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A VARIETY OF FRUITS and VEGETABLES



some good choices for the thrifty family

SOUPS AND SALADS

These are good buys most of the year



Apples



Grapefruit and Oranges



Green Beans



Bananas

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PROCUREMENT SECTION
CURRENT SERIAL RECORDS

FRESH



Potatoes and Sweetpotatoes



Leafy Greens, Cabbage and Celery



Turnips



Onions



Carrots

Watch for others that are good buys when in season

APPLE SALAD

- 1 stalk celery
- 3 large apples
- 1 tablespoon lemon juice, if you like
- ¼ cup raisins, if you like
- ¼ cup salad dressing or mayonnaise

Chop celery. Cut up apples. Mix all ingredients.

Serve at once.

Makes 6 servings, about ½ cup each.

HEARTY APPLE SALAD

Use recipe for Apple Salad. Add 1 cup cut-up, canned chopped meat or canned luncheon meat.

MIXED FRUIT SALAD

- 2 apples
- 2 oranges
- 3 bananas
- ½ cup raisins, if you like
- Salad dressing

Cut up apples, oranges, and bananas.

Mix all fruit with enough salad dressing to moisten, or use the dressing as a topping on the salad when served.

Makes 6 servings, about ⅔ cup each.

JELLIED FRUIT SALAD

- 1 package (3 ounces) flavored gelatin
- 1 cup boiling water
- 1 cup liquid from canned fruit or water
- Lemon juice, if you like
- 1 or 2 cups cut-up fresh or canned fruit, drained (see Note)

Stir gelatin in boiling water until well mixed.

Add fruit liquid or water; add lemon juice (if used). Chill until partly firm.

Stir fruit into mixture. Chill until firm.

Makes 6 servings, about ½ cup each.

Note: Pineapple must be cooked or canned (if used).

POTATO SALAD

- ½ small onion
- 2 stalks celery
- 4 medium-size cooked potatoes
- 1 teaspoon prepared mustard
- 1 teaspoon vinegar
- ½ cup mayonnaise or salad dressing
- Salt and pepper, as you like
- 1 hard-cooked egg

Finely chop onion. Chop celery. Cut up potatoes. Put in a large bowl.

Mix mustard, vinegar, and mayonnaise or salad dressing. Add to salad and mix lightly.

Add salt and pepper.

Slice egg and put on top of salad. Chill before serving.

Makes 6 servings, about ½ cup each.

SLAW

Mix thinly sliced or chopped cabbage with mayonnaise or salad dressing. Add raisins, drained pineapple chunks, or chopped apples or carrots, if you like.

TUNA-POTATO SALAD

- 2 cans chunk tuna (6 ½ to 7 ounces each)
- 3 hard-cooked eggs
- 1 medium-size carrot
- ¼ small onion
- 2 cups cut-up, cooked potatoes
- ⅔ cup salad dressing
- 1 teaspoon salt
- Pepper, as you like

Drain tuna. Break in large pieces.

Cut up eggs. Finely chop carrot and onion. Add to tuna.

Add rest of ingredients. Mix well.

Makes 6 servings, about ⅔ cup each.

TOSSED SALAD

Use fresh, crisp, raw vegetables. Tear leafy greens, such as lettuce or spinach, into bite-size pieces. Add small amounts of sliced, chopped, or cut-up vegetables such as cabbage, celery, onions, carrots, cauliflower, cucumbers, turnips, radishes, green pepper, or tomatoes. Add Vinegar and Oil Dressing (recipe follows) and toss lightly to mix.

HEARTY SALAD

To Tossed Salad, add pieces of cheese or cooked meat, poultry, or fish.

SPINACH-TOMATO SALAD

Use bite-size pieces of raw spinach with cut-up tomatoes, celery, and onions. Add salad dressing and toss lightly to mix.

COOKED VEGETABLE SALAD

Use two or more kinds of cooked or canned, drained, firm vegetables. Add chopped raw celery, as you like. Add Vinegar and Oil Dressing (recipe follows).

VINEGAR AND OIL SALAD DRESSING

1 teaspoon finely chopped onion
2 tablespoons vinegar
2 tablespoons sugar
2 tablespoons vegetable oil
1/4 teaspoon salt
1 tablespoon catsup, if you like

Put all ingredients in a small jar with a tight lid. Shake until well mixed.

Makes enough dressing for 6 servings of a salad.

GREEN BEAN CHOWDER

1 ham bone
4 cups water
1 medium-size onion
2 medium-size potatoes
2 cups cut-up green snap beans
1 cup fluid milk
Salt and pepper, as you like

Put ham bone and water in a pan. Cover and cook slowly about 1 1/2 hours until meat is just tender.

Cut up onion and potatoes. Add to ham. Add beans.

Boil gently about 30 minutes until vegetables are tender.

Remove meat from bone and cut meat in small pieces.

Add milk, salt, and pepper to the chowder. Heat but do not boil.

Makes 6 servings, about 1 cup each.

VEGETABLE SOUP

4 stalks celery, with tops
2 medium-size onions
2 medium-size carrots
1/4 small head cabbage
3 cups water
2 cups cooked or canned tomatoes
1/4 cup fat (margarine or butter)
1 1/2 teaspoons salt
Pepper, as you like
1/4 cup uncooked rice

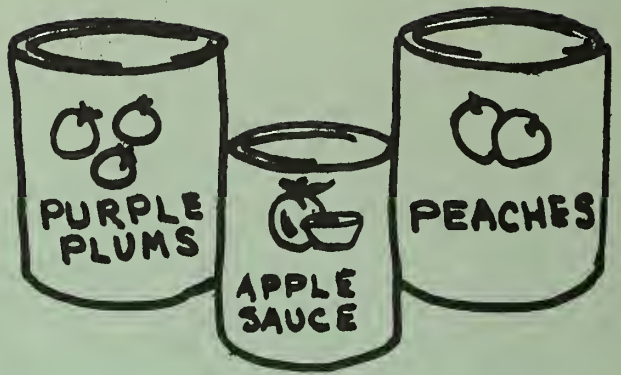
Cut up celery, onions, carrots, and cabbage.

Bring water to boiling and add all ingredients except rice. Cover and boil slowly 15 to 20 minutes, until vegetables are almost tender. Add rice.

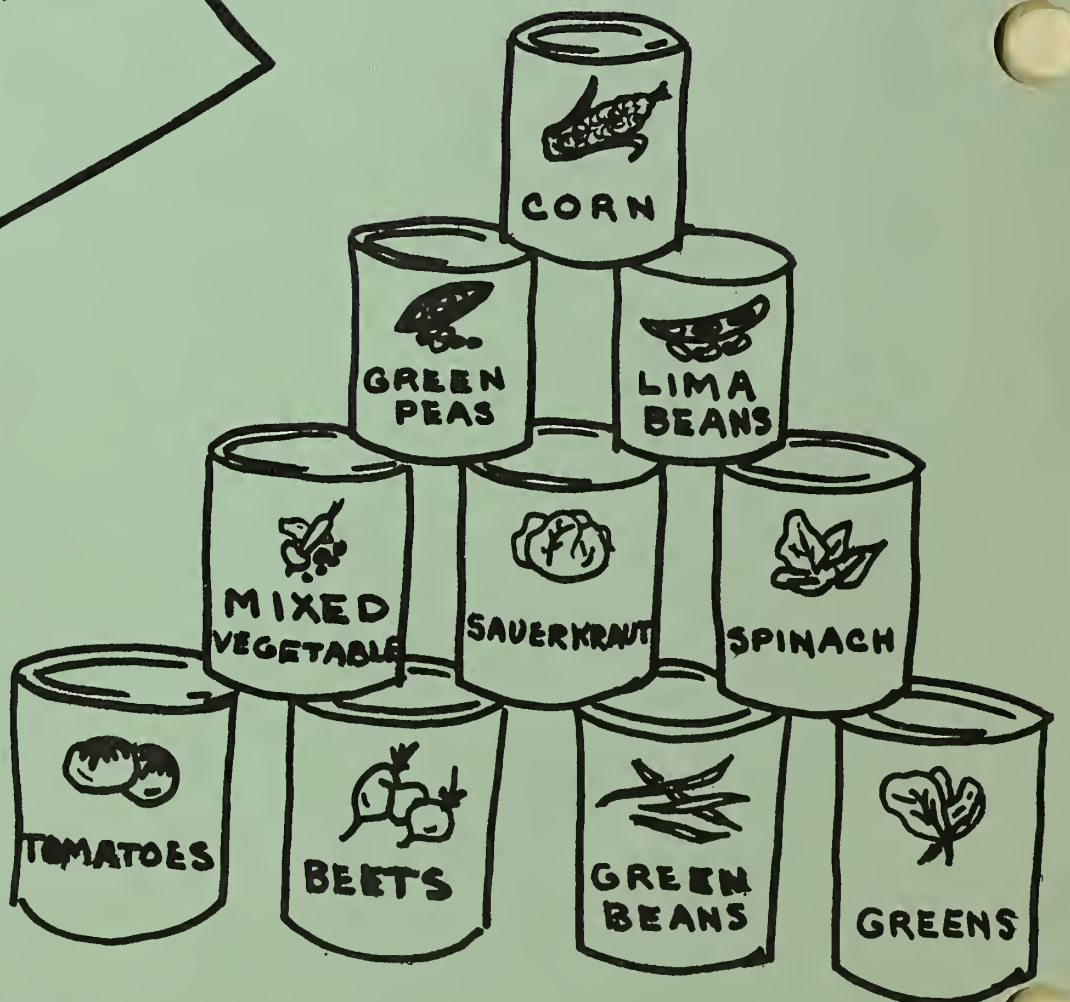
Lower heat and cook about 25 minutes longer until rice is tender.

Makes 6 servings, 1 cup each.

Note: Add 3 beef bouillon cubes or 1 or 2 cups cooked or canned meat before cooking the soup, if you like. Other kinds of raw vegetables may be cooked in the soup. Cooked or canned vegetables may be added to the cooked soup.



CANNED
Fruits and
Vegetables
are often
Good Buys!



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