



California



Cream of Broccoli Soup

Years ago when I worked in a bank, we had a new employee from California for a short time. While there, she shared with us this fabulous recipe for cream of broccoli soup. (Other vegetables can be substituted for the broccoli.)

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| 3 cups broccoli florets, chopped | 1 cup milk |
| 1 cup chicken broth | 1 egg, beaten |
| 3 T butter | 1 cup half-and-half |
| 1/4 cup flour | salt and pepper to taste |

1. Cook broccoli in chicken broth 15–20 minutes.
2. Melt butter in small saucepan; add flour. Stir in milk. Cook until thick and bubbly, stirring constantly.
3. Stir butter mixture into cooked broccoli.
4. Combine eggs and half-and-half. Stir into soup.
5. Warm, but DO NOT BOIL.
6. Season and enjoy!

Seven-Layer Salad

This salad is my friend, Dari Mullins's, specialty. My husband can't get enough of it!

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| 4 cups torn leaf lettuce | 1 cup sour cream |
| 3 cups spinach | 1 cup mayonnaise |
| 2/3 cup grated carrot | 1 package powdered ranch dip mix |
| 2/3 cup shredded purple cabbage | 1 cup finely shredded cheddar cheese |
| 1 cup thinly sliced mushrooms | bacon, cooked and chopped (optional) |
| 10 oz frozen peas, thawed | |

1. Toss lettuce and spinach together in a large salad bowl; layer the next 4 ingredients.
2. Combine sour cream, mayo, and ranch dip mix in a small bowl; spread on salad.
3. Top with cheese and bacon, if desired.

California Lemon Crunch

- 7 oz shredded coconut
- 2 sticks butter, softened
- 1/2 cup firmly packed brown sugar
- 1 1/2 cups uncooked oatmeal
- 3/4 cup all-purpose flour

- 1/2 cup chopped pecans
- 3/4 tsp ground cinnamon
- 1/2 tsp baking soda
- 16 oz lemon yogurt
- 8 oz whipped topping



1. Heat oven to 350°.
2. Place coconut in single layer in 9x13-inch baking pan. Bake 18–20 minutes or until coconut is lightly toasted, stirring after 12 minutes. Cool completely; set aside.
3. For crust, beat butter and sugar until creamy. Combine oatmeal, flour, nuts, cinnamon, and baking soda. Add to butter and sugar; mix well.
4. Reserve 1 cup coconut for topping. Stir remaining coconut into crust mixture.
5. Press dough evenly onto bottom of ungreased 9x13-inch baking pan.
6. Bake 18–20 minutes or until golden brown. Cool completely.
7. For filling, combine all remaining ingredients in large bowl. Spread mixture evenly over cooled crust.
8. Sprinkle with reserved coconut, pressing lightly.
9. Cover and refrigerate at least 3 hours.

FOOD FACTS

- California grows more lemons and broccoli than any other state.
- At the Los Angeles County Fair in 1922, demonstrations were given on how to make toothpaste from orange by-products.
- California produces more than 60 million pounds of grapes per year.
- There were more chocolate and cocoa manufacturing companies in California than any other state in the nation in 2001.
- California grows more than half of the fresh fruits and vegetables eaten in the United States.
- Fish tacos are popular in San Diego.

