

OCTOBER 31

NOVEMBER 1983
S M T W T F S
6 7 8 9 10 11 12
13 14 15 16 17 18 19
20 21 22 23 24 25 26
27 28 29 30

HALLOWEEN
AM PM
MAYE MARY
MEAN MARY

2 cans beans
any kind
1 great cut corn off cob
red and green pepper
1 onion
can cut up pineapple
white vinegar
olive oil
Mix together thoroughly
and let marinate a while

From Gary Rosenberg
- Got it from his
Dietary Diet (Weight Watchers)
Delicious

Slice up peppers - Red
Put in Pan
To P (Skin) side up
Bake 45 min @ 375°
Let stand in oven
For additional 20 min
No oil butter etc
5-51 PAN

DECEMBER 1983
S M T W T F S
4 5 6 7 8 9 10
11 12 13 14 15 16 17
18 19 20 21 22 23 24
25 26 27 28 29 30 31

DECEMBER 5

Put the maye
3 cups mixed
veg. green pepper
1 Italian hot
1 cup sifted
2 eggs
1 cup flour
1 cup can fat
milk
1 cup grated
mozzarella cheese
coat pepper
Method

Mix flour & eggs
blend add milk & coat
Pour into floured pan
Just lightly cooked veg
in middle
Bake, add pepper & pepper
and grated
cheese
Bake in 375 floured oven
for 1/2 hr.



String Beans
This popular
church-supper
classic has a
German
accent,
flavored with
bacon and
cider vinegar

**PHYLLIS DYE'S GERMAN-
STYLE GREEN BEANS**
Makes 6 servings at 37¢ each.
Prep: 5 minutes. Cook: 10 minutes.
4 slices bacon
2 tablespoons sugar
2 tablespoons cider vinegar
2 boxes (9 ounces each) frozen
cut green beans, cooked
according to package
directions and drained
1. Cook bacon in skillet until crisp,
6 to 8 minutes. Remove bacon to
paper toweling to drain. Pour off fat,
reserving 2 tablespoons in skillet.
2. Add sugar and vinegar to skillet;
heat through. Add beans; heat
through. Transfer to serving bowl.
Crumble bacon over top.