

CELEBRATE HALLOWEEN MEXICAN STYLE

With the approach of Halloween, images of witches, goblins and all shapes and sizes of other delightfully ghostly creatures pop into the heads of adults and children alike. It's a wonderful, magical time of year — and the perfect occasion for a party.

The two Mexican-inspired party menus shown here add a new touch to the traditional Allhallow's Eve. Featuring economical beans and rice, along with one of the bounties of this harvest season, Golden Delicious apples, both menus are as nutritious and cost-conscious as they are timely.

Western-grown dry beans, combined with other protein forms, are an excellent low-cost source of protein. They supply thiamine, pyridoxine, niacin, folic acid, iron, calcium, phosphorus and potassium.

Rice, also an economical source of protein, carbohydrate and vitamins, is a favorite at any time of the year and is available in several different forms, including regular milled, parboiled, pre-cooked and brown rice.

Golden Delicious apples . . . juicy and crunchy to eat out-of-hand . . . are also prized for baking because they retain their shape better than other apples when cooked and resist darkening when cut.

Big and little goblins alike will find these recipes easy to make and fun to serve.

CHILI BEANS ON RICE

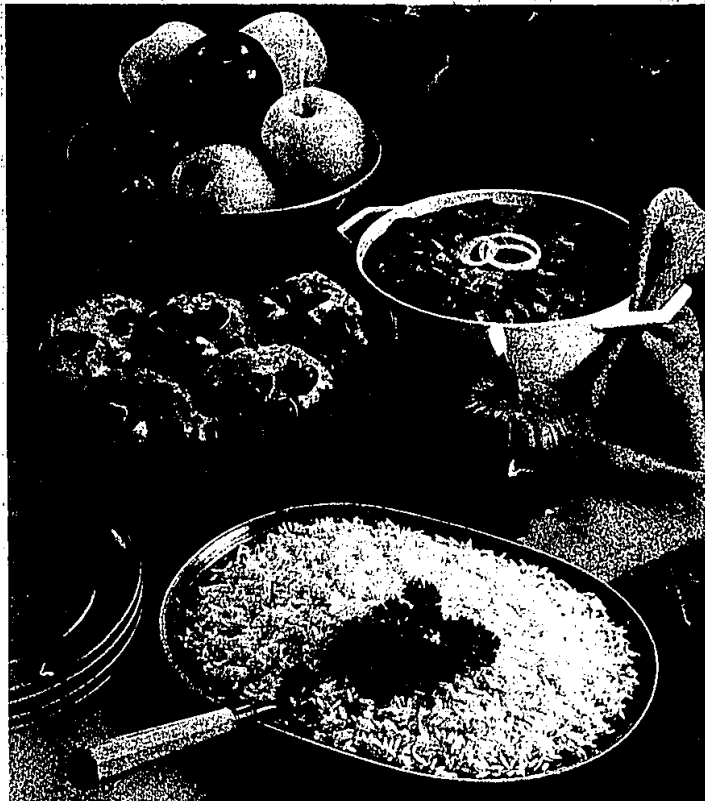
A spicy chili-type dish and an economical one, too. Use either cooked pinto, pink or red beans.

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| 2 pounds boneless beef, cut in 1/2-inch cubes | 2 onions, chopped |
| 2 cloves garlic, minced | 2 cans (4 oz. each) diced green chiles |
| 1/4 cup vegetable oil | 1 tablespoon chili powder |
| 2 to 4 cups water | 2 teaspoons salt |
| 3-1/2 cups drained, cooked or canned pinto, pink or red beans | 1 teaspoon oregano leaves, crushed |
| 2 cans (14-1/2 to 16 oz. each) tomatoes | 1/4 teaspoon bottled hot pepper sauce |
| | 6 cups hot cooked rice |

Brown beef and garlic in oil; add 2 cups water and simmer 30 to 45 minutes or until beef is barely tender. Reserve 1 cup beans; mash and set aside. Drain tomatoes; reserve liquid. Coarsely chop tomatoes.* Add whole beans, tomatoes, reserved tomato liquid, onions, chiles and seasonings. Simmer 30 minutes; stir occasionally. Add additional water, if necessary. Stir in mashed beans; mix well. Simmer 5 minutes longer, or until slightly thickened. Serve over rice. Makes 8 to 12 servings.

Note: Recipe may be halved.

*For a more convenient method of chopping canned tomatoes, use kitchen shears to snip the undrained tomatoes right in the can.



APPLE JACK O'LANTERN COOKIES

These oversize, chewy moist cookies are full of chunks of Golden Delicious apples. Why not let the young set decorate them to look like Jack O'Lanterns?

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| 1 cup sugar | 2 cups chopped Golden Delicious apples | 1/4 teaspoon ground nutmeg |
| 2/3 cup shortening | 2 teaspoons grated lemon peel | 1 cup chopped walnuts |
| 1 egg | 1 teaspoon baking powder | Glaze* |
| 1/2 cup milk | 1/2 teaspoon each salt and baking soda | Decorations: Raisins, jelly beans and candy corn |
| 2 cups flour | | |

In large mixer bowl blend sugar, shortening and egg; gradually beat in milk. Combine remaining ingredients except nuts, Glaze and decorations. Beat into sugar mixture; mix well. Stir in nuts. For each cookie, spoon about 1/4 cup dough onto greased baking sheet; space well to allow cookies to spread. Bake at 375°F. about 15 minutes or until golden brown. Remove from baking sheet and cool on wire rack. Dip each cookie in Glaze. Immediately create Jack O'Lantern faces using raisins, jelly beans and candy corn. Makes about 20 cookies.

*Glaze: Stir 3 cups sifted confectioners' sugar, 1-1/2 teaspoons vanilla extract and 3 tablespoons melted butter or margarine into 1/4 cup hot milk; mix well. Add 3 drops each red and yellow food color if a pumpkin color is desired.

*Make 2/3 recipe if cookies are spread with (rather than dipped in) glaze.

WITCH'S TACOS

Tacos are always fun for a party. Bursting with a well-seasoned mixture of plump tender beans, ground beef, and stewed tomatoes, a topping of shredded cheese and taco sauce completes the dish in a typical Mexican style.

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| 1/2 pound ground beef | 1/4 teaspoon each sugar and crushed oregano leaves |
| 1/3 cup chopped onion | 1/8 teaspoon each crushed red pepper and ground cumin |
| 1-2/3 cups drained, cooked or canned red kidney, pink or pinto beans | 10 taco shells |
| 1 can (8 oz.) stewed tomatoes | 2-1/2 to 3 cups shredded head lettuce |
| 1 tablespoon chopped green pepper | 1 cup shredded Cheddar cheese |
| 1/4 to 1/2 cup water | |
| 1/2 teaspoon salt | |

In skillet, brown ground beef; add onion and cook until tender. Add remaining ingredients except taco shells, lettuce and cheese; mix well. Simmer 5 minutes. Fill each taco shell with 1/4 cup meat filling, 1/4 cup lettuce and 1 or 2 tablespoons cheese. Makes 10 tacos.

GOLDEN APPLE STREUSEL RICE PUDDING

Rice pudding, an old-fashioned yet popular dessert, is dressed up for the party with sliced apples and a streusel topping. In this creamy version, tender rice grains are nicely accented by the flavor of the juicy apple slices.

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| 3 cups cooked rice | 1 tablespoon butter or margarine |
| 3 cups milk, divided | 1/2 cup chopped pecans |
| 1/2 cup sugar | 1/4 cup packed brown sugar |
| 1/2 teaspoon salt | 1 tablespoon flour |
| 2 eggs | 1/2 teaspoon ground cinnamon |
| 1/2 teaspoon vanilla extract | Whipped cream (optional) |
| 1 to 2 Golden Delicious apples, cored, pared and sliced | |

Combine rice, 2-1/2 cups milk, sugar and salt in saucepan. Cook over medium heat until thickened, 20 to 25 minutes, stirring. Beat eggs with remaining milk; add to rice mixture. Cook 2 minutes longer. Add vanilla; turn pudding mixture into buttered, shallow 2-quart casserole. Arrange apples on top of pudding. Combine butter with remaining ingredients except whipped cream and sprinkle over apple slices. Bake at 350°F. for 25 to 30 minutes. Serve with whipped cream. Makes 8 servings.

