

Vegetables

Artichoke Velvet 356

Asparagus Dress-Ups 356

Beans

Baked Beans 357
Easy Baked Beans ... 357
Green Beans Almond 357
Green Beans Deluxe 357
Herbed Green Beans 357
Lima-Cheese Bake ... 357
Snappy Green Beans 357
Succotash 357

Beets

Beets in Cream 358
Beets with Pineapple 358
Cranberry-Sauced
 Beets 358
Harvard Beets 358
Orange-Glazed Beets 358

Broccoli

Broccoli Casserole ... 358
Broccoli Specials 358

Brussels Sprouts

Brussels Sprouts
 Fix-Ups 358
Brussels Sprouts
 Polonaise 358

Cabbage

Company Cabbage ... 359
Pennsylvania Red
 Cabbage 359

Carrots

Basil Carrots 359
Glazed Carrots 359
Minted Carrots 359
Skillet Carrots 359

Sunshine Carrots 359

Cauliflower

Cauliflower Medley .. 359
Cheesed Cauliflower 359

Celery Oriental 360

Cooking Vegetables

Butter-Cooked frozen 352
Cooking fresh 352
Cooking frozen 352
Cooking
 methods 353-355
Heating canned 352
Oven-Cooked frozen 352

Corn

Corn on the Cob
 Ideas 360
Corn Pudding 360
Foil-Baked Corn 360
Kettle-Cooked Corn 360
Scalloped Corn
 Supreme 360
Swiss Corn Bake 360

**Creamed
Vegetables** 352

Eggplant, Panfried ... 360

Mushrooms

Creamed Mushrooms 361
Fresh Mushroom
 Saute 361

Okra, Tomatoes and .. 366

Onions

Dutch Glazed Onions 361
Golden Onion Rings 361

Gourmet Onions 361
Onion Fix-Ups 361

Parsnips 361

Peas

Creamed Peas and
 New Potatoes 362
Minted Peas 361
Pea Pods Oriental ... 362
Peas and Onions 361
Peas in Cream 361
Quick Creamed
 Peas 361
Springtime Peas 361

Potatoes

Baked Potatoes 363
Baked Potato
 Toppers 363
Baked Sweet
 Potatoes 363
Boiled Potatoes 362
Candied Sweets 363
Creamed Peas and
 New Potatoes 362
Duchess Potatoes ... 363
French Fries 362
Fresh-Fries 362
Hash-Browns 362
Mashed Potatoes ... 362
Mashed Sweet
 Potatoes 363
Oven-Browned
 Potatoes 362
Parsleyed New
 Potatoes 362
Potato Patties 362
Scalloped Potatoes ... 363
Stuffed Baked
 Potatoes 363
Volcano Potatoes ... 363

Rice	
Browned Rice	364
Butter-Baked Rice ...	364
Plain Rice	364
Wild Rice and Mushrooms	364
Rutabaga and Apple	364
Sauerkraut	
Provencale	364
Scalloped	
Vegetables	352
Spinach	
Chinese Spinach	365
Spinach Elegante	365
Spinach Ideas	365
Spinach Surprise	365
Squash	
Baked Acorn Squash	365
Candied Squash Rings	365
Cheddar Squash Bake	365
Confetti Squash	366
Dilly Squash	366
Squash and Applesauce	365
Squash and Sausage	365
Squash Squares in Sour Cream	365
Squash with Onions ..	365
Zucchini Half Shells	366
Zucchini Parmesan ..	366
Tempura Vegetables ..	352
Tomatoes	
Baked Tomatoes	366
Broiled Tomatoes	366
Fried Tomatoes	366
Scalloped Tomatoes ..	366
Tomatoes and Okra	366
Turnips	366
Vegetable Dress-Ups	
Herb Butter	360
Vegetable Toppers ...	356
Zippy Butter	360
Vegetables au Gratin ..	352

*Easy Baked Beans with
bacon accent taste
like the long, slow-
cooking kind. Golden
Candied Squash Rings
brighten any meal.*







• **Cooking fresh vegetables:** Add fresh vegetables (prepared according to chart, opposite) to small amount boiling, salted water. Bring water back to boil and begin timing. Cook at gentle boil till tender for time indicated in the chart. (After adding green vegetables to boiling water, don't cover till water returns to boil; cover for remainder of cooking time.)

• **Heating canned vegetables:** Pour liquid from vegetables into saucepan. Simmer down to one-third. Add vegetables to liquid. Season with salt and pepper; add butter. Heat till hot through.

• **Cooking frozen vegetables:** Follow directions on package. Do not thaw before cooking. Exception: Corn on the cob and spinach *should* be partially thawed.

• **Butter-cooked frozen vegetables:** Place 2 tablespoons water, 1 tablespoon butter, and ¼ teaspoon salt in bottom of saucepan. Add frozen block of corn, peas, or French-style green beans; break up with fork. Bring to boil; cook till crisp-tender.

OVEN-COOKED FROZEN VEGETABLES

Handy way to fix vegetables for an oven meal—

Place frozen block of vegetables in greased casserole. Top with 1 to 2 tablespoons butter or margarine; season with salt and pepper. Cover tightly. Bake for time given in chart below. Stir vegetables 15 minutes before cooking time is up; stir again just before serving.

Vegetable	at 325° (minutes)	at 350° (minutes)
Cut asparagus	65	55
Cut green beans	55	45
Baby lima beans*	50	40
Broccoli	55	45
Whole kernel corn	55	45
Green peas	50	40
Spinach	65	55
Succotash	55	45

*Add 2 tablespoons water before baking.

VEGETABLES AU GRATIN

- 1 cup Medium White Sauce
(page 345)
- 4 ounces sharp process American
cheese, shredded (1 cup)
- 4 cups hot cooked or canned
vegetables, drained
- ½ cup fine soft bread crumbs
- 1 tablespoon butter,
melted

OVEN 350°

Blend white sauce and cheese; combine with vegetables. Pour into 1-quart casserole. Toss crumbs with butter; sprinkle atop. Bake at 350° for 20 to 25 minutes or till browned. Makes 6 to 8 servings.

Scalloped Vegetables: Prepare as above except omit cheese from sauce and increase Medium White Sauce to 1½ cups.

CREAMED VEGETABLES

- 1 tablespoon butter
- 1 tablespoon all-purpose flour
- ¾ cup milk
- 2 cups hot cooked or canned
vegetables, drained

Melt butter; blend in flour and dash salt. Add milk all at once. Cook quickly, stirring constantly, till thickened and bubbly; pour over vegetables. Serves 4.

TEMPURA VEGETABLES

Wash fresh asparagus, parsley, spinach, mushrooms, green beans, or cauliflower; cut in bite-size pieces; *dry thoroughly*.

Just before using, make batter: Beat together 1 cup sifted all-purpose flour, 1 cup ice water, 1 slightly beaten egg, 2 tablespoons salad oil, ½ teaspoon sugar, and ½ teaspoon salt till all ingredients are just well moistened (a few lumps should remain). Keep batter cool with a few ice cubes in the batter.

Dip vegetables in batter; cook in deep hot fat (360° to 365°) till tender and browned. Drain thoroughly. Skim off any batter on surface of fat.

Serve with condiments: Grated fresh gingerroot; equal parts grated turnip and radish; 1½ tablespoons soy sauce mixed with ¼ cup prepared mustard.

COOKING VEGETABLES

Vegetable	How to Prepare	How to Cook	Time
Artichokes, French or globe	Wash. Cut off 1 inch of top, the stem, and tips of leaves. Pull off any loose leaves. Brush cut edges with lemon juice.	Place in boiling salted water to cover with 1 tablespoon lemon juice, 2 cloves garlic, and 1 tablespoon salad oil. Cover; simmer till leaf pulls out easily. Drain.	20-30 min.
Jerusalem	Wash, pare; leave whole or slice.	Cook covered in a small amount of boiling salted water.	15-35 min.
Asparagus	Wash; scrub gently with vegetable brush. If sandy, scrape off the scales. Break stalks—they will snap where tender part starts.	Cut up; cook covered in a small amount of boiling salted water. Or cook whole spears covered in small amount boiling salted water.	8-10 min. 10-15 min.
Beans, Green or wax	Wash; remove ends and strings. Cook whole or in 1-inch pieces. Or slit lengthwise.	Cook covered in a small amount of boiling salted water.	20-30 min. 10-12 min.
Lima, fresh	Shell and wash.	Cook covered in a small amount of boiling salted water.	20-30 min.
Lima, dried	Rinse; add 2½ times as much water as beans. Soak overnight. Or bring to boil; simmer 2 minutes; let stand at least 1 hour.	Add salt, cover, and simmer in water used for soaking.	1 hour
Navy, dried	Rinse; add 3 times as much water as beans. Soak overnight. Or bring to boil; simmer 2 minutes; let stand at least 1 hour.	Add salt, cover, and simmer in water used for soaking.	1½ hours
Beets	Cut off all but 1 inch of stems and root. Wash and scrub thoroughly. Do not pare. Or pare and slice or cube. Or pare and shred.	Cook covered in boiling salted water. Peel when done. Cook covered in a small amount of boiling salted water.	35-60 min. 15-20 min. 10 min.
Beet greens	Wash thoroughly. Don't cut off tiny beets.	Salt lightly; cook covered without water except drops that cling to leaves. Reduce heat when steam forms. Turn with fork frequently.	5-15 min.
Broccoli	Remove outer leaves and tough part of stalks. Split rest of stalk almost to flowerets. Or cut in 1-inch pieces.	Tie stalks in bundle, using folded strip of foil. Stand up in 1 inch boiling salted water. Cover; cook. Cook stalk pieces covered in boiling salted water to cover 5 to 8 minutes; add flowerets.	15-20 min. 10-15 min. total
Brussels sprouts	Cut off any wilted leaves. Wash thoroughly. Cut large Brussels sprouts in half lengthwise.	Cook covered in a small amount of boiling salted water.	10-15 min.
Cabbage, Green	Remove wilted outer leaves. Cut in 6 to 8 wedges. Or shred.	Cook covered in a small amount of boiling salted water. Or cook wedges uncovered in cooking liquid from corned beef.	10-12 min. 5-7 min. 12-15 min.

Vegetable	How to Prepare	How to Cook	Time
Carrots	Wash and pare or scrape. Leave whole, slice, or cut in quarters or strips.	Cook covered in small amount boiling salted water, or in consommé.	Whole, 20-25 min. Cut up, 15-20 min.
Cauliflower	Remove leaves and some of the woody stem. Leave whole or separate into flowerets.	Cook covered in a small amount of boiling salted water.	Whole, 20-25 min. Flowerets, 10-15 min.
Celeriac (celery root)	Cut off leaves and root fibers. Scrape or pare; dice.	Cook covered in a small amount of boiling salted water.	20-25 min.
Celery	Cut off leaves; trim roots. Scrub thoroughly. Slice outer branches into desired lengths. Cut celery hearts lengthwise.	Cook covered in small amount of boiling salted water, or in consommé.	10-15 min.
Chard, Swiss	Wash thoroughly; if not young, cut midribs from leaves.	Cook covered in very small amount boiling salted water. If not young, cook midribs 10-15 minutes; then add leaves.	10-20 min. 15-25 min. total
Corn	Remove husks from fresh corn. Remove silks with stiff brush. Rinse. Cook whole. Or using a sharp knife, cut off just the tips of the kernels. Carefully scrape cobs with dull edge of knife.	Cook covered in small amount boiling salted water. Or cook uncovered in enough boiling salted water to cover ears. Cook covered in small amount boiling salted water or in milk or butter.	6-8 min. 5-8 min.
Dandelion greens	Discard greens with blossom or bud as they will be bitter. Cut off roots; wash thoroughly.	Cook covered in very small amount boiling salted water. Turn with fork frequently.	10-20 min.
Eggplant	Wash; pare if skin is tough. Cut in ½-inch slices.	Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in a small amount of hot fat. Season.	About 4 min. total
Kohlrabi	Cut off leaves; wash, pare, and dice or slice.	Cook covered in a small amount of boiling salted water.	25-30 min.
Leeks	Cut off the green tops to within about 2 inches of white part. Wash thoroughly.	Cook covered in a small amount of boiling salted water.	15-20 min.
Lentils, dried	Wash. Add 2½ times as much water as lentils.	Simmer covered till tender.	About 35 min.
Mushrooms	Wash. Cut off tips of stems. Leave whole or slice.	Add to melted butter in skillet; sprinkle with flour; mix. Cover, cook slowly; turn occasionally.	8-10 min.
Okra	Wash pods. Cut off stems. Cut large pods in ½-inch slices.	Cook covered in a small amount of boiling salted water. Or slice and dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in a small amount of hot fat.	8-15 min. About 4 min. total

Vegetable	How to Prepare	How to Cook	Time
Onions	Peel onions under water. Slice, cut in quarters, or leave small onions whole.	Cook covered in a small amount of boiling salted water.	25-35 min.
Parsnips	Wash thoroughly; pare or scrape. Slice crosswise or lengthwise, as desired.	Cook covered in a small amount of boiling salted water.	15-20 min.
Peas, Green	Shell and wash.	Cook covered in a small amount of boiling salted water.	8-15 min.
Black-eyed	Rinse; add 2½ times as much water as peas. Soak overnight. Or bring to boil; simmer 2 minutes; let stand at least 1 hour.	Add salt, cover, and simmer in water used for soaking.	35-45 min.
Potatoes,	Scrub thoroughly. Cook with skins on. Or wash and pare thinly. Cook whole, quarter, or cube.	Whole—Cook covered in boiling salted water to cover; drain. Cut up—Cook tightly covered in small amount boiling salted water; drain at once.	Whole 25-40 min. Quartered 20-25 min. Cubed 10-15 min.
New	Scrub thoroughly; pare narrow strip of peel from center of each potato. Or scrape.	Cook in boiling, salted water. Drain. Peel if desired.	Tiny 15-20 min.
Sweet	Scrub thoroughly; cut off woody portions. Cook sweet potatoes in jackets.	Cook covered in boiling salted water to cover. Drain; peel if desired.	30-40 min.
Rutabagas	Wash, pare thinly. Slice or cube.	Cook covered in small amount boiling salted water. Mash if desired.	25-40 min.
Spinach	Cut off roots; wash several times in lukewarm water, lifting out of water each time.	Cook covered without water except drops that cling to leaves. Reduce heat when steam forms. Turn with fork frequently.	3-5 min.
Squash, Acorn	Wash. Cut in half; remove seeds. Or pare and cube.	Bake cut side down at 350° 35 to 40 min.; turn cut side up; bake till done. Cook cubed squash covered in small amount boiling salted water.	50-60 min. total About 15 min.
Hubbard	Wash; cut in serving pieces; do not pare. Or pare and cube.	Place on baking sheet; season and dot with butter. Cover with foil. Bake at 350°. Cook covered in small amount of boiling salted water.	¼ hours About 15 min.
Summer	Wash. Slice or cube.	Cook covered in a small amount of boiling salted water.	15-20 min.
Zucchini	Wash; do not pare. Slice thin.	Season and cook covered in butter in skillet 5 minutes; uncover and cook, turning slices, till tender.	About 10 min. total
Tomatoes	Wash ripe tomatoes. Plunge in boiling water, then cool under cold water. Peel; cut out stems. Cut up. (Or cook whole.)	Cook slowly, covered without adding water. Season with salt, pepper, sugar, and a little minced onion.	10-15 min.
Turnips	Wash; pare thinly. Slice or cube.	Cook covered in small amount boiling salted water; mash if desired.	15-20 min.

VEGETABLE TOPPERS

Concoct clever toppers for vegetables and you'll be the cook-of-the-day—

- Add toasted walnuts, sauteed mushrooms or onions, or toasted sesame seed.
- Top with grated cheese, snipped chives, or crumbled crisp-cooked bacon.
- Trim with pimiento strips, olive slices, or sprig of fresh mint.
- Make a quick sauce from canned soup: Thin cream of mushroom, Cheddar cheese, or cream of celery soup with milk; heat.
- Top sauced vegetables with pretty slices or wedges of hard-cooked egg.
- Cook in chicken broth or water plus a chicken bouillon cube.
- Pass a bowl of Hollandaise, cheese sauce (blue, Cheddar, Parmesan, Swiss), or Lemon Butter Sauce.
- Dash with a pinch of dried, crushed herbs while cooking.
- Mix lightly with sliced water chestnuts, canned French-fried onions, or croutons.
- Spoon on dollops of sour cream.

ARTICHOKE VELVET

- 2 9-ounce packages frozen artichoke hearts**
- 1 pint fresh mushrooms, sliced**
- 2 tablespoons butter or margarine**
- 1 envelope chicken gravy mix**
- Dash dried thyme**
- Dash dried marjoram**
- 4 ounces Swiss cheese, diced (1 cup)**
- 1 tablespoon dry white wine**

OVEN 350°

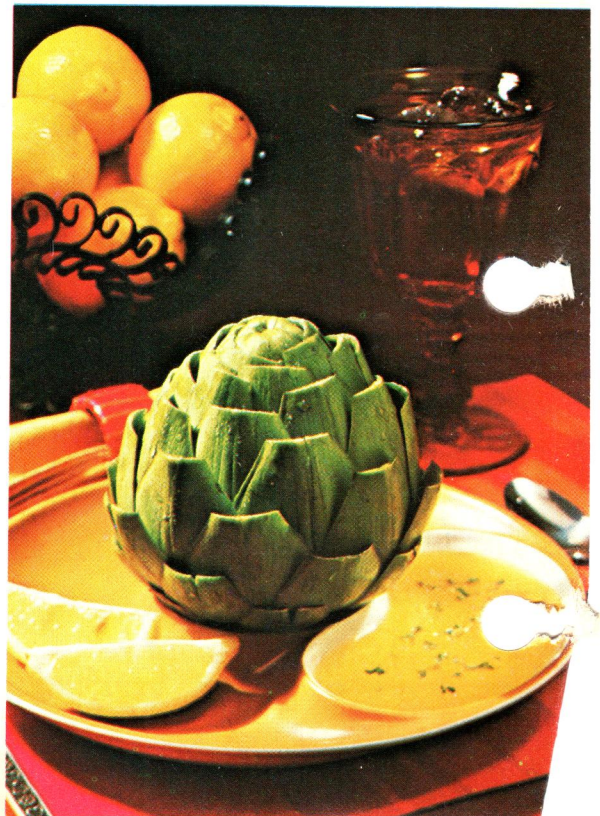
Cook artichokes according to package directions; drain. Cook mushrooms in butter till tender. Combine artichokes and mushrooms in 1-quart casserole. Prepare gravy mix using package directions. Remove from heat; add herbs and cheese; stir till melted. Add wine; pour over. Bake covered at 350° for 30 minutes. Serves 6 to 8.

To clean artichokes: Shower with cold running water. Cut off 1 inch from top. Chop off stem even with base. Pull off loose leaves from bottom. Snip off sharp leaf tips; brush cut edges with lemon.

ASPARAGUS DRESS-UPS

- Pass Hollandaise or Bearnaise Sauce for spooning over hot asparagus spears; garnish with hard-cooked egg slices.
- Toss hot cooked asparagus with toasted almonds or toasted croutons.
- Heat Italian dressing and pour over hot cooked asparagus, toss lightly.
- **Oriental-style:** Heat large skillet; add 1 tablespoon salad oil. When salad oil is hot, add 3 cups fresh asparagus in bias-cut pieces 1½ inches long. Sprinkle with ½ teaspoon salt and dash pepper. Cover. Lift skillet slightly above *high* heat and shake constantly while cooking. Cook 4 to 5 minutes or till asparagus is crisp-tender. Reduce heat the last minute of cooking, if necessary. Makes 6 servings.

Artichokes with Lemon Butter sauce: Cook artichokes. Serve upright with Lemon Butter sauce (page 343). To eat: Tear off one leaf at a time, dunk in sauce, turn upside down, bite, and pull. Remove fuzzy choke from center. Use fork for heart. Pass lemon.



BEAN FIX-UPS

• **Green Beans Almond:** Cook 2 tablespoons slivered almonds in 2 tablespoons butter over low heat till golden, stirring occasionally. Remove from heat; add 1 teaspoon lemon juice. Pour over 2 cups hot cooked, drained French-style green beans. Makes 4 servings.

• **Snappy Green Beans:** Cook 4 slices bacon till crisp; drain, reserving 2 tablespoons drippings. Cook $\frac{1}{4}$ cup chopped onion in reserved fat till tender. Add 1 to 2 tablespoons tarragon vinegar, $\frac{1}{2}$ teaspoon salt, and dash pepper. Pour over 2 cups hot cooked drained green beans. Crumble bacon atop. Serves 3 or 4.

• **Herbed Green Beans:** Cook 1 pound fresh green beans, cut in 1-inch lengths (4 cups), covered in small amount boiling salted water 10 minutes; drain. Stir in 2 to 3 tablespoons butter or margarine, $\frac{1}{2}$ cup chopped onion, $\frac{1}{4}$ cup chopped celery, 1 clove garlic, minced, $\frac{1}{4}$ teaspoon dried rosemary, crushed, and $\frac{1}{4}$ teaspoon dried basil, crushed. Cover; cook 10 minutes over low heat till tender. Season to taste with salt. Serves 6 to 8.

• **Succotash:** Combine one 1-pound can (2 cups) limas, drained, one 12-ounce can ($1\frac{1}{2}$ cups) whole kernel corn, drained, 2 tablespoons butter or margarine, and $\frac{1}{2}$ cup light cream. Heat and season to taste with salt and pepper. Serves 6.

GREEN BEANS DELUXE

**1 9-ounce package frozen
or 1 1-pound can (2 cups)
French-style green beans**

**1 tablespoon butter or
margarine**

$\frac{1}{2}$ cup finely diced cooked ham

1 small clove garlic, minced

$\frac{1}{2}$ teaspoon salt

Dash pepper

1 medium tomato, cut in wedges

Cook frozen green beans in small amount of boiling water till just tender; drain. Or heat canned beans and drain. Melt butter in saucepan; add ham and garlic; cook till garlic is softened. Stir in beans, salt, and pepper. Top with tomato wedges; cover and heat through. Makes 4 servings.

LIMA-CHEESE BAKE

OVEN 350°

Pour boiling water over one 10-ounce package frozen limas; break apart; drain. Blend one 11-ounce can condensed Cheddar cheese soup and $\frac{1}{2}$ cup milk; add limas, $\frac{3}{4}$ cup sliced celery, and $\frac{1}{4}$ cup snipped parsley. Stir in half of one $3\frac{1}{2}$ -ounce can French-fried onions. Bake at 350° for 35 minutes. Trim with remaining onions; bake 10 minutes. Makes 6 servings.

BAKED BEANS

1 pound (2 cups) dry navy beans

$\frac{2}{3}$ cup brown sugar

1 teaspoon dry mustard

$\frac{1}{4}$ cup molasses

$\frac{1}{4}$ pound salt pork, quartered

$\frac{1}{2}$ cup chopped onion

OVEN 300°

Rinse beans; add to 2 quarts cold water. Bring to boiling; simmer 2 minutes. Remove from heat; cover. Let stand 1 hour. (Or, add beans to water; soak overnight.)

Add $\frac{1}{2}$ teaspoon salt to beans and soaking water. Bring to boiling. Reduce heat; simmer, covered, till beans are tender, about 1 hour. Drain, reserving liquid. Combine sugar, mustard, molasses, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{8}$ teaspoon pepper. Stir in 2 cups reserved cooking liquid. Add mixture to beans, salt pork, and onion in 2-quart bean pot or casserole; stir to blend. Cover; bake at 300° for $3\frac{1}{2}$ to 4 hours. Stir occasionally. Add more bean liquid or water, if needed. Serves 6 to 8.

New England Baked Beans: Prepare Baked Beans decreasing brown sugar to $\frac{1}{3}$ cup and increasing molasses to $\frac{1}{2}$ cup.

EASY BAKED BEANS

OVEN 325°

Cook 4 slices bacon till crisp; drain, reserving 2 tablespoons drippings. Crumble bacon. Cook $\frac{1}{2}$ cup chopped onion in drippings till tender; add with bacon to two 1-pound cans pork and beans in tomato sauce, 2 tablespoons brown sugar, 1 tablespoon Worcestershire sauce, and 1 teaspoon prepared mustard; mix well. Bake uncovered in $1\frac{1}{2}$ -quart casserole at 325° for $1\frac{1}{2}$ to $1\frac{3}{4}$ hours. Makes 6 servings.

BEET FAVORITES

• **Harvard Beets:** Drain one 1-pound can diced beets, reserving $\frac{1}{3}$ cup liquid. In saucepan, combine 2 tablespoons sugar, 1 tablespoon cornstarch, and $\frac{1}{4}$ teaspoon salt. Stir in reserved liquid, $\frac{1}{4}$ cup vinegar, and 2 tablespoons butter. Cook and stir till mixture thickens and bubbles. Add beets; heat through. Serves 4 or 5.

• **Orange-glazed Beets:** Melt 3 tablespoons butter in skillet; stir in $\frac{1}{4}$ cup orange marmalade and 1 tablespoon orange juice. Add 2 cups cooked or canned drained beets. Cook and stir over low heat till beets are hot and glazed, about 6 to 8 minutes. Makes 4 servings.

• **Beets in Cream:** Combine $\frac{1}{4}$ cup dairy sour cream, 1 tablespoon vinegar, 1 teaspoon finely chopped green onion, $\frac{3}{4}$ teaspoon sugar, $\frac{1}{2}$ teaspoon salt, and dash cayenne. Add sauce to $2\frac{1}{2}$ cups halved cooked beets, drained. Heat slowly, stirring occasionally to coat beets evenly. (Do not boil.) Makes 4 or 5 servings.

• **Cranberry-sauced Beets:** Combine 1 tablespoon cornstarch, 1 tablespoon sugar, and dash salt in saucepan. Gradually stir in 1 cup cranberry-juice cocktail. Cook and stir over medium heat till mixture thickens and bubbles. Add two 1-pound cans sliced beets, drained, and $\frac{1}{4}$ teaspoon grated orange peel. Simmer, uncovered, 10 minutes. Makes 8 servings.

BEETS WITH PINEAPPLE

- 2 tablespoons brown sugar
- 1 tablespoon cornstarch
- $\frac{1}{4}$ teaspoon salt



- 1 $8\frac{3}{4}$ -ounce can (1 cup) pineapple tidbits
- 1 tablespoon butter or margarine
- 1 tablespoon lemon juice
- 1 1-pound can (2 cups) sliced beets, drained

Combine sugar, cornstarch, and salt in saucepan. Stir in pineapple (with syrup). Cook, stirring constantly, till mixture thickens and bubbles. Add butter, lemon juice, and beets. Cook over medium heat about 5 minutes or till hot. Serves 4.

BROCCOLI SPECIALS

- Dot cooked broccoli with butter, then sprinkle with lemon juice.
- Try Hollandaise, cheese, or mustard sauce with cooked broccoli.
- Top cooked broccoli with pimiento strips and shredded Swiss cheese.

BROCCOLI CASSEROLE

OVEN 350°

Cook two 10-ounce packages frozen cut broccoli following package directions; drain. Cook 2 cups frozen whole small onions or 3 medium onions, quartered, in boiling, salted water till tender. Drain.

In saucepan, melt 2 tablespoons butter; blend in 2 tablespoons all-purpose flour, $\frac{1}{4}$ teaspoon salt, and dash pepper. Add 1 cup milk; cook and stir till bubbly. Reduce heat; blend in one 3-ounce package cream cheese till smooth. Place vegetables in $1\frac{1}{2}$ -quart casserole. Pour sauce over; mix lightly. Top with $\frac{1}{2}$ cup shredded sharp process American cheese. Melt 2 tablespoons butter; toss with 1 cup soft bread crumbs. Sprinkle atop casserole. Bake at 350° for 40 to 45 minutes. Serves 6.

BRUSSELS SPROUTS FIX-UPS

- Sprinkle cooked sprouts lightly with ground nutmeg, crushed sage, or caraway.
- Toss cooked sprouts with butter and warm croutons.
- Add sliced canned water chestnuts to sprouts for added crispness.

BRUSSELS SPROUTS POLONAISE

- 2 pounds Brussels sprouts (about 8 cups)
- $\frac{1}{4}$ cup butter or margarine
- $\frac{1}{4}$ cup fine dry bread crumbs
- 1 hard-cooked egg yolk, sieved
- 2 tablespoons snipped parsley

Cut large sprouts in half; cook uncovered in boiling, salted water 12 to 15 minutes or till just tender; drain. Heat butter in small saucepan till it begins to brown; add crumbs, egg yolk, and parsley. Spoon over sprouts; toss lightly. Serves 6 to 8.

COMPANY CABBAGE

- 2 tablespoons butter or margarine
- 8 cups finely shredded cabbage
- 1 clove garlic, minced
- ½ cup dairy sour cream
- 1 tablespoon sugar
- 2 tablespoons vinegar
- 1 teaspoon salt
- ¼ teaspoon caraway seed

Heat butter in large skillet. Add cabbage, garlic, and ¼ cup water. Cover tightly and steam over low heat 10 to 12 minutes. Blend next 4 ingredients; stir into cabbage. Heat through but do not boil. Sprinkle with caraway. Serves 6.

PENNSYLVANIA RED CABBAGE

- 2 tablespoons bacon drippings
- 4 cups shredded red cabbage
- 2 cups cubed unpared apple
- ¼ cup brown sugar
- ¼ cup vinegar
- 1¼ teaspoons salt
- Dash pepper
- ½ teaspoon caraway seed

Heat drippings in skillet; add remaining ingredients and ¼ cup water. Cook covered over low heat; stir occasionally. For crisp cabbage, cook 15 minutes; for tender, 25 to 30 minutes. Serves 4 or 5.

SUNSHINE CARROTS

- 5 medium carrots
- 1 tablespoon sugar
- 1 teaspoon cornstarch
- ¼ teaspoon ground ginger
- ¼ teaspoon salt
- ¼ cup orange juice
- 2 tablespoons butter or margarine

Cut carrots on the bias in 1-inch chunks. Cook, covered, in boiling salted water till just tender, about 20 minutes; drain. In saucepan, mix sugar, cornstarch, ginger, and salt. Add juice; cook and stir till thick and bubbly. Boil 1 minute. Stir in butter. Toss with carrots. Serves 4.

CARROT WINNERS

- **Skillet Carrots:** Melt 3 tablespoons butter or margarine in a skillet. Add 8 medium carrots, coarsely shredded. Sprinkle with ½ teaspoon salt. Cover and cook just till tender, about 5 to 8 minutes. Top with snipped parsley.
- **Glazed Carrots:** Heat together ⅓ cup brown sugar and 2 tablespoons butter till sugar dissolves. Add 8 cooked carrots (whole or halved lengthwise); cook over medium heat, turning carrots till well glazed and tender, about 12 minutes.
- **Basil Carrots:** In medium skillet, melt 2 tablespoons butter. Add 6 medium carrots, thinly sliced on bias. Sprinkle with ¼ teaspoon salt and ¼ teaspoon dried basil, crushed. Cover; simmer 10 to 12 minutes or till tender. Makes 6 servings.
- **Minted Carrots:** Combine 2 tablespoons butter, 1 tablespoon honey, and 2 teaspoons chopped fresh mint; heat to melt butter. Add 5 or 6 carrots, cut in strips, cooked and drained. Simmer till glazed, about 8 minutes. Makes 4 or 5 servings.

CHEESED CAULIFLOWER

OVEN 375°

Remove leaves and trim base from 1 medium head cauliflower. Wash. Cook whole in boiling salted water 15 to 20 minutes, or till tender. Drain. Place on ungreased shallow baking pan. Sprinkle with salt. Mix ½ cup mayonnaise and 2 teaspoons prepared mustard; spread over cauliflower. Top with ¾ cup shredded sharp process cheese. Bake at 375° about 10 minutes or till cheese is melted. Serves 4 or 5.

CAULIFLOWER MEDLEY

- 2 tablespoons salad oil
- 2 cups small fresh cauliflowererets
- 2 10-ounce packages frozen peas
- ½ teaspoon salt
- 2 tablespoons chopped canned pimiento

Heat oil in skillet. Add cauliflowererets and cook covered over low heat 10 to 12 minutes; stir occasionally. Add peas, salt, and dash pepper; cover. Cook 10 minutes; stir in pimiento. Serves 8.

CELERY ORIENTAL

Slice 6 to 8 large, outside celery branches on the bias. Cook in small amount boiling salted water till just crisp-tender; drain.

Cook 1 cup sliced fresh mushrooms in 3 tablespoons butter or margarine till tender; add celery and ¼ cup toasted blanched almond halves. Toss lightly till hot. Makes 4 to 6 servings.

CORN ON THE COB IDEAS

- Remove husks from corn. Remove silk with stiff brush. Cook. Serve with flavored butter, if desired.

- **Kettle-cooked Corn:** Cook covered in small amount boiling salted water (or cook in enough boiling salted water to cover) about 6 to 8 minutes. Don't overcook.

- **Foil-baked Corn:** Spread corn with butter or margarine or any of the flavored butters listed below. Sprinkle with salt and pepper. Wrap securely in foil. Bake in a very hot oven (450°) for 25 minutes, or till done. Turn several times.

- **Zippy Butter:** To ½ cup softened butter add 1 tablespoon prepared mustard, 1 teaspoon prepared horseradish, ½ teaspoon salt, and dash freshly ground pepper. Blend with spoon till fluffy.

- **Herb Butter:** To ½ cup softened butter add ½ teaspoon dried rosemary, crushed, and ½ teaspoon dried marjoram, crushed. Blend till light and fluffy.

SCALLOPED CORN SUPREME

- 1 1-pound 1-ounce can (2 cups) cream-style corn**
- 1 cup milk**
- 1 well-beaten egg**
- 1 cup cracker crumbs**
- 3 tablespoons chopped canned pimiento**
- 2 tablespoons chopped onion**
- ½ cup buttered cracker crumbs**

OVEN 350°

Mix corn, milk, and egg. Add 1 cup crumbs, pimiento, onion, ¼ teaspoon salt, and dash pepper. Pour into greased 8-inch round baking dish. Top with buttered crumbs. Bake at 350° for 30 to 35 minutes. Serves 6.

CORN PUDDING

- 3 slightly beaten eggs**
- 2 cups drained cooked or canned whole kernel corn**
- 2 cups milk, scalded**
- ⅓ cup finely chopped onion**
- 1 tablespoon butter, melted**
- 1 teaspoon sugar**
- 1 teaspoon salt**

OVEN 350°

Combine ingredients; pour into greased 1½-quart casserole. Set in shallow pan; fill pan to 1 inch with hot water. Bake at 350° for 40 to 45 minutes, or till knife inserted off center comes out clean. Let stand 10 minutes at room temperature. Serves 6.

SWISS CORN BAKE

OVEN 350°

Cook 3 cups fresh-cut corn in 1 cup boiling salted water for 2 to 3 minutes, or till just tender; *or* cook two 9-ounce packages frozen corn according to package directions; drain well.

Combine corn, one 6-ounce can evaporated milk, 1 beaten egg, 2 tablespoons finely chopped onion, ½ teaspoon salt, dash pepper, and ¾ cup shredded process Swiss cheese. Turn into 10x6x1½-inch baking dish. Toss ½ cup soft bread crumbs with 1 tablespoon melted butter and ¼ cup shredded Swiss cheese. Sprinkle over top. Bake at 350° for 25 minutes. Serves 6.

PANFRIED EGGPLANT

- 1 medium eggplant**
- 1 slightly beaten egg**
- 1 tablespoon cold water**
- ½ cup fine dry bread crumbs**
- ½ teaspoon salt**
- Dash pepper**

Pare eggplant. Cut in half lengthwise, then cut crosswise making ½-inch-thick slices. Combine egg and water. Dip eggplant in egg mixture, then in mixture of bread crumbs, salt, and pepper. Cook eggplant in hot oil for 2 to 3 minutes on each side, or till tender and brown. Drain on paper towels. Sprinkle with additional salt. Keep warm in slow oven while cooking remaining eggplant. Makes 4 to 6 servings.

MUSHROOM FEATURES

- **Fresh Mushroom Saute:** Wash 1 pint (about ½ pound) mushrooms. Slice through cap and stem. Melt 3 tablespoons butter in skillet; add mushrooms. Sprinkle with 2 teaspoons all-purpose flour; toss to coat. Cover; cook over low heat 8 to 10 minutes, or till tender, turning occasionally. Season with salt and pepper. Serves 2 as a vegetable or 4 as meat accompaniment.
- **Creamed Mushrooms:** Prepare and cook mushrooms as for Fresh Mushroom Saute but increase flour to 1 tablespoon. Before seasoning, add 1 teaspoon soy sauce. Slowly stir in ¾ cup light cream. Cook and stir till mixture thickens. Season. Serve with steak or over toast points. Makes 4 servings.

ONION FIX-UPS

- To creamed onions add shredded cheese and chopped peanuts.
- **Dutch Glazed Onions:** Drain one 1-pound can small whole onions, reserving ¼ cup liquid. In skillet, combine 2 tablespoons butter, 1 tablespoon sugar, and reserved liquid. Cook and stir till blended. Add onions; cook about 10 minutes, or till mixture browns lightly; stir often. Makes 4 servings.
- **Gourmet Onions:** Melt 3 tablespoons butter. Stir in ½ teaspoon sugar, ¼ teaspoon salt, ¼ teaspoon pepper, and ¼ cup sherry. Add 10 to 12 small cooked onions; heat quickly, about 5 minutes, stirring occasionally. Turn into serving dish; top with ¼ cup shredded Parmesan cheese. Serves 6.

GOLDEN ONION RINGS

Cut 6 medium Bermuda or mild white onions into slices ¼ inch thick. Separate into rings. Combine 1 cup plus 2 tablespoons sifted all-purpose flour, ½ teaspoon salt, 1 slightly beaten egg, 1 cup milk, and 2 tablespoons salad oil. Beat together just till dry ingredients are well moistened. Coat onion rings with batter. Fry, a few at a time, in deep hot fat (375°), stirring once to separate rings. When onions are golden, drain on paper towels. Just before serving, sprinkle with salt.

PARSNIPS

- Add butter or cream to cooked 1-inch cubes of parsnips; season to taste.
- Cut parsnips in half lengthwise; cook and drain. Brown lightly in butter; season. Sprinkle with a little sugar, if desired.

DRESS-UPS FOR PEAS

- **Minted Peas:** Drain liquid from one 1-pound can (2 cups) peas into a saucepan. Cook till ¼ cup liquid remains. Add peas, ½ teaspoon salt, dash pepper, 1 tablespoon butter, and ¼ cup mint-flavored jelly. Heat through. Serves 4.
- **Peas in Cream:** Heat 3 tablespoons butter and ½ cup water to boiling in saucepan. Add 1 to 1½ cups fresh shelled peas (1 to 1½ pounds in shell), 2 cups finely torn leaf lettuce, 2 tablespoons finely chopped onion, 1 tablespoon snipped parsley, 1 teaspoon sugar, ½ teaspoon salt, and dash pepper. Cover; simmer 8 to 15 minutes. Don't drain. Add ½ cup cream. Makes 4 servings.
- **Peas and Onions:** Combine cooked drained peas and tiny onions. Toss with butter and canned mushrooms; heat through. Dash with dried thyme, crushed.
- **Quick Creamed Peas:** Combine one 4-ounce carton chive whipped cream cheese, ¼ cup milk, and ¼ teaspoon salt. Heat and stir over low heat just till warm. Pour over cooked peas or a combination of cooked peas and tiny new potatoes. Stir gently to coat.

SPRINGTIME PEAS

- 2 pounds fresh peas, unshelled
- 3 to 6 lettuce leaves
- ⅓ cup sliced green onion
- 1 teaspoon sugar
- ½ teaspoon salt
- Dash pepper
- Dash dried thyme, crushed
- 3 tablespoons butter or margarine

Shell peas. Cover bottom of skillet with lettuce; top with peas and onion. Sprinkle on sugar and seasonings; add butter. Cover tightly and cook over *low heat* 10 to 15 minutes, or till peas are done. Serves 4.

PEA PODS ORIENTAL

- ½ pound fresh or 1 7-ounce package frozen Chinese pea pods, thawed
- 1 tablespoon salad oil
- 1 teaspoon soy sauce
- 1 medium clove garlic, minced
- 1 5-ounce can (⅔ cup) bamboo shoots, drained
- 1 5-ounce can (⅔ cup) water chestnuts, drained and sliced
- 1 chicken bouillon cube
- 1 teaspoon cornstarch

If fresh peas are used, wash and remove tips and strings. In a preheated medium-size skillet, place oil, soy sauce, and garlic. Cook over low heat till garlic has browned; add fresh or frozen peas, bamboo shoots, and water chestnuts. Toss and cook over high heat for 1 minute. Dissolve bouillon cube in ¼ cup boiling water; add to peas. Cover and cook over medium heat for 2 minutes. Combine cornstarch and 1 teaspoon cold water. Stir into peas. Cook, uncovered, over high heat till thickened, about 1 minute. Makes 4 servings.

SKILLET-FRIED POTATOES

- **Hash-browns:** Boil 3 medium potatoes in jackets; chill. Peel and shred to make 3 cups. Add 1 to 2 tablespoons grated onion, 1 teaspoon salt, and dash pepper. Melt ¼ cup butter in a 10-inch skillet. Pat potatoes into pan, leaving ½-inch space around edge. Brown about 9 minutes. Reduce heat if necessary. Cut with spatula to make 4 wedges; turn. Brown 7 minutes longer, till golden. Serves 4.
- **Fresh-fries:** Pare 3 medium potatoes; slice thin. Season; fry, covered, in 3 tablespoons bacon drippings or other fat 10 minutes. Uncover and brown other side, about 10 minutes, loosening occasionally.

FRENCH FRIES

Cut pared potatoes lengthwise in strips. Fry small amount at a time in deep, hot fat (360°) for 6 to 7 minutes, or till crisp and golden. Drain on paper towels. Sprinkle with salt and serve at once.

Note: Do not French-fry new potatoes.

POTATOES MANY WAYS

- **Boiled Potatoes:** Cook potatoes according to basic directions (page 355). For dry mealy potatoes, drain and shake gently over low heat when done. Season with salt and pepper; add butter.
- **Parsleyed New Potatoes:** Scrub or scrape 1½ pounds tiny new potatoes. Cook in boiling salted water 15 to 20 minutes; drain. Pare, if desired. Meanwhile, melt ¼ cup butter in saucepan; stir in ¼ cup snipped parsley and 1 tablespoon lemon juice. Pour over hot potatoes. Serves 4 to 6.
- **Mashed Potatoes:** Pare potatoes. Cook in boiling salted water till tender. Drain and shake over low heat to dry. Remove pan from heat. Mash with potato masher or electric mixer using lowest speed. Gradually add hot milk as needed and continue beating till light and fluffy. Add salt, pepper, and butter as desired.
- **Oven-browned Potatoes:** Pare medium potatoes; cook in boiling salted water 15 minutes; drain. About 45 minutes before meat roast is done (oven temperature 325°), place hot potatoes in drippings around roast, turning potatoes to coat.
- **Potato Patties:** Combine 2 cups cold mashed potatoes, 1 slightly beaten egg, ¼ cup chopped onion, and salt and pepper to taste. Mix well. Shape in 6 patties. Dip in flour, then brown slowly in butter, about 5 minutes on each side. Makes 6 servings.

CREAMED PEAS AND NEW POTATOES

- 1½ pounds (about 15) tiny new potatoes
- 1 to 1½ cups fresh peas (1 to 1½ pounds in shell)
- 3 tablespoons sliced green onion
- 4 teaspoons butter or margarine
- 4 teaspoons all-purpose flour
- 1 cup milk

Scrub potatoes; pare off narrow strip of peel around center of each. Cook in boiling salted water 15 to 20 minutes; drain. Meanwhile, cook peas and onion in small amount of boiling salted water 8 to 15 minutes; drain. Make a white sauce of butter, flour, dash salt, and milk. Combine vegetables and sauce. Serves 4 to 6.

BAKED POTATOES

OVEN 425°

Select uniform baking potatoes. (Don't use new potatoes.) Scrub with brush. For soft skins, rub with shortening. Prick with fork. Bake at 425° for 40 to 60 minutes. Or, if potatoes share oven, bake at 350° to 375° for 70 to 80 minutes. When done, roll gently under hand to make mealy. Cut crisscross in top with fork; press ends, push up fluff. Top with butter.

Foil-baked: Scrub, dry, prick, and wrap potatoes in foil. Bake at 350° 1½ hours.

BAKED POTATO TOPPERS

- Whip 1 cup shredded sharp process cheese and ¼ cup soft butter till fluffy. Add ½ cup dairy sour cream and 2 tablespoons snipped green onion; whip.

- Soften one 8-ounce package cream cheese. Add ⅓ cup light cream; beat fluffy. Add 1 tablespoon snipped chives, 1½ teaspoons lemon juice, and ½ teaspoon garlic salt; blend well.

STUFFED BAKED POTATOES

OVEN 375°

Bake 4 medium potatoes in 375° oven. Cut slice from top of each. Scoop out inside; mash. Add butter, salt, pepper, and hot milk to moisten. Beat fluffy. Fill shells ½ full with mashed potatoes. Combine 1 cup drained, seasoned cooked or canned peas and 2 tablespoons snipped green onion; divide among potato shells. Pile remaining mashed potatoes atop. Return to oven (375°) 12 to 15 minutes. Serves 4.

VOLCANO POTATOES

OVEN 350°

Paré 4 or 5 medium potatoes. Cook, drain, and mash. Season with salt and pepper. Whip potatoes with enough hot milk (about ¾ cup) to make light and fluffy. Pile into greased 8-inch round baking dish, mounding into volcano shape. Make a crater in center. Fold ½ cup shredded sharp process cheese into ½ cup whipping cream, whipped. Pour over top. Bake at 350° about 20 minutes, or till lightly browned. Makes 6 servings.

SCALLOPED POTATOES

**6 to 8 medium potatoes, paré
and thinly sliced (6 cups)**

¼ cup finely chopped onion

⅓ cup all-purpose flour

1½ teaspoons salt

⅓ teaspoon pepper

• • •

2 cups milk

OVEN 350°

Place *half* the potatoes in greased 2-quart casserole. Add *half* the onion. *Sift half* the flour over; sprinkle with *half* the seasonings. Repeat layers. Pour milk over all. If desired, sprinkle top with 3 tablespoons buttered fine dry bread crumbs. Cover and bake at 350° for 1¼ to 1½ hours. Uncover; bake 15 minutes. Serves 6.

DUCHESS POTATOES

3 tablespoons butter

1 beaten egg

4 cups hot mashed potatoes

Beat 1 *tablespoon* of the butter, egg, and salt and pepper to taste into potatoes. Using pastry bag with large star tip, pipe hot potatoes around steak (see page 236) on wooden plank.* Melt remaining butter and drizzle over potatoes. Broil 4 inches from heat 7 minutes. Serves 6 to 8.

*Or pipe 2-inch rosettes on greased baking sheet. Drizzle with melted butter. Bake at 500° for 10 to 12 minutes.

SWEET POTATO TREATS

- **Candied Sweets:** Cut 6 medium sweet potatoes, cooked and peeled, in ½-inch slices. Layer potatoes in buttered 1½-quart casserole with ¾ cup brown sugar, 1 teaspoon salt, and ¼ cup butter, ending with sugar and butter. Bake uncovered at 375° about 30 minutes or till glazed. Add ½ cup miniature marshmallows last 5 minutes; brown lightly. Serves 6.

- **Baked Sweet Potatoes:** Scrub sweet potatoes. Bake at 375° to 400° for 40 to 45 minutes. Pass butter, salt, and pepper.

- **Mashed Sweet Potatoes:** Peel hot cooked sweet potatoes. Mash. Beat till fluffy gradually adding hot milk as needed. Beat in salt, pepper, and butter to taste.

RICE TIPS

- Rice forms a part of many main dishes, salads, and even desserts. But served simply with butter or seasonings, it plays the role of a vegetable in meal plans.

- Test rice for doneness by pinching a grain between thumb and forefinger. When no hard core remains, it's done.

- **Plain Rice:** For 3 to 4 cups of cooked rice, combine 1 cup uncooked long-grain rice, 2 cups cold water, and ½ to 1 teaspoon salt in a 2-quart saucepan; cover with tight-fitting lid. Bring to a vigorous boil, then turn heat low. Continue cooking 14 minutes (do not lift cover). Remove from heat; let stand, covered, 10 minutes.

- **Browned Rice:** Toast 1 cup long-grain rice in ungreased skillet over medium heat, shaking often, about 20 minutes or till golden brown. Turn into 1-quart casserole; add ¼ teaspoon salt and 2½ cups hot water, stirring to separate rice. Cover and bake at 350° about 1 hour or till rice is tender and all water is absorbed. Fluff with a fork. Trim with chopped canned pimiento if desired. Makes 6 servings.

BUTTER-BAKED RICE

- 2 teaspoons salt
- 2 cups water
- 1 cup long-grain rice
- ⅓ cup butter or margarine
- Dash garlic salt
- 1 13¼-ounce can chicken broth or 2 chicken bouillon cubes dissolved in 1¾ cups boiling water
- Finely snipped parsley
- ¼ cup toasted slivered almonds

OVEN 325°

Combine salt and 2 cups water; bring to boiling and pour over rice. Let stand 30 minutes. Rinse rice with cold water; drain well. Melt butter in skillet. Add rice and cook over medium heat, stirring frequently, till butter is almost absorbed, about 5 minutes. Turn into 1-quart casserole; sprinkle with garlic salt. Pour broth over. Bake, covered, at 325° for 45 minutes. Add parsley; fluff with fork. Sprinkle with almonds. Bake, uncovered, 10 minutes longer. Makes 6 or 7 servings.

WILD RICE AND MUSHROOMS

- 1 3-ounce can (⅔ cup) broiled sliced mushrooms
- 1 10½-ounce can condensed beef broth
- 2 medium onions, finely chopped
- ½ cup wild rice
- 1 cup long-grain rice
- 2 tablespoons butter or margarine
- 2 tablespoons snipped parsley

Drain mushrooms, reserving liquid. Mix beef broth, liquid, and enough water to make 2 cups. Add onions and bring to boil. Add rinsed wild rice; reduce heat; cover and simmer 20 minutes. Add long-grain rice; return to boil; reduce heat; cover and simmer 20 minutes longer. Add mushrooms and butter; heat briefly; add parsley. Serves 6 to 8.

RUTABAGA AND APPLE

- 3 cups pared rutabaga slices
- 1 medium apple, thinly sliced
- 6 tablespoons brown sugar
- 2 tablespoons butter

OVEN 350°

Cook rutabaga slices in boiling salted water till just tender; drain. Place *half* the rutabaga and apple in a greased 1-quart casserole. Sprinkle with *half* the brown sugar; dot with *half* the butter; sprinkle with salt. Repeat layers. Bake covered at 350° for 30 minutes. Serves 4 to 6.

SAUERKRAUT PROVENCE

- ⅓ cup chopped onion
- 2 tablespoons butter, melted
- ⅓ cup canned condensed beef broth
- 1 14-ounce can sauerkraut, drained
- 2 tablespoons chopped pimiento
- ½ cup dairy sour cream
- Poppy seed

Cook onion in butter till tender but not brown. Add broth, sauerkraut, and pimiento; mix lightly. Simmer covered 10 minutes. Serve topped with sour cream and dashed with poppy seed. Serves 4.

SPINACH IDEAS

- Serve cooked spinach with lemon wedges or vinegar, and hard-cooked egg slices.
- **Spinach Surprise:** Cook 1 pound fresh spinach; drain and chop. Add 2 tablespoons butter, ¼ cup light cream, and ½ tablespoon prepared horseradish. Heat and season to taste. Garnish with hard-cooked egg slices. Serves 3 or 4.
- **Chinese Spinach:** Wash and pat dry 1 pound fresh spinach. Remove stems and cut into 1-inch pieces. Tear leaves into bite-size pieces. Heat 2 tablespoons salad oil and 1 tablespoon soy sauce in skillet; add spinach stems and leaves. Cover and cook 1 minute or till just wilted. Uncover; cook and toss till spinach is tender-crisp and well coated, about 2 minutes. Serves 4.

SPINACH ELEGANTE

- 2 10-ounce packages frozen chopped spinach**
- 3 slices bacon, cooked and crumbled**
- 1 6-ounce can sliced mushrooms, drained (1 cup)**
- ¼ teaspoon dried marjoram, crushed**
- 1 cup dairy sour cream**
- ½ cup shredded sharp process American cheese**

OVEN 325°

Cook spinach according to package directions. Drain well; spread on bottom of 10x6x1½-inch baking dish. Arrange bacon and mushrooms over spinach. Sprinkle with dash pepper and marjoram. Bake at 325° for 15 minutes. Cover with sour cream and cheese. Return to oven 5 minutes or till cheese melts. Serves 6.

SQUASH SQUARES IN SOUR CREAM

Cook and drain 4 cups cubed, pared butternut or Hubbard squash. Meanwhile, cook 1 medium onion, sliced, in 2 tablespoons butter till tender but not brown. Remove from heat; add 1 cup dairy sour cream and ½ teaspoon salt; stir well. Place hot cooked squash on platter; sprinkle with pepper; pour sauce over. Sprinkle with ½ teaspoon dillweed. Serves 4 to 6.

BAKED ACORN SQUASH

- Halve and seed squash; bake cut side down in shallow pan at 350° for 35 to 40 minutes. Turn cut side up; salt. Fill if desired. Bake about 20 minutes longer.
- **Squash and Sausage:** After turning, brush each half with butter, drizzle with 1 tablespoon honey, and fill with 3 browned sausage links. Bake 25 minutes.
- **Squash and Applesauce:** After turning squash, brush with butter; sprinkle with brown sugar. Fill each with ½ cup hot applesauce. Finish baking.
- **Squash with Onions:** For 6 halves, after turning, sprinkle with salt; fill with 2 cups drained cooked tiny onions and ½ cup broken walnuts. Mix ½ cup melted butter, ½ cup dark corn syrup, and ¼ teaspoon *each* salt and ground cinnamon; spoon over. Finish baking.

CANDIED SQUASH RINGS

OVEN 350°

Cut 2 acorn squash crosswise in 1-inch slices; discard seeds and ends; season. Arrange in single layer in shallow baking dish; cover and bake at 350° for 30 to 35 minutes. Combine ¾ cup brown sugar and ¼ cup soft butter; spread over squash. Bake, uncovered, 15 to 20 minutes, basting occasionally. Serves 6.

CHEDDAR SQUASH BAKE

- 6 cups thinly sliced unpared zucchini, cooked and drained**
- 2 slightly beaten egg yolks**
- 1 cup dairy sour cream**
- 2 tablespoons all-purpose flour**
- 2 stiffly beaten egg whites**
- 1½ cups shredded Cheddar cheese**
- 6 slices bacon, cooked**
- 1 tablespoon butter, melted**
- ¼ cup fine dry bread crumbs**

OVEN 350°

Salt cooked squash. Mix next 3 ingredients; fold in whites. Layer *half* the squash, egg mixture, and cheese in 12x7½x2-inch baking dish; crumble bacon; sprinkle atop. Repeat layers. Mix butter and crumbs; sprinkle over. Bake at 350° for 20 to 25 minutes. Serves 8 to 10.

SUMMER SQUASH IDEAS

• **Dilly Squash:** Slice 1 pound yellow summer squash crosswise $\frac{1}{4}$ inch thick. Melt 2 tablespoons butter in skillet; add squash, 1 tablespoon snipped parsley, $\frac{1}{4}$ teaspoon dried dillweed, $\frac{1}{4}$ teaspoon salt, and dash onion powder. Cover; cook over low heat 8 to 10 minutes or till tender, stirring occasionally. Serves 4 to 6.

• **Confetti Squash:** Steam tiny yellow summer squash (less than 3 inches long) till tender. Split lengthwise and brush cut surfaces with melted butter. Season with salt and pepper. Sprinkle with snipped parsley and chopped canned pimiento. Place in shallow pan; heat in 350° oven.

• **Zucchini Parmesan:** Place 3 cups thinly sliced zucchini, 2 tablespoons butter, $\frac{1}{2}$ teaspoon salt, and dash pepper in skillet. Cover and cook slowly 5 minutes. Uncover and cook, turning slices, 5 minutes more. Sprinkle with 2 tablespoons grated Parmesan cheese. Serves 4.

• **Zucchini Half Shells:** Trim ends of 6 small zucchini; cut in half lengthwise. Melt $\frac{1}{4}$ cup butter in large skillet; add 1 tablespoon grated onion and 1 beef bouillon cube, crushed. Add zucchini, cut side down, and cook till golden. Turn; add 2 tablespoons water; cover and cook over low heat about 10 minutes. Serves 5 or 6.

TOMATO DRESS-UPS

• **Fried Tomatoes:** Cut unpared *green* tomatoes in $\frac{1}{2}$ -inch slices. Dip in seasoned flour. Brown *slowly* in hot fat on both sides. *Or*, dip $\frac{1}{2}$ -inch *ripe* tomato slices into beaten egg mixed with water, then into crumbs; fry *quickly* in hot fat; season.

• **Broiled Tomatoes:** Broil tomato halves, cut side up, 3 inches from heat about 5 minutes or till hot through (don't turn). If desired, dot with butter; season, and sprinkle with crushed herbs before broiling. *Or*, combine $\frac{1}{2}$ cup dairy sour cream, $\frac{1}{4}$ cup mayonnaise, 2 tablespoons finely chopped onion, $\frac{1}{4}$ teaspoon dried dillweed, and $\frac{1}{4}$ teaspoon salt. Spoon over hot broiled tomatoes.

• **Baked Tomatoes:** Place tomato halves in shallow baking pan. Sprinkle with seasoned salt and buttered cracker crumbs if desired. Bake at 375° about 20 minutes.

SCALLOPED TOMATOES

- 1 cup chopped celery
- $\frac{1}{2}$ cup finely chopped onion
- 2 tablespoons butter or margarine
- 2 tablespoons all-purpose flour
- 3 slices bread, toasted
- 1 1-pound 12-ounce can tomatoes
- 1 tablespoon sugar
- 1 teaspoon salt
- Dash pepper
- 2 teaspoons prepared mustard

OVEN 350°

Cook celery and onion in butter until just tender; blend in flour. Butter toast; cut in $\frac{1}{2}$ -inch cubes. Break up tomatoes; add to celery mixture with *half* the toast cubes and remaining ingredients. Pour into $1\frac{1}{2}$ -quart casserole; top with remaining toast. Bake at 350° for 50 minutes. Serves 8.

TOMATOES AND OKRA

Cook $1\frac{1}{2}$ cups fresh okra cut in $\frac{1}{2}$ -inch slices, covered, in small amount boiling salted water 10 minutes; drain. (*Or*, cook one 10-ounce package frozen okra according to package directions; drain.) Cook $\frac{1}{2}$ cup chopped onion and $\frac{1}{2}$ cup chopped green pepper in 2 tablespoons salad oil till tender but not brown; blend in 1 tablespoon sugar, 1 teaspoon all-purpose flour, $\frac{3}{4}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper. Add 3 tomatoes, peeled and quartered, and okra; heat through. Serves 4.

TURNIPS

• Drain cooked turnips; mash. Add butter, salt, and pepper to taste.

• Cook sliced turnips in beef broth. Season with salt and pepper; add butter.

• **Lemon Parsleyed Turnips:** Cook 2 cups turnip sticks in boiling salted water till tender, 20 minutes; drain. Add 1 tablespoon butter, 2 teaspoons snipped parsley, 1 teaspoon finely chopped onion, and 1 teaspoon lemon juice; toss. Serves 4.

Look for additional seasonings for vegetables on page 411.