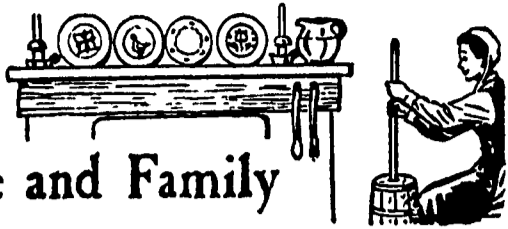


For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor



Serving Fresh Vegetables



SPENCE

Looking for new ways to serve fresh vegetables? Now, while vegetables are in such abundance, you might like to try some "different" ways to serve them

Lima beans are plentiful and here's a new way to serve this thrifty favorite. It's protein rich and you can make it a main dish. To add a liberal amount of animal protein to the meal, why not serve baked custard or a pie or pudding made with egg as your desserts. These desserts also are thrifty, as eggs are so favorably priced right now.

BAKED LIMA BEANS AND TOMATOES

- 4 cups cooked lima beans
 - 2 cups cooked or canned tomatoes
 - 1/4 cup brown sugar
 - 1/4 teaspoon chili powder
 - 1 tablespoon vinegar
 - 1 1/2 teaspoons salt
 - 3 slices bacon, finely chopped
- Preheat oven to 375 degrees. Combine ingredients, except bacon, in a 1 1/2 quart cassel-

ole. Sprinkle bacon on top. Bake 1 1/2 hours.

Menu Suggestion - Serve 6 with asparagus, head lettuce salad, and custard pie.

This casserole combines two thrifty foods, turkey and green beans —

TURKEY-

- GREEN BEAN BAKE**
- 1 3/4 cups trimmed fresh green beans or frozen beans
- 1 1/4 cups boiling water
- 2 1/2 cups cooked, diced turkey
- 1 1/2 cups mushroom sauce
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper or a dash of cayenne
- 1 cup packaged precooked rice
- 3 1/2 ounces French fried onion rings

6 tomato slices
Cook green beans in boiling water 5 minutes. Preheat oven to 400 degrees. Add turkey, sauce, and seasonings to green beans; simmer 2 minutes. Stir in the rice and half of the onion rings. Pour into a 2-quart casserole. Top with remaining onion rings and tomato slices. Bake 20 to 25 minutes. Calories per serving: About 420.

Easy method mushroom sauce: A 10 1/2 ounce can condensed cream of mushroom soup may be used in place of homemade mushroom sauce.

Variation: Omit the mushroom sauce. Increase the water to 1 3/4 cups. Add five chicken bouillon cubes, 1/4 cup diced celery and 1/4 cup finely diced onion with the turkey and seasonings. Omit the French fried onion rings. Calories per serving: About 250.

SOUR CREAM FLUFF TOP SPINACH

- 6 slices bacon, cut up
- 3 tablespoons chopped onion
- 1 tablespoon flour
- 2 tablespoons vinegar
- 2 teaspoons sugar
- 1 teaspoon salt
- 1 egg, beaten
- 1/2 cup dairy sour cream at room temperature
- 2 packages (10 oz each) frozen spinach, cooked and drained
- 1 hard-cooked egg, sliced
- Paprika

In a large skillet fry bacon until crisp, remove bacon in drippings saute onion until lightly browned, remove onion. Pour off all but 2 tablespoons drippings, blend flour into drippings in skillet. Remove

skillet from heat; stir in vinegar, sugar and salt. Fold sour cream into egg; add to mixture in skillet. Add bacon and onion. Return to low heat and cook, stirring constantly, until smooth and heated. (Do not boil.) Serve immediately over hot spinach. Garnish with sliced egg and paprika. Makes 5-6 servings.

OVEN ROASTED CORNED BEEF WITH VEGETABLES

- 3 to 4 pound corned beef for oven roasting
- 2 tablespoons butter or margarine
- 1 teaspoon lemon juice
- 3 or 4 carrots, pared
- 1 medium head cauliflower

Place roast, fat side up, on a rack in a shallow open pan. Do not cover or add water. Roast in a slow oven (325 degrees) about 3 hours, or until fork tender. Melt butter in shallow baking dish in oven. Remove from oven and add lemon juice. Cut carrots into 1 inch pieces and place in baking dish. Cover and bake for 1/2 hour. Separate cauliflower into flowerets. Place in baking dish with carrots. Bake for another 1/2 hour, or until vegetables are tender. To serve, arrange vegetables on platter around corned beef

(For a fancy touch, spear a piece of carrot and one of cauliflower on each end of a wooden pick.) Makes 6 to 8 servings.

HOT SLAW

- 1/4 cup butter
- 4 cups shredded cabbage
- 2 tablespoons water
- 1 teaspoon salt
- 2 tablespoons sugar
- 2 tablespoons vinegar
- 1/2 teaspoon dry mustard
- 1/2 cup dairy sour cream, at room temperature

In saucepan melt butter; add cabbage and stir until well blended. Add water and salt. Cover; bring to a steam, then reduce heat and simmer 5-7 minutes. Stir in sugar, vinegar and mustard; cook 1 additional minute. Remove from heat. Gently blend in sour cream. 4 servings.

CREAMY COLESLAW A LA BLUE

- 1 4-oz. pkg. blue cheese, crumbled
 - 1 medium head cabbage (appx. 6 cups shredded)
 - 1/4 cup sugar
 - 1 teaspoon salt
 - 1/3 cup vinegar
 - 1 cup dairy sour cream
- Shred cabbage. Combine

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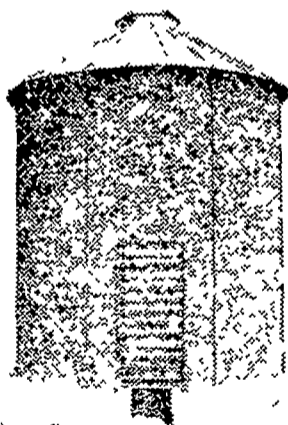
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