EVERY PEANUT CAN*

* add protein to your menu

GEORGIA AGRICULTURAL COMMODITY COMMISSION
FOR PEANUTS

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Peanuts are the only high-protein vegetable available to consumers in a ready-to-eat form. They are about 26% protein and contain thiamine, niacin, phosphorous, riboflavin, magnesium and vitamins E, B, and K. For years peanut products have been used in a variety of dessert and snack recipes. But nutritious and delicious peanut products can also be used in many main course dishes, such as casseroles, salads and sandwiches. If the high cost of food is upsetting your budget, remember that peanut products are still reasonably priced. Nutritious, delicious and economical peanut products will enhance your menus and make every meal a pleasure. The enclosed recipes have been kitchen-tested and are guaranteed to delight even the gourmet. EVERY PEANUT CAN and will satisfy your palate and your pocketbook.
BROCCOLI SUPREME

1-10 oz. pkg. frozen broccoli
½ c. mayonnaise
½ can cream of mushroom soup
¼ c. peanut butter
¼ c. chopped onion
½ c. shredded sharp cheddar cheese
1 slightly beaten egg
1 tsp. salt
¼ tsp. black pepper
½ c. chopped cocktail peanuts

PEANUTTTY SQUASH SUPREME

2 lbs. boiled squash or 1 c. commercial sour cream
2 one lb. cans squash 1 (8 oz.) pkg. herb seasoned stuffing
1 (2 oz.) jar chopped pimentos 1 c. chopped roasted peanuts
2 tbsp. grated onion 1 stick melted margarine
2 grated carrots
1 (10 ½ oz.) can cream of chicken soup

Combine squash, pimento, onion and carrots. Blend soup and sour cream, stir into vegetable mixture. Toss together stuffing, chopped peanuts, and margarine. Pour half the stuffing in a shallow 3 quart baking dish. Pour in vegetable-sour cream mixture. Top with remaining stuffing. Bake at 375° for 30 minutes. Yield -8-10 serving.
3 P's CASSEROLE

1-1 lb. can mashed sweet potatoes
4 tblsp. brown sugar
3 beaten eggs
1 c. crushed pineapple

5 tblsp. peanut butter
dash salt
¼ c. chopped dry roasted peanuts
½ c. miniature marshmallows

Drain pineapple. Mix first 6 ingredients in blender. Pour into 8” x 8” buttered pan. Top with marshmallows and peanuts. Serves 8.
PEANUT BUTTER CHILI

1 tblsp. peanut oil 1 medium green pepper, chopped
1 lb. ground beef 1 medium onion, chopped
1 pkg. chili mix 1 c. peanut butter
1/2 c. water
1 can (1 lb.) tomatoes
1 can (16 oz.) kidney beans

STRAWBERRY SURPRISE

1 c. cottage cheese  
1 small pkg. strawberry gelatin
10 oz. pkg. frozen strawberries  
1 c. chopped dry roasted peanuts
10 oz. pkg. non-dairy whipped topping

Mix all ingredients together with half the gelatin. Save remainder for surprise garnish. This can be used as a salad or dessert. For salad pour into small mold, chill then unmold on salad greens. For dessert put in graham cracker crust for pie or serve in parfait glasses. Garnish either with remaining jello. Watch for surprise as the moisture brings out a bright red color.
PEANUT ORANGE SLAW

3-4 small oranges
1 small head cabbage
¾ c. mayonnaise
1 tbsp. lemon juice
1 tbsp. sugar
½ tsp. salt
½ c. salted peanuts

Peel oranges and cut into small pieces. Shred cabbage. Combine cabbage, orange pieces, and peanuts. Mix together remaining ingredients. Pour over slaw and mix lightly. Cover and refrigerate 20 to 30 minutes before serving.
PEANUT BUTTER FRUIT SALAD

1/3 c. mayonnaise  
1/4 c. peanut butter  
1 c. diced pineapple  


Peanut Butter Pineapple Salad Dressing

1 c. crushed pineapple, undrained  
1/2 c. peanut butter  
Dash of salt  

Mix all ingredients thoroughly, chill, and serve. Serve with above salad. Makes 2 cups.
PEANUT-CHUTNEY SANDWICH

6 slices bread
3 oz. cream cheese
1 small jar of chutney
1 ½ c. finely chopped peanuts

Use biscuit cutter to cut bread into circles (1 circle to each piece of bread). Spread the circles with cream cheese and chutney. Place two of the circles together and cut in half. Spread edges with cream cheese and roll in peanuts. Makes 6 tiny sandwiches.
HOT CHICKEN SALAD

2 c. cooked chopped chicken  
2 c. chopped celery  
1 c. salted peanuts  
1 tbsp. grated onions  
2 tbsp. lemon juice  

½ c. mayonnaise  
½ c. chicken broth  
1 c. cheese  
½ c. potato chips

**BEAN SALAD**

1 can (2 1/2 c) cut green beans  
1 can (2 1/2 c) cut wax beans  
1 can (2 1/2 c) red kidney beans  
1 med. bell pepper (finely chopped)  
1 med. onion (finely chopped)  

3/4 c. white sugar  
1/2 c. peanut oil  
1/2 c. white vinegar  
dash of salt  
1/2 c. boiled peanuts

Drain green beans and wax beans. Wash kidney beans. Drain all beans 3 or 4 hours. Then bring sugar and vinegar to a boil. Pour over beans while boiling. When cool, add pepper, onion, salad oil, salt and peanuts. Allow mixture to set over night if possible.
CHERRY-NUT SPREAD

8 oz. cream cheese 2 tbsp. chopped salted peanuts
2 tbsp. chopped cherries 2 tsp. vanilla
2 tsp. cherry juice 2 tsp. sugar

Combine ingredients. Spread on bread or use as dip with sweet crackers.
NUTTY CHEESE SANDWICH

1 c. green olives
1 pkg. (8 oz.) cream cheese
2 tbsp. prepared mustard
3 tbsp. mayonnaise
2 tsp. prepared horseradish (optional)

1 c. diced celery
1/3 c. roasted peanuts
8 slices whole wheat bread
Softened butter

Chop olives. Mix softened cream cheese in bowl with mustard, mayonnaise, and horseradish; stir in olives, celery and peanuts. Makes about 2 cups filling. Spread bread with butter; use 1 cup filling, cover 4 slices with filling, and top with remaining slices. Second cup can be refrigerated and used within 1 week.
PEANUT BUTTER CREAM CHEESE SANDWICH

1 3 oz. pkg. cream cheese  
1 10 oz. jar of preserves (your favorite)  
½ cup crunchy peanut butter

Mix all three ingredients together, spread on bread. Yield 2 cups.
P-NUTTY PINEAPPLE RAISIN SANDWICH

1 3 oz. pkg. cream cheese  
1/4 cup peanut butter  
1 small can crushed pineapple, drained  
1 1/2 oz. pkg. chopped raisins

Blend cream cheese and peanut butter together well, until creamy but not fluffy. Add drained pineapple and raisins. Use on white bread for regular sandwich, or make a dessert sandwich with vanilla wafers.