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Pasta with Baby Salisbury Steaks
 8 oz. dried mafalda (wide, rippled edge) pasta or spaghetti
 2 slices raisin bread or cinnamon-raisin bread, torn into small pieces
 1/4 c. milk
 1 lb. lean ground beef
 1 medium onion, finely chopped (1/2 c)
 1 egg, slightly beaten
 1/2 t. dried oregano, crushed
 1/4 t. salt
 2 c. sliced zucchini & summer squash
 1 T. olive oil
 1 (26 oz) jar prepared tomato pasta sauce
 Finely shredded parmesan cheese
 Preheat broiler. Lightly coat the rack of a broiler pan with cooking spray; set aside. In a large saucepan cook pasta according to pkg. directions. Meanwhile, in a large bowl stir together bread & milk; let stand

for 5 min. Add ground beef, onion, egg, oregano, & salt. Mix well. Place a piece of waxed paper on a large cutting board. Pat meat mixture into an 8x6-in. rectangle on the waxed paper. Cut the meat mixture in half crosswise & lengthwise to form four 4x3-in. rectangles. using a large spatula, transfer meat to prepared broiler rack. Broil meat 4-5-in. from the heat for 12-15 min. turning once, until an instant-read thermometer inserted into the thickest part of the meat registers 160°F. Cut each rectangle diagonally, forming a total of 8 steaks. Drain pasta, set aside. In the same pan cook the zucchini in hot oil for 2-3 min. or until crisp-tender. Stir in pasta sauce & pasta; heat through. Serve steaks with pasta mixture. Sprinkle each serving with cheese. Makes 4 servings.

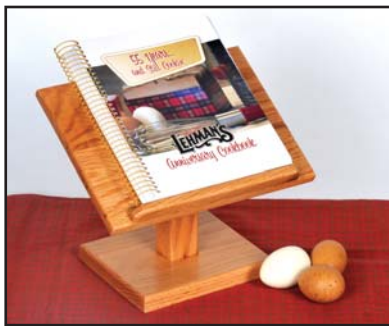
Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.
 Philippians 4:6

Lehman's Story Continued

will try to buy better even if it means spending more."

Choosing to make better decisions can become a theme. One of our graphic designers won't have plastic grocery store bags in her home. "They're a waste, and they're terrible for the environment. I started using my own nice, sturdy tote bags for my groceries, and I'll continue that this year." A copywriter will be making more of an effort to pack lunch: "I know what's in food that I make, and it's better for me, and helps me live better--and it's better for my wallet too!"

Lehman's has all sorts of tools available to help you make targeted changes to



a simpler, more conscious lifestyle. "For instance," says Ervin, "you're interested in a sustainable lifestyle, but plunging into it all at once seems overwhelming. We've got the best books that discuss sustainability. You can get familiar with that lifestyle, and then decide what small changes you can make this year to put you on that path. Life's a journey--you can't make a trip in one big step. It's all about gradual progress toward your goal."

"Make today New Year's Day 2.0," says Ervin. "Establish your priorities and choose a positive action that leads you to a satisfying, authentic lifestyle."

Turkey Dinner Burgers

- 1 egg, slightly beaten
- 1/2 t. salt
- 1/4 t. ground black pepper
- 1 lb. uncooked lean ground turkey or lean ground chicken
- 1/4 c. fine dry bread crumbs
- 1 T. olive oil
- 1/4 c. jalapeño jelly, melted, or barbecue sauce
- Pkg. shredded red cabbage,
- Red onion, thinly sliced
- 4 potato rolls, kaiser, rolls, or hamburger buns, split & toasted

In a bowl, combine egg, salt, & pepper. Add turkey & bread crumbs; mix well. Shape the turkey mixture into four 3/4-inch-thick patties. In a large nonstick skillet, cook patties over medium heat in hot oil for 10 min. turning once halfway through cooking, or until an instant-read thermometer inserted into the thickest part of the burgers registers 165°F. Brush patties on each side with jalapeño jelly. Cook 1 min. more on each side. To assemble, place cabbage & red onion on bottoms of rolls & top with meat. Makes 4 servings.

Veggie Jumble Stew

- 2 T. olive oil
 - 3 T. all-purpose flour
 - 1/4 t. salt
 - 1/4 t. ground black pepper
 - 1 lb. new potatoes (halve any large potatoes)
 - 1 1/2 c. pkg. peeled baby carrots or 3 parsnips, cut into 1 1/2-in. pieces
 - 8 oz. small brussels sprouts (halve any large sprouts) or 1 (9 oz) pkg. frozen whole green beans
 - 1 c. frozen pearl onions or purple boiling onions
 - 2 stalks celery, cut into 1 1/2-in. pieces (1 c)
 - 1 1/2 t. bottled minced garlic or 3 cloves garlic, minced
 - 1 (14 oz) can vegetable broth or chicken broth
 - 1 1/2 c. apple cider
 - 1 loaf of unsliced white bread or 6 sliced white cheddar cheese or swiss cheese
 - Fresh apple wedges
- In a 4-qt. Dutch oven heat oil over medium heat. Stir in flour, salt, & pepper; cook & stir for 2 min. Add potatoes, carrots, brussels sprouts, onions, celery, & garlic. Cook & stir for 5 min. more. Stir in broth & cider. Bring to boiling; reduce heat. Simmer, uncovered, about 20 min. or until potatoes are tender. Meanwhile, cut 6 thick slices lengthwise from loaf of bread. If desired, toast bread & halve slices. To serve, place bread in 6 shallow bowls or on individual plates. divide stew among plates, pouring over bread. Top with cheese. serve with fresh apple wedges. Makes 6 servings.

Cherry Baby Cakes

- 1 1/3 c. all-purpose flour
 - 2/3 c. sugar
 - 2 t. baking powder
 - 1/4 t. salt
 - 2/3 c. milk
 - 1/4 c. butter, softened
 - 1 egg
 - 1 t. vanilla
 - 2/3 c. cherry marmalade or cherry preserves, large pieces snipped if necessary
 - 60 maraschino cherries w/stems, drained
 - 1 recipe Powdered Sugar Icing
- Preheat oven to 350°F. Line sixty 1 3/4-in. muffin cups with miniature paper bake cups; set aside. In a large mixing bowl, combine flour, sugar, baking powder, & salt. Add milk, butter, egg, & vanilla. Beat on low speed until combined. Beat on medium speed for 1 min. Spoon 1 scant teaspoon of batter into each muffin cup. Add 1/2 teaspoon of cherry marmalade & top with 1/2 t. additional batter. Bake cupcakes about 12 min. or until toothpick inserted in centers comes out clean. Cool in pans on a wire rack for 5 min. Remove from pans; cool completely on wire rack. Pat cherries dry with clean paper towels. Drizzle each cupcake with about 1/2 t. icing. Dip half of each cherry into remaining icing; place on top of cakes. Makes about 60 cupcakes.
- POWDERED SUGAR ICING:** In a small bowl combine 2 1/2 c. sifted powdered sugar, 1/2 t. vanilla, & 2 T. milk. Stir in additional milk, 1 t. at a time, until icing reaches drizzling consistency.