

## VEGETABLES CAN BE FUN!

It's so easy to "dress up" vegetables, it is a wonder it isn't done more often. Vegetables are so colorful, it's fun to "mix-and-match" their colors. Everyone knows about the proverbial Lima beans and corn, but few people serve yellow wax beans tossed with green beans or hot sliced beets on mounds of green spinach... or a mixture of julienne carrots with French green beans... or green peas with corn. Try mixing vegetables and enjoy the color combinations.

It is also easy to give a tasty "ZIP" to vegetables: a squeeze of lemon on carrots; a spoonful of mayonnaise on spinach; a sprinkle of parsley flakes on corn, or a little diced apple added to red cabbage. Your family will think they are eating a "new" vegetable.

For an unusually hearty way to serve 5-minute cook frozen vegetables, cream them and serve them in a corn bread ring. Great for a grilled ham supper or even for hamburger nights. It makes a complete entree with the meat, as the corn bread takes the place of the starchy vegetable. And it's colorful, tasty, and eye-catching. Easy, too! Add grilled pineapple and fluffy mustard sauce to the ham, or grilled peach halves and relish to the hamburgers if time permits.

### Mixed Vegetables in Corn Bread Ring

- 1 package (11 to 14 oz.) corn muffin mix
- 1 package (10 oz.) 5-minute cook frozen mixed vegetables
- 1/4 cup butter
- 3 tablespoons all-purpose flour
- 1 teaspoon salt
- Dash of pepper
- 2 1/2 cups milk
- 1 teaspoon minced onion
- 1 egg yolk slightly beaten
- 1 tablespoon pimiento strips (optional)

Prepare corn muffin batter as directed on package. Bake in an 8-inch ring mold. Meanwhile, cook mixed vegetables as directed on package. Drain. Melt butter in saucepan. Blend in flour, salt, and pepper. Gradually stir in milk, add onion. Cook and stir over low heat until sauce is thickened. Add a small amount of sauce to egg yolk, stirring vigorously. Return to saucepan. Cook 2 or 3 minutes longer, stirring constantly. Add mixed vegetables and pimiento; place corn bread ring on warmed serving platter. Pour vegetable sauce in center and around outer edge of ring. Yield: 6 servings.



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# The Range

(Continued From Page 41)

simmer and cook for several hours till soft. Take out and make gravy with the broth.

Very good when left over to have with heart sandwiches or hot roast beef heart sandwich with gravy over the bread.

Mrs. Ira Davis  
R.D.2  
Quarryville

xxx

### Rhubarb Custard

- 2 cups rhubarb
- 1 1/2 cups sugar
- 2 tablespoons flour
- 2 tablespoons butter
- 2 eggs

Put rhubarb, sugar and butter together and bring it to boiling. Then put egg yolks (or whole eggs) mixed with flour in and boil again.

Egg white can be used for meringue.

Emma Shirk  
R.D.2  
East Earl

xxx

### Baked Pineapple Casserole

- Cream together:
- 1 cup white sugar
  - 1/2 cup butter
  - 4 eggs
  - 1 20-oz. can crushed pineapple (do not drain)

5 slices of bread (break into pieces)

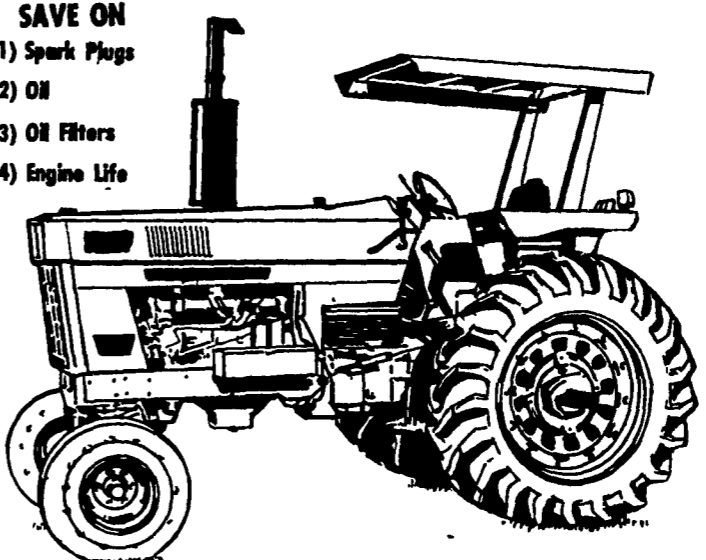
Mix together and put into uncovered casserole. Bake at 350 degrees for one hour.

Delicious, unusual dish.  
Naomi Blank  
R.D.2  
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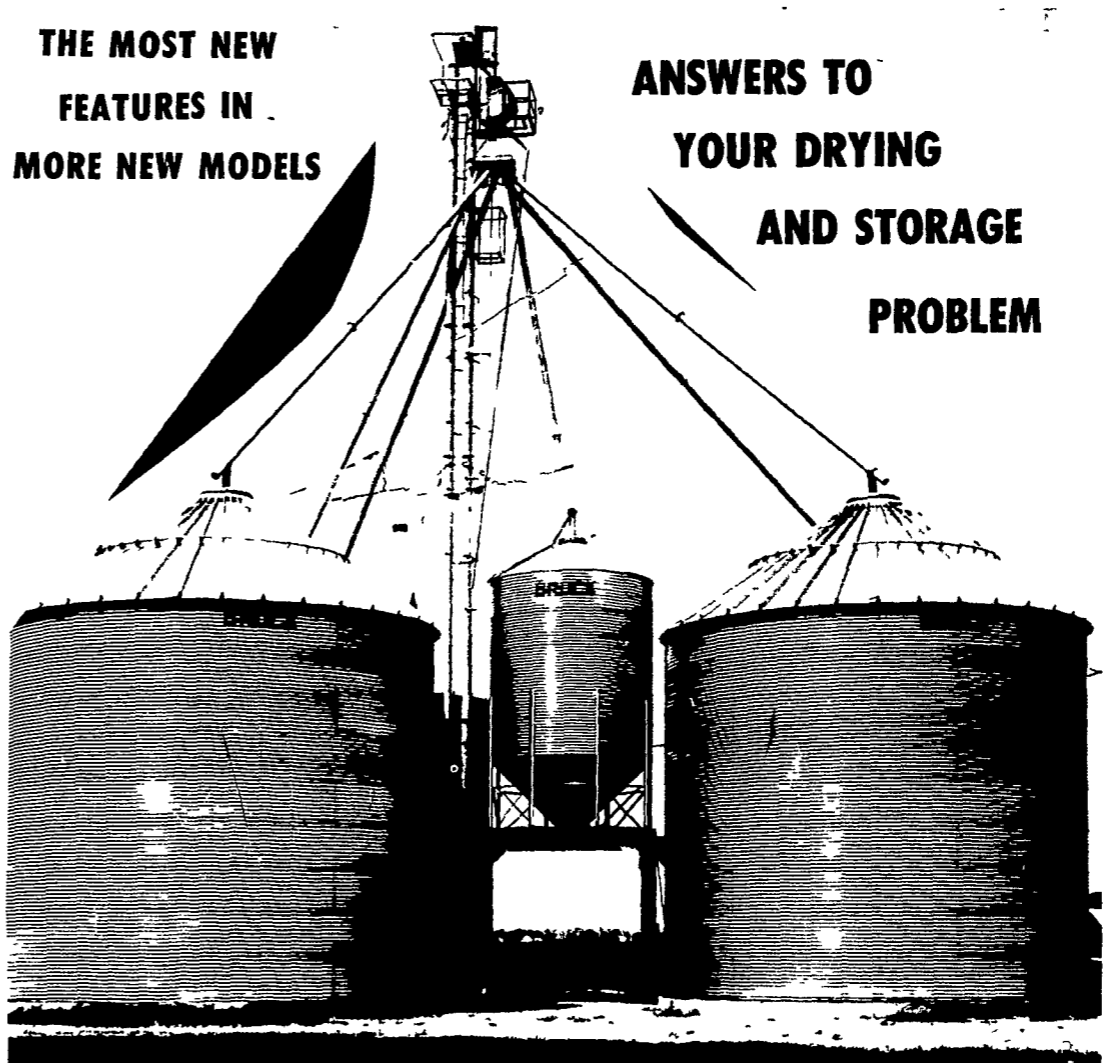


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