

Cook of the Month April 2007

BUTLER -- The following are recipes from the collection of our April Cook of the Month Rebecca Downing of Butler. Cook, eat, and enjoy!

Cheese Breakfast Biscuits

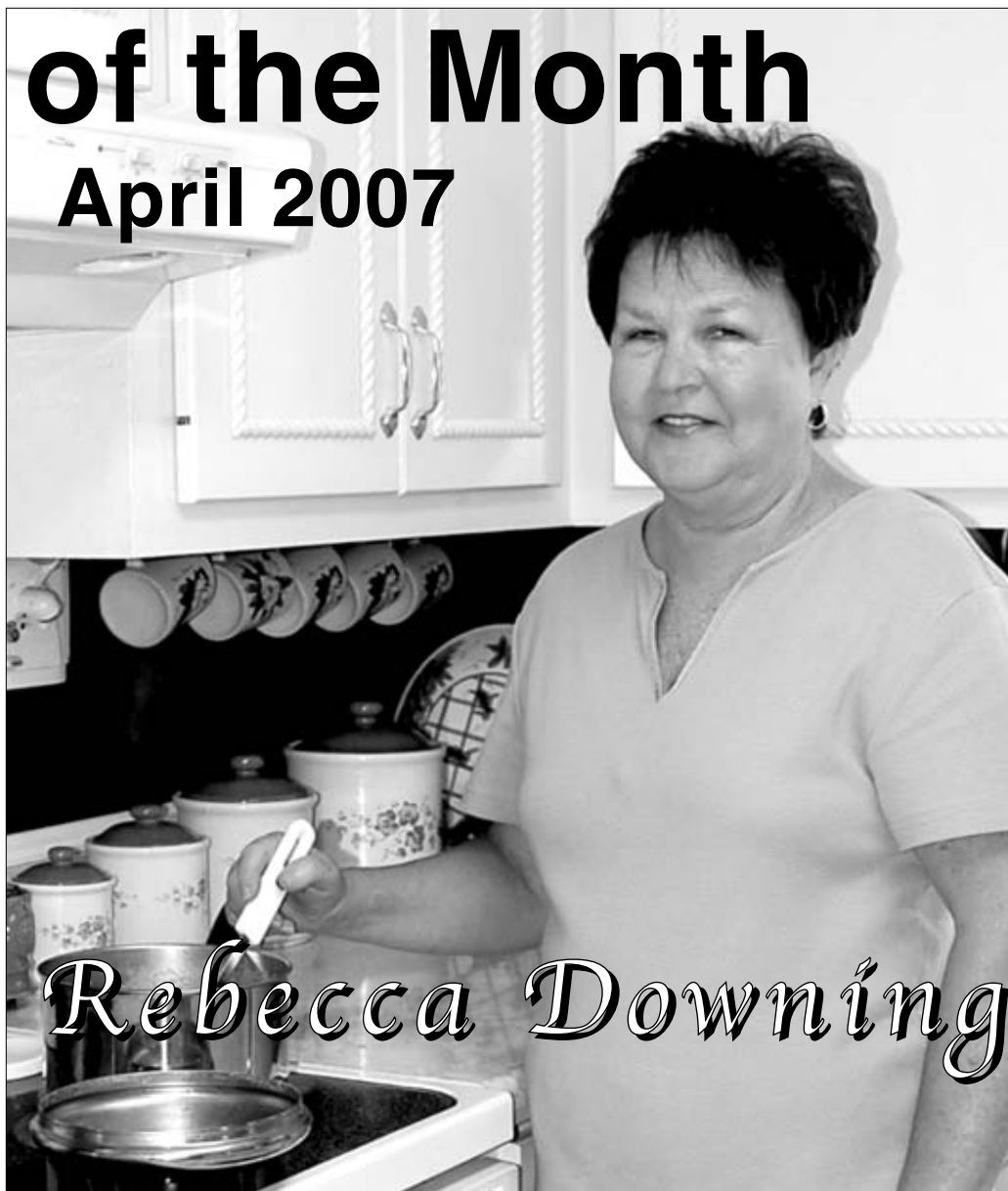
- 1 (10 count) can biscuits (quartered)
- 1 small jar Cheese Whiz®
- 1 Tbsp margarine
- bacon bits

Put a piece of aluminum foil in bottom of cake pan large enough to extend over edges. Grease foil well with margarine. Melt 1 tbsp margarine and 1 small jar Cheese Whiz® together. Pour into cake pan. Put biscuit quarters on top of cheese mixture. Bake at 375 degrees until biscuits are golden brown. Turn out onto plate. Remove foil. Top with bacon bits.

Stuffed Peach Halves

- 1 large cans peach halves, drained
- 2 (8 oz.) cream cheese
- 1 large pkg. chopped dates
- 1 1/2 c. chopped pecans
- 1 (10 oz) jar chopped maraschino cherries
- 1/4 cup sugar

Soften cream cheese; blend in chopped dates,



Choctaw Sun photo by Dee Ann Campbell

BUTLER — "Everywhere I go, I pick up recipes and cook books," says April's Cook of the Month Rebecca Downing of Butler. A former dietary manager for the Butler hospital, Downing is a cook with a wide range of experience — from cooking for her family to cooking for church functions to cooking for hundreds at the hospital and later at Sumter Nursing Center in York. As a diabetic, Downing's cooking includes altering recipes to limit her sugar intake. But whether she is cooking sugar-free desserts or fixing her famous cheese biscuits, April's Cook of the Month has long been known for her delicious recipes, four of which are included on this page.

sugar, chopped cherries, overnight in refrigerator. cavity and serve on lettuce leaf.

This recipe makes a lot. May be cut in half.

Asparagus Casserole

- 1 16-oz. Can tiny English peas — drained (save liquid)
 - 1 16-oz. Can asparagus spears — drained
 - 1 can cream of mushroom soup — diluted with some of the liquid drained from the peas
 - grated sharp cheese
 - 1 sleeve crackers — crushed
 - 1/2 stick melted margarine — mixed with cracker crumbs
- Layer in this order: peas, asparagus, 1/2 cream of mushroom soup; layer of cheese — repeat layers and top with cracker crumbs. Bake at 350 degrees until it bubbles.

Strawberry Cheese Ball

- 3 (8 oz) cream cheese — softened
- 1 (8 oz) box chopped dates
- 1 tbs mayonnaise
- 1 cup chopped pecans, divided
- 1 (12 oz) jar strawberry preserves, chilled

In a large bowl, combine cream cheese, dates, 1/3 cup pecans, mayonnaise. Blend together well and shape into a ball. Spread remaining pecans on waxed paper. Roll ball in nuts to cover. Wrap in wax paper and refrigerate until firm. Just before serving, pour preserves over cheese ball. Serve with oblong buttery-flavored crackers.

Making delicious Southern cornbread

Here are a few tips for making great Southern cornbread:

- Sprinkle a little cornmeal in the hot pan before adding the batter. It will brown and add a crispier texture.
- For a crusty cornbread, make sure there is a good "layer" of oil or shortening in the pan.
- A tablespoon of mayonnaise can be substituted for the egg.
- You can use all cornmeal, or lessen the amount of flour in the recipe.
- Use muffin or cornstick pans (preferably iron), to vary the shape.
- Instead of baking, fry the batter like pancakes.

For making your cornbread a little something extra, try this delicious recipe:

Broccoli Cornbread

- 2 boxes Jiffy™ corn muffin mix
 - 4 eggs, beaten
 - 1 1/2 sticks melted margarine (6 ounces)
 - 1 pkg. (10 oz) chopped broccoli, thawed and drained
 - 1 medium onion, chopped
 - 1 cup cottage cheese
- Combine all ingredients and pour into greased 9- by 13-inch baking dish. Bake at 375° degrees for 35 to 40 minutes, or until brown.

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Utility Board Town of Pennington is now accepting applications for a Utilities Superintendent

1. Purpose of this position is professional work in the field of Water and Wastewater treatment.
2. Must have Water/Wastewater certification.
3. Must have a minimum 3 years of experience.
4. Must have High School Diploma or GED equivalent.
5. Must have a valid driver's license and an acceptable Motor Vehicle Record.

Applications can be picked up at The Utilities Department Town of Pennington at 282 Pine Grove Road between the hours of 7:30 a.m. - 3:00 p.m.. The deadline for applications will be May 4th, 2007 at 3:00 p.m.

The Utilities Board Town of Pennington is an Equal Opportunity Employer.

Nobody cooks like mom

By Jennifer Miller
County Ext. System

BUTLER — It always amazes me how some people can just cook a full course meal in a matter of minutes just like there is nothing to it. My mother, Lavern Utsey, happens to be one of these people. She can do multiple tasks and still manages to have a delicious meal on the table and not have a terrible mess in the kitchen. Cooking is one of my mother's great talents and something that she really enjoys. She is known by many as one who is always lending a helping hand by taking food to a sick friend or a friend or family in need.

About once a week we receive a phone call to hear her say, "I have supper cooked." The entire family of 15



Submitted photo
Lavern Utsey shows off one of her delicious recipes.

Care where you need it most



Primary Home Care patient, William Stephens, and Zina Ridgeway, R.N.

Our commitment to your health doesn't end at the hospital or doctor's office—there are times when you may need health care in the comfort of your own home. "The one thing I like so much about Zina is she is always there to answer questions about my husband's illness," says Mrs. Stephens. "Zina is so polite and she has helped us so much." The trustworthy, caring, and skilled personnel at Primary Care are here to help you with all your home care needs.

Primary Home Care

A division of Rush Health Systems

Wanda Price, MSN
Director of Magna Home Health, Mississippi
and Primary Home Care, Alabama
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gathers for dinner. I always get excited because her food tastes much better than mine and most importantly we are spending precious moments together.

My mother recently cooked lunch for our Extension Staff. The meal was absolutely delicious and I would like to share some of her recipes with you.

- Greek Spaghetti**
 - 6 chicken breasts
 - 1 large can black olives, sliced
 - 2 * T. Greek seasoning
 - 1 can tomatoes
 - 1 large onion
 - 1 large bell pepper
 - 1 stick oleo
 - 1 jar sliced mushrooms
 - 1 * c. chicken broth
 - 1 (16 oz.) spaghetti, cooked
 - 1 lb. grated cheese
- Boil and debone chicken breast. Save chicken broth. Saute oleo, onion, and bell pepper until tender. Boil spaghetti noodles; mix all ingredients together with * of grated cheese. Pour

into a long casserole dish or 2 small ones. (This recipe makes a lot). Sprinkle remaining cheese on top and bake uncovered at 375 degrees for about 30 minutes.

Green Bean Bundles

- 1 (16 oz.) can whole green beans
 - 6 to 7 slices bacon (uncooked)
 - French or Russian dressing
- Preheat oven to 350 degrees. Wrap 5 or 6 green beans with 1/3 slice of bacon, making a bundle. Secure with a toothpick, if desired. Make as many bundles as you have beans. Place in an 11 x 7 inch Pyrex baking dish with seam side of bacon down. Cover bundles with dressing of your choice. Bake uncovered for 45 minutes or until bacon is done.

If you are interested in sharing a special talent with youth in your community, please call the Extension Office at (205) 459-2133 and speak with myself or with Susan Thompson, 4-H REA.