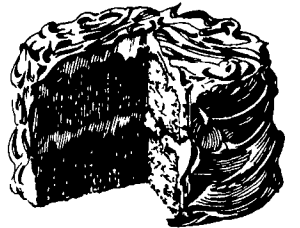


Home On The Range



Plump Tomato Ideas

After months of using store-bought tomatoes, I am again amazed by the juicy goodness of plump, well formed tomatoes. The flavor of a vine-ripened tomato bears little resemblance to their shipped or greenhouse counterparts.

Too bad we can't find a way to preserve vine-ripened tomatoes for year-around enjoyment.

But why complain. There are endless ways to enjoy them baked, broiled, cooked, and in sauces.

Did you know that one medium tomato provides 40 percent of the recommended allowance of vitamin C; 20 percent of vitamin A? In addition, tomatoes are an excellent source of potassium and fiber. And, a medium-size tomato has only 35 calories.

Tomatoes do not ripen in the refrigerator, and they lose their natural goodness if refrigerated.

Enjoy them in a variety of ways by trying these recipes.

DUTCH BEANS

2 16-ounce cans string beans, drained

1 16-ounce can whole tomatoes
½ cup onions, diced
½ teaspoon salt, optional

Drain tomatoes, placing juice in saucepan. Cut up tomatoes and add to juice. Bring to boil and add onions. Cook for 2 minutes.

Add string beans and salt and bring to a boil. Reduce heat to medium and boil for 5 minutes. Serve.

Variation: add 1 tablespoon of real bacon bits to tomatoes before adding beans.

Betty Light
Lebanon

GRILLED CHEESE AND TOMATO SANDWICH

2 slices bread
2 tablespoons butter
2 slices tomato
2 slices American cheese

Butter bread and place buttered side down in skillet.

Layer 1 slice of cheese on bread, 2 slices tomato, and another slice of cheese. Top with another slice of bread, unbuttered side down.

Cover and grill over low medium heat until both sides are toasty brown.

Variations: On top of tomato slices, place: 3 slices crisp bacon or 1 slice of ham or 3 tablespoons drained tuna fish.

Betty Light
Lebanon

SUMMER PASTA SAUCE

4 or 5 large tomatoes
1 large zucchini, sliced thin
1 large yellow squash, sliced thin

1 large onion, sliced thin
2 tablespoons unsalted butter
2 tablespoons olive oil
1 large carrot, grated
2 tablespoons tomato paste
4 or 5 large fresh basil leaves
Salt and pepper to taste
Grated parmesan cheese

Blanch tomatoes in boiling water, remove skins, core and quarter. Reserve in large bowl. In a large sauce pan, saute onions in oil until soft, but not brown. Add tomatoes, grated carrot, tomato paste and basil leaves; cook uncovered over medium heat about 15 minutes or until tomatoes are soft and sauce is thick. Adjust seasoning. Add both squashes and overcook. Swirl butter into sauce before serving on cooked fettuccine or linguine. Top with cheese.

PA Marketing

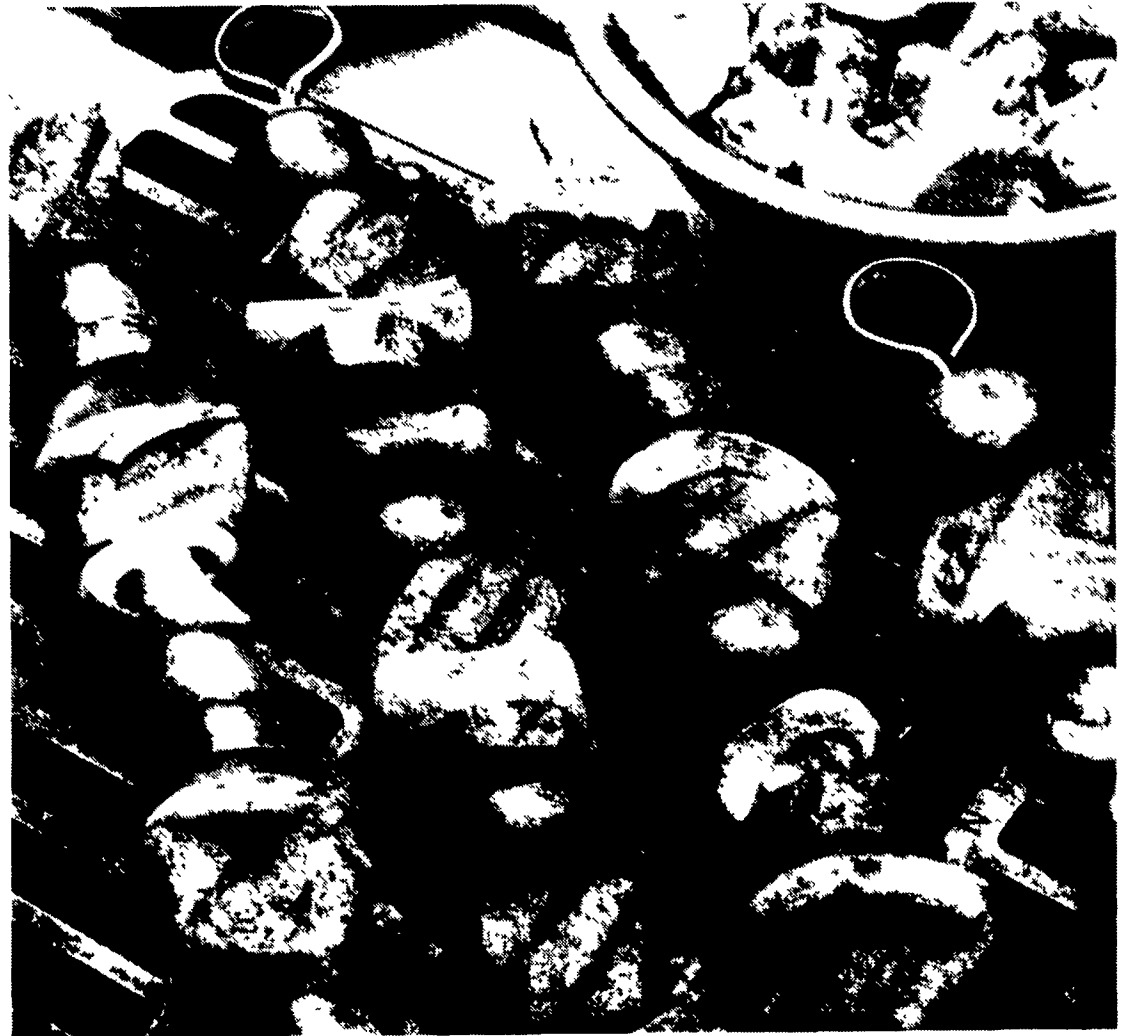
BLENDER KETCHUP

Use electric blender and eliminate need for pressing or sieving.

24 pounds ripe tomatoes
2 pounds onions
1 pound sweet red peppers
1 pound sweet green peppers
9 cups vinegar
9 cups sugar
½ cup canning or pickling salt
3 tablespoons dry mustard
1½ tablespoons ground red pepper

1½ teaspoon whole allspice
1½ tablespoon whole cloves
3 sticks cinnamon

Wash tomatoes and dip in boiling water for 30 to 60 seconds or until skins split. Then dip in cold water, slip off skins, core, and quarter. Remove seeds from peppers and slice into strips. Peel and quarter onions. Blend tomatoes, peppers, and onions at high speed for 5 seconds in electric blender. Pour into a 3- to 4-gallon stock pot or large kettle and heat. Boil gently 60 minutes, stirring frequently. Add vinegar, sugar, salt, and a spice bag containing dry mustard, red pepper, and other spices. Continue boiling and stirring until volume is reduced one-half and ketchup rounds up on a spoon with no separation of liquid and solids. Remove spice bag and fill pint jars, leaving ¼-inch headspace. Adjust lids and process 15 minutes in boiling-water canner. Yield: about 9 pints.



Use an abundance of cherry or patio tomatoes with shish kebabs on the grill.

NEAPOLITAN TOMATO PARMESAN

6 firm medium-sized tomatoes
4 eggs
¼ cup parmesan cheese
1½ teaspoons garlic powder
¼ cup parsley flakes
½ cup fresh basil
Salt and pepper to taste
Flavored bread crumbs
Oil

8 ounces Mozzarella cheese, shredded

Slice tomatoes ¼-inch thick. Coat tomatoes with bread crumbs; dip into egg mixture made from eggs, parmesan cheese, garlic powder, parsley flakes, basil, salt and pepper. Fry in hot oil until lightly browned. Drain on white paper towel. Place in shallow dish, single layer. Sprinkle with shredded cheese. Heat in hot oven or microwave until cheese melts. Serves 4 to 6.

Norma DelSordi
Florham Park

CANNED SPAGHETTI SAUCE

30 pounds tomatoes
1 cup chopped onions
5 cloves garlic, minced
1 cup chopped celery or green pepper
1 pound fresh mushrooms, sliced
4½ teaspoon salt
2 tablespoon oregano
4 tablespoons minced parsley
2 teaspoons black pepper
¼ cup brown sugar
¼ cup vegetable oil

Caution: Do not increase the proportion of onions, peppers or mushrooms. Wash tomatoes and dip in boiling water for 30 to 60 seconds or until skins split. Dip in cold water and slip off skins. Remove cores and quarter tomatoes. Boil 20 minutes, uncovered, in large saucepan. Put through

food mill or sieve. Saute onions, garlic, celery or peppers, and mushrooms (if desired) in vegetable oil until tender. Combine sauteed vegetables and tomatoes and add remainder of spices, salt, and sugar. Bring to a boil. Simmer, uncovered, until thick enough for serving. At this time the initial volume will have been reduced by nearly one half. Stir frequently to avoid burning. Fill jars, leaving 1-inch headspace. Adjust lids and process 25 minutes at 10 pounds pressure.

FRIED TOMATOES

4 medium-sized tomatoes
½ cup flour
½ teaspoon salt
3 tablespoons fat
¼ teaspoon pepper
2 tablespoons brown sugar

Use ripe but firm tomatoes. Do not remove skins. Cut in slices ½-inch thick. Roll in flour and fry in hot fat. When browned on both sides, sprinkle with salt, pepper, and brown sugar. Place tomatoes on platter and serve.

Mary Zimmerman
Carlisle

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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. Recipes should reach our office one week before publishing date

August

- 10- New Ways With Vegetables
- 17- Low-Fat, Low-Sugar Recipes
- 24- Favorite Summer Recipes

Featured Recipe

Let's look at a fun and tasty recipe that is high in the fruit and vegetable group. Here is a recipe that tastes great, looks good, and is fun to make.

Information on cutting fat and eating healthy was taught at the Bridge to Excellence, a conference offered to home economists and nutritionists at University Park on June 29. Look for an article on the conference in this issue.

If you would like more information about Dietary Guidelines, write to U.S. Department of Agriculture, Human Nutrition Information Service, 6505 Belcrest Road, Hyattsville, MD 20782.

HERBED VEGETABLE COMBO

2 tablespoons water
1 cup zucchini squash, thinly sliced
1½ cups yellow squash, thinly sliced
½ cup green pepper, cut into 2-inch slices
¼ cup celery, cut into 2-inch strips
¼ cup onion, chopped
½ teaspoon caraway seed
¼ teaspoon garlic powder

1 medium tomato, cut into 8 wedges
Heat water in large frypan. Add squash, green pepper, celery, and onion. Cover and cook over moderate heat until vegetables are tender-crisp, about 4 minutes.

Sprinkle seasonings over vegetables. Top with tomato wedges. Cover and cook over low heat until tomato wedges are just heated, about 2 minutes.