



# Just for soup nuts, 2 nutty varieties

I'm a nut about soup so I re-created a favorite I had at a fancy restaurant in Mexico City. My wife agreed that the walnut soup tasted as good as the one served at the Hacienda de los Morales. She likes it hot; I prefer it chilled.

I also tried a recipe for almond soup that I suspected would be on the sweet side. Anita didn't care for it, suggesting I eat it after the meal. It's the first time I've had soup for dessert.

**ALMOND SOUP**  
 1/2 cup finely chopped blanched almonds  
 3/4 cups milk  
 1 tbsp. cornstarch  
 1/4 cups heavy cream  
 3 egg yolks  
 3 tbsp. confectioners sugar  
 1/4 tsp. cinnamon

Bring 3 cups milk to boil with almonds, reduce heat to medium low and simmer several minutes. Blend cornstarch and 1/4 cup milk, pour in large pot, stir in hot milk and almonds with wooden spoon. In blender or food processor, blend cream, eggs, sugar and cinnamon and stir into milk. Serve hot or chill and serve cold. Serves 4-6.

**WALNUT SOUP**  
 1 cup walnuts  
 1 small onion, coarsely chopped  
 3 cup chicken broth  
 2 tsp. butter  
 2 tsp. all-purpose flour  
 1 1/2 cups half and half  
 1 bay leaf  
 1/4 tsp. white pepper  
 1/4 tsp. salt  
 Parsley leaves or chives, for garnish

Cover walnuts with boiling water, let stand 5 minutes, drain and pull off loose dark skins. In blender or food processor, puree walnuts, onion and 1 cup broth. Melt butter in large saucepan, stir in flour, cook on medium low heat 1 minute stirring, gradually stir in half and half and add bay leaf. Cook on medium heat, occasionally stirring, until mixture comes to boil and thickens. Add walnut mixture, remaining broth, pepper and salt and cook 30 minutes, frequently stirring until soup thickens slightly; turn down a notch if it bubbles. Remove bay leaf. Serve hot or chill and serve cold. Garnish with parsley or chives. Serves 4-6.

## Oatmeal cookies are good for you

There's more than one way to bake an oatmeal cookie.

"Oatmeal cookies" can be much more than simple drop cookies with raisins or a hint of spice. There are literally hundreds of oatmeal cookie and bar recipes that we "feel good about" serving to our families and friends. Cookies generally are considered "extra" foods not credited with providing important nutrients to the diet, but cookies and bars made with ingredients like oats provide an excellent source of fiber and contribute protein, iron and B-vitamins.

Butterscotch Chipper Bars are quick and easy and can be stirred together in minutes. Be creative — substitute chocolate pieces for butterscotch chips or add coconut, raisins or chopped nuts.

**BUTTERSCOTCH CHIPPER BARS**  
 2 cups 3-minute brand oats or 6 packets regular (flavor instant oatmeal)  
 1 cup all-purpose flour  
 1/2 cup granulated sugar  
 1/2 cup packed brown sugar  
 1/2 cup butterscotch chips  
 1/2 cup tsp. salt  
 1/2 tsp. baking soda  
 1/2 cup cooking oil  
 2 eggs, beaten  
 1 tsp. vanilla

Stir together oats, flour, sugars, butterscotch chips, salt, and soda. Add remaining ingredients; mix well. Pat into a greased and lightly floured 9x9x2-inch baking pan. Bake in a 325 degree oven for about 35 minutes. Cool; cut into bars. About 1 1/2 dozen bars.

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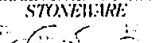
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