For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor



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 into crumbs crust; sprinkle with 1 cup diced potatoes "Not this again" Try different combinations, reserved crumbs mixture. Bake 134 cups lima beans, fresh or adding spices and herbs, a touch of cheese, or in moderately hot oven (400 deserve them as a salad instead of a cooked vege- grees) about 20 minutes, or un- 134 cups tomato sauce, canned table Here's a combination you might like to til set. 6-8 servings. try — asparagus and eggs

ASPARAGUS & EGG SKILLET

cup shredded Cheddar cheese

10-oz. pkg. frozen chopped asparagus

cup finely chopped green onions

tablespoons butter

teaspoon salt

teaspoon pepper teaspoon dill weed

cup water 1,2

eggs tablespoon finely chopped

Thaw frozen chopped aspara- 2 gus; drain on absorbent paper. Melt butter in medium-size skil- 2 let Saute onions and asparagus until tender Sprinkle with sea- 1/2

sonings. Add water. Break eggs, one at a time, into a custard cup Gently slide each egg over 7 top of asparagus being careful not to break yolks Sprinkle I shredded cheese and parsley over eggs Cover skillet Cook over low heat until eggs are set 2 as desired Lift each serving onto individual plates with a slot- 2 ted spoon 4 servings

CORN CRUNCH PIE

cups corn flake crumbs cup butter or margarine,

melted tablespoons butter or margarine

tablespoons regular all-purpose flour

14 teaspoon onion salt (option- 1/2 cup chopped green onion

cup milk

eggs cups (1-lb. can) well-drained 1/4 teaspoon pepper whole kernel corn

Combine corn flake crumbs and melted butter; reserve 1/2 cup for topping. Press remainsides of 9-inch pie pan.

Melt the 2 tablespoons butter; milk gradually, stirring con- once, 6 servings. stantly. Cook until thickened, stirring constantly. Beat eggs and stir in a small amount of 3 thickened sauce; add to remain- 3 ing sauce. Stir in corn. Pour 11/2 teaspoons salt into crumbs crust; sprinkle with 1

GARDEN SALAD

ounces elbow macaroni pound bologna, cubed green pepper, diced ounces American cheese. cubed

tomatoes, cut in wedges cup cultured sour cream tablespoons celery seed salad dressing

teaspoon salt 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 resalad and toss gently Refrigerservings

BACON DRESSED COLESLAW

12 slices bacon

and tops

teaspoons sugar 1½ teaspoons salt

14 cup vinegar ½ cup water cups shredded cabbage

Cut bacon into 1 inch pieces. ing crumb mixture evenly and Panfry slowly until almost cookfirmly in bottom and around ed. Add onion and cook. Add seasonings. Stir in vinegar and water. Simmer slowly. Pour hot stir in flour and seasonings. Add dressing over cabbage. Serve at 14

BRUNSWICK STEW

pounds whole chicken cups water

frozen

34 cup chapped onions 134 cups corn, fresh or frozen

teaspoon sugar to ¾ teaspoon salt, as

desired teaspoon pepper

teaspoon oregano teaspoon poultry seasoning

Few grains cayenne pepper

ter until tender, 2 to 2½ hours. Makes 8 servings. Drain off the broth. Separate the meat from the skin and bones

and cut into small pieces. Skin 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 season ing. Cook 10 to 15 minutes more until vegetables are tender. servings.

CARROT RING WITH PEAS

cup butter

sliced raw)

tablespoons flour teaspoon salt teaspoon pepper

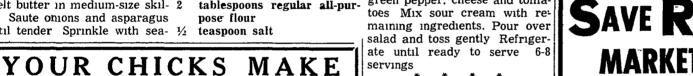
eggs, separated cups mashed; seasoned, cooked carrots (1 quart

Melt butter; add flour and sea. soning 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 mix ture into a well-buttered 113 quart ring mold; set mold in pan of hot water, and bake in a preheated 350 degree oven about ½ hour. Invert on large platter or chop plate and fill center and Simmer chicken in salted wa- surround with buttered peas

(Continued on Page 15)

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