

# Home On The Range

Although mushrooms have traditionally been used to garnish casseroles and steaks, many consumers are finding that mushrooms are not only rich in vitamins but are also low in calories.

Mushrooms add protein, phosphorus, iron, thiamine, riboflavin and niacin to the diet and contain only 90 calories to the pound.

Whether fresh or canned they add a different taste to ordinary meals and are approved for low sodium diets.

One of our readers requests information on how to can kidney beans and great northern beans. She would also like to know what the best way is to preserve zucchini squash. If you have any suggestions for this reader send them along with your favorite recipe.

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**Mushroom Creole Salad**  
1 pound fresh mushrooms or 2 cans (8 ounces) sliced mushrooms  
2 cups cherry tomatoes, halved  
1 pound of cooked chicken or turkey, cubed  
2 small (1/4 pound each) zucchini, thinly sliced  
1 green pepper, diced  
1 onion sliced  
1/2 cup salad oil  
2 tablespoons wine vinegar  
2 tablespoons lemon juice  
1 teaspoon salt  
1/2 teaspoon coarse ground black pepper  
1/2 teaspoon sugar

Rinse and dry fresh mushrooms or drain canned mushrooms. In a large lettuce lined salad bowl arrange in any desired pattern mushrooms, tomatoes, turkey, zucchini, green pepper and onion. Refrigerate until ready to serve. Mix oil vinegar, lemon juice salt pepper and sugar. Just before serving pour over salad. Yields 6-8 portions.

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**Pickled Slim Mushrooms**  
1 pound fresh mushrooms  
1 cup vinegar  
1/2 cup water  
2 tablespoons sugar  
1 1/2 teaspoons salt  
1 teaspoon instant minced garlic  
2 small bay leaves  
Rinse, dry, and quarter mushrooms, set aside.  
In a medium saucepan combine vinegar, water, sugar, salt, minced garlic, and bay leaves bring to boiling point. Add mushrooms and boil two minutes. Spoon mushrooms into hot sterile jars. Pour marinade over mushrooms. Seal jars immediately. Cool. Serve as relish or salad.  
Yield 3 half-pints.

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**Beefy Mushrooms**  
1/2 pound small fresh mushrooms  
1 can (10 1/2 ounces) condensed beef broth  
2 teaspoons instant minced onion  
1/4 teaspoon salt

1/2 teaspoon ground thyme  
1-16 teaspoon pepper  
Rinse and pat dry mushrooms. Place mushrooms in a small saucepan. Add remaining ingredients and bring to a boil. Reduce heat, cover and simmer five minutes. Serve immediately.

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**Tomato Beans**  
Cook two slices of ham till tender. Add one quart tomato juice and two quarts yellow beans. Let come to a boil and thicken like gravy. Serves 10.

Ethel Martin  
Penn Yan, N.Y.

xxx

**Tomato Relish**  
18 firm but ripe tomatoes  
1 stalk celery  
2 green peppers  
2 red peppers  
4 medium onions  
1-3 cup salt  
2 1/2 cups sugar  
1/2 teaspoon pepper  
1/2 teaspoon cloves  
2 teaspoon cinnamon  
2 tablespoon mustard seed  
1 1/2 cups vinegar  
Peel tomatoes and chop in small pieces. Grind celery, onions and peppers in food chopper with coarse blade. Combine celery, onions, peppers, tomatoes and salt and leave stand overnight in refrigerator. Next morning drain well, add sugar and spices and mix well.  
Put in sterile jars and cap. Will keep in refrigerator up to five months. Good on

**Tomato Fritters**  
2 cups mashed cooked tomatoes  
1/2 teaspoon salt  
1 teaspoon sugar  
1 egg  
1 teaspoon baking powder flour  
Add salt, sugar, egg and baking powder to tomatoes. Then add enough flour to make stiff batter. Drop by spoonfuls into hot fat and fry golden brown.

Mrs. John Burkholder  
East Earl

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**Deviled Eggs With Bacon and Cheese**  
2 slices bacon  
6 hard cooked eggs  
3 tablespoons prepared mustard  
2 tablespoons mayonnaise  
pinch of salt  
Cook bacon until crisp. Save 1 tablespoon drippings. Crumble.  
Cut egg in half and remove yolks. Mash with fork. Add the 1 tablespoon bacon drippings, mustard, mayonnaise, salt and crumbled bacon. Stir to mix. Spoon mixture into whites. Top with grated cheese.

Harriet Greenawalt  
Lancaster, Pa.

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**Cheese and Pepper Spread**  
Grind half mild cheese and half sharp cheese and a green or red pepper in grinder or chopper. Add mayonnaise till just right for spreading on bread.  
"I toast the bottom piece of bread and spread with butter, add the cheese spread to bottom piece of bread and put under broiler and grill till soft and browning. Toast top piece of bread and put on top. Makes a good toasted cheese sandwich. Bacon or bacon bits also can be added on top."

Harriet Greenawalt  
Lancaster, Pa.

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**Tomato Salad**  
6 medium sized tomatoes  
1 small onion  
1 cup chopped celery  
2 tablespoons chopped parsley  
1 teaspoon salt  
mayonnaise  
Skin the tomatoes and dice in a bowl. Add minced onion and chopped celery. Mix lightly and add mayonnaise and seasoning. Garnish with chopped parsley. Serves 6.

Mary Fisher  
RD1 Christiana

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**Pea Salad**  
2 1/2 cups of canned peas  
2 tablespoons chopped onions  
4 tablespoons cream cheese  
4 tablespoons chopped sweet pickles  
1 small head of lettuce  
1/2 teaspoon salt  
1/2 cup salad dressing  
3 tablespoons cream

Cut the cheese and pickles in small pieces. Add onion and mix with the drained peas. Add cream and salt to salad dressing and pour over vegetables and mix lightly. Serve on lettuce leaves. Serves 6.

Barbara Fisher  
RD1  
Christiana, PA.

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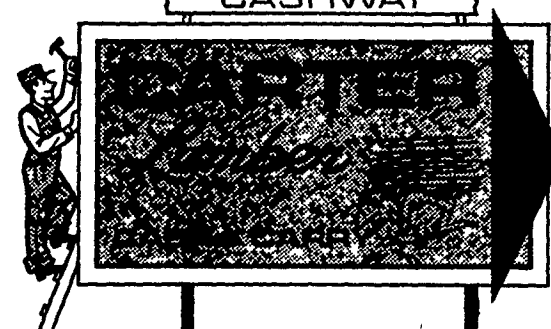
**Celery Seed Dressing For Tossed Salad**  
1/4 cups sugar  
2 teaspoons dry mustard  
1 teaspoon salt  
1/2 medium onion  
1/2 cup vinegar  
1 pint salad oil  
2 teaspoons celery seed  
Combine sugar, mustard, salt, onion, with a little vinegar. Alternately add

vinegar and sugar. Beat well until thick. Add celery seed. Miss Edie Zeager  
RD2, Danville

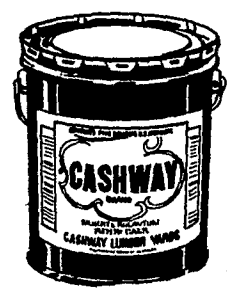
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**Special Pudding**  
Combine:  
6 beaten egg yolks  
1 1/2 cups sugar  
1 1/2 cups milk - boil one minute  
Soak: One envelope gelatin in one cup cold water. Pour this into hot mixture. Cool till this starts to set. Add two beaten egg whites when ready to serve. Top with graham crackers and whipped cream.  
Mrs. Enos K. Miller  
Paradise RD1

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