



FEED BAG

RECIPE and HELPS

by Pauline Murphy

Savory Squash Pie

- 3 medium size yellow squash, sliced
- 3 medium zucchini, sliced
- 1 yellow bell pepper, sliced
- 1 small onion, sliced and separated into rings
- 1 tsp. olive oil
- 1 garlic clove, pressed
- 2 tsp. minced fresh or dried marjoram
- 1/4 tsp. salt
- 1/4 tsp. pepper
- Pastry top:
- 1/2 cup shredded Parmesan cheese, divided
- 1 1/2 cups cherry tomatoes, halved
- 1 large egg, beaten
- Pastry for 13 inch pie:
- 1 1/4 cups all purpose flour
- 1 stick(1/2 cup) butter, cut into pieces
- 1/4 tsp. salt
- 1/4 pepper
- 1/2 tsp. grated lemon rind
- 2 tbs. lemon juice
- 2 tbs. buttermilk

Pulse first 5 ingredients in a food processor 7-8 times or until crumbly. With processor running gradually add lemon juice and buttermilk. Process until dough forms a ball and leaves sides of bowl. Cover and chill 20 minutes. Yield: pastry for 13 inch pie. Sauté first 4 ingredients in hot olive oil in a large nonstick skillet over medium heat, 7 minutes or until crisp-tender. Stir in garlic and next 3 ingredients. Set aside. Roll pastry to a 13 inch round on a lightly floured surface; transfer pastry to lightly greased baking sheet or pizza pan. Sprinkle with half of cheese, leaving a 2 inch border. Spoon squash mixture over cheese; top with tomato halves. Fold edge of pastry over filling, and brush with egg. Bake at 400 D. for 35-40 minutes or until golden. Sprinkle with remaining cheese, cool for 30 minutes on a wire rack. Yield: 6-8 servings.

Cheesy Sausage Nachos

- 3/4 pound bulk pork sausage
- 1/4 cup chopped onion
- 3 cups diced fresh tomatoes, divided
- 3/4 cup picante sauce
- 4 cups tortilla chips
- 3 cups(12 oz.) shredded Monterey Jack cheese, divided
- 1 medium ripe avocado, diced

In a skillet, cook sausage and onion over medium heat until meat is no longer

pink, drain well. Add 2 cups tomatoes and picante sauce. Bring to a boil. Reduce heat, simmer, uncovered, for 20 minutes, or until most of the liquid has evaporated. Sprinkle tortilla chips over a 12-in. pizza pan. Top with 2 cups cheese and the sausage mixture, sprinkle with remaining cheese. Bake at 350 D. for 8-10 minutes or until cheese is melted. Sprinkle with avocado and remaining tomatoes. Yield: 8-10 servings.

Homemade Cajun Seasoning

- 1 carton (26 ozs.) salt
- 2 containers (1 ounce each) cayenne pepper
- 1/3 cup black pepper
- 1/3 cup chili powder
- 3 tbs. garlic powder

In a bowl, combine all ingredients. Store in an airtight container. Use to season pork, chicken, seafood, steaks or vegetables. Yield: about 3 1/2 cups.

Applesauce Muffins

- 2/3 cup Crisco
- 2 2/3 cups sugar
- 4 eggs (add 1 at a time)
- 1 cup applesauce
- 1 cup canned pumpkin
- 2/3 cup apple juice
- 3 1/3 cups all-purpose flour
- 2 tsp. baking soda
- 1/2 tsp. baking powder
- 1 1/2 tsp. salt
- 1 tsp. cinnamon
- 1/2 tsp. mace or ginger
- 1/2 tsp. nutmeg
- 1 cup finely chopped walnuts
- 1/4 cup of golden raisins.

Grease cups of muffin tins. Cream together shortening and sugar. Add eggs, stir in applesauce, pumpkin. Add juice, flour, baking soda, baking powder. Do not over mix. Add salt, cinnamon mace and nutmeg. Stir in nuts. Fill tins 2/3 full. Bake at 350 D. for 20 minutes and enjoy. Tasty and moist. Yield: 2-2 1/2 dozen.

Proverbs 14:29 He that is slow to wrath is of great understanding; but he that is hasty of spirit exalteth folly.

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