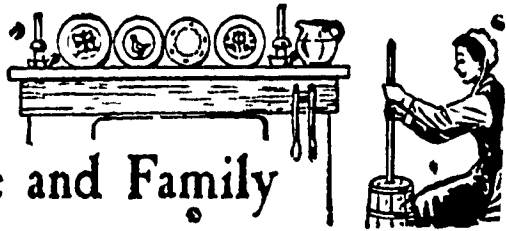


For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor

Vegetables For Your Easter Dinner



You open up a whole new world of flavor when you season vegetables with tasty sauces. A butter sauce seasoned with mild herbs dresses up the duller of vegetables. A flavorful cheese sauce enhances the flavor of bland vegetables.

One of the best butter sauces is this simple recipe for Dilled New Potatoes. You savor the natural goodness of butter, the fresh tang of dill weed, and all the garden freshness of new potatoes. What more could you ask for as an accompaniment to that delicious Easter ham.

SPENCE

DILLED NEW POTATOES

- 2 pounds new potatoes
- Water
- 1/4 cup butter
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 2 tablespoons snipped fresh dill OR 1 teaspoon dried dill weed

Scrub potatoes and partially pare around centers. Place in skillet in gently boiling salted water. Cover and cook about 15 minutes, or until just tender. Drain off water, add butter and heat, shaking pan frequently, until butter is melted and potatoes are lightly brown-

ed. Sprinkle on salt, sugar and dill, shaking pan so as to "roll" potatoes in the dill. Makes 6-8 servings.

Cheese-Baked Cauliflower Stuffed Tomatoes provide a colorful vegetable garnish. The zesty Cheese-Onion Sauce can be made ahead of time.

CHEESE-BAKED CAULIFLOWER STUFFED-TOMATOES

- 1 small cauliflower
- 6-8 medium tomatoes

CHEESE-ONION SAUCE

- 1 tablespoon butter

- 1 tablespoon finely chopped green onion
- 2 tablespoons regular all-purpose flour
- 1/4 teaspoon salt
- 1 cup milk
- 1 1/2 cups (6 oz.) shredded Cheddar cheese
- 1-2 tablespoons browned bread crumbs

Cook cauliflower in boiling salted water until just tender; drain. Separate flowerets and set aside. Cut out centers of tomatoes (save for soups, stews, etc.) and turn upside-down to drain. Meanwhile, prepare Sauce. In a saucepan melt butter; saute onion until tender. Stir in flour and salt. Remove from heat; gradually stir in milk. Cook over medium heat, stirring constantly, until thickened. Cook 2 additional minutes. Remove from heat, stir in Cheddar cheese until melted. If necessary return to low heat to finish melting cheese. (Do not boil.) Cool slightly. When ready to serve, place tomatoes in baking pan and heat in preheated 400 degree oven 3-4 minutes (drain, if necessary). Fill each with 2 tablespoons Cheese Onion Sauce and 2-3 flowerets. Top with remaining Sauce and sprinkle with bread crumbs. Return to oven 3-5 minutes, just long enough to heat through.

EASY CAULIFLOWER AND TOMATO CHEESE CASSEROLE

- 1 large head cauliflower
- 1/2 teaspoon salt
- 1/8 teaspoon nutmeg
- Dash of pepper
- 1 cup (4 oz.) shredded Cheddar cheese
- 2 tablespoons butter, melted
- 2-3 tomatoes, cut in wedges
- 1/2 cup shredded Cheddar cheese

1. Rinse cauliflower and separate into flowerets. Cook in a 3-quart covered saucepan, in 1-inch boiling salted water, for 8-15 minutes or until just tender. Drain. Place in a buttered 1 1/2 - quart shallow casserole. Sprinkle with salt, nutmeg and pepper. Cover with 1 cup Cheddar cheese. Drizzle butter over all "Tuck" in tomato wedges, sprinkle over an additional 1/2 cup cheese and bake in a preheated 400 degree oven 5 minutes or until cheese is slightly melted. Serve garnished with parsley. Makes 6-8 servings.

NOTE: If cooked cauliflower has cooled before assembling casserole, heat in oven 5 minutes with 1 cup cheese and butter before tucking in tomato wedges and sprinkling with 1/2 cup cheese.

ASPARAGUS WITH BUTTER ONION SAUCE

Another combination of cauliflower, tomato and cheese

- 1/4 cup (1/2 stick) butter
- 1 jar (3 1/2 oz.) cocktail onions

- 2 pounds fresh asparagus OR 2 pkgs. (9 oz. ea.) frozen asparagus
- 3 tablespoons chopped walnuts
- Dash of salt

In a large skillet melt butter. Drain onions reserving 2 tablespoons liquid; add liquid to melted butter. Place asparagus in skillet. Cover and bring to a steam over high heat. Turn heat to simmer; steam over low heat about 15 minutes or until asparagus is tender. Add onions and walnuts. Cover and steam an additional 5 minutes. Salt to taste. Makes 4-6 servings.

VARIATION:

CURRY BUTTER SAUCE

- 6 TABLESPOONS (3/4 stick) butter
- 6 thin onion slices
- 2 teaspoons curry powder
- 1/2 teaspoon salt

Melt butter. Add remaining ingredients. Serve hot over cooked asparagus.

MUSTARD BUTTER SAUCE

- 6 tablespoons (3/4 stick) butter
- 4 teaspoons dry mustard
- 1 teaspoon sugar
- 1/2 teaspoon salt

Melt butter. Add remaining ingredients. Serve hot over cooked asparagus.

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BARBECUED GREEN LIMA BEANS

- 1/2 cup molasses
- 1/4 cup prepared mustard
- 1 cup chili sauce

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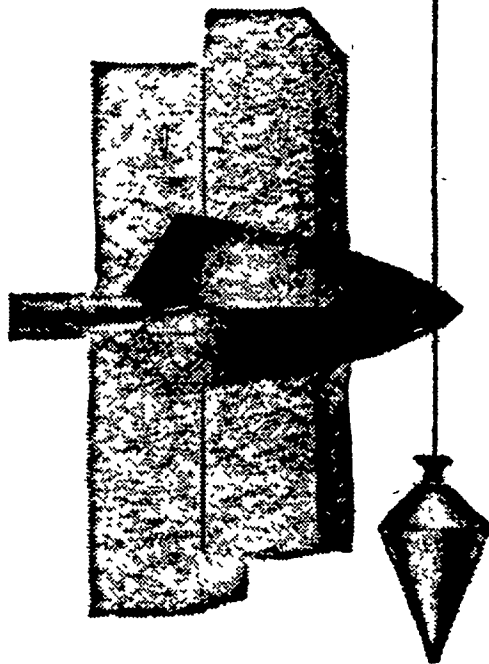
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