



Home on the Range

Summer Vegetables Offer Taste, Eye Appeal

ITALIAN VEGGIE BAKE
 1 medium zucchini, peeled, sliced
 1 medium onion, chopped
 1 tomato, skinned, chopped
 1 teaspoon fresh oregano
 ¼ cup water
 1 tablespoon butter
 Combine all ingredients in a one-quart casserole. Cover and microwave for 7½-8 minutes or full power or until tender. Remove from microwave oven and add the following:
 ¼ cup grated parmesan cheese
 Cover and let stand until

cheese is melted. Serves two generously.

Rosa Rippeon
 Mount Airy, MD

HONEY GLAZED CARROTS
 3 cups sliced carrots
 ¼ cup honey
 2 tablespoons butter
 2 teaspoons chopped parsley
 1½ teaspoons mustard
 Steam or microwave carrots until crisp tender. Stir in remaining ingredients, tossing to coat evenly.

Renee Blatt

PA Honey Queen

HONEY GRILLED VEGETABLES
 12 small red potatoes, halved
 ¼ cup honey
 3 tablespoons dry white wine
 1 clove garlic, minced
 ½ teaspoon salt and pepper
 1 teaspoon dried thyme, crushed
 2 zucchini, halved vertically and halved
 1 medium eggplant, sliced ½-inch thick
 1 green pepper, cut vertically into eighths

1 red bell pepper, cut vertically into eighths
 1 large onion sliced ½-inch thick
 Cover potatoes with water, bring to a boil, and simmer 5 minutes, drain. Combine honey, wine, garlic, salt, pepper, and thyme; mix well. Place vegetables on oiled barbecue grill over hot coals. Grill 20 to 25 minutes, turning and brushing with honey mixture every 7-8 minutes.

Oven method: Toss vegetables with honey mixture. Bake, uncovered, at 400 degrees for 25 minutes or until tender, mix every 8-10 minutes to prevent burning.

Renee Blatt
 PA Honey Queen

16-ounce can whole kernel corn, drained
 ½ cup onion, chopped medium fine
 2 cups green cabbage finely shredded, packed down
 1 large green pepper, chopped medium fine
 1 large red pepper, chopped medium fine

Into a 3-quart saucepan, stir together sugar, flour, salt, turmeric, and mustard. Gradually stir in vinegar, keeping mixture smooth. Add celery seed, corn, onion, cabbage, green and red pepper. Cook over moderate heat, stirring constantly, until cabbage wilts and sauce thickens and boils. Let it bubble gently about 5 minutes. Makes about 4½ cups. Store in refrigerator.

PICKLED SWEET PEPPERS
 2 large red peppers
 2 large yellow or green peppers
 2 cups water
 ½ cup white vinegar
 ¼ cup honey
 1 tablespoon black peppercorns

4 large cloves garlic, sliced thin
 1 cup sliced onions
 Clean peppers and cut lengthwise into one-inch wide strips. Combine water and next four ingredients in a saucepan and bring to a boil. Add peppers and onions. Bring to a boil, cover, reduce heat and simmer 20 minutes until peppers are tender. Let cool. Store in jars in refrigerator.

PICKLED YELLOW SQUASH
 (Turn to Page B7)

Pennsylvania Produce Looking Good

Peppers add zest to all sorts of recipes. And Pennsylvania vegetable growers grow over 1,000 acres of them to add a bit of extra flavor to pizza, salads, stir-frys, omelets, sauces, and numerous other dishes. Growers are reporting good yields of high quality peppers due to the generally favorable growing conditions this year.

About 90 percent of the acreage in Pennsylvania is planted in sweet bell peppers. Less than 10 percent is devoted to the hotter varieties. Sweet bell peppers are usually sold in the mature green stage. However, if green peppers are left on the plant to fully mature, they will turn color. Most varieties will turn red but some turn brilliant shades of yellow or orange while others become purple.

As they turn color, their sugar content increases along with their vitamin C content. Green peppers have twice as much vitamin C as oranges by weight while red peppers have three times as much plus beta carotene. Hot peppers are also high in vitamin C.

While the familiar blocky bell peppers are the most common sweet pepper, there are several other kinds that are classified as sweet peppers but that have a stronger flavor than bell peppers. This extra flavor makes them excellent additions to various dishes. Among these varieties are cubanelle, banana and pimento peppers.

There are many kinds of hot peppers grown. Probably the most common ones grown in Pennsylvania are Hungarian wax, jalapeno, cherry and cayenne. Capsaicin, the substance that makes peppers hot, is extremely pungent in its pure

state. Capsaicin and related compounds are concentrated in the placenta of the pepper — the white ribs inside the pepper that hold the seeds. Thus much of the heat of peppers can be removed if this part is cut out. It is important to wear rubber gloves or repeatedly wash one's hands while doing this to protect them. Be especially careful not touch the face or eyes during the process.

Besides adding flavor to the diet, sweet peppers can be eaten quantities sufficient to supply significant quantities of vitamin C to the diet and help fulfill the recommended three to five servings of vegetables per day recommended by nutrition experts. The following recipe from The American Cancer Society Cookbook is a tasty way to incorporate peppers and their cousins, tomatoes, into the diet.

STUFFED BABY PEPPERS WITH TOMATO-BASIL SAUCE

Tiny sweet peppers are available in specialty grocery stores (or many farm markets on request). For a truly attractive dish, use a variety of colors. If the tiny ones are not available, substitute regular-size ones.

24 baby red, green, yellow, or purple peppers (or 12 medium)

¼ pound medium ground beef
 1 onion, finely chopped
 2 cups cooked rice (made from 1 cup raw)

1½ cups drained canned or chopped fresh tomatoes

½ cup tomato sauce (or ½ cup catsup or ¼ cup each water and tomato paste mixed)

1 tablespoon Worcestershire sauce

1 teaspoon salt

1½ cups Tomato-Basil Sauce (see below)

Slice top off each pepper; chop tops and save to add to filling. Remove core, seeds, and white membranes from peppers. Blanch peppers in boiling water for three minutes; drain and set aside.

In large skillet or heavy saucepan, cook beef, onion and chopped pepper until beef is browned and onions are tender. Drain off any fat. Stir in rice, tomatoes, tomato sauce, Worcestershire, and salt; simmer for two minutes. Spoon meat mixture into peppers. (Recipe may be prepared ahead to this point and refrigerated or frozen.) Bake in 350 degree F oven for 20 minutes or until hot. Serve with Tomato-Basil Sauce to spoon over (or sprinkle with grated Parmesan cheese or part skim mozzarella cheese before baking). Makes six servings.

Calories per serving: 213
 Grams fat per serving: 6
 Vitamins A and C and niacin: Excellent
 Iron, riboflavin, and phosphorus: Good

TOMATO-BASIL SAUCE
 2 28-ounce cans plum tomatoes, undrained

1 5½-ounce can tomato paste
 2 onions, finely chopped
 2 cloves garlic, finely chopped
 1 large bay leaf

2 tablespoons crumbled basil
 2 teaspoons crumbled leaf oregano

1 teaspoon salt
 freshly ground pepper, sugar

In food processor, puree tomatoes or drain liquid into saucepan and chop tomatoes by hand. Pour into large, heavy saucepan and add tomato paste, onions, garlic, bay leaf, basil and oregano. Simmer, uncovered, for 20 to 30 minutes or until sauce has thickened slightly and onions are tender. (If sauce thickens too quickly, cover for remaining cooking time.) Add salt, and pepper and sugar to taste. Makes six cups sauce. (May be frozen.)

Calories per ½ cup: 38
 Grams fat per ½ cup: 0.3
 Vitamins A and C: Excellent

Quick Buying Tips For Pennsylvania Sweet Peppers
 The Pennsylvania Vegetable Marketing and Research Program offers these tips when buying fresh sweet peppers:

- Select firm peppers that are heavy for their size.
- Look for peppers with a rich, glossy color.
- Sweet peppers can be briefly refrigerated prior to use.



Featured Recipe

In-season vegetables offer farm-fresh taste, an abundance of variety, and essential nutrition. Buy vegetables grown by hardworking farmers who take pride in producing quality produce that is safe, healthy, and tasty. Grilling vegetables offers great taste and top nutrition. It's easy and versatile. You can add meat and any vegetables you have on hand. Sprinkle with herbs and your favorite seasonings.

Here's a recipe to get you started. This makes three servings. To serve more people, simply add more vegetables and meat.

ZESTY KABOBS

½ cup low-calorie Italian salad dressing
 1 red bell pepper, cubed
 1 green bell pepper, cubed
 White onion, cubed
 Corn on the cob
 9-ounces raw lean beef round
 Marinate beef cubes in dressing for 4-8 hours. Remove beef from marinade and discard remaining liquid. Alternate vegetables and beef on skewers, leaving some space between each item. Grill kabobs over medium hot coals or broil until beef is cooked to desired doneness. Sprinkle with desired herbs.

Recipe Topics

If you have recipes for 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. Be sure to include your name and address. Recipes should reach our office one week before the publishing date listed below.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

August

26 - Sandwiches

September

2 - Beef Contest Entries

9 - National Honey Month

16 - Cooking With Rice