

If you've been a reader of my column over the years, you may have assumed by now that I'm a 'from scratch' kind of cook. I like to buy everything fresh, avoiding as much as possible, food additives and chemicals. I'm not a puritan by any means, but do my best to keep it healthy most of the time.

But not this month my friends...let's eat some processed foods. While I behave myself at home (okay, so I eat a little ice cream now and then...), somehow the health-consciousness takes a retreat to the back of my brain when I am attending any family and friend gatherings. This always causes the Monday 'oh my gosh, will my pants fit' routine, but what the heck, it was fun.

There are many interesting cookbooks for fast food cooking, I don't own one, but have seen them and know that in a pinch, these recipes have a lot of flavor and are easy to prepare. So instead of my babbling on here like I usually do, I am leaving room for extra recipes. Two can be easily made aboard, but the others are best prepared at home and left ready to serve.

**Shrimp and Cream Cheese Stuff for Crackers**  
2 pkgs. cream cheese (1/2 lb. each) softened slightly  
2 jars of cocktail sauce with shrimp  
Crackers

This could not be easier. Stack the cream cheese on a plate. Pour the sauce with shrimp over it. Stick a knife in it and place next to a basket of crackers.

# The Sailaway Gourmet



by Cathy Smith

## Taco Salad

1 lb. ground beef or turkey  
1 envelope taco seasoning mix  
1 head of lettuce, shredded  
3-4 diced fresh tomatoes  
1 cup shredded cheddar cheese  
1 cup corn chips  
fat free Catalina salad dressing  
tortilla bowls (optional)

Brown ground beef in a skillet, drain fat, add taco seasoning mix and prepare as directed on package. Set aside.

In a large salad bowl combine: cut lettuce, sliced scallions, diced tomatoes, shredded cheese and seasoned beef. Refrigerate. Add the corn chips and dressing right before serving.

## Cheeseburger Pie

1 pound lean ground beef  
1/2 medium onion, diced  
1 garlic clove, minced  
1/2 teaspoon salt, divided

1/2 teaspoon pepper  
3 tablespoons vegetable oil  
5 cups firmly packed frozen country style hash browns, thawed  
1 (8-ounce) package pasteurized process cheese spread, cubed  
1 cup milk  
2 large eggs  
30 seasoned shredded potatoes  
Sliced plum tomatoes

Sauté first 3 ingredients, 1/4 teaspoon salt, and pepper in a 10-inch ovenproof skillet over medium-high heat 5 to 7 minutes, stirring until beef crumbles and is no longer pink. Remove from skillet, and drain. Wipe skillet clean.

Heat oil in skillet over medium-high heat; press hash browns into bottom of skillet and evenly up sides with back of a spoon. Cook 5 minutes. Remove from heat, and spoon beef mixture and cheese spread over hash browns. Stir together milk, eggs, and remaining 1/4 teaspoon salt; pour over cheese spread. Arrange seasoned shredded potatoes around edge of skillet, pressing into meat mixture. Bake at 350° for 30 minutes or until set. Let stand 10 minutes. Serve with plum tomato slices.

## Breakfast Parfait

Granola Cereal  
Strawberry or other flavored yogurt

Layer yogurt and cereal in a tall glass and get out the spoon. A breakfast that tastes like dessert!!

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