

BASIC COOKIE DOUGH

- 2/3 c. butter or margarine
- 1/2 c. sugar
- 1/2 c. brown sugar
- 1 egg
- 1 t. vanilla
- 1 1/2 to 1 3/4 c. flour
- 1/2 t. soda
- 1/2 t. salt
- 1 c. chocolate chips, M&M pieces, nuts, etc.

Heat oven to 350 degrees.

Cream sugar and butter.

Add egg and vanilla and beat.

Add flour, soda, and salt.

Mix.

Add chips, nuts, etc.

Drop dough onto cookie sheets 2 inches apart.

Bake.

Sweet Muffins

1 egg

¼ c. oil

½ c. milk

1 ½ c. flour

½ c. sugar

2 tsp. baking powder

½ tsp. salt

Preheat oven to 400 degrees

Beat egg, oil, and milk in a bowl

Stir together flour, sugar, baking powder and salt.

Pour liquid ingredients into dry and stir. Dough will be lumpy.

Stir in chocolate chips, blueberries, etc.

Fill muffin liners about 2/3

Bake for 20 minutes.

Varieties:

Chocolate chip: add 1 c. chips

Blueberry: add ½ c. to 1 c. blueberries

Cinnamon and sugar: mix 2 Tablespoons sugar and 1 teaspoon cinnamon together and sprinkle on top of muffins. You can also add 1 tsp. cinnamon to dough.

Surprise: add 1 tsp. jelly to middle of muffin.

**FACS 1
MEAL RECIPES**

CONFETTI TACO SALAD

- 1 lb. Ground beef
- 1 envelope taco seasoning
- 1 can kidney beans, drained
- 1 large tomato, chopped
- 1 head lettuce, torn into small pieces
- 1 c. shredded cheddar cheese
- 3 c. corn chips
- 1 jar Russian or cantilena dressing

Fry and drain ground beef. Add taco seasoning as directed. In a mixing bowl add lettuce, beans, tomato, chips, and cheese. Add meat and dressing then toss.

CHICKEN STIR FRY

- 2 T. oil
- 2 chicken breast, cut into bite size pieces
- 1 package stir fry vegetables

In a large skillet or large pot cook chicken in oil until no pink is left. Add vegetables and put lid on, stir occasionally, add soy sauce if desired.

Cook until vegetables are done.

Serve over rice.

Make rice by following directions on box. Use 2 c. uncooked rice.

DESSERTS

APPLE CRISP

1 can apple pie filling

$\frac{3}{4}$ c. uncooked oatmeal

$\frac{1}{2}$ c. flour

$\frac{1}{2}$ c. brown sugar

$\frac{1}{2}$ t. cinnamon

1 stick margarine

Pour apple pie filling in a 8x8 inch baking dish. Mix oatmeal, flour, sugar, and cinnamon together. Cut in margarine. Pour oatmeal mixture on top of apples. Bake at 375 degrees for 20 min. or until it bubbles.

CHERRY DUMP CAKE

1 can cherry pie filling

1 box jiffy yellow cake mix

1 stick margarine

Layer 3 ingredients in above order in an 8x8 inch baking dish. Bake at 375 degrees for 20-25 min. or until bubbles.

Demonstration on Measuring Techniques

Snickerdoodle Cookies

- 1 cup shortening (part butter or margarine)
- 1 ½ cups sugar
- 2 eggs
- 2 ¾ cups all-purpose flour
- 2 tsp. cream of tartar
- 1 tsp. soda
- ¼ tsp. salt
- 2 T. sugar
- 2 tsp. cinnamon

Preheat oven to 400 degrees F. Mix shortening, 1 ½ sugar, and eggs thoroughly. Measure flour by dipping method or by sifting. Blend flour, cream of tartar, soda and salt, stir in.

Shape dough in 1" balls. Roll in mixture of 2 T. sugar and cinnamon. Place 2" apart on ungreased baking sheet. Bake 8-10 minutes. These cookies puff up at first then flatten out. (Similar to a person with a big ego)

Measuring Techniques

1. Measuring shortening

#1 way-

#2 way-

#3 way-

2. Dry ingredients-

3. Measuring flour
#1 way

#2 way

4. Measuring Liquids-

Other measuring techniques to be discussed

Eggs-

Measuring brown sugar-

Measuring powdered sugar-