



SHRIMP LINGUINE

Patsy Costello

- 8 oz. linguine
- 1 1/2 lbs. cooked, peeled shrimp
- 8 oz. shredded Parmesan cheese
- 3/4 c. canned Alfredo sauce

Cook linguine in seasoned water according to directions; drain. Add shrimp, cheese and Alfredo sauce. Stir well. One can of drained mushrooms may be added, if desired. This is also good with steamed broccoli and chopped zucchini added.

SMOTHERED ROUND STEAK

Marcia McDaniel

- 1 can cream mushroom soup
- 1 pkg. Lipton onion soup mix
- 1 round steak

Spread mushroom soup and Lipton onion soup mix on both sides of round steak. Place in heavy duty aluminum foil and seal airtight. Place on cookie sheet and cook for an hour at 350°.

SWEET AND SOUR CHICKEN

Placida Stinson

- 4 boned, skinless chicken breast halves, cut into bite-size pieces
- 1 med. onion, chopped
- 1/2 med. green pepper
- 1/2 c. cooked rice
- 1 (8-oz.) can pineapple chunks, drained
- 1/3 c. bottled sweet and sour sauce
- 1 tsp. soy sauce
- 1/4 c. cashews or peanuts

Rinse chicken and pat dry. In a 2-quart microwave safe casserole, combine chicken pieces, onion and green pepper. Micro-cook covered on 100% power for 6 to 8 minutes or until no pink remains in chicken pieces. Stir twice. Drain off dishes. Stir in pineapple chunks and sweet and sour sauce, if desired. Cook on high for 1 to 2 minutes more until mixture is heated through. Stir cashews or peanuts into chicken mixture. Serve with rice.

