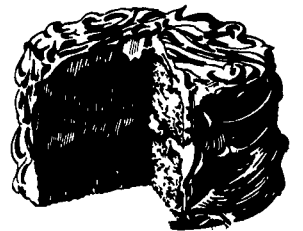


Home On The Range



Amazing Tomato Recipes

The flavor of fresh tomatoes depends upon the time they are picked. The less ripe they are when picked, the less flavor. That's why the vine-ripened tomatoes available from your garden taste so much better than those picked green and shipped to local grocery stores.

Now is the time to preserve tomatoes for off-season enjoyment. Canned whole tomatoes, tomato juice, puree, paste, stewed, and ketchup are favorites with those who have time and tomatoes on hand. If not, you can still enjoy the many recipes using fresh tomatoes.

PICADILLO

- 1 cup onion, chopped
- 1 clove garlic, minced
- 1 pound ground beef
- ½ teaspoon cumin
- ½ teaspoon oregano
- ¼ teaspoon salt
- Dash ground red pepper
- ¼ cup raisins (plumped in water)
- 1 cup pineapple, diced
- 16-ounce can tomatoes, drained
- 1 cup green pepper, cut in chunks
- ¼ cup chpped pimiento or red pepper

Brown ground beef, onion, and garlic in large skillet until onion is tender. Drain off fat. Add remaining ingredients except green pepper and pimiento. Cook 5 minutes. Add green pepper and pimiento. Heat through. Vegetables should remain bright and tender-crisp. Serve with rice.

CANNED PIZZA SAUCE

- 3 peppers, chopped
 - 2 onions, chopped
 - 4 tablespoons salad oil
 - 1 tablespoon garlic salt or powder
 - 2 teaspoons salt
 - 2 tablespoons chili powder
 - 1 tablespoon oregano
 - 3 quarts tomato juice
 - 2 tablespoons sugar
 - Dash black or red pepper
- Brown onion and pepper in oil; add remaining ingredients. Bring to a boil and simmer 20 minutes. Thicken with clear jel. Put in jars and cold pack 10 minutes. Makes 7 pints.

Sadie Stoltzfus
Kinzer

CRUSTY TOMATO SCALLOP

- 2½ cups fresh tomatoes or canned stewed tomatoes
- 2 slices buttered, cubed toast or 1 cup dry bread cubes
- ¼ cup butter
- 1 tablespoon flour
- Salt and pepper
- 2 slices buttered cubed toast
- Oregano

Combine tomatoes and 2 slices buttered cubed toast. Melt butter, add flour, and seasonings and pour into 1-quart casserole. Cube 2 more slices of toast for top. Sprinkle with oregano. Bake 30 minutes in 400 degree oven.

Roberta Atwood
Prospect, Ct.

TOMATO JUICE

- 8 quarts cut-up tomatoes
 - 2 bunches celery
 - 3 green peppers
 - 1 bunch parsley
 - 6 small onions
 - 1 cup sugar
 - ½ teaspoon paprika
 - 1 teaspoon salt to each quart
- Boil together tomatoes, celery, parsley, onions, and peppers. Run through food mill. Add sugar, salt, and paprika. Bring to a boil and seal.

Marlene Peters
Port Trevorton

INDIAN RELISH

- ½ peck green tomatoes
 - 1 head cabbage
 - 6 onions
 - 2 ribs celery
 - 2 green peppers
 - 2 red peppers
 - 2 quarts vinegar
 - 4 cups sugar
 - 2 tablespoons white mustard seed
 - 2 tablespoons celery seed
 - 2 tablespoons whole cloves
 - 2 tablespoons cinnamon
 - 1 tablespoon allspice
 - 1½ tablespoon turmeric
- Chop or coarsely grind tomatoes, onions, and green and red peppers. Mix with ½ cup salt. Let stand overnight in refrigerator. In the morning, mix all ingredients together and cook two hours. Bring to a rolling boil and place in hot sterilized jars. Place jars in water bath about 5 minutes. Remove and let set to seal.

Sarah Clark
Breezewood



Eaten alone or with just a taste of flavor, tomatoes offer amazing recipes for the food connoisseur.

CUCUMBER AND TOMATO SALAD IN GARLIC YOGURT DRESSING

- 1 pound cucumbers, peeled and chopped
- ½ pound fresh tomatoes, chopped
- 4 scallions, minced
- ½ cup fresh mint, chopped fine
- ½ cup fresh parsley, chopped fine

3 tablespoons lemon juice
2 cloves garlic, crushed
1 cup plain lowfat yogurt
Black pepper, to taste

Mix the lemon juice, yogurt, garlic, pepper, mint, and parsley together. Pour over cucumber and tomato mixture and stir. Add scallions. Serve within an hour for best taste. Makes 6 servings.

TOMATO GRAVY

Melt 1 tablespoon butter in a skillet. Cut up two medium-sized tomatoes into small chunks (peeled or unpeeled), cover and fry until soft.

Uncover and add 1 teaspoon baking soda to tomatoes and mix well. (It will foam).

Add about 3 cups milk, 1 teaspoon salt, and ¼ teaspoon pepper.

Mix together 6 to 7 tablespoons flour with water to thicken like gravy. Gradually stir flour mixture into tomato and milk mixture until it reaches the desired thickness. Serve over bread.

Carol Hoch
Berrysburg

FRIED GREEN TOMATOES

Slice green tomatoes into ¼ -inch slices. Dip in egg and then flour. Sprinkle lightly with salt. Fry uncovered in vegetable oil until golden brown on both sides. Place tomatoes on paper towels on platter to absorb excess oil.

Carol Hoch
Berrysburg

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Featured Recipe

Cooling off in summer is easier if you eat light foods. Low-fat desserts can help.

Besides the ice-cold watermelon that contains no fat, you can make luscious desserts with a low-fat recipe. Substituting nonfat or low-fat ingredients in your favorite recipe is one alternative.

Here are some ideas to cut down fat in desserts and a recipe from Althea Engle, Lancaster County extension home economist:

- Use fruit cobbler with a biscuit topping instead of double crust fruit pie.
- Make a one-crust pie instead of double crust pie.
- Make muffins and sweet breads instead of rich cake with icing.
- Serve pudding made with yogurt, low-fat milk or fruit juice.

WHIPPED FRUIT PUDDING

- 3 cups fruit juice (apple, cranberry, orange, etc.)
- ½ cup Farina
- ½ cup real maple syrup
- Dash cinnamon and nutmeg

1 cup low-fat yogurt (plain or vanilla)
1 cup fresh fruit (thinly sliced apples, peaches, pears, strawberries)

Heat juice and syrup to boiling. Sprinkle in the Farina and cook slowly, constantly stirring until thick and smooth. Pour into large bowl and whip until light and fluffy. Fold in your choice of fresh fruit, spices, and yogurt. Chill. Serve with whipped nonfat dry milk topping.

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

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