

## Sharing with Wauneta: Trees turning and leaves falling . . .

Written by Wauneta Breeze  
Thursday, 20 October 2011 15:02 -

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### By Nola Straub

It's looking alot like Fall with all the trees turning colors, leaves falling and corn harvesters rushing here and there. Have you noticed all the pumpkins appearing on steps of homes and the yard decorations appearing?

### Eggplant Parmesan

#### Frances Rhoades

1 med. eggplant

2 eggs

1/4 c. water

1/3 c. all-purpose flour

1 c. fine dry bread crumbs

Cooking oil

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1 recipe Italian Sauce \* below (2 1/3 c.)

8 ounces sliced mozzarella cheese

1/4 c. grated parmesan cheese (for topping)

Cut unpeeled eggplant crosswise in 1/8 to 1/4 inch slices. In medium bowl beat together eggs and water. Coat eggplant slices in flour. Dip in egg mixture then coat with bread crumbs. Cook eggplant slices in a large skillet in a small amount of hot canola or olive oil till lightly brown, turning over once. Drain on paper toweling. In bottom of 10x6x2 inch baking dish, spread 1/2 c. of Italian sauce, layer 1/2 eggplant slices and 1/2 cheese and remaining sauce, eggplant slices and cheese. Sprinkle with parmesan cheese bake uncovered in 350 degree oven for 20-30 min. Serves 6-8.

### **\*Italian Sauce**

### **Frances Rhoades**

1 med. onion, sliced

1 1/2 c. fresh mushrooms, sliced

2 tbsp. canola or olive oil

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Cook till tender not brown. Stir in...

8-oz. can chopped tomatoes & juice

8 oz. can. tomato sauce

1/2 6-oz. or (1/3 c.) tomatoe paste

2 tbsp. dry red wine

1 sm. clove garlic, minced

2 tsp. dried oregano, crushed

1/4 tsp. fresh ground pepper

1 tsp. salt

Bring to boil. Reduce heat; simmer uncovered 30 min. Makes 2 1/3 c. approximately.

**Green Beans with**

## **Pecans**

### **Frances Rhoades**

1 lb. green beans from garden or frozen

1/2 tsp. salt

4 cloves garlic, minced

1/4 to 1/2 tsp. pepper flakes

1/2 c. pecans toasted and chopped

Zest of 1 lemon, reserve lemon for Juice

1 tbsp. butter

Kosher salt to taste

Cook green beans till tender. Shock in ice water to cool them. Drain and reserve. In large saucepan over med. heat, add minced garlic and cook gently until garlic begins to color slightly. Add 1/4 tsp. pepper flakes and lemon zest. Sautee briefly, add pecans and cook until heated. Add butter and allow to melt. Add beans and sprinkle with Kosher Salt. Squeeze lemon juice on top.

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Frances is a good cook and seems to prepare it so easily. She loves her garden and usually has something for dessert and coffee in the deep freeze or cabinet as a surprise.

### **Chocolate-Caramel Poke and Pour Cake**

#### **Frances Rhoades**

1 pkg. German chocolate cake mix

1 can sweetened condensed milk

1 pint jar or 2 c. caramel or butterscotch ice cream topping

8 oz. carton whipped topping (Cool Whip)

2 or 3 crushed candy bars

Prepare cake as directed on the package and bake in 9 x 13" pan at 350 degrees for 30-35 min. Poke holes with the handle of a wooden spoon. Pour sweetened condensed milk into holes. Pour ice-cream topping over milk. Frost with whipped topping and sprinkle crushed candy on

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top. Refrigerate and enjoy. (From our Bethlehem Lutheran Church Cook Book by "Nannette Adler.)

Frances experimented with this recipe as she usually doesn't make coleslaw so she bought a package of slaw and added what she thought might make it taste better and still be on her diet. She had been asked to bring slaw for a dinner. After eating a big meal out for noon we stopped by the grocery and she said she would make me coleslaw

and banana bread (recipe below) for our evening meal.

### Frances's Coleslaw

#### Frances Rhoades

1 bag coleslaw

1/2 c. cran-raisins from package

1/2 c. gorgonzola or blue cheese crumbles

Small bunch of green onions

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1/2 bottle Poppy Seed Dressing Light just before serving.

Sprinkle on the top of the salad dressing 1/2 c. Grape Nuts for crunch

### **Banana Nut or Zucchini**

#### **Nut Bread**

#### **Frances Rhoades**

2/3 c. butter or oleo

1/2 c. sugar

1 1/2 c. bananas or 3 c. shredded zucchini

2 eggs

1 tsp. vanilla

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2 c. flour

1 tsp. baking soda

3/4 tsp. salt

1/2 c. buttermilk

3/4 c. walnuts or pecans

Cream oleo and sugar, blend in banana or (zucchini), eggs, and vanilla. Stir in flour, salt, soda together and add to first mixture with the buttermilk. Bake in 9x13" greased floured pan. (I use Spray) Bake 350 degrees for 1 1/4 hours or until tests done with toothpick.

Send recipes or memories to: Sharing with Wauneta, P.O Box 303, Wauneta, NE 69045.