

MUSIC ROOTS COOKBOOK



**Dedicated to our parents
“The Roots of our Foundation”**

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Richard L. & Patricia E. Lloyd Hadley

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About the Authors

Richard Livingston Hadley

Born in Thomas County Georgia on a Southern Plantation into a family of fourteen, Richard began his education in Thomasville, GA., and later graduated from Douglass high School. He received his B.S. Degree in Music Education (Oboe) from Florida A&M University, Tallahassee, Florida and M.S. Degree from Wayne State University in Detroit, Michigan. He taught Music Education in North Carolina and Michigan for 36 years. Now retired from teaching since 1998, Richard has been a part time substitute teacher in his growing up hometown of Thomasville. He and his wife, Patricia is a member of the 159-year-old Ochlocknee Missionary Baptist Church where he attended as a kid. This historic Church is located on Highway 319, South of Thomasville. It has a lot of family history.

The curiosity of food preparation was an interest to Richard even as a youngster. Coming from a large family of 14, it was not pictured as a family of poverty because of family pride and devoted parents; there was always plenty to eat! The family kitchen and connecting dining room was always a busy place, not only for cooking and eating, but served as a center for family discussions and planning.

Richard developed an interest in computer science over 20 years ago when he received a free computer from writing a grant while teaching. Since then, he has upgraded his systems several times. He presently uses the Power Mac G5 for desktop publishing. During this time, his computer skills developed into a hobby that also produced an additional family income. He and his wife also enjoy playing games as well on the computer. This all led to putting together a cookbook containing recipes obtained from many relatives and friends. This project actually started in 1987 while attending a family reunion in Thomasville of more than 900 relatives. With a collection of recipes during those 20 years, he decided to finish his project. Richard has also created a web site that you may want to visit. Reunion information is listed on this site: <http://home.surfsouth.com/~newadventures/> or E-mail Richard at: rdhad98@surfsouth.com.

Patricia Elaine Lloyd Hadley

Patricia (Pat) was born in Detroit, Michigan into a family of 8 brothers and sisters. Her parents owned a furniture moving business (G.W. Lloyd & Sons) for many years in Detroit. She grew up in a middle class neighborhood where she also attended public schools and the historic Hartford Avenue Baptist Church. She played a great role in sports as well as learning to cook at a very young age. Pat has won several trophies in skiing, skating and bowling.

After furthering her studies at Highland Park Community College in Business Administration, Pat worked at Western Electric and later became employed at the National Bank of Detroit and Ford Motor Company's World Headquarters in Dearborn, Michigan until her retirement in 1993.

Now living in Thomasville, Georgia, Pat and Richard enjoy many hobbies such as; deep-sea fishing, traveling, quilting & crafts, computer games, exercising at home and at the YMCA and working in their self-landscaped yard. Pat has won 1st prize ribbons on her hybrid roses and also for having the best dressed doll at a local Garden Club Show. Pat recently canned several jars of delicious pear and peach preserves and Mayhaw Jelly.

Since Pat's retirement, she has assisted Richard in his home-based desktop publishing business. Pat has also improved her skills in quilting and crafts. Presently, she has made more than 20 quilts. Some of these quilts were given as gifts to daughters and grand children and relatives. Her husband Richard created on the computer some of Pat's quilting designs. "A lot of geometry goes into quilting," says Richard.

Pat also loves to cook and test new recipes for special dinners. She believes that every cook should have a cookbook available for reference in food preparations and as a reference for precise measurements in preparing their favorite dish. In this publication of Music Roots, she hopes that it will be an asset to you and a joy to use in years to come.

Preface and Acknowledgements

Though times have changed, food has not. However, food can be our worst enemy. We are what we eat! How food is prepared, and how we control our diet are concerns that will make a difference in our lives. Also, how healthy we maintain our body as we grow beyond our prime years is important.

We have become wiser and more conscious of maintaining our health and eating habits. Most of us expect a great variety in our daily menus. We have learned to appreciate international and ethnic dishes and do our own meal creations. We make adjustments on how to feed our families using basic meals with less cost and preparation time. Today, we pre-heat and go watch TV. We have the conveniences of timers and buzzers.

This cookbook was inspired by Richard's co-author wife, Patricia (Pat) in 1987 when they had attended a family reunion consisting of more than 800 relatives in attendance in Thomasville, Georgia. Contacts were made to many relatives about the idea. A special thanks is given to Richard's wife Patricia for keeping him on task.

Upon contacting several relatives and friends about this project, they sent their favorite recipes. Richard, having been born in the south, considered himself a conscious observer of kitchen chores and became knowledgeable of cooking as a youngster.

The title "Music Roots" was inspired to Richard by his sister Lula Hadley Walden (an gourmet cook herself) after their father passed away. There were several sweet potato pies brought over to their home for the family dinner. Richard's sister Lula, and he watched the consumption of the pies until the last pie was about to be sliced. Looking at each other, Richard said, "Music Roots!" They call each other that name to this day.

The title of this book has a meaning that relates to sweet potatoes that we call “Music Roots!” Sweet potatoes were never a shortage in our family. They were eaten year round!

It is hoped that this book will be one that you will use and share with your family and friends. We hope that you will enjoy the various meal preparations from this book, whether it is for a full dinner or just preparing snacks for a special occasion.

Included in this book are food groups, equivalent measure charts, herbs and spices definitions, suggestions for planning and preparing foods and food safety basics.

We acknowledge and thank our daughters, Rose Rachel, Jennifer, Hope and Donna for their inspiration, and relatives and friends that helped to make this book possible. Also to thanks to a sister-in-law Christine Jackson Hadley for sharing her sister Sarah’s family recipes. We especially dedicate this book to our parents, the late, King Dennis and Rosetta James Hadley & Gordon W. and Eunice Isabell Lloyd, Sr. Thanks to our relatives, friends and neighbors for your support in making this cook book possible.

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APPETIZERS, RELISHES, **PICKLES & DIPS**

Mini Sausage Quiche

1/2 c. margarine or butter, softened
3 oz. cream cheese, softened
1 c. all-purpose flour**1/2 lb. Italian sausage**
1 c. shredded Swiss cheese
1 Tbsp. Snipped fresh chives
2 eggs
1 c. half-and-half
1/4 tsp. salt
dash of cayenne pepper

Mix the butter and cream cheese in medium size bowl until it is creamy. Blend in flour; put in refrigerator for 1 hour. Roll into 24 (1-inch) balls; and put each into mini muffin paper cups.

Preheat your oven to 375°F. To make the filling, crumble the sausage into small skillet. Cook over medium heat until it is browned, stirring occasionally. Drain off any drippings. Sprinkle sausage evenly into pastry shells in muffin cups; also, sprinkle with Swiss cheese and chives. Whisk eggs, half-and-half, salt and cayenne until well blended; pour mixture over sausage in pastry shells. Bake from 20 to 30 minutes or until set. Remove from pans. Serve while hot. Refrigerate leftovers. Makes 24 servings.

Patricia Hadley, Thomasville, GA

Cheese Cake Tarts

1 box vanilla wafers	2 - 8 oz. cream cheese
3/4 c. sugar	2 eggs
1 tsp. vanilla	1 tsp. lemon juice
1 box tart cups	1 can pie cherries

Beat all the above together until smooth. Then put wafer upside down in paper cup, put 1 tablespoon of the filling into each one. Bake at 350°F for 15 minutes until little cracks form on top of cheesecake. Before serving, put a cherry with a little bit of juice on top. Makes about 4 dozens.

Linda Grant, Detroit, MI

Southern Quiche

Crust:

1/2 (11oz.) package piecrust
1 tsp. chili powder
2 Tbsp. cold water

Filling:

3/4 c. grated cheddar cheese
1/2 c. graded Monterey Jack cheese (white)
3 eggs, lightly beaten
1 tsp. salt
1/4 tsp. white pepper
1 1/2 c. half and half or light cream
1 (4 oz.) can diced green chilies (Mexican)
1 (2 1/4 oz.) can sliced ripe olives (pitted)
2 Tbsp. finely chopped green onions

Preheat your oven to 350°F. In medium bowl blend the piecrust mix and chili powder. Add water. Mix with fork until the dough holds together., Form into smooth ball with your hands. Roll out on floured surface until 1 1/2 inches larger than an inverted 9 inch pan. Place into pan and flute the edges.

Mix the cheese together and spread on the bottom of pastry shell. In medium bowl mix the eggs, salt, pepper, cream, chilies, olives and green onions. Pour over cheese covered pastry. Bake 40 to 45 minutes or until knife inserted comes out clean. Serve at once as hors d'oeuvres or main course. Serves 4-6.

Sardine Dip

8 oz. cream cheese
1 can sardines
6 sweet gherkins pickles minced
3 dessert spoons lemon juice
1Tbsp. minced onion
salt

Blend in cream cheese with lemon juice. Add the sardines and gherkins. Add minced onion and salt to taste. Mix well. Refrigerate and serve with crispy crackers.

Kosher Dill Pickles

25 (4-in) cucumbers	Alum
fresh garlic, peeled	1 c. kosher salt
fresh dill weed	1 qt. cider vinegar
red hot peppers	

Wash the cucumbers well thoroughly in several waters to remove all grit. Put cucumbers into hot, sterilized quart jars. In each quart add 1 clove garlic, 2 heads of dill, 1 red hot pepper, 1/4 teaspoon alum.

Combine the kosher salt, 3 quarts water and apple cider vinegar. Bring it to a boil. Fill jars to within 1/2 inch of the top with brine (boiling mixture). Adjust lids loosely. Process in boiling water bath for 20 minutes. Start timing as soon as the jars are placed in water. Makes 5 quarts.

Sweet Corn Relish

20 ears of corn	2 qt. vinegar
1 sweet red pepper, chopped	4 large onions, chopped
2 green peppers, chopped	1 lb. light brown sugar
1/2 Tbsp. dry mustard	3 Tbsp. celery seed
1/4 c. salt	

Shuck, silk and wash corn. Use a sharp knife to cut the kernels from the ears of corn. Mix the corn with onions and peppers. Add the sugar, salt, celery seed, mustard and vinegar. Cook corn slowly for 20 minutes in an open pot. Pack into hot sterilized jars and immediately seal. Makes 8 pints.

Cheese Balls

8 oz. cream cheese	1/4 c. soft butter
8 oz. blue cheese	1 tsp. chopped chives
2/3 c. minced ripe olives	

Soften the cheeses. Blend thoroughly with other ingredients. Chill about 45 minutes. Roll into 2 balls. Roll in finely chopped nuts (walnuts or pecans) before serving. Serve as a spread on your favorite crackers.

Cinnamon Walnuts/Pecans

1/2 c. water	1 c. sugar
1 tsp. cinnamon	1 tsp. salt
4-5 c. walnut/pecan halves	

Spread on a cookie sheet. Heat in 350°F oven for 15 minutes. Remove from oven. Put in nuts in saucepan. Mix other ingredients. Heat to soft ball stage, 7-10 minutes. Pour over nuts on cookie sheet. Cool.

Deviled Egg Au Gratin

1 doz. eggs
1 c. grated cheese
1 can cream of celery soup
1 can cream of chicken soup
paprika

Stuff eggs accordingly. Go light on the salt. Place in baking a dish. Stir soups together and pour over eggs. Top with cheese. Sprinkle lightly with paprika. Bake uncovered at 350°F for 30 minutes. Makes 10-12 servings.

Sara Daniels, Thomasville, GA

Deviled Eggs

1 doz. eggs
1/4 tsp. pepper
1/2 c. sweet pickle relish
2 Tbsp. mustard
1/2 to 1 c. mayonnaise

Boil eggs; cool and remove the shell. Cut lengthwise. Place yolks in bowl and mash them with a folk. Stir in all ingredients. Using a spoon, put mixture in the egg whites. Garnish with paprika. Put in refrigerator until ready to serve. Serves 12.

Patricia Hadley , Thomasville, GA

Seafood Dip

Put the following ingredients in blender:

1 Tbsp. lemon juice
1 c. cream-style cottage cheese
few drops Tabasco sauce
4 sweet pickle slices
1/4 c. dairy sour cream

Cover and turn on blender.

Add: 1 cup flaked cooked salmon, tuna or crabmeat.

Blend until well mixed. Makes about 2 cups.

Liver Sausage Dip

Finely chop:

2 sweet pickle slices

1 slice onion

Put into a small mixer bowl with;

3/4 c. liver sausage

1/4 tsp. salt

1/4 c. mayonnaise

1/8 tsp. pepper

Beat thoroughly with electric mixer. Makes 1 cup of dip.

Bacon 'N' Egg Spread

6 slices crisp bacon, crumbled

6 boiled eggs, peeled and sliced

Put into a small mixing bowl:

1/2 c. mayonnaise

1/2 tsp. paprika

1/4 tsp. dry mustard

1/2 tsp. salt

1/8 tsp. pepper.

Add chopped eggs and 2 strips green pepper, minced and 1 slice onion, minced. Beat ingredients until smooth. Spread on crackers, or toasted bread. Makes 1 cup.

Mexican Cheese Dip

1 c. plain low-fat yogurt

2 Tbsp. margarine

1/2 c. low-fat cottage cheese

1 garlic clove, minced

2 Tbsp. chopped green chiles

1/8 tsp. pepper

1 teaspoon chili powder

In small bowl mix all ingredients. Cover and put in refrigerator about 1 hour. Mix well before serving. Makes 6 1/2 cup servings.

Corned Beef Hash Balls

Mix well:

1 c. corned beef hash	1/4 c. mayonnaise
1/4 c. dry bread crumbs	1 Tbsp. ketchup
1 tsp. horseradish	1/8 tsp. onion salt

Shape into small balls.

Beat slightly in a bowl; 1 egg, salt and pepper to taste. Cover balls with beaten egg and roll in finely dried breadcrumbs.

Arrange balls in a shallow baking pan. Set under broiler with tops about 3 in. from heat for 5 minutes, turning them over once. Makes 2 dozen balls.

Oriental Baby Ribs

Put in a shallow dish:

2 lbs. baby spare ribs

Mix in a bowl:

1/4 c. sugar	2 Tbsp. ketchup
1/2 tsp. bead molasses	2 tsp. salt
1/4 tsp. pepper	1/4 c. chicken broth
1/2 tsp. monosodium glutamate	2 Tbsp. soy sauce

Pour sauce over ribs in dish. Cover and refrigerate at least 8 hours, basting occasionally.

Prepare ribs 2 hours before ready to serve. Set out a large baking pan with rack. Pour about a cup of cold water into pan to prevent ribs from smoking during roasting. Remove ribs from refrigerator, transfer to rack in pan and baste with sauce.

Roast ribs in a 350°F oven for 45 minutes, basting occasionally with sauce. Turn ribs and baste with sauce and roast 45 minutes longer, or until they are tender. Cut ribs into single-rib portions to serve. Makes 6-8 servings.

Morris Hadley, Jr., Cincinnati, OH

Crab Cakes

2 c. fat-free crabmeat
1/2 c. fat-free mayonnaise
2 Tbsp. lemon juice
1 green onion, chopped
1/3 c. red or green bell
1/4 to 1/2 tsp. Tabasco sauce
pepper to taste
1/2 c. fat-free breadcrumbs
1 large egg white, lightly beaten
1 tsp. Old Bay seasoning pepper, chopped
1 c. fresh crumbs (made from 3 to 4 slices of fat-free bread)

Preheat oven to 450°F. In a large bowl, stir together crabmeat, fresh breadcrumbs, mayonnaise, egg white, lemon juice, onion, and bell pepper, Old Bay seasoning. Pepper and Tabasco sauce.

Form cakes into 6 (1/2) inch thick patties and roll in dry breadcrumbs or cornflake crumbs. Lightly spray a nonstick skillet with cooking spray and heat over medium heat. Add the crab cakes and cook about 1 minute until the cakes are golden. Carefully turn the crab cakes over and transfer to a baking sheet. Bake 10 to 12 minutes, or until heated through. Serves 6.

MAIN DISHES & **CASSEROLES**

Black Bean Casserole

- 1 1/2 c. chopped green sweet pepper**
- 1 14-1/2-oz. can tomatoes, cut up**
- 2 c. chopped onion**
- 10 7-inch corn tortillas**
- 2 cloves garlic, minced**
- 3/4 c. picante sauce**
- 2 tsp. ground cumin**
- 2 15-oz. cans black beans, drained and rinsed**
- nonstick spray coating**
- 2 c. shredded reduced-fat Monterey Jack cheese (8 oz.)**
- sliced small fresh red chili peppers (optional)**

Combine in a large skillet green pepper, onion, undrained tomatoes, garlic, picante sauce, and cumin. Bring to a boil; turn down heat. Simmer, uncovered, for 10 minutes. Stir in beans.

Spray a 2-quart baking dish with nonstick coating. Spread one-third of the bean mixture on the bottom of the dish. Top with half of the tortillas, folding as necessary, and half of the cheese. Add another one-third of the bean mixture, and then remaining tortillas and bean mixture. Cover with lid and bake in a 350° F oven for 35 to 40 minutes or until ingredients are heated through. Sprinkle the remaining cheese into pot. Let stand for 10 minutes.

If desired, place some shredded lettuce on each serving plate. To serve, cut casserole into squares and place atop lettuce. Garnish with chili peppers. Serves 6 – 8.

Chicken Perlow & Rice

1 whole baking chicken – save the gizzard
salt and pepper –to taste
1 1/2 c. uncooked Rice
1 can chicken broth
chopped onion and celery to taste

Bake the chicken with the seasonings at 350°F until well done, for about 1 1/2 hrs. Remove chicken the from oven; save your pan drippings, let the chicken cool. Boil the gizzard and other parts in a covered pot on top of the stove with enough water. Remove the chicken parts and save liquid.

Let cool. Remove the bones from the baked chicken. Save meat.; chop up the gizzards and about 1/3 of meat. Use the remainder of chicken to serve with the dinner. In a large pot, cook rice with 3 1/2 cups liquid, from the pan dripping and also use the cooked liquid from the gizzards. Add chicken broth to make 3 1/2 cups. When the rice is almost done, add in the gizzards and chopped chicken and continue cooking the until the rice is done. Add and stir in the celery and onion. Makes 8 servings.

Lula Hadley Walden, Beachton, GA

3 Cheese Baked Macaroni Casserole

1/2 pkg. macaroni	1 pinch pepper
1/2 tsp. dry mustard	1-3/4 c. milk
1 c. cottage cheese	2 Tbsp. flour
2 Tbsp. onion, chopped	1/4 c. parmesan cheese
1 c. cheddar cheese, shredded	
1/2 c. buttered bread crumbs	
2 Tbsp. butter or margarine	

Cook macaroni according to directions on package. In saucepan, sauté onion in butter until tender. Add in flour, pepper, and mustard: cook for 1 minute. Mix in milk and cook stirring constantly until it is thickened. Add parmesan, cottage, and

cheddar cheese; stir well until melted. Mix macaroni and sauce together; Pour into a large baking dish. Cover top with bread crumbs. Bake at 350°F for 30 minutes. Makes 4 servings.

Creole & Spicy

(Red Beans & Rice)

1 lb. dried red kidney or pinto beans
2 qt. of cold water
1 meaty ham bone or a thick slice of raw ham, cut into cubes
1/2 lb. hot sausage, sliced thick
1 bunch of scallions, including green tops
2 garlic cloves
1 green pepper
2 stalks of celery
3 medium-sized onions
4 bay leaves
large pinch of ground thyme
cayenne pepper or Tabasco sauce
salt & pepper to taste
1 c. white long -grain rice (not instant)
1 chicken flavored Wyler's bullion cube
2 Tbsp. cooking oil

Rinse beans twice. Discard any that look bad. Put beans in a big, heavy pot. Soak overnight. Note: Add a cap of vinegar or a few drops of lemon juice and a pinch of sugar to beans. Soak overnight.

Preparing the rice: Add to 1 cup of rice; 2-cups of water, 1-tablespoon of cooking oil and 1-bullion cube. Bring to boil. Stir once. Put top on. Cook slowly for about 15 minutes. Do not lift lid during cooking time. Add to separate pot: ham and sausage. Set uncovered on a burner at medium heat. Chop and add scallions, green pepper, celery and onions. Then add thyme and bay leaves.

When mixture boils, reduce heat and cover. Stir every 20-30 minutes for three hours. Then with a wooden spoon, mash about one-fourth of the beans against the side of the pot. If they don't mash easily, try again after an hour.

Forty minutes after mashing the beans, taste and season with cayenne pepper or Tabasco sauce. (Don't use too much; this is supposed to be delicious but subtly flavored.) Cook for another half hour while preparing rice. Ladle beans and sauce over rice and serve. Serves 6.

Mary Lloyd, Cincinnati, OH

Baked Beans

1-1/2 c. white beans or 2 cans (28oz) pork and beans
1 onion chopped
2 Tbsp. brown sugar or corn syrup
1/2 tsp dry mustard

Bake 40 minutes at 425°. Place strips of bacon on top.
Serves 4.

Macaroni & Cheese Casserole

(A custard casserole)

2 1/2 c. uncooked elbow macaroni
2 1/2 c. shredded Cheddar cheese
4 Tbsp. melted butter
3 eggs
2 c. milk
2 Tbsp flour
3/4 c. fresh breadcrumbs
1/2 tsp. salt
1/2 tsp. pepper

Cook macaroni as listed on package in boiling salted water; drain macaroni and set aside. Add milk, flour, salt, pepper, 3 tablespoons melted butter, and eggs in a mixing bowl; whip until smooth and well blended. Put half of cooked macaroni in the bottom of a buttered 2-quart baking dish; sprinkle 2 cups of cheese and put the remaining macaroni on top. Pour milk and the beaten egg mixture over macaroni. Spread breadcrumbs and

1 tablespoon melted butter; sprinkle fresh bread crumbs over the top of macaroni and cheese mixture.

Bake at 350°F without a cover for about 45 to 50 minutes; sprinkle the remaining cheese and baking for another 5 minutes or longer making sure the macaroni and cheese is set. Serves 6.

Sausage Casserole

**1 lb. ground sausage, browned and drained
(may also use turkey, beef or pork)
2 c. milk
1/2 - 1 tsp.
dash meat tenderizer seasoning
3 slices dry bread, crumbled
1 stack of crumbled Ritz crackers (optional)
1 c. shredded cheddar cheese**

7 eggs

pepper

Mix all ingredients with slightly beaten eggs together and pour into a 9x13-inch casserole dish. Sprinkle bread/cracker crumbs over top. Bake in oven at 350°F for 40 minutes. Serves 4.

Richard Hadley, Thomasville, GA

Cheese & Potatoes Casserole

**1 can of mushroom soup
10 medium sized potatoes, thick sliced
1 1/2 c. cheddar cheese, shredded
salt & pepper to taste**

Place the potatoes and cheese in dish, cover with the mushroom soup. Bake at 350°F for 1 hour until the top begins to brown. Let dish cool for 5-10. Serves 6.

Richard Hadley, Thomasville, GA

Turkey Buffet Casserole

4 oz. med. white noodles, (2 c.)	2 Tbsp. flour
1 pkg. frozen broccoli spears	1 tsp. salt
2 Tbsp. butter or margarine	1/4 tsp. pepper
1/4 tsp. prepared mustard	2 c. milk
1 c. (1/4 lb.) grated American cheese	
2 c. cut up cooked turkey	
1/3 c. slivered toasted almonds	

Preheat oven to 350 degrees. In separate sauce pans cook noodles and broccoli as labels direct just until tender. In saucepan over low heat, melt butter; stir in flour, salt, mustard, pepper and milk. Cook, stirring constantly until thickened. Remove from heat, stir in cheese until melted. Drain noodles and broccoli. Dice broccoli stems; leave flowerettes whole.

Arrange noodles, broccoli stems, turkey in shallow casserole or 8 inch square baking dish; pour cheese sauce over all. Arrange broccoli flowerettes on top, pressing them lightly into sauce; sprinkle with almonds. Bake uncovered 15 minutes or until bubbling hot. Makes 4 to 6 servings.

Turkey Broccoli Casserole

2 c. leftover turkey	1 stick oleo
5 Tbsp. flour	1 1/2 c. chicken broth
1 c. whipping cream	3/4 c. bread crumbs
1 salt & pepper to taste	2 pkgs. frozen broccoli
c. grated cheddar cheese	

Cut turkey into bite size pieces. Put into 9x13 baking dish. Cook broccoli in salted water - drain. Place on top of turkey. Melt butter in saucepan over medium heat. Blend in flour. Add cheese and broth. Cook until thick. Add whipping cream, stir until smooth. Put over turkey and broccoli. Cover with bread crumbs. Bake 25 minutes.