

# ENERGY-BOOSTING MENUS

Entertaining before the game is a popular way to visit with friends. If the day dawns bright and clear, gather fellow rooters near the stadium for the fun and informality of a tailgate picnic.

For an award-winning entree that's easy on the hostess, serve Overnight Salmon Strata. It features layers of colorful canned salmon, bread triangles, vegetables and shredded cheese, topped with a seasoned egg mixture containing the flavorful canned salmon liquid. Prepare it the evening before, then simply bake before departing for the game.

Sparkling Pear Compote is a refreshing accompaniment to the entree. Convenient canned Bartlett pears are combined with slices of grapefruit, orange and crisp green grapes. Bubbly champagne or rosé wine is poured over the fruit just before serving.

The Chocolate Football Cake is easy to make, using egg-shaped pans. Bring it along to the festive gathering at the gridiron, or serve it as a centerpiece dessert if your guests prefer to watch the plays on television. Cocoa is the most concentrated form of chocolate, so flavor will be extra rich and luscious—extra "chocolatey." For a fast, deep chocolate frosting, add about 3 tablespoons of cocoa to your basic buttercream recipe.

What better way to celebrate the crisp, cooler days of autumn than with a special but casual Saturday lunch—one that almost guarantees your busy crew will take a break from whatever they're doing to relax and refuel.

Tempt your family with a hearty All-American Salmon Sandwich, chock-full of delicious, protein-rich canned salmon. For a surprise accompaniment, prepare Individual Pear Cheese Salads, a unique and flavorful variation on the popular canned Bartlett pear and cottage cheese combination.

Since you can add cocoa directly from the can, Cocoa Crunch Bars are simple to put together. Just combine ingredients, layer and bake—no messy squares to pre-melt. Fortified with chewy fiber foods like oats and nuts, they also tuck neatly into lunch boxes and backpacks. These bars should be a big hit with every member of your family and, because cocoa costs less per ounce and goes almost twice as far as baking chocolate, you can afford to cook up a double batch. They'll keep fresh for days in an airtight container.



## OVERNIGHT SALMON STRATA

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|--|--|
| 1 can (7-3/4 oz.) salmon                                   | 1-1/2 cups shredded sharp Cheddar cheese, divided                |
| 8 slices white bread                                       | Milk   |
| 1 cup frozen peas, thawed and drained                      | 4 eggs, slightly beaten  |
| 1/4 cup each chopped green pepper and onion                | 1/2 teaspoon salt  |
| 1 tablespoon diced pimiento, rinsed and thoroughly drained | 1/4 teaspoon each bottled hot pepper sauce and crushed dill weed |

Drain and chunk salmon; reserve liquid. Trim crusts from 5 slices bread; cut in half diagonally. Use remaining bread and trimmings to line bottom of 11x7x2-inch baking dish. Combine peas, green pepper, onion and pimiento; sprinkle over bread in casserole. Top with 1/2 cup cheese, salmon, then another 1/2 cup cheese. Arrange bread triangles over all. Add milk to reserved salmon liquid to equal 2 cups; combine with eggs and seasonings. Pour milk mixture over bread. Cover and refrigerate at least 1 hour or overnight. Uncover and bake at 325°F, 1 hour or until knife inserted near center comes out clean. Sprinkle with remaining 1/2 cup cheese; bake 5 minutes longer. Let stand 5 or 10 minutes before serving. Makes about 8 servings.

## SPARKLING PEAR CUP

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|---|---|
| 1 can (29 oz.) Bartlett pear halves             | 1/2 cup green grapes, seeded if necessary |
| 1 pink grapefruit, peeled and sliced (optional) | 1 cup pink champagne or rosé wine         |
| 1 large orange, peeled and sliced               | Mint sprigs                               |

Drain pears; if desired, cut halves in two. Cut grapefruit slices in quarters and orange slices in half-rounds. Combine all fruits; chill thoroughly. Pour champagne or rosé over fruit just before serving. Garnish with mint sprigs. Makes 6 to 8 servings.

## CHOCOLATE FOOTBALL CAKE

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|---------------------------------------|------------------------------------|
| 3/4 cup butter or margarine           | 1/2 cup unsweetened cocoa          |
| 2 cups sugar                          | 1-3/4 teaspoons baking soda        |
| 2 eggs                                | 1/2 teaspoon salt                  |
| 1 teaspoon vanilla                    | 1-3/4 cups buttermilk or sour milk |
| 2-1/2 cups unsifted all-purpose flour | Chocolate Frosting                 |

Cream butter or margarine and sugar until light and fluffy. Add eggs, one at a time, beating well; add vanilla. Combine flour, cocoa, baking soda and salt; add alternately with buttermilk or sour milk beginning and ending with dry ingredients. Pour into well greased and floured egg-shaped pans\*. Bake at 350°F for 60 to 70 minutes or until cake tester inserted in center comes out clean. Cool. Assemble cake layers with frosting. Trim broad end of egg to resemble narrow end of each cake layer. Trim sides slightly to match shape of football.

Trim base so cake sits level. Frost with frosting; trim with white frosting to resemble laces of football.

NOTE: To sour milk place 1-3/4 teaspoons vinegar in 2-cup measuring cup; fill with milk to 1-3/4 cups.

\*Use 9- by 6-inch (e.g. Wilton) pans

## CHOCOLATE FROSTING

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|---|---------------------------|
| 2-2/3 cups confectioners' sugar             | 3 to 4 tablespoons milk   |
| 6 tablespoons butter or margarine, softened | 1 teaspoon vanilla        |
|   | 1/4 cup unsweetened cocoa |

Combine confectioners' sugar, butter, milk and vanilla in small mixer bowl. Remove small amount for decoration; set aside. Add cocoa to remaining frosting; blending well.

## ALL-AMERICAN SALMON SANDWICH

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|---|----------------------------------|
| 1 cup (7-3/4 oz.) salmon                    | Dash salt                        |
| 1/4 cup each chopped celery and dill pickle | 2 to 3 tablespoons mayonnaise    |
| 1 tablespoon minced onion                   | Butter                           |
| 1 teaspoon lemon juice                      | 4 hamburger buns or Kaiser rolls |
| 1/8 teaspoon pepper                         | Curly leaf lettuce               |

Drain and chunk salmon; combine with celery, pickle, onion, lemon juice, pepper, salt and mayonnaise. Butter rolls. Top bottom half of each bun with leaf lettuce; portion salmon mixture evenly among sandwiches. Place top half of bun on salmon mixture. Makes 4 servings.

## INDIVIDUAL PEAR CHEESE SALADS

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|---------------------------------------|--|
| 1 can (16 oz.) Bartlett pear halves   | 1/4 teaspoon each seasoning salt and basil leaves, crushed |
| Curly leaf lettuce                    | 1/8 teaspoon pepper  |
| 1 cup small curd cottage cheese       | 4 zucchini spears  |
| 1/4 cup shredded sharp Cheddar cheese | 4 small wedges Cheddar cheese                              |
| 1/4 cup chopped zucchini              |  |
| 1 tablespoon chopped parsley          |  |

Drain pears; arrange on 4 lettuce-lined salad plates. Combine cottage cheese, Cheddar cheese, zucchini, parsley and seasonings. Spoon into centers of pear halves. Garnish each salad with a spear of zucchini and a wedge of cheese. Makes 4 servings.

## COCOA CRUNCH BARS

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|-----------------------------------|----------------------------------|
| 2/3 cup butter or margarine       | 1 teaspoon vanilla               |
| 1/2 cup unsweetened cocoa         | 1/2 teaspoon salt                |
| 1 cup firmly packed brown sugar   | 4 cups quick-cooking oats        |
| 1/3 cup light corn syrup or honey | 1-1/2 cups coarsely chopped nuts |

Melt butter in medium saucepan; remove from heat and blend in cocoa. Add brown sugar, corn syrup or honey, vanilla and salt; blend well. Combine oats and nuts in large mixing bowl. Pour chocolate mixture over dry ingredients; stir to blend well. Line a 15-1/2 by 10-1/2-inch jelly roll pan with aluminum foil; generously grease foil. Press mixture into pan; bake at 350°F for 30 to 35 minutes. Cool; peel off foil. Cut into bars. Store in tightly covered container. About 3 dozen bars.

Variations: Stir 1 cup seedless raisins or 1/2 cup flaked coconut or sunflower seeds into oat and nut mixture before adding chocolate mixture.

