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VEGETABLES

in

family meals

A GUIDE FOR CONSUMERS



HOME AND GARDEN BULLETIN NO. 105
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VEGETABLES IN FAMILY MEALS:

A Guide for Consumers

Vegetables grow in great variety—from A (asparagus) to Z (zucchini). Often they are low in cost and calories and a number of them rank high in vitamins and minerals. One-half cup of most boiled vegetables contains less than 50 calories. Starchy vegetables like lima beans, peas, corn, and plain, boiled potatoes supply from 50 to 100 calories in a half-cup serving.

Most dark-green and deep-yellow vegetables excel as dependable and inexpensive sources of vitamin A. In fact, unless your meals include several servings of carrots, spinach, sweetpotatoes, winter squash, broccoli, kale or other greens each week, your family may not get enough vitamin A. As a bonus, many dark-green vegetables supply valuable amounts of vitamin C, iron, and other vitamins and minerals.

The mature dry legumes—dry peas and members of the bean family including navy, pinto, and soybeans—are outstanding among the vegetables for the protein they con-

tain. They also contribute B vitamins, iron, and other nutrients.

And how drab our diets would be without the color and crispness of fresh-tossed salads, the tang and texture of relishes, and the distinctive flavors of our vegetable dishes.

Raw vegetables are becoming increasingly popular as a low-calorie between-meal snack. Weight watchers do well to keep a supply of celery sticks, carrot sticks, radishes, or green pepper slices ready in the refrigerator to eat when hunger strikes.

In this publication you'll find—

- Practical tips on buying and storing vegetables.
- Basic, easy-to-follow methods of cooking vegetables.
- A comprehensive collection of recipes that make the most of vegetables in main dishes, soups, salads, and snacks.
- Numerous ways to enhance the natural flavor of vegetables with spices, herbs, sauces, and seasonings.

BUYING VEGETABLES

Besides a variety of fresh vegetables now available the year round, you usually have the choice of buying other forms—canned, frozen, or dehydrated.

Here are points you may want to consider in making your choice:

- Fresh vegetables are generally highest in quality and lowest in price *when in season*. In selecting,

look first for freshness. Vegetables should be comparatively dry; excessive moisture hastens decay. For more information, see Home and Garden Bulletin 143, "How To Buy Fresh Vegetables."¹

- Canned vegetables are probably the most convenient because they only need brief reheating and do not require refrigerated storage until opened. See PA 708, "How To Use USDA Grades in Buying Food," for help in choosing grades for specific uses.¹

- Frozen vegetables closely resemble fresh vegetables in color, flavor, and texture, and usually cost more than canned vegetables.

- Dehydrated vegetables usually take up less storage room than fresh, canned, or frozen vegetables. Within this group, the mature dry legumes, including dry beans, peas, and lentils are relatively inexpensive, but require more preparation time than vegetables in other forms. Some dried foods, such as dehydrated potatoes and sweet-potatoes, cost slightly more than comparable fresh products, but can be prepared much more quickly.

Purchase Units

Canned vegetables come in a variety of can sizes. The most popular family size is the 16- or 17-ounce can. If yours is a one- or two-person family, the 8- or 8½-ounce can is a good choice. Can sizes most commonly available and

the approximate amount of vegetable in each follow.

<i>Can size (net weight)</i>	<i>Approximate amount of contents</i>
8 or 8½ ounces-----	1 cup
12 ounces-----	1½ or 1¾ cups
16 or 17 ounces-----	2 cups
1 pound, 4 ounces----	2¼ or 2½ cups
1 pound, 13 ounces----	¾ or 3½ cups
6 pounds, 2 to 12 ounces-----	12 to 13 cups

Most frozen vegetables come in the familiar "family-size" 10-ounce package. A few come in 8-, 9-, and 12-ounce packages. Many retail markets also offer 1- and 2-pound packages of some vegetables.

Some frozen vegetables are sold in heavy polyethylene bags. You can get 1 and 2 pounds of cut green beans, corn, peas, peas and carrots, potatoes, and mixed vegetables packaged this way. The advantage of this type of packaging is that the vegetables usually separate enough to pour from the bag and make it possible to use part of the package at one time and return the rest to the freezer for a future time.

For good-quality frozen vegetables, follow these suggestions:

- Buy from a reputable dealer who stocks reliable brands of frozen foods and has a rapid turnover.

- Select clean, firm packages. If packages have softened, you can be sure the food has already lost quality. However, a hard-frozen package does not assure high quality. Frozen food is safe to eat as long as the package remains frozen, but a storage temperature of 0° F. or lower is necessary to maintain high quality.

- Buy only frozen foods that are displayed in a properly refrigerated cabinet made for that purpose. Do

¹Available from U.S. Department of Agriculture, Washington, D.C., 20250.

not buy frozen vegetables stacked outside the frozen food cabinet even if they are packed in dry ice.

- Select packages only from clean cabinets in which foods are stacked no higher than the proper fill line. This line, which is marked on the inner side of many cabinets, indicates the level above which frozen foods should not be stacked.

- Look for a thermometer in the cabinet; if there is one, it should register 0° F. or below.

- Plan to pick up frozen foods last when shopping. For the trip home, it's a good idea to protect frozen foods in an insulated bag or a double paper bag, particularly in warm weather. At home, get packages into home freezer or freezing compartment as quickly as possible.

Number of Servings

The number of servings you get from a common-size purchase unit of a vegetable varies widely with the kind of vegetable and whether it is fresh, frozen, canned, or dried.

Necessarily the inedible parts of fresh vegetables—pods, husks, parings, and trimmings—lower the yield of edible food per pound. Some fresh vegetables shrink be-

cause they lose water during cooking; others absorb water and swell as they cook.

Yield from a pound of fresh vegetables may vary from two to six servings ($\frac{1}{2}$ cup each) of cooked food. For the approximate amount of each vegetable to buy for six servings, see the Boiling Guide for Fresh Vegetables, page 9.

Frozen vegetables usually do not lose much weight or volume during preparation. For the approximate amount of each vegetable to buy for six servings, see the Boiling Guide for Frozen Vegetables, page 14.

Some loss of volume occurs during preparation of canned vegetables for serving if the liquid is drained from the vegetables or if the liquid is concentrated during cooking. From a 1-pound can of most vegetables you can expect three or four servings ($\frac{1}{2}$ cup each) of drained vegetables and two or three servings of canned greens, such as kale or spinach.

Dried vegetables increase considerably in weight and volume during cooking because they absorb water. See the Boiling Guide for Dry Beans, Peas, and Lentils, page 16, for the approximate yield of cooked food from a cup of dry beans, peas, or lentils.

STORING VEGETABLES

Fresh

Even under ideal storage conditions—the right temperature and humidity—most fresh vegetables retain top quality only for a few days.

Green, leafy vegetables quickly wilt and change flavor as water

evaporates from tissues. Other vegetables—corn, beans, and peas—lose sweetness within a short time as sugar converts to starch.

Most fresh green vegetables keep well and stay crisp if put in covered containers or plastic bags and stored in the refrigerator. If you wash

lettuce, celery, and other leafy vegetables before storing, drain thoroughly because too much moisture can hasten decay. Tops should be removed from beets, carrots, and radishes.

Always sort vegetables before storing. Discard or use at once any bruised or soft vegetables; do not store them with sound, firm vegetables.

To maintain quality in the following fresh vegetables, store them in the refrigerator in the crisper or in plastic bags, and use within the time specified.

Asparagus—1 or 2 days.

Beans, snap—3 to 5 days.

Beets—1 or 2 weeks.

Broccoli, brussels sprouts—1 or 2 days.

Cabbage—1 or 2 weeks.

Carrots—1 or 2 weeks.

Cauliflower—3 to 5 days.

Celery—3 to 5 days.

Cucumbers—3 to 5 days.

Greens—spinach, kale, collards, chard, and beet, turnip, and mustard greens—1 or 2 days.

Lettuce and other salad greens—1 or 2 days.

Mushrooms—1 or 2 days.

Okra—3 to 5 days.

Onions, green—1 or 2 days.

Parsnips—1 or 2 weeks.

Peppers—3 to 5 days.

Radishes—1 or 2 weeks.

Squash, summer—3 to 5 days.

Here are specific directions for storing other vegetables and the length of time they can usually be held:

Beans, lima. Store uncovered in pods in refrigerator—1 or 2 days.

Corn. Store unhusked and uncovered in refrigerator—1 or 2 days.

Eggplant. Store at cool room temperature (approximately 60° F.). If air is dry, keep eggplant in plastic bag to retain moisture—1 or 2 days.

Onions, mature. Store at room temperature or slightly cooler (60° F. is best). Put in loosely woven or open-meshed containers with good circulation of air. Onions sprout or decay if temperature or humidity is high, but will keep several months in a cool, dry place.

Peas, green. Store uncovered in pods in refrigerator—1 or 2 days.

Potatoes. Store in a dark, dry place with good ventilation and a temperature of 45° to 50° F. May be held several months under these conditions.

Squash. Store hard-rind winter varieties in cool, dry place (about 60° F.). Keeps several months.

Sweetpotatoes, rutabagas. Store at cool room temperature (about 60° F.). Temperatures below 50° may cause chilling injury. Stored this way, these vegetables keep several months.

NOTE: Mature onions, potatoes, winter squash, sweetpotatoes, and rutabagas can be kept at room temperature for a short time if it is not possible to store them at the temperatures recommended. Buy only enough for a week.

Tomatoes. Store ripe tomatoes uncovered in the refrigerator. Keep unripe tomatoes at room temperature away from direct sunlight until ripe, then refrigerate. Too much sunlight prevents development of even color.

Frozen

Frozen vegetables that are held for more than a few days should be stored at 0° F. or lower. Stored at 0°, they retain quality and nutritive value several months.

Most home freezers and freezer sections of refrigerator-freezer combinations can maintain a temperature near 0° F., but freezing compartments of most conventional home refrigerators cannot. Before buying large quantities of frozen vegetables, check the temperature of your frozen food storage area. If the temperature is above 0°, plan to use frozen vegetables within a few days.

Exactly how long commercially frozen vegetables will retain high quality when stored at 0° F. depends on the kind of vegetable and condition at time of purchase. Maximum storage suggested for commercially frozen asparagus, beans, cauliflower, corn, peas, and spinach, is 8 months. Home-frozen vegetables should maintain high quality 8 to 12 months.

For further information on storing frozen vegetables, see Home and Garden Bulletin 69, "Home Care of Purchased Frozen Food,"¹ and

Home and Garden Bulletin 10, "Home Freezing of Fruits and Vegetables."¹

Canned and Dried

Store unopened canned vegetables in a cool, dry place. For best quality, use canned vegetables within a year of purchase. Vegetables lose quality if stored too long, but remain safe to eat indefinitely if the seal is not broken.

Freezing does not make canned vegetables unsafe to eat unless it breaks the seal and lets in bacteria that cause spoilage. Rust on the can caused by dampness is not harmful to the food unless it penetrates the can.

Food may be left in tin cans after opening. Put a cover on the can and store in refrigerator. Some vegetables, particularly acid vegetables like tomatoes, develop an unpleasant, but harmless, metallic taste from a chemical reaction of the food to the can lining after opening. Use canned vegetables within 2 or 3 days after opening.

Store dried vegetables in tightly closed containers in a cool, dry place. Most dried vegetables will keep several months.

BASIC VEGETABLE COOKERY

Preparing

First remove bruised, wilted, yellowed, or tough portions from fresh vegetables. Trim sparingly to avoid excessive loss of food and

nutrients. If root vegetables and potatoes are pared before cooking, make parings thin.

Dark-green outer leaves of cabbage, lettuce, and other leafy green vegetables are high in nutrients, so don't discard them unless they are wilted or tough. Remove woody

¹ Available from U.S. Department of Agriculture, Washington, D.C., 20250.

midribs from kale leaves—there is little loss of nutritive value and the kale tastes better.

Wash vegetables thoroughly before cooking. Use plenty of water for leafy greens; lift them from water to let sand and grit settle.

Soak fresh brussels sprouts and broccoli in cold salt water for 30 minutes to an hour to remove insects if any are present. Cover potatoes with water to prevent darkening if held after paring. Long soaking of most vegetables, however, is not desirable because some nutrients dissolve in the water.

Boiling

To insure the best flavor, color, texture, and food value in vegetables, cook them only until they are tender. Vegetables cooked whole in skins retain most nutritive value. To shorten cooking time, cut, slice, dice, or coarsely shred vegetables.

The amount of water used in cooking is important—the less water, the more nutrients retained in the cooked vegetables.

For young, tender vegetables, $\frac{1}{2}$ to 1 cup of water is usually enough for six servings. Water to cover is needed for some older root vegetables that require longer cooking. Spinach and other greens need only the water clinging to their leaves from washing if cooked over low heat in a pan with a tight-fitting lid. Tomatoes can be cooked in their own juice.

Here are directions for boiling fresh vegetables:

- Bring salted water to a boil (use $\frac{1}{2}$ to 1 teaspoon salt for six servings of vegetable).

- Add vegetable. Cover, and quickly bring water back to a boil.

- Reduce heat and cook gently until vegetable is just tender. (See boiling guide, p. 9.)

- Serve immediately; flavor and nutritive value may be lost if vegetables are allowed to stand.

Try These Variations

Add a pinch of herbs (see p. 18) or a tablespoon of minced onion, green pepper, or chives before cooking fresh vegetables. These add flavor, without calories.

Season after cooking with a flavorful fat—bacon drippings, butter, or margarine—or with salad oil to which a little lemon juice, horseradish, or garlic has been added.

Sprinkle lemon juice or herb vinegar on boiled vegetables for a pleasantly tart touch.

Mash vegetables, beat in a little hot milk, add butter or margarine, and season with salt and pepper.

Serve with a tasty sauce (see p. 19).

Pressure Cooking

In cooking vegetables, follow the directions that came with your cooker, but learn to adjust cooking time to suit the quality of vegetable being cooked. Very young, tender vegetables may require a shorter cooking time than is recommended. Even 1 or 2 minutes extra cooking can cause undesirable color, changes in texture, and loss of nutrients.

Boiling Guide for Fresh Vegetables

Vegetable	Cooking time after water returns to boil	Approximate amount as purchased for six servings (about ½ cup each)
	<i>Minutes</i>	<i>Pounds</i>
Asparagus	10 to 20 (whole spears)	2½ for spears.
	5 to 15 (cuts and tips)	1¾ to 2 for cuts and tips.
Beans, lima	25 to 30	2¾ in pods.
Beans, snap	12 to 16 (1-inch pieces)	1.
Beets	30 to 45 (young, whole)	} 2½ with tops or 1½ without tops.
	45 to 90 (older, whole)	
	15 to 25 (sliced or diced)	
Broccoli	10 to 15 (heavy stalks split)	1¾.
Brussels sprouts	15 to 20	1¾.
Cabbage	3 to 10 (shredded)	1¾.
	10 to 15 (wedges)	1½.
Carrots	15 to 20 (young, whole)	} 1½ without tops.
	20 to 30 (older, whole)	
	10 to 20 (sliced or diced)	
Cauliflower	8 to 15 (separated)	} 2.
	15 to 25 (whole)	
Celery	15 to 18 (cut up)	1½.
Corn	5 to 15 (on cob)	3 in husks.
Kale	10 to 15	1¾ untrimmed.
Okra	10 to 15	1¾.
Onions, mature	15 to 30	1¾.
Parsnips	20 to 40 (whole)	} 1½.
	8 to 15 (quartered)	
Peas	12 to 16	3 in pods.
Potatoes	25 to 40 (whole, medium)	} 1½.
	20 to 25 (quartered)	
	10 to 15 (diced)	
Spinach	3 to 10	2 untrimmed or 1½ prepackaged.
Squash, summer	8 to 15 (sliced)	1½.
Squash, winter	15 to 20 (cut up)	3.
Sweet potatoes	35 to 55 (whole)	1½.
Tomatoes	7 to 15 (cut up)	1¾.
Turnip greens	10 to 30	2¾ untrimmed.
Turnips	20 to 30 (whole)	} 1¾ without tops.
	10 to 20 (cut up)	

Here are directions for pressure cooking:

- Bring pressure up quickly.
- Time the cooking period exactly.

- Reduce pressure as quickly as possible when time is up.

- Season vegetables in the same ways as plain boiled vegetables (see variations on p. 8, and suggestions for use of herbs on p. 18).

Creaming and Scalloping

Start with any cooked vegetable or combination of two or more vegetables that go well together. Besides the popular peas-and-carrots team, you can combine: Cauliflower and peas; green beans and corn; lima beans and carrots; asparagus and celery; carrots and onions; and brussels sprouts and celery.

Scalloped vegetables

6 servings, $\frac{1}{2}$ cup each

Preheat oven to 350° F. (moderate). Grease 1-quart casserole.

Combine 2 cups cooked, drained vegetables and $1\frac{1}{2}$ cups medium white sauce (standard or low-fat recipe, p. 19) in casserole.

Top with 3 tablespoons fine dry breadcrumbs (mixed with 2 teaspoons melted butter or margarine).

Bake 25 to 30 minutes.

For a special touch of flavor in creamed or scalloped vegetables, try one of the following:

- Add a pinch of an herb—marjoram, thyme, or oregano to white sauce before combining with vegetables.

- Alternate layers of vegetables and sauce.

- Sprinkle between layers with grated cheese, finely chopped onion or parsley, or cooked mushrooms.

- Use crushed ready-to-eat cereal in place of breadcrumbs on top.

Baking

Baked potatoes or sweetpotatoes

Preheat oven to 425° F. (hot).

Wash and dry vegetables. Rub with a little fat to soften skin.

Prick with a fork to allow steam to escape during baking and to prevent bursting.

Bake until tender—for medium-size potatoes, 50 to 60 minutes; for sweetpotatoes, 35 to 60 minutes.

If other foods are to be cooked at 350° or 375° F. (moderate), potatoes or sweetpotatoes may be baked along with them. Allow 10 to 20 minutes longer than times given above.

VARIATIONS

Remove baked potato from skin, mash with butter or margarine and milk, stuff back into skin, and sprinkle with grated cheese or spread with sour cream and chopped chives. Return to oven for 10 minutes or until lightly browned.

Scoop baked sweetpotato from the skin; mash with butter or margarine and milk. Or use 1 tablespoon peanut butter for each sweetpotato in place of butter or margarine, or orange juice and a little grated orange rind in place of the milk. Stuff sweetpotato mixture back into skins and return to oven for 10 minutes.

Baked carrots

Preheat oven to 375° F. (moderate). Grease 1½-quart casserole.

Wash and scrape medium-size carrots; cut in half lengthwise. Place in casserole. (For six servings, use about $1\frac{1}{2}$ pounds medium-size carrots.)

Add $\frac{1}{4}$ cup hot water. Dot with 2 to 3 tablespoons butter or margarine. Sprinkle with salt and pepper. Cover.

Bake until tender, about 45 minutes.

Baked onions

Preheat oven to 375° F. (moderate).

Grease 1½-quart casserole.

Peel onions; cut in half crosswise. Arrange with cut side up in casserole. (For six servings, use 2 pounds of medium-size onions.)

Add just enough water to cover bottom of casserole. Sprinkle with salt and pepper. Cover.

Bake 30 minutes. Top with 1 cup buttered bread cubes and bake uncovered 15 to 20 minutes longer, or until cubes are brown and onions are tender.

Baked tomatoes

Preheat oven to 375° F. (moderate).

Wash tomatoes and cut off stem ends. (Use one medium-size tomato for each serving.)

Place tomatoes in a casserole. Sprinkle with salt and pepper. Top with buttered bread cubes (1 cup for six tomatoes). Add just enough water to cover bottom of casserole. Cover. Bake 15 minutes.

Uncover and bake 10 to 15 minutes longer or until tomatoes are soft and bread cubes are browned.

VARIATION

Top tomatoes with onion slices and crisscross with green pepper strips before baking. Omit buttered bread cubes.

Baked winter squash

Preheat oven to 400° F. (hot).

Cut acorn squash in half or Hubbard squash into 3- or 4-inch cubes. (For six servings use three acorn squash, or 3 pounds Hubbard squash.) Arrange in a baking pan.

Brush squash with melted butter or margarine and sprinkle with salt and brown sugar. Add just enough water to cover bottom of baking pan. Cover the pan.

Bake acorn squash 30 minutes, uncover; bake Hubbard squash 45 minutes, uncover. Continue baking until squash is tender—20 to 30 minutes for acorn, about 30 minutes for Hubbard.

VARIATION

Sprinkle a little cinnamon or nutmeg on squash before baking.

Baked summer squash

Preheat oven to 400° F. (hot).

Slice squash into ½-inch slices. (Use 3 pounds squash for six servings.) Place squash in a casserole. Dot with butter or margarine, sprinkle with salt and 1 tablespoon finely chopped onion.

Add just enough water to cover bottom of casserole. Cover.

Bake 50 minutes to 1 hour, or until squash is tender.

French Frying

Vegetables that can be french fried successfully include: Potatoes; sweetpotatoes; breaded green pepper rings; and batter-dipped eggplant sticks, parsnips, and onion rings.

Before frying potatoes or sweetpotatoes, rinse them quickly in cold water to remove surface starch. Dry thoroughly.

Do not overload the fry basket when french frying. If too much food is put into the basket at one time, the temperature of the fat drops excessively, cooking slows

down, and the vegetable absorbs more fat.

One-stage method:

- Fill kettle one-third full of fat or oil and heat to 370° to 385° F. Have fry basket in fat.

- Raise basket and add enough vegetable to cover bottom of basket.

- Lower basket gently into fat. If fat bubbles much, lift and lower basket several times until bubbling subsides.

- Fry until vegetable is cooked through and golden brown.

- Lift basket from fat. Drain a few seconds; then pour vegetable onto absorbent paper.

- Season. Spread fried vegetable on a cooky sheet and place in a warm oven to keep warm while frying additional vegetables.

Or you may prefer the two-stage method if you want to partially prepare french fried potatoes and sweetpotatoes ahead of time.

First stage—Proceed as for one-stage method except fry only until food is cooked, but not brown. Do not hold parfries longer than 1 or 2 hours at room temperature or 24 hours in covered container in refrigerator. To hold parfries longer than 24 hours, freeze them.

Second stage—

- Heat fat to 375° F. with fry basket in fat.

- Raise basket and add about two layers of parfries.

- Fry until golden brown.

- Lift basket from fat. Drain for a few seconds; then pour vegetable onto absorbent paper.

- Season and serve.

Frying

Fried cooked vegetables

Potatoes, sweetpotatoes, or parsnips.—Use about 3 cups sliced or diced cooked vegetable for six servings ($\frac{1}{2}$ cup each).

Heat 2 or 3 tablespoons butter, margarine, or drippings in a heavy frypan over moderate heat.

Add vegetable, and cook 5 to 10 minutes, or until lightly browned. Turn vegetable during cooking to insure even browning.

Add a little diced onion, crumbled bacon, or diced ham for variety.

Fried raw vegetables

Onions, potatoes, or carrots.—Use 3 cups sliced, raw vegetable to make six servings ($\frac{1}{2}$ cup each) of potatoes or carrots, or six servings ($\frac{1}{4}$ cup each) of onions.

Heat 3 tablespoons fat or oil in a heavy frypan over moderate heat.

Add sliced vegetable and cook 15 to 25 minutes, or until vegetable is tender and lightly browned. Turn vegetable frequently.

Tomatoes or eggplant.—Use one medium eggplant or four medium-size, firm tomatoes for six servings.

Pare eggplant. Cut eggplant or tomatoes into $\frac{1}{2}$ -inch slices.

Dip vegetable slices into flour or fine dry breadcrumbs.

Heat $\frac{1}{4}$ cup fat or oil in a heavy frypan over moderate heat.

Add vegetable and cook over low heat 2 to 4 minutes, or until tender and lightly browned. Add more fat or oil if necessary during cooking to prevent sticking.

Panning

Panning—cooking shredded or sliced vegetables in a small amount of fat and water on top of the range—is a good way to prepare snap beans, cabbage, carrots, corn, spinach, and summer squash. See cooking guide below for length of time to cook and amounts of vegetable and other ingredients needed for six servings ($\frac{1}{2}$ cup each).

Directions for panning:

- Shred or slice vegetable.
- Heat fat (butter, margarine or drippings) in heavy frypan over moderate heat.
- Add vegetable and sprinkle with salt.
- Add water and cover pan to hold in steam.
- Cook over low heat until vegetable is tender; stir occasionally to prevent sticking.

VARIATIONS

Add finely chopped onion or onion juice before cooking. Or add bits of crumbled crisp bacon or diced ham to cooked vegetable.

Glazing

Glazed cooked vegetables

Sweet potatoes, carrots, or parsnips.—Cut cooked vegetable into strips or large pieces. For six servings ($\frac{1}{2}$ cup each) you'll need about 3 cups cut cooked vegetable.

Blend 2 tablespoons butter or margarine with $\frac{1}{4}$ cup packed brown sugar and 1 tablespoon water in a heavy frypan over low heat.

Add 3 cups cooked vegetable.

Cook over low heat, turning vegetable several times until sirup is very thick and vegetables are well coated—takes from 5 to 10 minutes. Keep heat low to prevent scorching.

Guide for Cooking Panned Vegetables

6 servings ($\frac{1}{2}$ cup each)

Vegetable	Amount of—				Cooking time
	Vegetable	Fat	Salt	Water	
	Quarts	Tablespoons	Teaspoons	Tablespoons	
Beans, snap, sliced in 1-inch pieces.....	1	1½	½	10 ($\frac{1}{2}$ cup plus 2 table- spoons).	20 to 25.
Cabbage, finely shredded...	1½	1½	$\frac{3}{4}$	3.....	6 to 8.
Carrots, thinly sliced.....	1	2	½	3.....	10.
Corn, cut.....	1	1½	½	6 ($\frac{1}{4}$ cup plus 2 table- spoons).	15 to 18.
Spinach, finely shredded....	3	2	½	6 to 8.
Summer squash, thinly sliced.....	1	1½	½	3.....	12 to 15.

VARIATIONS

Substitute frozen orange juice concentrate for water. Or use honey or maple sirup instead of brown sugar and omit water.

Frozen Vegetables

Frozen vegetables may be prepared by boiling in a small amount of water, or you can cook them in a moderate oven while you are baking other foods. Cooked frozen vegetables are seasoned and served like fresh vegetables. If you like, you can cream or scallop them or add them to souffles, soups, or salads.

Boiling

Thawing before cooking is not necessary for most frozen vegetables. Leafy vegetables, however,

cook more evenly if thawed just enough to separate the leaves before you put them in boiling water. It is a good idea to partially thaw corn on the cob before cooking it, so the cob will be heated through by the time the corn is cooked.

To cook commercially frozen vegetables, follow package directions.

Cook home-frozen vegetables as follows:

- Bring lightly salted water to a boil in a covered saucepan. The amount of water varies with kind of vegetable and size of package. For most vegetables $\frac{1}{2}$ cup of water is enough for a pint package. Use 1 cup water for a pint of lima beans; water to cover for corn-on-the-cob.

- Put frozen vegetable into boiling water, cover pan, and bring quickly back to a boil. To insure

Boiling Guide for Frozen Vegetables

Vegetable	Cooking time after water returns to boil	Approximate amount as purchased for six servings ($\frac{1}{2}$ cup each)
	Minutes	Ounces
Asparagus, whole.....	5 to 10.....	24
Beans, lima.....	10 to 18.....	16
Beans, snap, cut.....	12 to 20.....	16
Broccoli spears.....	8 to 15.....	20
Brussels sprouts.....	10 to 15.....	16
Carrots, sliced or diced.....	5 to 10.....	16
Cauliflower.....	5 to 8.....	20
Corn:		
Whole kernel.....	3 to 6.....	20
On cob.....	3 to 5.....	32
Kale.....	8 to 12.....	24
Peas.....	3 to 5.....	20
Potatoes, small, whole.....	10 to 12.....	21
Spinach.....	5 to 14.....	24
Squash, summer, sliced.....	10 to 12.....	24
Turnip greens.....	15 to 20.....	28

uniform cooking, it may be necessary to separate pieces with a fork.

● When water returns to boiling, reduce heat and start to count time.

Oven cooking

Partly defrost vegetables to separate pieces. Spread vegetables in a greased casserole, add seasonings as desired, and cover. Bake until just tender.

At 350° F. (moderate oven) most vegetables require approximately 45 minutes. Cooking time varies with the size of pieces and how much they were thawed before baking.

Canned Vegetables

Commercially canned vegetables need reheating only. Cook gently just until heated through. Since some vitamins and minerals are in the cooking liquid, serve the cooking liquid with the vegetable whenever practicable or use it in sauces, soups, or gravies.

Heat home-canned vegetables the same way if you are sure they have been processed correctly and at the recommended temperature. If you are not absolutely sure, bring vegetables to a rolling boil in the liquid, then cover and boil for at least 10 minutes. Boil spinach and corn 20 minutes. If food looks spoiled, foams, or has an off-odor during heating, destroy it.

Dried Vegetables

Some of the newer dried vegetable products are quickly and easily prepared. Dehydrated potato products, for example, take less time than comparable products made from fresh potatoes. Dehy-

drated onions may be reconstituted with water, or added without reconstitution to foods high in liquid.

For best results with any quick-cooking vegetable product, follow package directions carefully.

Preparing dry beans, peas, and lentils takes a long time, but you can usually cut cooking time by using a pressure cooker.

Cooking dry beans, whole peas

Soaking.—Dry beans and whole peas require soaking before cooking. Use the amount of water recommended for the vegetable in the boiling guide on page 16.

Boil beans and peas 2 minutes, remove from heat, soak 1 hour, and then cook. Or soak overnight after the 2-minute boil, and then cook.

Long cooking times for beans can be shortened by adding small amounts of baking soda to water at beginning of soaking periods.

If tap water is of medium hardness, adding $\frac{1}{8}$ teaspoon soda to the water for each cup of dry beans reduces cooking time about one-fourth. Measure soda exactly; excessive soda affects flavor and nutritive value of beans.

Boiling.—After soaking, add 1 teaspoon salt for each cup of vegetable.

To reduce foaming when cooking beans or whole peas, add 1 tablespoon meat drippings or other fat to the cooking water for each cup of beans.

Boil gently, uncovered, for a few minutes until foaming has decreased. Then cover and boil gently for length of time that is specified in the boiling guide on page 16.

Cooking lentils

Lentils may be cooked without soaking. See boiling guide.

Add 1 teaspoon salt to the cooking water for each cup of lentils. Cover, boil gently.

Cooking split peas

Soaking split peas $\frac{1}{2}$ hour helps retain their shape. Follow the boiling guide below for amount of water to use. Add $\frac{3}{4}$ teaspoon of salt for each cup of peas; cover, and boil gently without stirring for the time recommended in the guide.

Or you can bake split peas after soaking. Add $\frac{3}{4}$ teaspoon salt for each cup of peas.

Place in a baking dish, cover, and bake at 350° F. (moderate oven) for 35 minutes.

Split peas used in soup do not need to be soaked before cooking.

Tips

Cooked dry beans, peas, and lentils may be seasoned and eaten without further cooking, or they may be baked or combined with other foods.

If acid ingredients like tomatoes, catsup, or vinegar are included in the recipe, add them after the vegetables are tender. Acids prevent beans and peas from softening.

Pressure cooking

Most dry beans and peas can be fully cooked in a pressure cooker in less than 30 minutes. This length of time allows pressure to rise and fall slowly and cooks these vegetables evenly without breaking the skins.

Follow these directions for pressure cooking dry beans and peas:

- Add 2 cups water for each cup of beans or peas, boil 2 minutes, and soak 1 hour before cooking.

*Boiling Guide for Dry Beans, Peas, and Lentils*¹

Vegetable (1 cup)	Amount of water	Approximate boiling time	Yield
	Cups	Hours	Cups
Black beans	3	2	2
Blackeye beans (blackeye peas, cowpeas)	2½	½	2½
Cranberry beans	3	2	2
Great Northern beans	2½	1 to 1½	2½
Kidney beans	3	2	2¾
Lentils	2½	½	2½
Lima beans, large	2½	1	2½
Lima beans, small	2½	1	2
Pea (navy) beans	3	1½ to 2	2½
Peas, whole	2½	1	2½
Pinto beans	3	2	2½
Split peas	2¼	¾	2½

¹ See soaking directions for each kind of vegetable before cooking.

● Fill pressure cooker no more than one-third full of food and water. If cooker is too full, food may clog vent tube and cause an explosion.

● Add 1 tablespoon fat to reduce foaming, and 1 teaspoon salt per cup of uncooked beans or peas.

● Put lid on pressure cooker. Follow manufacturer's directions for exhausting cooker and bringing pressure up to 15 pounds.

● Cook vegetables at 15 pounds pressure for time specified:

3 minutes—Great Northern beans, kidney beans, large lima beans, and whole peas.

5 minutes—black beans and cranberry beans.

5 to 10 minutes—pea (navy) beans.

10 minutes—pinto beans.

● Remove cooker from heat. Let pressure drop gradually.

Yield of cooked vegetables will be the same as for boiled vegetables.

Baking

Pea beans or Great Northern beans are used in the traditional Boston baked beans, but baked lima beans are also popular.

SEASONINGS AND SAUCES

Spices and Herbs

Discover how spices and herbs can lift humdrum vegetable dishes out of the ordinary. For suggested ways to successfully combine vegetables with spices and herbs, see page 18.

Spices and herbs must be used

Home-baked beans

Soak beans as directed on page 15. Two cups of dry beans make six servings of about $\frac{3}{4}$ cup each.

Simmer beans 45 minutes, in soaking water.

Add $\frac{1}{4}$ pound salt pork cut in chunks or slices.

Boil gently 30 to 45 minutes more, or until beans are tender.

Preheat oven to 350° F. (moderate).

Mix $\frac{1}{4}$ cup molasses and $\frac{1}{2}$ teaspoon dry mustard, stir mixture into beans.

Put beans in a beanpot or 2-quart casserole.

Bake 1 hour, or until tender and lightly browned on top. Check beanpot from time to time and add a little hot water if beans seem dry.

VARIATIONS

Place a peeled onion in the bottom of the beanpot or stir $\frac{1}{2}$ cup chopped onion into the beans before baking.

Add $\frac{1}{4}$ cup catsup, 1 tablespoon worcestershire sauce, and $\frac{1}{2}$ teaspoon ginger.

Use brown sugar or maple sirup in place of molasses.

sparingly or they overpower, rather than enhance, the natural flavor of vegetables. One-fourth to $\frac{1}{2}$ teaspoon of most dried spices and herbs is enough for 2 cups of vegetables.

The term "spices", as generally used, includes the herbs as well as true spices. Herbs are leaves of

Give Vegetables a Gourmet Touch With

SPICES AND HERBS

<i>Vegetable</i>	<i>Spice or herb</i>
Asparagus.....	Mustard seed, sesame seed, or tarragon.
Lima beans.....	Marjoram, oregano, sage, savory, tarragon, or thyme.
Snap beans.....	Basil, dill, marjoram, mint, mustard seed, oregano, savory, tarragon, or thyme.
Beets.....	Allspice, bay leaves, caraway seed, cloves, dill, ginger, mustard seed, savory, or thyme.
Broccoli.....	Caraway seed, dill, mustard seed, or tarragon.
Brussels sprouts.....	Basil, caraway seed, dill, mustard seed, sage, or thyme.
Cabbage.....	Caraway seed, celery seed, dill, mint, mustard seed, nutmeg, savory, or tarragon.
Carrots.....	Allspice, bay leaves, caraway seed, dill, fennel, ginger, mace, marjoram, mint, nutmeg, or thyme.
Cauliflower.....	Caraway seed, celery salt, dill, mace, or tarragon.
Cucumbers.....	Basil, dill, mint, or tarragon.
Eggplant.....	Marjoram or oregano.
Onions.....	Caraway seed, mustard seed, nutmeg, oregano, sage, or thyme.
Peas.....	Basil, dill, marjoram, mint, oregano, poppy seed, rosemary, sage, or savory.
Potatoes.....	Basil, bay leaves, caraway seed, celery seed, dill, chives, mustard seed, oregano, poppy seed, or thyme.
Spinach.....	Basil, mace, marjoram, nutmeg, or oregano.
Squash.....	Allspice, basil, cinnamon, cloves, fennel, ginger, mustard seed, nutmeg, or rosemary.
Sweetpotatoes.....	Allspice, cardamom, cinnamon, cloves, or nutmeg.
Tomatoes.....	Basil, bay leaves, celery seed, oregano, sage, sesame seed, tarragon, or thyme.
Green salads.....	Basil, chives, dill, or tarragon.

Pepper and parsley may be added to any of the above vegetables. Curry powder is good with creamed vegetables.

aromatic plants grown in the Temperate Zone; spices come from aromatic plants grown in the Tropics.

Dried herbs are more concentrated than fresh herbs. Use about $\frac{1}{4}$ teaspoon of a dried herb for 2 cups of vegetables and add it at beginning of cooking period. With fresh herbs, increase to about $\frac{1}{4}$ to 1 teaspoon for 2 cups of vegetables. Chop herbs very fine to allow some of the flavoring oils to escape. Heat chopped herbs in melted butter and add to vegetable after it has been cooked.

Sauces in Variety

It's simple to make sauces that add variety and distinction to vegetable dishes. Often the right sauce gives contrast in color, flavor, and texture. From a basic white sauce you can concoct many pleasing sauces to serve over cooked vegetables or in scalloped vegetables.

Thin white sauce is usually preferred with starchy vegetables like peas or lima beans; medium white sauce, with other vegetables.

How to make white sauce

For a smooth white sauce, blend the flour with fat or cold liquid;

then combine with remaining liquid, stirring constantly over low heat until thickened.

Fat may be omitted if white sauce is to be used in cream soups, casseroles, or other recipes where fat is not needed for flavor or texture.

Variations of white sauce

Certain vegetables are enhanced by special sauces. The following variations of white sauce taste particularly good with the vegetables mentioned.

Mushroom sauce (peas, green beans, or asparagus). Use proportions of fat and flour for 1 cup of medium white sauce. Cook 1 cup small whole or sliced fresh or canned mushrooms in fat. Add flour. Use liquid from canned mushrooms to replace part of milk.

Cheese sauce (asparagus, broccoli, cabbage, cauliflower, potatoes, and summer squash). Cook 1 cup of thin or medium white sauce. Remove sauce from heat, stir in 1 cup shredded Cheddar cheese. Blend well.

Onion or celery sauce (peas, carrots, and green beans). Use proportions of fat and flour for 1 cup of thin white sauce. Cook $\frac{1}{2}$ cup

Ingredients for 1 Cup of White Sauce

Ingredients	Measure			
	Thin sauce		Medium sauce	
	Standard	Low-fat	Standard	Low-fat
Butter or other fat	1 tablespoon	2 teaspoons	2 tablespoons	1 tablespoon
All-purpose flour	1 tablespoon	1 tablespoon	2 tablespoons	2 tablespoons
Salt	$\frac{1}{4}$ teaspoon	$\frac{1}{4}$ teaspoon	$\frac{1}{4}$ teaspoon	$\frac{1}{4}$ teaspoon
Milk ¹	1 cup	1 cup ²	1 cup	1 cup ²

¹ Vegetable liquid may be used in place of part of milk.

² Use skim milk or reconstituted nonfat dry milk for low-fat white sauce.

finely chopped onion or celery in the fat until tender, stir in flour and salt, and slowly blend in liquid. Cook over low heat stirring constantly until thickened. Add 1 teaspoon worcestershire sauce before serving.

Mock hollandaise sauce (asparagus and broccoli). Make 1 cup of medium white sauce. Beat 2 egg

yolks, stir a little hot white sauce into them, and stir mixture into rest of sauce. Stir in 2 tablespoons butter or margarine. Cook over hot water about 1 minute. Remove from heat and stir in 1 tablespoon lemon juice. Serve at once.

NOTE: Use only clean, sound-shelled eggs in this recipe.

LIVELY LEFTOVERS

A bit of imagination can transform leftover vegetables into new, interesting dishes. Try cold leftover vegetables in egg, meat, gelatin, or tossed green salads. Add them to soups or casseroles. Or combine yesterday's corn or snap beans with today's lima beans.

Actually you can use leftover vegetables in any recipe that calls for cooked vegetables. Cream—scallop—glaze—or fry them as you

would freshly cooked vegetables, or puree them to make cream soups.

Leftover vegetables and meat combine well in economical main dishes (pp. 25 to 28). Tomatoes add extra juiciness and flavor to meat loaves and ground meat patties. Dry beans extend meat proteins in money-saving combination dishes. And most families enjoy hearty vegetable soups and meat and vegetable stews.



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If you like vegetables with zippy flavor, you'll enjoy mexican panned corn (left) and dilly carrots and beans (right)

RECIPES

Besides its accustomed place on the family dinner plate, the versatile vegetable appears in soups, main dishes, salads, and snacks. The recipes that follow feature vegetables in each of these categories.

Because more and more persons are calorie conscious, ways of reducing calorie value are indicated in many of the recipes. Calorie values per serving are also given.

Most vegetables served alone contain few calories, but added ingredients, such as butter or other fats, can easily boost the calorie content. In some recipes, reduction or omission of fat or other high-calorie ingredients is suggested when such a change does not affect palatability.

Other recipes suggest replacing an ingredient with a similar one of fewer calories—for example, skim milk or reconstituted nonfat dry milk in place of whole milk, low-calorie salad dressing in place of regular salad dressing, or sour half-and-half instead of sour cream.

Vegetable Dishes

Dilly carrots and beans

6 servings, ½ cup each

Water.....	¾ cup
Sugar.....	1 teaspoon
Salt.....	½ teaspoon
Dill seed.....	½ teaspoon
Green beans, fresh.....	½ pound
Carrots, medium-size.....	4
Italian dressing, regular or low-calorie.....	¼ cup

Combine water, sugar, salt, and dill seed in a saucepan; bring to boiling.

Wash and trim green beans; leave whole. Add to boiling water.

Simmer 5 minutes.

Cut carrots into thin strips, 2 to 3 inches long. Add to green beans.

Boil until both vegetables are tender and liquid is almost evaporated—about 10 minutes.

Add italian dressing and toss to mix well.

Serve hot, or chill and use in tossed vegetable salads.

Calories per serving.—About 80 if regular italian dressing is used; 35 with low-calorie italian dressing.

Mexican panned corn

6 servings, ½ cup each

Bacon.....	3 slices
Bacon drippings.....	1 tablespoon
Onion, chopped.....	¼ cup
Green pepper, chopped....	¼ cup
Corn.....	4 cups
Olives, stuffed green, chopped.....	¼ cup
Salt.....	1 teaspoon

Fry bacon until crisp. Drain on paper.

Cook onion and green pepper in bacon drippings just until tender.

Add corn, olives, and salt.

Cook over medium heat, stirring constantly, just long enough to brown the corn slightly.

Reduce heat, cover, and steam until corn is tender, 5 to 10 minutes.

Crumble bacon over corn.

Calories per serving.—About 140.

Broccoli-cauliflower medley

6 servings, ½ cup each

Bouillon cube, beef flavored.	1
Boiling water.....	½ cup
Broccoli flowerets, small....	2 cups
Boiling water.....	½ cup
Lemon juice.....	2 tablespoons
Salt.....	½ teaspoon
Cauliflowerets, small.....	2 cups

Dissolve bouillon cube in water.

Add broccoli.

Simmer just until tender, about 5 minutes. Drain.

Combine water, lemon juice, and salt.

Add cauliflowerets.

Simmer just until tender, about 5 minutes. Drain.

Combine broccoli and cauliflower and toss lightly to mix.

Serve hot.

NOTE: Adding lemon juice to the cooking water helps keep cauliflower white, and gives a piquant flavor.

Calories per serving.—About 20.

Fried eggplant and tomatoes

6 servings

Eggplant.....	1 small
Tomatoes, firm.....	2 small
Sugar.....	2 teaspoons
Flour.....	½ cup
Salt.....	1 teaspoon
Oregano, if desired.....	½ teaspoon
Fat or oil.....	As needed

Peel eggplant and remove ends.

Slice eggplant and tomatoes into ½ inch slices (12 of each).

Sprinkle sugar over tomatoes.

Mix flour, salt, and oregano.

Dip slices of tomato and eggplant into flour mixture.

Put enough fat in a frypan to just cover the bottom; heat.

Fry eggplant over moderately high heat until lightly browned on both sides, about 2 minutes on each side. Remove to platter and keep warm.

Fry tomatoes about 1 minute on each side. Add fat as needed to keep from sticking.

Serve tomato slices on top of eggplant slices.

NOTE: For extra flavor, fry vegetables in bacon fat.

Calories per serving.—About 115.

Orange-honeyed acorn squash

6 servings, ½ squash each

Acorn squashes, small.....	3
Orange juice frozen concentrate.....	¼ cup
Honey.....	¼ cup
Salt.....	1 teaspoon
Butter or margarine.....	2 tablespoons
Nutmeg, if desired.....	⅛ teaspoon

Preheat oven to 400° F. (hot).

Cut squashes in half. Remove seeds. Place squashes in a shallow baking pan.

Combine orange juice concentrate, honey, and salt. Mix well.

Put some of the orange-honey mixture into each squash cavity.

Add 1 teaspoon fat to each squash half. Sprinkle with nutmeg, if desired.

Cover pan tightly with aluminum foil to keep steam in and speed cooking.

Bake 30 minutes.

Remove foil and continue baking 30 minutes more, or until squash is tender.

Calories per serving.—About 190.

Apple-glazed sweetpotatoes

6 servings, $\frac{1}{2}$ cup each

Apple jelly	$\frac{1}{2}$ cup
Cinnamon	$\frac{1}{4}$ teaspoon
Salt	$\frac{1}{2}$ teaspoon
Sweetpotatoes, small whole, cooked or canned	6

Melt apple jelly in a frypan over low heat.

Stir in cinnamon and salt.

Add sweetpotatoes.

Cook over low heat, turning sweetpotatoes several times until they are well coated and most of jelly is absorbed—about 6 minutes.

Calories per serving.—About 300.

VARIATION

Orange-glazed sweetpotatoes.—Use orange marmalade in place of apple jelly. Omit cinnamon.

Baked spinach

6 servings, $\frac{1}{2}$ cup each

Bacon, cut in 1-inch pieces . . .	3 slices
Spinach, trimmed and washed	2 pounds
Salt	$\frac{3}{4}$ teaspoon
Butter or margarine	3 tablespoons
Flour	3 tablespoons
Instant nonfat dry milk	$\frac{1}{3}$ cup
Spinach liquid, or spinach liquid plus water	$\frac{3}{4}$ cup

Preheat oven to 400° F. (hot).

Fry bacon until crisp; drain on paper.

Cook spinach 5 minutes in water clinging to leaves after washing.

Drain and reserve liquid.

Chop spinach and add salt.

Blend fat, flour, and dry milk; stir in spinach liquid.

Cook until thickened, stirring constantly.

Combine spinach with sauce and pour into a 1-quart casserole.

Top with bacon pieces.

Bake about 20 minutes.

NOTE: Two 10-ounce packages of frozen chopped spinach may be used in place of the fresh vegetable. Thaw the spinach completely, but do not cook it before blending with the sauce. Make the sauce with water instead of spinach liquid, or use whole milk and omit nonfat dry milk.

Calories per serving.—About 140.

Spinach with bacon dressing

6 servings, $\frac{3}{4}$ cup each

Bacon, cut in $\frac{1}{2}$ -inch pieces . . .	4 slices
Bacon drippings	4 teaspoons
Flour	4 teaspoons
Sugar	4 teaspoons
Salt	1 teaspoon
Milk, hot	$\frac{3}{4}$ cup
Egg, beaten	1
Vinegar	3 tablespoons
Spinach, raw, coarsely chopped	4 cups

Fry bacon until crisp. Drain, reserving 4 teaspoons drippings.

Blend flour, sugar, and salt with reserved bacon drippings. Stir in milk.

Cook until thickened, stirring constantly.

Pour mixture slowly into egg, beating constantly.

Cook over low heat about 1 minute, stirring constantly.

Stir in the vinegar and bacon.

Pour the hot dressing over spinach and toss to mix.

NOTE: Use only clean, sound-shelled eggs in this recipe.

Calories per serving.—About 90.

VARIATION

Use the bacon dressing with other greens, such as lettuce or endive.

Beets with orange sauce

6 servings, ½ cup each

Sugar.....	¼ cup
Salt.....	¾ teaspoon
Cornstarch.....	2 tablespoons
Orange juice.....	¾ cup
Lemon juice.....	2 tablespoons
Orange rind, grated.....	¾ teaspoon
Butter or margarine.....	1 tablespoon
Beets, cooked or canned, sliced drained.....	2¾ cups

Combine sugar, salt, and cornstarch; mix well.

Stir in orange juice.

Cook until thickened, stirring constantly. Remove from heat.

Stir in lemon juice, orange rind, and fat.

Pour sauce over beets and stir carefully. Heat and serve.

Calories per serving.—About 100.

Potato-cheese casserole

6 servings, ¾ cup each

Medium white sauce, regular or low-fat (p. 19).....	1½ cups
Cheese, sharp Cheddar, shredded.....	½ or 1 cup
Chives, chopped, fresh or frozen.....	2 teaspoons
Potatoes, cooked, diced....	3 cups
Breadcrumbs, fine dry.....	2 tablespoons
Butter or margarine, melted..	1 teaspoon

Preheat oven to 350° F. (moderate).

Make white sauce.

Remove from heat.

Add cheese to white sauce and stir until it melts.

Add chives.

Place potatoes in a 1½-quart casserole.

Pour sauce over potatoes.

Mix crumbs with melted fat.

Sprinkle crumbs over potatoes.

Bake 35 to 45 minutes, or until lightly browned.

Calories per serving.—About 250 if regular white sauce, 1 cup cheese, and buttered crumbs are used; 160 with low-fat sauce, ½ cup cheese, and unbuttered crumbs.

Potato puffs

6 servings, 3 or 4 puffs each

Mashed potatoes, warm, unseasoned.....	1½ cups
Eggs, beaten.....	2
Salt.....	½ teaspoon
Onion, grated.....	1 teaspoon
Breadcrumbs, fine dry, seasoned italian style (packaged).....	¾ cup
Fat or oil for frying.....	About 1 quart

Combine mashed potatoes, eggs, salt, onion, and milk.

Mix in ¼ cup breadcrumbs.

Shape mixture into small balls (1 tablespoon each) and roll in remaining crumbs.

Fry in deep fat at 380° F. for 1 minute.

Drain on paper.

Calories per serving.—About 215.

EASY METHOD

Use instant mashed potatoes, omitting butter and salt called for in the package directions. Use water or milk to reconstitute the potatoes according to package directions.

VARIATION

Baked potato puffs.—Roll balls of potato mixture in ½ cup seasoned breadcrumbs mixed with 1 tablespoon oil. Bake at 400° F. (hot oven) 5 minutes; then broil, 5 inches from heat, 1 to 2 minutes or until golden brown.

Calories per serving.—About 170.

Potato patties

6 patties

Potatoes.....	1½ pounds (about 6 medium- size)
Onion, finely chopped.....	2 tablespoons
Parsley, chopped.....	2 tablespoons
Flour.....	2 tablespoons
Salt.....	1 teaspoon
Fat or oil.....	3 tablespoons

Parboil potatoes in their skins until partly cooked, but still hard in center—15 to 20 minutes. Cool under cold running water.

Peel potatoes; shred with a coarse grater.

Toss shredded potatoes, onion, parsley, flour, and salt in a large bowl, using two forks.

Shape into patties (½ cup each).

Brown patties in hot fat, about 5 minutes on each side.

Calories per serving.—About 160.

VARIATION

Chive potato patties.—Use fresh or frozen chopped chives in place of parsley.

Zucchini casserole

6 servings, ¾ cup each

Zucchini squash, thinly sliced.....	1½ pounds (6 cups)
Boiling water.....	1 cup
Medium white sauce, regular or low-fat (p. 19).....	¾ cup
Eggs, beaten.....	2
Salt.....	1 teaspoon
Worcestershire sauce.....	½ teaspoon
Onion, finely chopped.....	1 teaspoon
Breadcrumbs, fine dry.....	¼ cup
Butter or margarine, melted..	1 tablespoon

Preheat oven to 325° F. (slow).

Add zucchini to boiling water.

Boil 5 minutes. Drain.

Make white sauce. Stir a little hot sauce into eggs, then gradually stir eggs into remaining sauce.

Add salt, worcestershire sauce, and onion.

Combine zucchini and sauce.

Place in a 1-quart baking dish.

Mix breadcrumbs with fat, if used.

Sprinkle crumbs over squash mixture.

Bake about 35 minutes.

Calories per serving.—About 130 if regular white sauce and buttered crumbs are used; about 90 with low-fat sauce and unbuttered crumbs.

Luncheon or Supper Main Dishes

Asparagus Parmesan

6 servings, ¾ cup each

Asparagus, fresh, washed and trimmed.....	30 to 36 spears
Mushrooms, button.....	4-ounce can
Green onions, sliced.....	¼ cup
Butter or margarine.....	2 tablespoons
Flour.....	2 tablespoons
Salt.....	½ teaspoon
Milk.....	½ cup
Parmesan or sharp Cheddar cheese, grated.....	½ cup

Preheat oven to 400° F. (hot).

Arrange asparagus in a shallow baking dish.

Drain mushrooms, reserving liquid. Chop half of mushrooms.

Cook onions in fat until tender.

Add flour and salt and blend well.

Stir in milk and mushroom liquid.

Cook until thickened, stirring constantly.

Add chopped mushrooms.

Pour sauce over asparagus and

sprinkle with cheese. Arrange remaining mushrooms on top.

Bake 30 to 40 minutes, or until asparagus is tender.

NOTE: Two 10-ounce packages of frozen asparagus may be used in place of fresh. Thaw asparagus before baking; reduce baking time to 25 minutes.

Calories per serving.—About 110.

MENU SUGGESTIONS

Serve as a luncheon main dish with deviled eggs, tomato aspic, corn muffins, and a fruit dessert.

Serve as a vegetable at dinner with roast leg of lamb, parsleyed new potatoes, salad, and sherbet.

Lima beans in sour cream sauce

6 servings, ¾ cup each

Dry lima beans.....	2 cups
Water.....	5 cups
Salt.....	2 teaspoons
Bacon.....	2 strips
Onion, minced.....	2 tablespoons
Brown sugar, packed.....	¼ cup
Dry mustard.....	1 teaspoon
Sour cream	
or	
Sour half-and-half.....	1 cup

Soak beans in water (see p. 15).

Boil gently for 45 minutes to 1 hour, or until beans are tender.

Drain beans; save liquid.

Fry bacon until crisp; remove strips from frypan. Mix onion, brown sugar, mustard, and ¼ cup bean liquid with bacon drippings and add to beans.

Simmer beans about 15 minutes longer or until no liquid remains.

Combine cream gently with beans. Reheat, but do not boil.

Crumble bacon over beans; serve.

Calories per serving.—About 360 with sour cream; about 330 with half-and-half.

MENU SUGGESTION

Serve with tossed green salad and fruit dessert.

Chili beanburgers

6 sandwiches

Onion, chopped.....	2 tablespoons
Garlic.....	1½ cloves
Fat or oil.....	4 teaspoons
Kidney beans, cooked or canned.....	1¼ cups
Ground beef.....	¾ pound
Egg, beaten.....	1
Salt.....	1½ teaspoons
Chili powder.....	1 teaspoon
Catsup.....	1½ table- spoons
Worcestershire sauce.....	¼ teaspoon
Hamburger rolls, toasted...	6
Process Cheddar cheese....	6 1-ounce slices

Preheat oven to 350° F. (moderate).

Brown onion and garlic lightly in the fat. Remove garlic.

Combine browned onion, beans, beef, egg, salt, chili powder, catsup, and Worcestershire sauce; mix well.

Divide mixture into six patties and place in shallow baking pan.

Bake until well done, about 30 minutes.

Reduce oven temperature to 300° F. (slow).

Place patties on lower halves of toasted rolls.

Top each patty with a slice of cheese and cover with top of roll.

Heat just until the cheese melts. Serve immediately.

Calories per serving.—About 395.

MENU SUGGESTION

Serve with potato chips, celery and carrot strips, and baked apples.

Baked broccoli and eggs

6 servings, ½ cup each

Broccoli, cooked, chopped..	1¾ cups
Eggs, hard-cooked.....	4
Pimiento, chopped.....	¼ cup
Cream cheese.....	3 ounces
or	
Flour.....	1 tablespoon
Milk, whole or skim.....	¾ cup
Salt.....	¾ teaspoon
Breadcrumbs, fine dry.....	⅓ cup
Butter or margarine, melted..	1 or 2 table- spoons

Preheat oven to 350° F. (moderate).

Place broccoli in a 1-quart casserole.

Slice eggs over broccoli.

Dot with pimiento.

Blend cream cheese or flour with milk; stir constantly over low heat until smooth and thick.

Add salt.

Pour sauce over broccoli and eggs.

Mix breadcrumbs with fat, and sprinkle over broccoli and eggs.

Bake about 30 minutes.

Calories per serving.—About 190 if cheese, whole milk, and 2 tablespoons fat are used; 115 with flour, skim milk, and 1 tablespoon fat.

MENU SUGGESTION

Serve with jellied summer salad (p. 31) and whole wheat rolls. Serve cherry pie for dessert.

Creamed ham and cabbage

6 servings, 1 cup each

Cabbage, coarsely shredded.	8 cups
Water, boiling.....	1 cup
Butter or margarine.....	2 tablespoons or ¼ cup
Flour.....	¼ cup
Milk, whole or skim.....	2 cups
Ham, cooked, diced.....	2 cups
Breadcrumbs, fine dry.....	¼ cup
Butter or margarine, melted.	1 tablespoon

Cook cabbage in boiling water,

covered, 8 to 10 minutes, or until tender. Drain thoroughly.

Melt fat and blend in flour.

Stir in milk slowly.

Cook until thickened, stirring constantly.

Add cabbage and ham to sauce and cook slowly until heated through.

Mix breadcrumbs with fat and heat until crumbs are lightly browned.

Top cabbage and ham with crumbs just before serving.

Calories per serving.—About 355 if sauce is made with ¼ cup fat and whole milk and buttered crumb topping is used; 265 if 2 tablespoons fat and skim milk are used in the sauce and topping is omitted.

VARIATION

Creamed ham and brussels sprouts.—Use 4 cups small brussels sprouts in place of cabbage.

MENU SUGGESTION

Serve with cornbread and a fruit salad. Have pumpkin pie for dessert.

Corn casserole

6 servings, ¾ cup each

Bacon strips, cut in half.....	3
Green pepper, thinly sliced..	⅓ cup
Bacon fat or other fat.....	1 tablespoon
Corn, whole kernel, cooked or canned, drained.....	1 cup
Crackers, plain or cheese-or bacon-flavored, crushed..	1 cup
Milk, whole or skim.....	1½ cups
Salt.....	1 teaspoon
Pepper.....	⅛ teaspoon
Egg yolks, beaten.....	2
Egg whites, stiffly beaten....	2

Preheat oven to 350° F. (moderate).

Grease a 1-quart casserole.

Fry bacon until crisp; drain on paper.

Cook green pepper in fat until tender.

Mix green pepper, corn, crackers, milk, salt, pepper, and egg yolks.

Fold in stiffly beaten egg whites.

Pour into casserole.

Arrange bacon on top of corn mixture.

Bake about 40 minutes.

Calories per serving.—About 190 if bacon and whole milk are used; 145 with skim milk and no bacon.

MENU SUGGESTION

Serve with tomato and cottage cheese salad on lettuce, muffins, and sliced peaches.

Soups

Cream of potato and ham soup

6 servings, ⅔ cup each

Onion, finely chopped.....	1 tablespoon
Butter or margarine.....	1 tablespoon
Thin white sauce (p. 19)....	3 cups
Potatoes, cooked, finely chopped.....	¾ cup
Deviled ham.....	2½-ounce can
Chives, chopped, fresh or frozen.....	As desired

Cook onion in the fat.

Combine with white sauce and potatoes.

Stir in the deviled ham.

Heat to serving temperature.

Garnish with chives.

Calories per serving.—About 220.

VARIATION

A 3-ounce package of pressed chipped ham may be used in place of deviled ham. Cook it in the fat with the onion.

Bean soup

6 servings, 1 cup each

Dry beans.....	1½ cups
Water.....	9 cups
Meaty ham bone.....	1
Onion, chopped.....	½ cup
Salt and pepper.....	As desired

Soak beans in water as directed on page 15.

Add ham bone, chopped onion, and seasoning.

Boil gently, covered, for about 2 hours, or until beans are tender and soup is desired consistency.

Remove the ham bone.

Mash beans if you like.

Cut meat from ham bone and return meat to the soup.

Reheat soup before serving.

Calories per serving.—About 275.

VARIATIONS

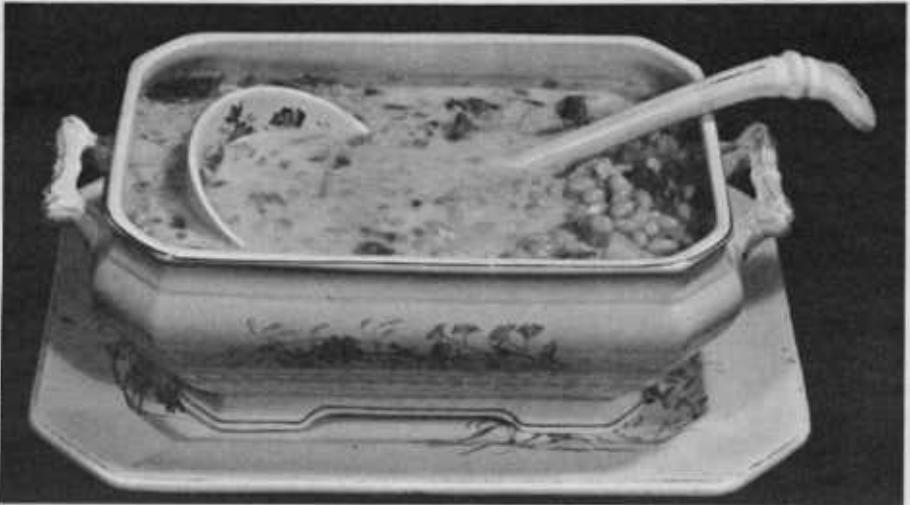
● Use ham broth in place of water and ham bone. Use the short soaking method (p. 15). Ham broth should not remain at room temperature overnight because bacteria that cause food poisoning grow rapidly under such conditions.

● Cook beans with the other ingredients as above, adding ¼ cup chopped celery, a few whole cloves, 1½ teaspoons lemon juice, and ¼ teaspoon worcestershire sauce before cooking.

● Add one large potato, diced; three medium-size carrots, sliced; and 1 cup cooked or canned tomatoes during the last half hour of cooking.

MENU SUGGESTION

Serve with coleslaw and thick slices of home-made bread. Have apple crisp for dessert.



BN-21623

Bean chowder—delectable and hearty on a cold winter day.

Bean chowder

6 servings, $\frac{3}{4}$ cup each

Dry pea beans.....	$\frac{3}{4}$ cup
Water.....	3 cups
Salt.....	$1\frac{1}{2}$ teaspoons
Potato, diced.....	$\frac{3}{4}$ cup
Onion, chopped.....	$\frac{1}{2}$ cup
Flour.....	$1\frac{1}{2}$ teaspoons
Butter, margarine, or drip- pings.....	1 tablespoon
Tomatoes, cooked or canned.....	$\frac{3}{4}$ cup
Green pepper, shredded....	$\frac{1}{3}$ cup
Milk.....	$1\frac{1}{2}$ cups

Soak beans in water as directed on page 15.

Add salt.

Boil, covered, until almost done, about 1 hour.

Add potato and onion; cook 30 minutes more.

Mix flour with the fat.

Stir into bean mixture.

Add tomatoes and green pepper.

Cook over low heat 10 minutes, stirring constantly until thickened, then occasionally to avoid scorching.

Stir in the milk.

Heat to serving temperature.

Calories per serving.—About 175.

MENU SUGGESTION

Serve with apple and celery salad; have baked custard for dessert.

Quick french onion soup

6 servings, $\frac{1}{2}$ cup each

Bread cubes.....	1 cup
Onions, thinly sliced.....	2 cups
Fat or oil.....	2 tablespoons
Boiling water.....	3 cups
Bouillon cubes, beef flav- ored.....	4
Butter or margarine, melted..	1 tablespoon
Parmesan or blue cheese, grated.....	2 tablespoons

Toast bread cubes in a 325° F. oven (slow) until they are completely dried out and lightly browned.

Brown onions lightly in fat.

Combine boiling water and bouillon cubes in a 2-quart saucepan. Add onions. Simmer, covered, until onions are tender, about 15 minutes.

Toss toasted bread cubes with fat and cheese and sprinkle on top of soup just before serving.

Calories per serving.—About 100.

EASY METHOD

Use $\frac{1}{2}$ cup dehydrated chopped onions instead of fresh onions; increase water to 4 cups. Dehydrated onions can be browned without fat.

Salads

Vegetable salads may be a colorful combination of several raw vegetables—a mixture of raw and cooked or canned vegetables—or a teaming up of vegetables and fruits.

You can vary your salads by using different greens—iceberg, bibb, or leaf lettuce—romaine, endive, escarole, spinach, watercress, Chinese cabbage, or celery tops.

To make attractive tossed salads, tear greens into pieces large enough to give body to salad, but small enough to eat easily. Drain greens after washing to prevent sogginess.

Add tomatoes at last minute—they tend to thin the salad dressing.

Spinach-orange-avocado salad

6 servings, 1 cup each

Spinach, fresh, trimmed and washed.....	4 cups
Orange sections, fresh.....	2 cups
Avocado, diced.....	$\frac{1}{2}$ or 1 cup, as desired
French dressing, regular or low-calorie.....	$\frac{1}{4}$ cup

Wash spinach. If necessary, let it stand in ice water for an hour or so to crisp. Drain thoroughly.

Tear spinach into small pieces.

Combine all ingredients; mix well.

Chill. Serve within an hour or two.

Calories per serving.—About 125 if salad is made with 1 cup avocado and regular french dressing; 75 if made with $\frac{1}{2}$ cup avocado and low-calorie dressing.

VARIATION

Use fresh or frozen grapefruit sections in place of orange sections.



BN-21612

For a salad with pleasing texture and flavor, combine raw spinach leaves, tangy orange slices, and creamy avocado.

Mixed vegetable salad

6 servings, $\frac{1}{2}$ cup each

Mixed vegetables, frozen . . .	10-ounce package
Celery, thinly sliced	$\frac{3}{4}$ cup
Green pepper, diced	$\frac{1}{4}$ cup
Pickle, sweet, finely chopped	$\frac{1}{4}$ cup
Radishes, thinly sliced	$\frac{1}{4}$ cup
Onion, finely chopped	1 tablespoon
French dressing, regular or low-calorie	$\frac{1}{4}$ cup
Lettuce	Several leaves

Cook vegetables as directed on the package until they are barely tender. Drain and chill vegetables.

Combine vegetables and all ingredients except lettuce.

Chill at least 1 hour to blend flavors.

Serve on lettuce.

NOTE: Leftover cooked or canned vegetables may be substituted for frozen mixed vegetables. Use $1\frac{1}{2}$ to 2 cups of two or more vegetables (peas, carrots, corn, lima beans, cut green beans).

Calories per serving.—About 90 if made with regular french dressing; 60 with low-calorie french dressing.

Jellied summer salad

6 servings, $\frac{1}{2}$ cup each

Lime-flavored gelatin	3-ounce package
Unflavored gelatin	1 teaspoon
Boiling water	1 cup
Cold water	1 cup
Vinegar	1 teaspoon
Lemon juice	1 teaspoon
Onion, finely chopped	1 teaspoon
Salt	$\frac{1}{2}$ teaspoon
Green pepper, chopped	2 tablespoons
Carrots, shredded	$\frac{1}{4}$ cup
Cucumber, diced	$\frac{1}{4}$ cup
Cottage cheese	$\frac{1}{2}$ cup
Lettuce	Several leaves

Combine flavored and unflavored gelatin.

Dissolve in boiling water.

Add cold water, vinegar, lemon juice, onion, and salt.

Chill in refrigerator until mixture begins to thicken. (Or, to hasten thickening set bowl in a pan containing ice cubes and water).

Blend in green pepper, carrots, cucumber, and cottage cheese.

Pour into a 1-quart mold or six individual molds.

Chill until set.

Unmold by dipping the mold in a pan of warm water for a few seconds. Serve on lettuce.

Calories per serving.—About 75.

Jellied beet salad

6 servings, $\frac{1}{2}$ cup each

Beets, cooked or canned, diced	2 cups
Salt	$\frac{1}{4}$ teaspoon
Sugar	2 tablespoons
Horseradish, prepared	$\frac{1}{2}$ teaspoon
Vinegar, cider	$\frac{1}{4}$ cup
Unflavored gelatin	1 tablespoon
Beet liquid, or beet liquid plus water	1 cup
Celery, thinly sliced	1 cup
Green pepper, chopped	$\frac{1}{4}$ cup
Lettuce	Several leaves

Combine beets, salt, sugar, horseradish, and vinegar; let stand while preparing gelatin mixture.

Soften gelatin in beet liquid; heat to dissolve.

Chill until thick, but not set.

Add beet mixture, celery, and green pepper to gelatin mixture.

Pour into a 1-quart mold or six individual molds.

Chill until set.

Unmold by dipping the mold in a pan of warm water for a few seconds. Serve on lettuce.

Calories per serving.—About 45.

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