

# There are no tricks in these Halloween treats

Capture the look of autumn with colorful arrangements of dried leaves and flowers, with a bowl of big red apples, a spray of Indian corn on the door and pumpkins everywhere. Then, capture the season's flavor with a fresh new pumpkin dessert. Made with whipped topping, the dessert has a nutty graham cracker crust topped with a pumpkin-spiced, creamy mixture of marshmallow creme, pumpkin, gelatin and whipped topping. Frozen topping — right from the freezer — blended with orange juice makes another great treat for ghouls, goblins and other Halloween revelers.



### FLUFFY PUMPKIN DESSERT

- 1 cup graham cracker crumbs
- 1/4 cup margarine, melted
- 1/4 cup finely chopped nuts
- 2 tsp sugar

- 2 envelopes unflavored gelatin
- 1/4 cup cold water
- 1 cup milk
- 1 7-oz jar marshmallow creme
- 1 16-oz can pumpkin
- 1 1/2 tsp pumpkin pie spice
- 1/2 tsp salt
- 1 8-oz container (3 cups) whipped topping, thawed

Combine crumbs, margarine, nuts and sugar; press onto bottom of 8-inch square pan. Bake at 350°, 10 minutes. Cool.

Soften gelatin in water; stir over low heat until dissolved. Add milk. Cool. Combine marshmallow creme, pumpkin and seasonings, mixing with wire whisk or electric mixer until blended. Chill until thickened but not set; fold in 3 cups whipped topping. Pour over crust; chill until firm. Top with remaining whipped topping. 6-8 servings.

### DREAMY ORANGE SHAKES

- 1/2 cup orange-flavored drink or pure 100-percent unsweetened pasteurized orange juice
- 1 8-oz container (3 cups) frozen whipped topping

## Pumpkin is just fine as veggie, too

Pumpkins, although traditionally used to carve into Jack-O-Lanterns or bake into pies, make a surprisingly good vegetable to eat.

The Oakland County Cooperative Extension Service recommends selecting pumpkins which are heavy for their size and which have ribs that are smooth and free from spots. Pumpkins will keep 2 to 3 months if stored at 50-55° with 70-75 percent humidity.

Prepare by cutting in half, removing seeds and stringy portions. Save seeds for toasting. To cook in water, cut halves into small pieces, then pare. Add pumpkin to small amount of boiling water and cover. Simmer gently for 25-30 minutes or until tender. Drain well and put through sieve or blender.

Bake by cutting pumpkin in halves or quarters. Remove seeds. Place cut side down in a shallow pan and bake in a 350° oven for 1 hour or until pumpkin becomes tender and begins to fall apart. When cool enough to handle scrape the pulp from the shell and put through a sieve or blender.

Freeze by cooling and packing into airtight freezer jars or plastic containers leaving 1/2-inch head space. Seal and freeze. 1 1/2 to 2 cups of pumpkin will make one 8-inch pie.

Serve by seasoning with butter, salt and pepper.

**TOASTED PUMPKIN SEEDS**

Separate seeds from stringy fiber (choose mature, well-filled seeds). Thoroughly dry seeds at room temperature. Melt 1/2 cup butter or margarine in a jelly roll pan (or other shallow pan with sides) in a 425° oven. Add one cup of seeds and shake to coat with melted butter. Stir frequently until lightly browned. The time required will be from 15 to 30 minutes depending on the dryness of the seeds. Season with salt. Cool. Store in covered jar.

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## Delicious sprinkle

Finely chopped walnuts spiced with a little cinnamon-sugar make a delicious sprinkle for appetizers, salad or dessert. Fresh fruit cups. Just cut a colorful selection of seasonal fruits like red-skinned apples, pears, oranges and bananas into bite-size pieces. Before serving, evenly top each helping with the crunchy walnut mixture.

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**Because of the sauce**

**These enchiladas are a favorite**

The daily bread of Mexico is more than a passing fancy in this country, thanks to Texas and California. Mexican cooking is in today and the tortilla is as important to us as the crepe is in the French kitchen.

One of the tastiest creations is the enchilada, a corn tortilla briefly fried in oil or lard, wrapped around a filling of beef, pork, chicken or cheese and onion, then topped with a sprinkling of cheese or onion or both or a sauce.

Frankly, I found the enchiladas in Central and Southern Mexico less to my liking. I'll never forget the chicken enchiladas I didn't enjoy in Taxco, the Silver City. They were much too dry, the chicken wasn't chopped fine enough and missing was the melted cheese topping.

My wife's favorite is cheese and onion enchiladas, topped with a little beanitos chili and melted cheese. She makes them regularly and I gorge myself.

So one day, I decided it was time to reciprocate — with creamy chicken enchiladas.

When I couldn't find the handy 10-ounce can of tomatoes and green chilies, I combined a three-ounce can of peeled chilies and two medium tomatoes, which I peeled and chopped. But what made the dish was the sour cream sauce and cheese.

**CHICKEN ENCHILADAS**  
1/4 cup tomatoes and green chilies  
1 pkg (3 oz.) cream cheese, softened  
1 tsp salt  
2 cups finely chopped cooked chicken  
1 green onion, finely chopped  
Cooking oil  
12 corn tortillas  
Sour cream sauce, heated  
1 cup shredded medium sharp Cheddar cheese

Combine tomatoes and chilies, cream cheese and salt in mixing bowl; stir in chicken and onion. Line skillet with oil, heat on medium and fry tortillas one at a time until limp, 5 seconds per side, and drain. Spoon chicken mixture on each tortilla, roll up and place seam down in 2-quart casserole in one layer. Cover with foil and bake in 350-degree oven 30 minutes. Pour on sour cream sauce and top with cheese; return to oven couple minutes to melt cheese. Serves 4-6.

**SOUR CREAM SAUCE**  
1 cup tomatoes and green chilies  
1 container (8 oz.) sour cream  
1/2 tsp. salt  
1/4 tsp. ground coriander

Blend all ingredients in electric mixer until smooth. Heat in small saucepan, but do not boil.

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