

# Soul food on tap at SC

Allene Walker, who dishes up meals for Count Basie, Lionel Hampton and Sarah Vaughan, will offer soul food cooking tips, recipes and menu ideas when she visits Schoolcraft College from 2-5 p.m. Oct. 24.

She will prepare a meal of Southern fried chicken, black-eyed peas with barn beans, candied yams, cracklin' bread and fruit cobbler.

Fee is \$20. Registration is required by calling 591-6400, Ext. 409.

It may be traditional, but a breakfast of meat, eggs, juice and milk is still hard to beat

# Eggs, franks mix well

Here's a back-to-school breakfast that gets an A+ from both young students and their mothers: Frank 'n Eggs Squares, orange juice and milk.

Kids like it because the frankfurter and egg mixture baked in a crust. It can even be a finger food.

And of course, children love the taste of juice. Moms should like this breakfast because Frank 'n Eggs Squares is a do-ahead recipe that takes the pain out of making weekday morning breakfasts.

IN FACT, this good breakfast, with 400 calories for the complete menu, will give back-to-schoolers the energy they need for a smart start in the morning plus 17 grams protein, 49 grams fat. And look at these percentages of the U.S. Recommended Daily Allowances (U.S. RDA) that the total breakfast provides: 35 percent protein, 35 percent vitamin A, 100 percent vitamin C, 10 percent thiamine, 35 percent riboflavin, 8 percent niacin, 35 percent calcium, 8 percent iron and 40 percent phosphorus.

No wonder this breakfast gets an A+.

AND HERE are some other do-ahead breakfast ideas that will help mothers on busy weekday mornings. On weekends or other times when you're fixing pancakes, waffles or French toast, freeze some to use later. Just brown them lightly when cooking, cool, stack and waxed paper between slices and wrap in aluminum foil.

To reheat, unwrap and arrange pancakes, waffles or French toast on baking sheet, heat at 350° for about 10 minutes. Or, reheat in toaster. Pancakes and French toast can also be reheated in a microwave oven. Simply stack two frozen pancakes or pieces of French toast on a nonmetal plate and heat 3 or 2 minutes.

**FRANK 'N EGGS SQUARES**  
1 pkg. (8 rolls) refrigerated crescent dinner rolls  
4 beef franks, thinly sliced  
4 eggs  
1/2 cup milk  
1 tsp. prepared mustard

Unroll dough and press 4 rolls into bottom and 1/2 inch up sides of 8-inch square pan. Press remaining dough in second 8-inch square pan. Arrange frankfurter slices over crust. Beat eggs well with milk and mustard. Carefully pour 1/2 cup of the egg mixture into each pan. Bake at 350° for 25 minutes. Cut into squares and serve at once. Makes 8 servings.

Note: Recipe may also be baked in a 13x9-inch pan.

Freezing Directions: Cool for 10 minutes. Wrap contents of each pan into 4 squares. Wrap squares individually in heavy-duty aluminum foil.

Reheat frozen wrapped squares at 350° for 20 minutes.

**Pumpkin-ginger bars**  
Pumpkin-Ginger Bars because they start with a package of gingerbread mix, which cuts down the amount of preparation time.

One cup of pumpkin added to the gingerbread mix creates a moist, delicious snack. A tangy lemon-cream cheese glaze is used to complete the bars.

**PUMPKIN-GINGER BARS**  
1 pkg. gingerbread mix  
1/2 cup raisins  
1/2 cup chopped nuts  
1/2 tsp. ground cinnamon  
1/4 tsp. ground nutmeg  
1 egg  
1 cup cooked pumpkin  
1/2 cup water  
Lemon Cream Glaze (below)

Heat oven to 350°. Mix all ingredients except glaze in medium bowl until batter is of uniform consistency, about 2 minutes (batter will be stiff). Spread in ungreased rectangular pan, 13x9x2 inches; smooth top with rubber spatula. Bake until wooden pick inserted in center comes out clean, about 25 minutes. Cool completely on wire rack. Spread Lemon Cream Glaze over top. Cut into bars, about 3x1 inches. 32 cookies.

**LEMON CREAM GLAZE**  
1 tsp. grated lemon peel  
1 tbsp. lemon juice  
1 tsp. milk  
1 pkg. (8 oz.) cream cheese, softened  
About 2 cups powdered sugar

Mix lemon peel, lemon juice, milk and cream cheese in small bowl. Gradually beat in powdered sugar until glaze is of desired consistency.

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