

Shoe Peg Corn Casserole

Submitted by Dot Barnett

3 cans shoe peg corn, drained
12 oz. cream cheese
Dash of salt
1 stick margarine or oleo
4 Tbsp. flour
1 cup milk

Dissolve cheese and margarine (oleo) in double boiler. Add milk, flour and salt. Mix to a smooth sauce; stir in corn and bake 30 to 40 minutes at 350°.

Simple Salmon Patties

Submitted by Betty Allen

1 – 12 oz. can salmon, flaked and drained
2 Tbsp onion flakes
¼ c. corn meal
1 c. minced celery
½ c. buttermilk

Mix well and shape into patties. Place on baking sheet prepared with cooking spray. Bake at 450° for 15 minutes until browned.

Easy Korean Beef

Submitted by La Rue Crowe

1 lb. lean strips beef (boneless sirloin beef)
¼ c. brown sugar
¼ c. soy sauce 1 Tbsp. sesame oil
3 cloves garlic, minced
½ tsp. crushed red pepper - Salt & Pepper
½ tsp. minced fresh ginger
Diced green onions

Brown beef with garlic in sesame oil. Drain. Add brown sugar, soy sauce, ginger, salt and pepper, red pepper. Simmer to blend. Serve over steamed rice. Top with green onions.

Carrot Cabbage Slaw

Submitted by Jacquelyn Latimore

1 med. head cabbage shredded (about 8c.)
2 Tbsp. sugar
1/3 c. vegetable oil
1 tsp. salt
1 - 1/2 tsp. celery seed
4 carrots, shredded
3 Tbsp. finely chopped onion
1/3 c. cider vinegar
1/2 tsp. pepper

In a large bowl mix cabbage, carrots and onion thoroughly. In a smaller bowl mix sugar, oil, vinegar, salt, pepper and celery seed. Pour mixture over slaw and toss well. Chill in a covered container for at least 2 hours before serving.

Yield: 6 to 8 servings.