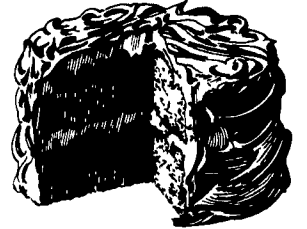


# Home On The Range



## Cooking Without Meat

Most of us would find it difficult to give up eating meat, but occasionally we like to prepare a meatless meal.

To get the needed protein without meat, use a combination of dried legumes, cheese or eggs.

Whether it is soup, stew, casseroles or salads, meatless dishes can be satisfying. Don't forget to experiment with pasta and pizza prepared without meats. Add plenty of cheese to provide protein and flavor.

### EGGS WITH MAUHALO SAUCE

- 3 garlic cloves, minced
- 2 onions, sliced
- 3 tablespoons butter or oil
- 5 large ripe tomatoes, peeled

- and diced
- 1 green bell pepper, cut into 1/4-inch strips
- 4 small red peppers, chopped
- 1 jalapeno pepper, finely chopped
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ground clove
- Salt, pepper to taste
- 8 eggs

In a saucepan, lightly saute the garlic and onions in butter. Add all of the other ingredients, except the salt, pepper, and eggs; simmer over medium-low heat for about 20 minutes. Season with salt and pepper.

In a bowl, beat the eggs. Add eggs to mauhalo sauce, stir and cook over a medium-high heat until the eggs are cooked through. Serve immediately.

## Featured Recipe

### Incredible Microwaved Eggs

Incredible edible eggs and the microwave oven are a great team. They're a user-friendly combination for folks of all kinds including breakfast skippers, working mothers, house husbands and latch-key kids.

You can scramble your morning eggs right in the serving dish almost as quickly as you can make the toast to go along. For a delicious dinner entree to serve minutes after you get home from a busy day at work, scramble chopped sauteed veggies with your eggs. Or, roll a tender microwave omelet around leftovers for a lazy weekend brunch. One dish after another, eggs and the microwave add up to quick and easy meals with a minimum of clean up!

For successful eggs ala microwave keep these few points in mind:

- Egg yolk, because it contains fat, tends to cook more quickly than egg white. When you're microcooking unbeaten eggs, use 50% or 30% power.
- Omelets, scrambled eggs and poached eggs microcook well on full power (high).
- Even out of the shell, eggs may explode in the microwave because rapid heating causes a buildup of steam. Always use a wooden pick or tip of a knife to break the yolk membrane of an unbeaten egg before microcooking to allow the steam to escape.
- Covering eggs with a lid, plastic wrap or waxed paper while they microcook encourages more even cooking and — if you forgot to prick the yolks — helps to confine the explosion!
- Eggs microcooked in their shells will explode.

However, if you need chopped hardcooked eggs for salads, sandwich fillings, casseroles or garnishes, the microwave is a great time-saver. Simply separate yolks and whites into 2 lightly greased liquid measures or small bowls. Stir the yolks with a fork. Cover each container with plastic wrap. Cook separately on 50% or 30% power, stirring once or twice, allowing about 20 to 30 seconds per yolk and about 30 seconds to 1 minute per white. Remove them when they're slightly underdone and let them stand, covered, 2 minutes. Cool long enough to handle comfortably, then chop or chill until ready to chop.

For a quick and easy dinner, try this strata which requires only about 7 minutes "micro" time and very little pre-oven time.

### Rapid-Fire Strata Italiano

2 servings

- 1 tablespoon butter
- 1/4 cup minced green onions with tops
- 2 cloves garlic, minced
- 1/4 teaspoon Italian seasoning, crushed
- 1/4 teaspoon salt
- 1/2 cup milk
- 4 eggs
- 1/2 cups unseasoned stuffing cubes
- 1/2 cup (2 oz.) shredded mozzarella cheese
- Celery leaves, optional

In 1 1/2-quart baking dish, stir together butter, onions, garlic and seasonings. Cook on High until butter is melted, about 1 minute. Add milk and eggs. Stir until thoroughly blended. Stir in stuffing cubes and cheese. Cook on High 3 minutes. Stir. Continue cooking on High just until set, about 1 minute. Let stand 2 to 3 minutes to complete cooking. Garnish with celery leaves, if desired.

For additional egg-microwave recipes, send a long, self-addressed stamped envelope to: The incredible edible egg #7, P.O. Box 755, Park Ridge, IL 60068-0755.



Who said meatless dishes aren't satisfying? Substitute cheese, eggs or dried legumes for needed protein and find out how satisfying meatless dishes can be.

### SWEET POTATO WALNUT BREAD

- 1 cup vegetable oil
- 1/4 cup brown sugar
- 2 eggs
- 1 teaspoon vanilla
- 1 1/2 cups flour
- 1 1/2 teaspoons baking soda
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 teaspoon grated orange peel
- 1 1/2 cups grated, peeled, raw sweet potato (about 1 large)
- 1 cup chopped walnuts
- 1/2 cup powdered sugar
- 1 teaspoon grated orange peel
- 1 tablespoon orange juice

Preheat oven to 350 degrees. Butter and flour a 9x5x3-inch loaf pan. In a large bowl, mix the oil, sugar, eggs, and vanilla. Sift together the flour, soda, salt, and cinnamon, and combine with the sugar mixture. Stir in the orange peel and then the sweet potato and walnuts. Pour into the loaf pan and bake for 55 to 60 minutes, or until the center springs back when gently pressed. Cool for 10 minutes before turning on a wire rack, then cool completely.

Mix together remaining ingredients for a glaze and drizzle over cooled loaf.

Sweet Potato Council

### MARINATED BRUSSELS SPROUTS

- 1 1/4 pounds brussels sprout, washed and trimmed
- 1/2 cup vegetable oil
- 1/4 cup red wine vinegar
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon dry mustard
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 1/4 teaspoon oregano
- 1/4 teaspoon thyme
- 1/4 teaspoon pepper

Cherry tomatoes, minced parsley for garnish (optional)

Boil the brussels sprouts in lightly salted water to cover for about 6 minutes, or until tender. Drain well. Blend remaining ingredients, and pour over top. Chill at least 3 hours. Garnish.

### CALICO STEW

- 1/4 cup butter
- 1 cup cubed potatoes
- 1 cup whole-kernel corn
- 1/2 cup diced carrots
- 1/4 cup chopped onion
- 1/4 teaspoon salt
- 1/2 teaspoon sugar
- 1/2 teaspoon dill seed
- 1/4 teaspoon pepper
- 1 cup chopped tomatoes
- 1 teaspoon parsley

Put all ingredients except tomatoes into a saucepan and simmer until soft. Add tomatoes just before serving.

B. Nolt  
Lititz

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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 Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

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