

Warm up for fall with these Tex-Mex fire and ice eggs

Clever cooks have found that a few eggs and a little imagination can go a long way toward creating easy-to-prepare main dishes that are perfect for any meal of the day. When old family-recipe recipes are spruced up with San Antonio style, they take on new family-pleasing taste appeal.

In Mexico picante means hot and spicy. In San Antonio it refers to a blend of garden-fresh flavors found in a popular sauce with authentic Mexican taste. A standby for eggs prepared any style, picante sauce makes a lively flavor difference in standard egg recipes when substituted for all or part of the liquid or used as a topping. For instant Huevos Rancheros, a Southwestern

menu favorite, simply pour picante sauce into the skillet in which you've fried or poached eggs to warm it through before spooning on top.

Fire and Ice Eggs combines eggs with bacon, cheese and rice in a satisfying casserole that's a snap to fix. The "fire" of picante sauce and the "ice" of dairy sour cream provide the palate-pleasing contrast so typical of Tex-Mex specialties. Bake until the eggs are as done as you like them, and serve San Antonio style, with additional picante sauce.

Whether you call it quiche, egg and cheese pie or custard tart, this popular dish is "easier than pie" to prepare and

ideal for brunch, lunch or supper. Picante Quiche quickly combines cheese, eggs, half and half and picante sauce to bake without fuss in a convenient frozen pie crust. As the hearty-flavored quiche bakes, an easy topping of picante sauce and fresh tomatoes is simmered for spooning over individual servings. A favorite of those who love assertive flavors but can do without excessive calories, picante sauce provides only 6 calories per tablespoon with no fat, cholesterol, preservatives or additives.

For additional recipes and serving suggestions using Pace Picante Sauce, Pace Foods Inc. has created a set of 10 colorful, durable recipe cards, avail-

able free. To request your copy send your name, address and zip code to: Free Pace Recipe Cards, P.O. Box NBS169, El Paso, Texas 79977. Quantity requests from schools, clubs and other organizations will be honored.

FIRE AND ICE EGGS

5 strips bacon, cut into 1-inch pieces
3 cups hot cooked rice
1 1/2 cups (8 oz.) shredded Colby, Cheddar or Monterey Jack cheese
1/2 cup dairy sour cream
1/4 cup picante sauce
1/4 tsp. salt
5 eggs

Cook bacon until crisp; drain well.

Combine rice, 1 cup of the cheese, sour cream, Picante Sauce and salt; mix well. Spoon into 8-inch square baking dish. Make 5 deep indentations with the back of a spoon in the rice mixture. Drop an egg into each indentation. Arrange bacon around eggs and sprinkle with remaining 1/4 cup cheese. Bake at 350 degrees for 30 to 35 minutes or until eggs are cooked to desired doneness. Serve with additional Picante Sauce. Makes 5 servings.

PICANTE QUICHE

1 cup (4 oz.) shredded Monterey Jack cheese
2 tbsp. flour
1 cup picante sauce

1/4 cup half-and-half
1/4 cup chopped red or green pepper
4 strips bacon, cooked and crumbled
4 eggs, beaten
Dash salt and pepper
1 9-inch frozen pie shell
1 small tomato, chopped

Toss cheese with flour in large bowl. Add 1/4 cup of the Picante Sauce, half-and-half, red pepper, bacon, eggs, salt and pepper; mix well. Pour into pie shell. Bake at 350 degrees for 35 to 40 minutes or until set. Remove from oven; let stand 10 minutes. While quiche stands, heat remaining Picante Sauce with tomato in small saucepan. Serve sauce over quiche. Makes 6 servings.

Add dash to campfire meals with dehydrated onion, garlic

The aromas of sauteeing onion and garlic invariably prompt people to call out "What wonderful things are you cooking?"

The news today is you can keep these compliments coming without peeling, washing or chopping. What saves the day — and the cook — is onion and garlic in their dehydrated forms, either instant minced, or powdered, or garlic and onion salts. And when you're cooking at the beach, mountains or on a picnic outing, these spices have the added virtue of being compact and light to carry.

In our first recipe (so easy) the catch-of-the-day is coated with cornmeal mixed with onion and garlic powders and sauteed quickly. For vegetable go-alongs, shake onion and garlic powders over sliced fresh tomatoes, or sprinkle on corn-on-the-cob.

An easy fish stew in an Italian accent can be made by heating a can of tomatoes with onion and garlic powders, oregano and crushed red pepper (note the spices in lightly twisted plastic bags if you like). Simmer until thickened, add fish chunks and get your plates ready.

CAMPFIRE FISH

1 cup cornmeal
2 tsp. onion powder
1 tsp. salt
1/4 tsp. garlic powder

Cheesecake is healthy combination

A homemade cheesecake is a special dessert. And, every cheesecake can be about as special and diverse as the company you make them for. Among the many variations on the classic cheesecake recipe, is this one that features the healthy combination of raisins and carrots in this suggestion for Carrot 'N Raisin Cheesecake.

With cream cheese in the recipe, you can be assured of a creamy, rich consistency. Let your friends know they're special by serving them the best of your cheesecake collection.

CARROT 'N RAISIN CHEESECAKE

1 cup graham cracker crumbs
3 tsp. sugar
1/4 tsp. cinnamon
3 tsp. margarine, melted
2 8-oz. pkgs. cream cheese
1/2 cup sugar
1/4 cup flour
4 eggs
1/4 cup orange juice
1 cup finely shredded carrot
1/4 cup raisins
1/4 tsp. ground nutmeg
1/4 tsp. ground ginger
2 tsp. orange juice
Dash of salt
2 1/2 cups sifted powdered sugar
1/4 cup raisins

Combine crumbs, sugar, cinnamon and margarine; press onto bottom of 9-inch spring-form pan. Bake at 325 degrees, 10 minutes.

Combine 2 1/2 packages softened cream cheese, sugar and 1/4 cup flour,

mixing at medium speed on electric mixer until well blended. Add eggs, one at a time, mixing well after each addition. Blend in orange juice and combined carrot, raisins, remaining flour and spices. Pour over crust. Bake at 450 degrees, 10 minutes. Reduce oven temperature to 250 degrees; continue baking 55 minutes. Loosen cake from rim of pan. Cool before removing rim of pan.

Combine remaining cream cheese, juice and salt, mixing until well blended. Gradually add sugar, mixing well after each addition. Pour over cheesecake. Top with raisins.

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1/4 tsp. ground black pepper
2 lbs. fish fillets (1/2-inch thick)
4 tbsp. vegetable oil

Combine cornmeal, onion powder, salt, garlic powder and black pepper. Coat both sides of fish with cornmeal mixture, shaking off excess. In a large skillet heat 2 tablespoons of the oil until hot. Add 2 of the fish fillets. Fry until browned and fish flakes easily when tested with a fork, about 3 minutes on each side. Remove from skillet. Repeat with remaining fish.

CAMPFIRE FISH STEW

1 can (16 oz.) whole tomatoes, broken up

1 tsp. onion powder
1/4 tsp. oregano leaves, crushed
1/4 tsp. salt
1/4 tsp. garlic powder
1/4 tsp. crushed red pepper
1 lb. fish fillets, cut into 1-inch pieces

In a large skillet place tomatoes, onion powder, oregano, salt, garlic powder and crushed red pepper. Bring to a boil. Reduce heat and simmer uncovered until mixture is slightly thickened, about 4 minutes. Add fish. Simmer uncovered until fish flakes easily when tested with a fork, about 4 minutes. Serve over slices of toasted Italian bread, if desired.

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