

# Recipes, Tips, Hints From Letie

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LEBANON (Lebanon Co.) —

With gardens overflowing with summer squash, tomatoes, cucumbers, and other summer vegetables, cooks are always seeking taste-appealing recipes to use up the bounty.

Alletta Schadler, home economist, presented some wonderful ideas at a workshop held at the Lebanon County Extension office on Monday morning.

Growing in popularity are roasted vegetables.

"Roasted vegetables have a wonderful flavor and are easy to make," Schadler said as she demonstrated how she prepares the dish. "Baking time depends on the vegetable and the size."

Longer cooking vegetables such as beets, carrots, mushrooms, onions, parsnips, potatoes, rutabagas, turnips, and winter squash require 30 to 60 minutes baking time.

Medium cooking vegetables such as eggplant, fennel, garlic cloves, okra, bell peppers, chilies, summer squash, tomatoes, and zucchini requires from 15 to 30 minutes baking time.

Quick cooking vegetables such as asparagus, corn, lima beans, peas, and string beans bake in 10 to 15 minutes.

You can mix vegetables with different cooking times, but you must either cut the longer cooking vegetables into smaller pieces or add shorter cooking vegetables after the longer-cooking ones have baked awhile. Be careful, vegetables that are cut into too small of pieces will turn to mush.

Roast vegetables until they are fork tender and brown. Shake or stir the pan a couple of times as they bake.

Toss with oil to coat or spray with oil to prevent drying out and giving a golden brown surface.

Here are the directions for a great combination. However, you can add or subtract vegetables and change the seasonings according to your family's tastes.

## BROCCOLI, ORANGE, AND WATERCRESS SALAD

2 medium oranges or 1 can Mandarin oranges

1 teaspoon vegetable oil

1 teaspoon horseradish

1 teaspoon honey

Salt and pepper to taste

2 cups small broccoli flowerettes

¼ cup thin slices red onion

2 cups trimmed watercress

Peel and section oranges over bowl to catch juice. Remove membranes and set sections aside. Drain oranges.

Add the oil and next four ingredients to orange juice. Stir well, set aside. Steam broccoli covered for 1½ minutes or until tender crisp. Rinse under cold water and drain well. Add broccoli, oranges, onions, and water cress to the orange juice mixture, toss well. Divide evenly between two plates.

Another dressing idea:

¼ cup orange juice

1 teaspoon cornstarch or Clear Jel

½ teaspoon lemon juice

½ teaspoon brown sugar

Combine ingredients, boil for 1 to 2 minutes, stirring until thick and clear. Cool 5 minutes and serve over Broccoli, Orange, and Watercress Salad or on spinach salad.



Home economist Alletta Schadler demonstrates new cooking techniques for vegetables during a recent workshop held at the Lebanon County Penn State Extension office.

## ROASTED VEGETABLES

Red potatoes (red potatoes hold shape better when cooked) quarter and leave peel on for extra fiber.

Carrots, chunked

Squash (zucchini, yellow, or pattypan) sliced

Egg plant, chunked

Mushrooms

Onion, chunked

Garlic cloves (mild and flavorful when roasted)

Basil oil or oil and flavoring preferred.

Crazy salt.

Preheat oven to 400-450-degrees. Combine all vegetables and seasonings in a dish and coat thoroughly with oil. "But be stingy with oil—it adds 120 calories per tablespoon," Schadler said.

She suggests using about 2 tablespoons oil for every 4 cups veggies.

Spread vegetable mixture into a single layer on a shallow baking dish. Roast vegetables until fork tender.

When cooked, vegetables can be dressed with a vinaigrette dressing and a bit of grated cheese or crumbled Feta cheese.

## GRILLED VEGETABLES

### Quick Method

Brush or spray vegetable or olive oil on vegetables such as peppers, mushrooms, eggplant, onions, corn zucchini, yellow squash. Place on rack of grill. Be sure grill rack is clean and not crusted with remainder of meat cooking. Grill over high heat uncovered until tender.

Although recipes can always be found in magazines and cookbooks, the neat thing about attending a workshop is that new products are often introduced, cooking and food preparation tips interspersed with instructions, and participants can sample the recipes.

Some of the new products Schadler introduced included:

- Reynolds Hot Bag, which are large heavy duty aluminum bags to use on a grill to steam vegetables.

- Jane's Crazy Salt, a seasoned salt made with a variety of herbs.

- A gadget used to pour in oil and used as a vegetable spray.

Some of Schadler's tips included the following:

- The larger the seeds of egg plant, the more it tends to be bitter. No amount of doctoring can change a bitter eggplant.

- Zucchini and summer squash are interchangeable in recipes.

- Toasted walnuts stay crisper longer in salads and are flavorful.

- When you combine oil and vinegar, it separates unless combined with an emulsifier such as mustard.

- For an easy and lower fat vinaigrette to use on tossed salads: Combine one part oil with three parts vinegar. Add garlic salt or 1 tablespoon salad herb mixture. This can vary greatly in taste according to the vinegar and oil used.

White wine vinegar is mild and doesn't overpower other tastes.

Rice wine vinegar is mellow.

Red wines vinegars vary greatly but can be heavily flavored.

Balsamic vinegar can be combined with other vinegars. Canola oil and extra light olive oil are most popular for salad dressings.

- Sanitize countertops by combining 1 tablespoon Clorox with 1 quart water. Store in a spray bottle and spray countertops with it when cleaning up.

Here are some more recipes using summer vegetables. Additional recipes and instructions for canning and freezing summer produce is also available at your county Penn State Extension Service.

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