

THE MICRO WAY LANI BLOOMER



A Medley Of Summer Vegetable Recipes

If your garden is inundating you with fresh produce, try these recipes for a change!

Yellow and green squash combine for an attractive way to serve zucchini (again!). With the squash cut in julienne strips, it hardly needs any cooking time!

Summer Squash

2 small zucchini, 1/2 pound
2 small yellow squash, 1/2 pound
1 clove garlic, minced
pinch pepper
2 tablespoons margarine or butter

1. Scrub squash but do not peel. Cut in julienne strips (little skinny sticks: 2"x1/4" x1/4"). Combine all ingredients in a 1 1/2 quart casserole and cover. Microwave until squash is hot: HIGH FOR 2-3 MINUTES.

2. Stir, recover, then microwave until squash is tender: HIGH FOR 2 MINUTES. Serve immediately. Serves 4.

TIPS: If you slice or chop the squash, the cooking time will be longer.

— Replace garlic with a pinch of basil, dill, or tarragon for a change in flavor.

If you're tired of cold potato

salad, try this hot vegetable combination. It's a colorful dish to fix when you can't figure out what to have for dinner!

Vegetable Medley

4 small red skinned potatoes (1 pound)
2 carrots, thinly sliced
2 stalks celery, thinly sliced
3 green onions, sliced
1 tablespoon chopped parsley
1/2 cup water
2 tablespoons margarine
1/2 teaspoon salt
1/4 teaspoon pepper

1. Scrub potatoes and slice thinly (don't peel) into a 2 quart casserole. Add remaining vegetables and the water. Cover and microwave until steaming hot: HIGH FOR 5 MINUTES. Stir gently, recover, then microwave until the potatoes are almost tender: HIGH FOR 7-9 MINUTES.

2. Drain. Add margarine, salt and pepper, stirring gently. Let stand 5 minutes before serving. Serves 4.

Tomato aspic is a deliciously cool side dish for a hot summer day. Make it in the morning, or the day before so it has time to chill. A food processor makes quick work of mincing the vegetables.

Tomato Aspic

1 envelope gelatin, unflavored
2 cups tomato juice, divided
1 tomato, peeled and chopped
1/2 cup minced celery,
1/2 cup minced onion
1/2 cup minced green pepper
Vegetable cooking spray or oil

1. Sprinkle gelatin over 1/2 cup tomato juice in a small bowl. Let stand 5 minutes to soften.

2. Bring remaining 1 1/2 cups tomato juice to a boil in a 4 cup measure: MICROWAVE ON HIGH FOR 4-5 MINUTES. Stir in softened gelatin, stirring until dissolved. Chill until the consistency

of unbeaten egg whites. (Two hours in refrigerator or one hour in freezer. If chilling in freezer, stir every 15 minutes.)

3. Coat 6 small molds or a loaf pan with oil. Fold vegetables into aspic and spoon into molds. Chill until firm. Serve on lettuce. Makes 6 small or 4 large servings.

TIPS: Substitute other vegetables, if desired, but keep quantity the same.

This cooked marinade for vegetables is low in fat and calories. Pour it over hot cooked vegetables, and then chill overnight, for an easy cold salad.

Vegetable Marinade

1/2 cup water
1/4 cup vinegar or lemon juice
1 teaspoon chicken bouillon granules or 1 cube
1/4 teaspoon garlic powder
1 teaspoon parsley flakes (1 tablespoon fresh)
pinch pepper
pinch herbs (dill, oregano, etc.), optional

1. Combine ingredients in a 2 cup measure. Bring to a boil: HIGH FOR 2-3 MINUTES. Stir, pour over cooked hot vegetables, and chill several hours before serving. Makes 1 cup.

NOTE: Microwave times are approximate since oven speeds vary so greatly.

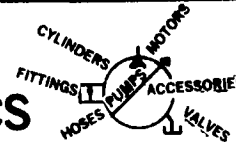
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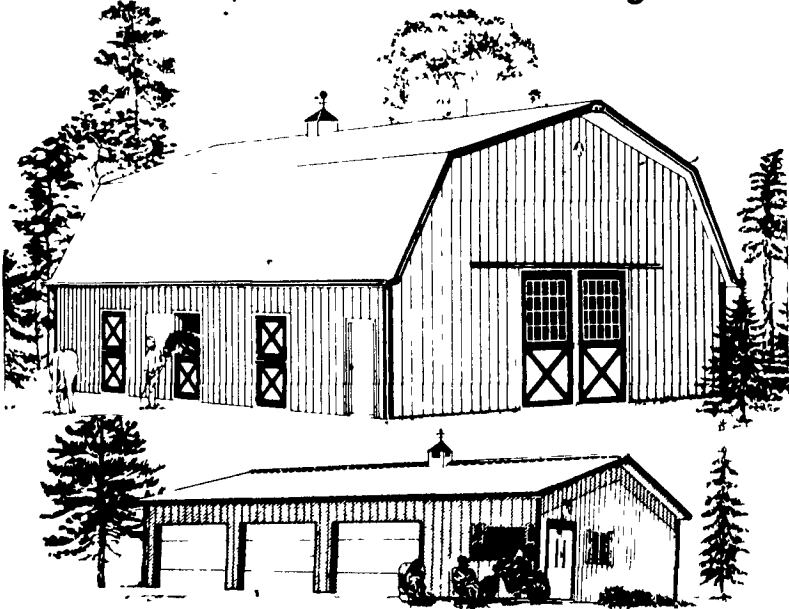
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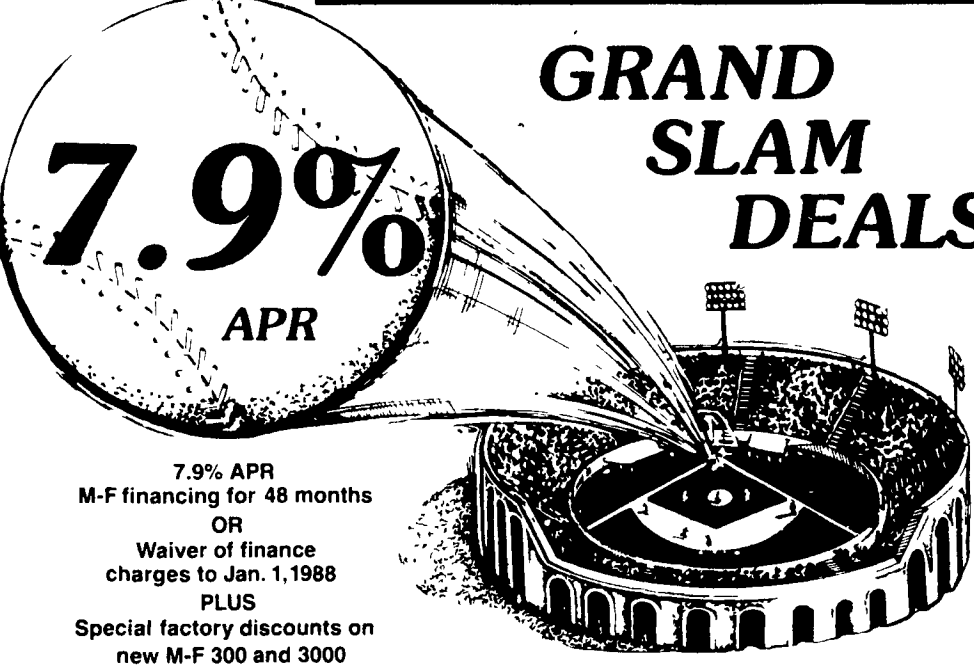
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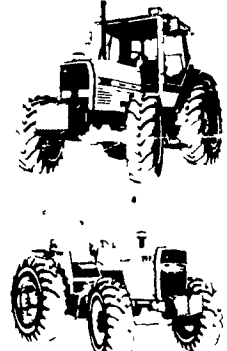
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