**Angel Food Cake**

1/3 cup flour 1/ 2 cup sugar, divided

4 egg whites Dash of salt

1/ 2 teaspoon vanilla 1/ 2 teaspoon cream of tarter

Sift together flour and 1/4 cup sugar and set aside. With electric

mixer, beat egg whites on high until foamy. Add salt, vanilla, and cream of tarter to egg whites. Continue beating while gradually adding other 1/4 cup of sugar. Beat the egg whites until a stiff peak forms. Sift half of the flour-sugar mixture over the surface of the egg white meringue and fold in with 10 strokes. Sift the 2nd half of the flour-sugar mixture over the meringue and fold again with 10 more strokes. Gently push batter with spatula into pan. Bake at 375°F for 17-20 minutes. \*\*makes two mini loaf pans.

**Fajitas**

1 lb. steak Flour tortillas

juice from 2 limes Chopped tomatoes

½ teaspoon ground pepper ½ cup shredded cheese

1 1/2 teaspoons garlic salt 1 cup shredded lettuce

1 cup sprite or 7-up 1 pepper, chopped

 1 onion, chopped

 1 tablespoon oil

Slice steaks across the grain into ¼ inch strips. Place in large sealable plastic bag. Add lime juice, ground pepper, garlic salt, and sprite. Seal and marinate for at least 2 hours or overnight. Drain marinate and discard. Cook steak strips in a heavy, non-stick frying pan for 5-7 minutes. In another frying pan, sauté pepper and onion until tender. Assemble fajitas using your favorite toppings. Serves 4.

**Macaroni and Cheese**

1/4 cup flour 1/4 cup butter

2 cups milk 1/2 teaspoon salt

1 cup shredded medium cheddar cheese

3 cups macaroni

Prepare noodles according to package, adding salt to the water. While noodle are cooking, in a saucepan, melt the butter. Remove from heat. Add flour and salt. Mix until well blended. Add milk and return to heat. Bring to a boil, stirring constantly. The mixture must boil for one minute so that it does not taste like flour. Take off of the heat and add grated cheese (add more for increased flavor). Stir until cheese is melted. Add the cooked noodles and, if desired, top with extra cheese, salt and pepper to taste. Serve immediately or keep in the oven until ready to serve. Serves 5.