

Acorn Casserole

2 cups acorn meal ¼ cup oil 1 chopped onion
 1 chopped green pepper ½ tsp salt ½ cup bread crumbs
 ½ tsp basil and oregano 1 chopped tomato

Sautee the onion, then stir in the rest of the ingredients minus the bread crumbs. Place into oiled casserole dish and cover with bread crumbs. Bake for 30 minutes at 350 till well browned.

Acorn Bread

¾ cup water or soy milk 1 1/2 tbsp sugar 1/2 tbsp salt
 2 tbsp butter or shortening 2 cups flour 1 1/2 cups acorn meal
 1 package dry yeast 1/3 cup warm water

Combine water, sugar, salt and butter in sauce pan and heat till bubbles begin to form and the butter melts. Cool to lukewarm. Sprinkle the yeast into a mixing bowl with the warm water. Stir to dissolve. Add the water mixture. Combine the flour and meal then add into the mixture. Beat till smooth and add enough flour to make the mixture workable. Knead for five minutes. Cover and let rise 1 – 1 ½ hours or until doubled in bulk. Punch down and let rise another 30 minutes or until doubled. Punch dough down and knead. Divide to fit into greased pans. Let rise in pans for about an hour, then bake at 400 for 25 to 30 minutes or until done.

Acorn Meat Balls

½ cup acorn meal ½ cup shredded cheese
 1 cup bread crumbs 1 chopped onion
 1 tsp chicken seasoning ½ tsp sage
 3 eggs 1 small can tomato sauce reconstituted

Mix together, form into small balls and fry. Add to spaghetti or any way you choose. These make very filling burger substitutes when made into patties and fried.

Acorn Nutrition Facts for 1/3 cup processed meal

Thiamin	.149	mg	Magnesium	82	mg
Potassium	709	mg	Phosphorus	103	mg
Riboflavin	.154	mg	Iron	1.04	mg
Niacin	2.4	mg	Calcium	54	mg
Vitamin B-6	95	mg	Pantothenic acid	.94	mcg
Folate	5	mcg	Manganese	1.363	mg
Sodium		Trace	Zinc	.67	mg
Copper	.818	mg	Saturated fat	4.084	mg
Mono unsaturated fat	19.896	mg	Poly unsaturated fat	6.052	mg
Total fat	31.4	mg	Protein	19.6	mg
Total Calories	509				