

Vegetables

ADD A LITTLE ZEST

Lemons remind us of all things cool, fresh and sparkling. You'll find the best flavor and the most juice in the small, round or oval lemons with smooth, unblemished skins. Store lemons at room temperature and you will obtain more juice from them, unless you're planning to keep them for some time. Lemons provide a tart accent in many dishes and slices, wedges or bits of peel add both flavor and color to garnishes. Some ideas.

Squeeze fresh lemon juice over steamed vegetables before you toss them with butter, or add lemon juice to melted butter and then pour over vegetables.

Sprinkle lemon juice over new potatoes before tossing with butter and fresh dill.

Serve lemon with shell fish or French fried potatoes.

Serve lemon with most cold or hot soups; it intensifies the flavor.

Substitute lemon juice for vinegar in salad dressing.

Drizzle fresh lemon juice over scrambled eggs, then sprinkle with fresh Italian parsley.

Squeeze lemon over cut-up apples, avocados, mushrooms, bananas or pears so they don't turn brown.

Freeze lemonade ice cubes and add to iced tea, lemonade or white wine spritzers.

Make a lemon pie or tart with twice as much lemon as the recipe calls for, you'll be surprised in a delightful way.

In the old days it was thought sinful to cook on Sunday, and Sunday began at 6 o'clock on Saturday. Before that the house was swept and dusted and preparations made for a quiet, reverential Sabbath. Beans were a salvation because they could be prepared on Saturday. On Sunday, the family had them with brown bread for breakfast. After breakfast the pot was popped back in the oven and the family set out for church. And all the time the beans were in the oven, the whole house smelled of simmering pork and sweet molasses. By the time services were over and the family got home it was mid-afternoon and time for dinner. Then the pot was taken out again, and everybody had some more beans. Sunday's have changed but not the smell of good baked beans.

Sunday Baked Beans

1 Quart (4 cups) drained pea beans
1/2 pound salt pork, scored
1/3 cup molasses
1 teaspoon dry mustard

1 medium onion (peeled)
1/2 cup brown sugar (firmly packed)
1 tablespoon salt

Soak beans in water overnight. In the morning pour water off and cover with fresh water. Bring to boil then simmer until you can blow off skins (about 1 hour). Drain.

Place 1 cup in bottom of bean pot. Add onion. Pour in rest of beans. Shove pork down into center of beans until the top just shows. Combine brown sugar, molasses, salt, and dry mustard. Mix into beans. Add enough hot water to fill pot.

Bake 300°F oven for 8 hours. Juice should bubble at top of pot all day. Add more water if necessary. Serve hot from pot with brown bread (recipe on page 21).

(This will also work with a crock pot, if it is one of the types where you can set the temperature.)

Judy Cobb

Bar-B-Q Beans

Fry and crumble

8 slices bacon

Cook 20 minutes in bacon grease

1/2 to 1 cup brown sugar

1 teaspoon dry mustard

1 teaspoon salt

1-1/2 teaspoon garlic powder

1/2 cup vinegar

Combine (16 oz cans)

1 can kidney beans

1 can green limas

1 can Pork and Beans

1 can southern beans

1 can garbanzo beans

(or any combination you choose)

Mix in bacon and pour liquid over beans.

Bake 325°F One Hour.

Reba Bradbury

Corn Casserole

1 stick oleo

1 can creamed corn

1 can whole kernel corn and juice

1 (12 oz) carton sour cream

1 cup grated cheddar cheese

1 package Jiffy corn bread/muffin mix

1 egg, beaten

Melt oleo in 9 x 13 pan. Mix all other ingredients and pour oleo in.

Bake 350°F 30 minutes

Top with grated cheese, last 10 minutes.

Dorothy Joe Ficken

Cheesy Vegetable Casserole

1-1/2 cups boiling water	Salt
2-1/2 cups sliced carrots	1-1/2 cups diced potatoes
1/2 cup chopped onion	1 can (1#) whole green beans
3 tablespoons butter or margarine	(drained, reserve liquid)
3 tablespoons regular all-purpose flour	3 tablespoons cheese spread
Dash pepper (optional)	Note: Save liquid all canned goods

In medium saucepan, in boiling water with 1 teaspoon salt, cook carrots, potatoes, and onion until tender (about 10 minutes). Drain, reserving liquid. Arrange vegetables in greased 2 quart casserole.

In saucepan, over low heat, melt butter. Blend in flour. Slowly stir in all reserved vegetable liquids. Cook, stirring, until thickened and clear. Add cheese and stir until melted and smooth. Season to taste with salt and pepper.

Pour half the cheese sauce over vegetables in casserole. Top with green beans. Cover with rest of cheese sauce.

Bake 425°F 20 minutes

(This cheese sauce also works great over macaroni.)

Contributor Unknown

Cabbage

1 head cabbage (washed and torn)	1onions chopped (to taste)
Polish sausage	

Stir fry with a little olive oil. Chop up Polish sausage. Simmer until ready to eat.

Marilyn Hess

Vegetable Casserole

1/4 cup oleo	3/4 cup green pepper (chopped)
1 clove garlic (peeled& crushed)	1/4 cup flour
2/3 cup milk	3/4 teaspoon salt
1/8 teaspoon each Pepper, basil, and oregano	1/4 teaspoon sugar
1 cup canned tomatoes (drained)	1 cup grated cheddar cheese
2 #1 cans whole onions (drained) (can substitute frozen onions)	1 (9 oz) package frozen corn

Melt oleo, add green pepper and garlic. Cook until tender. Stir in flour, milk, salt, pepper, basil, oregano, and sugar. Heat until mixture begins to thicken. Remove from heat and stir in 1/3 cheese. Stir until melted. Add tomatoes, corn and onions. Sprinkle rest of cheese on top.

Bake 350°F 50 minutes
Serves 8.

Dorothy Joe Ficken

Broccoli and Rice Casserole

2 cups uncooked rice	1 medium onion (chopped)
1 package frozen broccoli	1 can cream of mushroom soup
1 can milk	1 small jar Cheese Whiz

Cook and set aside rice. Sauté in oil onion and broccoli. Mix together soup, milk and cheese whiz and add to sautéed ingredients. Pour over rice. May be served immediately or reheated in 350°F oven until it bubbles.

Ann Cobb

Sweet Potato Casserole

3 cups sweet potatoes (cook/mash)	1/2 cup sugar
2 eggs (beaten)	1/2 teaspoon salt
1/2 stick butter (melted)	1/2 cup milk
1 1/2 teaspoons vanilla	

Combine above ingredients. Spoon into 1-1/2 quart baking dish.

Topping:.....

1/2 cup brown sugar	1/3 cup all purpose flour
1 cup chopped pecans	1/3 stick butter (melted).

Combine and spread over sweet potato mixture.

Bake 350°F 35 minutes

Patsy Hardy

Sweet Potato Surprise

3 medium sweet potatoes (boiled, peeled and sliced)	1 1/4 cups brown sugar
1/4 teaspoon salt	1 1/2 tablespoons cornstarch
1 teaspoon grated orange peel	1/8 teaspoon cinnamon
1 can apricot halves (#1 can, 1 cup)	1 tablespoon butter
	1/2 cup pecans

Place potatoes in a buttered 10 x 6 x 1.5 inch baking dish.

In saucepan, combine sugar, cornstarch, salt, cinnamon and orange peel. Drain apricots and reserve liquid. Stir 1 cup apricot syrup with cornstarch mixture. Cook and stir over medium heat until boiling. Boil 2 minutes. Add apricots, butter and pecans. Take off heat and stir until butter melts. Pour over sliced sweet potatoes.

Bake (uncovered) 375°F 25 minutes.
Serves 6.

Marcy Zajicek

Quick Cheesed Potatoes

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| 1 (16 oz) package frozen French fries
(thawed) | 3 tablespoons creamy salad dressing
(any kind – Italian, Ranch, etc.) |
| 1 teaspoon minced onion | 1 teaspoon dill seed or celery seed |
| 1 cup shredded cheese (any kind) | |

Place potatoes in a 9 x 13 pan. Pour salad dressing over potatoes, then onion, dill or celery seed, and finally cheese.

Bake at 400°F until golden brown.

Renée Plata

Tater Puffs

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| 2 cups mashed potatoes | 2 tablespoons butter |
| Salt and pepper | 2 eggs, beaten separate |
| 1/2 cup cream | |

Combine and work all ingredients together. Form into the size of balls desired. Bake in oven until brown or fry in deep fat.

Andy Anderson

Italian Potatoes

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| 1 can tomatoes | 1 large onion |
| 4 or 5 medium potatoes (sliced thin) | |

Sauté onion in olive oil. Add tomatoes. Simmer. Add potatoes to mixture. Simmer until potatoes are done (10-20 minutes). Remove a few slices of potatoes and mash up. Return mashed potatoes to mixture and stir until thickened.

Simmer. Salt and pepper to taste.

Marilyn Hess

Hot German Potato Salad

4 medium potatoes	3/4 cup boiling water
6 slices bacon (cut up)	2/3 cup chopped onion
4 teaspoons sugar	1 1/2 teaspoons salt
1/2 teaspoon celery seed	1/8 teaspoon pepper
6 tablespoons vinegar	Water drained from potatoes

Pare and cube potatoes. Add boiling water and cook, covered , until tender. Fry bacon, cut up, until crisp. Remove from pan.

Sauté chopped onion, in bacon fat, until lightly brown.

Blend in sugar, salt, celery seed, pepper, vinegar and water drained from potatoes (if needed). Bring to boil and cook 2-3 minutes. Pour over potatoes. Add bacon. Stir lightly.

Note: If needed a little more water may be added. But be careful not to make it too soupy.

Albina Young