

"Microwave Magic"

By:
Carol Stark



As spring approaches, it is time to decide what vegetables we should plant. Maybe a few new recipes will help in the decision. Usually when I plant vegetables, such as zucchini, I have them "coming out of my ears." What to do with those skinny green things is sometimes a big problem. But if I had enough recipes, I just might be able to use more of the plentiful harvest.

For those who like to freeze fresh vegetables while they are in season, highest in quality and lowest in price, the microwave oven is a great help. It's especially useful to home gardeners, since vegetable crops do not ripen uniformly. You can pick vegetables as they reach the peak of flavor, even if you have only a few servings. Minutes after the vegetables are picked, you'll have them blanched and ready to freeze, without spending all day in a steamy kitchen, handling heavy pots of boiling water.

How To Blanch And Freeze Vegetables

Prepare vegetables by washing, peeling, slicing or dicing as you would for regular cooking. Measure 1 quart or 1 pound of vegetables into the recommended casserole. Add water, as given in the chart below. DO NOT ADD SALT. Cover the casserole. Set power at HIGH. Microwave for half the minimum time and stir. Recover the casserole and microwave for second half of minimum time. Stir again. Check for doneness. Vegetables should have an

evenly bright color throughout. If all vegetables are not evenly bright, recover the casserole and cook to maximum time. Drain vegetables. Plunge vegetables into ice water immediately to prevent further cooking. Spread them on paper towels and blot with additional towels to absorb excess moisture. Package in freezing containers or pouches. Label packages with type of vegetables, amount and date. Freeze. To loose pack vegetables in larger containers or bags, spread individual pieces on a cookie sheet. Place in freezer until vegetables are frozen; then place loose pieces in containers. Seal, label and freeze.

Power Level Is High For:

- Asparagus - 1 pound cut into 1 to 2 inch pieces - 1/4 cup water - Microwave 3 to 4 minutes.
- Beans - 1 pound, 1/2 cup water - microwave 4 to 6 minutes.
- Broccoli - 1 bunch, 1/2 cup water, microwave 4 to 5 1/2 minutes.
- Carrots - 1 pound, sliced, 1/4 cup water, microwave 4 to 6 minutes.
- Cauliflower - 1 head, cut into flowerettes, 1/2 cup water, microwave 4 to 5 1/2 minutes.
- Onions - 4 medium, 1/2 cup water, microwave 3 to 4 1/2 minutes.
- Peas - 2 pounds, shelled, 1/4

cup water, microwave 3 1/2 to 5 minutes.

Spinach - 1 pound washed, NO WATER, microwave 2 1/2 to 3 1/2 minutes.

Squash - 1 pound sliced or cubed, 1/4 cup water, microwave 3 to 4 1/2 minutes.

Zucchini - 1 pound sliced or cubed, 1/4 cup water, microwave 3 to 4 1/2 minutes.

Zippy Zucchini

- 4 cups zucchini, cut into chunks
- 1/2 medium onion, thinly sliced
- 4 eggs, beaten
- 1 1/2 cups shredded cheddar cheese
- 1 jar (2 oz) pimiento, drained
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

Place zucchini and onion in 10x6x2-inch dish. Cover with plastic wrap, turning one edge back slightly to vent. Microwave at HIGH 7 minutes. Drain.

In large bowl, mix together eggs, cheese, pimiento, salt and pepper. Add zucchini and onions, stirring well. Grease dish in which vegetables were cooked. Pour mixture into dish and cover with paper towel. Microwave at MEDIUM HIGH 8 to 10 minutes, stirring and removing paper towel after 4 minutes, until center is set. Makes 4 servings.

Squash Combo

- 1 pound of zucchini squash
- 1 pound of yellow squash
- 1 jar (2 oz.) pimiento
- 2 tablespoons water
- 2 tablespoons butter

Wash squash and cut into chunks, alternating yellow and zucchini into 2 quart casserole. Arrange undrained pimiento strips over top. Add water and dot with butter.

Insert temperature probe so that tip rests on center bottom of dish. Cover with plastic wrap, arranging loosely around probe to vent. Attach cable end at receptacle. Microwave at HIGH. Set temp, set

200. When oven signals, let squash stand, covered, about 10 minutes before serving. Toss to mix, if desired. Makes about 8 servings. (On models not equipped with probe, use minimum microwave time and check for doneness.)

Sunny Glazed Carrots

- 1 pound or about 8 medium carrots
- 2 tablespoons butter
- 1/4 cup brown sugar (packed)
- 2 tablespoons cold water
- 1 1/2 teaspoons cornstarch
- 1/4 cup pecans, coarsely chopped (optional)

Friendship Gardens Aid Russian Families

DOYLESTOWN (Bucks Co.) — The Friendship Gardens project, in conjunction with Delaware Valley College, Burpee Seed Company, Rodale Press Inc., and First Products Corporation, has come up with a successful plan to help feed the citizens of the Russian Federation. The project has also gained political backing from Congressman Peter Kostmeyer and Dr. Logvin A. Overchuk, the agricultural attache for the Embassy of the Russian Federation in Washington, D.C., and will make its first delivery in early April.

By sending the Friendship Garden kits, containing 10 envelopes of vegetable seeds and instructions on growing procedures, Russian citizens will be able to produce up to 1,000 pounds of fresh vegetables to help ease the demand for food during these hard economic times in the former Soviet Republics.

The ideal of the Friendship Gardens was conceived by Mr. James Cantrill, who became acquainted with individuals from Russia by hosting study groups visiting the Philadelphia area for training programs. Cantrill, along with Dr. John Avery, Chairman of Dela-

ware Valley College's Agribusiness Department, began to search for donors to help sponsor the project, with Delaware Valley College playing a major role in facilitating the project. Rodale Press, Inc. has donated \$3,500 to sponsor the first shipment of gardens, that were packaged at Delaware Valley College, which will be sent on April 4. Mr. George Devault of Rodale Press will hand deliver the packages to Russia. Additional packages will be sent to Russia as sponsorship monies become available. Overchuk said, "We support the idea and are sure the Russian people will accept it with much gratitude. Many people have garden plots and are in need of seeds."

Anyone wishing to join the Friendship Gardens project and sponsor a garden are urged to help. Individual sponsorships are \$15 per garden, while corporate sponsorships are being accepted for \$100 and up. If you wish to contribute towards the goal of 10,000 gardens, please contact either Dr. Avery at (215) 345-1500 ext. 2328 or Mr. Cantrill at (215) 483-6898.

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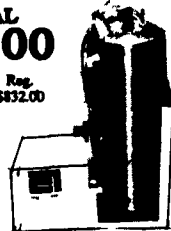


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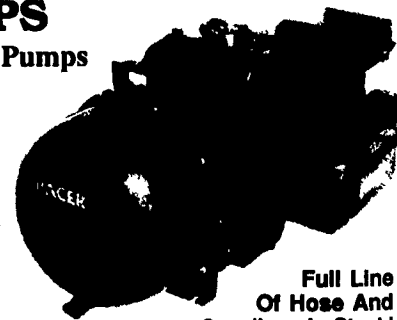
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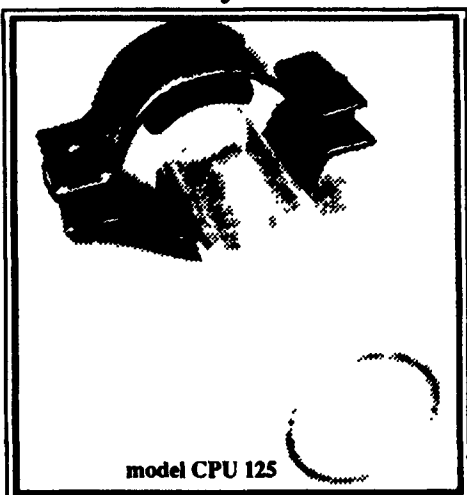
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