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## EC60-924 Quick and Easy Meals

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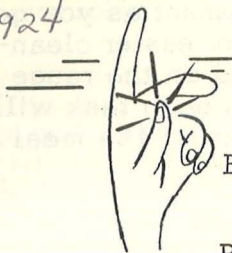
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## Quick and Easy Meals

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### PLANNING IS IMPORTANT

Your family can be well-fed even though the time for meal preparation is short. This is possible if you use prepared foods and take advantage of shortcuts. Satisfying, quick, and easy meals can be prepared if you have a plan and follow it.

Keep on hand several menus which can be prepared quickly. Food your family likes should be included. Keep the recipes with the menus in a convenient place in the kitchen. Be sure the ingredients needed for these meals are on hand. Replace them immediately after using.

Select meals that are simple, using foods that require little or no preparation. Use mixes, canned foods and ready-to-serve frozen foods. You can purchase a variety of convenience foods, or prepare foods ahead when you have the time. With a well-planned menu you can provide a meal in minutes that will please your family.

### BE A GOOD MANAGER

Management includes planning meals, planning time, and planning the work area to save time and steps. Equipment and utensils should be grouped according to use. Even with the best equipment you can waste time if the kitchen is not well arranged.

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Learn to save cleanup time. Collect fruit and vegetable peelings on newspapers or paper towels for easy disposal. Make a habit of washing equipment as you go along. Put pans to soak during the meal for easier cleaning afterwards. Wipe up anything spilled on the range, work table or floor. Minutes saved with each task will shorten the total time needed for preparing the meal.

## RECIPES

### Chicken Shortcakes

- |                                 |                            |
|---------------------------------|----------------------------|
| 1 package refrigerator biscuits | 1/4 cup milk or water      |
| 1/2 cup frozen peas             | 1 cup diced cooked chicken |
| 1 can cream of chicken soup     |                            |

Bake biscuits as directed on package. Cook frozen peas. Add soup, milk, and diced chicken and heat thoroughly. Spoon chicken mixture over split biscuits. Allow two biscuits per serving. Makes 4 servings.

### Salmon Potato Cakes

- |                       |                        |
|-----------------------|------------------------|
| 1 cup mashed potatoes | Chopped parsley, onion |
| 1 egg, beaten lightly | juice, or celery seed  |
| 1 cup salmon, minced  |                        |

Combine mashed potatoes, egg and salmon. Season with chopped parsley, onion juice, or celery seed, and shape into small cakes. Dip the cakes into crushed cornflakes or bread crumbs, and brown in butter or bacon drippings. Makes 4 servings.

### Carmel Nut Rolls

- |                             |                                 |
|-----------------------------|---------------------------------|
| 1/2 cup brown sugar         | 1/2 cup chopped nuts            |
| 1/3 cup butter, melted      | 1 package brown-and-serve rolls |
| 1 tablespoon sirup or water |                                 |

Spread the mixture of brown sugar, butter, nuts, and sirup in the bottom of a 7 x 11 inch pan. Place brown-and-



serve rolls topside down on mixture. Bake at 400° for 25 minutes. Let stand for a minute; invert pan and remove rolls.

### Super Bread Sticks

Quarter frankfurter rolls lengthwise. Spread the sides with soft butter or salad oil. Roll in minced parsley, chives, poppy seeds or grated Parmesan cheese. Brown in 425° oven for 5 minutes.

### Strawberry Freeze

20 marshmallows	1 package frozen strawberries
2 tablespoons lemon juice	1 cup heavy cream, whipped

Cut marshmallows into pieces and combine with lemon juice. Heat until marshmallows are melted; cool slightly. Mash partially thawed strawberries. Fold strawberries and whipped cream into marshmallow mixture. Pour into refrigerator tray and freeze until firm. Makes 6 servings.

### Lemon Cream Cheese Pie

8 ounce package cream cheese	1 package instant lemon pudding mix
2 cups milk	9-inch graham cracker crust

Blend cream cheese with 1/2 cup of the milk. Add remaining milk and the pudding mix. Beat slowly with egg beater for 1 minute. (Do not overbeat.) Pour into graham cracker crust. Sprinkle a few crumbs lightly over the top. Chill one hour before serving.

### Extra Quick Desserts

Applesauce with a spoonful of commercial sour cream.

Vanilla ice cream topped with concentrated orange juice.

Lemon sherbet with 1/4 cup chilled graped juice.

One can black cherries with 1 package frozen raspberries.

## SUGGESTED MENUS

\*Chicken Shortcakes  
Frozen Lima Beans  
Vegetable Gelatin Salad  
Extra Biscuits      Butter  
Lemon Sherbet  
Milk

Canned Stew over Minute  
Rice  
Cucumber & Tomato Salad  
Buttered Green Beans  
\*Super Bread Sticks  
Frozen Peaches  
Milk

Vegetable Soup  
Toasted Cheese Sandwich  
with Bacon Strips  
Carrot & Celery Sticks  
Gelatin with \*Custard  
Milk

Scrambled Eggs  
Buttered Broccoli  
Pear Cottage Cheese Salad  
Bran Muffins      Butter  
Applesauce Cake  
Milk

\*Salmon Potato Cakes  
Frozen Peas  
Lettuce with Russian  
Dressing  
Cornbread      Butter  
Frozen Rhubarb Pie  
Milk

Broiled Meat Patties  
Hash Browned Potatoes  
Sliced Tomatoes  
Rolls      Butter  
\*Strawberry Freeze  
Milk

Broiled Steak  
Frozen French Fried  
Potatoes  
Caesar Salad  
Cloverleaf Rolls      Butter  
Fruit      Cookies  
Milk

Frozen Fish Sticks  
Browned Potatoes  
Panned Carrots  
Coleslaw  
\*Caramel Nut Rolls  
Milk

Broiled Ham Slice with  
Raisin Sauce  
Whole Kernel Corn  
Tossed Green Salad  
Quick Cinnamon Rolls  
Milk

Fried Liver & Onions  
Instant Mashed Potatoes  
Relish Plate  
Hard Rolls      Butter  
\*Lemon Cream Cheese Pie  
Milk

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\*Starred recipes are included in the circular.