

**FOR THE
FARM
WIFE
AND
FAMILY**

by Mrs. Richard C. Spence
According to a recent bulletin published by the U S Department of Agriculture, most common nuts contain about 10 to 25 per cent protein and can be an added source of protein in meals. Peanuts are highest in protein with about 25 per cent. Coconuts and chestnuts contain very little protein.

Nuts contribute rich flavor and crunchy texture to many kinds of foods. They are not only tasty, but nutritious as well. You can add new interest to a familiar dish by adding nuts.

Nuts are filling because of their fat content and may prevent between-meal hunger pangs that encourage nibbling.

Many of the nuts on the market — such as almonds, pecans, filberts, English walnuts, and black walnuts — are grown in this country. Other kinds of imported nuts include pistachios, brazil nuts, cashews, and coconuts.

Peanuts are not nuts as widely believed: they belong to the pea and bean family — the legumes. They are included here because they are used as nuts in family meals and snacks. Chestnuts, although grown in

the United States, are usually imported from southern Europe. They are available only in winter, while most other nuts can be purchased in some form year-round.

Shelled nuts and processed coconut cost more than nuts in shells, but they are convenient and take less storage space.

Nuts in the shell retain high quality longer than shelled nuts. Whole nuts become rancid less quickly than nuts in pieces. Unroasted nuts keep better than roasted ones. Shelled nuts will keep fresh for several months stored in tightly closed containers in the refrigerator. Shelled or unshelled nuts can be frozen in tightly closed freezer containers at 0 degrees or lower.

The versatile nut may come to the dinner table in a variety of ways — as an ingredient in cooking or as a garnish. Nuts are also popular as a snack or served with appetizers.

Try the nut recipes that follow. All recipes give the number of calories for a specified amount of food. In some cases, the variation of a recipe has a lower calorie value.

GOLDEN CHEESE SALAD

- 3-ounce package lemon-flavored gelatin
- 1 cup boiling water
- 1 cup pineapple juice plus water
- 1 1/2 ounces cream cheese, chilled
- 3/4 cup nuts (pecans, macadamias, or roasted peanuts, chopped)
- 1 can (10 1/2 ounces) crushed pineapple, drained
- 1 cup carrots, shredded

Dissolve gelatin in boiling water. Stir in remaining liquid. Chill until partially set. Cut cream cheese into 18 cubes. Coat cream cheese cubes with nuts and roll into balls. Stir pineapple and carrots into gelatin. Add cream cheese balls. Chill several hours or overnight until firm. Serve on lettuce leaves. 6 servings.

Calories per serving: About 170.

STUFFED DATE SALAD

- 18 dates, pitted
 - 3 tablespoons crunchy peanut butter
 - 2 grapefruit, chilled, sectioned
- Fill the dates with the peanut butter. For each salad, arrange three stuffed dates with grapefruit sections on crisp salad greens. 6 servings.

Calories per serving: About 135.

PECAN CHEESE PIE

- 1 cup brown sugar, packed
- 1/2 cup granulated sugar
- 1 tablespoon flour
- 2 eggs
- 1/4 cup milk
- 1/2 cup butter or margarine
- 1 teaspoon vanilla
- 3/4 or 1 cup pecans, chopped
- 9-inch unbaked pastry shell

Preheat oven to 375 degrees. Mix sugars and flour. Beat in eggs and milk. Stir in fat, vanilla, and nuts. Pour mixture into pastry shell. Bake 40 minutes or until a knife inserted in the center comes out clean. Cool before serving. Cut pie into 8 servings.

Calories per serving: About 475 with 3/4 cup nuts; 500 with 1 cup nuts.

SUNDAE NUT SYRUP

- 2 tablespoons butter or margarine
 - 1/2 cup pecans or English walnuts, chopped
 - 1/4 cup brown sugar, packed
 - 2 tablespoons water
 - 2 tablespoons light corn syrup
- Melt butter or margarine in a small frypan. Add nuts and cook over low heat, stirring as needed, until nuts are lightly browned. Stir in remaining ingredients. Simmer 2 minutes. Serve warm over ice cream. Makes 3/4 cup, 6 servings.

Calories per serving or syrup: About 150.

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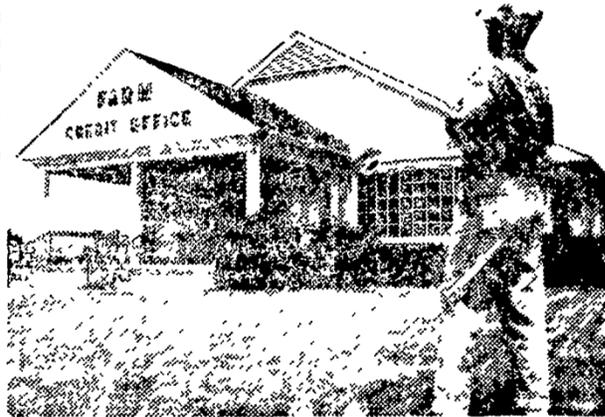
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SUGAR AND SPICE NUTS
Store in tightly closed container. Makes about 4 cups.
Calories per tablespoon: About 35.

PEANUT BUTTER MUFFINS
1 cup milk
1 egg, slightly beaten
1/4 cup oil or melted fat
2 cups flour, unsifted
1 tablespoon baking powder
1 teaspoon salt
1/4 cup sugar
1/2 cup peanut butter

Preheat oven to 400 degrees. Grease muffin tins. Blend milk into egg and add fat. Mix dry ingredients thoroughly; mix in peanut butter only until mixture is crumbly. Add liquid and mix slightly, leaving batter lumpy. Half fill muffin tins with batter. Bake 20 to 25 minutes, or until golden brown. Makes 12 muffins.
Calories per muffin: About 210.

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