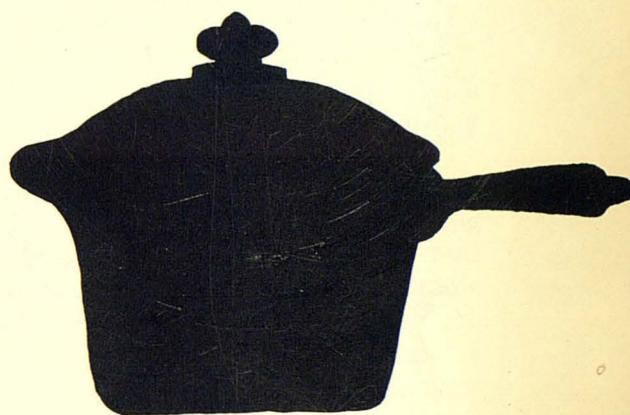


VEGETABLES VEGETABLES



VEGETABLES

SELECTION... CARE... COOKING

TEXAS A&M UNIVERSITY
TEXAS AGRICULTURAL EXTENSION SERVICE
J. E. HUTCHISON, DIRECTOR, COLLEGE STATION, TEXAS

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VEGETABLES . . . Selection, Care, Cooking

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There is a vegetable to suit almost every menu used. Vegetables—fresh, canned, frozen, or dried—contribute interest and variety in countless ways. Vegetables are also important in the diet for general good health.

According to *Food for Fitness—A Daily Food Guide*,* one of the four food groups needed each day for a good diet is the *vegetable and fruit group*. It includes all fruits and vegetables which are valuable chiefly because of the vitamins and minerals they contain. This group is counted on to supply most of the vitamin C needed and over half the vitamin A.

SOURCES OF VITAMIN C

Vitamin C is needed for healthy gums and body tissues. Good sources of vitamin C are broccoli, green pepper, sweet red pepper, grapefruit or grapefruit juice, orange or orange juice, cantaloupe, guava, mango, papaya and raw strawberries.

Fair sources of vitamin C are asparagus tips, brussels sprouts, raw cabbage, collards, garden cress, kale, kohlrabi, mustard greens, Irish and sweet potatoes cooked in the jacket, spinach, tomatoes or tomato juice, turnip greens, honeydew melon, tangerine or tangerine juice and watermelon.

SOURCES OF VITAMIN A

Vitamin A is needed for growth, normal vision and healthy condition of skin and other body surfaces.

Deep-green and deep-yellow vegetables and a few fruits are good sources of vitamin A.

They are broccoli, carrots, chard, collards, cress, kale, pumpkin, spinach, sweet potatoes, turnip greens and other dark greens, winter squash, apricots, cantaloupe, mango and persimmon.

AMOUNTS RECOMMENDED

Choose 4 or more servings each day, including:

One serving of a good source of vitamin C or two of a fair source.

One serving, at least every other day, of a good source of vitamin A.

If the food chosen for vitamin C is also a good source of vitamin A, the additional serving of a vitamin A food may be omitted.

The remaining one to three or more servings may be of any vegetable or fruit, including those that are valuable for vitamins C and A.

Count as one serving: $\frac{1}{2}$ cup of vegetable or fruit; or a portion as ordinarily served, such as 1 medium potato, apple, banana or orange or half of a medium grapefruit or cantaloupe.

Another group of foods needed each day is the meat group. This group includes beef, veal, lamb, pork, variety meats (such as liver kidney, heart and kidney), poultry, eggs, fish and shell fish. As alternates, dry beans, dry peas, lentils, nuts, peanuts and peanut butter.

Choose two or more servings every day from this group: 2 to 3 unces of lean cooked meat, poultry or fish—without bone; 2 eggs; 1 cup cooked dry beans, dry peas or lentils; 4 tablespoons peanut butter.

This tastes good in Texas and meets the daily need for vegetables and fruits in the diet:

BREAKFAST

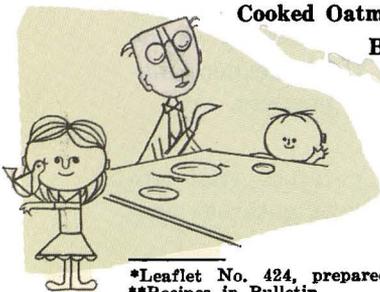
Apricots (Fair source of Vitamin A)
Cooked Oatmeal Whole Wheat Toast
Butter or Margarine
Milk Coffee

DINNER

Roast Beef
Huntington Baked Potato** (Fair source of vitamin C)
Sweet and Sour Green Beans** (Other serving)
Hot Rolls
Fruit Cup (Other Serving) Lemon Cookies
Milk Coffee or Tea

SUPPER

Cold Sliced Roast Beef
Broccoli Casserole** (Good source of vitamin A and C)
Corn Bread
Sliced Tomatoes (Fair source of vitamin C)
Milk



*Leaflet No. 424, prepared by the Institute of Home Economics, Agricultural Research Service.
**Recipes in Bulletin

Buying Vegetables

Asparagus: Buy 2 pounds for four servings. The stalks should be green and tender for almost their entire length. They should be fresh and firm with close, compact tips.

Beans, green limas: Buy 3 pounds (in the pod) for four servings. Pods should be well filled, crisp, fresh and dark green. The shelled bean should be plump and have a tanned greenish-white skin.

Beans, green or wax: Buy 1½ pounds for four servings. They should be clean, firm, crisp, tender and free of blemishes.

Beans, dried: Buy dried beans with smooth, unblistered, unwrinkled skins and good color. Beans should be uniform in size to cook evenly. If bought in bulk, check for insect damage or foreign matter. Allow 1 cup dried beans for 3 cups cooked beans.

Beets: Buy two bunches for four servings. Beets are sold in bunches, usually with tops on; tops should be fresh and green. Beets should be smooth, clean and firm.

Broccoli: Buy 2 pounds for four servings. Broccoli should be fresh and clean with firm, tender stalks. The broccoli should have tightly closed, green flower buds in compact clusters or heads; there should be no yellow evident in the buds.

Brussels sprouts: Buy 1 pound for three servings. Brussels sprouts should resemble firm, miniature heads of cabbage. They should be compact and of a deep green color.

Cabbage, green or red: Buy 1½ pounds for four servings. Heads of cabbage should be reasonably solid and heavy for their size and have a fresh appearance and good color for the variety.

Carrots: Buy one package (1 to 2 pounds) for three to six servings. Choose firm, clean, well-shaped, smooth carrots of a bright-orange color.

Cauliflower: Buy one large head (about 3 pounds) for 4 to 6 servings. The flowerets should be white, and surrounded by a fresh green jacket of outer leaves. The head should be clean, heavy and compact.

Celery: Buy one medium-size stalk for four servings. Stalks should be crisp and topped with fresh leaves. There are two types—green and bleached. Green is a “meaty” full-hearted celery with a mild, nutty flavor.

Corn: Allow one or two ears per person. Cobs should be well-filled with plump, milky kernels. The husks should be fresh and green.

Eggplant: Buy one medium eggplant (almost 1½ pounds) for four servings. Choose firm, heavy rich-purple eggplants with shiny, smooth skins.

Greens: (Beet tops, collards, kale, mustard greens, Swiss chard, turnip tops). Buy 2 pounds of greens for four servings. Select greens which are fresh, crisp, tender and have a bright, fresh color.

Okra: Buy 1 pound for four servings. Select young, tender, clean pods ranging from 2 to 4 inches in length.

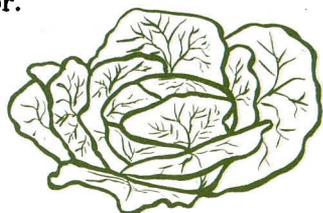
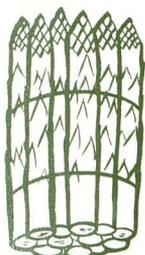
Onions: Buy 1½ pounds dry onions for four servings. Select bright, clean, hard, well-shaped onions with dry skins.

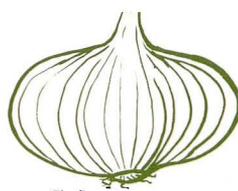
Peas, English: Buy 3 pounds for four servings. Look for bright-green, fresh-looking pods, somewhat velvety to the touch.

Peas, blackeye: Select young, tender, green-fresh-looking pods which are well-filled.

Peppers, green bell: Allow one whole pepper per serving unless they are unusually large. Look for firm, well-shaped, thick-fleshed, mature and bright-colored green peppers.

Potatoes, Irish: Look for potatoes that are reasonably clean. The quality of potatoes cov-





ered with dirt is difficult to judge. Select potatoes that are firm, smooth and well shaped. They should be free from cuts and blemishes and decay. For the least waste in paring, select potatoes that are regular in shape and have shallow eyes. Avoid potatoes that show green color on some part of the surface; the green portions taste bitter. One pound of fresh potatoes will yield three to four half-cup servings.

Choose potatoes according to the way they are to be used. A mature potato is best for baking, mashing or frying. New potatoes are more satisfactory for creaming or boiling with fresh vegetables and salads.

Potatoes, sweet: Buy sweet potatoes with smooth ends, tapering, plump, clean and bright. Avoid irregular shapes, growth cracks and wrinkled ends, which indicate aging.

Spinach: Spinach is sold by weight from a bulk display or packed in film bags. Buy 2 to

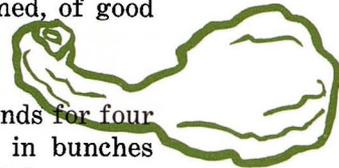
2½ pounds for four servings. Look for well-developed plants with crisp, clean leaves of good green color.

Squash, summer: Buy 2 pounds for four servings. Summer squash must be fresh, heavy for its size, free from blemishes and the rind so tender that it can be easily punctured.

Squash, winter: Buy 3 pounds for four servings. All winter squash should be heavy for its size. The rind should be very hard and the flesh thick.

Tomatoes: Buy 2 pounds for four servings. Tomatoes should be firm, well-formed, of good color and not over-ripe.

Turnips and rutabagas: Buy 2 pounds for four servings. White turnips are sold in bunches with tops or without. Tops should be young, fresh and green.



Saving Ways with Vegetables

A good cook is a vegetable's best friend because she cooks and serves the vegetable so that it retains the largest possible amount of the food value, tastes fresh and good and has an attractive appearance.

To Store Fresh Vegetables Properly

Refrigerate all vegetables except potatoes, dried onions, winter squash, parsnips and rutabagas, as soon as possible after purchasing or harvesting. Wilting and exposure to air and light cause a great loss of essential nutrients.

All leafy vegetables and broccoli, cauliflower, peas, beans, carrots, celery, green onions, radishes and cucumbers, should have moist cold. Store them in the crisping pan of the refrigerator in moisture-vapor-proof wrapping, such as aluminum foil, cellophane or plastic.

Wash and clean vegetables carefully. Dirt may hasten spoilage. Drain off excess water, but store while moist for better crisping. Trim away bruised or spoiled areas to prevent rapid spoilage.

Cut off carrot tops, but do not pare.

Peas or fresh lima beans retain more vitamins if stored in the pod. If they must be shelled in advance, store in tightly covered jar in the refrigerator.

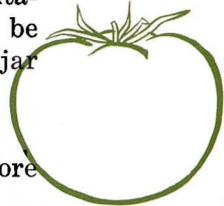
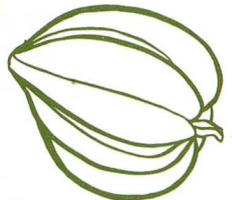
Do not pare or cut up vegetables before storing.

Do not buy more vegetables at one time than you can refrigerate satisfactorily.

To Store Frozen Vegetables Properly

Do not buy more frozen vegetables—or any frozen foods—at one time than you can store in the freezing compartment of your refrigerator or home food freezer. Frozen food should be stored at 0 degrees F. or lower.

Research has proved that a large amount of nutrients in vegetables can be lost through improper cooking methods. To safeguard these nutrients, follow the following cooking rules:



- Never allow pared vegetables to soak in water. Nutrients which are soluble in water may be lost.

- Use the minimum amount of water that will cook the food without sticking. By avoiding excessive amounts of cooking liquid, the dissolving and loss of water-soluble vitamins and minerals is held to a minimum.

- Begin fast; cook quickly. Total cooking time is reduced greatly by bringing the foods to a cooking temperature quickly. This protects vitamins in foods by keeping to a minimum the time they are exposed to water, heat and air.

- Avoid violent boiling to keep vegetables whole and decrease the loss of water-soluble substances. After the food comes to a steam, reduce the heat to the lowest temperature required to maintain the steaming.

- Cook in covered utensils, without stirring. Stirring puts extra air in food and air destroys certain vitamins. Cooking green vegetables in covered utensils keeps natural color and flavor if they are not overcooked.

- Use cooking liquid. It contains valuable vitamins and minerals. Serve all the cooking liquid with the vegetable, if possible. If there is too much liquid, use it in making gravies or soups. Excess water from cooked potatoes may be used in mashing the potatoes.

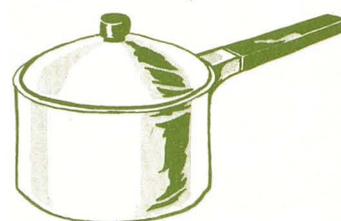
- Vegetables retain more food value, flavor and have more eye appeal if served while they are firm and colorful. Do not use soda in vegetables to preserve color because it destroys certain vitamins.

- Serve potatoes and carrots with the skin on for maximum food value.

- Shred cabbage or salad greens only just before serving to preserve the vitamins. If you must prepare your salad greens before serving time, place them in a plastic bag, in a crisping pan of the refrigerator or tie them loosely in a clean, wet towel.

Saucepans

Saucepans that meet the following requirements help save food value during the cooking of vegetables.



Tight covers that retain steam are essential when using minimum amount of water, so that vegetables will not boil dry and stick or scorch.

Flat bottoms that fit the heating unit are most efficient because all heat is applied directly to the bottom of the saucepan.

Straight-sided saucepans are best because they utilize the heat for cooking to better advantage and require less water.

Methods of Preparation

How to Bake Vegetables

Potatoes, squash, onions and tomatoes can be baked in the skin, and corn in the husks. Vegetables can be baked in a casserole — this is economical when using the oven for other foods. Carrots and beets are especially good if they are shredded for baking. Add seasonings and a small amount of water to casserole-cooked vegetables. Cover the casserole tightly and bake according to temperature given for specific recipe. The cover holds in the steam so that the vegetables do not dry out. You can bake either raw or partially cooked vegetables by this method.

How to Boil Vegetables

Boiling is the most common method of preparing vegetables because it is quick and easy. To boil means to cook vegetables in boiling water until tender. Use only a small amount of water. The amount of water depends on the size of the pan, tightness of lid and quantity of vegetable. Boil in a saucepan with a flat bottom, straight sides and tight-fitting lid.

Prepare vegetables in uniform pieces or have them uniform in size if cooking whole. Place in boiling, salted water (1 teaspoon salt to each quart of water). Bring water and vege-

tables to a boil quickly; reduce temperature to simmer and cook until tender but firm. Bacon or ham drippings and salt pork or ham chunks may be added at the beginning for seasoning. When vegetables are done they may be seasoned with pepper, butter or margarine or use some of the suggestions under variations.

Guide to Boiling Time of Vegetables:

FRESH VEGETABLES	APPROXIMATE TIME AFTER WATER RETURNS TO BOIL
Vegetable	Minutes
Asparagus	10 - 20
Beans:	
Green limas	20 - 30
Snap, green or wax	15 - 30
Beets:	
Young, whole	30 - 45
Old, whole	45 - 90
Sliced or diced	15 - 25
Broccoli	10 - 20
Brussels sprouts	10 - 20
Cabbage:	
Shredded	3 - 10
Quartered	10 - 15
Carrots:	
Young, whole	15 - 25
Old, whole	20 - 30
Sliced	10 - 20
Cauliflower:	
Whole	10 - 12
Flowerets	9 - 10
Corn-on-cob	6 - 12
Eggplant	10 - 15
Greens:	
Beet tops	5 - 15
Collards	10 - 20
Kale	15 - 25
Mustard	20 - 30
Swiss chard	10 - 20
Turnip	10 - 30
Spinach	3 - 10
Okra	10 - 20
Onions	15 - 30
Peas, English	10 - 20
Peas, blackeye	35 - 60
Potatoes, sweet or Irish	30 - 40
Rutabagas, cut in pieces	20 - 30
Squash, summer	10 - 15
Tomatoes, ripe	10 - 15
Turnips:	
Whole	20 - 30
Cut in pieces	10 - 20

How to Braise or Pan Vegetables

Braising, sometimes called panning, is a simple method of preparation which produces vegetables that are unusually flavorful. Carrots, celery, beets, cabbage, cauliflower, spinach and other greens may be cooked this way.

Slice, dice or shred the vegetable. Melt a small amount of cooking fat (1 to 2 tablespoons) in a heavy frypan or saucepan; add the vegetables, salt lightly and toss until the vegetable is coated with fat. Do not add water, except for beets which may need a small amount. The vegetable is cooked in a covered pan.

When the vegetable sizzles, you will know that steam has formed. Reduce heat to keep the vegetable from burning. The vegetable is best when it is crisp in texture; do not overcook. Stir the vegetable or shake the pan often enough to prevent burning.

How to Broil Vegetables

If your range has a broiler unit, you will find it useful for cooking vegetables. Broiling is a quick and easy method to use.

Both raw and leftover cooked vegetables may be broiled. Raw potatoes, onions, eggplant and tomatoes are good when sliced and broiled.

Place the vegetable on cold broiler rack, sheet of foil or in a shallow pan, brush with butter or other cooking fat. Place the rack about 3 inches below the source of heat and broil the vegetable until tender. Usually the vegetable should be turned once during the broiling period. When it is done on one side, turn and brush again with fat, and finish broiling. Salt afterwards.

How to Cook Canned and Frozen Vegetables

Canned vegetables. Drain off liquid into saucepan and boil down to one-half or one-third volume. Add vegetables, heat, season and serve. Heat vegetable and liquid together when cooking canned tomatoes and cream-style corn.

A variety of seasonings such as the following add interest to vegetables: celery seeds,

chili sauce, snipped chives, curry powder, generous pinch of dried or fresh herbs, horseradish, lemon juice, grated lemon rind, prepared mustard, grated cheese or sautéed onions.

Frozen vegetables. Do not thaw frozen vegetables before cooking (corn-on-the-cob is the exception). Once thawed they lose food value and flavor rapidly. Place frozen vegetable in gently boiling, salted water. Use $\frac{1}{4}$ to $\frac{1}{2}$ -cup water or less and $\frac{1}{2}$ teaspoon salt. Cover, bring quickly to a boil. Reduce heat and simmer until tender.

Frozen vegetables are partially cooked before freezing; avoid overcooking them.

Vegetables are especially good when broiled with meat. If your broiler pan is large and you are cooking for only two or three people, you can cook a whole meal in the broiler. Leftover or canned vegetables, such as peas, beans, corn, asparagus, carrots or mixed vegetables, can be heated in the bottom of the broiler pan while the meat and another vegetable broil on the rack above the broiler pan.

How to Cook Vegetables in a Pressure Pan

The pressure pan is especially useful for cooking dried beans, fibrous and mature vegetables, whole beets or whole potatoes, all of which require long cooking. If a vegetable cooks quickly by boiling, little time is saved by cooking it in the pressure saucepan.

Since pressure cooking is fast, vegetables must be timed carefully. Just 1 minute of overcooking can result in a mushy product with poor color and flavor. Follow the timetables in the instruction book which comes with the pan.

How to Fry Vegetables

Pan Frying. When vegetables are fried in a small amount of fat, the method is called pan frying or sautéing. Use enough fat to make a layer about $\frac{1}{8}$ -inch deep. Before adding the vegetable, heat the fat, but not to the point that it smokes. Vegetables such as potatoes and

onions may be sliced and pan fried until they are brown on both sides. Eggplant and summer squash are best dipped in egg and then in bread crumbs, cracker crumbs or cornmeal before frying.

Leftover vegetables may be heated or browned lightly in fat.

Deep-fat frying. Potatoes, cauliflower, eggplant and onions may be fried in deep fat. Cut potatoes into even-sized pieces that will cook in a short time. Dry the pieces well before frying.

Break cauliflower into flowerets and boil for 3 to 5 minutes; drain and dip into egg and crumbs before frying.

Cut eggplant into slices about $\frac{1}{4}$ -inch thick and dip them in egg and crumbs.

Sweet onions are very satisfactory for deep-fat frying. Slice them into thin rings and soak in milk for about 30 minutes. Remove the onion rings from the milk and dip them into flour. Be careful to fry these only until they are a light golden brown.

For all the above-named vegetables, use enough cooking oil or melted fat to cover the vegetable completely. Heat the fat to the proper temperature.

For cauliflower, eggplant and onion, 375 to 385 degrees F. is suitable. For potatoes, 385 to 395 degrees F. is preferred. Use a deep-fat frying thermometer to tell when the correct temperature has been reached, or drop a 1-inch cube of soft bread into the fat and observe how long it takes the cube to brown. It should brown in 40 seconds at 375 to 385 degrees F. The vegetables are done when they are nicely browned. Drain them well on absorbent paper; salt and serve them hot.

How to Steam Vegetables

A steamer is a pan with a rack and a tight cover. Place enough water in the steamer to form sufficient steam, but do not let the water

touch the rack. Place the vegetable on the rack, cover the steamer and let the water boil vigorously. Since the vegetables are cooked entirely by steam in this method, the required cooking

time is somewhat longer than for boiling. Steaming is more satisfactory for white, yellow and red vegetables than for green vegetables which may turn olive-green or brown.

Vegetable Platters

1
GREEN BEANS
BUTTERED WHOLE POTATOES
BUTTERED BEETS

2
YELLOW SQUASH
BAKED IRISH POTATOES
BUTTERED ONIONS

3
SCALLOPED POTATOES
FIVE-MINUTE CABBAGE WEDGES
FRENCH FRIED SWEET POTATOES

4
CANDIED SWEET POTATOES
BUTTERED GREEN BEANS
CAULIFLOWER WITH CHEESE SAUCE
BROILED TOMATO HALVES

5
BUTTERED WHOLE ONIONS
BUTTER-BROWNS NEW POTATOES
HARVARD BEETS
WHOLE YELLOW SQUASH

6
STUFFED TOMATOES
WHOLE-KERNEL CORN
MOLDED GREENS TOPPED
WITH HARD-COOKED EGG SLICES
BAKED POTATOES

7
CAULIFLOWER WITH LEMON BUTTER
SWEET-SOUR GREEN BEANS
SAVORY CARROTS

8
FIESTA BAKED BEANS
CABBAGE WEDGES
SLICED TOMATOES

9
CORN PUDDING
BUTTERED CARROTS
ENGLISH PEAS IN POTATO NESTS

10
STUFFED ONIONS
HARVARD BEETS
ASPARAGUS WITH CHEESE SAUCE

11
BROCCOLI
WHOLE CARROTS
STUFFED BAKED IRISH POTATOES

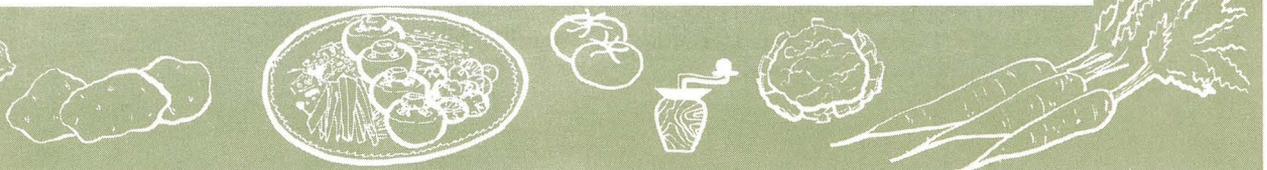
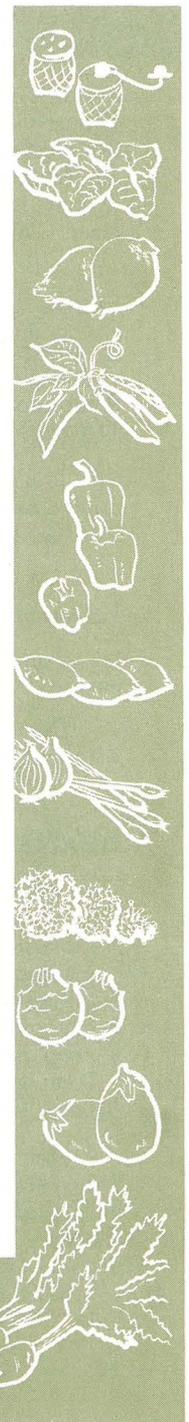
12
BUTTERED WHOLE POTATOES
ASPARAGUS WITH CHEESE SAUCE
GREEN BEANS WITH ONION RINGS
WHOLE BABY CARROTS

13
BABY BEETS ON A BED OF SPINACH
CAULIFLOWER
MINTED CARROTS

14
STUFFED TOMATO
SWEET POTATO WITH ORANGE GLAZE
HARVARD BEETS
BROCCOLI
FRENCH-FRIED ONIONS

15
TOMATO CHEESE CASSEROLE
PARSLEY POTATOES
FRIED OKRA

16
SQUASH AND ONIONS
BUTTERED BEETS
GREEN BEANS CASSEROLE



Recipes

ASPARAGUS

ASPARAGUS SOUFFLE WITH CHEESE SAUCE

4 tablespoons butter or margarine	2 1/4 teaspoons salt
7 tablespoons flour	1/8 teaspoon pepper
1/2 cup milk	2 cups fresh or canned asparagus, cut in 1/4-inch pieces
1/2 cup asparagus liquid	4 eggs, separated

Melt butter or margarine. Blend in flour. Add milk, asparagus liquid, salt and pepper. Cook until thick. Beat yolks until thick and add to sauce. Mix sauce with asparagus. Beat egg whites until they hold a soft peak. Fold in asparagus mixture. Pour in buttered 1 1/2 quart casserole. Run point of spoon around top of souffle about 1 inch from edge. Place casserole in a shallow pan of water and bake at 350° F. 1 hour or until a fork inserted in the center comes out clean. Serve with cheese sauce. Serves eight.

CHEESE SAUCE

2 tablespoons butter or margarine	1/4 teaspoon salt
2 tablespoons flour	1/8 teaspoon pepper
1 1/2 cups milk	1/2 cup grated cheese

Melt butter or margarine. Add flour. Heat milk. Add gradually. Cook 5 minutes until smooth. Add salt and cheese. Stir until cheese melts.

Variations for boiled asparagus:

Top buttered asparagus with grated Parmesan cheese.

Cut carrots in thin strips. Cook and combine with hot buttered asparagus.

BEANS

SCALLOPED GREEN BEANS

2 tablespoons butter or margarine	1/2 teaspoon salt
3 tablespoons flour	1/8 teaspoon pepper
1 cup milk	1 tablespoon prepared mustard
1/2 cup liquid drained from green beans	2 cups drained canned or fresh cooked green beans
1/4 cup finely cut cheese	1/4 cup buttered crumbs

Melt butter or margarine; add flour and blend well. Add milk slowly and cook, stirring constantly, until thickened; add liquid from beans, mustard and cheese. Stir until cheese is melted. Add salt and pepper. Place alternate layers of beans and sauce in a greased casserole. Top with buttered crumbs and bake at 350° F. 30 minutes. Serves 4.

GREEN BEANS WITH BACON AND HERBS

4 slices bacon, chopped	2 tablespoons chopped parsley
1 small onion, thinly sliced	1/8 teaspoon marjoram
2 tablespoons chopped green pepper	Pinch of rosemary
1 No. 2 can green beans, drained, or 2 1/2 cups cooked string beans	1/4 teaspoon monosodium glutamate
	Salt and pepper

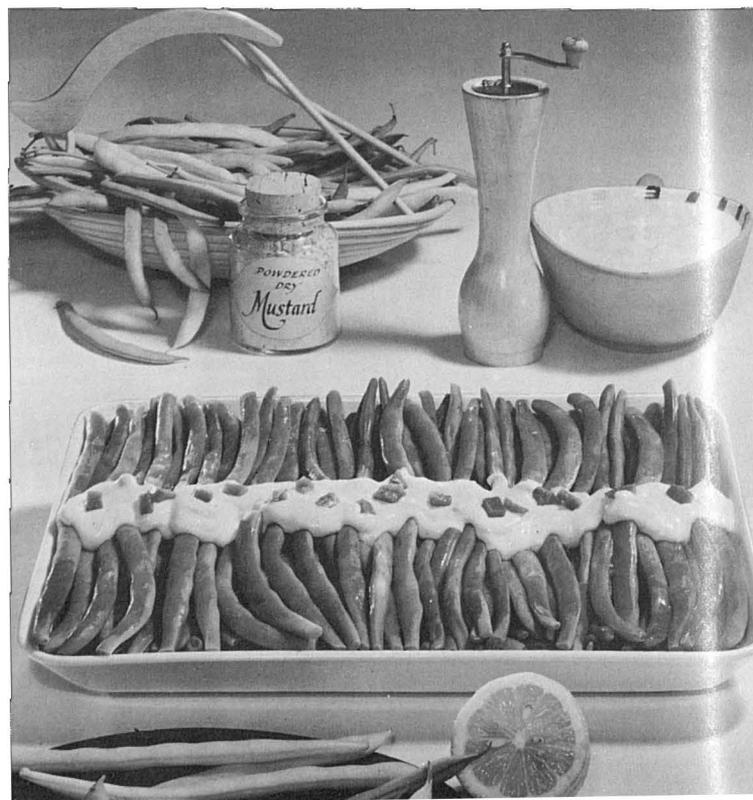
Cook bacon bits slowly until crisp. Remove from pan. Add onion and green pepper to bacon drippings; saute gently 5 minutes. Add beans, parsley and seasonings; cover and simmer 5 minutes. Turn into heated serving dish and sprinkle bacon bits over the top. Serves four.

SWEET AND SOUR GREEN BEANS

4 cups cooked or canned green beans (preferably cut French style)	1/4 cup water
1 large onion, sliced paper thin	1/2 cup sugar
2 cloves garlic, sliced	2 tablespoons salad oil
1/2 cup vinegar	Salt and pepper
	1/2 teaspoon monosodium glutamate

Combine beans, onion and garlic in a bowl large enough to permit ingredients to be tossed. Heat vinegar, water and sugar together until mixture boils. Stir to dissolve sugar. Remove from heat; add salad oil; pour over beans, onion and garlic. Season with salt, pepper and monosodium glutamate. Toss gently until ingredients are well mixed. Serve hot or cover and chill several hours or overnight before serving. Serves six.

GREEN BEANS WITH HOT MUSTARD SAUCE



GREEN BEANS WITH HOT MUSTARD SAUCE

2 teaspoons dry mustard ¾ cup milk, scalded
 ½ teaspoon flour 2 tablespoons lemon juice
 or vinegar
 ¼ teaspoon salt 3 cups hot, green beans
 2 beaten egg yolks

Mix mustard, flour and salt in double boiler; add egg yolks; beat well. Slowly add hot milk; cook until thick and add lemon juice. Pour over green beans. Serves six.

SWISS STYLE GREEN BEANS

2 tablespoons butter or margarine 4 cups drained, cooked or canned green beans
 2 tablespoons flour ½ pound Swiss cheese, grated
 1 teaspoon salt 2 cups corn flakes or bread crumbs
 ¼ teaspoon black pepper 2 tablespoons melted butter or margarine
 1 teaspoon sugar
 ½ teaspoon grated onion
 1 cup sour cream

Melt 2 tablespoons butter or margarine; stir in flour, salt, pepper, sugar and onion. Add sour cream gradually, stirring constantly. Cook until thickened, stirring occasionally. Fold in green beans and heat thoroughly. Pour into greased 1½ quart casserole. Sprinkle grated cheese over beans. Crush corn flakes or bread into fine crumbs; mix with melted butter or margarine and sprinkle over cheese. Bake at 400° F. about 20 minutes. Serves six.

GREEN BEANS WITH TOMATO SAUCE

TOMATO SAUCE

1 No. 303 can tomatoes 2 tablespoons flour
 or Salt and pepper
 2 cups cooked tomatoes 1 No. 2 can green beans
 ½ teaspoon sugar or
 ¼ cup chopped onion 1-pint package frozen string beans
 Small piece bay leaf 1 cup bread crumbs
 2 cloves 2 tablespoons butter or margarine
 2 tablespoons melted fat

Cook the tomatoes slowly with the sugar, onion, bay leaf and cloves for 10 minutes. Put through a sieve. Blend fat and flour and stir into the tomato mixture. Cook over low heat, stirring often until thickened. Season with salt and pepper. Makes 2 cups.

Drain liquid off canned beans or thaw frozen beans. Place a layer of string beans in bottom of a buttered casserole. Add tomato sauce and repeat



SWISS-STYLED GREEN BEANS

until casserole is filled. Top with bread crumbs mixed with melted butter or margarine. Bake at 350° F. 30 minutes.

Variations for boiled green beans:

At the end of the cooking time add one of the following and heat:

⅓ cup finely chopped apple mixed with ½ teaspoon brown sugar	Pour a nippy cheese sauce over seasoned wax beans
Brown ½ cup chopped mushrooms lightly in butter or margarine.	Horseradish
Sprinkle over beans.	Finely crushed ginger snaps
Crisp bacon	Prepared mustard
	Herbs in butter

GREEN LIMA BEANS

LIMA BEAN BAKE

2½ cups cooked green lima beans ½ cup chili sauce
 ½ cup water ½ teaspoon Worcester-shire sauce
 4 tablespoons butter or margarine ½ pound sliced American cheese

Put beans in casserole and cover with water and chili sauce. Add Worcestershire sauce and top with cheese slices. Bake at 350° F. about 30 minutes. Serves six.

Variations for boiled lima beans:

At the end of cooking time add one of the following and heat:

¼ cup chopped onion and celery	Canned tomatoes
Hot chili sauce	Nutmeg
	1 chopped pimiento



BOSTON BAKED BEANS

DRIED BEANS

BOSTON BAKED BEANS

2 cups dry navy beans or Great Northern beans
 1½ quarts water
 1 teaspoon salt
 ¼ pound salt pork
 ¼ cup molasses
 ½ teaspoon mustard

Boil beans in water for 2 minutes. Remove from heat, soak 1 hour. Add salt and boil gently 45 minutes.

Make cuts through the rind of the pork about ½ inch apart. Put half the pork in a bean pot or deep baking dish. Add beans and rest of pork. Mix molasses and mustard with the cooking liquid from the beans. Pour over the beans. Cover dish. Bake at 250° F. 6 or 7 hours; add a little hot water from time to time, if beans seem dry. During the last hour of baking remove the lid to let the beans brown on top. Serves six to eight.

For shorter baking. Boil pork 45 minutes along with beans. Add molasses and mustard and bake at 300° F. 3 hours. Remove the lid the last 30 minutes.

FIESTA BAKED BEANS

6 strips bacon
 ½ green pepper, chopped
 1 large onion, chopped
 ½ pound boiled ham, slivered
 6 cups pork and beans
 ½ cup catsup
 ⅓ cup brown sugar
 1 tablespoon Worcestershire sauce
 Salt and pepper
 ½ teaspoon monosodium glutamate

Cook bacon until crisp. Remove bacon from pan; drain, crumble into small bits. Add green pepper and

onion to bacon drippings; saute 5 minutes. Add ham; cook 3 minutes. Combine ham mixture with the bacon, beans and remaining ingredients; mix thoroughly. Turn into greased shallow baking dish (12" x 8" x 2"). Bake at 350° F. 1 to 1¼ hours, or until beans are bubbly all the way through. Serves six.

BEETS

BEETS WITH CARAWAY SEED

2 cups cooked, sliced beets
 2 tablespoons butter or margarine
 1 tablespoon fresh lemon juice
 ½ teaspoon salt
 Pepper
 ¾ teaspoon whole caraway seed

Combine ingredients and heat. If you like sour cream, add ¼ cup to this recipe. Serves four.

BEETS WITH HORSERADISH SAUCE

2 tablespoons butter or margarine
 2 tablespoons flour
 ½ teaspoon salt
 1 cup milk
 3 tablespoons prepared horseradish
 or
 1 tablespoon dry horseradish
 3 cups cooked, diced beets

Melt butter or margarine. Stir in flour and salt. Add milk gradually. Cook, stirring constantly, until thick and smooth. Add horseradish; mix well. Pour sauce over hot diced beets. Serve immediately. Serves four.

HARVARD BEETS

3 cups cooked diced beets
 ½ cup sugar
 2 tablespoons flour
 ½ cup vinegar
 ¼ cup water
 ½ teaspoon salt
 2 tablespoons butter or margarine

Mix sugar, flour; add water, vinegar. Cook slowly until thick, about 10 minutes. Add salt, butter or margarine; then diced beets. Cover and continue cooking about 10 minutes. Serves five.

ORANGE BEETS

1 teaspoon grated orange peel
 ½ cup orange juice
 2 tablespoons lemon juice
 ¼ cup sugar
 1 tablespoon cornstarch
 ½ teaspoon salt
 2 tablespoons butter or margarine
 3 cups diced, cooked or canned beets, drained

Heat grated peel, orange and lemon juice, in double boiler. Mix sugar, cornstarch and salt; add all at once, and stir until thickened and clear. Add butter and beets, and heat in double boiler 15 to 20 minutes. Serves four to six.

Variations for boiled beets:

At the end of cooking time, whole, sliced or cubed beets may be covered with $\frac{1}{2}$ cup water, $\frac{1}{2}$ cup vinegar and 1 tablespoon sugar; or add basil, savory, coriander or caraway.

BROCCOLI

BROCCOLI CASSEROLE

2 tablespoons butter or margarine	$\frac{1}{2}$ cup mayonnaise
2 tablespoons flour	1 tablespoon grated onion
$\frac{1}{2}$ cup milk	3 eggs, well beaten
2 cups chopped, cooked broccoli	Salt and pepper

Melt butter or margarine, add flour and blend. Add milk and cook until thick. Combine all ingredients. Pour into a well greased casserole. Set in a pan of hot water. Bake at 350° F. about 45 minutes or until firm. Serves six.

Spinach, Swiss chard, artichoke hearts or asparagus may be substituted for broccoli.

Variations for boiled broccoli:

At the end of cooking time, add one of the following:

$\frac{1}{4}$ cup mayonnaise or salad dressing blended with 1 teaspoon prepared mustard and 1 teaspoon lemon juice.

$\frac{1}{3}$ cup mayonnaise combined with $\frac{1}{3}$ cup sour cream, 1 teaspoon minced onion and dash of cayenne.

BRUSSELS SPROUTS

CASSEROLE OF BRUSSELS SPROUTS

2 tablespoons butter or margarine	$1\frac{1}{2}$ cups cooked brussels sprouts
$\frac{1}{2}$ cup chopped celery	Fine bread or cracker crumbs mixed with melted butter or margarine
$\frac{1}{4}$ cup chopped onion	$\frac{1}{2}$ cup grated cheese (optional)
2 tablespoons flour	
$\frac{1}{2}$ teaspoon salt	
Pepper	
1 cup cooked or canned tomatoes	



CASSEROLE OF BRUSSELS SPROUTS

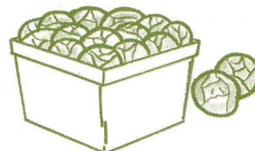
Heat the butter or margarine in a fry pan. Add the celery and onion and cook slowly until yellow. Blend in the flour, salt, pepper; add tomatoes. Stir and cook until mixture is thick. Put the brussels sprouts into a greased baking dish and add the tomato mixture. Sprinkle the crumbs and cheese over the top. Bake at 350° F. about 30 minutes. Serves 6.

Variations for boiled brussels sprouts:

At end of cooking time, add one of the following:

2 tablespoons melted butter or margarine and 1 teaspoon bottled meat sauce.

Small seedless grapes.



CABBAGE

SCALLOPED GREEN CABBAGE

5 cups shredded cabbage	$\frac{1}{8}$ teaspoon pepper
$\frac{3}{4}$ cup water	$\frac{1}{8}$ teaspoon salt
1 tablespoon butter or margarine	$\frac{2}{3}$ cup cream
1 tablespoon flour	$\frac{1}{3}$ cup cabbage liquid
	1 cup buttered crumbs

Cook cabbage 5 minutes in salted boiling water. Make a white sauce of butter or margarine, flour, salt, pepper, cream and cabbage liquid. Combine sauce and cabbage. Pour into greased casserole. Top with buttered crumbs. Bake at 450° F. 20 minutes. Serves six.

PENNSYLVANIA RED CABBAGE

- | | |
|---|------------------------------------|
| 2 tablespoons salad oil
or bacon drippings | 1/4 cup brown sugar |
| 4 cups shredded red
cabbage
(1 medium-sized head) | 1/4 cup vinegar |
| 2 cups cubed unpared
apple (2 medium-sized) | 1/4 cup water |
| | 1 1/4 teaspoons salt |
| | Pepper |
| | 1/2 teaspoon caraway seed |
| | Unpared apple rings for
garnish |

Heat oil in skillet; add remaining ingredients. Cover tightly; cook slowly, stirring occasionally. For crisp cabbage, cook 15 minutes; for soft cabbage cook 25 to 30 minutes. Garnish with raw unpared apple rings. Serves four to five.

COUNTRY-STYLE CABBAGE

- | | |
|--|---------------------|
| 1 medium-sized head
cabbage, shredded | 1/2 cup light cream |
| 1/2 cup butter or
margarine | 1/2 teaspoon salt |

Cook cabbage and butter or margarine in covered container 5 or 6 minutes. Add cream and salt. Cook 2 minutes longer. Serves six.

CARROTS

PANNED CARROTS

- | | |
|---|---------------------------------------|
| 12 small whole or 4 cups
thinly sliced carrots | 1 1/2 teaspoons salt |
| 1/4 cup finely chopped
onion | 1/4 teaspoon celery salt |
| 2 tablespoons butter or
margarine | 1 tablespoon chopped
fresh parsley |

Melt butter in pan with a close-fitting lid; add carrots, onion and seasonings. Mix well, cover tightly and cook over low heat until done, about 10 minutes. Do not peek as this lets out steam and prolongs cooking period. When carrots have cooked, place in serving bowl and sprinkle with parsley. Serves six.

SAVORY PANNED CARROTS

- | | |
|--------------------------------------|---------------------------------------|
| 18 small whole carrots | 1/4 cup heavy cream |
| 1/2 teaspoon salt | 1 egg yolk |
| 2 tablespoons butter or
margarine | 1/2 teaspoon salt |
| 2 tablespoons flour | 1/8 teaspoon ground
white pepper |
| 1 cup carrot water and
milk | 1 tablespoon chopped
fresh parsley |



SAVORY PANNED CARROTS

Wash and scrape carrots. Place in saucepan or deep skillet with 1/2 teaspoon salt and a small amount of boiling water. Cover and cook until tender. Drain if necessary, saving the carrot liquid. Keep carrots warm. Melt butter or margarine in a saucepan. Blend in flour. Pour carrot water in a measuring cup. Finish filling with milk and add gradually to the butter and flour. Cook until thickened, stirring constantly, 5 to 8 minutes. Just before serving blend cream with egg yolks and add to the sauce. Cook 1 minute. Do not boil after adding egg yolks. Season with remaining 1/2 teaspoon salt and ground white pepper. Pour over carrots. Add parsley. Serve at once. Serves six.

CARROT RING

- | | |
|---|---|
| 2 1/2 cups riced or mashed,
cooked carrots | 2 tablespoons melted
butter or margarine |
| 1 teaspoon salt | 3 eggs, well beaten |
| Pepper | 1 cup milk |
| 1 tablespoon finely
minced onion | |

Mix ingredients in order given, and pack into well-buttered 8-inch ring mold. Set mold in shallow pan containing hot water 1/2 inch deep and bake 325° F. about 40 minutes or until firm when tested with a knife. Remove from oven; let stand a few minutes, then loosen edges and invert on a hot plate. Fill center with buttered or creamed peas or creamed tuna or chicken. Garnish with parsley and tomato wedges. Serves six.

GLAZED CARROTS

12 cooked carrots, whole, $\frac{1}{4}$ cup butter or sliced or diced margarine
 $\frac{1}{2}$ cup brown sugar $\frac{1}{4}$ cup hot water

Cook sugar, butter or margarine and water for 5 minutes. Add carrots and cook until hot. Serves six.

Variations for boiled carrots:

At the end of cooking time, add 1 tablespoon butter or margarine, $\frac{1}{4}$ cup chopped mint and 1 teaspoon sugar.

CAULIFLOWER

CAULIFLOWER POLONAISE

1 large head cauliflower $\frac{1}{2}$ cup cracker crumbs
1 teaspoon salt $\frac{1}{2}$ teaspoon grated lemon rind
 $\frac{1}{3}$ cup butter or margarine 2 teaspoons lemon juice
 $\frac{1}{2}$ teaspoon grated onion

Remove large leaves and tough outer spines from cauliflower and soak for 15 minutes in salt water. Cook cauliflower uncovered in a large kettle of boiling salt water until tender but not falling apart. Meanwhile, melt butter or margarine in a saucepan and add grated onion and cracker crumbs; stir until bubbling hot and crumbs are a deep golden brown. Remove cauliflower to heated platter. Add lemon juice and rind to the cracker crumb sauce and pour over the cauliflower. Serve at once. Serves four.

CREAMED CAULIFLOWER

1 large head cauliflower $\frac{1}{2}$ teaspoon salt
separated into flowerets $\frac{1}{2}$ teaspoon pepper
1 can condensed cream $\frac{1}{4}$ cup toasted slivered almonds
of celery soup

Cook cauliflower in $\frac{1}{2}$ inch boiling salt water in covered saucepan, until tender, about 10 minutes. Arrange in baking dish. Combine soup, salt and pepper. Pour over cauliflower. Sprinkle with almonds. Bake at 350° F. 20 minutes. Serves four.

Variations for boiled cauliflower:

At the end of cooking time, add one of the following:

$\frac{1}{4}$ cup sour cream blended with 2 tablespoons catsup and 1 teaspoon minced parsley. Mix lightly with cooked cauliflower.

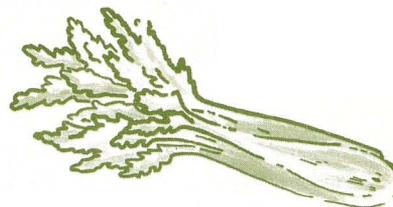
Crumbled crisp bacon.

CELERY

CELERY WITH NUTS

4 cups diced celery (1-inch pieces) 3 tablespoons melted butter or margarine
2 cups chicken broth 3 tablespoons flour
 $\frac{1}{2}$ cup chopped nuts $1\frac{1}{2}$ cups milk
 $\frac{1}{2}$ cup grated Parmesan cheese $1\frac{1}{2}$ teaspoons salt

Cook celery in chicken broth, until tender, about 8 to 10 minutes. Drain. Melt butter or margarine. Blend in flour. Add milk and salt. Cook until thick. Stir in celery and nuts. Pour in buttered casserole. Top with cheese. Bake at 350° F. 15 minutes or until cheese is browned. Serves six.



CORN

CORN PUDDING

$1\frac{1}{4}$ cups fine cracker crumbs 2 cups fresh raw corn (2 or 3 ears)
 $\frac{1}{2}$ cup butter or margarine, melted $\frac{1}{2}$ teaspoon salt
2 tablespoons butter or margarine $\frac{1}{2}$ teaspoon onion salt (optional)
 $1\frac{1}{4}$ cups milk 2 tablespoons flour
2 eggs, beaten

Combine crumbs and melted butter. Save $\frac{1}{2}$ cup for topping. Line a 9-inch pie pan with remaining crumbs. Combine butter or margarine, 1 cup milk, raw corn and salt. Bring to boil. Reduce heat and cook 3 minutes. Add flour to $\frac{1}{4}$ cup milk. Mix to a smooth paste. Add slowly to hot milk-corn mixture, stirring constantly. Cook 2 to 3 minutes or until thick. Cool slightly. Add onion salt. Add egg slowly, stirring constantly. Pour into crumb-lined pan. Top with remaining crumbs. Bake at 400° F. 20 minutes. Serves six.

CORN A LA SOUTHERN

1 No. 303 can <i>or</i>	3 tablespoons melted
2 cups cooked corn	butter or margarine
2 cups milk	1 teaspoon salt
3 eggs, beaten	Cayenne

Add milk, seasonings, butter and corn to eggs. Turn mixture into a shallow, buttered baking dish. Set dish in a pan of hot water in oven. Bake at 325° F. 40 minutes or until set. Serves six.

CORN FRITTERS

1½ cups flour	⅔ cup milk
1½ teaspoons baking powder	1 egg, beaten
¾ teaspoon salt	1½ cups drained, whole kernel corn

Sift together flour, baking powder and salt. Blend milk and egg; add gradually to dry ingredients. Stir in corn. Drop from tablespoon into deep hot fat 365° F. 2 to 5 minutes. Drain. Serves four to six.

Variations:

Cook cut corn in top of double boiler, using light cream instead of water.

Season with minced parsley and garlic salt. At the end of cooking time, add one of the following:

¼ cup chopped ripe olives	Add a pinch of marjoram, thyme or savory to buttered corn
1 teaspoon curry powder	
Brown slivered, blanched almonds in a little butter	

EGGPLANT

EGGPLANT AU GRATIN

1 medium-sized eggplant (about 2 pounds)	1 egg, beaten
3 medium-sized onions, chopped	½ cup crumbled American blue cheese (3-ounces)
1 cup cracker crumbs	3 tablespoons butter

Pare eggplant and dice. Cover and cook with onions in a small amount of boiling salt water until tender, about 10 minutes. Drain. Add ¾ cup crumbs, egg and cheese. Mix lightly but thoroughly. Turn into greased 1½ quart casserole. Top with remaining crumbs and dot with butter. Bake at 350° F. 30 minutes. Serves four to six.

EGGPLANT SKILLET CASSEROLE

1 medium-sized eggplant	¼ teaspoon powdered ginger
1 clove garlic	2 tablespoons celery seed
3 cups bread crumbs	1 tablespoon salt
¼ cup chopped onion	1 teaspoon pepper
½ cup chopped fresh parsley	½ cup butter or margarine

Slice eggplant crosswise into ½-inch slices. Rub skillet with garlic and cover bottom with eggplant slices. Add water to depth of ¼ inch. Mix bread crumbs, onion, parsley, ginger, celery seed, salt and pepper; then toss with melted butter or margarine. Sprinkle ⅓ of bread crumb mixture on first layer of eggplant. Add two more layers of eggplant alternately with bread crumb mixture. Cover skillet and steam slowly 15-20 minutes, or until tender. Serves six.

PAN-FRIED EGGPLANT

1 medium-sized eggplant	Salt and pepper
1 egg, beaten	Flour or fine dry bread crumbs
2 tablespoons milk	Fat

Cut eggplant into ½-inch slices. Pare if desired. Dip in flour or fine, dry bread crumbs, then in an egg beaten with 2 tablespoons of milk; then dip again in flour or crumbs. Season and fry slowly in a small amount of hot fat until browned on one side and rather transparent. Turn and brown on other side. Serve hot. Serves four.

OKRA

OKRA GUMBO

4 tablespoons butter, margarine or bacon drippings	1 No. 303 can tomatoes <i>or</i> 2 cups fresh tomatoes
1 cup chopped onions	4 cups sliced okra
½ cup chopped green pepper	¾ teaspoon salt
	Cayenne

Heat the fat and cook the onions and green pepper until soft. Add okra, tomatoes and seasonings. Simmer 15 minutes or until okra is tender. Serves four.

FRIED OKRA

1½ pounds okra	½ cup corn meal
1 egg, beaten	½ teaspoon salt

Remove stems from okra and cut in ¼-inch slices. Dip in egg and roll in corn meal with salt added.

Fry in hot fat until golden brown. Drain. Serves four.

ONIONS

CHEESED ONION BAKE

6 cups thinly sliced onion rings (about 6 medium-sized onions)	$\frac{1}{4}$ cup flour
$\frac{1}{4}$ cup butter or margarine	2 cups milk
	$\frac{1}{2}$ teaspoon salt
	2 cups grated sharp cheese

Place onion rings in ungreased casserole. Melt butter in saucepan; blend in flour. Gradually stir in milk. Cook, stirring constantly, until thick. Stir in salt and cheese. Pour over onions. Bake uncovered at 350° F. 1 hour or until onions are tender. Serves six.

FRENCH-FRIED ONIONS

1 cup flour	$\frac{3}{4}$ cup milk
$\frac{1}{2}$ teaspoon baking powder	1 egg
$\frac{1}{2}$ teaspoon salt	2 tablespoons melted fat
1 teaspoon sugar	2 to 3 large onions (about 1 $\frac{1}{4}$ pounds)
Shortening for frying	

Peel onions and slice in $\frac{1}{4}$ -inch slices; separate into rings. Sift flour, measure and resift with baking powder, salt and sugar into mixing bowl. Measure and mix milk, egg and fat; add to dry ingredients all at once and beat until smooth. Dip onion rings in batter and fry a few at a time in deep fat at 375° F. until a golden brown. Drain on absorbent paper; sprinkle with salt. Serves four.

PEAS

ENGLISH PEAS WITH MUSHROOMS

2 12-oz. packages frozen English peas	2 tablespoons flour
1 4-oz. can sliced mushrooms	1 chicken bouillon cube
2 tablespoons butter or margarine	$\frac{1}{4}$ teaspoon monosodium glutamate
	Salt and pepper

Cook peas; drain. Drain mushrooms saving liquid. Add enough water to their liquid to make $\frac{3}{4}$ cup. Saute mushrooms in butter 5 minutes; blend in flour; add diluted mushroom liquid and cook, stirring, until mixture boils and thickens. Add bouillon cube; stir until dissolved. Add monosodium glutamate, salt and pepper. Combine peas, mushrooms and sauce; heat gently before serving. Serves six.



FRENCH-FRIED ONIONS

Variations for boiled peas:

Add 1 teaspoon crushed, dried mint leaves to peas. At the end of cooking time, add one of the following:

Chopped watercress	Chopped stuffed olives
	Finely chopped, salted peanuts

BLACKEYE PEAS

1 pound dried blackeye peas	1 pound side back or salt pork
2 medium-sized onions, diced	$5\frac{1}{2}$ cups water
	Crushed red pepper

Pick over peas and wash in running cold water. Soak peas in cold water for 3 hours; drain and place in saucepan with onions, salt pork and water. Cover and cook slowly for 2 hours. Season to taste with red pepper. Remove pork. Serve in dish with pot liquor. Serves six to eight.

POTATOES

FRENCH-FRIED POTATOES

Allow one medium-sized potato per person.

Pare and cut lengthwise into uniform strips about $\frac{1}{2}$ inch thick. Rinse quickly in cold water to remove surface starch. Dry thoroughly between towels. Fill the fry kettle $\frac{1}{3}$ full of fat or oil, and heat to 370°-385° F., keeping the fry basket in the fat. Raise basket and add raw potato strips to cover the bottom of the basket. Lower basket gently into fat. If fat bubbles a great deal, lift the basket and lower several times until the bubbling subsides. Fry for about 5

minutes, or until strips are cooked and golden brown. Remove basket from the fat. Drain for a few seconds, then gently shake the basket. Serve immediately.

POTATO FLUFF

2 cups mashed potatoes	1 tablespoon butter or margarine
1/2 cup hot milk	
1 1/4 teaspoons salt	3/4 cup grated sharp cheese, optional
1/4 teaspoon pepper	2 egg whites, stiffly beaten
2 egg yolks, beaten	

Mash potatoes until smooth. Add milk, salt, black pepper and butter or margarine. Beat until fluffy. Stir in grated cheese and egg yolks. Fold in stiffly beaten egg whites. Pour mixture into an ungreased casserole. Bake at 350° F. 45 minutes or until done. Serves six.

HUNTINGTON BAKED POTATOES

6 potatoes of uniform size	6 tablespoons butter or margarine
	Paprika

Wash, dry and prick potatoes. Bake at 400° F. 50 to 60 minutes or until soft, when pierced with a fork. Roll gently to make mealy. Slash a cross in the top of each. Insert butter or margarine. Sprinkle with paprika. Serves six.

Variations:

Add one or a combination of any of the following:

Thinly sliced green onions and tops	Grated cheese
Thick sour cream	Chopped parsley
Crisp crumbled bacon	Chopped chives

POTATOES NAPOLI

4 medium-sized potatoes, baked	3/4 cup grated Parmesan, Romano or cheddar cheese
3/4 cup hot milk	2 teaspoons salt
2 tablespoons butter or margarine	1/4 teaspoon garlic salt
1/4 teaspoon pepper	

Cut 1/2-inch slice from top of each potato. Scoop out potato. Do not break skin. Mash potato. Add milk, 1/2 cup cheese, butter or margarine and seasonings. Refill potatoes. Sprinkle tops with remaining cheese. Bake in shallow baking dish at 400° F. 15 minutes or until cheese is lightly browned. Serves four.



POTATO FLUFF

PARMESAN POTATO STICKS

6 medium-sized potatoes	Onion salt
6 tablespoons butter or margarine, melted	Paprika
	6 tablespoons Parmesan cheese

Wash potatoes, but do not pare. Cut in slices as for French-fried potatoes. Soak in cold water 30 minutes. Drain and dry. Brush with butter or margarine; arrange in single layer in a greased shallow pan; sprinkle with onion salt and paprika. Bake at 450° F. 20 to 30 minutes or until tender and brown, turning occasionally. Remove from oven and sprinkle with cheese, shaking pan so potatoes are evenly coated. Serves six.

POTATO CAKES

3 cups seasoned mashed potatoes	1/4 cup melted butter, margarine or bacon fat
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Shape mashed potato cakes 2 1/2 inches across and 1/2 inch thick. Roll in flour. Heat fat in heavy skillet. Brown cakes in fat, turning once. Serves six.

OLD FASHIONED SWEET POTATO PUDDING

2 cups grated or finely chopped, raw sweet potatoes	1/2 teaspoon salt
2 eggs, beaten	3/4 teaspoon allspice
1/3 cup sugar	1/4 teaspoon cloves
1/4 cup molasses	2 cups milk
	1/3 cup butter or margarine

Pare raw sweet potatoes and grate them finely or put them through the food chopper twice, using the fine blade. Combine eggs, sugar, salt, spices and molasses. Heat milk and stir in sweet potatoes and butter or margarine. Cook long enough to thoroughly

Variations for boiled spinach:

At the end of cooking time, add one of the following:

1/2 teaspoon grated lemon rind
Crisp bacon crumbled
Grated cheese

SQUASH

BUTTERED ZUCCHINI

6 small zucchini squash 2 cloves garlic, chopped
1/3 cup butter or finely or crushed
 margarine Salt and pepper

Wash squash. Cut off ends. Slice in 1/4-inch slices. Place in saucepan; add 1 inch water; let simmer until tender. Drain well. Melt butter or margarine. Add garlic. Saute slowly a few minutes; then add drained zucchini. Mix lightly so as not to break up the squash. Heat slowly. Season with salt and pepper.

SQUASH RINGS WITH PEAS

1 large acorn squash 1/4 cup butter or
1 teaspoon salt margarine
3/4 to 1 cup water 2 tablespoons chopped
2 cups cooked peas onion

Wash acorn squash and cut into 4 crosswise slices. Trim off pointed end. Scrape out seeds. Arrange squash in a skillet with a tight-fitting lid. Sprinkle squash with salt and add water. Cover, heat to boiling. Lower temperature and steam gently until tender, about 12 to 15 minutes. Heat peas. Peel squash rings. Arrange on platter. Spoon peas in squash rings. Serves four.

STUFFED PATTY PAN SQUASH

1/2 cup water 3 tablespoons bacon fat
4 medium white summer 1/2 teaspoon salt
 squash 1/4 teaspoon allspice
1/4 cup chopped onion 1/2 cup grated American
1/2 cup chopped celery cheese

Heat water to boiling. Add squash and simmer 25 minutes or until tender. Drain. Remove pulp with spoon, leaving shell about 1/2 inch thick. Fry onions and celery in bacon fat; add squash pulp, seasonings and mix well. Fill squash shells with mixture and place in shallow baking pan. Sprinkle each squash with cheese. Bake at 350° F. 20 minutes. Serves four.

CHICKEN-BAKED SQUASH

3 cups cubed yellow 1/2 cup chopped nuts
squash 2 tablespoons chopped
2 tablespoons butter or pimento
 margarine 1/4 cup soft bread cubes
1 can condensed cream 2 tablespoons melted
of chicken soup, butter or margarine
undiluted

Alternate layers of squash, bits of butter, soup, nuts and pimento in casserole. Top with bread cubes and butter, tossed together. Bake at 375° F. 40 minutes or until tender. Serves six.

BAKED ACORN SQUASH

3 medium-sized acorn 6 tablespoons honey
squash 6 teaspoons butter
 or margarine

Wash squash and cut in half lengthwise. Remove seeds. To each half add 1 tablespoon honey and 1 teaspoon butter. Bake at 400° F. about 30 to 45 minutes or until tender. Serves six.

SQUASH AND ONIONS

6 medium-sized squash Salt and pepper
3 onions, sliced 3 tablespoons bacon
 drippings

Wash and slice squash. Add other ingredients. Cook in 1/2 inch of water in covered saucepan until tender. Remove cover. Mash squash and onion and continue cooking until thick. Serves four.

FRIED SQUASH

6 medium-sized white 3/4 teaspoon salt
squash 3/4 cup milk
1 3/4 cups flour 1 egg, beaten
2 teaspoons baking
powder

Wash and slice squash in 1/2-inch slices. Make batter of flour, baking powder, salt, milk and egg. Dip squash in batter and fry in 1/2-inch deep hot fat. Brown on one side; turn and finish browning. Drain. Serves six.

Variation:

Roll squash in beaten egg, then in flour combined with salt and pepper. Fry as above.

MEXICAN OR CALABAZA SQUASH

2 tablespoons fat 2 cloves garlic, sliced
1 1/2 pounds Mexican 1 No. 300 or 1 1/2 cups
squash canned tomatoes
1 medium-sized onion 2 hot, green peppers
2 teaspoons cumin Salt

Wash squash and remove seeds. Do not pare squash, but cut into inch cubes. Saute onion in fat until crystal clear; add squash, garlic, tomatoes and seasoning with enough water to simmer about 1 hour or until done. Add hot peppers the last 15 minutes of cooking time. Pork, chicken, beef, fresh corn or okra may be added to this dish. Serves four to six.

SQUASH SQUARES IN SOUR CREAM

4 cups squash	2 tablespoons butter or margarine
Pepper	
1 medium-sized onion, sliced	1 cup sour cream
	$\frac{1}{2}$ teaspoon salt
	$\frac{1}{2}$ teaspoon dill seed

Cook squash in boiling, salt water 15 minutes or until tender; drain well and sprinkle with pepper. Meanwhile cook onion in butter until tender, but not brown; remove from heat; add sour cream and salt, stirring well. Place hot, cooked squash on platter; pour cream mixture over. Sprinkle with dill seed. Serves four to six.

Variations for boiled summer squash:

Cook almost any vegetable in bouillon, broth or stock instead of water. At the end of cooking time add one of the following:

A tablespoon or two of maple-blend syrup to mashed squash.

Pinch of marjoram, thyme or savory.

TOMATOES

BAKED STUFFED TOMATOES

6 medium-sized tomatoes	1 tablespoon fat
$\frac{1}{2}$ cup soft bread crumbs	$\frac{1}{4}$ cup buttered crumbs
$\frac{1}{2}$ cup chopped nuts, or cooked meat, mushrooms or whole kernel corn	Salt and pepper

Wash tomatoes. Cut a thin slice from stem end. Remove pulp. Mix with nuts, meat, mushrooms or corn, soft bread crumbs, melted fat and seasonings. Fill tomato shells with mixture. Cover tops with buttered crumbs. Bake at 375° F. 30 minutes or until tender. Serves six.

TOMATO RABBIT

$\frac{1}{2}$ cup finely chopped celery	2 tablespoons flour
$\frac{1}{4}$ cup chopped green pepper	1 No. 2 can or 2 $\frac{1}{2}$ cups cooked tomatoes
$\frac{1}{4}$ cup chopped onion	1 cup grated cheese
2 tablespoons fat	1 teaspoon salt
	2 eggs, beaten

Cook together celery, green pepper and onion in the fat 8 to 10 minutes, stirring frequently. Blend in flour. Add tomatoes, cheese and salt. Cook over low heat; stir constantly until mixture thickens and cheese melts. Gradually add some of the tomato mixture to beaten eggs; mix well, then pour all back into the tomato mixture. Continue to cook over low heat; stir constantly until thickened and creamy, 2 to 3 minutes.

If desired, add a few dashes of tobasco sauce. Serve on toast or crackers. Serves six.

TOMATO GUMBO

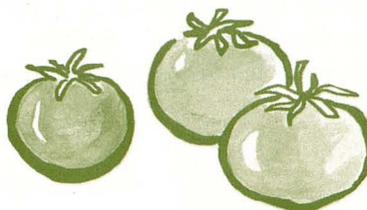
3 cups diced fresh tomatoes	1 small onion, finely chopped
2 cups sliced fresh okra	1 tablespoon salt
1 cup corn, fresh or canned	1 tablespoon butter or margarine
$\frac{1}{4}$ cup boiling water	$\frac{1}{8}$ teaspoon pepper
	1 teaspoon sugar

Combine the first five ingredients in a saucepan. Cover and cook until vegetables are tender and the mixture has thickened. Add remaining ingredients. Serves six.

DEVILED TOMATOES

3 hard-cooked eggs	1 teaspoon prepared mustard
3 tablespoons butter or margarine	Salt
3 tablespoons vinegar	Cayenne
1 tablespoon sugar	2 eggs
	5 tomatoes

Mash the hard-cooked eggs. Melt butter or margarine in the top of a double boiler. Remove from heat and stir in mashed eggs, vinegar, sugar, mustard, salt and cayenne. Beat the whole eggs until frothy, stir into the seasoned mixture and cook over hot water until water in the bottom of the double boiler comes to a boil. Turn off heat and let mixture stand still over the water for about 10 minutes. Stir occasionally. Halve tomatoes horizontally. Bake at 350° F. about 7 to 10 minutes or until tender but still keeping their shape. Arrange on a warm serving platter and pour the hot deviled egg sauce over the tops. Serves four to six.



TURNIPS

TOP-STOVE SCALLOPED TURNIPS

1 cup water	1/4 cup diced celery
1 cup milk	1/4 cup diced green pepper
1 teaspoon salt	1 tablespoon butter or margarine
3 cups thinly sliced, pared, white turnips	1 cup grated cheese
2 cups sliced, pared carrots	5 tablespoons fine cracker crumbs
1/2 cup sliced onions	

Bring water and milk to boil; add salt, turnips, carrots, onions, celery and green pepper. Simmer covered, about 20 minutes or until tender; do not drain. Add butter or margarine, cheese and cracker crumbs. Heat covered, until cheese is melted. Serves five.

RUTABAGA PATTIES

1/3 cup minced onion	2 tablespoons minced fresh parsley
1 tablespoon butter or margarine	1 egg, beaten
3 cups mashed cooked rutabagas	3/4 cup fine dry bread crumbs
1 3/4 teaspoons salt	3 tablespoons shortening
1/8 teaspoon ground black pepper	

Fry onions in butter or margarine. Add to mashed rutabagas along with salt, black pepper, parsley, egg and 1/3 cup of the bread crumbs. Mix well and shape into 3-inch patties 1/2 inch thick. Roll in remaining bread crumbs. Brown on both sides in hot shortening. Serves six.

MASHED RUTABAGAS AND CARROTS

2 1/2 cups mashed cooked rutabagas	1/8 teaspoon ground black pepper
2 1/3 cups mashed cooked carrots	3 tablespoons minced onion
2 tablespoons butter or margarine	1 1/2 teaspoons fresh lemon juice
2 teaspoons sugar	1/4 cup grated sharp Cheddar cheese
2 teaspoons salt	

Combine mashed rutabagas, carrots, butter or margarine, sugar, salt, black pepper, onion and lemon juice. Mix until fluffy. Pile in a 1-quart buttered casserole or a 9-inch pie plate. Sprinkle with grated cheese. Place under the broiler to melt cheese. Serves eight.

SAUCES FOR VEGETABLES

WHITE SAUCE

2 tablespoons butter or margarine	1 cup milk
2 tablespoons flour	1/4 teaspoon salt
	1/8 teaspoon pepper

Melt butter and blend in flour until smooth. Add milk gradually, stirring constantly until boiling point is reached. Reduce heat and cook for 3 minutes longer; add seasonings and blend. Place over hot water to keep hot and cover tightly to prevent film from forming.

Variations:

Cheese sauce—add 1/2 cup grated American cheese.

Caper sauce—add 2 to 4 tablespoons chopped capers.

Celery sauce—add 1/2 cup chopped cooked celery.

Egg sauce—add 1 hard-cooked egg, chopped.

Mushroom sauce—add 1/2 to 1/3 cup chopped or sliced cooked mushrooms to sauce.

Olive sauce—add 1/4 cup chopped ripe or stuffed olives.

Parsley sauce—add 2 to 4 tablespoons chopped parsley.

Pimento sauce—add 2 tablespoons minced onion and 6 tablespoons minced pimento. Onion may be browned in fat when making white sauce, if desired.

Mock Hollandaise sauce—pour white sauce over 2 slightly beaten egg yolks, 2 tablespoons each of butter or margarine and lemon juice, beat thoroughly and serve immediately.

HOLLANDAISE SAUCE

2 egg yolks	2 tablespoons lemon juice
1/4 teaspoon salt	squeezed through juicer
Cayenne	1/3 cup butter or margarine

Place egg yolks, salt, cayenne and lemon juice in top of double boiler. Stir until well blended. Divide fat into three portions. Add one part to yolk mixture, place over hot (not boiling water), stir continuously until butter melts. Add second portion; continue stirring until melted. Add final portion; stir until melted. Remove from heat. If sauce seems too

thick, add a few drops of hot water. Makes about ½ cup Hollandaise sauce.

LEMON BUTTER

1 tablespoon lemon juice 1 tablespoon chopped
¼ cup butter or fresh parsley
margarine

Melt butter or margarine, add lemon juice and parsley.

TANGY SOUR CREAM SAUCE

1 cup commercial sour 2 tablespoons cider
cream vinegar
2 tablespoons brown ¼ teaspoon salt
sugar ¼ teaspoon mustard

Combine all ingredients; mix well. Pour over hot cooked fresh vegetable and serve immediately. Excellent on broccoli, cabbage, cauliflower, asparagus or artichokes. Serves four.

CITRUS HONEY SAUCE

¼ cup melted butter or 1½ teaspoons grated
margarine orange peel
¼ cup honey 1½ teaspoons grated
lemon peel

Blend butter, honey and citrus peels. Pour over hot cooked fresh vegetable; place over low heat until vegetable is thoroughly glazed. Excellent on carrots and beets. Serves four.



THESE MAY BE COOKED TOGETHER

Tomatoes and cauliflower
Summer squash and peas
Peas and onions
Cauliflower and corn
Carrots and green beans
Cabbage and beets
Celery and carrots
Spinach and tomatoes
Peas and cauliflower

Peas and new potatoes
Broccoli and tomatoes
Lima beans and onions
Peas and corn
Corn and green peppers
Peas and wax beans
Potatoes and carrots
Blackeye peas, whole onions, okra,
Irish potatoes and pepper pod.



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