

CRISPY ORIENTAL CHICKEN WINGS

1 1/2 lbs. chicken wings, disjointed
1 med. Egg
1/2 c. soy sauce
2 tbsp. garlic powder
1/4 tsp. ginger powder
1 med. onion, finely diced
2 c. finely crushed corn flakes

Mix together egg, soy sauce, garlic powder and ginger powder. Set aside. On wax paper, mix together crushed corn flakes and diced onion. Dip each wing in soy sauce mixture, then roll in corn flakes and onion. In glass baking dish, cover and cook wings on high (9) for 20 minutes, or until cooked. Remove covering halfway through cooking. Use 13"x9" baking dish. Yield: 24 appetizers.

BAKED CHICKEN

1/2 c. ketchup
1/2 c. mayonnaise
3 tbsp. minced onion
1 cup crushed corn flakes
2 to 2 1/2 cut up chicken

Mix first three ingredients and dip chicken. Coat with crumbs or flakes. Bake on greased pan or roll lined pan. Bake at 375 degrees for 40 to 45 minutes.

CHICKEN SALAD CASSEROLE

2 c. chopped cooked chicken
1 c. chopped celery
1 can cream of chicken soup
3/4 c. mayonnaise
1 c. sliced diced water chestnuts
1/2 c. slivered almonds
4 tbsp. Butter
1 c. crushed corn flakes

Mix all ingredients except butter and corn flakes. Place in ungreased 13 x 9 x 2 inch casserole. Melt butter and mix with corn flakes. Spread over casserole and bake at 350 degrees for 45 minutes. All ingredients may be mixed ahead except corn flakes and butter. This should be put on just before baking. Casserole should be eaten as soon as baked.

DIJON CHICKEN

6 whole chicken breasts, skinless & debone
1/2 jar Dijon mustard (approx. 5 oz.)
1 c. sour cream
Butter
1 cup Corn flakes

Combine sour cream and mustard. Dip chicken breasts in mixture. Roll in crushed corn flakes. Line baking dish with aluminum foil. Place chicken in dish and dot with butter. I sprinkle just a tad of salt on top. Cover with aluminum foil and bake at 400 degrees approximately 1 hour. Remove foil and increase to 450 degrees for about 20-25 minutes until browned.

CHICKEN RICE CASSEROLE

1 (1 1/8 oz.) pkg. onion soup mix
2 c. instant rice
2 c. chicken broth
3 to 4 c. cubed cooked chicken breast
2 (10 3/4 oz.) cans of cream of mushroom soup, undiluted
1/2 c. crushed corn flakes

Combine soup mix, rice and broth; pour into buttered 13 x 9 x 2 inch baking dish. Arrange chicken on rice mixture. Spread soup over chicken. Sprinkle with crushed cereal. Bake at 350 degrees for 1 hour.

HOT CHICKEN SALAD

2 c. chicken, cooked
1 c. rice, cooked
1 c. celery
3/4 c. mayonnaise
1 c. mushrooms, sliced
1 tsp. chopped onion
1 tsp. lemon juice
1 tsp. Salt
1 can cream of chicken soup, undiluted
1 c. water chestnuts

TOPPING

1/2 stick margarine
1/2 c. almonds
1 c. crushed corn flakes

Mix all ingredients next day put in casserole. In separate pan melt margarine, and stir in crushed corn flakes and slivered almonds. Spoon over casserole. Bake for 35 minutes, uncovered, in 350 degree oven.

IMPERIAL CHICKEN

4 chicken breasts
1 cube melted margarine or butter
1 c. corn flake crumbs
1/2 c. grated Parmesan cheese
2 tbsp. dried parsley flakes

1/4 tsp. garlic powder
1 tsp. Salt
1/8 tsp. Pepper

Wash and dry chicken well. Melt margarine or butter. Combine the remaining ingredients in a bowl. Dip chicken in melted margarine then in crumb mixture. Place chicken in a large pan lined with foil. Do not overlap pieces. Bake, uncovered, in a 350 degree oven for 1 hour. Serve with spaghetti with pesto sauce (or any other noodles).

OVEN BAKED CHICKEN

4 chicken breasts
Salt and pepper to taste
1/2 c. evaporated milk
3/4 c. crushed corn flakes, mixed with 1/4 c. self-rising flour or pancake mix
1/4 c. melted margarine

Dip chicken breasts in milk and roll in dry ingredients. Place skin side down in foil lined baking pan. Do not crowd. Sprinkle with melted margarine and bake in 375 degree preheated oven for 1 hour or until tender.

OVEN FRIED CHICKEN PARMESAN

1 c. crushed corn flakes
2/3 c. grated Parmesan cheese
1/4 c. chopped parsley
1 clove garlic, minced
2 tsp. Salt
2 1/2 to 3 lb. frying chicken
1/2 c. melted butter or margarine

Combine crumbs, cheese, parsley, garlic, and salt. Dip chicken in butter; roll in crumb mixture. Place pieces of chicken, skin side up, untouched, on jelly roll or other shallow pan. Bake at 375 degrees for 45 minutes or until tender. **Turning is not necessary. Makes 4 servings.**

SWISS CHICKEN AND GREEN BEAN CASSEROLE

BASE
1 1/2 c. uncooked instant rice
1/2 c. canned French fried onions
1/2 c. sliced almonds
3/4 c. milk
2 oz. (1/2 c.) shredded Swiss cheese
14.5 oz. can French style green beans, undrained
1 can creamy chicken mushroom soup

CHICKEN ROLLS

2 whole chicken breasts, skinned, halved and boned (1 to 2 lb.)

4 oz. (1 c.) shredded Swiss cheese

TOPPING

1/4 to 1/2 c. margarine, melted
1/2 c. sliced almonds
1/2 c. grated Parmesan cheese
1/2 c. canned French fried onions
1/2 c. crushed corn flakes

Heat oven to 350 degrees. Grease 8x12 inch or 8 inch square baking dish. In large bowl, combine all base ingredients; blend well. Pour into greased baking dish. Place 1 chicken breast half between 2 pieces of plastic wrap. Working from center, lightly pound chicken with flat side of meat mallet or rolling pin until about 1/4 inch thick; remove wrap. Repeat with remaining chicken breast halves. Place 1/4 cup of the Swiss cheese on each chicken breast half. Roll up jelly roll fashion; place over rice mixture in baking dish. Brush each chicken roll with margarine; drizzle remaining margarine over chicken rolls and rice mixture. Sprinkle remaining topping ingredients over chicken rolls and rice mixture. Bake for 55 to 60 minutes or until chicken is tender and no longer pink. 4 servings.

GREEN BEAN CASSEROLE

2 (10 oz.) frozen green beans
2 tbsp. Butter
2 tbsp. Flour
1 tsp. Salt
1/2 tbsp. grated onion
1/2 lb. grated Swiss cheese
1/4 tsp. Pepper
1 c. sour cream
2 c. corn flakes

Melt butter. Stir in flour, salt, pepper and onion. Add sour cream gradually, fold in green beans. When beans are hot, stir in cheese. Pour in greased casserole dish and top with corn flakes. Bake at 400 degrees for 20 minutes.

CEREAL BRUNCH CAKE

1/2 c. corn flakes
1 c. orange juice
1/4 c. vegetable oil
1 egg
2 sm. bananas, sliced thin
1 1/2 c. flour
3/4 c. sugar
1/2 c. raisins
1 tsp. baking soda
1 tsp. Cinnamon
1/2 tsp. Salt

Heat oven to 350 degrees. Grease 8 x 8 x 2 inch pan. Mix cereal and orange juice in large

bowl. Let stand 2 minutes. Mix in oil, egg and bananas. Stir in remaining ingredients. Pour into pan. Bake 45 minutes.

PEACHES AND CREAM

1 (28 oz.) can peaches
1/2 c. brown sugar
Dash of cinnamon
6 tbsp. corn flakes
1 tbsp. Butter
2 c. ice cream

Preheat oven to 375 degrees. Drain peaches, keeping 1/2 cup of liquid. Arrange peaches, cut side up, in 8 x 8 x 2 inch baking dish. Add liquid. Combine sugar and cinnamon. Sprinkle over peaches. Top each piece of peaches with a dot of butter and 1 tablespoon of corn flakes. Bake 15 minutes. Serve warm with ice cream.

CHOCOLATE CHIP MERINGUES

2 egg whites
1/4 tsp. Salt
1/4 tsp. Vanilla
1 c. sifted powdered sugar
1 c. shredded coconut
2 c. corn flakes
1 c. chocolate chips

Beat whites and salt until soft peaks form, add vanilla; slowly add powdered sugar, beat until stiff. Fold in corn flakes, coconut and chocolate chips. Drop by heaping teaspoon on well greased cookie sheet. Bake at 300 degrees for 20 minutes or until light brown. Cool **slightly before removing from the pan. Makes 2 dozen**

CHEESE CAKE BARS

1 c. graham cracker crumbs
1 c. corn flakes
1 (12 oz.) butterscotch chips
1/3 c. butter
1 (8 oz.) cream cheese
1 tsp. vanilla
1 egg
1 can sweetened condensed milk

Melt chips and butter, mix together with crumbs and corn flakes. Put crumbs on bottom of 9x13 inch pan; save some for top. Mix together cream cheese, vanilla, egg, and condensed milk. Pour on crust. Bake at 325 degrees for 25-30 minutes.

CHEESECAKE WITH RASPBERRY SAUCE

3/4 c. corn flakes, crushed

2 tbsp. sugar

3-4 tbsp. melted butter (enough to hold mixture together)

Mix crust ingredients and press into the bottom of a springform pan (9 1/2 inches). Combine the following, mixing well: 1/2 c. sugar 1 tsp. vanilla 2 tbsp. flour 6 egg yolks 1 c. sour cream Beat until stiff: 1/2 c. sugar Fold both mixtures together gently. Pour onto pressed crumb mixture. Bake 1 hour at 325 degrees. Turn off oven, but leave in 1 additional hour. Chill well before serving. Serve with Raspberry Sauce.

RASPBERRY SAUCE

10 oz. pkg. frozen raspberries

1 1/2 tsp. Cornstarch

1/2 c. red currant jelly

Thaw and crush raspberries; thoroughly combine with cornstarch. Add red currant jelly and bring to a boil. Cook and stir until mixture is clear and thickened slightly. Strain; chill.

Makes 1 1/3 cups.

FRIED MEXICAN ICE CREAM

1 pt. vanilla or other flavored ice cream

1/2 c. crushed corn flakes or cookie crumbs

1 tsp. Cinnamon

2 tsp. Sugar

1 egg

Corn oil for frying

Honey

Whipped cream

Scoop out 4 to 5 balls of ice cream. Return to freezer. Mix corn flakes crumbs, cinnamon, and sugar. Roll frozen ice cream balls in half the crumb mixture and freeze again. Beat eggs and dip coated balls in egg, then roll again in remaining crumbs. Freeze until ready to use. (For thicker coating, repeat dipping in egg and rolling in crumbs.) When ready to serve, heat oil to 350 degrees. Place a frozen ice cream ball in fryer basket or on a perforated spoon. Lower into hot oil for 1 minute. Remove immediately and place in dessert dish. Drizzle with honey and top with whipped cream. Makes 5 servings.

CRUNCHIE COOKIES

1 1/4 c. butter

1 c. granulated sugar

1 c. light brown sugar, firmly packed

2 eggs, well beaten

1 tsp. Vanilla

2 c. sifted flour

1 tsp. baking soda

1/2 tsp. baking powder

1/2 tsp. Salt

2 c. corn flakes

1 1/2 c. shredded coconut

Cream butter and sugars. Add eggs and vanilla; beat until fluffy. Combine dry ingredients; stir into creamed mixture. Add corn flakes and coconut. (It will be a very stiff mixture.) Drop by teaspoonful on greased baking sheet, 1 1/2 inches apart. Bake at 375 degrees for 8-10 minutes or until delicately browned. Yield: About 8 dozen.

PEANUT BUTTER SQUARES

1 c. brown sugar
1 c. peanut butter
2 c. chocolate chips
1 c. corn syrup
3 c. corn flakes

Grease 9x13 inch pan. In saucepan, melt peanut butter, corn syrup and brown sugar on medium heat. Add corn flakes; stir until flakes are covered. Spread into greased pan, let cool. Melt chocolate chips and spread over mixture. Let chocolate harden before cutting.

CORN FLAKE COOKIES

1 c. sugar
1 c. margarine
1 tsp. Soda
1 tsp. cream of tartar
1 1/2 c. flour
1 tsp. Vanilla
2 c. corn flakes

Cream sugar and margarine. Add and mix soda, cream of tartar, flour, vanilla and corn flakes. Roll cookies into a ball. Press with a fork and bake at 350 degrees.

BLUEBERRY PINEAPPLE CREAM

4 c. corn flakes crushed to 1 cup
6 tbsp. butter, melted
6 tbsp. Sugar
30 lg. Marshmallows
1 can (8 oz.) crushed pineapple, drained, reserve liquid
2 pkg. (8 oz. each) cream cheese
1 (8 oz.) pkg. Cool Whip
1 can (21 oz.) blueberry pie filling

Preheat oven. Toast corn flakes in a 9 x 13 pan for 8 to 10 minutes. Combine butter and sugar. Pour over cereal. Stir until evenly coated. Press in 9 x 13 pan. Refrigerate 30 minutes. In medium saucepan stir marshmallows and reserved pineapple liquid over low heat until melted. Fold in pineapple and Cool Whip. Pour half of this mixture over base. Spoon blueberry pie filling over top. Freeze 2 hours. Refrigerate remaining cheese mixture. After 2 hours spread cheese mixture over blueberries. Refrigerate.

BANANA SPLIT DESSERT

6 c. Corn Flakes, crushed
1/2 c. margarine or butter, melted
1/2 c. sugar
1 pkg. (3 3/4 oz.) vanilla instant pudding & pie filling
5 or 6 med. Bananas
1 can (20 oz.) crushed pineapple, well drained
1 container (8 oz.) frozen whipped topping, thawed
12 maraschino cherries, drained & cut into halves
1 c. Corn Flakes, not crushed, for garnish

Heat oven to 375 degrees. Mix crushed cereal, the margarine and sugar in bowl. Put mixture in ungreased rectangular pan (13 x 9 x 2 inches). Bake 10 minutes, let cool. Prepare pudding and pie filling as directed on package for pudding; refrigerate 10 minutes. Slice bananas; arrange on crust. Spread pudding over bananas. Top with pineapple. Spread whipped topping over pineapple to edges of pan. Refrigerate at least 2 hours. Just before serving, garnish with maraschino cherry halves and whole cereal. Serves 12 to 16.

COCONUT KISSES

2 egg whites, beaten stiff
1 c. sugar
1/2 c. chocolate chips
1/2 tsp. Vanilla
1/2 tsp. Salt
1 1/2 c. corn flakes, crushed
1/2 c. coconut

Beat 2 egg whites until stiff; add salt. Add 1 cup sugar slowly. Fold in 1 1/2 cups corn flakes, crushed. Add 1/2 cup chocolate chips, 1/2 cup coconut, 1/2 teaspoon vanilla; fold until well mixed. Drop teaspoon size on greased sheet. Bake for 15-20 minutes at 350 degrees.

CHERRY SHERBET DESSERT

2 c. flour
1 c. oatmeal
1 c. corn flakes
1 c. sugar
1/2 tsp. Soda
1 tsp. baking powder
3/4 c. butter or margarine
1 tsp. Vanilla
Pinch of salt

Mix together into a crumbly mixture. Layer half into 9x13 cake pan.

FILLING

1 can cherry pie filling
1 can crushed pineapple

Drain pineapple. Heat: Juice
1/2 c. minute tapioca
3/4 c. sugar

Cook 1 minute then add fruit and a little red food coloring. Pour over crumb mixture and top with remaining crumbs. Refrigerate several hours or overnight. Top with Cool Whip.

APPLE CRUNCH

5 med. Apples
1/3 c. orange juice
3 tbsp. Butter
1/2 c. flour
2 tbsp. brown sugar
1/2 tsp. Cinnamon
1/3 c. brown sugar, firmly packed
1/2 c. corn flakes
1 tbsp. grated orange

Preheat oven to 350 degrees. Grease a 10 x 8 x 2 inch baking dish. Slice apples and arrange in greased baking dish. Combine 2 tablespoons brown sugar and orange juice and pour over apples. Cream butter and sugar. Add flour, cinnamon, grated orange and corn flakes. Mix until crumbly. Spread on apples and bake in a 350 degree oven for 60 minutes. Serve warm or cold with cream.

NO BAKE PEANUT BUTTER COOKIES

1 c. sugar
1 c. light corn syrup
2 c. peanut butter (18 oz.) jar
4 c. corn flakes

Place sugar and syrup in pan. Bring to boil and boil one minute. Add peanut butter. Stir until melted. Stir in cereal. Drop by teaspoons onto wax paper.

MOCK PEANUT BRITTLE

1 c. white corn syrup
1 c. peanut butter
1 c. sugar
8 c. corn flakes
Peanuts (optional)

Bring syrup and sugar to boil. Remove from heat and add peanut butter, stirring until peanut butter is melted. Pour mixture over corn flakes and stir until flakes are coated. Turn into buttered platter. When cool, break into small pieces.

OATMEAL CRUNCH COOKIES

1 c. Crisco
1 c. white sugar
1 c. brown sugar
1 tbsp. Milk
2 eggs
1 tsp. Vanilla
2 c. plain flour
1 tsp. Soda
1/2 tsp. baking powder
1/2 tsp. Salt
2 c. oatmeal
2 c. corn flakes
1 c. coconut
1/2 c. raisins
1/2 c. pecans

Mix shortening, eggs and sugar together. Add milk and vanilla. Sift together dry ingredients. Add to sugar and egg mixture and beat until smooth. Stir in remaining ingredients. Drop on greased cookie sheet by teaspoonfuls, flatten with fork and bake at 350 degrees for 10 minutes. Yields: 8-10 dozen.

NOODLE PUDDING

1 lb. pkg. broad noodles
1/4 lb. butter or margarine
1 lb. cottage cheese or 3/4 lb. cottage & 1/4 lb. creamed
4 eggs
1 c. sour cream
3/4 c. milk
3/4 tsp. Salt
1/4 c. sugar
1/4 tsp. Cinnamon

TOPPING

1/3 c. corn flakes
2 tbsp. Sugar
1/4 tsp. Cinnamon

Boil noodles according to directions; drain well. Add butter. Add cheese; mix well. Add eggs, one at a time, mix well after each egg. Finally add remaining ingredients, blend well. Pour into well buttered large pyrex dish or casserole, 9 x 13 inch. Crush corn flakes and mix with sugar and cinnamon. Sprinkle top of pudding. Bake at 350 degrees for 1 hour. Can be served as a dessert with strawberries or crushed pineapple and sour cream.

GARLIC STICKS

1 can refrigerator biscuits

1/4 c. milk
1/2 c. crushed cornflakes
Garlic salt

Cut each biscuit in half. Roll into sticks 5 to 6 inches long. Dip each stick into milk. Roll in cornflakes. Sprinkle with garlic salt. Place on buttered baking sheet 1 inch apart. Bake in 450 degree oven for 7 to 10 minutes. Yield: 20 servings.

MEAT LOAF

1 1/2 lb. hamburger
3/4 c. crushed cornflakes
1 egg
Dash Worcestershire sauce
2 tbsp. soy sauce
4 oz. sour cream
4 tbsp. Catsup
1/2 pkg. meat loaf seasoning

Mix all ingredients, put into casserole dish. Cook uncovered on high about 10 minutes. Remove from microwave and add mixture below: 6 tbsp. brown sugar 1 tsp. mustard Pour over meat loaf. Return to microwave for 4 or 5 minutes. Let stand covered 5-10 minutes before serving.

FRENCH BREAD SANDWICH

1 lb. hamburger
1 tsp. Salt
Pepper
1/4 c. catsup
1/4 c. chopped onion
1/2 c. cornflakes, crushed
1/2 c. evaporated milk

Mix and spread on French bread cut in half lengthwise or in serving size pieces. Place on cookie sheet and bake in center of oven 25 minutes at 375 degrees.

SCALLOPED TUNA

4 tbsp. Butter
4 tbsp. Flour
2 c. milk
1/2 tsp. Salt
1 c. Cheddar cheese, grated
3/4 c. stuffed olives, sliced
1/2 green pepper, minced
1 c. tuna fish, flaked
2 c. soft bread cubes
3/4 c. cornflakes

1/2 c. Cheddar cheese, grated

Make a white sauce with butter, flour and milk. Add salt. Add cheese, blend. Add olives, green pepper and tuna. Arrange layer of bread crumbs on bottom of buttered casserole. Pour half of tuna mixture over bread. Spread another layer of bread cubes and cover with remaining tuna mixture. Top with cornflakes, sprinkle with cheese. Bake at 350 degrees for 20 minutes.

FRIED SHRIMP

2 lb. deveined med. sized fresh shrimp
4 eggs, beaten
2/3 c. Catalina dressing
1 1/2 tbsp. lemon juice
3/4 tsp. onion powder
1 1/3 c. Club or Ritz crackers
1/3 c. cornmeal
2/3 c. cornflakes
Vegetable oil

Combine eggs, dressing, lemon juice and onion powder. Pour this mixture over shrimp and refrigerate for 3 hours. Combine cracker crumbs, cornmeal and cornflake crumbs (I process this in my food processor for fine crumbs). Remove shrimp from marinade; discard remaining marinade. Dredge shrimp in crumb mixture and deep fry until golden brown. Makes 4-6 servings.

BAKED FRIES

3 med. potatoes, peeled
1 egg white, lightly beaten
Seasoned salt
Parmesan cheese or pkg. salad dressing mix
1 cup crushed cornflakes

Preheat oven to 425 degrees. Cut lengthwise into eighths. Brush wedges with egg white. Sprinkle on seasonings and bread crumbs. Bake on a baking sheet 30 to 35 minutes. Makes 6 servings. 50 calories per serving.

CHERRY DUMP CAKE

2 cans cherry pie filling
1 box yellow or vanilla cake mix
2 sticks melted butter or margarine
1/2-1 c. crushed cornflakes

Put filling in an ungreased pan; pour cake mix over. Pour melted butter on. Put crushed cornflakes on top. Bake at 350 degrees for 45 minutes or until brown.

BANANA DESSERT

CRUST

1/3 c. margarine
1/4 c. sugar
1/2 tsp. Cinnamon
1 c. cornflakes, crushed

Melt margarine, sugar and cinnamon. Place over low heat, stir constantly until bubbles form around edge. Remove from heat add crumbs; mix well. Press into 9 x 11 inch pan. Chill.

FILLING

1 (8 oz.) pkg. cream cheese, softened
1 can Eagle Brand sweetened condensed milk
1/3 c. lemon juice
1 tsp. Vanilla
3-4 bananas

Beat cream cheese until light and fluffy. Add condensed milk. Blend. Add 1/3 cup lemon juice and vanilla; stir until very thick. Slice bananas onto chilled crust, pour filling over bananas. Refrigerate 2-3 hours until firm.

MILKY WAY DESSERT

1 c. crushed cornflakes
1 roll refrigerated chocolate chip cookies
4 Milky Way Bars
1 c. chopped nuts

Slice cookies into 1/4 inch slices. Place slices in bottom of ungreased 13 x 9 inch pan. Press to make a crust and bake at 375 degrees for 12 to 15 minutes. When brown, remove from oven, cut candy into slices and place evenly over crust. Bake 2 to 3 minutes. When candy is soft, spread over crust and sprinkle nuts and cornflakes over. Press slightly and cool. Cut into bars.

RANCH POTATO CASSEROLE

6-8 med. potatoes (about 2-2 1/2 lbs.)
1/2 c. sour cream
1/2 c. prepared Ranch style dressing
1/4 c. bacon bits or cooked crumbled bacon
2 tbsp. minced fresh parsley (optional)
1 c. shredded Cheddar cheese

Cook potatoes until tender with skins on - peel and set aside. Combine sour cream, dressing, bacon, parsley and 1 cup cheese. Place potatoes in a greased casserole dish - pour sour cream mixture over potatoes. Gently toss with cheese (1/2 cup).

TOPPING:

1/2 c. shredded Cheddar cheese
2 c. crushed cornflakes
1/4 c. melted margarine

Combine cornflakes and butter - sprinkle over top. Bake at 350 degrees for 40-45 minutes.
Yield: 8 servings.

CHEWY CARAMEL SNACKS

3 c. cornflakes
1 c. raisins
1 c. flaked coconut
1/2 c. dried apricots
1 bag (14 oz.) caramels, wrappers removed (about 58)

In large bowl combine cornflakes, coconut, raisins and apricots; mix well. Place caramels and 2 tablespoons water in 4 cup glass measure. Cook on high 2 1/2 to 3 1/2 minutes on microwave oven, stirring occasionally, until smooth. Pour over cereal mixture; toss until evenly coated. Drop by tablespoon onto waxed paper lined bake sheet. Makes 2 dozen.

ORANGE CORNFLAKE MUFFINS

1 1/2 c. cornflakes
2 c. flour
3 tsp. baking powder
1/2 tsp. Salt
1/2 c. butter or margarine, softened
1/2 c. sugar
2 eggs
1 tbsp. orange rind
1 c. orange juice
1/2 c. finely chopped nuts (optional)
1/2 c. raisins

Preheat oven to 350 degrees. Crush the cornflakes until they measure 3/4 cup. Set aside. Sift together flour, baking powder and salt; set aside. Place butter and sugar in large mixing bowl; beat until light and fluffy. Add eggs and orange rind; beat again. Stir in orange juice. Add flour mixture, stirring until just combined. Stir in cornflakes, raisins and nuts if desired. Fill greased muffin tins 3/4 full. Bake for about 25 minutes. Cool for 10 minutes before removing from pan. Makes about 15 muffins about 198 calories per muffin.

ZUCCHINI ORANGE MUFFINS

1/4 c. margarine
2 c. all purpose flour
2 tsp. baking powder
3/4 tsp. ground nutmeg
1/4 tsp. Salt
1/4 c. Sugar Twin

2 eggs, well beaten
3/4 c. liquid skim milk
1/4 c. orange juice
1 tsp. vanilla extract
2 tsp. grated orange peel
1 c. cornflakes
3/4 c. shredded fresh zucchini

Preheat oven to 400 degrees. Melt margarine and set aside. Sift flour, baking powder, nutmeg and salt together in large bowl; stir in Sugar Twin. Pour in melted margarine. Combine eggs, milk, orange juice, vanilla and orange peel; stir just until moistened. Fold in cornflakes and zucchini. Lightly grease each of 12 muffins cups. Divide batter evenly among muffin cups. Bake at 400 degrees for 20 to 25 minutes or until wooden pick inserted in center comes out clean. Yields 12 muffins

OVEN FRIED FISH

4 fish fillets (1 lb.)
2 c. cornflakes
1 tsp. Salt
1/8 tsp. Pepper
1/4 c. evaporated skim milk
4 tsp. vegetable oil

Preheat oven to 500 degrees. Cut fish into four serving pieces, if necessary. Roll cornflakes into fine crumbs between layers of waxed paper. Add salt and pepper. Pour milk into shallow pan. Dip fish in milk, then in crumbs. Arrange fish on baking sheet sprayed with nonstick vegetable cooking spray. Sprinkle oil over fish. Bake for 10 minutes.

CRISPY CATFISH

8 catfish fillets, about 2 lbs.
1 c. low calorie Italian dressing
1 c. finely ground cornflakes
1/4 tsp. black pepper
1/8 tsp. cayenne pepper (optional)
1 tsp. Paprika
3/4 c. Parmesan cheese

Marinate fillets in salad dressing for several hours in refrigerator. In a bowl, combine crumbs, pepper, cayenne pepper, paprika, Parmesan cheese. Remove fillets from marinade, drain and roll in crumbs. Spray a baking sheet with nonstick vegetable spray and bake fillets in preheated, 375 degree oven for 20 to 25 minutes, or until fish flakes easily with a fork. Makes 8 servings. Preparation time: 10 minutes plus 1 hour for marinating. Try with any fish fillets. Cooking time: 20 to 25 minutes.

LEMONY FISH FILLETS

1 1/4 c. crushed cornflakes

2 tsp. lemon pepper seasoning
1/4 to 1/2 tsp. dried dill weed
1/8 tsp. garlic powder
1/2 c. buttermilk
1 egg
1 lb. fish fillets

Mix cornflake crumbs, lemon pepper seasoning, dill weed and garlic powder in dish or sheet of waxed paper. Blend buttermilk and egg in mixing bowl. Dip fish in buttermilk mixture, then in cornflake mixture. Heat 1/8 inch oil in large skillet. Add fish; fry 5-8 minutes or until fish flakes easily with fork, turning over once.

SALMON AU GRATIN

1 lb. can salmon, boneless
2 tbsp. Butter
2 tbsp. Flour
1 1/2 c. milk
3/4 tsp. Salt
1 c. buttered cornflakes (crushed)
Velveeta slices

Break the salmon into pieces. Prepare a sauce of the butter, flour, milk and salt. Place a layer of the salmon in the bottom of a greased baking dish, add some of the sauce and a layer of salmon and so on until all the ingredients are used. Sprinkle buttered cornflakes over top. Bake at 350 degrees until sauce bubbles up and cornflakes are golden. Arrange a layer of cheese over top and put back in oven until they've melted.

FISH BATTER

2 c. flour
2 tbsp. lemon juice
1 med. onion, chopped very fine
1 tbsp. Parsley
1 tsp. onion salt
2 big handfuls corn flakes, crushed
1 to 2 cans beer

Mix all together for thick batter. Coat fish in batter. Fry in hot oil until golden brown.

BAKE COATING MIX

1 c. yellow corn meal
1 c. corn flake crumbs
1/3 c. instant minced onion
2 tbsp. parsley flakes
1 tsp. instant minced garlic
1 tbsp. Oregano
1 tbsp. Basil

1/4 tsp. Pepper
2 tbsp. Oil

Combine all dry ingredients and stir to mix evenly. Stir in oil and mix until all of the dry ingredients are moistened. Store in airtight container in cool, dry place. (To be sure, refrigerate.) To use: Moisten the meat or poultry to be used and distribute crumb mixture evenly over each piece. Proceed with recipe as you would for the commercial Shake 'N Bake product. Makes about 2 1/2 cups.

HOT CAKES

Heat these until shortening melts

1 c. corn flakes
1 c. water
1 tbsp. Butter
3 tbsp. Sugar
1 tsp. Salt
1 tbsp. Crisco

Add to

2 c. milk
1 egg, beaten
3 tsp. baking powder, sifted with 2 c. flour

Cook on greased griddle until done.

CHEERIOS CRUNCH

1/2 c. butter
2/3 c. packed brown sugar
4 c. Cherrios or 3 c. Cheerios and 1 c. nuts

Melt butter in saucepan. Blend in brown sugar. Cook until thick and smooth, stirring constantly. Stir in Cheerios. Cook and stir a few minutes over low heat until Cheerios are coated. Spread in thin layer on baking sheet. Crumble when cool.

WHITE CHOCOLATE CANDY

2 1/2 c. Corn Chex
2 1/2 c. Rice Chex
2 1/2 c. Cheerios
2 1/2 c. dry roasted peanuts
2 1/2 c. sm. pretzel sticks
1 lb. white chocolate

Combine first 5 ingredients. Melt white chocolate. Pour over mixture and stir. When thoroughly coated, spread mixture out on wax paper in a thin layer. When dry, break apart and store in an airtight container.

PUDDING SQUARES

1 (about 4 oz.) pkg. chocolate, butterscotch or vanilla pudding & pie filling

1/2 c. light corn syrup

1/3 c. peanut butter

4 c. Cheerios or Kix cereal

Butter baking pan, 9"x9"x2". In large saucepan heat pudding mix (dry) and corn syrup to boiling over medium heat, stirring constantly. Boil and stir 1 minute. Remove from heat; blend in peanut butter. Stir in cereal until evenly coated. Spread mixture evenly in pan with buttered back of spoon. Cool until firm, about 30 minutes. Cut into squares.

HONEY CRUNCH

1/4 c. brown sugar

1/3 c. honey

1/4 lb. butter

1 tsp. Cinnamon

4 c. Quaker Corn Bran

1 1/2 c. Golden Grahams

1 1/2 c. Cheerios

1 1/2 c. nuts

Combine brown sugar, honey, butter and cinnamon. Cook for a few minutes until syrupy. In baking pan, mix Corn Bran, Golden Grahams, Cheerios and nuts. Pour syrup over cereal. Stir. Bake at 325 degrees for 20 to 25 minutes. Stir at least twice. Remove from oven and stir in 1/2 cup raisins. Pour on waxed paper to cool. Makes 8 or 9 cups.

APPLESAUCE OAT MUFFINS

2 c. Cheerios

1 1/4 c. flour

1/3 c. brown sugar

1 tsp. ground cinnamon

1 tsp. baking powder

3/4 tsp. baking soda

1 c. applesauce

1/3 c. skim milk

1/2 c. raisins

3 tbsp. vegetable oil

1 egg white

Crush Cheerios (makes 1 cup). Heat oven to 400 degrees. Grease bottom only of 12 muffin cups. Mix cereal, flour, brown sugar, cinnamon, baking powder and baking soda in large bowl. Stir in remaining ingredients just until moistened. Bake 12-18 minutes.

CARAMEL APPLES

6 sm. Apples
14 oz. caramels (1 pkg.)
2 tbsp. Water
4 c. Cheerios
6 popsicle sticks