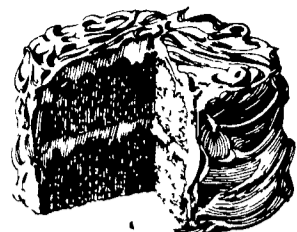


Home On The Range



Add Variety with Vegetables

It's that time of year again when people are suffering from the February blahs. Winter has lost its charm and spring is not quite here. Even meals can become dull this time of year.

Add some variety and color to your meals by serving vegetables that can be made in endless ways. Even better, vegetables bring promises of spring gardening and summer.

GLAZED CARROTS

1 bunch carrots, scraped and boiled until tender
1/4 teaspoon salt
1 tablespoon boiling water
1/4 cup molasses
1 tablespoon butter

Drain carrots and place in a greased shallow casserole dish. Sprinkle with salt. Drizzle the molasses and boiling water combined over the carrots. Dot with butter. Slip under broiler until glazed and brown. Turning if necessary.

Betty Biehl
Mertztown

ALMOND GREEN BEANS

2 packages (9 oz. each) frozen cut green beans
6 tablespoons butter
1/4 cup slivered almonds
1 tablespoon lemon juice

Cook beans according to package directions; drain. In a 1-quart saucepan melt butter; add almonds and saute until lightly brown. Add lemon juice. Pour over beans.

EASY CAULIFLOWER AND TOMATO CHEESE CASSEROLE

2 large head cauliflower
1/2 teaspoon salt
1/4 teaspoon nutmeg
dash pepper
2 cups (8 oz.) shredded cheddar cheese
1/4 cup (1/2 stick) butter, melted
4 tomatoes, cut in wedges
1 cup (4 oz.) shredded cheddar cheese
2 tablespoons chopped parsley

Rinse cauliflower and separate into flowerets. Cook in a 4-quart covered Dutch oven, in 1-inch boiling salted water, for 8 to 15 minutes or until just tender; drain. Preheat oven to 400 degrees. Place in buttered three-quart casserole. Sprinkle with salt, nutmeg and pepper. Cover with two cups cheddar cheese. Drizzle butter over all. Tuck in tomato wedges, sprinkle over an additional one cup cheese and bake five minutes or until cheese is slightly melted. Serve garnished with parsley.

If cooked cauliflower has cooled

before assembling casserole, heat in oven five minutes with two cups cheese and butter before tucking in tomato wedges and sprinkling with one cup cheese

ASPARAGUS SUPREME

4 cups fresh asparagus, cut up or 2 (8 oz.) packages frozen cut asparagus

1 10 3/4-ounce can condensed cream of shrimp soup
1/2 cup dairy sour cream
2 tablespoons coarsely shredded carrot
1 teaspoon grated onion
1/8 teaspoon pepper
1/2 cup herb-seasoned stuffing mix
1 tablespoon melted butter

Cook fresh asparagus in boiling water five to six minutes or until crisp-tender. Or cook frozen asparagus according to package directions. Drain well. Combine soup, sour cream, carrot, onion and pepper; fold in asparagus. Turn into an ungreased one-quart baking dish. Combine stuffing mix and melted butter; sprinkle around edge of asparagus mixture. Bake, uncovered in 350-degree oven for 30 to 35 minutes.

GLAZED VEGETABLES

2 cups carrot strips
2 cups celery crescents
3/4 cup sliced onion
2 cups cherry tomatoes
1 package frozen French style green beans
2 tablespoons sugar
1 teaspoon salt
3 tablespoons minute tapioca
1/4 cup butter

Boil the carrots and celery until crispy tender. Place all vegetables in a 9X13-inch baking dish which has been buttered. Combine the sugar, salt and tapioca and sprinkle over the vegetables. Dot with butter. Cover baking dish with foil and bake in 325-degree oven for 45 minutes. Stir very gently once or twice during baking time so that the glaze is evenly distributed.

ASPARAGUS APPETIZERS

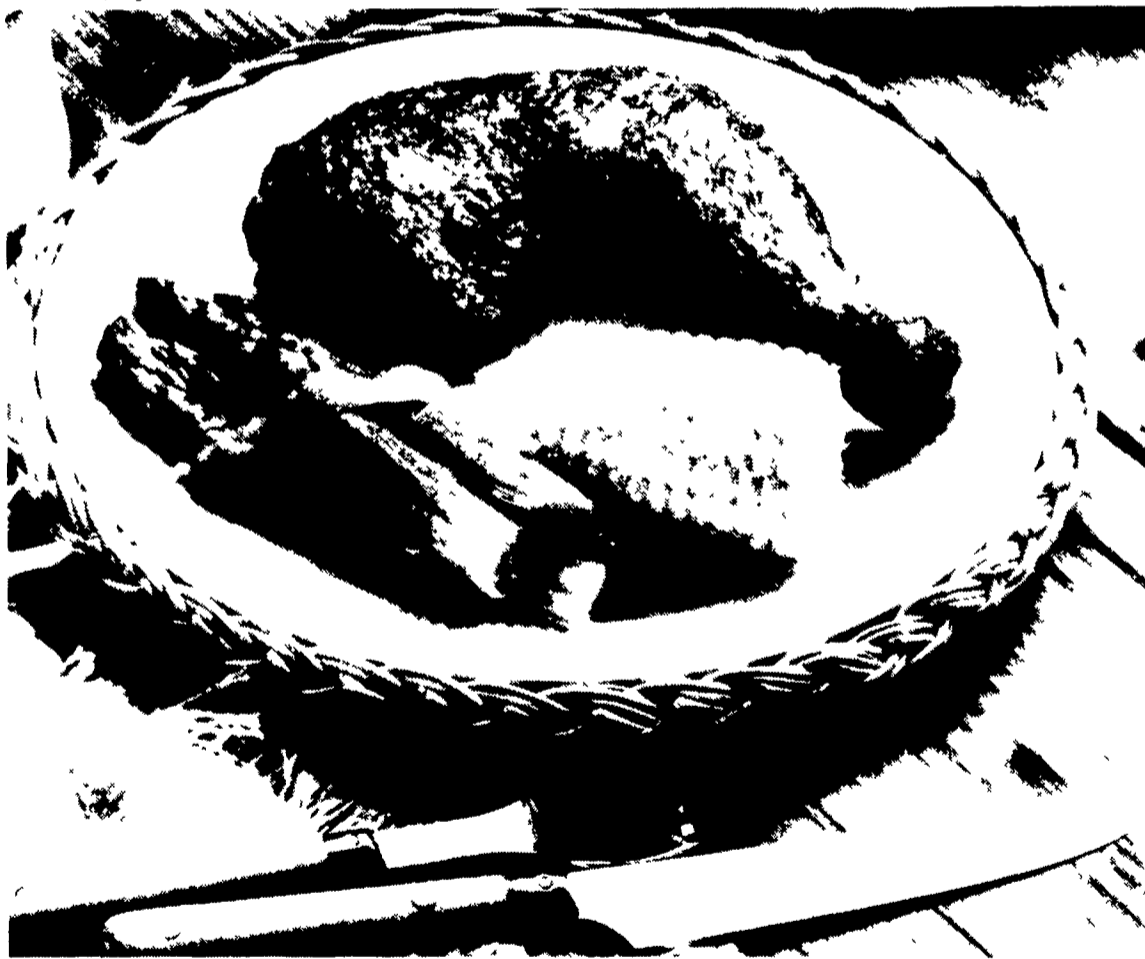
Steam asparagus until slightly tender. If you have 10 spears of asparagus, take 10 pieces of bread using trimmed crusts and roll around the spears. (Can secure with toothpicks.) Brush with melted butter and place on greased pan. Bake in 350-degree oven until browned. Can make cream of mushroom soup into a gravy and serve over these buttery delights. They can also be cut into 1-inch pieces and served as appetizers.

Donna Lencoski
Latrobe

(Turn to Page B7)



The almond green beans, above, make a perfect side dish for the sausage stuffed acorn squash. The green bean recipe appears in this section. It's an easy way to vary a dish, try it!



Vegetables make a meal complete. Above, asparagus and corn make a nutritious meal when combined with chicken.

Featured Recipe

This week's featured recipe, in honor of the Keystone Pork Congress held last Thursday, is a dish using ground pork. Additional recipes featuring ground pork can be found on the page that features the Pa. Porkettes in this section.

Vegi-Stuffed Pork Loaf

2 pounds ground pork
1/4 cup chopped onion
1/4 cup chopped green pepper
1/4 cup chopped red pepper
1 tablespoon oil
2 tablespoons snipped parsley

1 1/2 teaspoons salt
1 teaspoon basil leaves
1/2 teaspoon oregano leaves
1 egg, beaten
1/2 cup coarsely crushed corn flakes
1/4 teaspoon saffron

Cook onion, green pepper and red pepper in oil in frying pan for three minutes or until tender crisp. Cool. Sprinkle parsley, basil, 1 1/2 teaspoons salt and oregano over ground pork. Add egg and corn-flakes, mixing lightly but thoroughly. Divide pork mixture in

half; pat out 1/2 mixture on waxed paper into 5x8x1 1/2-inch rectangle. Place vegetables lengthwise in 2-inch strip down center of meat; sprinkle with 1/4 teaspoon salt. Pat remaining meat mixture on waxed paper into 5x8x1 1/2-inch rectangle. Place on top of first layer. Remove waxed paper. Seal edges and shape into a loaf. Invert loaf onto rack in open roasting pan; remove waxed paper. Bake in moderate oven (350) for 1 1/2 hours to well done.

Recipe Topics

March

3 Let's Bake Some Cakes
10 Chicken Delights
17 Dishes with a touch of green celebrate St. Patty's Day!