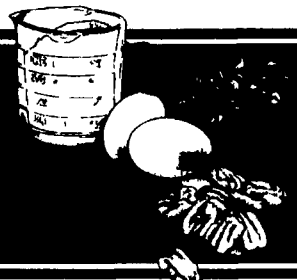


Home on the Range



Simply Delicious Summertime Vegetables

VEGETABLE PIZZA

2 packages refrigerated crescent rolls
11-ounces cream cheese
¼ cup real mayonnaise
1 teaspoon dill weed
1 teaspoon dry ranch dressing powder
1 cup shredded cheese
3 cups chopped fresh vegetables of your choice
Place crescent roll dough over large cookie sheet and bake as directed. Cool. Mix cream cheese and mayonnaise. Add dill weed and ranch powder. Spread on cooled crust. Top with chopped fresh vegetables. Sprinkle cheese on top. Chill.

Sara Derstine
Tioga Co. Dairy Princess

VEGETABLE CASSEROLE

10-ounces mixed vegetables
1 can string beans
1 tablespoon chopped onion
¼ cup mayonnaise
1 cup shredded cheese
10 or 11 crackers, crushed
2 tablespoons melted butter
Cook mixed vegetables. Add beans, onion, mayonnaise, and cheese. Mix together and spoon into greased casserole. Sprinkle with crushed crackers and butter drizzled over top. Bake at 350 degrees for 30 minutes.

Florence Wilson
Earleville, MD

CORN, LIMAS, RED PEPPER STIR FRY

6 slices bacon
6 ears corn
2 medium-size red bell peppers, sliced, diced
2 cups baby lima beans
¾ teaspoon salt
½ teaspoon coarsely ground black pepper
Fry bacon until crisp in a large skillet. Remove and drain on paper towels. Cut the corn kernels from the cob and add to hot bacon fat along with the peppers, lima beans, salt and pepper; stir fry over medium-high heat until vegetables are tender but crunchy, about 8 minutes.

Top with crumbled bacon and serve immediately.
Variation: Substitute green or yellow beans of your choice for limas and add other vegetables as desired.

Betty Groff
PA Vegetable Marketing

FIESTA TOMATO BASIL BREAD

2 cups flour
1½ teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon salt
1 cup chopped plum tomatoes
¼ cup plain yogurt
¼ cup chopped basil
½ cup chopped onions
½ cup Parmesan cheese
2 tablespoons butter, softened
1 egg
2 tablespoons milk

Combine dry ingredients. Add remaining ingredients and mix well. Pour into 9x5-inch loaf pan sprayed with vegetable oil. Bake at 400 degrees for 30 minutes.

Marion Walker
PA Farm Show Winner
Vegetable Quick Bread Contest

PINA COLADA ZUCCHINI BREAD

3 cups grated raw zucchini
3 cups sugar
1½ cups oil
4 eggs
4 cups flour
2 teaspoons baking powder
½ teaspoon salt
½ cup nuts
1 teaspoon baking soda
1 cup crushed pineapple, drained
1 teaspoon vanilla
1 teaspoon coconut flavoring
1 teaspoon rum flavoring
Mix the first four ingredients and beat 2 minutes. Sift flour, baking powder, salt, and soda. Mix and add remaining ingredients. Bake in greased and floured loaf pans for 55 minutes at 350 degrees. Makes three loaves.

Sharon Rydbom
Tipton
Farm Show Winner
Vegetable Quick Bread Contest

SWISS-STYLE GREEN BEANS

4 cups fresh green beans
1 medium onion, finely chopped
1 cup water
2 tablespoons butter
3 tablespoons flour
2 cups sour cream
1½ teaspoon salt
6 ounces Swiss or white American cheese, grated
½ cup slivered almonds
In a 2-quart saucepan, bring beans, onion, and water to a boil for 10 minutes. Drain. Put beans and onions in buttered 1½ quart casserole. In a 1-quart casserole, melt the butter. Blend in the flour until smooth. Gradually add sour cream and salt, stirring constantly with a wire whip. Fold in grated cheese. Pour cheese sauce over beans. Top with almonds and bake in preheated oven at 350 degrees for 40 minutes. This dish is very rich. For a milder flavor, use white American cheese.

Betty Groff
PA Vegetable Marketing

GARDEN VEGETABLE SALAD

8 ounces carrots, peeled and cut into 1-inch pieces (about 1 cup)
½ small head cauliflower, broken into flowerets (about 2 cups)
8 ounces green beans, cut into 1-inch pieces (about 2 cups)
2 ounces cubed Cheddar cheese
½ cup Italian-style salad dressing
¼ cup sliced green onion
½ teaspoon salt
1 carton (8 ounces) plain yogurt
Cook vegetables separately in boiling salted water just until tender; drain. Marinate vegetables and cheese in Italian dressing. Cover and chill several hours. Drain off dressing. Fold onion and salt into yogurt. Toss vege-



Grilled steak combined with fresh vegetables and wild rice makes a delightful salad.

tables with yogurt. Serve in lettuce-lined bowl. 4 Servings.

Serving size: ¼ of recipe
Calories per serving: 291
Protein 10 g, fat 20 g, carbohydrate 20 g
Calcium 277 mg, riboflavin (B₂) .31 mg

Holly Moyer
Schuylkill Co.
Dairy Princess

SWEET VIDALIA ONION CUSTARD BREAD

2 tablespoons butter
1 large sweet Vidalia onion, halved and sliced
1¼ cup all-purpose flour
4 teaspoons baking powder
½ teaspoon salt
1½ cups milk
1 large egg, slightly beaten
½ cup shredded cheddar cheese

Topping:
¼ cup shredded cheddar cheese
2 tablespoons reserved caramelized onion
1 tablespoon poppy seed
1 tablespoon butter, melted
In large skillet, melt butter over medium heat, saute onions 10-15 minutes or until light golden brown. Reserve 2 tablespoon onions for topping. In large bowl, combine flour, baking powder, and salt. Stir in milk, egg, and cheese. Add remaining onion. Pour into greased 9-inch deep-sided pie plate.

Topping: Sprinkle bread with cheese, served onion and poppy seed. Drizzle butter over top of bread. Bake at 400 degrees until golden brown, about 25-35 minutes. Cool slightly, cut into wedges and serve warm.
Makes 6-8 servings.



If you like Sweet Vidalia Onion Custard Bread, send for a free recipe brochure for more recipes using onions. Send a self-addressed business-style envelope to Vidalia Onion Committee, P.O. Box 1609-FF, Vidalia, GA 30475.

Featured Recipe

Fresh vegetables offer an abundance of taste, variety, and essential nutrition.

For those who don't grow their own vegetables, an abundance of the best is offered at roadside stands. In Pennsylvania, more than 3,000 growers raise more than 30 different vegetable crops on more than 40,000 acres of farmland and in 60 acres of greenhouses.

Many roadside stands also offer recipe cards on using fresh produce. These are provided by the Pennsylvania Vegetable Marketing and Research Program and the Pennsylvania Department of Agriculture in support of the Pennsylvania Produce Simply Delicious program.

Look for the recipes cards. Here is one for your enjoyment.

GRILLED STEAK AND ROASTED VEGETABLE SALAD

Olive oil cooking spray
1 medium zucchini, sliced diagonally into 1-inch pieces
1 medium eggplant, peeled, sliced diagonally into 1-inch pieces
1 large bell pepper, cut into 1-inch strips
1 medium onion, cut into 1-inch wedges
16 button mushrooms
2 tablespoons balsamic vinegar
2 cloves garlic, crushed
1 teaspoon dried rosemary
¼ teaspoon pepper
1 pound boneless beef top loin steaks, 1-inch thick
¼ teaspoon salt
8 cups torn mixed salad greens
¼ cup nonfat or low fat Italian dressing
Lightly spray 15x10-inch baking sheet with sides with olive oil spray. Arrange zucchini, eggplant, bell pepper, onion, and mushrooms on oiled sheet. Generously spray vegetables with olive oil spray. In small bowl, combine vinegar, garlic, rosemary, and pepper. Sprinkle over vegetables. Roast in 425-degree oven for 30 minutes or until tender, stirring once during roasting. Meanwhile, heat grills or large non-stick skillet over medium heat. Arrange steaks on grill or hot skillet. Cook 12-15 minutes or to desired doneness, turning once during cooking. Remove from heat and season with salt. Let stand 10 minutes. Trim fat and slice into thin strips. Arrange salad greens on four serving plates. Arrange beef and vegetables on greens. Drizzle with Italian dressing. Serve immediately. Serves 4.

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

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- 10 — Favorite Summer Recipes
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