

Robinson whips up top vegetable dish

ROCK SPRINGS — More than 200 entries from across the commonwealth were submitted in the Third Pennsylvania Vegetable Recipe Contest, held in conjunction with Ag Progress Days and sponsored by the Lehigh Valley Independent Grocer's Association.

Contest judges, Rudy Grob, Vegetable Growers' Association, Marlene Farrish, Director of Gimble's Cooking School of Fittsburgh and Kathy McGovern, Penn State Nutritionist fielded everything from asparagus to zucchini.

In this issue, we've included the winning recipe, Dale's Dish, submitted by Lori Robinson of Harrisburg. Have a look at Robinson's masterpiece plus those recipes submitted by the 10 finalists in this year's contest.

Bon appetit.

First Place DALE'S DISH

- 8 oz. mushrooms (optional)
- 3 medium large tomatoes, peeled (or 16 oz. stewed tomatoes)
- 1 large zucchini
- 2 ribs of celery
- 1 small green pepper
- 1 medium red onion

Cut up all the above and cook in 3 quart saucepan for 1 1/2 hours. Cover and simmer, stirring from time to time. After the vegetables have started to cook, add the following seasonings:

- 2 tablespoons worchestershire sauce
- 1 tablespoon chili powder (or less, if desired)
- 1 teaspoon celery seed
- 1/8 teaspoon garlic salt
- salt and pepper as desired

After the vegetables and seasonings have cooked for 1 1/2 hours, add one can 16-oz. kidney beans which have been drained and rinsed in cold water. Cook

about 15 minutes longer, so kidneys can heat through

Serve over rice for a complete protein-balanced meal. Can also be served as a stew with hot buttered rolls or placed in pita breads and sprinkled with grated parmesan cheese. Dale's Dish can also be sprinkled with grated parmesan when served over rice, if desired.

Lori Robinson
Harrisburg

Second Place WHOLE WHEAT VEGETABLE PIE

- 2 cups chopped zucchini
- 2 cups chopped celery
- 1 cup shredded carrot
- 1 cup sliced fresh mushrooms
- 1 cup chopped green pepper
- 2 cloves garlic, minced
- 4 tablespoons cooking oil
- 4 fresh or 1 quart canned tomatoes pureed in blender
- 1 cup cooked cut green beans
- 1 cup cooked whole kernel corn

- 1 cup cooked cauliflower
- 2 tablespoons brown sugar
- 2 teaspoons dried oregano
- 2 teaspoons chili powder
- 1 teaspoon salt
- 1 teaspoon dried basil
- 1/2 teaspoon pepper
- 1/2 teaspoon allspice
- 2 cups shredded cheddar cheese

In a skillet, cook zucchini, celery, carrot, mushrooms, green pepper and garlic, covered, in hot oil till tender. Add tomatoes, beans, cauliflower, corn, sugar and seasonings. Simmer, uncovered, 5 minutes. Keep warm while you roll out pie crust.

CRUST:

- 2 cups whole wheat flour
- 2 cups all-purpose flour
- 2 teaspoons salt
- 1 and 1/3 cups shortening
- 10 to 14 tablespoons cold water

Stir together flours and salt. Cut in shortening till pieces are the size of small peas. Gradually add water and form into dough. Divide dough into four parts. Roll out two parts and fit into two 9 inch pie plates. Spoon filling into pie shells. Sprinkle one cup of shredded cheese on top of each pie. Roll out top crusts. Adjust top crusts; seal edge and crimp. Cut vents in top pastry. You can bake both pies for a large group or freeze one to be used later. Bake in 350 oven 40-45 minutes. Let stand 10-15 minutes before serving. Each pie serves six. (I roll out the extra dough, spread with butter, sprinkle with cinnamon and sugar, roll up and slice in 1 inch pieces. Bake at 350 for 20 min.)

Marty Edmunds
Boalsburg

Third Place VEGETABLE PASTA

- 12-3 lb. spaghetti squash
- 1 16 oz. can stewed tomatoes
- 1 10 oz. pkg. frozen zucchini or one small fresh zucchini
- 1/2 lb. mushrooms sliced
- 2 medium onions
- 1 16 oz. bag shredded cheddar cheese
- salt and pepper to taste
- 2 T. butter or oleo

Cut the squash in half and place face down in shallow baking pan. Put in water to bottom of squash and cover with foil. Bake about one

hour or until meat of squash is tender. When tender, remove from oven and take out seeds. With a table fork, scrape out squash into spaghetti shreds and put into greased baking dish. In melted butter, fry zucchini and onion together. Right before removing add mushrooms and saute for a few minutes. Add all ingredients to squash, saving 1/2 of the cheese to be sprinkled on top. Return to oven and cook until cheese has been melted and all ingredients are hot and bubbly. (The skin of spaghetti squash is very tough and cooking time when baking can vary. 350 is the proper oven temperature.

Ariel F. Way
Eagles Mere

Fourth Place SPINACH CASSEROLE

- 1 cup uncooked rice
- 10 ounces fresh spinach, washed and chopped
- 8 ounces fresh mushrooms, washed and sliced
- 3/4 pounds cheddar cheese, shredded
- 4 eggs
- 1 1/2 tablespoons chopped basil
- 1/4 teaspoon black pepper

Cook rice according to manufacturer's directions. While rice cooks, combine the remaining ingredients (with the exception of 1/4 cup cheese) in a large mixing bowl. When the rice is ready add it to the mixture also. Grease or oil a 4 quart casserole. Add the mixture and top with remaining cheese. Bake at 350° for 30 minutes.

Laura Toy
State College

CASHEW CABBAGE AND BROCCOLI

- 1 head broccoli (florets)
- 1/2 head red cabbage chopped
- 1 medium onion chopped
- 8 ounce fresh mushrooms sliced
- 1 can bean sprouts
- 2 ounce cashew nuts

Saute onion in butter or margarine. Stir fry remaining ingredients approximately 5 minutes. Add bean sprouts last. Right before removing from heat sprinkle cashew nuts throughout. Serve over brown rice. Add soy sauce to taste.

Regina Roman
Hazleton

(Turn to Page A29)



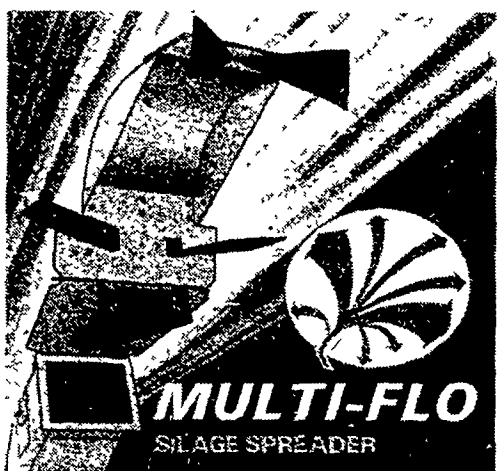
Lori Robinson, left, of Harrisburg, receives her first place check for her winning entry, Dale's Dish, in the Pa. Vegetable Recipe Contest, held during Ag Progress Days.

Joining Lori is Ruth Nichols, representing the contest sponsor, Lehigh Valley IGA, and Deputy Secretary of Agriculture E. Chester Heim.



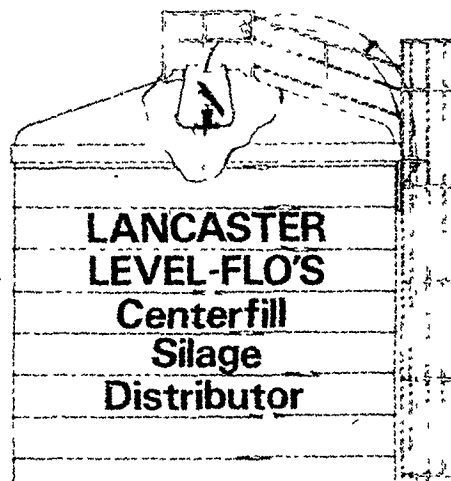
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