

Please see recipes from the Class of 1970 “Cook Out” at the Richardson’s house June 4, 2010. These and other class related materials are also posted on your Class of 1970 Web site at <http://www.vet.k-state.edu/depts/alumni/classes/1970/letters.htm>.

K-State Salad

1 can blueberry pie filling
2 packages (3oz. each) grape jello
1 can crushed pineapple (15 ¼ oz.) – don’t drain

Boil 1 c. water plus juice from crushed pineapple. Dissolve dry jello in water/juice mixture. Add 1 c. cold water. Add pie filling and crushed pineapple. Put in a 9”x13” pan or 2 - 8”x”8” pans. Let set in refrigerator.

Topping:

1 (8oz.) cream cheese, softened
½ c. powdered sugar
1 c. sour cream

Beat ingredients together until fluffy. Add to the jello after it has set up. There will be 2 cups of topping.

Southwest Slaw

2 bags rainbow slaw
½ medium onion-chopped
small bag frozen corn-fried
cilantro or Italian parsley
½ jar Marzetti Slaw Dressing
½ jar Marzetti Poppy Seed Dressing
Salt and pepper to taste

Fry corn in coconut oil or grape seed oil; cool before adding.

Sweet Green Beans

2 to 3 large cans green beans
5 slices bacon, cut up (we use turkey bacon)
1 stick butter or margarine, cut up
½ tsp. garlic salt
1/3 to ½ c. brown sugar substitute
½ tsp. salt
½ tsp. pepper

Combine ingredients. Cover and bake in oven for 2 to 3 hours at 350. Cook in crock-pot 4 to 6 hours on high. Serves 8 to 10.

You can make this recipe with carrots too. It was very good!