



V e g e t a b l e s

HOME SERVICE DEPARTMENT

Rochester Gas and Electric
Corporation

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FRESH VEGETABLES

1. If vegetables are to be prepared ahead of time, prepare as for table use, cover lightly, and store in refrigerator. Do not let them stand in water. (except potatoes).
2. Cook vegetables in a small amount of water. Add $\frac{1}{4}$ c water and salt to season vegetables like carrots, peas, beans, beets, asparagus, etc. (No water is necessary when cooking greens. Do not use salt when cooking corn.) Cover and turn burner on full. When steam comes from cover, turn burner low and cook until just tender. Do not remove cover or stir vegetables unless absolutely necessary.

COOKING TIME FOR FRESH VEGETABLES

Start timing after steam comes from cover.

Asparagus, whole	10 - 20 min.
Beans, snap or string	20 - 25 min.
Beets, new whole	30 - 45 min.
Broccoli, heavy stalks split	15 - 20 min.
Cabbage, quartered	8 - 10 min.
Carrots, whole	20 - 25 min.
Cauliflower	8 - 10 min.
Corn, ear	5 - 8 min.
Onions, small whole	15 - 20 min.
Parsnips	40 min.
Peas, green	8 - 10 min.
Potatoes, white	20 - 30 min.
Spinach greens	3 - 10 min.
Squash, summer sliced	10 - 15 min.
Turnips	30 min.

OVEN STEAMED FRESH VEGETABLES *Temp: 350^oF Time: 1 - 2 hrs.*

1. Wash vegetables and prepare for cooking.
2. Place in a casserole with $\frac{1}{2}$ c water and $\frac{1}{2}$ t salt.
3. Cover tightly and bake in preheated oven.

NOTE: *Potatoes or carrots will require 1-1 $\frac{1}{4}$ hrs.; beets, turnips, onions will require 1 $\frac{1}{2}$ -2 hrs.*

OVEN COOKED FROZEN VEGETABLES *Temp: 350°F Time: 45 min. to 1 hr.*

1. Place frozen vegetables in casserole.
2. Dot with butter or cover with favorite sauce. Sprinkle with salt and pepper.
3. Cover and bake.



ARTICHOKES (French or Globe)

6 Artichokes	3 T lemon juice
1 T salt	1 clove garlic
3 T olive oil	Lemon butter or mayonnaise

1. Remove thick loose leaves around base.
2. Cut off top third of leaves with a sharp knife. Wash in salted water.
3. Drop into boiling water seasoned with salt, olive oil, lemon juice and garlic. Cover, cook 30-40 minutes.
4. Drain with bottoms up. Cut off stem.

To eat:

1. Pull off a leaf, hold by the tip and dip into lemon butter or mayonnaise.
2. Remove the fleshy part of the base of the leaf with the teeth and discard the remainder of the leaf.
3. When all leaves are removed, discard the choke (the "hairy" part above the heart). Eat the heart.

ASPARAGUS WITH DILL SAUCE

2 pkgs frozen asparagus	2 T butter or margarine
or 1½ lbs fresh asparagus	1 t dry dill seed
½ t salt	
1 c dairy sour cream	

1. Partially defrost asparagus if frozen. Add salt and cook until tender. Drain.
2. Heat sour cream, butter and dill seed until hot; do not boil. Serve on asparagus.

NOTE: *Dill sauce can be served on cooked lima beans, spinach, green beans, brussels sprouts or broccoli.*

CHIVE ASPARAGUS

1 pkg frozen asparagus tips Salt and pepper to season
 $\frac{1}{4}$ c water

1. Place asparagus in a flat bottomed saucepan. Add water and seasonings.
2. Cover and cook on thermostatic unit set at 212°F or on low heat for 15-20 min.
3. Drain and arrange on serving dish.
4. Pour Chive Sauce over asparagus.

CHIVE SAUCE

1 - 3 oz pkg cream cheese $\frac{1}{4}$ c milk
with chives

1. Soften cream cheese with milk.
2. Heat on low setting or thermostatic unit until ready to serve.
3. Pour over asparagus. Serve immediately.

ASPARAGUS ORIENTAL

2 pkgs frozen asparagus Dash pepper
1 - 2 T salad oil $\frac{1}{2}$ t monosodium glutamate
 $\frac{1}{2}$ t salt

1. Partially thaw asparagus, cut into bias pieces $1\frac{1}{2}$ " long.
2. Heat large skillet; add salad oil and when hot add the asparagus.
3. Sprinkle with salt, pepper and monosodium glutamate.
4. Cook covered over high heat till just tender, about 5 min. shaking skillet frequently.

ASPARAGUS WITH MOCK HOLLANDAISE SAUCE

*Temp: 400°F Time: 45 min.
or 350°F for 1 hr.*

2 pkg frozen asparagus Salt and pepper to season

1. Place asparagus in greased casserole dish. Season with salt and pepper.
2. Cover and bake in preheated oven.
3. Serve with Mock Hollandaise Sauce.

MOCK HOLLANDAISE SAUCE

1 can cream of chicken soup Paprika or minced parsley
 $\frac{1}{4}$ c mayonnaise to garnish
1 T lemon juice

1. Blend soup, mayonnaise and lemon juice in a sauce pan. Heat until smooth. Do not boil.
2. Serve on asparagus, broccoli, cauliflower or seafood. Sprinkle with paprika or parsley.

ASPARAGUS DELICIOUS*Temp: 350°F Time: 40-50 min.*

- | | |
|-----------------------|-------------------------------|
| 4 c fresh asparagus | 1 t minced green pepper |
| $\frac{1}{4}$ c water | 3 T margarine or butter |
| $\frac{1}{2}$ t salt | 1 t sugar |
| 1 c diced celery | $\frac{1}{4}$ c grated cheese |
| 1 t minced onion | |

1. Place all ingredients except cheese in covered casserole. Bake in preheated oven.
2. Sprinkle cheese on top and bake uncovered last 15 min. to melt cheese.

NOTE: *2 pkgs. frozen asparagus may be used. Allow to defrost so it can easily be separated. Other vegetables may be used - green beans, cabbage, cauliflower.*

GLORIFIED BAKED BEANS*Temp: 350°F Time: 30 min.*

- | | |
|------------------------------------|--------------------------------------|
| $\frac{1}{2}$ c sliced onion | 2 T catsup |
| 4 $\frac{1}{2}$ oz can deviled ham | $\frac{1}{4}$ t dry mustard |
| 1 lb 6 oz can baked beans | 13 oz can crushed pineapple, drained |
| 2 T brown sugar | |

1. Saute onion and deviled ham.
2. Add baked beans, brown sugar, catsup and mustard.
3. Pour into 1 qt greased casserole.
4. Spoon pineapple around edge.
5. Bake in preheated oven.

NOTE: *Beans can be heated in electric fry pan or sauce pan at 220°F for 20-30 min.*

BAKED BEANS*Temp: 350°F Time: 3-3½ hours*

- | | |
|----------------------------|--------------------------|
| 1 lb dry navy or soy beans | 3 T molasses |
| $\frac{1}{4}$ lb salt pork | 2 t mustard |
| 1/3 c chili sauce | 3 T sugar |
| 1/3 c catsup | 2 t Worcestershire sauce |

1. Wash beans thoroughly and soak overnight in enough water to cover.
2. Add salt pork and cook until tender (about 1½-2 hr.).
3. Add rest of ingredients, pour into greased baking dish, cover and bake in preheated oven.

NOTE: *Salt pork may be omitted and 2 t salt added.*

PORK AND BEANS (Boston Baked) *Temp: 275^oF Time: 8-10 hrs.*

1 lb dry navy beans	1 t salt
2 T sugar	$\frac{1}{4}$ lb salt pork
2 T molasses	4 c water
1 T dry mustard	

1. Wash beans thoroughly and cover with cold water. Soak overnight.
2. Add sugar, molasses, mustard, and salt to beans. Add enough water to the water in which beans were soaked to make 4 c water. Add salt pork cut in slices.
3. Cover and bake in preheated oven. One hour before beans are done, remove cover and raise temperature to 325^oF, if a brown crust is desired.

NOTE: *Beans may be parboiled until skins curl instead of soaking. To make tomato sauce for beans, use 1 can condensed tomato soup or 1 c tomato juice in place of part of the water in the above recipe. Proceed as above.*

Here's a quickie that's easy on mother.

SWEET-SOUR BAKED BEANS *Temp: 350^oF Time: 45-60 min.*

4 large onions	1 lb can green lima beans, drained
$\frac{3}{4}$ c brown sugar	1 lb can red kidney beans, drained
1 t dry mustard	1 lb 6 oz can baked beans, undrained
$\frac{1}{2}$ t garlic powder	8 slices bacon (if desired)
1 t salt	
$\frac{3}{4}$ c vinegar	
2 - 1 lb cans dried lima beans, drained	

1. Peel and slice onions in rings.
2. Add sugar, mustard, garlic powder, salt and vinegar. Cover and simmer 10 min.
3. Combine all varieties of beans with onions in a greased casserole.
4. Bake uncovered in preheated oven.

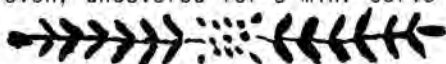
NOTE: *8 slices of partially cooked bacon can be arranged on top before baking, if desired.*

ORIENTAL BEANS

Temp: 350°F Time: 20-25 min.

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|--|----------------------------|
| 2 (1 lb) cans whole green beans | $\frac{1}{4}$ t salt |
| 1 c bean sprouts | $\frac{1}{8}$ t pepper |
| $\frac{1}{4}$ c chopped onion | 2-3 T soy sauce |
| 2 c (1 lb) diced cooked ham or luncheon meat | 1 T cornstarch |
| 1 T salad oil | $\frac{1}{4}$ c cold water |
| 1 chicken bouillon cube | 1 can chow mein noodles |
| $\frac{3}{4}$ c boiling water | |

1. Drain beans and bean sprouts and place in greased casserole.
2. Brown onion and ham in oil.
3. Dissolve bouillon cube in hot water, add salt, pepper and soy sauce.
4. Blend cornstarch and cold water, add to sauce mixture and cook until mixture thickens.
5. Pour sauce over beans, cover and bake for 20 minutes.
6. Remove cover, sprinkle with $\frac{1}{2}$ c of chow mein noodles and return to oven, uncovered for 5 min. Serve over more noodles.



GREEN BEANS CAESAR

Temp: 350°F Time: 45 min.

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|---------------------------|---------------------------------|
| 2 pkgs frozen green beans | 2 T vinegar |
| $\frac{1}{4}$ c water | 2 T salad oil |
| 1 c bread cubes | 2 t minced onion |
| 2 T salad oil | $\frac{1}{2}$ t salt |
| | $\frac{1}{4}$ c Parmesan cheese |

1. Arrange green beans in casserole. Add water.
2. Cover and bake in preheated oven.
3. Drain off water.
4. Brown bread cubes in 2 T salad oil.
5. Heat vinegar, 2 T salad oil, onion and salt. Pour over cooked beans.
6. Add bread cubes. Toss lightly.
7. Sprinkle with cheese.

NOTE: Canned green beans can be prepared the same way.

GREEN AND YELLOW BEAN CASSEROLE

Temp: 350°F Time: 1 hr.

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|-----------------------------|-------------------------------|
| 1 pkg yellow beans (frozen) | $\frac{1}{2}$ t summer savory |
| 1 pkg green beans (frozen) | Pepper and salt to taste |
| 1 T frozen chopped onion | 2 T butter |

1. Alternate layers of green and yellow beans.
2. Sprinkle each layer with chopped onion, salt and pepper and summer savory.
3. Dot with butter, cover and bake in a preheated oven.

ZIPPY GREEN BEANS

2 lbs green beans or	1 c chili sauce
2 pkgs frozen beans	$\frac{1}{2}$ t salt
4 slices bacon, diced	$\frac{1}{4}$ t allspice
1 medium onion, diced	Grated Parmesan Cheese

1. Cook green beans until tender.
2. Fry bacon until crisp. Remove from pan and saute onion.
3. Add chili sauce and seasonings and simmer for 5 minutes.
4. Pour hot sauce over hot beans. Sprinkle with cheese and crumbled bacon. Serves 6 - 8.

ITALIAN GREEN BEANS

Temp: 350^oF Time: 1 hr.

2 pkgs Italian green beans, frozen	1 t salt
2 T butter	$\frac{1}{4}$ c Parmesan cheese

1. Place green beans in greased baking dish. Dot with butter. Sprinkle with salt. Cover.
2. Bake in preheated oven.
3. Sprinkle with cheese before serving.

LIMA BEANS IN SOUR CREAM

2 pkgs frozen lima beans	2 T chopped pimiento
2 T chopped onion	2 T butter
1 t salt	$\frac{1}{2}$ c dairy sour cream
$\frac{1}{4}$ c water	Dash white pepper

1. Cook beans and onion in salted water, covered until tender, 12 - 15 minutes. Drain.
2. Add pimiento, butter, sour cream and pepper. Heat thoroughly.

OREGANO LIMAS

Temp: 350^oF Time: 1 hr.

1 pkg frozen lima beans	$\frac{1}{8}$ t oregano
$\frac{1}{4}$ t garlic salt	2 T butter or margarine
1 finely diced carrot	2 T water

1. Place frozen lima beans, carrot, garlic salt, oregano, butter and water into casserole dish.
2. Cover and bake in preheated oven.

WHITE BEANS A LA BRETONNE

1 c dried white beans	1 stalk celery, diced
3 c cold water	3 T butter or margarine
1 t salt	1/3 c apple cider
1/2 t sugar	1/8 t pepper
1 medium, onion, sliced	

1. Put beans in saucepan. Add water and bring to a boil. Simmer covered for 2 minutes.
2. Turn off heat. Let stand 1 hour.
3. Add salt and sugar. Simmer 1 hour.
4. Saute onion and celery in butter.
5. Add onions, apple cider and pepper to beans. Heat thoroughly.
6. Serve hot in vegetable dish.

NOTE: *Dried navy beans or lima beans can be used in place of dried white beans.*

BEETS IN ORANGE SAUCE

4 T flour	1 c orange juice
4 T sugar	4 T lemon juice
1/2 t salt	4 c diced beets, raw or canned
1/2 c cold water or canned beet juice	

1. Mix flour, sugar and salt; add water and mix to smooth paste.
2. Add orange and lemon juice. Cook until thickened.
3. Add drained canned beets and simmer 15 minutes, or add diced raw beets, cover and bring to the boiling point. Simmer 35 to 40 minutes.

BEETS 'N PINEAPPLE

Temp: 350°F Time: 1 hour

1 (1 lb) can pineapple chunks, drained	2 T cornstarch
2 (1 lb) cans small whole beets, drained	2/3 c beet juice
1/2 c pineapple juice	3/4 t salt
	1 T vinegar

1. Combine pineapple chunks and beets in 1 1/2 quart casserole.
2. Blend pineapple juice with cornstarch.
3. Add beet juice and cook until thickened stirring constantly. Add salt and vinegar. Pour over beets and pineapple.
4. Bake covered in preheated oven.

HARVARD BEETS

Temp: 350°F Time: 1½ hrs.

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|----------------------|-------------------------|
| 2½ c diced raw beets | ¼ c water |
| ½ c sugar | ¼ c vinegar |
| 1½ t cornstarch | 2 T butter or margarine |

1. Arrange the beets in a buttered casserole.
2. Mix sugar and cornstarch, add water and vinegar and bring to the boiling point. Add the butter.
3. Pour over the beets, cover and bake in a preheated oven.

NOTE: *Canned beets may be used if desired. Make sauce, add beets and heat for 10 minutes.*

NIPPY BEETS

- | | |
|-------------------------|--------------------------|
| 3 T butter or margarine | 1 t Worcestershire sauce |
| 2 T prepared mustard | ¼ t salt |
| 1 T honey | 2 c cooked beets |

1. Melt butter and add rest of ingredients, except beets.
2. Bring to boiling point, add beets and heat.

BROCCOLI DELIGHT

Temp: 400°F Time: 45 min.

- | | |
|---------------------------|-----------------------|
| 2 pkgs frozen broccoli | 1 can condensed cream |
| or 1 bunch fresh broccoli | of celery soup |
| | 1 c bread croutons |

1. Partially defrost broccoli and arrange in shallow baking dish. If fresh broccoli is used add ½ c water.
2. Pour condensed soup over broccoli and cover.
3. Bake in preheated oven.
4. Top with croutons and serve.

NOTE: *To make croutons, cut 2 slices of bread into small cubes. Brown in skillet with 2 T butter.*

BROCCOLI POLONAISE

- | | |
|-----------------------------------|--------------------------|
| 2 pkgs frozen broccoli | 1 T lemon juice |
| ¼ c melted butter or
margarine | ½ t Worcestershire sauce |

1. Cook broccoli in boiling salted water until tender.
2. Arrange in serving dish and over it pour sauce made by combining butter, lemon juice, and Worcestershire sauce.

BRUSSELS SPROUTS WITH HERB BUTTER

- | | |
|--------------------------------|--------------------------------|
| 2 pkgs frozen Brussels sprouts | 3 T melted butter or margarine |
| 1/3 c water | 1/2 t ground marjoram |
| 1/2 t salt | 1 T finely chopped parsley |
| 1/4 t ground thyme | 2 t lemon juice |

1. Cook brussels sprouts with water, salt and thyme until tender, about 8-10 minutes. Drain. Empty into serving dish.
2. Melt butter. Add marjoram, parsley and lemon juice. Pour over cooked sprouts and serve.

BRUSSELS SPROUTS WITH WATER CHESTNUTS

- | | |
|--------------------------------|----------------------------------|
| 2 pkgs frozen Brussels sprouts | 3 T butter or margarine |
| 1/3 c water | 5 oz can water chestnuts, sliced |
| 1/2 t salt | |

1. Place sprouts in saucepan, add water and salt. Bring to boil and simmer 8-10 minutes. Drain.
2. Add butter and water chestnuts. Heat well.

CARAMEL CARROTS

Temp: 325°F Time: 1 1/2 hrs.

- | | |
|-----------------|----------------------------------|
| 2 lbs carrots | 2 T brown sugar |
| Salt and pepper | 1/4 c melted butter or margarine |

1. Peel and cut carrots into strips or slices. Place in greased baking dish.
2. Sprinkle with salt and pepper and brown sugar. Add butter.
3. Cover and bake in preheated oven.

CARROTS PEABODY

Temp: 375°F Time: 15 min.

- | | |
|-------------------------------|----------------------------|
| 8 carrots, cut in thin strips | 1/4 t pepper |
| 2 T grated onion | 1/3 c buttered crumbs |
| 1/2 c mayonnaise | 2 T horseradish - optional |
| | 1 t salt |
| | 1/4 t paprika |

1. Wash, peel and cut carrots into thin strips.
2. Cook in salted water until tender.
3. Place in a greased square casserole in one or two layers.
4. Mix grated onion, mayonnaise, pepper, buttered crumbs, horseradish, salt, paprika and spread between carrot layers and on top.
5. Bake in preheated oven.

MINT GLAZED CARROTS AND PEAS

$\frac{1}{2}$ c butter or margarine
 $\frac{1}{2}$ c sugar
1 T chopped fresh mint
leaves

2 c cooked carrot strips,
drained
2 c peas, cooked or canned
Salt and pepper

1. Add butter, sugar and mint leaves to carrots and cook slowly until well glazed.
2. Add peas and heat through.
3. Season with salt and pepper.

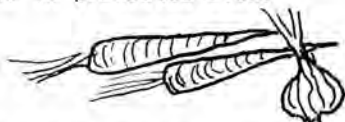
ORANGE GLAZED CARROTS

8 medium sized carrots
 $\frac{1}{2}$ of 6 oz container
frozen concentrated
orange juice

Temp: 375^oF Time: 30 min.

2 T melted butter or
margarine
6 T sugar

1. Scrape and slice carrots crosswise on the bias $\frac{1}{2}$ " thick.
2. Cook, covered, in small amount of boiling salted water 15 minutes. Drain. Place in casserole.
3. Mix orange juice, butter and sugar together.
4. Pour mixture over carrots and bake in preheated oven.



MASHED CARROTS AND TURNIPS

2 bunches carrots
1 medium yellow turnip
 $\frac{1}{4}$ c water
 $\frac{1}{2}$ t salt

2 T butter or margarine
 $\frac{1}{3}$ c brown sugar
Pepper

1. Scrape and dice carrots and turnip.
2. Cook separately in salted water until tender about 8-10 min. Drain.
3. Mash together in mixer.
4. Season with butter, sugar, pepper and additional salt if necessary.

CABBAGE AU GRATIN

4 c chopped cooked
cabbage
2 c medium white sauce

Temp: 400^oF Time: 25-30 min.

$\frac{1}{2}$ c grated cheese
1 c fine dry bread crumbs

1. Mix cabbage and white sauce.
2. Pour into a buttered baking dish, cover with grated cheese and bread crumbs.
3. Bake in preheated oven.

STUFFED CABBAGE LEAVES

12 large cabbage leaves	$\frac{1}{4}$ t garlic salt
1 lb ground beef	$\frac{1}{2}$ c chopped onion
2 c soft bread cubes	2 eggs
$1\frac{1}{2}$ t salt	1 #1 can tomato sauce
$\frac{1}{4}$ t pepper	

1. Parboil cabbage leaves for 5 minutes.
2. Combine beef, bread cubes, salt, pepper, garlic salt, onion and eggs.
3. Form meat mixture into 12 oblong patties. Place a meat patty on each of the cabbage leaves. Roll up in cabbage leaf, fasten leaves to meat with toothpicks.
4. Place stuffed cabbage leaves in skillet, pour sauce over them. Cover and cook 45 min.

SWEET SOUR CABBAGE

Temp: 350°F Time: 30 min.

4 slices bacon, diced	1 t salt
2 T brown sugar	$\frac{1}{8}$ t pepper
2 T flour	1 small onion, sliced
$\frac{1}{2}$ c water	1 head cabbage, shredded
$\frac{1}{3}$ c vinegar	(7 c shredded)

1. Fry diced bacon; when crisp remove from fat.
2. Add brown sugar and flour, blend. Add water, vinegar and seasonings; cook until thick, about 5 minutes.
3. Combine onion, diced bacon and stir into sauce. Mix with raw cabbage and pour into greased 2 quart casserole.
4. Cover and bake in preheated oven.

NOTE: *This may also be cooked on top of the range. Cook cabbage in 2 cups boiling water 7 minutes. Drain, then stir into sauce and heat through before serving.*

CAULIFLOWER AND PEAS WITH ALMOND BUTTER SAUCE

1 medium head cauliflower	$\frac{1}{8}$ t paprika
1 pkg frozen peas	1 T lemon juice
$\frac{1}{4}$ c butter or margarine	$\frac{1}{4}$ c slivered toasted almonds
$\frac{1}{2}$ t salt	

1. Cook cauliflower and peas separately in boiling salted water until tender.
2. Melt butter and add remaining ingredients.
3. Arrange cauliflower on serving plate and surround with peas.
4. Pour sauce over vegetables.

CAULIFLOWER WITH SHRIMP SAUCE

- | | |
|---|--|
| 1 medium head cauliflower | $\frac{1}{4}$ t salt |
| 1 can frozen condensed cream of shrimp soup | $\frac{1}{4}$ c slivered blanched almonds, toasted |
| $\frac{1}{2}$ c dairy sour cream or light cream | |

1. Break cauliflower into flowerets. Cook covered in small amount of boiling salted water for 15 min., drain.
2. Heat soup over low heat, stirring frequently. Add sour cream and salt. Heat through.
3. Add almonds; pour over cauliflower.

CELERY ALMOND SAUTÉ

- | | |
|-------------------------------------|----------------------------------|
| 4 c celery, sliced on bias | $\frac{1}{2}$ c slivered almonds |
| 1 t salt | 2 T butter or margarine |
| $\frac{1}{4}$ c butter or margarine | $\frac{1}{4}$ t minced garlic |
| 2 T finely chopped green onion | 1 T cooking sherry |

1. Cook celery with salt and butter in covered saucepan over low heat or thermostatic burner set at 200°F for 10 to 12 minutes.
2. Sprinkle onion over top and cook 1 minute longer.
3. Brown almonds in butter, garlic and sherry. Pour over celery which has been arranged in serving dish.



CORN-ON-THE-COB...*cook it quickly and easily in the electric fry pan.*

- | | |
|-------------------------|-----------|
| 12 ears of corn, husked | 1 c water |
|-------------------------|-----------|

1. Place corn in electric fry pan in two layers.
2. Add water, cover pan and cook at 300°F until steam forms. Then reduce temperature to 210°F for 5-10 min.

MEXICAN CORN

Temp: 350°F Time: 45 min.

- | | |
|--------------------------|-------------------------|
| *1 pkg frozen corn | 1 T butter or margarine |
| 1 T chopped pimiento | $\frac{1}{4}$ t salt |
| 1 T chopped green pepper | Dash of pepper |

1. Place all ingredients in covered casserole.
2. Bake in preheated oven.

* 2 c corn cut from the cob plus 2 T water can be used.

SUCCOTASH

Temp: 350°F Time: 45 min.

- | | |
|---|---|
| 1½ c cooked or canned snap,
shell or lima beans
(with liquid) | ½ c milk
2 T butter or margarine
½ t salt |
| 1½ c cooked or canned corn
(with liquid) | Few grains pepper |

1. Do not drain liquid from vegetables.
2. Combine all ingredients and pour into a 1½ qt. casserole.
3. Cover and bake in preheated oven.

FRENCH FRIED EGGPLANT

1. Pare eggplant, cut in finger lengths. Soak in salt water 1 hour.
2. Drain and dry thoroughly. Dip in fritter batter.
3. Fry in deep fat (375°F) until golden brown. Drain on absorbent paper.

FRITTER BATTER

- | | |
|-------------------------------------|---------------------|
| 1-1/3 c sifted all-purpose
flour | 2/3 c milk
1 egg |
| 2 t baking powder | Eggplant |
| ¼ t salt | |

1. Sift together dry ingredients, add milk and well-beaten egg.

BREADED EGG PLANT

Temp: 400°F Time: 40 - 45 min.

- 1 egg plant
- 1 egg
- ½ t salt
- 1/8 t pepper
- Fine bread crumbs
- Butter or margarine

1. Pare eggplant and cut in thin slices.
2. Beat egg slightly; add salt and pepper.
3. Dip slices of eggplant into egg mixture and then into crumbs.
4. Arrange in a shallow buttered baking pan and dot with butter.
5. Bake in a preheated oven.



ITALIAN EGGPLANT BAKE

Temp: 350°F Time: 45 min.
then 425°F Time: 15 min.

1 medium eggplant peeled and cut in 1" cubes	1 t leaf oregano $\frac{1}{4}$ c butter or margarine
1 large onion, sliced	1 can condensed tomato soup
1 medium green pepper, sliced	1 c water
$\frac{1}{2}$ small garlic clove, diced	$\frac{1}{4}$ t salt $\frac{1}{2}$ c garlic croutons
	2 T grated Parmesan cheese

1. Cook eggplant in boiling salted water for 3 minutes.
2. Drain and place in 2 quart baking dish.
3. Saute onion, green pepper, garlic and oregano in butter until tender.
4. Add soup, water and salt and heat.
5. Pour over eggplant and mix.
6. Bake in oven for 45 minutes.
7. Top with croutons and sprinkle with cheese.
8. Return to oven for 15 minutes at higher temperature.

NOTE: Cubes of zucchini can be used in place of eggplant.

STUFFED EGGPLANT

Temp: 375°F Time: 25 min.

3 small eggplant	1 t salt
1 lb ground beef, lamb, or pork	$\frac{1}{8}$ t pepper
$\frac{3}{4}$ c sliced mushrooms	$\frac{1}{2}$ c light cream
2 T chopped onion	3 T diced pimiento
2 T chopped green pepper	2 T buttered bread crumbs or
1 clove garlic, minced	1 T Parmesan cheese or
2 T butter or margarine	2 slices crisp bacon, crumbled
2 T flour	

1. Cut eggplant in half lengthwise.
2. Remove pulp, leaving shell $\frac{1}{4}$ " thick. Cut pulp in cubes.
3. Cook in small amount of boiling salted water 10 min. Drain.
4. Brown ground beef, mushrooms, onion, green pepper and garlic in butter. Stir in flour, salt and pepper.
5. Add well drained eggplant, cream and pimiento.
6. Fill shell and top with desired topping.
7. Bake in preheated oven.

FRENCH FRIED ONION RINGS

Fat for deep frying
3 lbs large onions
1 c milk

1 c sifted all-purpose flour
Salt

1. Heat fat to 375°F.
2. Peel onions. Cut in $\frac{1}{4}$ " slices and separate into rings.
3. Dip in milk. Drain.
4. Dip in flour.
5. Fry in deep fat 4 - 6 minutes.
6. Drain on paper towels and sprinkle with salt.

CREAMED ONIONS

Medium onions
Boiling salted water
1 diced green pepper

1 c thin white sauce
Paprika

1. Peel onions. Steam in about 1" of boiling water in a covered pan.
2. When almost tender, add green pepper; cook a few minutes longer. Drain.
3. Cover with white sauce (1 T butter or margarine, 1 T flour and 1 c milk). Dust with Paprika and serve.

PEAS AND CELERY

1 lb 4 oz can peas (with liquid or 1 pkg frozen peas)
2 c diced celery

Temp: 350°F Time: 1 hr.
 $\frac{1}{2}$ t salt
2 T butter or margarine

1. Place peas and liquid in a greased casserole.
2. Add celery, salt and butter to peas.
3. Cover and bake in preheated oven.

PETITE POIS WITH WATER CHESTNUTS

2 pkgs frozen tiny peas
 $\frac{1}{2}$ t salt
 $\frac{1}{2}$ t sugar

3 T butter or margarine
5 oz can water chestnuts, sliced

1. Place peas in sauce pan, add salt, sugar and butter. Simmer 8 to 10 min.
2. Add water chestnuts. Heat before serving.

NOTE: To serve peas and onions, add 1 c small cooked onions in place of water chestnuts.



BAKED SPLIT PEAS*Temp: 350°F Time: 25 min.*

1 c dry split peas
 1½ c boiling water or
 meat stock

½ c chopped ham, pork or
 crisp bacon
 2 T chopped onion
 1/8 t pepper
 1 t salt

1. Add peas to water or meat stock, bring to boiling point and cook 2 minutes.
2. Cover and let stand ½ hour.
3. Add remaining ingredients; season to taste.
4. Cover and bake in preheated oven. Serve with sauerkraut and pork.

CORN STUFFED PEPPERS

2 green peppers
 1 lb 4 oz can whole kernel
 corn, drained
 ¼ c melted butter or margarine

Salt
 Pepper
 Pimiento

1. Parboil peppers for 5 min.
2. Cut peppers in half lengthwise and remove seeds.
3. Fill peppers with corn. Season with melted butter, salt and pepper. Broil 8 min.
4. Garnish with pimiento strips.

STUFFED GREEN PEPPERS*Temp: 375°F Time: 1 hour*

4 green peppers
 1 lb ground beef
 ¾ c soft bread crumbs
 or cooked rice
 ¾ t salt

¼ t pepper
 1 egg
 2 T finely chopped onion
 1 can tomato soup

1. Remove tops and seeds from peppers. Drop in boiling water and cook 2 minutes. Drain.
2. Mix ground beef, crumbs or rice, seasonings, onion, egg and half the soup.
3. Fill peppers with mixture and place in shallow baking dish.
4. Bake in preheated oven 45 minutes.
5. Pour rest of soup over peppers and bake 15 minutes longer.

POTATOES CHANTILLY

Temp: 350°F Time: 20 min.

5 potatoes

$\frac{1}{2}$ c warm milk

2 T butter or margarine

$\frac{3}{4}$ c dairy sour cream

$\frac{1}{2}$ t salt

Chopped chives or

$\frac{1}{8}$ t pepper

Grated cheese

1. Peel potatoes. Cook in small amount of salted water until tender. Drain.
2. Add butter, salt, pepper and warm milk. Whip in mixer until light and fluffy.
3. Scrape into a greased casserole.
4. Spread with sour cream; sprinkle with chopped chives.
5. Bake in preheated oven until lightly browned.

POMMES DE TERRE DUCHESSE

3 c hot seasoned mashed potatoes

2 T butter or margarine

2 egg yolks beaten

1. Combine mashed potatoes and egg yolks.
2. Divide the mixture into small portions. Roll each portion on a floured surface, shaping as desired.
3. Brown in butter in skillet, turning to brown all sides.

NOTE: *If desired brush with melted butter and brown in oven at 450°F 10 to 15 min.*

MASHED POTATO AND CHEESE PUFF

Temp: 400°F Time: 20 min.

2 c mashed potato

$\frac{1}{2}$ t salt

1 egg, well beaten

$\frac{1}{8}$ t pepper

$\frac{1}{2}$ c grated cheese

1. Combine ingredients, mix well and pack into well buttered muffin pans.
2. Bake in a preheated oven.

CONTINENTAL MASHED POTATOES

6 T butter or margarine

$\frac{1}{2}$ t salt

1 clove garlic

$\frac{1}{2}$ - $\frac{3}{4}$ c hot milk

$\frac{1}{8}$ t paprika

9 cooked potatoes

$\frac{1}{8}$ t celery seed

Chopped parsley

Few grains pepper

1. Melt butter, add garlic cut in half and heat 5 minutes. Remove garlic.
2. Add butter, rest of seasonings and milk to potatoes. Beat until fluffy.
3. Heap into serving dish and sprinkle with parsley.

NOTE: *This can be prepared ahead, wrapped in aluminum foil and stored in food freezer. To serve heat at 400°F for 45 min.*

GOLDEN POTATOES

Cook potatoes and carrots together until tender. Mash and season.

BAKED POTATOES

(Medium size potatoes)

Temp: 300°F	Time: 2½ hours
325°	1½
350°	1¼
400°	1

1. Scrub potatoes, remove eyes; dry.
2. Rub skin with shortening and prick with fork several times.
3. Place on shallow pan.
4. Bake in preheated oven.

NOTE: *Idaho potatoes are best for baking.*

TWICE BAKED POTATOES

Temp: 400°F	Time: 1 hour
350°F	1 hour

2 Idaho potatoes

$\frac{1}{4}$ c milk

2 T butter or margarine

Salt and pepper to taste

1. Bake potatoes for 1 hour at 400°F.
2. Cut potatoes in half lengthwise and carefully scoop out potato pulp.
3. Using electric mixer beat potato with milk, butter, salt and pepper.
4. Put potato mixture back into half shells. Garnish with paprika or Parmesan cheese. Wrap in foil and freeze.
5. Remove from freezer and partially thaw. Brown in oven at 350°F for 1 hour.

NOTE: *If not frozen, brown at 350°F for 20 minutes.*



SALT POTATOES

12 small potatoes

Salad oil

Temp: 400°F	Time: 40-50 min.
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Coarse salt

1. Scrub potatoes. Do not peel.
2. Oil skins and pierce several times with fork.
3. Roll in coarse salt. Arrange on baking sheet.
4. Bake in preheated oven.

ROESTI POTATOES

$\frac{1}{4}$ c butter or margarine 4 c shredded cooked potatoes

1. Melt butter in skillet.
2. Add potatoes and press into a flat layer in bottom of pan. Fry until bottom of potatoes are brown and crusty.
3. Turn potatoes out on a plate and slip back into skillet. Brown on other side.

POTATOES IN MUSTARD - WATER CRESS SAUCE

Temp: 375°F Time: 40-50 min.

12 small new potatoes $\frac{1}{2}$ t salt
3 T butter or margarine Dash of pepper
3 T flour $1\frac{1}{2}$ T prepared mustard
2 c milk $\frac{1}{2}$ c chopped water cress

1. Wash and peel potatoes. Place in a greased $1\frac{1}{2}$ qt. casserole.
2. Make white sauce of butter, flour, and milk; add rest of ingredients.
3. Pour sauce over potatoes. Cover and bake in preheated oven.

NOTE: A can of condensed cream of mushroom soup, plus half a can of milk may be used in place of white sauce.

SCALLOPED POTATOES AND CORN

Temp: 350°F Time: 1 $\frac{1}{4}$ hours

4 potatoes $\frac{1}{4}$ t paprika
2 c whole kernel corn 2 T butter or margarine
1 t salt 1 c milk
 $1/8$ t pepper

1. Peel and slice potatoes.
2. Arrange a layer of potatoes in a greased casserole and then a layer of corn. Sprinkle with salt, pepper and paprika; dot with bits of butter.
3. Repeat the layers and pour the milk over the top.
4. Cover and bake in preheated oven.

POTATOES AU GRATIN

Temp: 400°F Time: 20-30 min.

4 c diced cooked potatoes 1 c grated cheese
 $1\frac{1}{2}$ c medium white sauce Buttered bread crumbs

1. Place diced potatoes in a buttered casserole dish.
2. Pour white sauce over potatoes. Cover with grated cheese and sprinkle with bread crumbs.
3. Bake in preheated oven.

FANNED POTATOES

Temp: 375°F Time: 50 to 60 min.

6 long medium sized potatoes
3 T melted butter or margarine

Salt
Pepper
Paprika

1. Peel potatoes. Slice each potato lengthwise into $\frac{1}{4}$ " slices to within about $\frac{3}{4}$ " of opposite end.
2. Spread slices open into fan shape.
3. Brush generously with butter. Sprinkle with salt, pepper and paprika.
4. Bake in a shallow pan in preheated oven until tender, crisp, and browned.

POTATOES DELICIOUS

Temp: 350°F Time: 1 hr.

6 medium sized potatoes
 $\frac{1}{4}$ c melted butter or margarine

Salt and pepper
Chopped parsley

1. Peel potatoes and slice thinly.
2. Arrange layers of potatoes, butter and seasonings alternately in a greased baking dish.
3. Cover and bake in preheated oven. Remove cover as soon as baking time is up.
4. Cut in squares for serving.

NOTE: *Grated carrots, fresh or frozen peas, or corn can be added to each layer for added color and flavor.*

POTATO PANCAKES

2 c grated raw potato
1 egg, well beaten
1 T flour

1 t salt
1 T light cream
Bacon fat or drippings

1. Mix potato, egg, flour, salt and cream.
2. Melt fat to cover bottom of frying pan to a depth of $\frac{1}{4}$ ".
3. Drop potato mixture by spoonfuls and cook slowly until brown, to thoroughly cook potatoes.
4. Turn and brown on other side.
5. Serve with applesauce and sausage patties.

HASHED BROWN POTATOES

4 cooked medium potatoes, chilled	Dash of pepper
1 T grated onion	3 T butter or margarine
1 t salt	3 T bacon drippings

1. Grate potatoes onto wax paper using medium grater. Toss onion, salt, and pepper with potatoes.
2. Melt fat in 10" skillet over medium high heat. When it is bubbling hot, pour in potatoes, press down firmly with turner.
3. After 12 to 15 minutes, lift edge with turner. When potatoes are golden brown on the bottom, cut through with the turner from the far edge to the center of the potato cake. Fold these 2 quarters onto the uncut half. Run turner under potatoes, loosening them thoroughly.
4. Turn out on hot platter.

BROWNED PAPRIKA POTATOES

Temp: 350°F Time: 1¼ hrs.

6 medium potatoes	2 t paprika
3 T melted butter or margarine	1 t salt
½ c corn flake crumbs	

1. Peel potatoes and cut into ½" slices.
2. Brush with melted butter and roll potatoes in mixture of crushed cornflakes, paprika and salt.
3. Bake uncovered in preheated oven. Garnish with chopped parsley.

SOUFFLE POTATOES

1. Scrub potatoes thoroughly, do not peel, slice crosswise in ½" slices. Dip in melted butter.
2. Broil 8-10 min. on each side.

GLAZED SWEET POTATOES

Temp: 350°F Time: 1 hour

6 cooked sweet potatoes $\frac{1}{2}$ c water
1 c brown sugar 2 T butter or margarine

1. Pare potatoes, slice and arrange in a greased shallow baking dish.
2. Boil sugar and water 5 minutes. Add butter and pour over potatoes.
3. Bake in preheated oven.

SWEET POTATO BALLS IN WALNUTS

Temp: 350°F Time: 25 min.

$2\frac{1}{2}$ c mashed canned, or 2 T melted butter or
cooked sweet potatoes - margarine
(1 - 1 lb 2 oz vacuum can 1 c chopped walnuts
or 2 lbs fresh) $\frac{1}{3}$ c honey

1 t salt

$\frac{1}{8}$ t pepper

1. Combine mashed sweet potatoes, salt, pepper and butter; chill for easier handling.
2. Shape mashed potato mixture in 2" balls, using about $\frac{1}{4}$ c for each.
3. Heat the honey in a small heavy skillet. When hot add potato balls one at a time.
4. Carefully roll balls in honey glaze, then with two forks roll balls in chopped nuts.
5. Place sweet potato balls so they do not touch each other in a greased shallow baking dish.
6. Bake in preheated oven.

SAFFRON RICE

Prepare rice according to package directions. Add $\frac{1}{4}$ t Saffron to water in which rice is cooked. Serve as an alternate for potatoes.

BROWNED RICE

1 c uncooked rice
 $\frac{1}{4}$ c melted butter or margarine
1 can condensed consomme
1 can water

1. Cook rice in melted butter until slightly browned.
2. Combine consomme with water, bring to boiling.
3. Add liquid to rice and cook on low heat or thermostatic burner at 200-225°F for 20 min. Drain.

WILD RICE

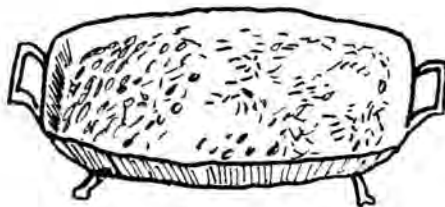
1 c wild rice
2 T diced onion
1 T butter or margarine
1 t salt
2 c chicken broth
 $\frac{1}{2}$ t salt
 $\frac{1}{4}$ t freshly ground black pepper
2 T salad oil
 $\frac{1}{4}$ c slivered almonds
1 c green grapes

1. Wash rice thoroughly.
2. Saute onion in butter until transparent, add rice, salt and chicken broth. Cover closely and cook over low heat for 35 min. If necessary add more chicken broth.
3. Season to taste with the salt and pepper.
4. Brown almonds lightly in salad oil. Add to rice along with green grapes.

VEGETABLE RICE RING

1- $\frac{2}{3}$ c water
2 T butter or margarine
 $\frac{1}{2}$ t salt
2 T dried mixed vegetables
1- $\frac{2}{3}$ c precooked rice

1. Bring water, butter, salt and dried vegetables to boiling point.
2. Add rice. Stir to moisten all rice. Cover, turn off heat and let stand 10 to 15 min. or until all moisture is absorbed.
3. Shape in ring on hot serving platter.



GLAZED RUTABAGAS*Temp: 350°F Time: 1¼ hours*

4 c diced rutabagas or
yellow turnips
1 t salt
¼ c water

2 T butter or margarine
3 T brown sugar
1 T lemon juice

1. Combine all ingredients and place in casserole.
2. Cover tightly and bake in preheated oven until tender.

SPICED APPLE SAUERKRAUT*Temp: 350°F Time: 45 min.*

1 lb 13 oz size can sauerkraut ¼ t cinnamon
6 medium apples 4 t caraway seeds
2 T brown sugar ¼ c butter or margarine
½ t nutmeg

1. Drain sauerkraut. Place half in 1½ qt greased casserole.
2. Core unpeeled apples. Slice ¼" thick. Arrange layer over kraut.
3. Combine brown sugar, nutmeg, cinnamon and caraway seeds. Sprinkle half over apples.
4. Make another layer of sauerkraut, apples and spices.
5. Dot top with butter.
6. Cover and bake in preheated oven.

SPINACH RICE SQUARES*Temp: 325°F Time: 35-40 min.*

2 eggs, slightly beaten
2 c milk
¾ c packaged precooked
rice
1/3 c finely diced onion
1 T parsley flakes
½ t Worcestershire sauce
½ t salt

½ t garlic salt
1/8 t pepper
½ t thyme
½ t nutmeg
1 pkg frozen chopped spinach,
cooked and drained
1 c shredded Cheddar cheese

1. Combine eggs, milk, rice, onion and seasonings.
2. Fold in spinach and cheese.
3. Pour into a greased 1½ quart baking dish.
4. Bake in preheated oven.
5. Cut into squares for serving.

DUTCH SPINACH

4 slices bacon	1 T vinegar
3 c chopped raw spinach	$\frac{3}{4}$ t salt
3 T flour	$\frac{1}{8}$ t pepper
$1\frac{1}{2}$ c water	2 hard cooked eggs
2 T sugar	

1. Fry bacon until crisp, remove bacon pieces, add to chopped raw spinach.
2. Blend flour with drippings, add water, sugar, vinegar, salt and pepper. Cook until thick, stirring constantly.
3. Pour dressing over spinach, mixing well. Garnish with hard cooked eggs.



VEGETABLE SOUFFLE

Temp: 350°F Time: 40-45 min.

3 T butter or margarine	$\frac{1}{4}$ t salt
3 T flour	$\frac{1}{8}$ t pepper
1 c milk	Other seasoning, cheese onion, etc. as desired
* 1 c cooked vegetables, mashed or chopped fine	3 egg yolks, beaten
	3 egg whites, beaten

1. Melt butter, add flour and cook until frothy.
 2. Add milk, cook until thickened, stirring constantly.
 3. Add vegetables and seasonings, heat.
 4. Add a little of the hot mixture to beaten egg yolks. Combine the two and bring to the boil.
 5. Beat egg whites until stiff, but not dry. Gently fold into vegetable mixture.
 6. Pour into greased $1\frac{1}{2}$ qt baking dish.
 7. Bake in preheated oven.
- * NOTE: A 10 oz pkg of frozen vegetable, defrosted, drained and chopped may be used instead of cooked fresh vegetable.

ACORN SQUASH

Temp: 350°F Time: 1 hr.

1. Wash squash, dry, place on rack in oven and bake until tender.
2. Cut in half lengthwise and scoop out seeds and stringy portion. Dot with butter, sprinkle with salt and pepper and put back in oven until thoroughly heated. Or scrape squash out of shell, season and mash.



BAKED BUTTERNUT SQUASH

1. Follow directions for baking Acorn Squash.

BAKED WINTER SQUASH (HUBBARD) *Temp: 350°F Time: 1½-2 hrs.*

1. Break in large pieces and remove seeds and stringy portion. Brush with melted butter.
2. Place on a shallow pan and bake in preheated oven.
3. Scoop squash out of shell. Mash and season with butter, salt and pepper.

ITALIAN STYLE SUMMER SQUASH

Temp: 350°F Time: 45 min.

- | | |
|-----------------------------------|-------------------------|
| 2 small summer squash or zucchini | 1/8 t pepper |
| 3 tomatoes, sliced | 2 T butter or margarine |
| 1 medium onion, sliced | 1/3 c grated cheese |
| 1 t salt | |

1. Wash and cut squash into thin slices.
2. Arrange squash, tomatoes and onions in alternate layers in a greased casserole.
3. Sprinkle with salt and pepper, dot with butter and add grated cheese.
4. Cover and bake in preheated oven. Remove cover the last 10 minutes to brown the cheese.

CYMLING OR PATTY-PAN SQUASH can be prepared the same as zucchini squash.

TOMATO FLORENTINE

Temp: 350°F Time: 20-30 min.

6 medium tomatoes

1 egg yolk

Salt

$\frac{3}{4}$ c chopped, cooked,
drained spinach

$\frac{1}{2}$ c light cream

3 T butter, melted

1. Cut tops ($\frac{1}{4}$ ") from each tomato; remove juice and seeds only. Sprinkle insides with salt.
2. Combine cream and egg yolk; add spinach and 1 T butter. Salt to taste. Stir and heat just to simmering.
3. Fill tomatoes with creamed spinach.
4. Place tomatoes in a shallow baking dish and top each with 1 t melted butter.
5. Bake uncovered in preheated oven.



BAKED TOMATO HALVES

Temp: 350°F Time: 15 min.

3 tomatoes

Mushroom caps

1. Cut tomatoes in half.
2. Top each half with a mushroom cap and bake in preheated oven.





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