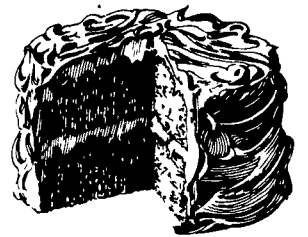


# Home On The Range



## Fresh Vegetables Are A Summer Treat

Although a backyard garden is lots of work, the benefit of just-picked vegetables makes it all worthwhile. Fresh sweet corn transferred directly from the stalk to the kettle is one of summer's special treats.

Freshness is the key to great tasting vegetables of all types. Plump, juicy tomatoes fresh from the stalk, crisp lettuce, cabbage, cauliflower, and broccoli picked fresh in the morning make for super salads and vegetable dishes.

And with an abundance of roadside and farmer's markets, fresh vegetables are readily available to those who don't have the time, or inclination, to fight the bugs and rabbits for their share of the garden.

The recipes below offer a few suggestions for enjoying summer's bounty. Keep them in an easily accessible location since the harvest is just beginning.

### DOWN HOME CABBAGE

- 2 pounds cabbage, cut up
- 2 teaspoons salt
- 6 slices bacon
- 1 medium chopped onion
- 2 tablespoons flour
- 2 tablespoons sugar
- ¼ cup cider vinegar
- 1/8 teaspoon pepper

Heat 1 inch of water to boiling. Add cabbage and salt; return to a boil. Cover and cook 5 minutes. Drain well, reserving 1¼ cups cooking liquid. Cook bacon until crisp. Remove bacon and break into 1-inch pieces. Discard all but 1 tablespoon bacon drippings. Add onion to drippings; saute until golden, stirring occasionally. Sprinkle in flour and sugar. Stir until smooth. Stir in reserved cooking liquid, vinegar and pepper. Cook over medium heat, stirring constantly, until thickened. Add bacon and cabbage; stir gently to coat. Makes 6 servings, about 120 calories each.

Mrs. Jay Spyster  
Dallastown

### RATATOUILLE

- 2 medium onions, chopped
- 2 small zucchini or other summer squash, cubed
- 2 tablespoons chopped parsley
- 1 teaspoon basil
- 1 cup sliced fresh mushrooms
- ¼ cup olive or vegetable oil
- 2 bell peppers, cut in strips
- 1 small eggplant, cubed
- 3 tomatoes, cut in chunks
- 2 to 3 cloves garlic, chopped
- ½ teaspoon oregano
- 1 bay leaf, if desired

Saute onion and garlic in oil. Add remaining ingredients. Cover and cook 15 minutes. Uncover and continue cooking until vegetables are tender and juice is thickened. Stir occasionally.

### FRESH BROCCOLI SALAD

- 1 large head broccoli, cut in pieces
- 1 carrot, grated fine
- 8 slices bacon, fried and cut in pieces
- 1 small onion, chopped fine
- ½ cup raisins
- ½ cup sugar
- 3 tablespoons vinegar
- 1 cup mayonnaise

Put first 5 ingredients in bowl. Mix last 3 ingredients together, then stir into salad. Let stand a few hours before serving.

Sadie Stoltzfus  
Hegins

### LIME COLESLAW

- 3½ cups shredded cabbage
- ½ teaspoon celery seed
- 2 teaspoons vinegar
- 1 cup mayonnaise
- 1/8 teaspoon salt
- ½ cup lime-flavored gelatin
- 1 cup boiling water
- ½ cup cold water

Dissolve gelatin in boiling water. Add cold water. Beat in mayonnaise. Add vinegar, salt, celery seed and cabbage. Chill until set.

Variation: Add a shredded carrot with cabbage or chop a red or yellow sweet pepper to add to the slaw.

Mrs. Eldon R. Martin  
East Berlin

### VEGETABLES IN SOUR CREAM

- 1 3-ounce package lime gelatin
- 2 bouillon cubes
- 1 cup boiling water
- 1 cup sour cream
- 2 tablespoons tarragon vinegar
- ¾ cup dried celery
- ½ cup thinly-sliced radishes
- ½ cup diced cucumber
- ¼ cup green pepper strips
- 2 tablespoons thinly sliced scallions
- ½ teaspoons salt and dash of pepper

Dissolve gelatin and bouillon cubes in boiling water. Chill until very thick. Add remaining ingredients. Pour into a 1-quart mold. Chill until firm. Can be molded in individual molds. Unmold on lettuce leaves. Makes 3¼ cups or 6 to 8 side salads.

Genevieve Vonelda  
Muncy

### RED BEET RELISH

- 24 large beets, cooked, peeled, sliced and diced
- 1 large head cabbage
- 1 dozen peppers
- 6 large onions
- Celery as you like it
- 5 cups vinegar
- 1 cup water
- 6 cups sugar
- 1 teaspoon pepper
- 6 tablespoons salt

Mix together and cook 20 minutes. Makes about 30 pints.

M. Knecht  
Easton

### CHEESY VEGETABLE FILLING

- 2 tablespoons butter
- ½ cup chopped onion
- ½ cup chopped green pepper
- 3 8-ounce cans tomato sauce
- 1 teaspoon basil, crushed
- 1 teaspoon salt
- 1 teaspoon sugar
- ½ teaspoon rosemary, crushed
- 1/8 teaspoon pepper
- 2 cups assorted vegetables (corn, lima beans, string beans, peas or carrots), cooked and drained
- 1 cup coarsely chopped tomatoes
- 1½ cups (6 ounces) shredded Cheddar, Swiss or Mozzarella cheese

For filling, melt butter in large heavy skillet. Saute onion and green pepper until tender. Add tomato sauce, basil, salt, sugar, rosemary and pepper. Simmer 5 minutes. Combine 1 cup of sauce with vegetables, tomatoes and cheese. Reserve remaining sauce.

### STUFFED GREEN PEPPERS:

Preheat oven to 350°F. Remove tops from 6 medium-sized green peppers; scoop out seeds and membranes. Parboil until just tender, about 10 minutes. Drain, sprinkle insides of green peppers lightly with salt. Fill with cheese-vegetable mixture. Pour reserved tomato sauce into buttered 11x7-inch shallow baking dish. Set in filled peppers. Bake 20 to 25 minutes or until hot and bubbly. Remove from oven. Top with 2 triangles of Cheddar cheese (½ ounce); return to oven 1 to 2 minutes to melt cheese. To serve, lift pepper onto plate; spoon some of the tomato sauce over each serving.

### STUFFED ACORN SQUASH:

Preheat oven to 350°F. Cut 3 medium-sized acorn squash in half; remove seeds. Place cut side down in shallow pan. Add hot water to ¼-inch depth. Bake 30 to 40 minutes or until tender. Prepare Cheesy Filling, using 1½ cups shredded Swiss cheese. Fill cavities of squash. Pour reserved tomato sauce into buttered 13x9-inch pan. Set in filled squash. Bake 20 to 25 minutes or until hot and bubbly. Sprinkle ½ cup (2 ounces) shredded Swiss cheese over filling. Return to oven 1 to 2 minutes to melt cheese. To serve, lift squash onto plates; spoon some of the sauce over each serving.

### STUFFED ZUCCHINI:

Preheat oven to 350°F. Cook 3 medium-sized zucchini in boiling water until just tender, about 10 minutes. Drain; cut in half lengthwise. Remove pulp, leaving ½-inch shell. Chop centers coarsely. Reduce assorted vegetables to 1 cup in Cheesy Filling and add all of the chopped zucchini. Omit tomatoes. Combine vegetable filling with 1½ cups shredded Mozzarella cheese. Stuff zucchini. Pour reserved tomato sauce into buttered 13x9-inch baking pan. Set in stuffed zucchini. Bake 20 to 25 minutes or until hot and bubbly. Remove from oven. Sprinkle ¼ cup grated Parmesan cheese over zucchini. Return to oven 2 to 3 minutes to melt cheese. To serve, lift squash onto plate; spoon some of the sauce over each serving.



Cheese-filled vegetables add variety to menus and use plenty of fresh produce.

### CORN FRITTERS

- 2 cups fresh corn, grated
- 2 eggs
- ¼ cup flour
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1 teaspoon baking powder
- 2 tablespoons cream
- 4 tablespoons fat

Add beaten eggs, flour, baking powder, salt and pepper to grated corn. Mix thoroughly. Add the cream. Melt the fat in a frying pan and drop corn mixture by spoonfuls into the hot fat. Brown on both sides. Makes 16 to 18 fritters.

Norman M. Shirk

### VEGETABLE SKILLET SOUFFLE

- 4 eggs, beaten
- ½ cup milk
- 1 tablespoon instant minced onion
- ½ teaspoon garlic salt
- ¼ teaspoon pepper
- 1 cup cooked chopped broccoli, asparagus or spinach
- 1 cup pitted ripe olives
- ½ cup grated Parmesan cheese
- 1 tablespoon butter.

Combine eggs, milk and seasonings; stir in vegetables, olives and ¼ cup cheese. Melt butter in 8-inch skillet; pour in egg mixture. Sprinkle with remaining cheese. Cover and cook over low heat 15 minutes. Cut into wedges to serve. Makes 8 servings.

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## Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Sue Keene, Lancaster Farming, P O Box 366, Lititz, PA 17543

- |        |               |
|--------|---------------|
| July   |               |
| 26-    | Summer Fruits |
| August |               |
| 2-     | Fruit Pies    |
| 9-     | Tomatoes      |

## Featured Recipe

This week's featured recipe was the winner in last week's Lamb Cook-off Contest, held at Penn State University in conjunction with the Second Annual Pennsylvania Lamb and Wool Festival.

Peggy Clauhs of Bucks County won the contest with the following Greek-Style Shish-Kebobs recipe. For more about the contest and other winning recipes turn to the story about the cook-off in this week's B section.

### Greek-Style Shish-Kebobs

- 1 5-pound boned leg of American Lamb
- Oregano
- 1 teaspoon curry powder
- 1 teaspoon French thyme
- 1 teaspoon marjoram
- 1 teaspoon celery salt
- Salt and pepper to taste
- 1 pint cherry tomatoes
- 3 green peppers, cut in wedges
- 1 large Spanish onion, cut into wedges
- 2 cups brown rice
- Tumeric
- Curry
- 1 cup red wine
- ½ cup olive oil

Cut lamb into 1-inch thick squares and place in large mixing bowl. Pour red wine over lamb. Mix. Pour olive oil over lamb. Mix through. Add the thyme, marjoram, curry powder and celery salt. Mix well and top with liberal sprinkling of oregano. Stir and refrigerate at least 3 to 4 hours prior to broiling.

**BROIL:** Start grill 45 minutes prior to cooking, or have charcoals white. Place and alternate meat on skewers with tomatoes, green peppers and onion wedges. Baste meat with marinade sauce. Salt and pepper meat and broil approx. 25 minutes. Occasionally turn and baste. Cook rice as package directs. Add curry and tumeric to taste. Serve shish-kabobs over rice. Serves eight.