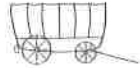


SPICY RANCH CHICKEN WINGS

4 lb. chicken wings
3/4 c. hot pepper sauce
1/4 c. butter, melted

3 Tbsp. cider vinegar
1 env. Ranch salad dressing mix
1/2 tsp. paprika

Cut the chicken wings into 3 sections; discard the wing tips. In a gallon-size resealable plastic bag, combine the pepper sauce, butter and vinegar. Add wings and seal bag; toss to coat evenly. Refrigerate for 4-8 hours. Place chicken on racks in 2 greased 10"x15"x1" pans. Sprinkle with dressing mix and paprika. Bake uncovered at 350° for 40-50 minutes, or until juice runs clear. Yield: 4 dozen.



TEACHER, MISS ADA HERSHBERGER

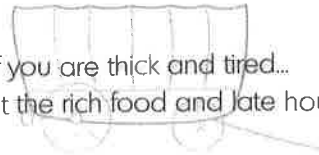
SALMON BURGERS

1-14 3/4 oz. can pink salmon
1 egg, slightly beaten
1/2 c. chopped onion
1/2 c. chopped celery

1/2 c. fresh whole wheat bread
crumbs
1 Tbsp. lemon juice
1/8 tsp. black pepper

Drain the salmon and flake. Combine the ingredients. Mix well. Form into 4 or 5 patties. Pan fry in a small amount of vegetable oil until lightly browned on each side. It should be solid and hang together. If not, add another egg. Delicious. Note: Can also substitute canned chicken (picked off the bones) for the salmon.

MRS. ALVIN BONTRAGER



If you are thick and tired...
cut out the rich food and late hours.

From the Cookbook:

"Montana Homestyle Cooking"

A collection of around 500 recipes shared by the Whitehall Amish Community

Compiled by Levi & Rachel Bontrager

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