

# What's That?

I like trying new foods, so this was a fun recipe topic for me—so many oddities to choose from! I decided to include recipes in which the main ingredient is unfamiliar. The first is a recipe for Quinoa Salad that my mother, Billie Coulton, gave me. This salad has a refreshing citrus flavor—it's one of my favorite foods in warm weather (see photo below). Quinoa (pronounced *keen-wah*) is an ancient grain that hails from the Andes Mountains in South America, but is becoming popular in North America. I hope you can find it in an upscale grocery store or a health food store; if not, you may order it online ([quinoa.net](http://quinoa.net)).

The Indian natives of the Andes Mountains called quinoa "the mother grain." It has a delicious nutty flavor and is extremely versatile—you can use it in the place of other grains in most recipes. It has more protein than any other grain, plus lots of calcium and essential amino acids, and is easily digestible. Quinoa has a high oil content, so always store it in the refrigerator.

My other strange recipe is from my mother-in-law, Ruth Oelrich. It has a funny-sounding name, but is quite delicious. It's called Frog-Eye Salad because of the *acini de pepe* pasta used in it. This pasta is the size and shape of peppercorns, and when cooked might be about the size of ... you guessed it ... frogs' eyes. Don't let that deter you, though. The salad is yummy. Be sure to



serve it with some kids around to get the most out of the name! You should be able to find this pasta in larger grocery stores.

## Quinoa Salad

- 1 3/4 cups water
- 1 cup quinoa
- 1 medium cucumber, peeled, seeded and diced
- 4 green onions, finely sliced
- 1/4 cup chopped fresh cilantro
- 3-4 tablespoons fresh lime juice
- 2-3 tablespoons flaxseed oil (or light olive oil)
- Salt to taste

Rinse quinoa in strainer with mesh or tiny holes. Bring water to a boil in a 1-quart pot, then add quinoa. Reduce heat and simmer covered for 15 minutes, stirring occasionally until grain is tender. Remove from heat and let cool uncovered. Toss with all ingredients. Stir with fork to coat all the grains. Refrigerate at least 1 hour before serving. Serves 6.

Serving size: 1 large serving spoonful. Per serving: 178 calories, 4 grams protein, 8 grams fat, 23 grams carbohydrates, 189 milligrams sodium, 0 milligrams cholesterol

## Frog-Eye Salad

- 1 cup sugar
- 2 tablespoons flour
- 2 1/2 teaspoons salt
- 2 eggs
- 1 3/4 cups pineapple juice
- 1 tablespoon lemon juice
- 3 quarts water
- 1 tablespoon oil
- 1 package (16 ounces) acini de pepe pasta
- 3 cans (11 ounces each) mandarin oranges, drained
- 2 cans (20 ounces each) pineapple chunks, drained
- 1 can (20 ounces) crushed pineapple, drained
- 1 carton (9 ounces or so) whipped topping
- 1 cup miniature marshmallows
- 1 cup coconut flakes



Quinoa is grown in the Andes Mountains in South America.

Combine sugar, flour and 1/2 teaspoon salt in a small saucepan. Mix in eggs. Gradually stir in pineapple juice. Cook over medium heat, stirring, until thickened. Add lemon juice. Set aside to cool.

Bring water to a boil with remaining 2 teaspoons salt and oil. Add acini de pepe pasta and stir. Cook at a rolling boil until pasta is done, about 9 minutes. Drain pasta. Rinse pasta and drain again. Combine pasta and egg mixture. Mix thoroughly. Cover and refrigerate overnight or until pasta has absorbed sauce. In a large container, combine pasta and remaining ingredients. Mix thoroughly. Store in covered container in the fridge.

Makes about 25 servings, enough for a family reunion or church potluck.

Serving size: 1 large serving spoonful. Per serving: 198 calories, 3 grams protein, 5 grams fat, 36 grams carbohydrates, 231 milligrams sodium, 15 milligrams cholesterol

The recipe contest subject for July is **Hot Stuff**. I'm a medium-hot kind of person, but I have friends who are devoted to peppers—the hotter, the better! We want your spiciest recipes for July because, hey, what's a little more sweat in the middle of a Texas summer? Send us your recipes by April 10. The top winner will receive a copy of the *Texas Co-op Power Cookbook* and a gift pack from Adams Extract. Others whose recipes are published will also receive a gift pack from Adams Extract. Be sure to include your name, address and phone number, as well as your co-op affiliation. Send recipes to Home Cooking, 2550 S. IH-35, Austin, TX 78704. You can also fax recipes to (512) 486-6254 or e-mail them to [recipes@texas-ec.org](mailto:recipes@texas-ec.org).

We definitely got some weird recipes for this contest—but weird doesn't necessarily mean good. There were some that were both tasty and strange, luckily, and the best of them are listed below. We'll spare you the simply odd. **BETSY HALL**, a member of Panola-Harrison EC, sent in her recipe for Pinto Bean Pie. She wrote, "Here's a recipe you've probably never heard of. It's a family favorite, and whenever I take this to get-togethers, everyone loves it but can't believe it's made from pinto beans. This one is sure to fool your taste buds!" Betsy will receive a copy of the *Texas Co-op Power Cookbook*. She will also receive a gift pack compliments of Adams Extract, as will the other winners whose recipes are published below.

### Pinto Bean Pie

3 cups sugar  
2 sticks melted margarine  
4 eggs  
1 cup cooked, mashed pinto beans  
OR 1 can undrained pinto beans, mashed  
1 cup chopped pecans  
1 cup coconut flakes  
1 teaspoon vanilla  
2 unbaked deep dish pie shells  
OR 3 unbaked regular pie shells

Preheat oven to 300 degrees. Mix sugar and margarine until fluffy. Add eggs, beans, nuts, coconut and vanilla. Mix well and pour into pie shells. Bake 1 hour or until center is set. Serves 24.

Serving size: 1 slice. Per serving: 334 calories, 3 grams protein, 19 grams fat, 39 grams carbohydrates, 293 milligrams sodium, 52 milligrams cholesterol

(continued on page 32)

## TEXAS CO-OP POWER

### Holiday Baking Contest

*\$5,000 in Total Prizes!*

**SPONSORED BY ADAMS EXTRACT**

**GRAND PRIZE WINNER TAKES HOME \$3,000.  
FOUR RUNNERS-UP WILL EACH WIN \$500.**



We're looking for the best baked goods from your holiday celebrations. All recipes must be original and the ingredients must include an Adams Extract flavoring. Winners will be announced in our December issue.

Up to three entries are allowed per person. Each should be submitted on a separate piece of paper and include your name, address and phone number, plus the name of your electric cooperative. All entries must be postmarked by September 10, 2005. Send entries to Holiday Baking Contest, 2550 S. IH-35, Austin, TX 78704, or fax to (512) 486-6254. To enter by e-mail ([recipes@texas-ec.org](mailto:recipes@texas-ec.org)), you must include "Holiday Baking Contest" in the subject line and submit one recipe per e-mail, not an attachment.

For official rules, visit [texascoopower.com/bakingcontest.html](http://texascoopower.com/bakingcontest.html) or send a self-addressed, stamped envelope to the address above.



**Save 55¢**  
**ON ANY ADAMS PRODUCT**

LIMIT ONE COUPON PER PURCHASE



This coupon good only on product indicated. Any other use constitutes fraud. COUPON CANNOT BE BOUGHT, TRANSFERRED, OR SOLD. LIMIT ONE COUPON PER PURCHASE. VOID IF TAXED RESTRICTED OR PROHIBITED BY LAW. Retailer: You will be reimbursed for the face value of the coupon plus \$.08 if submitted in compliance with Adams Extract & Spice L.L.C. Coupon Redemption Policy, incorporated herein by reference. Cash value 1/100th of a cent. FOR REDEMPTION MAIL TO: P.O. Box 1726, Gonzales, TX 78629.



MANUFACTURER'S COUPON EXPIRES SEPTEMBER 30, 2005