\frac{1}{2}$ lb mushrooms, cleaned & quartered
1 (14 oz) can artichoke hearts in water, drained
1 lb raw shrimp, shelled and deveined
2 Tbsp butter
1 Tbsp olive oil
1 Tbsp lemon juice
2 oz shredded Parmesan, Romano or Asiago cheese ($\frac{3}{4}$ cup)

Cook pasta according to package directions; drain. In a large skillet over medium-high heat, brown mushrooms in 1 Tbsp olive oil for 4–5 minutes. Add shrimp and artichoke hearts. Cook 2–3 minutes until shrimp turn pink. Add cooked pasta, butter, 1 tablespoons olive oil and lemon juice. Toss until coated. Pour into a large serving bowl and top with cheese.

Makes 4 servings; about 2 cups each.

NOTES:

Fish Tacos

September • 2009

½ cup light mayonnaise	½ tsp ground cumin
½ cup plain yogurt	½ tsp dried dill weed
2 tsp finely grated lime peel (from about 1 lime)	½ tsp ground cayenne pepper
1 tsp capers, minced	1 lb tilapia fillets
1 jalapeño pepper, seeded and minced	Juice of 1 lime
¼ cup minced fresh cilantro	1 Tbsp canola oil
	8 corn tortillas
	4 cups shredded cabbage

NOTES:

In a medium bowl, mix together mayonnaise and yogurt. Stir in lime peel, capers, jalapeno, cilantro, cumin, dill weed and cayenne pepper. Marinate tilapia fillets in the juice of 1 lime. In a 12-inch skillet, heat oil on medium-high heat until hot. Place fish in skillet and cook 5–7 minutes or until it turns opaque throughout, turning once. Warm tortillas. Cut tilapia into 8 pieces. Place 1 piece of fish in each tortilla and top with cabbage and sauce.

Turkey Sub with Green Olive Tapenade

October • 2009

TAPENADE:	
1 tsp minced garlic	1 (16 oz) loaf wheat French bread
1 cup pimiento stuffed green olives, chopped	8 oz smoked turkey breast
1 Tbsp capers, minced	8 thin slices provolone cheese (6 oz)
¼ cup chopped fresh parsley	4 romaine lettuce leaves
2 Tbsp lemon juice	
1 Tbsp olive oil	
¼ tsp fresh ground pepper	

NOTES:

Combine tapenade ingredients, cover tightly and refrigerate. Slice the bread lengthwise. Spread bottom half with green olive tapenade. Layer turkey breast, cheese, and lettuce over tapenade. Replace top half of bread; press halves together. Wrap sandwich tightly in plastic wrap and refrigerate 30–60 minutes to blend flavors. When ready to serve, unwrap and cut into 8 portions.

Makes 8 servings.

Chicken Quesadillas

March • 2010

3 boneless, skinless chicken
breasts cut into strips

2 (14 oz) cans black beans,
drained and rinsed

1 cup chopped tomatoes

1 jalapeño pepper, seeded &
minced

1 medium onion, chopped

1 Tbsp minced garlic

½ cup chicken broth

1 tsp cumin

¼ tsp pepper

2 tsp olive oil

8 (9-inch) whole wheat flour
tortillas

2 cups shredded jack cheese

¼ cup light sour cream

1 avocado, chopped

NOTES:

Combine chicken, black beans, tomatoes, jalapeño, onion, garlic, chicken broth, cumin and pepper in slow cooker. Cook on low for 6–8 hours.

In a heavy skillet, heat ½ tsp. olive oil over medium heat. Place one tortilla in bottom of pan and layer ¼ cup shredded cheese and one fourth of the chicken mixture (about 1 cup). Sprinkle another ¼ cup cheese over the chicken and top with another tortilla. When bottom tortilla is lightly brown and cheese has started to melt, flip quesadilla and cook on the opposite side.

Remove quesadilla from skillet and cut into quarters. Garnish with 1 Tbsp sour cream and one fourth of the chopped avocado. Repeat with remaining ingredients.

Makes 8 servings:
½ quesadilla each.

BLT Salad Sandwiches

September • 2010

1 large tomato, chopped

1 cup mozzarella cheese, shredded

½ cup real bacon bits

4 cups shredded romaine lettuce leaves

¼ cup light mayonnaise

4 tsp cider vinegar

⅛ tsp fresh ground pepper

12 slices whole wheat bread, toasted

NOTES:

**Customer
Favorite!**

Combine tomato, cheese, bacon bits, and shredded lettuce in a large bowl. In a small bowl, stir together mayonnaise, vinegar and pepper; pour over salad mixture and toss to coat. Spoon about ¾ cup BLT Salad over 6 slices of bread; top with remaining bread slices.

Makes 6 servings, 2 slices bread and ¾ cup BLT Salad each.

Honey Mustard Pork Roast

November • 2010

3 lbs boneless pork roast
¼ cup honey
2 Tbsp Dijon mustard
1 tsp freshly ground black pepper
½ tsp dried thyme, crushed
½ tsp salt

NOTES:

Lay pork roast on a large sheet of foil. Score ½-inch slits in the roast. In a small bowl, combine honey, mustard, pepper, thyme, and salt; mix until well blended. Brush mixture over roast, working well into slits. Tightly wrap foil around pork roast and place in slow cooker. Cook on high for 2 hours and then 7 hours on low.

At end of cooking time, carefully transfer roast to serving bowl. Discard foil. Slice roast and pour juices from bottom of slow cooker over meat. Serve.

Makes 6 servings.



Sesame Beef & Asparagus Stir-Fry

March • 2011

2 (3 oz package) oriental-flavor ramen noodles
4 scallions, sliced
1 tsp dark sesame oil
2 tsp oil
1 lb round steak, thinly sliced;
1 tsp minced garlic
1 lb bag asparagus stir-fry frozen vegetable mix
1 recipe soy sauce mixture

SOY SAUCE MIXTURE:
¼ cup reduced sodium soy sauce
3 Tbsp rice vinegar
2 Tbsp hoisin sauce
2 Tbsp brown sugar
1 Tbsp chopped fresh ginger
2 tsp dark sesame oil
2 tsp cornstarch
¼ tsp red pepper flakes

NOTES:

In a small bowl, mix all soy sauce mixture ingredients.

To 2 cups boiling water in saucepan, add ramen noodles and only 1 seasoning packet. Add the scallions and dark sesame oil. Remove from heat; cover and let stand. In a large skillet, heat 1 tsp oil over medium-high heat. Add the thinly sliced steak and garlic.

Stir-fry 3 minutes. Remove beef. Heat 1 tsp oil in skillet. Add asparagus stir-fry frozen vegetable mix; stir-fry 3–5 minutes.

Add beef and soy sauce mixture to skillet. Stir-fry 1 minute until thickened. Serve with noodles.

Makes 4 servings: each ¼ cup noodles and 1 cup meat mixture.

Grilled Mustard Dill Salmon

May • 2011

1 ½ lbs salmon fillet
1 Tbsp olive oil
¼ cup Dijon mustard
1 ½ Tbsp dried dill weed

NOTES:

Preheat grill to medium high. (350°) Place salmon fillet, scale side down, on a sheet of aluminum foil. In a small bowl, combine olive oil, mustard, and dill weed. Spread over top of salmon. Place salmon and foil on heated grill. Close lid and grill, without turning, until opaque throughout; about 15–20 minutes, depending upon fillet thickness.

To serve, slide metal spatula between salmon meat and skin. Lift salmon to serving platter, leaving skin behind on the foil.

Makes 4 servings, about 6 oz each.

Fruited Beef Roast

October • 2011

1 onion, sliced	1 (14.5 oz) can beef broth
3–4 lb boneless beef pot roast, fat trimmed	1 tsp minced garlic
	¼ cup brown sugar
14 oz (around 3 cups) mixed dried fruit (e.g.: apples, apri- cots, craisins, golden raisins, prunes, etc.)	¼ cup minced parsley (1 Tbsp dried)
	½ tsp cinnamon
	½ tsp freshly ground pepper

NOTES:

Place sliced onions in bottom of a slow cooker. Place roast on top of onions. Cover with dried fruit. In a small bowl, combine beef broth, garlic, brown sugar, parsley, cinnamon and pepper and pour over meat.

Cover and cook on low-heat setting for 10 hours or on high-heat setting for 5 to 5 ½ hours. Remove meat from cooker to a cutting board. Cut across the grain into slices. Spoon fruit and onions over beef and serve.

Makes 8 servings, 6 oz beef and ½ cup fruit/onion mixture each.

Swiss Chard Tacos

February • 2012

2 tsp olive oil	½ cup chopped fresh cilantro
1 medium onion, chopped	1 Tbsp barbecue sauce
1 ½ tsp minced garlic	8 (6-inch) corn tortillas
½ cup chopped red pepper	1 cup prepared mango-peach salsa
½ jalapeño pepper, seeded and minced	½ cup light sour cream
1 lb Swiss chard, tough stems removed and leaves cut crosswise into 1-inch ribbons	

NOTES:

Heat olive oil in a skillet over medium heat. Add onion, cook and stir until the onion has softened and turned golden brown, about 10 minutes. Add garlic and peppers and sauté until softened. Stir in Swiss chard, cilantro, and barbecue sauce. Reduce heat and cook covered, stirring once, until just wilted, about 2–3 minutes.

Heat another skillet over medium-high heat. Warm the tortillas in the skillet for about 1 minute per side. Fill warmed tortillas with chard mixture; top with salsa and sour cream.

Makes 4 servings;
2 tacos each.

Lime Ginger Grilled Chicken

May • 2012

1 ½ tsp minced garlic
1 ½ tsp grated fresh ginger
1 Tbsp grated lime peel
⅓ cup fresh lime juice
2 tsp olive oil

½ tsp salt
½ tsp fresh ground black pepper
4 boneless, skinless chicken breast halves

NOTES:

In a gallon-size re-sealable plastic bag, combine minced garlic, ginger, lime peel, lime juice, olive oil, salt, and pepper. Mix thoroughly. Place chicken in bag; reseal; turn to coat with marinade. Refrigerate for 1–2 hours.

Preheat grill to medium. Remove chicken from bag; discard marinade. Position the chicken on oiled cooking grate. Cover grill and cook chicken 20–25 minutes or until juices run clear when thickest part is pierced with tip of knife, turning halfway through cooking time. Remove pieces to platter as they are done.

Makes 4 servings.

Asian Pork Chops

March • 2013

4 boneless pork loin chops
(4 oz each)
2 cloves garlic, minced
1 Tbsp grated fresh ginger

2 tsp dark sesame oil
½ cup water
2 Tbsp orange marmalade
1 tsp low-sodium soy sauce

NOTES:

Trim fat from pork chops. Combine garlic, ginger and oil and spread on a large plate. Add pork; turn to coat evenly with garlic mixture.

Spray a 12-inch heavy skillet with nonstick cooking spray and heat over medium-high heat until hot. Add pork to skillet; sauté 3–5 minutes on each side until no longer pink inside. Place pork chops on a clean, warm platter and cover to keep warm.

Add water, orange marmalade and soy sauce to skillet; bring to a boil. Reduce heat; simmer 3 minutes. Spoon sauce over pork and serve.

Makes 4 servings.

Grilled Tri-Tip with Herb Rub

June • 2013

1 beef tri-tip roast (2 ½ to 3 lbs)
1 tsp seasoning salt
1 tsp chili powder
1 ½ tsp dried thyme

NOTES:

In a small bowl, combine seasoning salt, chili powder and thyme. Trim tri-tip roast. Use a damp paper towel to lightly moisten the roast with water; pat with the prepared rub. Cover and refrigerate for at least 1 hour and up to 24 hours.

Preheat the grill to medium-high. Sear both sides of roast on hot grill. Lower the heat to medium, cover with grill lid and cook, turning occasionally, 15–20 minutes or until desired doneness. Remove to a clean platter, cover with foil and let the meat rest for 10 minutes. Carve against the grain into thin slices to serve.

Makes 6 servings, about 6 oz each.

Grilled Rosemary Garlic Shrimp

August • 2013

16 raw jumbo shrimp (about 1 ½ lbs)
1 tsp finely chopped garlic, mashed to a paste with ¼ teaspoon coarse salt
2 Tbsp minced fresh rosemary leaves
2 Tbsp olive oil
4 (12-inch) bamboo skewers
Lemon wedges

NOTES:

Peel and devein shrimp. Combine garlic, salt, rosemary and oil in gallon-size zip top bag; add shrimp. Seal bag and marinate shrimp overnight in the refrigerator.

Soak wooden skewers in water for 30 minutes. Preheat grill to medium-high. Thread four shrimp on each skewer and brush with additional oil mixture. Place shrimp on an oiled grill rack. Grill the shrimp until pink and firm, turning once, about 6–8 minutes total. Serve with lemon wedges.

Makes 4 servings; 4 shrimp each.

Slow Cooker Beef Provencal

January • 2014

2 tsp olive oil	1 tsp dried rosemary
1 Tbsp minced garlic	1 tsp dried thyme
2 lbs beef stew meat	1 (14 oz) can diced tomatoes
1 cup lower-sodium beef broth	2 cups chopped onion
½ tsp black pepper	6 carrots, thickly sliced
2 Tbsp apple cider vinegar	3 cups cooked medium egg noodles

NOTES:

Heat oil in large skillet over low heat. Add garlic and cook 5 minutes, stirring occasionally. Remove garlic and set aside. Increase heat to medium-high and brown beef cubes. Transfer to slow cooker. Add broth to skillet and scrape to loosen browned bits. Stir in garlic, pepper, vinegar, rosemary, thyme, and tomatoes. Place onion and carrots with beef in slow cooker. Pour broth mixture over top. Cover and cook on high for 5 hours, or low for 10 hours. Serve over noodles.

Makes: 6 servings, ½ cup noodles and 1 cup stew each.

Slow Cooker Bourbon Street Chicken

April • 2014

2 lbs dark chicken meat (thighs)
1 tsp grated fresh ginger
¼ cup brown sugar
¼ cup apple juice
2 Tbsp ketchup
2 Tbsp soy sauce
1 Tbsp cider vinegar
¼ cup water
4 cups cooked brown rice

NOTES:

Place chicken in a slow cooker. In a small bowl, stir together ginger, sugar, apple juice, ketchup, soy sauce, vinegar and water; pour over chicken. Cover and cook 8 hours on low. Using 2 forks, shred the meat. Spoon chicken and juices over cooked brown rice.

Makes: 6 servings, ¾ cup rice and 5 oz chicken each.

Salsa Chicken in a Slow Cooker

August • 2014

1 ½ cup diced celery
1 cup shredded carrots
1 Tbsp chili powder
1 tsp oregano
1 ½ tsp cumin
2 lbs (32 oz) boneless, skinless chicken breasts
1 cup chunky salsa
1 cup chopped tomato

Place the celery and carrots in the bottom of a slow cooker. In a small bowl, combine chili powder, oregano, and cumin; sprinkle half over one side of the chicken breasts. Add chicken to slow cooker; spice side down. Sprinkle remaining half of spices over chicken. Combine salsa and tomatoes and pour over chicken. Cover and cook on low for 6–8 hours or until meat reaches an internal temperature of 165°. When ready to serve, use 2 forks to pull chicken into shreds.

Makes 8 servings, 1 cup each.

NOTES:

**Customer
Favorite!**

Grilled Fish Tacos with Cucumber-Mango Salsa

June • 2015

2 trout fillets, 6 oz each
1 cup mango, diced
¾ cup pineapple, diced (fresh or canned)
1 small avocado, diced
½ cup cucumber, diced
½ cup red bell pepper, diced
1 ½ Tbsp lime juice
1 Tbsp cilantro, finely chopped
4 (6-inch) whole wheat tortillas

Start with clean, well-oiled grill on medium heat (375°). In medium bowl, combine: mango, pineapple, avocado and red pepper; sprinkle with lime juice and cilantro, then toss and chill. Grill trout on oiled grate for 2 minutes. Turn trout and grill for 2 more minutes, or until trout turns opaque and flakes easily. Flake fish into large bite-sized pieces and serve on tortillas topped with a generous scoop of salsa.

Makes 4 servings, 1, 6-inch taco each.

NOTES:

Grilled Chicken-Pineapple Skewers

July • 2015

1 lb boneless, skinless chicken breast
2 cups fresh or canned pineapple, cut into 1-inch cubes
(reserve the juice)
½ red onion, cut into 1-inch pieces
1 green bell pepper, cut into 1-inch cubes
1 red bell pepper, cut into 1-inch cubes

In a small mixing bowl, whisk together marinade ingredients. Cut chicken breast into 1 to 1 ½ inch pieces, add to marinade and stir to coat. Cover and refrigerate for at least one hour, longer for stronger flavor. If using bamboo skewers, be sure to soak in water for 30 minutes prior to assembling. Metal skewers may also be used. Assemble skewers alternating chicken, pineapple chunks, onion and peppers (each skewer will have approx. 4 chunks of chicken). Heat grill to medium-high, or 375°. Grill skewers until just beginning to brown, approx. 10 minutes each side.

Makes 4 servings, 2 skewers each.

MARINADE:
2 Tbsp olive oil
2 Tbsp mustard
1 Tbsp pineapple juice
2 tsp honey
1-2 cloves garlic, crushed
2 tsp soy sauce

Pork Loin with Caramelized Onions

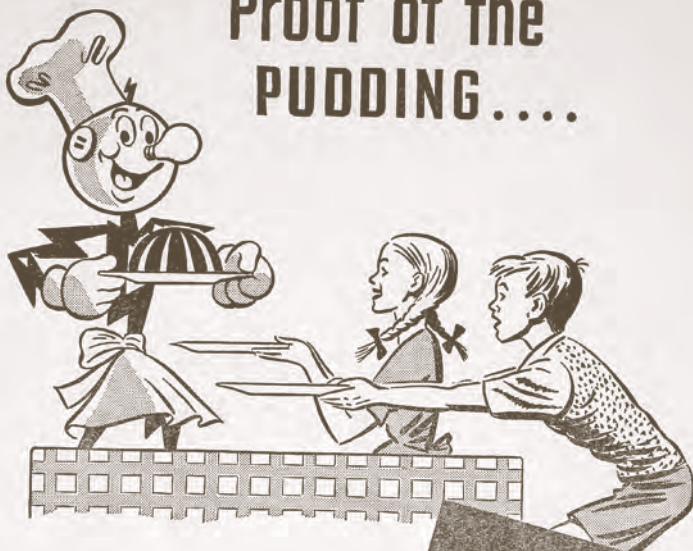
November • 2015

1 lb boneless pork loin chops, trimmed of visible fat
1 Tbsp olive oil
½ medium onion, sliced into half-rings
¼ cup dry white wine
Pinch of tarragon
Seasoned salt
Pepper

In a large pan, heat olive oil over medium-high heat. Sprinkle pork with tarragon and pepper on one side. Once oil is hot, place pork in pan seasoned-side down and cook until lightly browned, approximately 3-4 minutes. Flip chops, sprinkle lightly with salt. Add onions, sauté until they begin to caramelize, approximately 5 minutes. Pour in wine, gently stirring to loosen brown bits. Reduce heat to medium and simmer for another 2-3 minutes or until onions reach desired doneness. Drizzle chops with juices from pan to serve.

NOTES:

Proof of the PUDDING....



... IS IN THE EATING.

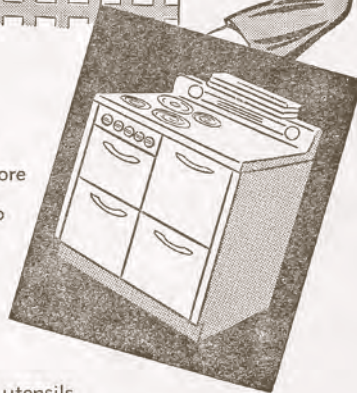
That old saying was never more appropriate than when applied to foods cooked the electrical way.

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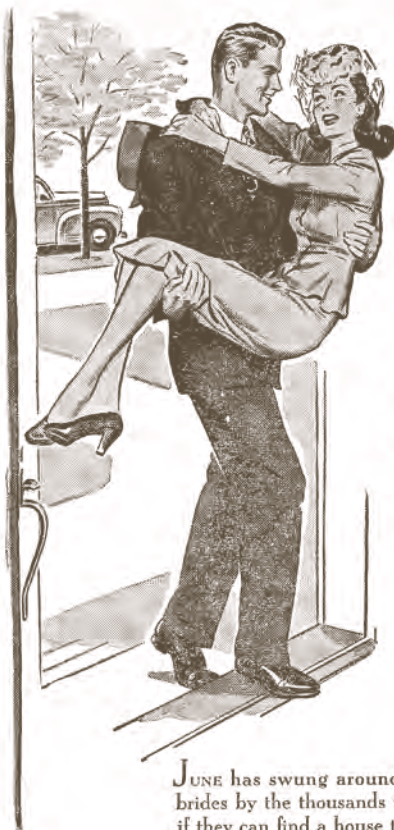
Quick, even heat is directed into utensils and all the natural, rich flavors and lusciousness are cooked right in the foods and they keep their natural color and shape. The sealed-in vitamins and other food values are served with the meal
... not boiled out and thrown down the drain.

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A CITIZEN WHEREVER IT SERVES

Ingredients

The book in your hand is far from the first collection of Idaho Power recipes. From the 1920s to the 1940s, company recipes appeared in the Idaho Power newsletter, *The Elektrikat*, and were used at Idaho Power cooking schools and demonstrations. They were also published in *The Idaho Statesman*. The recipes fit into an important part of Idaho Power's past: the adoption of electric cooking by women across the territory. They help tell the story of Idaho Power's appliance sales and cooking schools, and point to another facet of the company's sales tactics designed to increase electrical use.

The recipes also tell us a lot about American cooking during these decades. The ingredients alone bear witness to the historical era: sugar, eggs, butter, cream, marshmallows, orange and pineapple are among the most common, not to mention pork, beef and ham. Where vegetables are used, they are often stuffed with meat, such as green peppers stuffed with hamburger to make "Hamburger Shamrocks" in a favorite recipe of Idaho Power's home economist, published in *The Idaho Statesman* in 1939. Or the vegetables are clearly an afterthought, such as those added to the slow cooker at the tail end of a recipe for ham, pork and beef loaf taught at an Idaho Power cooking school in 1940. (Nothing says "1940" quite like the Mushroom Medley! Inset right).

Continued on reverse

Inset right: Does your cookbook shelf contain "Odie's Favorite Quick and Easy Recipes?" Published in the 1970s by Idaho Power employee Leona "Odie" Anderson, who served the company as a home service advisor for 31 years, it features Idaho Power recipes including ribbon cookies, calico beans and magic cookie bars.



Mushroom Medley

1 lb ground meat
2 medium onions
1 medium green pepper
1 2 ½-lb can tomatoes
1 small can mushrooms
¼ lb American cheese
½ lb medium noodles
4 Tbsp fat
1 tsp salt
Pepper

Brown chopped onions and peppers in two Tbs. fat in large chicken fryer skillet, then brush to sides of skillet. Add other two Tbs. fat and meat. Brown meat and stir chopped vegetables into it. Add mushrooms, tomatoes and noodles and sprinkle grated cheese over the top. Add seasoning and cover tightly. When boiling, turn switch to fifth speed and cook one hour. Use giant unit.

Ham Loaf with Vegetables

1 lb ground smoked ham
½ lb ground beef
½ lb ground pork
½ cup cracker crumbs
½ tsp salt
Pepper
Paprika
1 onion, chopped
1 green pepper, chopped
½ cup celery
1 small can pimientos, chopped
1 egg
½ cup milk

Mix all ingredients together thoroughly. Shape into two loaves. Wrap in pieces of cheesecloth. Add 1 cup of water to deep well cooker kettle. Add vegetables. Place ham loaves on vegetables in cooker or on rack above. Use "high" heat until steam flows freely from vent, then "low" 1 ¼ to 1 ½ hours. Green beans or potatoes and carrots are good vegetables to steam with ham loaf.

Continued from front

The appliances used in the recipes are also signs of the times, even if they might seem common to us today. To increase sales and boost customers' energy use, Idaho Power sought to publish and teach recipes that made use of all units of electric ranges, not to mention refrigerators, freezers, slow cookers, food processors, waffle irons and more — all new additions to Idaho kitchens that offered new tastes to Idaho palates. Veal a la Maryland involved browning the meat on the stove top, then moving it to the oven, while lemon cream sherbet required a freezer and lamb patties were broiled. A pot roast recipe demanded use of a slow cooker. There's even an entire article in a 1937 *Idaho Power Company Bulletin* about canning with electricity, proclaiming, "The electric range has made canning a safe, simple and economical job." While the canning recipes called for a generous one cup of sugar per cup of fruit, they also included a refreshing nod to the agriculture of the Treasure Valley, urging readers to choose vegetables for canning that are in season, foreshadowing, perhaps, the focus on local food to follow several decades later.



Inset left: Idaho Power focused appliance sales efforts on convincing women that cooking with electricity would save them from excess work.

Lamb Patties

2 lbs ground lamb
6 slices bacon
Salt and pepper
1 tsp grated orange rind
1 Tbsp mint leaves, finely cut
1 small glass current jelly

Form ground, seasoned lamb into thick patties and wrap each with a bacon slice, fastening ends with toothpicks. Broil under pre-heated broiler unit, placing 2 or 3 inches from unit. When nicely browned, turn and finish cooking on second side. Serve hot. Just before serving pour the following sauce over patties. Beat currant jelly with fork, breaking into particles. Sprinkle with grated orange rind and chopped fresh mint leaves.

Pears and Pineapple

Put a spoonful of crushed pineapple in the core hollow of canned pear halves. Drizzle French dressing over the top or sprinkle with lemon juice and melted butter. Place on broiler rack after turning lamb patties. When heated through, a cut marshmallow can be added and allowed to melt and brown very slightly.

Lemon Cream Sherbet

1 pint milk
1 cup sugar
(stir until dissolved)
Juice of 2 lemons; add, mixing constantly, to milk and sugar
Freeze to mush
Grated rind of 1 lemon
2 egg whites, beaten stiff
½ pint of cream, whipped
2 Tbsp sugar

Add sugar to egg whites before combining with the half frozen ingredients. Fold all together and finish freezing.

Burnt Sugar Cake

1930

3 whites of eggs
¼ cup powdered sugar
1 Tbsp pastry flour
1 pint freshly grated cocoanut
1 tsp flavoring

Beat eggs stiff then add sugar and flour a little at a time.
Beat 5 minutes and add cocoanut and flavoring. Form into small mounds on oiled paper, sift sugar over them and bake in a moderate oven.

From the 1930 *Boise Junior League Cookbook*.

Recipe submitted by
Mrs. F.F. Johnson, wife
of Idaho Power President
F.F. Johnson (1916–1931).

Coconut Macaroons

1930

3 whites of eggs
¼ cup powdered sugar
1 Tbsp pastry flour
1 pint freshly grated coconut
1 tsp flavoring

Beat eggs stiff then add sugar and flour a little at a time.
Beat 5 minutes and add coconut and flavoring. Form into small mounds on oiled paper, sift sugar over them and bake a moderate oven.

From the 1930 *Boise Junior League Cookbook*.

Recipe submitted by
Mrs. F.F. Johnson, wife
of Idaho Power President
F.F. Johnson (1916–1931).

Frozen Pudding

1930

1 quart cream
1 cup English walnuts, cut in pieces
1 cup candied cherries, cut in pieces
1 Tbsp whiskey
1 tsp vanilla

Whip cream stiff and add sugar to taste. Add other ingredients.
Place in mould and pack in ice and salt.

From the 1930 *Boise Junior League Cookbook*.

Recipe submitted by
Mrs. F.F. Johnson, wife
of Idaho Power President
F.F. Johnson (1916–1931).

Pineapple Parfait

1930

1 cup sugar
1 cup water
6 egg yolks, well beaten
1 pint thick cream
1 can grated pineapple
Juice of 1 lemon

Boil sugar and water together 5 minutes. Pour the boiling syrup into the egg yolks and cook until like a thick custard. Beat until cold. Whip thick cream. Have ready 1 can of grated pineapple and lemon juice. Put all together lightly, stirring with a fork. Pack in ice and salt for 6 hours.

From the 1930 *Boise Junior League Cookbook*.

Recipe submitted by
Mrs. F.F. Johnson, wife
of Idaho Power President
F.F. Johnson (1916–1931).

Apricot Dumplings

1934

2 cups flour
½ tsp salt
4 tsp baking powder
1 Tbsp shortening
1 cup thick cream

Mix and sift flour, salt and baking powder; rub in shortening; add cream and mix well. Turn on floured board, knead slightly and roll out to ½-inch thickness. Shape with large biscuit cutter; place 2 halves of peeled apricots on each circle. Enclose them, pressing edges of dough together. Place 2 inches apart. Pour over them 1 cup of sugar and 2 1/2 cups cold water. Bake in a hot oven (400°), 20 minutes, basting three times during cooking. Serve with cream.

From the 1934 *Boise Junior League Cookbook*.

Recipe submitted by Mrs. C.O. Crane, wife of Idaho Power employee Cal Crane (1916-?).

Boston Fudge Cake

1934

(cream together)
2 cups brown sugar
½ cup butter
Yolk of 2 eggs

Add 2 Tbsp cocoa (heaping)
½ cup sour milk
1 cup cold water
1 tsp baking soda (level) dissolved in hot water
1 tsp baking powder
1 Tbsp vanilla
2 cups cake flour (sifted before measured)

Fold in the stiffly beaten whites of 2 eggs. Bake in layers or loaf. Put together with white or chocolate frosting.

From the 1934 *Boise Junior League Cookbook*.

Recipe submitted by Mrs. C.O. Crane, wife of Idaho Power employee Cal Crane (1916-?).

Doughnuts

1934

1 cup sugar
2 tsp baking powder
2 Tbsp butter
½ tsp soda
2 eggs
½ tsp salt
1 cup milk
½ tsp nutmeg
1 quart flour

Mix in order given and fry in deep fat.

From the 1934 *Boise Junior League Cookbook*.

Recipe submitted by
Mrs. C.O. Crane, wife
of Idaho Power employee
Cal Crane (1916-?).

Great Grandmother's Steamed Pudding

1934

1 cup raisins	½ cup sugar
1 tsp each of cloves, cinnamon, and all spice	3 cups flour
1 cup currants	1 cup sour milk
3 eggs	1 level tsp baking powder
1 tsp soda	to each cup flour
	1 tsp salt

Use some of the flour to cover suet and fruit. Mix to a stiff batter, put into moulds and steam three hours. Start cooking in cold water and count time from the time the water begins to boil. A pleasant variation of this pudding is made by adding 1 cup grated carrots and by using about half coarse whole wheat flour or cracked wheat. Serve hot with hard sauce or the following:

Two cups boiling water, to which add 1 large Tbsp butter, ½ tsp salt, one cup sugar in which 1 rounded Tbsp flour has been mixed, cook until clear and flavor as desired. When cracked wheat is used heavy cream whipped and sweetened is excellent for the sauce.

From the 1934 *Boise Junior League Cookbook*.

Recipe submitted by
Mrs. S.D. Fairchild, wife
of Idaho Power employee.

Recipe dates back to 1840.

Coconut Snowball Sundae

1958

Scoop a pint of ice cream into balls (a cream soup spoon dipped into warm water may serve as improvised scoop). Roll in $\frac{1}{2}$ cup shredded coconut and place in sherbet glasses. Top with chocolate syrup.

Makes 4 servings.

Snowballs may be prepared ahead and stored on waxed paper in freezer.

From the 1958 *Best Cook Jubilee* cookbook.



Fiesta Banana Cake

1960

2 cups cake flour
1 tsp baking powder
1 tsp soda
 $\frac{1}{2}$ cup shortening
 $\frac{1}{2}$ cup sour milk
1 tsp salt
1 $\frac{1}{3}$ cups sugar
1 cup mashed bananas
 $\frac{1}{2}$ cup chopped nuts
1 tsp vanilla

Sift dry ingredients, including the sugar. Stir shortening and sifted ingredients, $\frac{1}{4}$ cup milk and the bananas. Beat with electric beater for 2 minutes. Add eggs and remaining milk. Beat 1 minute longer. Fold in nuts and vanilla. Bake at 375° for 25 minutes. Makes 2 (9-inch) layers.

From the 1958 *Forest Favorites* cookbook.

Recipe submitted by Mrs. Harry Soulen, wife of Idaho Power Director.

Exotic Lemon Cream Torte

1971

MERINGUES:

4 egg whites
1/8 tsp salt
1/2 tsp vanilla
1 cup sugar
1/4 tsp cream of tartar

Using a large bowl, start beating egg whites, adding salt and cream of tartar. Gradually add sugar and vanilla. Beat until very stiff. Place in two 8-inch rounds on heavy duty foil lined cookie sheet. Bake one hour at 275°. Meringues should not brown but should be crisp and firm when done. Remove them to a rack to cool.

FILLING:

4 egg yolks
3 Tbsp lemon juice
1 cup heavy cream
3/4 cup sugar
1 tsp grated lemon rind
2 tsp vanilla

Beat egg yolks with 1/2 cup sugar until smooth. Add lemon juice and rind. Cook in double boiler stirring constantly until thick and creamy. Cool and chill. Whip cream and add remaining 1/4 cup sugar and vanilla. Fold in chilled lemon mixture ever so carefully until well mixed. Put between meringues and on top. Garnish as desired and cut in wedge shapes to serve.

Serves 8.

First Place ~ Dessert

From the 1971 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by
Mrs. Milton Hanson.



Pineapple Cheese Cake

1971

1 egg, beaten
2 egg yolks, beaten
⅓ cup sugar
¼ cup milk
dash of salt
1 Tbsp unflavored gelatin
¼ cup cold water
12 oz cream cheese

3 Tbsp lemon juice
½ tsp vanilla
8 oz crushed pineapple
½ cup cream, whipped
2 egg whites, beaten stiff
¼ cup sugar
Graham cracker crust

Make cooked custard of eggs, egg yolks, ⅓ cup sugar, milk and salt. Soften gelatin in cool water. Add to custard, cool slightly. Add cream cheese, lemon juice, pineapple and vanilla. Cool. Fold in whipped cream. Beat egg whites and ¼ cup sugar. Fold into cheese mixture. Pour into graham cracker crust.

Second Place ~ Dessert

From the 1971 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by Mrs. JoAnne Craner.



Millionaire Pie

1971

1 (8 oz) package cream cheese
1 (#2) can crushed pineapple
1 cup nuts
1 box powdered sugar
2 packages Dream Whip

COCONUT PIE SHELLS:
6 Tbsp butter
3 cups flaked coconut

For filling: Cream cheese and powdered sugar. Drain pineapple well. Chop nuts. Prepare Dream Whip according to directions on package. Blend all together and pour into 2 baked 9-inch pie shells. Chill 2-3 hours.

For pie shells: Melt butter, add coconut and toss together until coconut is well buttered. Press mixture on bottom and sides of 2 (9-inch) pie pans to make the shells. Brown slightly and let stand at room temperature until cool.

Third Place ~ Dessert

From the 1971 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by Mrs. John Bolton.



Apple Cake

1971

4 cups diced apples (Jonathan or Rome Beauty)
2 eggs, well beaten
1 cup chopped walnuts
2 tsp cinnamon
1 tsp. salt
2 cups sugar
½ cup salad oil
2 tsp vanilla
2 cups flour
2 tsp baking soda

Mix apples and sugar. Add oil, eggs, vanilla and nuts. Mix well. Sift together flour, cinnamon, baking soda and salt. Add to apple mixture, mix well. Bake at 350° till done.

From the 1971 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by Mrs. Paula Smith.



Mayonnaise Cake

1971

3 cups flour
2 ¼ cups sugar
3 tsp baking soda
1 ½ cups warm water
4 ½ Tbsp cocoa powder
1 ½ cups mayonnaise

CHOCOLATE FROSTING:
2 ¾ cup powdered sugar
6 Tbsp unsweetened cocoa powder
6 Tbsp butter
5 Tbsp evaporated milk
1 tsp vanilla extract

Mix dry ingredients well. Mix warm water and cocoa powder together well. Blend water and cocoa with dry ingredients and add mayonnaise and put into a 9 x 13-inch baking dish. Set oven at 350° and bake 35–40 minutes. Top with frosting.

Frosting: In a medium bowl, sift together the powdered sugar and cocoa powder, set aside. In a large bowl, cream butter until smooth, then gradually beat in sugar mixture alternately with evaporated milk. Blend in vanilla. Beat until light and fluffy.

From the 1971 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by Mrs. Sue Graham.



Pineapple Carrot Cake

1971

2 cups sugar
1 ½ cups vegetable oil
4 eggs
1 (13 ¼ oz) can crushed
pineapple
3 cups flour

1 tsp salt
2 tsp baking soda
1 tsp vanilla
1 tsp cinnamon
2 cups shredded carrots
1 cup chopped nuts

Cream sugar and oil, add eggs, one at a time. Add pineapple. Sift dry ingredients five times and add to batter. Mix well and add carrots, nuts and vanilla. Pour into 3, 8-inch, well-greased and floured cake pans and bake at 350° for 25–30 minutes or until cake springs back when touched lightly in the center. Cool on racks.

For frosting: cream cheese and butter together. Add sugar and vanilla and beat well. Spread on cool cake.

From the 1971 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by
Mrs. David Lohr.

CREAM CHEESE FROSTING:

1 8-oz package cream cheese
½ cup butter
1 ½ lbs powdered sugar
1 tsp vanilla

Almond Crunch Cake

1972

1 ½ cup sugar
1 tsp instant coffee
¼ cup corn syrup
¼ cup water
1 Tbsp baking soda

½ cup sliced blanched
almonds, toasted
2 cups whipping cream
2 tsp vanilla
1 (10-inch) Angel Food Cake

Cook sugar, instant coffee, corn syrup and water in a sauce pan to a hard-crack stage. Remove from heat and add at once 1 Tbsp soda. Stir vigorously only until mixture pulls away from side of pan. Quickly pour foamy mixture into buttered 9 x 9 x 2-inch pan. Do not spread or stir. Cool; tap bottom of pan to remove from pan. Crush in coarse crumbs.

Split cake into three layers. Whip cream and add vanilla, half of crunch crumbs and a few almonds. Frost the layers of the cake and trim with almonds.

First Place ~ Dessert

From the 1972 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by
Mrs. Henry Westendorf.



Americana Key Lime Pie

1972

1 Tbsp unflavored gelatin

½ cup sugar

¼ tsp salt

4 egg yolks

½ cup lime juice

¼ cup water

1 tsp grated lime peel

Few drops green food coloring

4 egg whites

½ cup sugar

1 cup heavy cream, whipped

1 (9-inch) baked pastry shell

Thoroughly mix gelatin, ½ cup sugar and salt in saucepan. Beat together egg yolks, lime juice and water; stir into gelatin mixture. Cook and stir over medium heat just till mixture comes to boiling. Remove from heat; stir in grated peel. Add food coloring sparingly to tint pale green.

Chill, stirring occasionally, until the mixture mounds slightly when dropped from a spoon. Beat egg whites til soft peaks form; gradually add ½ cup sugar, beating to stiff peaks. Fold gelatin mixture into egg whites. Fold in whipped cream. Pile into cooled baked pastry shell. Chill till firm. Spread with more whipped cream, garnish with lime wedges.

PIE CRUST:

1 cup flour, sifted

½ tsp salt

½ cup shortening

2 to 3 Tbsp cold water

Mix flour and salt. Cut in shortening. Sprinkle cold water over mixture and mix with fork until all flour is moistened. Press dough into a ball. Roll to about ⅛-inch thickness. Ease pastry into pie pan. Trim and edge. Prick with fork. Bake until golden brown at 425° for 12–15 minutes.

Second Place ~ Dessert

From the 1972 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by
Mrs. Brent Cannon.



Apple Dumplins

1972

3 cups flour
3 tsp baking powder
1 ½ tsp salt
1 cup shortening
1 cup milk
6 apples
½ cup sugar
1 tsp cinnamon
¼ cup butter

SAUCE:
3 cups water
1 ½ cups sugar
2 tsp cinnamon

Mix sugar, water and cinnamon together, for the sauce, in a 9 x 13-inch pan. In a bowl, sift together the flour, baking powder and salt. Cut in shortening. Add milk to form a dough. Roll out on a board ¼-inch thick. Peel and grate apples and spread evenly over dough. Sprinkle with ½ cup sugar and 1 tsp cinnamon. Dot with butter. Roll up and slice off 1-inch thick and place in sauce. Bake at 375° for 45 minutes.

Second Place ~ Dessert

From the 1972 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by Mrs. Everett Copenbarger.



Fudge Meltaways

1972

½ cup butter or margarine
1 square unsweetened chocolate
¼ cup granulated sugar
1 tsp vanilla
1 egg, beaten
2 cups graham cracker crumbs

¼ cup butter
1 Tbsp milk or cream
2 cups sifted powdered sugar
1 tsp vanilla
½ cup chocolate chips
1 tsp shortening

Melt ½ cup butter and chocolate in saucepan. Blend sugar, 1 tsp. vanilla, egg and crumbs into butter-chocolate mixture. (Coconut and/or chopped nuts may be added, if desired). Mix well and press into ungreased 9 x 9-inch baking dish. Refrigerate.

Mix ¼ cup butter, milk, powdered sugar and 1 tsp vanilla. Spread over crumb mixture and chill.

Melt chocolate chip and shortening over hot water and spread over filling. Cut into small squares and refrigerate until served.

From the 1972 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by Mrs. Mike Thomas.



Creamy Crunch Cookies

1973

3 cups Rice Krispies, measure and then crush
2 cups chunky peanut butter
1 stick margarine
1 lb powdered sugar

Mix well, form into balls, chill overnight. Dip in melted almond bark or chocolate.

First Place ~ Dessert

From the 1972 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by Mrs. Arnold Svancara.



Blueberry Fluff

1973

40 marshmallows	$\frac{1}{3}$ cup butter
1 $\frac{1}{2}$ cups milk	3 Tbsp sugar
1 package dream whip	1 can blueberry pie filling
20 graham crackers	

Melt the marshmallows in 1 $\frac{1}{2}$ cups of milk in top of double boiler. Cook and stir briskly.

Prepare the dream whip according to directions on package. Then fold into the marshmallow mixture. Crush 20 graham crackers really fine and then add $\frac{1}{3}$ cup of melted butter and 3 Tbsp sugar.

Cover the bottom of a 7 x 12-inch Pyrex dish with the crumbs. Save enough to sprinkle some on the top.

Pour about $\frac{1}{2}$ of the marshmallow mixture over the graham cracker crumbs. Then spread on the blueberry pie filling. Spread the remaining marshmallow mixture over the pie filling. Then sprinkle the rest of the graham cracker crumbs on the top. Chill before serving. Makes 15 servings.

Second Place ~ Dessert

From the 1972 *Buhl Best Cook Jubilee* cookbook.

Recipe submitted by Mrs. Arnold Svancara.



Bert's Decadent Peanut Butter Pie

1990

2 9-inch pie shells, baked
1 (8 oz) package cream cheese
1 cup peanut butter
2 Butterfinger candy bars, crushed
1 container Cool Whip topping
1 can sweetened condensed milk
Hot fudge topping

Blend together canned milk, peanut butter and cream cheese until smooth. Fold in whipped cream and Butterfingers. Pour into baked pie shells, top with hot fudge syrup and freeze. Thaw 10–15 minutes before serving.

From the 1990 *Pole Top Recipes* Idaho Power employee cookbook.

Recipe submitted by Bert Redfern, Twin Falls.

Christmas “Killowatt” Kookies

1990

2 cubes margarine (1 cup)
2 cups white sugar
2 cups brown sugar
4 eggs
1 tsp vanilla
2 tsp baking soda

2 tsp baking powder
4 cups flour
1 cup oatmeal
1 cup Special K cereal,
crushed

Cream together the margarine, sugar, brown sugar, eggs and vanilla. Add baking soda and baking powder. Mix well. Add flour, oatmeal and cereal. Mix again. Drop by spoonfulls on a greased cookie sheet and bake at 350° for 12 minutes. They may not seem done, but they are.

Makes a large batch.

From the 1990 *Pole Top Recipes* Idaho Power employee cookbook.

Recipe submitted by Sue Robbins, Fairfield.

Turtle Brownies

1990

1 package German chocolate cake mix
1 package caramels
1 package chocolate chips
1 can condensed milk
 $\frac{3}{4}$ cup melted margarine
1 cup chopped nuts

Combine $\frac{1}{2}$ cup milk, margarine and cake mix. Press half of mixture into 9 x 13-inch dish. Bake at 350° for 6 minutes. While baking, melt caramels with $\frac{1}{2}$ cup milk and set aside.

Remove cake, sprinkle chocolate chips over the top. Cover with caramel sauce and remaining cake mixture. Bake 15–18 minutes.

From the 1990 *Pole Top Recipes* Idaho Power employee cookbook.
Recipe submitted by Jack McGee, Boise.

Choco-Mint Parfait

December • 1993

2 cups vanilla ice milk
10 red and white hard peppermint candies, crushed
 $\frac{1}{2}$ cup Oreo chocolate cookie crumbs

Soften ice milk at room temperature. Set aside 1 Tbsp crushed peppermints for garnish. Mix remaining crushed peppermints into vanilla ice milk.

Into each of 4 parfait glasses, place 1 Tbsp cookie crumbs. Top with $\frac{1}{4}$ cup peppermint ice milk. Repeat layers, Garnish with reserved crushed peppermints.

Freeze until serving.

Serves 4.

NOTES:

Lime Frost Pie

July • 1996

GRAHAM CRACKER CRUST:

1 ½ cups graham cracker
crumbs
3 Tbsp honey
1 Tbsp melted margarine

FILLING:

6 oz frozen limeade, thawed
12 oz light whipped cream
Several drops green food coloring
1 lime

NOTES:

For crust: Preheat oven to 350°. Combine ingredients and mix well. Press firmly into 9-inch pie plate. Bake for 10 minutes or until edges are browned; cool.

For filling: Stir food coloring into limeade. Fold limeade into whipped topping. Pour into crust and freeze. Garnish with lime slices.

Makes 8 servings.

Fruit Bars

October • 1996

1 large apple, peeled & grated
(about 1 cup)
½ medium-ripe banana,
mashed (about ½ cup)
½ cup frozen apple juice
concentrate, thawed
1 large egg white

1 ¼ cups whole wheat flour
1 tsp cinnamon
1 ½ tsp vanilla
¼ cup quick-cooking oats
½ tsp baking soda
¼ cup powdered sugar
½ cup raisins

NOTES:

Preheat oven to 350°. Spray an 8 x 8-inch baking pan with non-stick vegetable coating. In a large bowl, combine grated apple, banana, apple juice, egg white, and vanilla and beat until well blended. In separate bowl, stir flour, cinnamon and baking soda. Add flour mixture and oats to the fruit mixture. Stir gently until blended. Stir in raisins. Pour into prepared pan. Bake 25–30 minutes. Cool. Dust with powdered sugar.

Makes 16 squares.

Cranberry Date Bars

December • 1996

1 12 oz package cranberries
1 oz package chopped, pitted dates
1 tsp vanilla
2 cups flour

2 cups rolled oats
1 ½ cups packed brown sugar
½ tsp baking soda
1 cup margarine or butter, melted

ORANGE GLAZE:
2 cups powdered sugar
½ tsp vanilla
2 to 3 Tbsp orange juice
(or more, enough to drizzle)

Preheat oven to 350°. In medium saucepan, combine cranberries and dates. Cook covered, over low heat, stirring frequently, for 10–15 minutes or until cranberries pop. Stir in vanilla. Set aside. In a large mixing bowl, stir together flour, oats, brown sugar and baking soda. Sit in margarine or butter until well blended. Pat half the oatmeal mixture on the bottom of a 13 x 9 x 2-inch pan. Bake at 350° for 8–10 minutes. Carefully spread filling over oat mixture. Sprinkle remaining oat mixture on top. Bake for 20–22 minutes. Cool on wire rack. Orange glaze: Stir 2 cups powdered sugar, ½ tsp vanilla, 2–3 Tbsp orange juice.

Drizzle with orange glaze and cut into 1 ½-inch square bars.
Makes 40 bars.

Strawberry-Almond Yogurt Parfait

May • 1997

1 quart fresh strawberries
8 oz vanilla yogurt
1 tsp almond extract
4 tsps brown sugar

NOTES:

Wash, hull and drain strawberries. Large strawberries may be halved or quartered. Add almond extract to vanilla yogurt and stir well. Alternately layer strawberries and yogurt into four tall parfait glasses, ending with yogurt. If parfait glasses are not available, any tall glass is fine. cover and chill until ready to serve. When ready to serve, sprinkle 1 tsp brown sugar over top of each parfait.
Makes 4 servings.

Back-to-School Brownies

September • 1997

½ cup all-purpose flour	¼ tsp ground cinnamon
¼ tsp salt	1 large egg
2 egg whites	½ cup unsweetened applesauce
¾ cup granulated sugar	1 ½ tsp vanilla
2 Tbsp vegetable oil	
½ cup unsweetened cocoa powder	

NOTES:

Preheat oven to 350°. Spray a 9 x 9 x 2-inch baking pan with cooking spray. In a medium bowl combine flour, cocoa, salt and cinnamon. Stir to mix. In a large bowl whisk egg whites, egg, sugar, applesauce, oil and vanilla. Add flour mixture to applesauce mixture and stir until just blended. Pour batter into baking pan. Bake for 25 minutes. Cool in pan on rack.

Makes 16 servings.

Chocolate Peanut Butter Potato Fudge

December • 1998

1 6 oz package (1 cup) semisweet chocolate pieces
1 tsp vanilla
¾ cup mashed potatoes
2 ½ cups powdered sugar
1 cup peanut butter

NOTES:

Customer Favorite!

In a 2 ½-quart microwave-safe bowl, cook chocolate pieces, uncovered, on high for ½–2 minutes or until pieces are melted, stirring half way through cooking time. Stir until pieces are melted and mixture is smooth. Stir in potatoes, peanut butter and vanilla. Add powdered sugar and stir until well blended. With back of spoon, press mixture into greased 8 x 8 x 2-inch pan. Cover and chill. When firm, cut into squares.

An easy microwave fudge that's great for holiday gift giving!

Chocolate Lover's Pudding

March • 1999

½ cup sugar
¼ cup cocoa
2 Tbsp cornstarch
¼ tsp salt
2 ¼ cups milk
1 tsp butter
1 tsp vanilla

NOTES:

In a medium glass mixing bowl stir together sugar, cocoa, cornstarch and salt. Gradually stir in milk. Microwave on high power for 5 minutes, stirring once halfway through cooking time. Continue to cook on high power for an additional 2–3 minutes, or until mixture has thickened. Stir in butter and vanilla. Pour into individual serving dishes. Cover and chill.

Makes 4 servings.

Fresh Berry Soup

July • 1999

2 cups orange juice
1 tsp lemon juice
1 cup low-fat, vanilla yogurt, stirred until smooth
1 cup buttermilk
1 ½ to 2 cups fresh berries—raspberries, blueberries, strawberries
cinnamon

NOTES:

A refreshing, chilled summer dessert soup.

Whisk together the orange juice, yogurt, buttermilk and lemon juice. Chill. Wash and drain the berries. Slice the strawberries if they are large. Divide the berries among four individual serving bowls. Ladle the soup on top. Garnish with a sprinkle of cinnamon.

Makes 4, 1 ½ cup servings.

Berry Trifle

June • 2000

1 (3.5 oz) i package instant white chocolate or vanilla pudding mix
2 cups skim milk
8 oz nonfat vanilla yogurt
½ tsp almond extract
1 prepared angel food cake
4 cups sliced fresh strawberries (or raspberries or blueberries)
2 Tbsp sliced almonds

Prepare pudding according to package directions, using two cups of milk. When slightly thickened, stir in yogurt and almond extract. Cut angel food cake into 1-inch cubes and place ⅓ of them in the bottom of a deep glass bowl. Spread ⅓ of the pudding mixture over the cake and then spread with ⅓ of the fruit. Repeat layers two more times. Cover and refrigerate for at least 4 hours or preferably overnight. Uncover and garnish with sliced almonds. Serve chilled.

Makes 12 servings.

NOTES:

Pumpkin Custard Dessert

November • 2000

¾ cup packed brown sugar
1 tsp baking powder
3 egg whites
1 ½ tsp pumpkin pie spice
¼ cup flour
1 (13 oz) can evaporated skim milk
1 (16 oz) can pumpkin
2 tsp vanilla

Preheat oven to 350°. Spray a 9 x 9-inch baking dish with nonstick cooking spray. Combine all ingredients in a large bowl and beat until smooth. Pour into pan. Bake 50 to 55 minutes, or until knife inserted in center comes out clean.

Makes 9 servings.

NOTES:

Grilled Caramel Apples

September • 2001

4 large tart apples, cored
16 Red-hot cinnamon candies
¼ tsp ground cinnamon
8 caramels
4 Tbsp brown sugar

Place each apple on an 18-inch square of heavy-duty foil. Into each apple center, push a caramel, followed by four red-hots, one tablespoon of brown sugar, a sprinkle of cinnamon and a second caramel. Fold foil over apple and seal tightly. Grill, covered, over medium heat for 20 to 25 minutes or until apples are tender.

Makes 4 servings.

NOTES:

Slow Cooker Bread Pudding

February • 2002

8 cups of cubed, whole-wheat bread	½ cup raisins
½ cup sugar	½ tsp ground nutmeg
1 tsp ground cinnamon	5 cups skim milk
1 cup egg substitute (equal to 4 eggs)	2 tsp vanilla extract

Spray inside of slow cooker with non-stick cooking spray. Place bread cubes and raisins in slow cooker. In a medium bowl, stir together sugar nutmeg and cinnamon. Add milk, egg substitute and vanilla to sugar mixture and beat until smooth. Pour over bread cubes and raisins; gently stir. Cover and cook on low for 4 hours.

Cooking variation: bread pudding may be prepared in a 9 x 15-inch pan and baked in a 350° oven for 40 minutes or until a sharp knife inserted in the center comes out clean.

Makes 8 servings.

NOTES:

Microwave Caramel Corn

December • 2002

12 cups air-popped popcorn
¾ cup packed brown sugar
2 Tbsp butter
⅓ cup light corn syrup
⅛ tsp salt
¼ tsp baking soda
½ tsp vanilla

Remove all unpopped kernels from the popped corn. Place popped corn in a 4-quart glass bowl. Combine brown sugar, butter, corn syrup and salt in a 2-quart glass bowl. Microwave on high power, uncovered for 2 minutes or until mixture boils; stir halfway through cooking. Microwave using 30% power for 2 minutes. Stir in soda and vanilla. Pour syrup evenly over popped corn. Stir to lightly coat. Microwave using 50% power, uncovered for 6 minutes or until lightly toasted, stirring every 2 minutes. Pour popcorn mixture onto a large piece of foil. Cool completely. Break into clusters. Store in an air-tight container.

NOTES:

**Customer
Favorite!**

Makes 12 servings,
1 cup each.

Mexican “Fried” Ice Cream

April • 2003

2 cups light vanilla ice cream
1 ¼ cups cornflakes or sugar-coated flakes, crushed
4 tsp honey
2 tsp butter, melted
½ tsp ground cinnamon

Line a shallow baking pan with wax paper and put in freezer for 5 minutes. Place 4 well-formed ice cream balls (about ½ cup each) on the wax paper-lined pan. Freeze until firm. In a medium mixing bowl, toss together melted butter, crushed cereal flakes and cinnamon. Quickly roll the frozen ice cream balls in the cereal mixture, pressing lightly, until well coated. Cover, return to freezer and keep frozen until ready to serve. To serve, place individual ice cream balls in serving dish. Drizzle each serving with 1 tsp honey. Serve immediately.

Makes 4 servings, ½ cup each.

NOTES:

Pumpkin Fluff Dip

November • 2004

1 (3.4 oz) package instant vanilla pudding mix
¾ tsp pumpkin pie spice
1 (15 oz) can solid-pack pumpkin
1 (12 oz) container frozen light whipped topping, thawed
Cinnamon graham crackers

In a large bowl, stir together pudding mix and pumpkin pie spice. Mix in pumpkin. Fold in the thawed whipped topping. Chill in refrigerator. Serve with or cinnamon graham crackers.

Makes 5 ½ cups dip. One serving equals 2 Tbsp dip plus 2 full cinnamon graham cracker sheets.

NOTES:

Date Nut Crunch Cookies

December • 2009

1 cup dates, pitted and chopped
¾ cup sugar
½ cup butter
1 egg, beaten
1 tsp. vanilla
½ cup chopped walnuts
2 cups crisp rice cereal
1 cup flaked coconut

In a medium saucepan, stir together dates, sugar, butter, and egg. Cook over medium heat, stirring frequently until thick. Remove from heat and stir in vanilla, then nuts and crisp rice cereal. When the mixture cools enough to handle, roll teaspoon size balls in coconut, gently patting the coconut onto sides of balls.

Makes 24 servings; two balls each.

NOTES:

Cinnamon Grilled Peaches & Cream

August • 2010

4 large ripe peaches
1 Tbsp oil
1 tsp cinnamon

FILLING:
¼ cup light cream cheese,
softened
2 Tbsp honey
2 Tbsp finely broken walnuts

NOTES:

Before heating grill, brush an oil-soaked paper towel across grill grates. Preheat the grill to medium-high heat (325° to 350°).

In a small bowl, combine cream cheese and honey and stir until smooth. Stir in walnuts. Set aside.

Rinse peaches and dry with a paper towel. Cut each peach in half and discard the pit.

Brush cut edges with oil and sprinkle lightly with cinnamon. Place pit side down onto the grill. Grill for 3–4 minutes, or until grill marks form. Turn the peaches over and place about 1 Tbsp of the cream cheese mixture into each hollow where the pit was located. Grill for 2–3 more minutes. Serve immediately.

Makes 8 servings,
each ½ peach.

Peach Melba Yogurt Parfait

August • 2011

1 ½ cups Greek style honey yogurt
1 ½ cups nonfat plain yogurt
3 large fresh peaches, pitted and cut into bite-size pieces
1 ½ cups fresh raspberries
⅓ cup sliced almonds, toasted

NOTES:

In a medium bowl, stir together honey yogurt and plain yogurt until smooth. Spoon ½ cup fresh peaches into each of 6 parfait glasses or champagne flutes. Top each with ¼ cup yogurt mixture and ¼ cup raspberries. Top with ¼ cup yogurt mixture. Garnish each with 1 Tbsp sliced almonds.

Makes 6 servings, ½ cup yogurt, ½ cup peaches, ¼ cup berries, 1 Tbsp almonds each.

Apple Nut Crisp Hobo Packs

July • 2013

3–4 apples
¼ cup chopped pecans or walnuts
1 Tbsp brown sugar
1 tsp cinnamon
1 cup low-fat granola

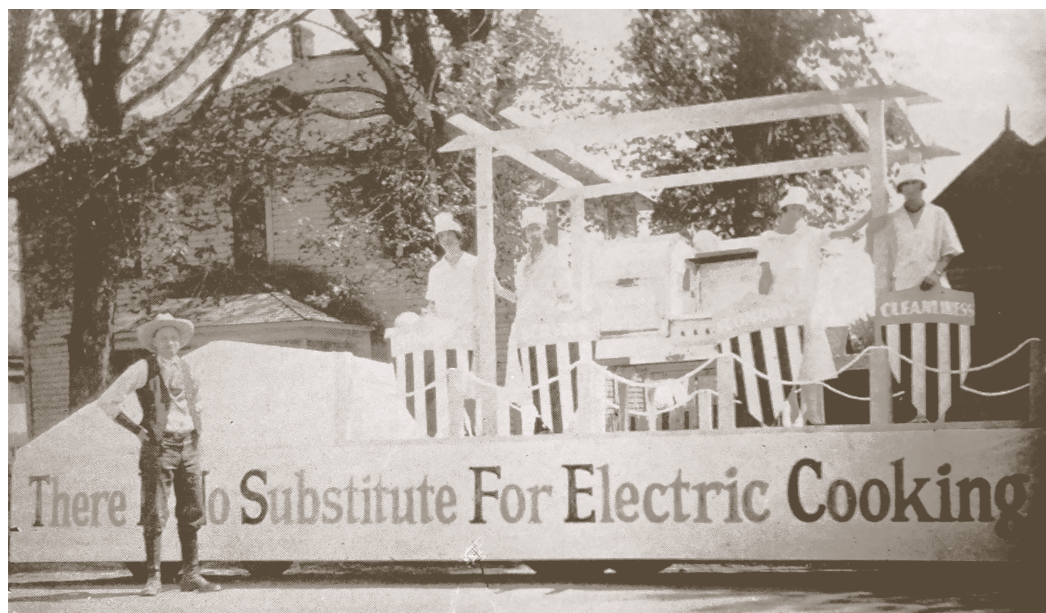
Cut four 12 x 14-inch rectangles of foil.

Wash, core and dice apples. Arrange 1 cup diced apple and 1 Tbsp chopped nuts in center of each piece of foil. Combine brown sugar and cinnamon. Sprinkle brown sugar/cinnamon mixture over apples in each packet.

Gather the tips of the foil and crumple to make “hobo packs.” Cook covered on the grill or over coals for 10 minutes with medium heat (325–350° F) until apples are soft. Remove and carefully open foil packs and sprinkle each with ¼ cup granola. Serve.

NOTES:

**Great
for Grilling!**



Additional Recipes

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Additional Recipes

Additional Recipes

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