BETTER BUDGET MEALS

the dairy way

RECIPES TAKE ONE!
PINWHEEL CHEESE MEAT LOAF MEAL

So delicious and simple. All 3 dishes cook at 350°F in the oven at the same time. Top meal off with ice cream and lots of milk.

1 1/2 lbs. ground beef
1 c. soft bread crumbs
1 egg
2 tsp. prepared horseradish

Mix first five ingredients and 1/2 cup tomato sauce. Pat meat to 14 x 10 in. on foil. Sprinkle 1 1/2 cups cheese to 1 in. of edges. Roll from shorter side; seal ends. Transfer to pan, seam side down. Bake 45 minutes. Pour remaining tomato sauce over meat. Bake 15 minutes more. Sprinkle top with 1/2 cup cheese. Let stand 10 minutes.

BUTTER BROWNED POTATOES. Peel three large baking potatoes; cut each into 6 slices, dry. Coat potatoes in 1/4 cup melted butter in 2-qt. baking dish. Arrange in single layer; salt, pepper. Cover with foil. Bake 20 minutes. Uncover, baste and bake about 30 minutes.

CARROTS OREGANO. Place 1 lb. quartered carrots in shallow 1-qt. baking dish; add salt, 2 tbsps. water, 3 tbsps. butter, and 1/2 tsp. oregano. Cover, bake 45-60 minutes. SERVES 6-8.

SOUR CREAM CABBAGE SLAW MEAL

1/4 c. dairy sour cream
1 tbsp. vinegar
1/2 tsp. salt
1/2 tsp. dill weed
1/2 tsp. salt
1/8 tsp. pepper

Gently blend sour cream with vinegar and seasonings in a small bowl. Cover and chill. When ready to serve, toss cabbage and green pepper lightly with dressing.

CHEESE BAKED BEANS

1/4 c. (1/2 stick) butter
1 c. catsup
1 c. chopped onion
2 1/2 c. (10 oz.) shredded Monterey Jack Cheese
2 jars (1 lb. 2 oz. - each) baked beans

Preheat oven to 350°F. Saute onion and green pepper in butter. Add beans, catsup and 2 cups cheese. Pour into 2-qt. casserole. Bake until hot and bubbly, about 30 minutes. Garnish with remaining cheese.

Or make your own baked beans from scratch, then add the cheese as above. Complete meal with bread sticks, butter, milk and ice cream for dessert. SERVES 6-8.