

Home on the Range

Keep Healthy With Summer Vegetables

The variety of vegetables we choose to eat affects our health. For instance, the number and kinds of fruits and vegetables affect our risk of developing certain cancers. It is recommended that we eat five or more fruits and vegetables a day.

One cup of raw leafy spinach counts as one of those five servings. Spinach is a good source of two nutrients. One-half cup of chopped raw spinach contains almost one-third of the U.S. RDA of vitamin A. It also contains one-fourth of the recommended amount of folic acid, a vitamin important for healthy blood cells. Spinach also provides fiber to keep you regular.

SPINACH AND ORANGE SALAD

4 cups fresh, trimmed, washed spinach

2 oranges, peeled and sectioned
 1/2 cup sliced onions, optional
 1/4 cup French dressing, reduced calorie

Wash and drain spinach thoroughly. Tear into small pieces and combine with the oranges and onion slices. Pour the French dressing over the ingredients and mix well. Chill for one to two hours.

PICKLED BEETS

7 pounds beets
 4 cups vinegar
 1/4 cup canning or pickling salt
 2 cups sugar
 2 cups water
 2 cinnamon sticks
 12 whole cloves
 4 to 6 onions, if desired

Trim off beet tops, leaving 1-inch stem of roots to prevent bleeding of color. Wash thoroughly. Cook until tender (about 25 to 30 minutes). Drain and discard liquid. Cool beets. Trim off roots and stems and slip off skins. Slice into 1/4-inch slices. Peel and thinly slice onions. Combine vinegar, salt, sugar, and fresh water. Put spices in cheesecloth bag and add to vinegar mixture. Bring to a boil. Add beets and onions. Simmer 5 minutes. Remove spice bag. Fill jars with beets and onions, leaving 1/2-inch headspace. Add hot vinegar solution, allowing 1/2-inch headspace. Adjust lids and process in boiling water bath for 30 minutes.

ZUCCHINI RELISH SALAD

4 quarts cubed unpeeled zucchini

6 medium onions
 2 cups diced carrots, cooked
 2 cups diced celery
 2 heads cauliflower
 4 red peppers
 1/2 cup salt

Mix together and cover. Let stand three hours. Drain off juice and discard it.

Syrup:

5 cups sugar
 1 1/2 teaspoon turmeric
 1 1/2 teaspoon celery salt
 1 teaspoon garlic salt
 2 cups vinegar
 1 cup water

Mix together syrup ingredients and pour over relish. Boil everything for five minutes. Spoon into jars and seal.

Martha High
 Reinholds

PARTY HAM CASSEROLE

1/4 cup butter
 1/4 cup flour
 2 cups milk
 1 cup grated Velveeta cheese
 3 medium potatoes, cooked and sliced

1 quart yellow corn, cooked
 3 cups diced, cooked ham

Melt 1/4 cup butter; stir in flour. Gradually add milk, stirring constantly, until thickened. Add cheese and cook slowly until melted. Arrange potatoes in 2 1/2-quart casserole dish. Cover with corn. Pour half the cheese sauce over corn; add ham and remaining sauce. Bake for 30-35 minutes at 350 degrees.

Mabel Zimmerman
 East Earl

COPPER PENNIES

2 pounds carrots, sliced and cooked

1 can tomato soup
 1/2 cup sugar
 1/2 cup salad oil
 1/2 cup vinegar

1 teaspoon prepared mustard
 1 teaspoon Worcestershire sauce

1 onion, chopped
 1 green pepper, chopped
 1/2 cup chopped celery
 Salt and pepper to taste

Cool carrots. Combine remaining ingredients; add cooled carrots. Refrigerate mixture for 24 hours before serving.

Joy Mingle
 Nottingham



Scatter fresh vegetables across pizza before topping with cheese and baking.

CAULIFLOWER SALAD

2 cups raw cauliflower, chopped in small pieces
 3 hard-cooked eggs, chopped
 1/4 cup minced onion
 1 cup chopped celery
 1/2 cup chopped green pepper
 14-ounce can pimiento, minced
 1 teaspoon salt
 Pepper to taste
 1/2 cup fat-free mayonnaise

Cook cauliflower in boiling water for 2 minutes. Drain and place in cold water until cool.

Drain and combine with remaining ingredients. Chill before serving.

Yields 3 1/2 cups (7 1/2 cup servings). 120 calories, 8 g fat, 207 mg. sodium per serving.

B.J. Light
 Lebanon

BROILED TOMATOES

4 medium ripe tomatoes
 1/4 cup cracker crumbs
 1/2 teaspoon salt
 Dash pepper
 1 tablespoon vegetable oil
 Fresh parsley
 Cooking spray

Wash tomatoes, slice in half crosswise. Place on baking sheet with cut side up. Mix crumbs, seasoning, and oil. Sprinkle 1 tablespoon mixture on each tomato. Broil 8 to 10 inches from heat for about 4 minutes or until golden brown. Garnish with parsley sprigs or sprinkle with chopped parsley. Yields 8 halves (4 servings). Each 76 calories, 4 g fat, 220 mg sodium.

B.J. Light
 Lebanon

BROCCOLI SALAD

1 large head broccoli, cut up
 1 medium onion, chopped
 1/2 cup raisins
 10 slices bacon
 1/2 cup sugar
 1 tablespoon vinegar
 1/2 cup Miracle Whip

Cut bacon into bits and fry. Mix salad dressing, sugar, and vinegar. Pour over all ingredients and let set at least one hour in refrigerator before serving.

Martha High
 Reinholds

ZUCCHINI LOAF

1 cup biscuit mix
 1/2 cup oil
 1/2 cup cheese whiz or Velveeta
 1/2 teaspoon garlic powder
 1/2 teaspoon salt
 4 eggs

3 cups grated zucchini
 Pour mixture into greased casserole and bake at 350 degrees for 45 minutes or until set.

This is tasty and easy to make.

Katie Fisher
 Narvon

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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.

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29- Tomato Recipes

August

5- Pickles & Pickling Ideas
 12- Jams & Jellies
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Featured Recipe

Sautéed Chicken Breast with Sweet and Sour Melon Sauce is a light, refreshing dish that's easy to prepare and a delight to taste.

Sautéed Chicken Breast With Sweet and Sour Melon Sauce

4 whole boneless, skinless chicken breasts
 1/4 honeydew melon
 1/4 cantaloupe
 2 tablespoons vegetable oil
 1 teaspoon salt
 1/2 teaspoon pepper
 1/2 cup sake or Riesling wine
 1/4 cup chicken broth
 1 teaspoon freshly grated ginger
 2 teaspoons cornstarch
 1/4 cup rice wine vinegar
 1 tablespoon honey
 1 tablespoon butter
 1 tablespoon chopped parsley

Cut each chicken breast in half and slightly flatten with hand. Peel melons and slice into thin strips (or cut into melon balls). Place vegetable oil in large frypan over medium heat. Sprinkle chicken with salt and pepper and add to pan; sauté about 5 minutes on each side until golden brown. Add sake (or wine), chicken broth and ginger; simmer for several minutes. Dissolve cornstarch in rice wine vinegar. Remove chicken to serving platter. To frypan, add vinegar mixture, honey and melons, stirring gently. Add butter and parsley and drizzle sauce over chicken. Makes 8 servings.