

# RECIPES

*With Something Special*



12 oz. and 20 oz. Regular  
10½ oz. Sugar 'N Honey



**KRETSCHMER**  
wheat germ

KRETSCHMER WHEAT GERM PRODUCTS, MINNEAPOLIS, MINNESOTA 55415  
Division of International Milling Company Inc.

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**KRETSCHMER**  
wheat germ



# There Is Something Special

in all of these recipes . . .

tiny, golden flakes of KRETSCHMER Wheat Germ which contain a wealth of natural vitamins and minerals to help maintain glowing health.

KRETSCHMER Wheat Germ has been popular for years as a breakfast cereal but it's a most versatile cooking ingredient, too. Its rich, nut-like flavor not only adds new taste appeal to recipes but also offers a wonderful way to give your family a nutritional bonus.

These recipes have been home-tested and written with great care to help you prepare more nutritious, appealing food for your family. Be an adventurous cook. There's no limit to what you can do when you cook with KRETSCHMER Wheat Germ. Add wheat germ to all your favorite recipes and see how they become "Recipes with Something Special."



# RECIPES

*With Something Special*

15/50

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## Did You Know...



**KRETSCHMER** Wheat Germ is made in two nutritious forms—Toasted Regular Wheat Germ and Wheat Germ with Sugar 'N Honey. The recipes in this book can be made with either one.

**KRETSCHMER** Wheat Germ is vacuum-packed to preserve its freshness and flavor. You'll find it in the cereal section of your grocery store.

All of the recipes in this book which call for flour have been developed for baking the easy 'no-sift' way. Just spoon or pour the **unsifted** flour into a measuring cup for dry ingredients, then level the cup with a straight-edge spatula. Stir the flour and other dry ingredients together to blend.

Our home economists are ready to help you anytime. For answers to your cooking questions or special recipe requests please write:

Consumer Service Department  
Kretschmer Wheat Germ Products  
Box 15097-C  
Minneapolis, Minnesota 55415

Additional copies of "Recipes with Something Special" are available. Please send your name, address and 15¢ in coin for each copy to the above address.



## A Word With the Cook...

The wonderful feeling of satisfaction which comes when you bake something special will always be yours if you follow these tips for best results:

**Read the recipe thoroughly.** Check to be sure you have all ingredients and utensils on hand.

**Assemble all ingredients and utensils.** Ingredients should be at room temperature for best blending.

**Preheat oven to specified temperature.** Incorrect oven temperature is often the cause of poor baking results.

**Prepare baking pans as recipe directs.** Correct pan size is important for best results.

**Follow the recipe instructions and measure ingredients carefully.** Substitute ingredients and utensils or change baking times and temperatures **only** if you understand how these changes affect the product.



## IDEAS

FOR ADVENTUROUS COOKS

These recipe ideas are only a few of the endless culinary variations you can enjoy with KRETSCHMER Wheat Germ. Create your own recipes, too, and discover what fun it is to be an adventurous cook.

In addition to the exciting and tasty results you will get, cooking with wheat germ is a wonderful way to add important nutrients to your family's diet. No need to coax fussy eaters to choose the right foods . . . you can be sure your family is eating wisely and well when all their favorite dishes are enriched with wheat germ.

### Cereals

KRETSCHMER Wheat Germ is a ready-to-serve cereal. Use about  $\frac{1}{4}$  cup with milk and sugar. Garnish with fruit.

Add 1 or 2 tablespoons wheat germ to each serving of other prepared cereals, hot or cold. For hot cereals, mix it in while cooking if you prefer.

### Eggs

Use 1 tablespoon wheat germ for two scrambled eggs. Mix into eggs while scrambling.

Sprinkle 1 tablespoon wheat germ on each egg before frying. Turn if you like.

### Sandwiches

Stir 1 tablespoon wheat germ for each sandwich into your favorite filling or sprinkle this quantity on 2 slices buttered bread or on open-face sandwiches. It's great with peanut butter.

### Relishes

Stuff celery sticks or coat olives and other relishes with a mixture of 1 part wheat germ and 4 parts cheese or other spread.

### Salads

Use 2 to 4 tablespoons wheat germ for 6 servings. Toss with salad greens, add to fruit and vegetables or sprinkle on top as a garnish.

### Casserole or Vegetable Topping

Saute  $\frac{1}{2}$  cup wheat germ in  $\frac{1}{4}$  cup melted butter or margarine. Sprinkle on casserole before or after baking.

Add nutrition and glamour to left-over carrots and other vegetables by sauteing them lightly in butter and sprinkling with wheat germ just before serving.

### Breading

Use 1 part wheat germ and 1 part flour with seasonings to taste. Dip food in beaten egg before frying for a crisp crust. A mixture of  $\frac{1}{2}$  cup wheat germ and  $\frac{1}{2}$  cup flour yields breading for a 3-4 pound frying chicken.

### Meat Loaves and Patties

Add  $\frac{1}{4}$  cup wheat germ and 2 tablespoons liquid (catsup, wine) or 1 egg to 1 pound of ground beef, lamb, pork, veal, fish or poultry.



### Cranberry Wheat Bread

- 2 cups unsifted flour
- 1 cup sugar
- 1/2 cup KRETSCHMER Wheat Germ
- 2 tsp. baking powder
- 1/2 tsp. soda
- 1 1/2 tsp. salt
- 1 cup halved, raw cranberries, fresh or frozen
- 1/2 cup chopped pecans
- 3 tbsp. grated orange rind
- 1/2 cup orange juice
- 1/4 cup warm water
- 1 egg
- 2 tbsp. cooking oil or melted shortening

**MEASURE** . . . flour, sugar, wheat germ, baking powder, soda and salt into mixing bowl. Stir well to blend.

**STIR IN** . . . cranberries, nuts and orange rind.

**COMBINE** . . . orange juice, water, egg and oil in small bowl. Mix well.

**ADD** . . . liquid ingredients to blended dry ingredients all at once. Stir until all ingredients are moistened.

**SPREAD** . . . in well-greased 9x5x3-inch loaf pan.

**BAKE** . . . at 350° for 50-60 minutes or until toothpick inserted in center comes out clean.

**REMOVE** . . . from pan immediately. Cool on rack.

### Orange Bread

- 1 cup sugar
  - 1/3 cup soft butter or margarine
  - 1 tbsp. grated orange rind
  - 2 eggs
  - 2 3/4 cups unsifted flour
  - 1/2 cup KRETSCHMER Wheat Germ
  - 3 tsp. baking powder
  - 1/2 tsp. soda
  - 1 tsp. salt
  - 1 cup orange juice
  - 1/2 cup chopped pecans
- CREAM** . . . sugar, butter and orange rind thoroughly.

**ADD** . . . eggs one at a time, mixing well after each addition.

**MEASURE** . . . dry ingredients onto waxed paper. Stir well to blend.

**ADD** . . . blended dry ingredients to creamed mixture alternately with orange juice. Stir until all ingredients are moistened.

**STIR IN** . . . pecans.

**POUR** . . . into well-greased 9x5x3-inch loaf pan.

**BAKE** . . . at 350° for 55-60 minutes or until toothpick inserted in center comes out clean.

**REMOVE** . . . from pan immediately. Cool on rack.



### Date Muffins

- 1 1/2 cups unsifted flour
- 1/2 cup KRETSCHMER Wheat Germ
- 1/3 cup sugar
- 3 tsp. baking powder
- 1/2 tsp. salt
- 1 cup cut-up dates
- 2/3 cup milk
- 1/4 cup cooking oil or melted shortening
- 2 eggs

**MEASURE** . . . dry ingredients into bowl. Stir well to blend.

**STIR IN** . . . dates.

**COMBINE** . . . milk, oil and eggs in small bowl. Beat slightly.

**ADD** . . . liquid ingredients to blended dry ingredients all at once. Stir with fork just until all ingredients are moistened.

**FILL** . . . paper-lined muffin pans 2/3 full.

**BAKE** . . . at 400° for 18-20 minutes.

**SERVE** . . . warm with butter.

**YIELD** . . . 1 dozen muffins.

### Mandarin Coffee Cake

- 1 1/2 cups unsifted flour
- 3 tsp. baking powder
- 1/2 tsp. salt
- 1/2 cup sugar
- 1/2 cup KRETSCHMER Wheat Germ
- 1 cup milk
- 1/2 cup cooking oil or melted shortening
- 1 egg
- 1 tsp. vanilla
- 1 can (11 oz.) mandarin orange sections, drained

**MEASURE** . . . dry ingredients into bowl. Stir well to blend.

**COMBINE** . . . milk, oil, egg and vanilla in small bowl. Beat well with rotary beater.

**ADD** . . . liquid ingredients to blended dry ingredients. Stir with fork until all ingredients are moistened.

**SPREAD** . . . in well-greased 8-inch square pan.

**ARRANGE** . . . mandarin orange sections on top of batter.

**SPRINKLE** . . . topping (below) on orange sections.

**BAKE** . . . at 375° for 40-45 minutes.

**SERVE** . . . warm.

#### Topping

- 1/4 cup KRETSCHMER Wheat Germ
  - 1/4 cup unsifted flour
  - 1/4 cup firmly packed brown sugar
  - 1/4 tsp. cinnamon
  - 1/4 cup butter or margarine
- COMBINE** . . . dry ingredients in bowl.
- CUT IN** . . . butter until mixture is crumbly.

#### VARIATION

##### Pineapple Coffee Cake

4 slices (8 1/2-oz. can) pineapple, drained and cut into thirds

**PREPARE** . . . Mandarin Coffee Cake as directed above **except** arrange pineapple sections on top of batter. Omit mandarin orange sections.

**COMPLETE** . . . as recipe directs.

### Banana Muffins

- 1 1/2 cups unsifted flour
- 1 cup KRETSCHMER Wheat Germ
- 1/2 cup sugar
- 3 tsp. baking powder
- 1/2 tsp. salt
- 1 cup (about 3) mashed banana
- 1/2 cup milk
- 1/4 cup cooking oil or melted shortening
- 2 eggs

**MEASURE** . . . dry ingredients into bowl. Stir well to blend.

**COMBINE** . . . banana, milk, oil and eggs in small bowl. Beat slightly.

**ADD** . . . liquid ingredients to blended dry ingredients all at once. Stir just until all ingredients are moistened.

**FILL** . . . well-greased or paper-lined muffin pans 2/3 full.

**BAKE** . . . at 400° for 20-25 minutes.

**SERVE** . . . warm with butter.

**YIELD** . . . 1 dozen large muffins.



## Breakfast Rolls

1½ cups unsifted flour  
 ½ cup KRETSCHMER Wheat Germ  
 4 tsp. baking powder  
 2 tsp. sugar  
 ½ tsp. cream of tartar  
 ¼ tsp. salt  
 ⅓ cup shortening  
 ⅓ cup milk

.....  
 1 tbsp. melted butter  
 ¼ cup raisins  
 2 tbsp. sugar  
 ½ tsp. cinnamon

**MEASURE** . . . dry ingredients into bowl. Stir to blend.

**CUT IN** . . . shortening with pastry blender until mixture resembles coarse meal.

**ADD** . . . milk. Stir with fork until all ingredients are moistened.

**TURN OUT** . . . onto lightly floured board.

**KNEAD** . . . gently 20 times.

**ROLL** . . . dough into a 7x12-inch rectangle.

**BRUSH** . . . with melted butter. Sprinkle evenly with mixture of raisins, sugar and cinnamon.

**ROLL UP** . . . as for cinnamon rolls, beginning with long side. Seal edges well.

**CUT** . . . into twelve 1-inch pieces.

**PLACE** . . . in well-greased muffin pans.

**BAKE** . . . at 425° for 10 minutes.

**FROST** . . . while warm with powdered sugar icing, if desired.

**YIELD** . . . 1 dozen rolls.



## Special Sweet Rolls

(New CoolRise Method)

5-6 cups unsifted flour  
 2 pkgs. active dry yeast  
 ½ cup sugar  
 1½ tsp. salt  
 ½ cup softened butter or margarine  
 1½ cups hot tap water  
 2 eggs  
 1 cup KRETSCHMER Wheat Germ

**MEASURE** . . . flour onto waxed paper.

**COMBINE** . . . 2 cups flour, undissolved yeast, sugar and salt in large bowl. Stir well to blend. Add butter.

**ADD** . . . hot tap water to ingredients in bowl.

**BEAT** . . . with electric mixer at medium speed for 2 minutes. Scrape bowl occasionally.

**ADD** . . . eggs and 1 cup more flour. Beat with electric mixer at high speed for 1 minute or until thick and elastic. Scrape bowl occasionally.

**STIR IN** . . . wheat germ with wooden spoon. Then gradually stir in just enough of remaining flour to make a soft dough which leaves sides of bowl. Turn out onto floured board.

**KNEAD** . . . 5-10 minutes or until dough is smooth and elastic.

**COVER** . . . with plastic wrap then a towel.

**LET REST** . . . 20 minutes on board. Punch down.

**DIVIDE** . . . into 2 equal portions.

**SHAPE** . . . each portion into rolls as desired. Place in greased pans or on greased baking sheets.

**COVER** . . . pans loosely with plastic wrap.

**REFRIGERATE** . . . 2 to 24 hours. When ready to bake remove from refrigerator. Uncover.

**LET STAND** . . . 10 minutes while preheating oven.

**BAKE** . . . at 375° for 15-20 minutes or until done. Use a lower oven rack for best results.

**REMOVE** . . . from pans immediately. Brush crust with butter if desired. Cool on racks.

**FROST** . . . with confectioners sugar frosting and decorate, if desired.

**YIELD** . . . 2-3 dozen rolls.



## Banana Pancakes

1 cup unsifted flour  
 ½ cup KRETSCHMER Wheat Germ  
 1 tsp. baking powder  
 ½ tsp. salt  
 1½ cups milk  
 ⅓ cup (1 large) mashed banana  
 2 eggs

**MEASURE** . . . dry ingredients into bowl. Stir well to blend.

**ADD** . . . remaining ingredients.

**BEAT** . . . with rotary beater until well blended.

**POUR** . . . batter by ¼ cupfuls onto lightly greased hot griddle.

**BAKE** . . . until puffy and bubbly. Turn and bake other side.

**SERVE** . . . hot with butter and syrup.

**YIELD** . . . 1 dozen 5-inch pancakes.

## Wheat Germ Biscuits

1½ cups unsifted flour  
 ½ cup KRETSCHMER Wheat Germ  
 3 tsp. baking powder  
 1 tsp. salt  
 ¼ cup shortening  
 ¾ cup milk

**MEASURE** . . . flour, wheat germ, baking powder and salt into bowl. Stir well to blend.

**CUT IN** . . . shortening with pastry blender until mixture resembles coarse meal.

**ADD** . . . milk. Stir with fork until all ingredients are moistened.

**TURN OUT** . . . onto lightly floured cloth-covered board.

**KNEAD** . . . gently 20 times.

**ROLL** . . . dough to ½-inch thickness.

**CUT** . . . with floured 2-inch biscuit cutter, making one sharp cut for each.

**PLACE** . . . on ungreased baking sheet.

**BAKE** . . . at 450° for 8-10 minutes.

**YIELD** . . . 1 dozen biscuits.

## Waffles

1¾ cups unsifted flour  
 ¾ cup KRETSCHMER Wheat Germ  
 3 tbsp. sugar  
 2 tsp. baking powder  
 ½ tsp. salt  
 2 cups milk  
 ⅓ cup cooking oil or melted shortening  
 2 eggs, separated

**MEASURE** . . . flour, wheat germ, sugar, baking powder and salt into bowl. Stir well to blend.

**COMBINE** . . . milk, oil and egg yolks in small bowl. Beat well.

**ADD** . . . liquid ingredients to blended dry ingredients. Beat until smooth.

**FOLD IN** . . . stiffly beaten egg whites.

**BAKE** . . . in preheated waffle iron until golden brown (about 5 minutes).

**YIELD** . . . four 9-inch square waffles.

## VARIATIONS

### Bacon Waffles

**FRY** . . . 4 slices bacon until crisp. Drain well. Cut into small pieces.

**PREPARE** . . . Waffles as directed above except add bacon pieces to batter before folding in beaten egg whites.

**COMPLETE** . . . as recipe directs.

### Blueberry Waffles

**PREPARE** . . . Waffles as directed above except add 1 cup rinsed, well-drained blueberries (canned, fresh or frozen) to batter before folding in beaten egg whites.

**COMPLETE** . . . as recipe directs.



## Main Dishes

### Braised Beef Rolls

#### Fruit Stuffing

- 1/4 cup butter or margarine
- 1/4 cup chopped onion
- 1/2 cup chopped celery
- 1/2 cup peeled, chopped apple
- 1/4 cup raisins
- 1 1/2 cups soft bread crumbs
- 3/4 cup KRETSCHMER Wheat Germ
- 1/4 tsp. salt
- 1/4 cup water.

**MELT** . . . butter in skillet.

**ADD** . . . onion and celery. Saute until onion is soft but not brown.

**STIR IN** . . . remaining dry ingredients.

**ADD** . . . water and toss lightly with fork.

**SET ASIDE** . . . until ready to use.

#### Beef Rolls

- 2 lbs. flank steak
- Instant meat tenderizer
- 2 tbsp. butter
- 1/2 tsp. salt
- 1 can (10 1/2 oz.) consomme or beef broth
- 1 cup water
- .....
- 3 tbsp. unsifted flour

**TENDERIZE** . . . meat according to package directions.

**SPREAD** . . . with Fruit Stuffing (above) to within 1/2 inch of each edge. Press stuffing firmly into place.

**ROLL UP** . . . meat lengthwise.

**CUT** . . . into desired number of rolls. Skewer or tie each roll securely with heavy string.

**MELT** . . . butter in skillet.

**BROWN** . . . beef rolls in butter, turning as necessary. Sprinkle with salt.

**COMBINE** . . . consomme and water.

**POUR** . . . 1/2 cup of consomme mixture over beef rolls.

**COVER** . . . and simmer until meat is tender (about 2 hours). Turn occasionally.

**REMOVE** . . . rolls from skillet onto warm serving platter.

**BLEND** . . . remaining consomme mixture and flour.

**STIR** . . . into drippings in skillet to make gravy. Cook until thickened.

**SERVE** . . . over beef rolls.

**YIELD** . . . 6-8 servings.

### Swedish Meat Balls with Pilaf

- 2 cups (1 lb.) ground beef
- 3/4 cup KRETSCHMER Wheat Germ
- 3/4 cup milk
- 1/4 cup finely chopped onion
- 1 egg
- 1 tbsp. Worcestershire sauce
- 1 tsp. salt
- 1/8 tsp. pepper

.....

**MEASURE** . . . all ingredients except shortening into bowl. Mix well.

**SHAPE** . . . into 3 dozen 1-inch balls.

**MELT** . . . shortening in skillet. Brown meat balls on all sides in hot shortening. Remove from pan.

**PREPARE** . . . Caper Sauce (below) in skillet.

**RETURN** . . . meat balls to sauce. Cover and simmer until meat balls are done (about 10 minutes).

**SERVE** . . . over Pilaf (below).

**YIELD** . . . 4-6 servings.

#### Caper Sauce

- 2 tbsp. flour
- 1 cup half and half (thin cream)
- 1/2 cup milk
- 2 tbsp. drained capers
- 1/2 tsp. salt

**STIR** . . . flour into drippings in skillet. Add remaining ingredients.

**COOK** . . . over medium heat, stirring constantly, until thickened (about 1 minute).

#### Pilaf

- 2 tbsp. butter or margarine
- 1 1/2 cups precooked rice
- 1/4 cup chopped onion
- 1 1/2 cups water
- 1 beef bouillon cube
- 1/2 tsp. salt

**MELT** . . . butter in saucepan.

**ADD** . . . rice and onion.

**COOK** . . . over medium heat, stirring

constantly, until rice is lightly browned.

**ADD** . . . remaining ingredients. Stir and bring to boil. Cover and remove from heat. Let stand 5 minutes before serving.

### Mexicali Meat Loaf

- 3 cups (1 1/2 lbs.) ground beef
- 1 cup drained whole kernel corn
- 1 cup chopped onion
- 3/4 cup KRETSCHMER Wheat Germ
- 1 1/2 tsp. salt
- 4 tsp. chili powder
- Dash of pepper
- 1 can (8 oz.) tomato sauce
- 2 eggs
- 2 tsp. Worcestershire sauce

**COMBINE** . . . all ingredients in large bowl, mixing well.

**PRESS** . . . firmly into 9x5x3-inch loaf pan.

**BAKE** . . . at 350° for 1 hour.

**LET STAND** . . . in pan 10 minutes.

**TURN OUT** . . . onto serving plate.

**SLICE** . . . and serve with Spanish Sauce (below).

**YIELD** . . . 6-8 servings.

#### Spanish Sauce

- 1/2 cup thinly sliced celery
  - 1/2 cup chopped or sliced onion
  - 1 small clove garlic, minced
  - 1 tbsp. butter, margarine or cooking oil
  - 1 can (1 lb.) tomatoes and juice
  - 1 tsp. salt
  - 1/4 tsp. sugar
  - 1/2 cup coarsely chopped green pepper
  - 2 tbsp. chopped parsley
- SAUTE** . . . celery, onion and garlic in butter until onion is tender.
- ADD** . . . tomatoes and juice, salt and sugar.
- SIMMER** . . . gently for 15 minutes.
- STIR IN** . . . green pepper and parsley.
- YIELD** . . . 2 1/4 cups.

### Wheat-Meat Loaf

- 2 cups (1 lb.) ground beef
- 1 cup (1/2 lb.) ground pork
- 1 cup KRETSCHMER Wheat Germ
- 3/4 cup tomato juice, catsup or milk
- 1 egg
- 1 tbsp. Worcestershire sauce
- 1 tbsp. chopped onion
- 1 tsp. prepared mustard
- 1/2 tsp. salt

**COMBINE** . . . all ingredients in large bowl, mixing well.

**SHAPE** . . . firmly into a round, flat loaf about 1 inch thick.

**PLACE** . . . in heavy 10-inch skillet or electric frypan.

**CUT** . . . almost through meat loaf with knife into desired number of pie-shaped servings.

**PREPARE** . . . Onion Gravy (below). Pour over meat.

**COVER** . . . and simmer for 30 minutes or until meat is done as desired.

**YIELD** . . . 6-8 servings.

#### Onion Gravy

- 1 envelope dry onion soup mix
- 2 tbsp. unsifted flour
- 2 cups boiling water

**COMBINE** . . . soup mix and flour. Stir to blend.

**ADD** . . . water gradually, mixing well.



### Lasagna

- 2 tbsp. cooking oil
- 1 garlic clove, minced
- 1 medium onion, chopped
- 2 cups (1 lb.) ground beef
- 2 tsp. salt
- 1/2 tsp. oregano
- 1/4 tsp. pepper
- 2 cans (6 oz. each) tomato paste
- 1 1/2 cups water
- 1/2 pkg. (8 oz.) lasagna noodles
- 3/4 lb. mozzarella or Swiss cheese, sliced
- 1 cup ricotta or small curd cottage cheese
- 1 cup KRETSCHMER Wheat Germ
- 1/4 cup shredded Parmesan cheese

**SAUTE** . . . garlic and onion in oil until tender.

**ADD** . . . beef and seasonings. Cook over medium heat until meat is well browned.

**STIR IN** . . . tomato paste and water. Simmer 30 minutes.

**COOK** . . . lasagna noodles as package directs. Drain thoroughly.

**COVER** . . . bottom of 9x13-inch pan with one-third of cooked noodles.

**ARRANGE** . . . one-third of mozzarella slices and one-half of ricotta over noodles.

**SPREAD** . . . with one-third of meat sauce.

**SPRINKLE** . . . with 1/3 cup of wheat germ.

**REPEAT** . . . until noodles, cheese, sauce and wheat germ are used.

**SPRINKLE** . . . with Parmesan cheese.

**BAKE** . . . at 350° for 25-30 minutes.

**COOL** . . . 10 minutes before serving.

**YIELD** . . . 8-10 servings.

### Ham Loaf

- 3 cups (1 1/2 lbs.) ground ham
- 1 cup (1/2 lb.) ground pork
- 3/4 cup KRETSCHMER Wheat Germ
- 1/2 cup finely chopped onion
- 3/4 cup milk
- 1/2 cup catsup
- 2 eggs
- 1 tsp. Worcestershire sauce

**COMBINE** . . . all ingredients in large bowl, mixing well.

**PRESS** . . . firmly into 9x5x3-inch loaf pan.

**BAKE** . . . at 350° for 1 hour and 15 minutes.

**LET STAND** . . . in pan 10 minutes.

**TURN OUT** . . . onto serving plate.

**SLICE** . . . and serve with creamed vegetables, mustard or tomato sauce.

**YIELD** . . . 6-8 servings.

### Broiled Lamb Roll

- 12 slices (1/2 lb.) bacon
- 3 cups (1 1/2 lbs.) ground lamb shoulder
- 3/4 cup corn flakes
- 1/2 cup KRETSCHMER Wheat Germ
- 1 tsp. salt
- 1/2 tsp. marjoram
- 1/2 tsp. pepper
- 3 tbsp. water
- 1 tbsp. Worcestershire sauce

**ARRANGE** . . . strips of bacon on waxed paper. Overlap long side of each strip to form an 8x10-inch rectangle.

**MEASURE** . . . remaining ingredients into bowl. Mix well.

**SPREAD** . . . meat mixture evenly over bacon rectangle.

**ROLL UP** . . . starting with narrow ends of bacon. Secure ends with skewers or toothpicks.

**WRAP** . . . tightly in waxed paper.

**CHILL** . . . thoroughly (1-1 1/2 hours).

**CUT** . . . into six 2-inch slices.

**BROIL** . . . for 10-12 minutes or until done as desired, turning once.

**YIELD** . . . 6 servings.

### Quiche Lorraine

- 9-inch unbaked pastry
- 1/2 cup KRETSCHMER Wheat Germ
- 1 tbsp. butter or margarine
- 1 cup diced cooked ham
- 1 medium onion, finely chopped
- 1/2 cup grated Swiss cheese
- 1 cup whipping cream
- 1 cup milk
- 4 eggs
- 1/2 tsp. salt
- 1/4 tsp. pepper
- Few grains nutmeg

**SPRINKLE** . . . 1/4 cup wheat germ on bottom of pastry. Press in slightly.

**MELT** . . . butter in small skillet.

**ADD** . . . ham and onion and brown lightly. Remove from skillet. Spread evenly in pastry.

**SPRINKLE** . . . with 1/4 cup cheese.

**COMBINE** . . . remaining cheese, cream, milk, eggs and seasonings in small bowl. Beat until smooth.

**POUR** . . . over ham mixture.

**SPRINKLE** . . . with remaining wheat germ.

**BAKE** . . . at 450° for 15 minutes, then at 350° for 15 minutes more. Custard will be firm when done.

**SERVE** . . . warm as a main dish or in smaller wedges as an appetizer.

### Vimburgers

- 2 cups (1 lb.) ground beef
- 1/2 cup KRETSCHMER Wheat Germ
- 1/4 cup milk
- 2 tbsp. catsup
- 1 tbsp. grated onion
- 1 tsp. salt
- 1/2 tsp. pepper

.....  
6 hamburger buns, buttered

**COMBINE** . . . all ingredients, mixing well.

**SHAPE** . . . into patties.

**BROIL** . . . grill or fry until done as desired.

**PLACE** . . . between buns.

**YIELD** . . . 6 servings.



## Chicken Pie with Herb Biscuits

- 1 can (10<sup>3</sup>/<sub>4</sub> oz.) chicken gravy
- <sup>1</sup>/<sub>3</sub> cup milk
- 2 chicken bouillon cubes
- <sup>1</sup>/<sub>4</sub> tsp. onion salt
- <sup>1</sup>/<sub>8</sub> tsp. ground thyme
- 2 cups diced, cooked chicken
- 1 pkg. (10 oz.) frozen peas, defrosted
- 1 can (8 oz.) water chestnuts, drained and sliced
- <sup>1</sup>/<sub>2</sub> cup thinly sliced celery
- 2 tbsp. chopped pimento
- 1 tbsp. lemon juice

**COMBINE** . . . gravy, milk, bouillon cubes, onion salt and thyme in saucepan.

**COOK** . . . over medium heat until bouillon cubes are dissolved.

**ADD** . . . remaining ingredients. Mix well.

**POUR** . . . into shallow 1<sup>1</sup>/<sub>2</sub>-quart casserole.

**BAKE** . . . at 400° for 15 minutes.

**PREPARE** . . . Herb Biscuits (below) while chicken mixture is baking.

**REMOVE** . . . casserole from oven.

**DROP** . . . tablespoonfuls of biscuit dough onto hot chicken mixture to make 8 to 12 small biscuits.

**RETURN** . . . casserole to oven.

**BAKE** . . . at 400° for 20 minutes more or until biscuits are lightly browned.

**YIELD** . . . 4-6 servings.

### Herb Biscuits

- 1 cup prepared biscuit mix
  - <sup>1</sup>/<sub>3</sub> cup KRETSCHMER Wheat Germ
  - 1 tsp. parsley flakes
  - <sup>1</sup>/<sub>4</sub> tsp. crushed rosemary
  - <sup>1</sup>/<sub>2</sub> cup milk
  - 2 tbsp. melted butter or margarine
- MEASURE** . . . dry ingredients into bowl. Stir well to blend.
- ADD** . . . milk and melted butter.
- STIR** . . . with fork until all ingredients are moistened.

## Country Fried Chicken

- 3-lb. broiler-fryer chicken, cut up
- <sup>1</sup>/<sub>2</sub> cup KRETSCHMER Wheat Germ
- <sup>1</sup>/<sub>2</sub> cup unsifted flour
- 3 tsp. salt
- 1 tsp. paprika
- 1 tsp. pepper

.....  
Cooking oil or melted shortening

**WASH** . . . chicken pieces and pat dry with paper towel.

**MEASURE** . . . dry ingredients into paper or plastic bag. Shake well to blend.

**PLACE** . . . chicken pieces in bag, a few at a time. Shake until coated with wheat germ mixture.

**PREHEAT** . . . oil (<sup>1</sup>/<sub>2</sub>-inch deep) in skillet to 375°.

**FRY** . . . coated chicken pieces for 30-35 minutes or until done as desired. Turn several times to brown on all sides.

**YIELD** . . . 6-8 servings.



## Butter Crunch Stuffing

- <sup>1</sup>/<sub>2</sub> cup butter or margarine
- 1 cup chopped celery
- <sup>1</sup>/<sub>2</sub> cup chopped onion
- <sup>1</sup>/<sub>2</sub> cup sliced mushrooms, drained
- 3 cups soft bread cubes
- <sup>2</sup>/<sub>3</sub> cup KRETSCHMER Wheat Germ
- <sup>1</sup>/<sub>2</sub> cup chopped nuts
- 1 tbsp. chopped parsley
- 1 tsp. salt
- <sup>1</sup>/<sub>8</sub> tsp. nutmeg
- <sup>1</sup>/<sub>8</sub> tsp. pepper
- <sup>1</sup>/<sub>3</sub> cup hot water
- 1 chicken bouillon cube

**MELT** . . . butter in skillet.

**ADD** . . . celery, onion and mushrooms.

**SAUTE** . . . until lightly browned. Remove from heat.

**ADD** . . . bread cubes, wheat germ, nuts, parsley, salt, nutmeg and pepper. Mix well.

**DISSOLVE** . . . bouillon cube in hot water.

**POUR** . . . over dressing. Toss lightly with fork.

**YIELD** . . . stuffing for 4- or 5-lb. fowl.

## Buffet Burgers

- 4 cups (2 lbs.) ground chuck or round
  - <sup>3</sup>/<sub>4</sub> cup KRETSCHMER Wheat Germ
  - 2 eggs
  - <sup>1</sup>/<sub>2</sub> cup half and half (thin cream)
  - 2 tbsp. minced onion
  - 2 tsp. Worcestershire sauce
  - 2 tsp. salt
  - <sup>1</sup>/<sub>4</sub> tsp. marjoram
  - <sup>1</sup>/<sub>4</sub> tsp. thyme
- COMBINE** . . . all ingredients. Mix well.
- SHAPE** . . . into 8 patties, about 4 inches in diameter.
- BROIL** . . . fry or grill until done as desired, turning once.
- SERVE** . . . with Cheese Olive Topping, Italian Topping or Tangy Butter Topping (below).
- YIELD** . . . 8 servings.

## Cheese Olive Topping

- 1 cup (4-oz. pkg.) shredded Cheddar cheese
  - <sup>1</sup>/<sub>4</sub> cup salad dressing
  - <sup>1</sup>/<sub>8</sub> tsp. garlic powder
  - <sup>1</sup>/<sub>3</sub> cup (1<sup>1</sup>/<sub>4</sub>-oz. pkg.) blue or Roquefort cheese, crumbled
  - 2 tbsp. chopped stuffed olives
- COMBINE** . . . Cheddar cheese, salad dressing and garlic powder. Mix well.
- STIR IN** . . . blue cheese and olives.
- YIELD** . . . 1 cup topping (enough for 8 burgers).

## Italian Topping

- <sup>1</sup>/<sub>4</sub> cup chopped onion
  - 2 tbsp. butter or margarine
  - 1 cup (10-oz. can) tomatoes
  - <sup>1</sup>/<sub>3</sub> cup finely chopped salami
  - <sup>1</sup>/<sub>2</sub> tsp. oregano
  - <sup>1</sup>/<sub>4</sub> tsp. salt
  - <sup>1</sup>/<sub>4</sub> tsp. sugar
  - <sup>1</sup>/<sub>8</sub> tsp. black pepper
- .....
- <sup>2</sup>/<sub>3</sub> cup shredded Parmesan cheese
- SAUTE** . . . onion in butter until tender.
- ADD** . . . tomatoes, salami and seasonings.
- SIMMER** . . . over low heat about 15 minutes.
- SPOON** . . . topping over burgers. Sprinkle with Parmesan cheese.
- YIELD** . . . 1 cup topping (enough for 8 burgers).

## Tangy Butter Topping

- <sup>1</sup>/<sub>2</sub> cup soft butter or margarine
  - 1 tbsp. lemon juice
  - <sup>1</sup>/<sub>2</sub> tsp. paprika
  - <sup>1</sup>/<sub>2</sub> tsp. dill weed
  - <sup>1</sup>/<sub>4</sub> tsp. garlic powder
  - <sup>1</sup>/<sub>8</sub> tsp. black pepper
  - 2 tbsp. sliced green onion
- COMBINE** . . . all ingredients except onion. Mix thoroughly.
- STIR IN** . . . onion.
- YIELD** . . . <sup>2</sup>/<sub>3</sub> cup topping (enough for 8 burgers).

## Wheat-Meat Loaf

2 cups (1 lb.) ground beef  
 1 cup (1/2 lb.) ground pork  
 1 cup KRETSCHMER Wheat Germ  
 3/4 cup tomato juice, catsup or milk  
 1 egg  
 1 tbsp. Worcestershire sauce  
 1 tbsp. chopped onion  
 1 tsp. prepared mustard  
 1/2 tsp. salt

COMBINE . . . all ingredients in large bowl, mixing well.

SHAPE . . . firmly into a round, flat loaf about 1 inch thick.

PLACE . . . in heavy 10-inch skillet or electric frypan.

CUT . . . almost through meat loaf with knife into desired number of pie-shaped servings.

PREPARE . . . Onion Gravy (below). Pour over meat.

COVER . . . and simmer for 30 minutes or until meat is done as desired.

YIELD . . . 6-8 servings.

### Onion Gravy

1 envelope dry onion soup mix  
 2 tbsp. unsifted flour  
 2 cups boiling water

COMBINE . . . soup mix and flour. Stir to blend.

ADD . . . water gradually, mixing well.



## Lasagna

2 tbsp. cooking oil  
 1 garlic clove, minced  
 1 medium onion, chopped  
 2 cups (1 lb.) ground beef  
 2 tsp. salt  
 1/2 tsp. oregano  
 1/4 tsp. pepper  
 2 cans (6 oz. each) tomato paste  
 1 1/2 cups water  
 1/2 pkg. (8 oz.) lasagna noodles  
 3/4 lb. mozzarella or Swiss cheese, sliced  
 1 cup ricotta or small curd cottage cheese  
 1 cup KRETSCHMER Wheat Germ  
 1/4 cup shredded Parmesan cheese

SAUTE . . . garlic and onion in oil until tender.

ADD . . . beef and seasonings. Cook over medium heat until meat is well browned.

STIR IN . . . tomato paste and water. Simmer 30 minutes.

COOK . . . lasagna noodles as package directs. Drain thoroughly.

COVER . . . bottom of 9x13-inch pan with one-third of cooked noodles.

ARRANGE . . . one-third of mozzarella slices and one-half of ricotta over noodles.

SPREAD . . . with one-third of meat sauce.

SPRINKLE . . . with 1/3 cup of wheat germ.

REPEAT . . . until noodles, cheese, sauce and wheat germ are used.

SPRINKLE . . . with Parmesan cheese.

BAKE . . . at 350° for 25-30 minutes.

COOL . . . 10 minutes before serving.

YIELD . . . 8-10 servings.

## Ham Loaf

3 cups (1 1/2 lbs.) ground ham  
 1 cup (1/2 lb.) ground pork  
 3/4 cup KRETSCHMER Wheat Germ  
 1/2 cup finely chopped onion  
 3/4 cup milk  
 1/2 cup catsup  
 2 eggs  
 1 tsp. Worcestershire sauce

COMBINE . . . all ingredients in large bowl, mixing well.

PRESS . . . firmly into 9x5x3-inch loaf pan.

BAKE . . . at 350° for 1 hour and 15 minutes.

LET STAND . . . in pan 10 minutes.

TURN OUT . . . onto serving plate.

SLICE . . . and serve with creamed vegetables, mustard or tomato sauce.

YIELD . . . 6-8 servings.

## Broiled Lamb Roll

12 slices (1/2 lb.) bacon  
 3 cups (1 1/2 lbs.) ground lamb shoulder  
 3/4 cup corn flakes  
 1/2 cup KRETSCHMER Wheat Germ  
 1 tsp. salt  
 1/2 tsp. marjoram  
 1/2 tsp. pepper  
 3 tbsp. water  
 1 tbsp. Worcestershire sauce

ARRANGE . . . strips of bacon on waxed paper. Overlap long side of each strip to form an 8x10-inch rectangle.

MEASURE . . . remaining ingredients into bowl. Mix well.

SPREAD . . . meat mixture evenly over bacon rectangle.

ROLL UP . . . starting with narrow ends of bacon. Secure ends with skewers or toothpicks.

WRAP . . . tightly in waxed paper.

CHILL . . . thoroughly (1-1 1/2 hours).

CUT . . . into six 2-inch slices.

BROIL . . . for 10-12 minutes or until done as desired, turning once.

YIELD . . . 6 servings.

## Quiche Lorraine

9-inch unbaked pastry  
 1/2 cup KRETSCHMER Wheat Germ  
 1 tbsp. butter or margarine  
 1 cup diced cooked ham  
 1 medium onion, finely chopped  
 1/2 cup grated Swiss cheese  
 1 cup whipping cream  
 1 cup milk  
 4 eggs  
 1/2 tsp. salt  
 1/4 tsp. pepper  
 Few grains nutmeg

SPRINKLE . . . 1/4 cup wheat germ on bottom of pastry. Press in slightly.

MELT . . . butter in small skillet.

ADD . . . ham and onion and brown lightly. Remove from skillet. Spread evenly in pastry.

SPRINKLE . . . with 1/4 cup cheese.

COMBINE . . . remaining cheese, cream, milk, eggs and seasonings in small bowl. Beat until smooth.

POUR . . . over ham mixture.

SPRINKLE . . . with remaining wheat germ.

BAKE . . . at 450° for 15 minutes, then at 350° for 15 minutes more. Custard will be firm when done.

SERVE . . . warm as a main dish or in smaller wedges as an appetizer.

## Vimburgers

2 cups (1 lb.) ground beef  
 1/2 cup KRETSCHMER Wheat Germ  
 1/4 cup milk  
 2 tbsp. catsup  
 1 tbsp. grated onion  
 1 tsp. salt  
 1/2 tsp. pepper

6 hamburger buns, buttered

COMBINE . . . all ingredients, mixing well.

SHAPE . . . into patties.

BROIL . . . grill or fry until done as desired.

PLACE . . . between buns.

YIELD . . . 6 servings.

## Meat and Vegetable Biscuit Casserole

### Meat and Vegetable Filling

- 1½ cups (about ¾ lb.) cubed, cooked beef  
 1 pkg. (10 oz.) frozen mixed vegetables, cooked and drained  
 ½ cup chopped onion  
 ½ cup sliced mushrooms, drained  
 1 tbsp. chopped parsley  
 ½ tsp. salt  
 ½ tsp. paprika  
 ¼ tsp. ground thyme  
 1 cup beef gravy

MEASURE . . . all ingredients into bowl. Mix well.

### Biscuit Casserole

- 2 cups unsifted flour  
 ½ cup KRETSCHMER Wheat Germ  
 3 tsp. baking powder  
 1 tsp. salt  
 ⅓ cup butter or margarine  
 1 cup milk

MEASURE . . . dry ingredients into bowl. Stir to blend.

CUT IN . . . butter with pastry blender until mixture resembles coarse meal.

ADD . . . milk all at once. Stir with fork until all ingredients are moistened.

TURN OUT . . . onto lightly floured cloth-covered board.

KNEAD . . . gently 20 times.

ROLL . . . dough into 12x14-inch rectangle.

CENTER . . . dough in greased, shallow 2-quart casserole. One third of dough will hang over each long side of the casserole.

POUR . . . Meat and Vegetable Filling (above) over dough in casserole.

CUT . . . dough extending over sides into 1-inch strips at right angles to the edge of the casserole.

FOLD . . . strips over filling, overlapping ends in center.

BAKE . . . at 400° for 40 minutes or until filling is hot and dough is golden brown.

SERVE . . . with additional beef gravy if desired.

YIELD . . . 6 servings.

## Tuna Corn Pudding

- 1½ cups KRETSCHMER Wheat Germ  
 ¼ cup melted butter or margarine  
 1 can (12 oz.) whole kernel corn, drained  
 2 cans (7 oz. each) flaked tuna, drained  
 1 tsp. lemon juice  
 1½ cups milk  
 2 eggs, beaten  
 ¾ tsp. salt  
 . . . . .  
 2 hard-cooked eggs, sliced or chopped

COMBINE . . . wheat germ and melted butter.

SPREAD . . . half of wheat germ mixture on bottom of greased 1½-quart casserole.

POUR . . . corn over wheat germ mixture.

ARRANGE . . . tuna on corn. Sprinkle with lemon juice.

COMBINE . . . milk, eggs and salt. Pour over tuna.

TOP . . . with remaining wheat germ mixture.

BAKE . . . at 350° for 1 hour.

GARNISH . . . with sliced or chopped hard-cooked eggs.

YIELD . . . 4-6 servings.



## Swiss Omelet

- ½ cup milk  
 ¼ cup KRETSCHMER Wheat Germ  
 4 eggs, separated  
 ½ tsp. salt  
 1 tbsp. butter or margarine  
 . . . . .  
 ¼ lb. processed American cheese, shredded  
 ¼ lb. (½ cup) fully-cooked, diced Canadian bacon

COMBINE . . . milk and wheat germ. Set aside until ready to use.

BEAT . . . egg whites until stiff but not dry.

BEAT . . . egg yolks and salt until thick and lemon-colored.

FOLD . . . yolks and wheat germ-milk mixture into beaten egg whites very carefully until mixture is well blended.

MELT . . . butter in 10-inch skillet with oven-proof handle.

POUR . . . egg mixture into pan, spreading gently until level.

COOK . . . uncovered over low heat until puffy and lightly browned on bottom and sides (about 10 minutes).

BAKE . . . at 325° for 10 minutes or until a knife inserted in center comes out clean.

SPRINKLE . . . cheese and bacon over omelet a few minutes before removing omelet from oven.

FOLD . . . omelet slightly off center. Turn out onto warm platter.

SERVE . . . with Vegetable Sauce (below).

YIELD . . . 3-4 servings.

### Vegetable Sauce

- 1 can (10¾ oz.) cream of vegetable soup  
 ½ cup milk  
 ¼ tsp. seasoned salt  
 COMBINE . . . ingredients in sauce pan.  
 HEAT . . . slowly, stirring constantly, until smooth and hot.  
 YIELD . . . 1½ cups

## Salmon Loaf

- 1 can (1 lb.) salmon  
 ½ cup chopped celery  
 ¼ cup chopped onion  
 ⅓ cup butter or margarine  
 3 tbsp. flour  
 1 tsp. salt  
 ¼ tsp. pepper  
 2 cups milk  
 4 eggs, slightly beaten  
 ½ cup KRETSCHMER Wheat Germ  
 2 tbsp. chopped parsley  
 1 tbsp. lemon juice

PREPARE . . . salmon. Drain and save liquid. Remove skin and bones.

SAUTE . . . celery and onion in butter until onion is tender. Remove celery and onion and set aside.

BLEND . . . flour, salt and pepper into melted butter until smooth.

ADD . . . milk all at once. Cook over medium heat until mixture thickens, stirring constantly.

REMOVE . . . 1 cup of sauce for Hot Tartar Sauce (below). Place in saucepan.

COMBINE . . . remaining sauce with salmon, salmon liquid, celery, onion and remaining ingredients. Mix well.

POUR . . . into greased, aluminum foil-lined, 9x5x3-inch loaf pan.

BAKE . . . at 350° for 45 minutes or until firm.

LET STAND . . . in pan 10 minutes.

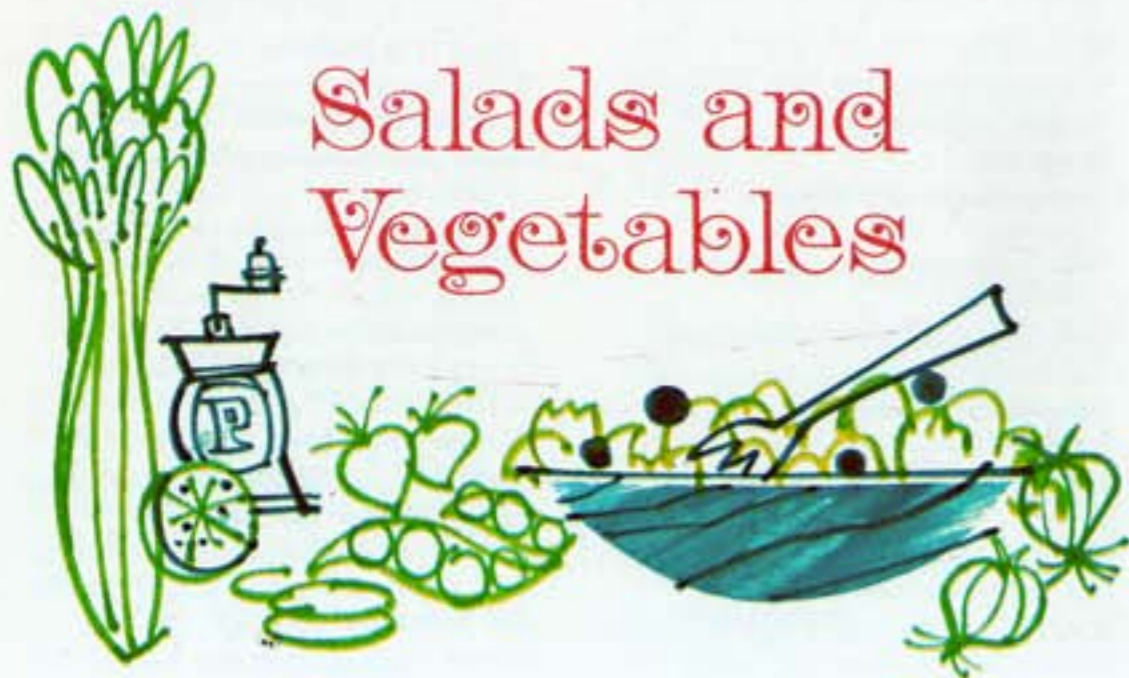
TURN OUT . . . onto serving plate.

SLICE . . . and serve with Hot Tartar Sauce (below).

YIELD . . . 6 servings.

### Hot Tartar Sauce

- 1 cup sauce (above)  
 ¼ cup salad dressing  
 ¼ cup pickle relish  
 1 tbsp. lemon juice  
 MEASURE . . . all ingredients into saucepan. Mix well.  
 HEAT . . . slowly over low heat, stirring frequently.



# Salads and Vegetables

## Polka Dot Potato Salad

- 1/3 cup French dressing
- 1/3 cup mayonnaise
- 1 tsp. prepared mustard
- 3 cups diced cooked potatoes
- 4 hard-boiled eggs, chopped
- 3 cups small-curd cottage cheese, drained
- 1/2 cup KRETSCHMER Wheat Germ
- 1/4 cup chopped pimento
- 1/3 cup chopped green pepper or sweet pickle
- 3 tbsp. minced onion
- 3 tbsp. chopped parsley
- 2 tsp. salt
- .....
- Salad greens
- Radishes
- Ripe olives

**COMBINE** . . . French dressing, mayonnaise and mustard in large bowl. Mix well.

**STIR IN** . . . potatoes and eggs. Let stand 20 minutes.

**ADD** . . . remaining ingredients. Mix well.

**PRESS** . . . into buttered 1 1/2-quart ring mold.

**CHILL** . . . until firm (1 1/2-2 hours).

**UNMOLD** . . . by immersing mold up to rim in warm water about 15 seconds. Place serving plate over mold and invert salad onto plate.

**GARNISH** . . . with salad greens, radishes and ripe olives or as desired.

**YIELD** . . . 10-12 servings.

## Pineapple Cheese Salad

- 1 pkg. (3 oz.) cream cheese, softened
- 3 tbsp. KRETSCHMER Wheat Germ
- 1 tbsp. pineapple syrup
- .....
- 6 slices pineapple, drained
- 6 lettuce leaves
- Salad dressing, if desired

**COMBINE** . . . cream cheese, wheat germ and pineapple syrup. Mix well.

**SHAPE** . . . into 1-inch balls.

**ROLL** . . . in additional wheat germ, if desired.

**ARRANGE** . . . pineapple slice on lettuce leaf. Top with cheese ball.

**SERVE** . . . with salad dressing, if desired.

**YIELD** . . . 6 servings.

## Jiffy Jellied Salad

- 2 pkgs. (3 oz. each) flavored gelatine
- 3/4 cup coarsely chopped fruit or vegetable

- 1/2 cup KRETSCHMER Wheat Germ

- 1/2 cup small curd cottage cheese

**PREPARE** . . . gelatine using the ice cube method as directed on package.

**FOLD IN** . . . fruit or vegetable, wheat germ and cottage cheese.

**POUR** . . . into 1 1/2-quart ring mold.

**CHILL** . . . until firm (1 1/2-2 hours).

**UNMOLD** . . . by immersing mold up to rim in warm water about 10 seconds. Place serving plate over mold and invert salad onto plate.

**GARNISH** . . . with salad greens and relishes.

**YIELD** . . . 10-12 servings.

## Gingered Sweet Potatoes

- 2 cans (1 lb. 7 oz. each) sweet potatoes, drained
- 1/3 cup honey
- 1/3 cup orange juice
- 1/4 cup melted butter or margarine
- 1 1/2 - 2 tbsp. finely grated orange rind
- 2 tbsp. chopped preserved ginger
- 1 tbsp. preserved ginger syrup (see note)
- 1/4 tsp. salt
- .....
- 1 orange, peeled and sliced

**MASH** . . . sweet potatoes.

**ADD** . . . remaining ingredients, mixing well.

**POUR** . . . into buttered shallow 1 1/2-quart casserole. Cover.

**BAKE** . . . at 350° for 35-40 minutes. Remove from oven.

**CUT** . . . orange slices in half. Arrange slices spoke-fashion in sweet potato mixture.

**SPRINKLE** . . . Wheat Crunch Topping (below) between orange slices.

**YIELD** . . . 6-8 servings.

## Wheat Crunch Topping

- 1/4 cup melted butter or margarine
- 1/4 cup sugar
- 1/2 cup KRETSCHMER Wheat Germ

**COMBINE** . . . butter and sugar in saucepan.

**COOK** . . . over medium heat until bubbly.

**STIR IN** . . . wheat germ.

**NOTE:** 1/2 tsp. ground ginger may be substituted for preserved ginger and ginger syrup.

## Vegetable Nut Loaf

- 1 cup diced carrots
- 1 cup diced celery
- 1/2 cup chopped onion
- 1/3 cup butter or margarine
- 1/4 cup unsifted flour
- 1 1/2 tsp. salt
- 1/8 tsp. pepper
- 1 1/2 cups milk
- 1 cup grated American cheese
- 1 cup chopped pecans
- 3/4 cup KRETSCHMER Wheat Germ
- 3 eggs, slightly beaten

**SAUTE** . . . carrots, celery and onion in butter until onion is tender.

**STIR IN** . . . flour, salt and pepper.

**ADD** . . . milk all at once. Cook over medium heat until mixture thickens, stirring constantly.

**ADD** . . . cheese. Stir until melted.

**STIR IN** . . . nuts, wheat germ and eggs.

**POUR** . . . into greased, aluminum foil-lined, 9x5x3-inch loaf pan.

**BAKE** . . . at 350° for 50 minutes or until firm. Let stand in pan 10 minutes.

**TURN OUT** . . . onto serving plate.

**SLICE** . . . and serve with Quick Cheese Sauce (below).

**YIELD** . . . 6-8 servings.

## Quick Cheese Sauce

- 1 can (10 1/2 oz.) condensed cheese soup
- 1/2 cup milk

**COMBINE** . . . ingredients. Mix well.

**HEAT** . . . slowly over low heat, stirring frequently.



# Desserts

## Old World Cheese Cake

### Wheat Crumb Crust

- 1 cup KRETSCHMER Wheat Germ
- 1 cup fine graham cracker crumbs
- 3 tbsp. sugar
- 1 tsp. cinnamon
- $\frac{1}{3}$  cup melted butter or margarine

**COMBINE** . . . all ingredients, mixing well.

**SET ASIDE** . . .  $\frac{1}{4}$  cup crust mixture for topping.

**PRESS** . . . remaining crust mixture evenly on bottom and up about 2 inches on sides of buttered 9-inch spring form pan.

**FILL** . . . with Cheese Filling (below).

**BAKE** . . . at 350° for 35-40 minutes or until set.

**SPREAD** . . . Cream Topping (below) evenly over hot cake at end of baking time.

**RETURN** . . . to oven until topping sets (about 5 minutes). Remove from oven.

**COOL** . . . in pan on rack. Sprinkle reserved crumbs around edge of cake.

**REMOVE** . . . sides of spring form pan.

**CHILL** . . . before serving.

**YIELD** . . . 16 servings.

### Cheese Filling

- 1 pkg. (8 oz.) cream cheese, softened
- 1 cup ( $\frac{1}{2}$  pt.) large-curd cottage cheese
- 4 eggs
- 1 tbsp. lemon juice
- 2 tsp. vanilla
- $\frac{3}{4}$  cup sugar
- 2 tbsp. flour
- $\frac{1}{4}$  tsp. salt

**BEAT** . . . cream cheese and cottage cheese until smooth.

**ADD** . . . eggs, one at a time. Beat until smooth after each addition.

**STIR IN** . . . lemon juice and vanilla.

**COMBINE** . . . sugar, flour and salt. Blend into cheese mixture.

### Cream Topping

- 1 cup ( $\frac{1}{2}$  pt.) commercial sour cream
- $\frac{1}{3}$  cup sugar
- 1 tsp. vanilla
- $\frac{1}{8}$  tsp. salt
- COMBINE** . . . all ingredients, mixing well.

## Peanut Butter Cookies

- $1\frac{1}{4}$  cups unsifted flour
- $\frac{1}{2}$  cup KRETSCHMER Wheat Germ
- 1 tsp. baking soda
- $\frac{1}{4}$  tsp. salt
- $\frac{3}{4}$  cup chunk-style peanut butter
- $\frac{1}{2}$  cup butter or margarine
- $\frac{1}{2}$  cup firmly packed brown sugar
- $\frac{1}{2}$  cup granulated sugar
- 2 eggs
- 1 tsp. vanilla

**MEASURE** . . . dry ingredients onto waxed paper. Stir well to blend.

**CREAM** . . . peanut butter, butter, sugars, eggs and vanilla thoroughly.

**ADD** . . . blended dry ingredients to creamed mixture. Mix well.

**SHAPE** . . . dough into 1-inch balls.

**PLACE** . . . on greased baking sheet. Flatten with tines of fork.

**BAKE** . . . at 350° for 10-12 minutes.

**YIELD** . . . 4 $\frac{1}{2}$ -5 dozen cookies.

## Delicate Nut Roll

- 6 eggs, separated
- $\frac{3}{4}$  cup sugar
- 1 cup KRETSCHMER Wheat Germ
- $\frac{1}{2}$  cup grated pecans
- 1 tsp. baking powder
- $1\frac{1}{2}$  cups whipping cream
- 3 tbsp. sugar
- $\frac{1}{4}$  tsp. vanilla

### Powdered sugar

**BEAT** . . . egg whites until stiff peaks are formed.

**BEAT** . . . egg yolks, adding  $\frac{3}{4}$  cup sugar gradually, until thick and light colored.

**MEASURE** . . . wheat germ, nuts and baking powder onto waxed paper. Stir well to blend.

**FOLD** . . . blended dry ingredients carefully into egg yolk mixture a little at a time, mixing well.

**FOLD IN** . . . beaten egg whites very carefully until mixture is well blended.

**POUR** . . . into greased, waxed paper-lined 10x15-inch jelly roll pan.

**BAKE** . . . at 350° for 20-25 minutes.

**LOOSEN** . . . edges and turn out of pan immediately onto tea towel sprinkled with powdered sugar.

**REMOVE** . . . waxed paper. Trim crisp edges from cake.

**ROLL UP** . . . carefully in tea towel.

**COOL** . . . on rack.

**WHIP** . . . cream. Add sugar and vanilla gradually.

**UNROLL** . . . cooled cake. Spread evenly with whipped cream. Roll up carefully.

**CHILL** . . . until ready to serve.

**SPRINKLE** . . . with additional powdered sugar before serving, if desired.

**YIELD** . . . 10-12 servings.

## Peach Raspberry Shortcake

- 3 cups prepared biscuit mix
- $\frac{1}{2}$  cup KRETSCHMER Wheat Germ
- $\frac{1}{3}$  cup sugar
- 1 cup milk
- $\frac{1}{3}$  cup melted butter or margarine

- 2 cups sweetened, sliced peaches
- 1 cup sweetened raspberries
- Whipped cream

**MEASURE** . . . biscuit mix, wheat germ and sugar into bowl. Stir well to blend.

**ADD** . . . milk and butter to blended dry ingredients. Stir with fork just until all ingredients are moistened.

**DIVIDE** . . . dough into 2 equal portions.

**SPREAD** . . . each portion evenly in greased 8-inch layer pan.

**BAKE** . . . at 400° for 15-18 minutes.

**REMOVE** . . . from pans immediately. Cool slightly.

**FILL** . . . and top with sliced peaches and raspberries.

**SERVE** . . . warm with whipped cream.

**YIELD** . . . 8 servings.

## Coco-Butterscotch Brownies

1 cup unsifted flour  
 1/2 cup KRETSCHMER Wheat Germ  
 1 tsp. baking powder  
 1/2 tsp. salt  
 1 1/4 cups firmly packed brown sugar  
 1/2 cup butter or margarine  
 2 eggs  
 1 tsp. vanilla  
 1/2 tsp. maple flavoring, optional  
 1/2 cup chopped nuts

**MEASURE** . . . dry ingredients onto waxed paper. Stir well to blend.

**CREAM** . . . sugar, butter, eggs and flavorings thoroughly.

**ADD** . . . blended dry ingredients to creamed mixture. Mix well.

**STIR IN** . . . nuts.

**SPREAD** . . . in well-greased 8-inch square pan.

**BAKE** . . . at 350° for 30 minutes. Cool.

**FROST** . . . when cool with Coco Frosting (below). Cut into bars.

**YIELD** . . . 1 1/2 dozen cookies.

### Coco Frosting

1 1/2 cups unsifted powdered sugar  
 1/4 cup cocoa  
 2 tbsp. soft butter or margarine  
 1 1/2 tbsp. milk or cream  
 1/2 tsp. vanilla

1 tsp. KRETSCHMER Wheat Germ

**MEASURE** . . . all ingredients except wheat germ into bowl. Beat until smooth.

**SPREAD** . . . on cooled brownies.

**SPRINKLE** . . . with wheat germ.

## Rhubarb Cobbler

4 cups cut-up rhubarb (1/2-inch pieces)  
 1 cup water  
 1 cup sugar  
 1 tbsp. flour  
 . . . . .  
 1 cup unsifted flour  
 1/2 cup sugar  
 1/2 cup KRETSCHMER Wheat Germ  
 1 1/2 tsp. baking powder  
 1/2 tsp. salt  
 1/2 cup milk  
 3 tbsp. shortening  
 1 egg  
 1 tbsp. lemon juice  
 . . . . .  
 2 tbsp. sugar  
 1 tsp. grated lemon rind

**COMBINE** . . . rhubarb, water, 1 cup sugar and 1 tablespoonful flour in saucepan.

**COOK** . . . over medium heat until mixture boils, stirring constantly. Remove from heat.

**POUR** . . . into 2-quart casserole.

**MEASURE** . . . 1 cup flour, 1/2 cup sugar, wheat germ, baking powder and salt into mixing bowl. Stir well to blend.

**ADD** . . . milk, shortening, egg and lemon juice to blended dry ingredients. Beat 2 minutes with electric mixer (medium speed) or by hand (150 strokes per minute).

**DROP** . . . by tablespoonfuls onto rhubarb sauce in casserole.

**COMBINE** . . . 2 tablespoonfuls sugar and lemon rind. Sprinkle on dough.

**BAKE** . . . at 375° for 30-35 minutes.

**SERVE** . . . warm with whipped cream or ice cream.

**YIELD** . . . 6-8 servings.

## Golden Crunchies

1 cup KRETSCHMER Wheat Germ  
 1/2 cup dry milk powder  
 1/2 tsp. baking powder  
 1/4 tsp. salt  
 3/4 cup sugar  
 1/4 cup butter or margarine  
 2 eggs  
 1 1/2 tsp. vanilla  
 1 cup chopped walnuts

**MEASURE** . . . dry ingredients onto waxed paper. Stir to blend.

**CREAM** . . . sugar, butter, eggs and vanilla thoroughly.

**ADD** . . . blended dry ingredients to creamed mixture. Mix well.

**STIR IN** . . . nuts.

**SPREAD** . . . in well-greased 8-inch square pan.

**BAKE** . . . at 350° for 35-40 minutes.

**COOL** . . . in pan. Cut into bars.

**YIELD** . . . 2 dozen cookies.

## Spicy Fruit Drops

1 1/4 cups unsifted flour  
 1 cup KRETSCHMER Wheat Germ  
 1/2 tsp. soda  
 1 tsp. salt  
 1 tsp. cinnamon  
 1 tsp. cloves  
 1/4 tsp. nutmeg  
 1 cup firmly packed brown sugar  
 1/2 cup shortening  
 2 eggs  
 1/4 cup buttermilk or sour milk  
 1 cup cut-up dates  
 1 cup raisins  
 1/2 cup chopped nuts

**MEASURE** . . . dry ingredients onto waxed paper. Stir well to blend.

**CREAM** . . . sugar, shortening and eggs thoroughly.

**ADD** . . . blended dry ingredients to creamed mixture alternately with buttermilk.

**STIR IN** . . . dates, raisins and nuts.

**DROP** . . . by teaspoonfuls onto greased baking sheet.

**BAKE** . . . at 350° for 15-18 minutes.

**YIELD** . . . 4 dozen cookies.



## Pineapple Chiffon Pie

**PREPARE** . . . baked crumb crust as directed for Ice Cream Pie (page 27). Chill.

**FILL** . . . with Pineapple Chiffon Filling (below).

**CHILL** . . . 2 hours or until firm.

**SERVE** . . . with sweetened strawberries, if desired.

### Pineapple Chiffon Filling

1 can (8 3/4 oz.) crushed pineapple  
 1/4 cup sugar  
 1 tbsp. (1 pkg.) unflavored gelatine  
 1/2 tsp. salt  
 2 egg yolks  
 2 egg whites  
 1/4 cup sugar  
 1/2 cup whipping cream, whipped  
 1 tbsp. lemon juice

Sweetened strawberries, if desired

**COMBINE** . . . undrained pineapple, 1/4 cup sugar, gelatine, salt and egg yolks in top of double boiler.

**COOK** . . . over boiling water, stirring constantly, until mixture coats a spoon (about 5 minutes). Remove from heat.

**CHILL** . . . until partially set (45-60 minutes).

**BEAT** . . . egg whites until soft peaks are formed.

**ADD** . . . 1/4 cup sugar gradually. Continue to beat until stiff and glossy.

**FOLD IN** . . . chilled pineapple mixture, whipped cream and lemon juice.



## Streusel-Topped Apple Pie

### Wheat Germ Pastry

**3/4 cup plus 2 tbsp. unsifted flour**  
**2 tbsp. KRETSCHMER Wheat Germ**  
**1/2 tsp. salt**  
**6 tbsp. shortening**  
**2-3 tbsp. cold water**

**MEASURE . . .** flour, wheat germ and salt into bowl. Stir well to blend.

**CUT IN . . .** half of shortening until mixture resembles coarse meal, then remaining shortening until particles are the size of small peas.

**ADD . . .** water a little at a time, mixing lightly with fork.

**SHAPE . . .** dough into firm ball with hands.

**ROLL OUT . . .** on lightly floured cloth-covered board to 1/8-inch thickness.

**PLACE . . .** loosely in 9-inch pie pan. Cut 1 inch larger than pan.

**FOLD . . .** edge under. Moisten rim of pan. Flute edge.

**FILL . . .** unbaked pastry with Apple Filling (below).

**SPRINKLE . . .** evenly with Streusel Topping (below).

**COVER . . .** top of pie with aluminum foil.

**BAKE . . .** at 425° for 30 minutes. Remove foil and bake 15-20 minutes more or until apples are tender.

**SERVE . . .** warm or cool, as desired.

### Apple Filling

**3/4 cup sugar**  
**1/2 tsp. cinnamon**  
**1/4 tsp. nutmeg**  
**5-6 large cooking apples, peeled and sliced thin**

**COMBINE . . .** sugar, cinnamon and nutmeg.

**MIX . . .** sugar mixture thoroughly with apples.

### Streusel Topping

**1/2 cup KRETSCHMER Wheat Germ**  
**1/2 cup firmly packed brown sugar**

**1/4 cup unsifted flour**  
**1/2 tsp. cinnamon**  
**1/4 cup butter or margarine**

**MEASURE . . .** dry ingredients into bowl. Stir well to blend.

**CUT IN . . .** butter with pastry blender until mixture resembles coarse meal.

## Gingerbread

**2 cups unsifted flour**  
**1/2 cup KRETSCHMER Wheat Germ**  
**1/2 cup sugar**  
**1 tsp. soda**  
**3/4 tsp. salt**  
**1 1/2 tsp. cinnamon**  
**1 1/2 tsp. ginger**  
**1/4 tsp. cloves**  
**1 cup buttermilk**  
**3/4 cup light molasses**  
**1/3 cup cooking oil or melted shortening**  
**2 eggs**

**MEASURE . . .** dry ingredients into bowl. Stir well to blend.

**ADD . . .** liquid ingredients to blended dry ingredients. Mix well.

**POUR . . .** into well-greased 9-inch square pan.

**BAKE . . .** at 350° for 35-40 minutes.

**COOL . . .** on rack 5 minutes before removing from pan.

**SERVE . . .** warm with lemon sauce or whipped cream.

**YIELD . . .** 9 servings.

## Dessert Topping

**2 tbsp. butter or margarine**  
**2 tbsp. sugar**  
**1/2 cup KRETSCHMER Wheat Germ**  
**3 tbsp. chopped nuts, if desired**

**MELT . . .** butter in saucepan. Stir in sugar. Cook over medium heat until bubbly.

**STIR IN . . .** wheat germ and nuts, mixing well.

**REMOVE . . .** from heat. Spread out on plate to cool.

**SPRINKLE . . .** on fruit or fruit sauce, ice cream, pudding or your favorite dessert.

**YIELD . . .** 8 servings.

## Golden Wheat Chiffon Cake

**1 1/2 cups sugar**  
**1 1/4 cups unsifted flour**  
**1/2 cup KRETSCHMER Wheat Germ**  
**3 tsp. baking powder**  
**1 tsp. salt**  
**1/2 cup cooking oil**  
**5 egg yolks**  
**3/4 cup water**  
**2 tsp. vanilla**  
**7-8 (1 cup) egg whites**  
**1/2 tsp. cream of tartar**

**MEASURE . . .** sugar, flour, wheat germ, baking powder and salt into mixing bowl. Stir well to blend.

**ADD . . .** oil, egg yolks, water and vanilla. Beat 2 minutes with electric mixer (medium speed) or by hand (150 strokes per minute) until smooth.

**BEAT . . .** egg whites in large bowl until foamy. Add cream of tartar and beat until very stiff peaks are formed.

**FOLD . . .** egg yolk mixture into beaten egg whites very carefully with a rubber scraper.

**POUR . . .** into ungreased 10-inch tube pan.

**BAKE . . .** at 325° for 55 minutes, then at 350° for 10-15 minutes more.

**INVERT . . .** pan on funnel to cool. When cooled, run knife or spatula around pan edges to loosen cake. Remove carefully.

**SERVE . . .** plain or glazed.

## Ice Cream Squares

**1/4 cup butter or margarine**  
**1/4 cup firmly packed brown sugar**  
**1 1/2 cups KRETSCHMER Wheat Germ**  
**1/3 cup finely chopped pecans**  
**1 quart fruit ice cream, softened**  
**1 pint chocolate ice cream, softened**

**MELT . . .** butter in saucepan. Stir in sugar. Cook over medium heat until bubbly.

**STIR IN . . .** wheat germ and nuts, mixing well. Remove from heat.

**SET ASIDE . . .** 1 cup of wheat germ mixture for topping.

**PRESS . . .** remaining wheat germ mixture evenly into 8- or 9-inch square pan. Chill.

**SPOON . . .** softened ice cream onto wheat germ crust in alternate layers, beginning and ending with fruit ice cream.

**SPRINKLE . . .** with reserved wheat germ mixture.

**FREEZE . . .** until firm and ready to serve.

**YIELD . . .** 9 servings.



## Ice Cream Pie

**1 cup KRETSCHMER Wheat Germ**  
**3/4 cup fine graham cracker crumbs**  
**2 tbsp. sugar**  
**1 tsp. grated lemon rind**  
**1/3 cup melted butter or margarine**

**3 pints strawberry ice cream, softened (see note)**  
**Sweetened strawberries, if desired**

**COMBINE . . .** wheat germ, graham cracker crumbs, sugar, lemon rind and butter, mixing well.

**PRESS . . .** evenly over bottom and sides of buttered 9-inch pie pan.

**BAKE . . .** at 350° for 5 minutes or until heated.

**PRESS . . .** heated crumbs firmly against pie pan. Chill.

**FILL . . .** with softened ice cream.

**FREEZE . . .** until firm and ready to serve.

**SERVE . . .** with sweetened strawberries, if desired.

**NOTE:** Other ice creams and corresponding fruits may be used for variety.

### Cake Mix Variation

1 pkg. (1 lb. 3 oz.) cake mix  
 1/2 cup KRETSCHMER Wheat Germ  
 (see note)  
 1/4 cup additional water

**ADD** . . . wheat germ to dry cake mix in bowl. Stir to blend.

**PREPARE** . . . cake mix according to package directions, adding the additional 1/4 cup water to amount of liquid called for on package.

**POUR** . . . batter into prepared pans.

**BAKE** . . . according to package directions.

**COOL** . . . on racks 10 minutes before removing from pans.

**NOTE:** Wheat Germ with Sugar 'N Honey may be substituted directly for chopped nuts **without the use of additional liquid.** Stir wheat germ into batter just before pouring into pans.

### Lemon Tea Cookies

1 cup unsifted flour  
 3/4 cup KRETSCHMER Wheat Germ  
 1 1/2 tsp. baking powder  
 1/2 tsp. salt  
 3/4 cup sugar  
 1/2 cup butter or margarine  
 1 egg  
 2 tsp. grated lemon rind  
 2 tsp. lemon juice  
 . . . . .  
 1 egg white, lightly beaten  
 Granulated sugar

**MEASURE** . . . dry ingredients onto waxed paper. Stir well to blend.

**CREAM** . . . sugar, butter, egg, lemon rind and lemon juice thoroughly.

**ADD** . . . blended dry ingredients to creamed mixture. Mix well.

**CHILL** . . . 1 1/2-2 hours until firm.

**SHAPE** . . . dough into 1-inch balls.

**DIP** . . . tops in egg white, then in sugar.

**PLACE** . . . sugar-side up on ungreased baking sheet.

**BAKE** . . . at 350° for 12-15 minutes.

**YIELD** . . . 4 dozen cookies.

### Ice Cream Balls

1 pint ice cream, any flavor  
 1/3 cup KRETSCHMER Wheat Germ

**SHAPE** . . . ice cream into 1 1/2-inch balls with hands.

**ROLL** . . . in wheat germ.

**FREEZE** . . . until firm and ready to serve.

**YIELD** . . . 1 dozen ice cream balls.

### Coffee Tortoni

2 tbsp. butter or margarine  
 2 tbsp. granulated sugar  
 1/2 cup KRETSCHMER Wheat Germ  
 3 tbsp. finely chopped  
 toasted almonds  
 1 cup whipping cream  
 1/2 cup powdered sugar  
 2 tbsp. instant coffee  
 2 tbsp. sherry or rum  
 1 egg white  
 1/8 tsp. salt  
 4 maraschino cherries, halved

**MELT** . . . butter in saucepan. Stir in granulated sugar. Cook over medium heat until bubbly.

**STIR IN** . . . wheat germ and nuts, mixing well. Remove from heat. Spread out to cool.

**SET ASIDE** . . . 1/4 cup of cooled wheat germ mixture for topping.

**BEAT** . . . cream, sugar and coffee until soft peaks are formed.

**FOLD IN** . . . remaining wheat germ mixture and sherry.

**BEAT** . . . egg white and salt until soft peaks are formed.

**FOLD** . . . into whipped cream mixture.

**SPOON** . . . into paper-lined muffin cups.

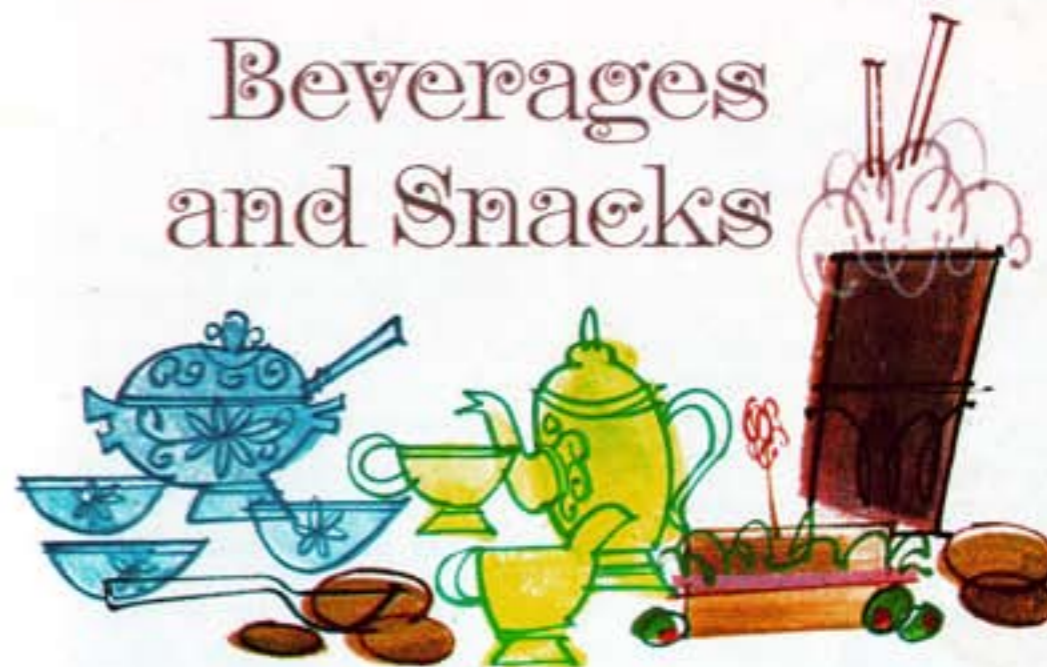
**SPRINKLE** . . . with reserved wheat germ mixture.

**TOP** . . . with cherry halves.

**FREEZE** . . . until firm and ready to serve.

**YIELD** . . . 8 servings.

# Beverages and Snacks



### Hearty Breakfast Shake

3/4 cup milk  
 1/3 cup tomato juice  
 1/4 cup KRETSCHMER Wheat Germ

### Coffee Nog

2 cups cold milk  
 1/8 tsp. vanilla  
 1 egg  
 2 tbsp. KRETSCHMER Wheat Germ  
 2 tbsp. sugar  
 2 tsp. instant coffee  
 Dash of salt

### Sleeping Beauty Frappe

3/4 cup skimmed milk  
 1/4 cup orange sherbet (see note)  
 2 tbsp. KRETSCHMER Wheat Germ

**NOTE:** Use other sherbet flavors for variety.

### Hollywood Breakfast

3/4 cup milk  
 1/2 cup orange juice  
 1 egg  
 1 tsp. honey  
 2 tbsp. KRETSCHMER Wheat Germ

### Buttermilk Lunch Shake

3/4 cup chilled buttermilk  
 3 tbsp. KRETSCHMER Wheat Germ

For each of the  
 five preceding recipes:

**MEASURE** . . . all ingredients into blender jar or small bowl.

**BLEND** . . . at high speed with blender, mixer or rotary beater.

**SERVE** . . . cold.

### A B C Spread

1 cup (1/2 pt.) commercial sour cream  
 1/2 cup mayonnaise  
 1 cup (about 1/4 lb.) shredded American cheese  
 1/4 cup KRETSCHMER Wheat Germ  
 1/4 cup finely chopped toasted almonds  
 2 strips crisp-cooked bacon, crumbled  
 1 tbsp. chopped green onion  
 1/4 tsp. salt  
 . . . . .

Paprika, if desired

**MEASURE** . . . all ingredients into bowl. Stir well to blend.

**SPRINKLE** . . . with paprika before serving, if desired.

**YIELD** . . . 2 cups.



## Pep Dip

2 cups (1 pt.) commercial sour cream  
1/2 cup KRETSCHMER Wheat Germ  
1/4 cup dried onion soup mix

Milk (see note)  
Paprika, if desired

**MEASURE** . . . sour cream, wheat germ and soup mix into bowl. Stir well to blend.

**SPRINKLE** . . . with paprika before serving, if desired.

**NOTE:** If dip seems too thick, dilute with milk to desired consistency before serving.

## Soup Snack

1 can (10 1/2 oz.) condensed soup, any variety

1 can (10 1/2 oz.) milk or water  
1/4 cup KRETSCHMER Wheat Germ

**COMBINE** . . . soup and milk in saucepan.

**STIR IN** . . . wheat germ. Heat thoroughly.

**YIELD** . . . 3-4 servings.

## Lunch Box Sandwiches

1/2 cup peanut butter  
1/4 cup KRETSCHMER Wheat Germ  
4 slices white bread  
1 pkg. (3 oz.) cream cheese, softened  
3 tbsp. honey  
4 slices whole wheat bread

Lettuce leaves, if desired

**COMBINE** . . . peanut butter and wheat germ.

**SPREAD** . . . on white bread.

**COMBINE** . . . cream cheese and honey.

**SPREAD** . . . on whole wheat bread.

**PREPARE** . . . sandwiches using one slice white and one slice whole wheat bread with crisp lettuce leaf between, if desired.

**YIELD** . . . 4 sandwiches.

## Pizza Roll-Ups

12 precooked sausages  
2/3 cup milk  
1 tsp. onion powder  
3 tbsp. catsup  
2 1/4 cups prepared biscuit mix  
1/3 cup KRETSCHMER Wheat Germ  
1/2 tsp. oregano

2 tbsp. prepared mustard  
or  
2 tbsp. grated Cheddar cheese  
or  
2 tbsp. grated Parmesan cheese  
or  
1 tsp. garlic salt

**BROWN** . . . sausages according to package directions or about 3 minutes in hot skillet. Drain on paper towels. Cut sausages in half.

**COMBINE** . . . milk, onion powder and catsup. Let stand 5 minutes.

**MEASURE** . . . biscuit mix, wheat germ and oregano into bowl. Stir well to blend.

**ADD** . . . combined liquid ingredients to blended dry ingredients. Stir with fork until all ingredients are moistened.

**TURN OUT** . . . onto lightly floured board.

**KNEAD** . . . gently 20 times.

**DIVIDE** . . . dough into 3 equal portions. Round up each portion.

**ROLL OUT** . . . each portion into a circle 1/4 inch thick. Spread or sprinkle preferred flavor variation on each dough circle.

**CUT** . . . each circle into 8 pie-shaped pieces.

**PLACE** . . . sausage at wide end of dough wedge. Roll up towards point.

**PLACE** . . . on ungreased baking sheet with point underneath.

**BAKE** . . . at 425° for 10-12 minutes.

**YIELD** . . . 2 dozen roll-ups.

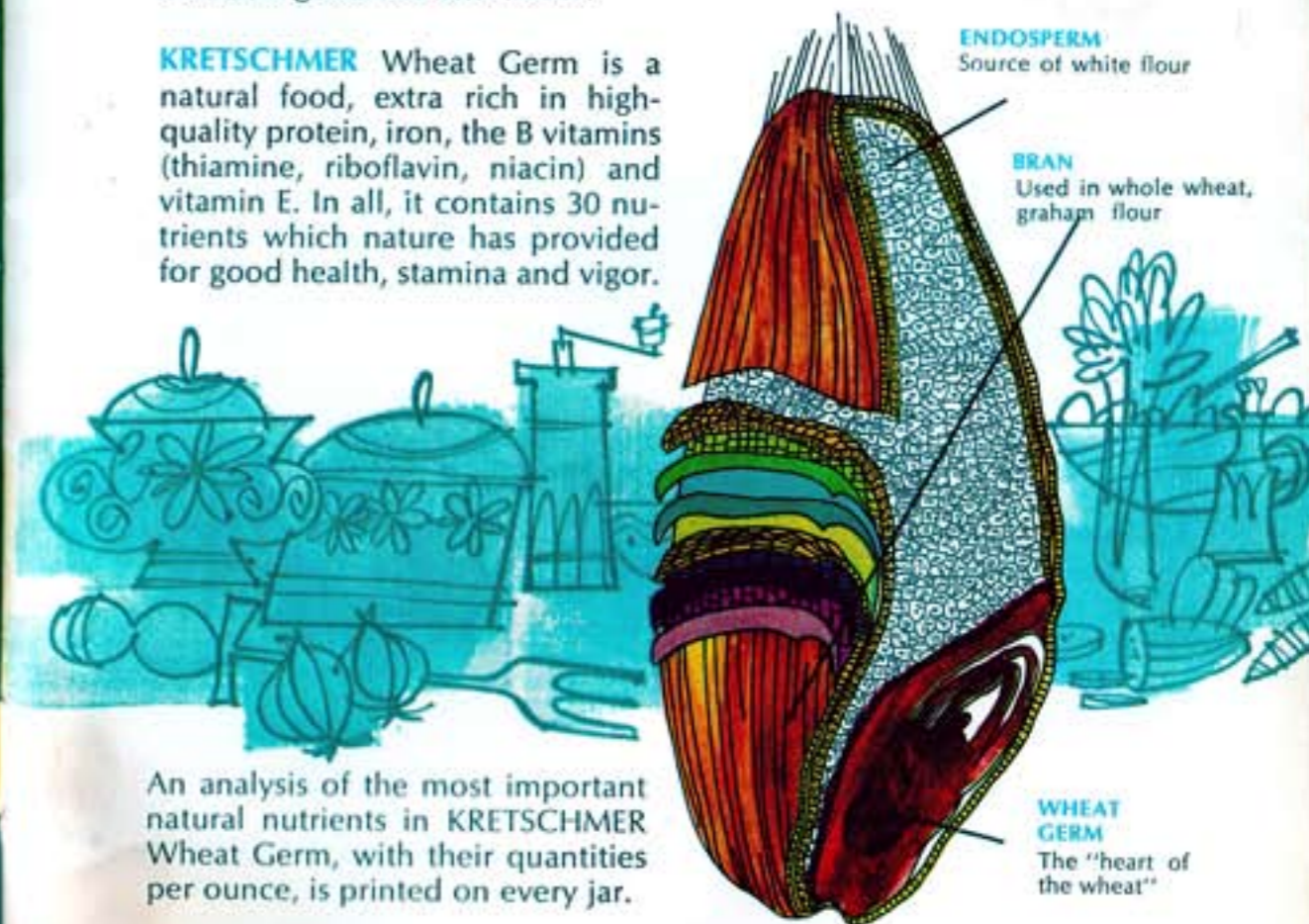
## What is

# WHEAT GERM?

**Wheat germ** is the most vital part of the wheat kernel. It is that portion of the wheat which **germinates** if the kernel is planted — hence the name wheat germ. The “heart of the wheat,” as it is called, is removed in the milling of white flour and refined cereals because in its raw state wheat germ is highly perishable. Further processing of raw wheat germ stabilizes its valuable nutrients and makes it a most desirable consumer food.

**KRETSCHMER** Wheat Germ is pure wheat germ which is fresh-toasted and processed into tiny, golden flakes. No chemical or preservative is added. It is vacuum-packed to protect its freshness and flavor. **KRETSCHMER** Wheat Germ is available in two nutritious forms, **Toasted Regular Wheat Germ** as just described and **Wheat Germ with Sugar 'N Honey** which is regular wheat germ with a small amount of pure sugar and honey added for extra goodness and flavor.

**KRETSCHMER** Wheat Germ is a natural food, extra rich in high-quality protein, iron, the B vitamins (thiamine, riboflavin, niacin) and vitamin E. In all, it contains 30 nutrients which nature has provided for good health, stamina and vigor.



An analysis of the most important natural nutrients in **KRETSCHMER** Wheat Germ, with their quantities per ounce, is printed on every jar.

Good nutrition is vital to your well being. It gives you the energy to be active and “alive” — lets you **want** to do more. **KRETSCHMER** Wheat Germ is one of the world’s best sources of food energy. So include wheat germ in your family’s diet every day. You’ll find it in the cereal section of your grocery store.