

For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor



SPENCE

Here's A Lift For Vegetables

About this time of year we need to do something different with vegetables. There are so many ways you can add zip to everyday vegetables that your family need never say "Not this again." Try different combinations, adding spices and herbs, a touch of cheese, or serve them as a salad instead of a cooked vegetable. Here's a combination you might like to try — asparagus and eggs

ASPARAGUS & EGG SKILLET

- 1/2 cup shredded Cheddar cheese
- 1 10-oz. pkg. frozen chopped asparagus
- 2 tablespoons butter
- 1/4 cup finely chopped green onions
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon dill weed
- 1/2 cup water
- 4 eggs
- 1 tablespoon finely chopped parsley

Thaw frozen chopped asparagus; drain on absorbent paper. Melt butter in medium-size skillet. Sauté onions and asparagus until tender. Sprinkle with sea-

sonings. Add water. Break eggs, one at a time, into a custard cup. Gently slide each egg over top of asparagus being careful not to break yolks. Sprinkle shredded cheese and parsley over eggs. Cover skillet. Cook over low heat until eggs are set as desired. Lift each serving onto individual plates with a slotted spoon. 4 servings

CORN CRUNCH PIE

- 2 cups corn flake crumbs
- 1/2 cup butter or margarine, melted
- 2 tablespoons butter or margarine
- 2 tablespoons regular all-purpose flour
- 1/2 teaspoon salt

- 1/4 teaspoon onion salt (optional)
- 1 cup milk
- 2 eggs
- 2 cups (1-lb. can) well-drained whole kernel corn

Combine corn flake crumbs and melted butter; reserve 1/2 cup for topping. Press remaining crumb mixture evenly and firmly in bottom and around sides of 9-inch pie pan.

Melt the 2 tablespoons butter; stir in flour and seasonings. Add milk gradually, stirring constantly. Cook until thickened, stirring constantly. Beat eggs and stir in a small amount of thickened sauce; add to remaining sauce. Stir in corn. Pour into crumbs crust; sprinkle with reserved crumbs mixture. Bake in moderately hot oven (400 degrees) about 20 minutes, or until set. 6-8 servings.

GARDEN SALAD

- 7 ounces elbow macaroni
- 1 pound bologna, cubed
- 1 green pepper, diced
- 1 ounce American cheese, cubed
- 2 tomatoes, cut in wedges
- 1/2 cup cultured sour cream
- 2 tablespoons celery seed salad dressing
- 1 teaspoon salt
- 1/2 teaspoon dill weed
- Dash pepper

Cook macaroni in boiling salted water until tender, yet firm, 5 to 7 minutes. Drain; rinse with cold water. Combine bologna, green pepper, cheese and tomatoes. Mix sour cream with remaining ingredients. Pour over salad and toss gently. Refrigerate until ready to serve. 6-8 servings

BACON DRESSED COLESLAW

- 12 slices bacon

- 1/2 cup chopped green onion and tops
- 4 teaspoons sugar
- 1 1/2 teaspoons salt
- 1/4 teaspoon pepper
- 1/4 cup vinegar
- 1/2 cup water
- 5 cups shredded cabbage

Cut bacon into 1 inch pieces. Panfry slowly until almost cooked. Add onion and cook. Add seasonings. Stir in vinegar and water. Simmer slowly. Pour hot dressing over cabbage. Serve at once. 6 servings.

BRUNSWICK STEW

- 3 pounds whole chicken
- 3 cups water
- 1 1/2 teaspoons salt
- 1 cup diced potatoes
- 1 1/4 cups lima beans, fresh or frozen
- 1 1/4 cups tomato sauce, canned
- 3/4 cup chopped onions
- 1 1/4 cups corn, fresh or frozen
- 1 teaspoon sugar
- 1 to 3/4 teaspoon salt, as desired
- 1/2 teaspoon pepper
- 1/2 teaspoon oregano
- 1/2 teaspoon poultry seasoning
- Few grains cayenne pepper

Simmer chicken in salted water until tender, 2 to 2 1/2 hours. Drain off the broth. Separate the meat from the skin and bones

and cut into small pieces. Skim the fat from the broth. Boil the broth to concentrate it to about 2 cups. Add potatoes to broth and simmer 10 minutes. Add lima beans, tomato sauce, and onions. Cook 20 minutes longer. Add chicken, corn, and seasonings. Cook 10 to 15 minutes more, until vegetables are tender. 6 servings.

CARROT RING WITH PEAS

- 1/4 cup butter
- 2 tablespoons flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3 eggs, separated
- 2 cups mashed, seasoned, cooked carrots (1 quart sliced raw)

Melt butter; add flour and seasoning and mix well; add to slightly beaten egg yolks and mix. Add cooled mashed carrots and mix well. Fold in stiffly beaten egg whites. Pour mixture into a well-buttered 1 1/2 quart ring mold; set mold in a pan of hot water, and bake in a preheated 350 degree oven about 1/2 hour. Invert on large platter or chop plate and fill center and surround with buttered peas. Makes 8 servings.

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