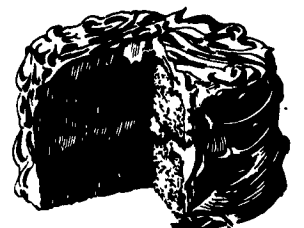


# Home On The Range



## Enjoy Your Garden's Bounty

Leading health authorities agree that vegetables are an important part of a balanced diet. That's why they recommend eating five servings of fruits and vegetables every day.

Eating more vegetables is one of the most important choices you can make to help maintain your health. Vegetables can actually help to reduce your risk of cancer because they are low in fat and are excellent sources of many essential nutrients. They have almost no cholesterol and are naturally low in calories, fat, and sodium.

While all vegetables are good for you, be sure to include those that are high in vitamin A, vitamin C, and fiber every day, and eat several servings from the cabbage family weekly.

Remember, a serving is equivalent to one-half cup of cooked vegetables or 1 cup of leafy vegetables.

### MARINATED VEGETABLE SALAD

1 cup broccoli florets, blanched  
 1 cup cauliflower florets, blanched  
 1 cup celery, sliced  
 1 cup carrots, sliced  
 ½ cup chopped green bell peppers  
 ½ cup thinly sliced red onion  
 4 ounces drained cooked kidney beans  
 4 ounces drained cooked chicken breasts  
 10 small green olives, pitted and sliced  
 10 small black olives, pitted and sliced  
 ¾ cup reduced-calorie Italian salad dressing.

In large bowl, combine all ingredients, tossing well. Refrigerate at least three hours or overnight to develop flavor.

Grace Iker  
 Bloomsburg

### PUMPKIN BUTTER

3½ cups cooked and mashed pumpkin  
 1 tablespoon pumpkin pie spice  
 1 package powdered fruit pectin  
 4½ cups sugar

In a large saucepan, combine pumpkin, spice, and pectin, mix well. Bring to a boil, stirring constantly. Quickly add the sugar, mixing well. Bring to a boil again and cook for one minute. Remove from heat and skim off any foam. Ladle into hot jars, leaving ¼-inch headspace. Adjust lids. Process in boiling water bath for 10 minutes. Makes 3 pints.

### GARDEN VEGETABLE QUICHE

1 cup flour  
 ½ cup butter, softened  
 3-ounces cream cheese, softened  
 ½ cup diced fresh mushrooms  
 ½ cup diced green pepper  
 ½ cup diced zucchini  
 1 small onion, diced  
 1 small carrot, scraped and diced  
 1 teaspoon minced garlic  
 2 tablespoons butter, melted  
 1 teaspoon paprika  
 ½ teaspoon salt  
 ¼ teaspoon pepper  
 1 cup shredded mozzarella or Muenster cheese  
 3 eggs  
 1 cup milk  
 3 tablespoons chopped onion  
 1 tablespoon butter

Combine flour, ½ cup butter, and cream cheese in a medium bowl, stirring until blended. Shape into a ball. Cover and chill 30 minutes.

Saute mushrooms and next five ingredients in 2 tablespoons melted butter in a large skillet until vegetables are crisp-tender. Remove from heat; stir in paprika, salt, and pepper. Set aside.

Press chilled pastry evenly on bottom and up sides of a 10-inch pie plate. Sprinkle cheese over bottom of pastry shell. Spoon reserved sauteed vegetables evenly over cheese. Combine eggs and milk in a medium bowl; beat with a wire whisk until blended. Pour egg mixture over vegetables.

Saute chopped onion in 1 tablespoon butter in a small skillet until tender; drain and sprinkle over quiche. Bake, uncovered, at 350 degrees for 40 to 45 minutes or until set and lightly browned. Let stand 5 minutes before serving. Yield: one 10-inch quiche.

Betty Light  
 Lebanon

### ESCALLOPPED CABBAGE WITH CHEESE

3 cups cabbage, chopped  
 1 to 2 cups cheese  
 2 cups white sauce  
 1 cup buttered crumbs  
 Cook cabbage in salt water. Drain well. Put in buttered baking dish with chopped cheese. Prepare the white sauce and pour over cabbage and cheese mixture. Cover with crumbs and bake at 350 degrees for 30 minutes.

Hilda Blatt  
 Jonestown



A quick meal using vegetables from your garden is a baked potato topped with broccoli, onions, and cheese with a tomato garnish.

### CRISP PICKLES

25 medium cucumbers, sliced in ½-inch chunks  
 6 cups vinegar  
 3 cups water  
 9 cups sugar  
 3 tablespoons salt  
 6 tablespoons celery seed  
 6 tablespoons mixed pickle spice

Combine vinegar, water, sugar, salt, celery seed and pickle spice. Heat until sugar melts.

Put 2 slices of onions in each jar, fill with cucumber chunks. Pour syrup over to fill jar. Seal jar and process to a rolling boil.

*This recipe was given to me by a friend. I had never heard of canning raw cucumbers. I only made a few jars the first time that I used this recipe. We found it very hard to wait for the crop of cucumbers the next year. We all love pickled onions so I sometimes put more onions in the jars. The pickle and onions may be sliced thick or thin. Smaller cucumbers can be cut into fourths lengthwise. This makes very crisp pickles.*

Nancy Cummings  
 Bolivar

## Featured Recipe

Fitness and healthy eating is on the rise. Do not make the mistake of thinking you have to cut out dairy products to keep a low-fat diet. Here are some tips on low-fat cooking from Huntingdon County Dairy Princess Kara Tussey.

### TIPS FOR LOW-FAT COOKING

- Replace non-fat plain yogurt and low-fat cottage cheese for Ricotta cheese in lasagna.
  - Substitute sour cream in dips and sauces with non-fat plain yogurt.
  - Select low-fat varieties of cheese for recipes and snacking.
  - Replace ice cream with non-fat frozen yogurt in prepared recipes.
- Try this reduced calorie dairy recipe for your diet of health plan.

### CREAMY PINEAPPLE CHEESE MOUSSE

1 cup whipping cream  
 8-ounces cream cheese or Neufchatel, softened  
 ¼ cup crumbled Blue cheese  
 2 envelopes unflavored gelatin  
 ½ cup water  
 2 cups yogurt with pineapple  
 2 tablespoons lemon juice  
 10 drops yellow food coloring

Whip cream until soft peaks form. Chill. Beat together cheeses until smooth. Soften gelatin in water; heat over low heat, stirring constantly, until gelatine dissolves. Gradually beat gelatin mixture into cheese mixture. Beat in yogurt and lemon juice. Fold in whipped cream. Add food coloring. Pour into oiled 5 cup mold. Chill until set. 145.5 calories per serving. Serves 16.

## 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.

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| <b>July</b>   | 23- | Preserving Fruits & Vegetables |
|               | 30- | Tomato Recipes                 |
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|               | 13- | Favorite Salads                |

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