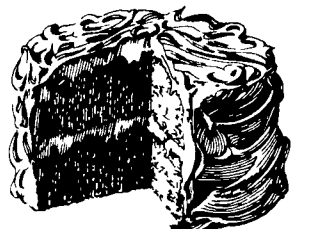


Home On The Range



Serve vegetable harvest with dips and dressings

Vegetable gardens are nearing their peak and those of you who are lucky enough to have one in your backyard are reaping the benefits - lots of fresh, crispy vegetables.

There are plenty of ways to enjoy the fresh goodness of vegetables - in salads, casseroles, as side dishes, or just plain raw. Enhance them with a variety of dressings or simply plunge them in some creamy dips.

However you decide to eat them, you will benefit from their low-cal nutrients.

CREAM CHEESE AND NUT

1 cup cream cheese
1/2 cup walnut, pecan, or pistachio
Mix together and serve.

Betty Biehl
Mertztown

HAM AND EGG DIP

1 can deviled ham
1 hard cooked egg, mashed
1/2 teaspoon prepared mustard
1/4 cup mayonnaise
Mix all together and serve.

Betty Biehl
Mertztown

SHRIMP DIP

1 4 1/2-ounce can or 2/3 cup cooked shrimp, deveined and mashed
1/4 cup mayonnaise
6 drops tabasco sauce
1 tablespoon lemon juice or grated onion
3/4 cup light cream
Mix all together and serve.

Betty Biehl
Mertztown

BOILED DRESSING FOR LETTUCE OR POTATO SALAD

2 egg yolks, beaten
2 tablespoons butter or oleo
2 tablespoons sugar
1 teaspoon salt
1 teaspoon dry mustard
1/2 teaspoon cornstarch
1/2 cup milk or cream
1/4 cup vinegar

Put butter in a double boiler and add beaten egg yolks, and 1/2 of the cream. Then add sugar, salt, mustard and cornstarch. Add the remaining milk, cream and vinegar. Beat. Cook until thick.

Mrs. Joe S. Heggenstaller
Logantown

TASTY YOGURT DIP

1 cup plain unflavored yogurt
2 tablespoons Weight Watchers mayonnaise
1 tablespoon ranch-style dry buttermilk dressing powder
1/2 teaspoon parsley
1/4 teaspoon salt

Combine all ingredients, mix well and chill. Serve with veggies.

Judi Fulton
Adamstown

VEGETABLE DIP

1 cup low-fat cottage cheese
1/2 cup yogurt
1/2 cup mayonnaise
1 tablespoon onion flakes
1 tablespoon parsley flakes
1 teaspoon dill weed
1/2 teaspoon celery seed
1/4 teaspoon salt

Mix together, then refrigerate for 1 to 2 hours before serving.

AVOCADO CREAM DRESSING

2 large ripe avocados, peeled and mashed (about 3/4 cup)
1 cup dairy sour cream
1 teaspoon grated lemon peel
1 tablespoon fresh lemon juice
2 teaspoons prepared horseradish
1/2 teaspoon salt

Combine avocado, sour cream, lemon peel and juice, horseradish and salt. Cover and chill 30 minutes to allow flavors to blend. (Dressing will darken upon standing).

HOMEMADE FRENCH DRESSING

3/4 cup soy oil
1/4 cup vinegar or lemon juice
1/4 cup catsup or chili sauce, optional
1 to 3 teaspoons honey or sugar
1 clove garlic cut in half
1 teaspoon salt
1/2 teaspoon paprika
1/4 teaspoon freshly ground white peppercorns

Put the ingredients in a jar, cover and shake until blended. Store in refrigerator. The variations and additions to this dressing are unlimited.

SOUTH-OF-THE-BORDER SALAD DRESSING

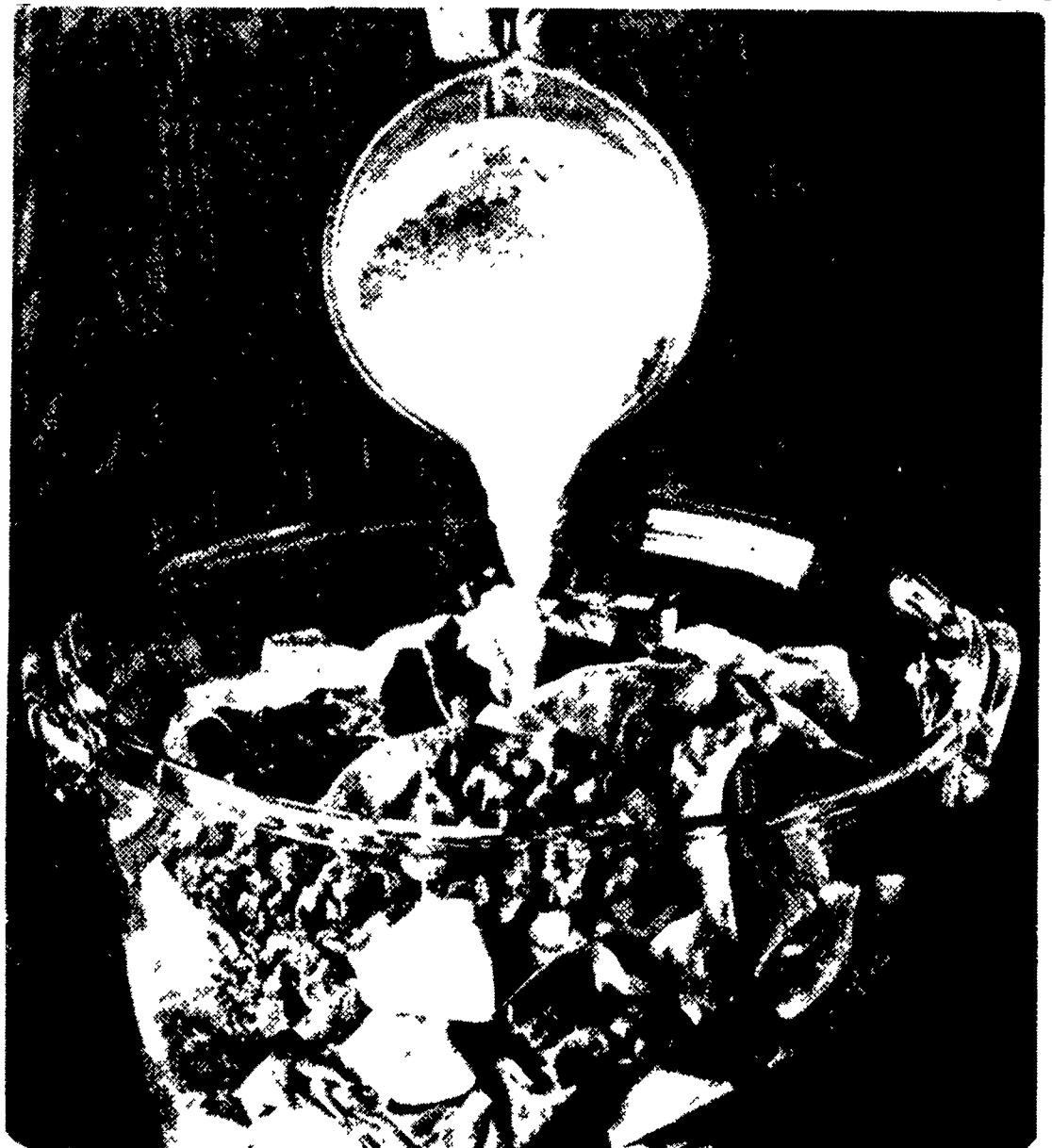
1/2 cup chili sauce
2 tablespoons minced green pepper
2 tablespoons minced green onion
1 tablespoon sweet pickle relish
2 teaspoons prepared horseradish
2 teaspoons Worcestershire sauce
1 teaspoon salt
Pinch of garlic powder
Pinch of pepper
Few drops hot pepper sauce
1 cup dairy sour cream

Combine all ingredients except sour cream; mix well. Gently fold in sour cream. Cover and chill 1 to 2 hours to allow flavors to blend. Serve over tossed green salad.

CURRY CHEESE DIP

1 envelope onion soup mix
1 cup grated cheddar cheese
1 1/2 cup dairy sour cream
1/2-1 teaspoon curry powder
1 tablespoon chopped parsley, optional

Beat cheese and onion soup mix until blended. Stir in remaining ingredients. Chill and serve with fresh vegetable sticks.



Creamy dressings add a touch of seasoning to fresh greens and vegetables.

GREEN GODDESS DRESSING

1 clove garlic, crushed
3 tablespoons anchovy paste or finely-chopped anchovy fillets
3 tablespoons finely-snipped chives or chopped green onion
1 tablespoon lemon juice
3 tablespoons tarragon wine vinegar
1/2 cup dairy sour cream
1 cup mayonnaise or salad dressing
1/3 cup finely-snipped parsley
1/4 teaspoon salt
Pinch of freshly-ground pepper

Mix all ingredients. Cover and refrigerate. Makes 2 cups.

BLUE CHEESE DRESSING

1 4-ounce package blue cheese, crumbled
1 3-ounce package cream cheese, softened
1/2 cup mayonnaise or salad dressing
1/3 cup light cream

Reserve 1/3 cup of the blue cheese. In small mixer bowl, blend remaining blue cheese and cream cheese on low speed. Beat in mayonnaise and cream on medium speed until creamy. Stir in reserved blue cheese. Cover; refrigerate at least 3 hours.

POLONAISE SAUCE

1/2 cup butter
1/4 cup fine breadcrumbs
Few drops lemon juice
1 teaspoon chopped parsley

Heat butter gently until it begins to brown slightly. Add breadcrumbs and cook until the crumbs are brown and the butter has stopped bubbling. Add lemon juice and parsley and serve immediately as a garnish for vegetables. If desired, sprinkle the vegetable with finely chopped egg.

SOUR CREAM SAUCE

2 egg yolks
3/4 cup sour cream
1 tablespoon lemon juice
1/2 teaspoon minced parsley
Pinch of salt
1/4 teaspoon paprika

Beat egg yolks and cream together in top part of double boiler. Place over simmering water and cook, stirring constantly, until mixture is of custard consistency. Remove from heat and add remaining ingredients. Serve at once with vegetables.

CREAM CHEESE AND CHIPPED BEEF

1/3 cup ground chipped beef
3/4 cup cream cheese

Mix together and serve.

Betty Biehl
Mertztown

CREAM CHEESE AND CHICKEN

1/4 cup cream cheese
3/4 cup chopped, cooked chicken
Pinch of salt

Mix together and serve.

Betty Biehl
Mertztown

ALMOND BUTTER FOR VEGETABLES

To 1/4 cup melted butter or margarine, add 2 tablespoons chopped salted almonds and 1 tablespoon lemon juice. Serve over green beans, Brussels sprouts or broccoli.

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Recipe Topics

If you have recipes for the topics listed below, please share them with us. You can send your recipes to Sue Keene at Lancaster Farming, P.O. Box 366, Lititz, PA 17543

July

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August

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Fun with fruit

July is Beef Month

Quick 'n easy Casseroles

Featured Recipe

This week's featured recipe comes from Jana King, 1984 Potato Queen. Jana said this recipe for Gourmet Potatoes is one of her family's favorites and will appear in her potato brochure that will be published later this year. To learn more about Jana, see the story featuring her in this section.

Gourmet Cheese Potatoes

6 medium potatoes
2 cups shredded cheddar cheese
1/4 cup butter
1 1/2 cup sour cream or 1 cup milk
1/3 cup finely chopped onion
1 tsp. salt
1/4 tsp. pepper
2 Tbsp. butter
Paprika

Cook potatoes in skin. Peel potatoes and shred coarsely. In a saucepan over low heat, combine cheese and 1/4 cup butter. Stir until almost melted. Remove from heat and blend in sour cream or milk, onion and seasonings. Fold into potatoes and turn into a greased 2 quart casserole. Dot with 2 Tbsp. butter and sprinkle with paprika. Bake for 30 minutes or until heated thoroughly in a 350 degree oven. Casserole may be prepared the day before - wait to sprinkle paprika until ready to bake. Serves 6.