



MARY'S MEMO

Recipes • Menu Ideas • Shopping • Cooking Tips

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Chief and Rays Supermarkets

ANOTHER SHOULD-HAVE-BEEN COOKBOOK RECIPE

Over the years I made a mistake taking old *Memos* from their respective notebooks and not returning them for safe keeping to where they belonged. Now when I look through loose recipes I find the missing *Memos* among them. As an example, I recently located a corned beef casserole recipe from the March 12, 1970 *Memo*. It was a great everyday-type entrée that certainly merited being in *Thank You, I'm Glad You Liked It*. For a nutritional plus, replace regular pasta with whole grain wheat pasta now available at Chief and Rays.

CORNED BEEF CASSEROLE

- 2 cups whole wheat shell macaroni, cooked according to package directions
- 1 (12 oz.) can corned beef' flaked
- 2 cups shredded sharp Cheddar cheese
- 1 cup milk
- 1 can undiluted cream of chicken soup
- 1/2 cup chopped scallions
- Buttered crumbs for topping

Cook macaroni according to package directions. Combine macaroni, corned beef, cheese, milk, soup and scallions. Top with buttered crumbs (about 1/2 cup). Bake in 325°F oven for 40 minutes. Recipe makes 6 servings.

On that same *Memo* that's been missing for years was a recipe for Red Beets in Orange Sauce. Serve as a side dish with Corned Beef Casserole.

RED BEETS IN ORANGE SAUCE

- 1 teaspoon orange zest
- 1/2 cup fresh orange juice
- 2 tablespoons lemon juice, fresh or frozen
- 1/2 cup sugar
- 1 tablespoon cornstarch

- 1/2 teaspoon salt
- 3 tablespoons butter
- 2 (14.5 oz.) cans sliced beets, drained

Heat the orange zest, juices, cornstarch, salt and butter together until thickened. Add beets and cook until beets are heated through. Recipe makes 6 servings.

Large salads are not practical for one and two-person households to make but whenever there are more to feed, a layered salad is a winner! When I know I'm going to have leftovers, I don't toss this salad (tossing wilts greens too much if there's some left). Instead, with a large serving spoon, dig through it to the bottom so you get some of everything. Memphis Salad with hard cooked eggs and a pound of bacon is a meal in itself!

MEMPHIS SALAD

- 1 (10 oz.) bag fresh spinach
- 1 head iceberg head lettuce
- 1 (10 oz.) box frozen peas, thawed
- 1 bunch scallions, chopped
- 6 hard cooked eggs, chopped
- 1 pound bacon, cooked crisp and crumbled
- 2 cups light mayonnaise (I use Hellmann's)
- 1 cup dairy sour cream (can be reduced-fat)
- 1 (.04 oz.) package Hidden Valley Ranch Style Dressing Mix

In large salad bowl; layer cleaned spinach, lettuce, peas, scallions, eggs and bacon in order given. Combine light mayonnaise, sour cream and dressing mix; use it to frost salad. Cover and refrigerate until serving time. Toss before serving.

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