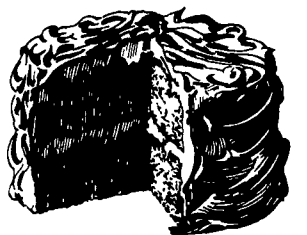


Home On The Range



Versatile Tomatoes Offer A Variety Of Recipes

Tomatoes are a healthy addition to any diet. Their flavorful taste blends perfectly with numerous vegetable and cheese dishes.

It may surprise some of you to know that tomatoes are considered a fruit and not a vegetable even though they are often used in a vegetable capacity.

Many readers sent in unusual recipes using the versatile tomato. From these recipes you can use up the abundance of end-of-the season tomatoes. Try them!

FRESH VEGETABLE BAKE

- 2 medium-size tomatoes, sliced 1/4 inch thick.
- 1 medium-size zucchini, sliced 1/4 -inch thick
- 4 tablespoons butter, divided
- 1 small onion, chopped
- 2 tablespoons flour
- 1/4 teaspoon pepper
- 1 1/4 cups skim milk
- 1/4 cup grated Parmesan cheese
- 1/4 cup fresh bread crumbs

In shallow 1-quart baking dish arrange tomatoes, zucchini and yellow squash slices.

In a small saucepan melt 3 tablespoons butter, saute onion until golden. Stir in flour and pepper; cook 1 minute. Gradually add milk; cook, stirring constantly, until mixture boils and thickens. Stir in cheese; pour over vegetables.

Melt remaining 1 tablespoon butter; stir in crumbs. Sprinkle over cheese sauce.

Bake in 350 degree oven 35-40 minutes, until vegetables are tender and top is lightly browned. Let stand 5 minutes before serving.

TOMATO AND ZUCCHINI CASSEROLE

- 1 large or 2 small zucchini
- 1 green pepper
- 1 medium onion
- 3 tablespoons butter
- 1 pint canned or fresh tomatoes, without seeds and peeled
- 2 tablespoons flour
- 2 tablespoons sugar
- 1 teaspoon salt

Dice the zucchini. Cook in boiling salted water for five minutes. Dice onion and pepper. Brown in butter. Add the tomatoes and thicken with flour. Add sugar and salt. Place this mixture over the drained squash. Place in casserole. Cover with grated American or cheddar cheese. Top with one cup bread crumbs browned in 3 tablespoons butter. Bake 45 minutes at 350 degrees.

Genevieve Voneida Muncy

AMERICAN ENCHILADAS Pancakes

- 6 eggs, well-beaten
 - 3 cups milk
 - 2 cups sifted flour
 - 1/4 teaspoon salt
- Combine eggs and milk. Add flour and salt, beat well. Pour 1/4 cup batter into hot greased 6 or 7 inch skillet. Turn when dry on top. Makes 30.

Meat filling:
1 pound ground beef
1 teaspoon salt
1 pound bulk pork sausage

Brown meat filling. Drain off fat except for 1 tablespoon.

- Add:
1 10-ounce package spinach, cooked, drained, chopped
1 cup chopped onions
1/2 cup green pepper
2 cloves minced garlic
1 1/2 tablespoons chili powder
- Sauce:
1 eight ounce can tomatoe sauce
1 29 ounce jar meatless spaghetti sauce

- 1 cup water
- 1 tablespoon chili powder
- 1 cup shredded cheddar cheese

Place 2 tablespoons meat mixture in center of pancake. Roll and place in baking dish, seam side down. Pour sauce over and sprinkle cheese on top. Bake at 325 degrees, 30 minutes. Can be frozen or baked later 375 degrees for 45 minutes.

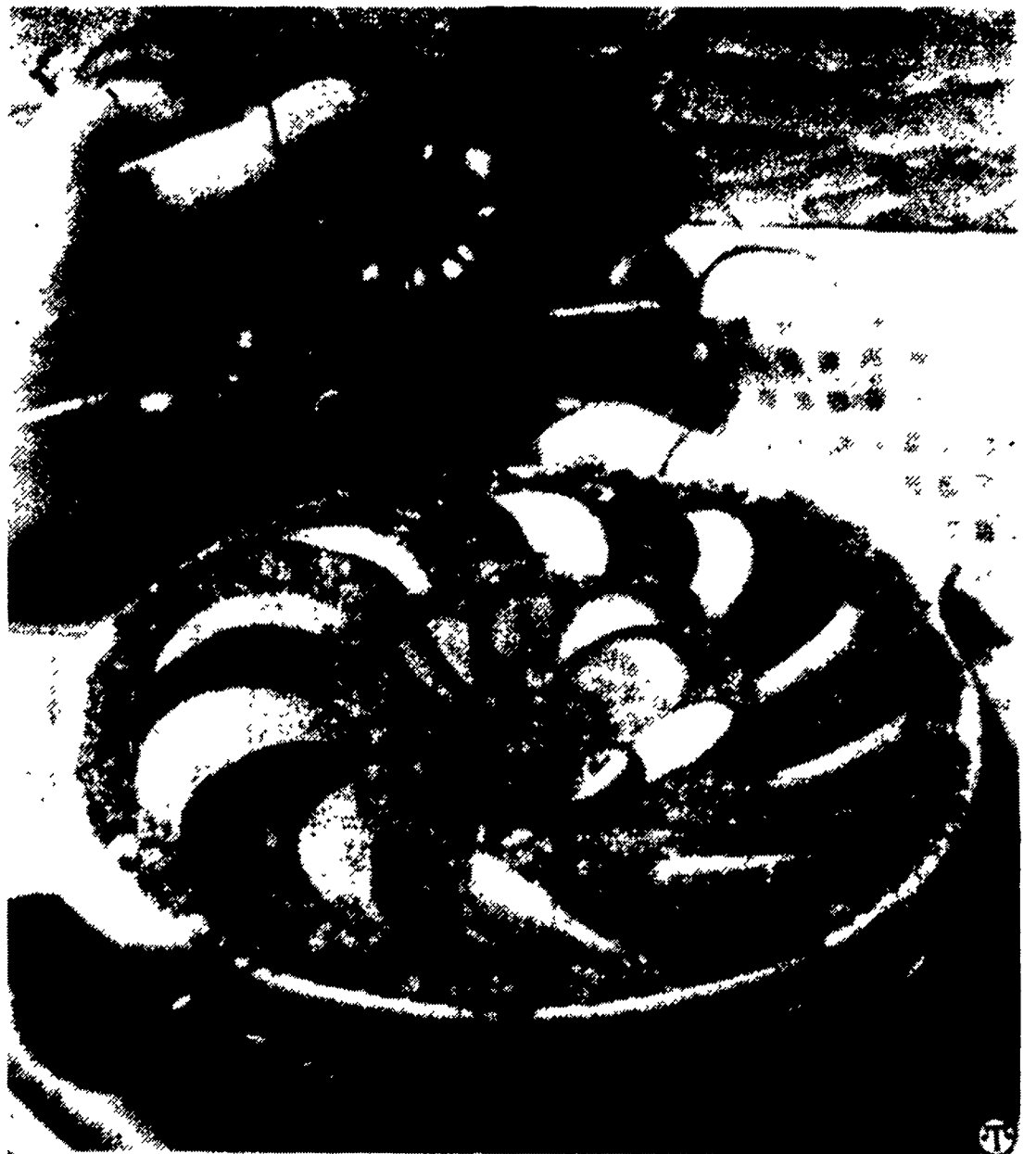
SPARERIBS, TOMATOES, AND GREEN BEAN CASSEROLE

- 3 pounds lean, meaty spareribs (cut in half lengthwise)
- 1 onion, chopped
- 1 tablespoon chopped parsley
- 1 teaspoon oregano
- 2 cups warm water
- 1 cup peeled and chopped tomatoes
- 1 pound green beans
- 4 potatoes, peeled and quartered
- Salt and pepper to taste

Cut ribs into individual pieces and saute in a small amount of oil with onion, salt, pepper, parsley and oregano. When onions are translucent and ribs lightly brown, add water and tomatoes and cook 20 minutes. Add green beans. Cover and cook for another 20 minutes. Add potatoes. Cover and cook until potatoes are tender.

If necessary, remove cover towards end of cooking period and allow gravy to thicken. Salt and pepper to taste.

Genevieve Voneida Muncy



Tomatoes are one of the richest sources of healthful food values. They are also one of the most versatile fruits that can be used to make bread, casseroles, soups, desserts and much more.

TOMATO SOUP CAKE

- 1 can tomatoes soup
- 1/2 cup melted margarine
- 1 cup sugar
- 1 teaspoon baking soda
- 1 teaspoon nutmeg
- 1 teaspoon cinnamon
- 1/2 ground cloves
- 2 teaspoon baking powder
- 2 cup flour
- 1 teaspoon vanilla
- 2 eggs

Add margarine to the soup and then add the eggs. Set aside. Sift the dry ingredients 5 times. Add to the soup.

Add vanilla, mix thoroughly. Bake 1 hour in greased loaf pan ta 325 degrees.

Mrs. Charles Biehl Mertztown

This is a great accompaniment to an over meal like meat loaf or baked sausage.

Geraldine Seipt Easton

GREEN TOMATO MINCEMEAT

- 1 gallon chopped green tomatoes
- 1 tablespoon salt

- 1 orange
- 3 cups brown sugar
- 2 cups seedless raisins
- 1 cup grape juice or cider
- 3 cups chopped apples or pears
- 2 teaspoons cinnamon
- 1 teaspoon cloves
- 1 teaspoon nutmeg
- 1/2 teaspoon ginger

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Featured Recipe

This week's featured recipe comes from Shirley McMichael, wife of shiitake mushroom grower Clarence McMichael. The shiitake mushrooms, once reserved for Chinese royalty, are in demand in the United States. Those who have tasted shiitake mushrooms, say it has an unique flavor--one that you will want to try again and again.

In this section, read more about this unusual mushroom and how it is grown.

Shiitake Omelette

- 1 tablespoon oil
- 1/4 cup chopped green pepper
- 1/4 cup chopped onion
- 1/2 cup shiitake mushrooms, chopped
- 4 eggs
- 1/4 teaspoon pepper
- 1 teaspoon water
- 1/2 cup Monterey Jack Cheese

Heat oil in skillet, add pepper, onion, mushrooms. Stir and fry until peppers tender. Remove vegetables from skillet. Wipe skillet with paper towel.

In separate bowl, beat eggs and stir in black pepper. Heat water in skillet. Add eggs and cook until done. Sprinkle eggs with vegetables and cheese. Use spatula to fold omelette into thirds. Let stand 1 minute until cheese melts. Season with salt. Serve.

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 Lou Ann Good, Lancaster Farming, P.O. Box 366, Lititz, PA 17543.

- Sept. 5- Lunch Box Specials
- 12- Irresistible Breakfasts
- 19- Over-Ready Dinners

SCALLOPED TOMATOES

- 1 small onion, chopped
- 4 tablespoons butter
- 1 1/2 cups dry herb-seasoned stuffing cubes
- 1/4 cup light brown sugar
- 5 cups fresh or canned tomatoes
- 1/4 teaspoon salt (optional)
- 1/2 teaspoon fresh cracked pepper

Butter sides and bottom of 2-quart casserole. Saute onion in butter until soft, but not brown. Add brown sugar, stir and remove from heat. Layer tomatoes and stuffing cubes in casserole. Add seasonings and stir. Bake at 350 degrees for 30 to 40 minutes or until casserole is bubbly.