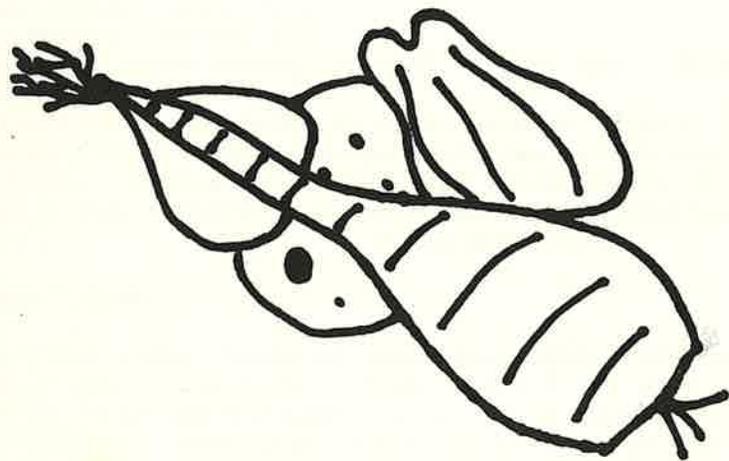


# VEGETABLES



### PEAS WITH ALMONDS

Combine:

2 cans peas  
1 can cream of chicken soup  
1 cup grated sharp cheese  
4 hard-boiled eggs, cut up  
1 can mushrooms, drained  
1/3 slivered almonds

Saute 1 chopped onion in 1 stick margarine and add to all ingredients. Add 1½ teaspoons of salt.

Mary Mingus

### ARTICHOKES AND MUSHROOMS

2 15oz. cans of artichoke hearts, drained, or 3 packages frozen artichoke hearts, cooked and drained.

1 pound fresh mushrooms, sliced  
1 or 2 tablespoons minced onion

4 tablespoons butter

2 tablespoons lemon juice

1½ teaspoon seasoned salt

1 cup fine bread crumbs, browned in 2 or more tablespoons butter.

Cook mushrooms and onion in 4 tablespoons butter. In a greased baking dish arrange artichoke hearts and mushrooms. Sprinkle with salt and lemon juice. Cover with crumbs, browned in butter. Heat in 350 degree oven.

Dixie McKelvey

### MEXICAN BEANS

Soak dried kidney beans in water overnight. Cook in a large pot on low flame. Cook them a large part of the day, stirring and adding water so as the beans remain covered. When quite mushy and thick, add salt and Monterey Jack cheese in chunks. Stir to melt and blend.

Traditionally these are stored (in refrigerator) indefinitely and a quantity is refried, with more cheese, in a bit of oil before eating. Sometimes chopped green chilies are added.

Leah Watson

### SOUTHWESTERN CORN BAKE

2 16-17 ounce cans cream-style corn  
2 eggs, beaten  
3/4 cup yellow corn meal  
1 teaspoon garlic salt  
6 tablespoons salad oil  
1 4 ounce can green chili peppers, finely cut  
(for milder flavor, wash seeds away before cutting)  
2 cups grated Cheddar cheese

Mix together first five ingredients. Pour half of the mixture in greased 8x8x2" baking dish. Add chili and cheese, spread evenly, to make middle layer. Cover with remaining half of corn mixture. Bake in moderate oven. (350) for 35 minutes or until center appears firm when dish is gently shaken. Serves 8.

Izzie Kunitz

### GREEN BEAN CASSEROLE

2 10oz. packages frozen French style green beans, cooked just 5 minutes  
1 pound bean sprouts  
1 can condensed cream of mushroom soup  
1 5or6 oz. can water chestnuts, sliced and drained  
1/2 cup chopped onion  
1/2 cup grated Cheddar cheese

Mix all ingredients and pour into greased 2 quart casserole. Bake 400 degree oven for 20 minutes. Sprinkle 3 1/2 oz. can French fried onion rings on top. Bake 10 minutes or more. Serves 8-10.

Kay Fischer

### BROCCOLI CASSEROLE

2 packages chopped broccoli, cooked and drained  
1 can cream of mushroom soup  
1/2 cup mayonnaise  
1 tablespoon lemon juice  
1/2 cup grated sharp cheese  
2 ounce jar pimento, chopped  
1 cup crushed cheese crackers  
1/4 cup slivered almonds or broken pecans

place broccoli on bottom of greased baking dish. Mix soup, mayonnaise, lemon juice and cheese. Spoon mixture over broccoli. Top with pimento, crackers and nuts. Bake at 350 for 20 minutes.

Nancy Istock

### GREEN BEAN CASSEROLE

4 tablespoons butter	2 tablespoons flour
1 teaspoon sugar	1 teaspoon salt
1/2 teaspoon pepper	1 cup sour cream
1 teaspoon grated onion	2 packages frozen French cut green beans
1/4 lb. grated Velveeta cheese	2 cups crushed cornflakes

Put in a saucepan 2 tablespoons butter, flour, sugar, salt and pepper. Add sour cream, stirring well, and then add grated onion and frozen beans that have been partially cooked. Stir all until well mixed. Place in a 1 1/2 quart buttered casserole. Top with the grated cheese and crushed cornflakes mixed with remaining 2 tablespoons of butter, melted. Bake for 1/2 hour in a 350 oven. Serves 8.

Janet Durachinski

### HELEN'S HERBED CORN SCALLOP

2 eggs  
2 cans creamed corn  
1/2 cup milk  
4 tablespoons melted butter or margarine  
2 tablespoons instant minced onions  
1/2 teaspoon salt  
1/4 teaspoon pepper  
2 cups ready-mix herb-seasoned stuffing

Beat eggs slightly in a medium sized bowl. Stir in corn, milk, butter, onion, salt and pepper. Spoon 1/2 corn mixture into a greased 8 cup baking dish. Sprinkle stuffing in an even layer over the top. Spoon remaining corn mixture over stuffing. Let stand 15 minutes. Bake at 350 for 1 hour.

Kelly Fallon

### SPINACH AU GRATIN

Beat 3 eggs in a large bowl. Add 1 carton cottage cheese and beat. Add 1 package drained frozen chopped spinach, 1/2 pound grated Cheddar cheese, 1/2 stick melted butter, salt, pepper, 1 tablespoon flour. Mix well. Put in buttered casserole. Bake at 350 for 45 minutes to an hour. Rich. Serves 6. May be doubled.

Kelly Fallon

### CHINESE BROCCOLI

2 pounds broccoli, sliced crosswise  
2 cups celery, sliced crosswise  
3 tablespoons peanut oil  
3 tablespoons soy sauce (Kikkoman)  
1/2 teaspoon ginger

Saute celery and broccoli in oil until wilted, about 4 minutes. Add soy sauce and ginger; cover and steam about 10 minutes or longer but still crisp. Serves 6.

Peg Frame

### CAULIFLOWER AND TOMATOES AU GRATIN

2 cups water  
1 1/4 teaspoon salt  
1 cauliflower (about 2 lbs.) cut into flowerets  
1/3 cup margarine  
1 cup grated Swiss cheese  
1/2 cup fine dry bread crumbs  
1/2 teaspoon celery salt  
1/8 teaspoon pepper  
3 medium tomatoes peeled, seeded and cut into 1/2 inch strips

Bring water and 1 teaspoon salt to a boil in a large saucepan. Add cauliflower, cover and return to a boil. Reduce heat and cook about 15 minutes or until tender. Drain and set aside. Melt margarine in a small saucepan. Stir in cheese, bread crumbs, celery salt, remaining 1/4 teaspoon salt and pepper. Sprinkle half of the crumb mixture over bottom of shallow 1 1/2 quart baking dish. Arrange cauliflower and tomatoes over crumbs. Top with remaining crumb mixture. Bake in 375 oven about 20 minutes until golden brown. Serves 8-10.

Delight Dann

### VEGETABLES IN DILLED "SOUR CREAM"\*

3 cups zucchini, sliced  
3 tomatoes, sliced  
1/2 pound mushrooms, sliced  
1/4 cup leek, sliced  
1 1/2 cups soft bread crumbs  
\* 1 cup cottage cheese, low fat of real sour cream  
1 tablespoon lemon juice  
1/2 teaspoon dill seed

Make layers of vegetables and bread crumbs in greased baking dish. Whip cheese and lemon in blender until smooth. Fold in dill seed, pour over vegetables. Bake at 350 for 1 hour.

Ellen Schuster

### BRAISED FENNEL AND CAULIFLOWER

1 small head fennel (Italian celery)  
1 small head cauliflower, cut into flowerets,  
4 tablespoon butter  
1/4 teaspoon mixed herbs or basil  
salt  
pepper  
1/3 cup grated melting cheese, such as Gruyere,  
Mozzarella, etc.

Melt butter in a heavy pot, add cleaned and sliced fennel. Cover and cook slowly five minutes or until just tender. In a separate pot, steam cauliflower (use a steamer basket if possible) until barely tender, but still a little resistant to the fork. (about 5-10 minutes) DO NOT OVERCOOK! Drain cauliflower, add to fennel. Season. Add cheese and immediately cover the pot. In a few minutes, the heat of the pot will have melted the cheese. Serves 4.

Joan Faber

### CELERY CASSEROLE

2 cups celery, cut and parboiled  
1/4 cup blanched almonds  
2 tablespoons butter or margarine  
1 cup chicken stock  
1/4 cup cream  
2 tablespoons flour  
salt and pepper to taste

Make a cream sauce of butter, flour, chicken stock, cream, salt and pepper.

Add celery and almonds.

Bake at 350 in buttered casserole, topped with grated American cheese and buttered bread crumbs, until brown.

Ginny Gardner

To dice or chop scallions (green onions) --peel off any withered skin and cut off the long roots. Take as much of the scallions, including the green top as you think you'll need. Slice lengthwise, four times. Then slice across into small dice.

### PILAF

Cook 1 cup plain rice in salted water according to package directions. Place 2 tablespoons oil in large frying pan, heat, and add 1 teaspoon or more mustard seed. Cover and heat until seeds stop popping. Add 1 onion, chopped, and brown it. Add 3 to 4 tablespoons curry powder. Then add 2 raw, chopped carrots, cover and cook until soft. Add 1 package frozen green peas and cook, covered, until just tender. Add rice and serve. It's great for cool weather picnics, too!

Pat Adduci

### CHEESE GRITS

1 cup grits and 4 cups water cooked as directed on package. Melt 6 ounces garlic cheese (Hickory Farms has this) and 1/4 pound butter. Beat 2 eggs and add enough milk to make 1 cup. Mix grits, cheese with butter, and eggs all together and put in a casserole. Bake 350 until brown and set; about 45 minutes.

Martha Tack

### SWEET AND SPICY ONIONS

3 large onions, sliced	1/2 teaspoon nutmeg
1/2 teaspoon salt	1/4 teaspoon pepper
4 medium apples	1/2 teaspoon salt
3 tablespoons sugar	1/3 cup onion liquid
1/2 teaspoon cinnamon	1/4 cup butter or margarine

Pour boiling water over sliced onions in sauce-pan to depth of 1/2 inch. Add 1/2 teaspoon salt. Cover and cook 10 minutes. Drain, saving liquid. Peel apples and slice. Alternate layers of apples and onions in 1 1/2 quart casserole. Sprinkle each layer with mixture of sugar, cinnamon, nutmeg, pepper and salt. Add onion cooking liquid and butter. Cover and bake in 350 oven for 45 minutes, or until apples are tender. Serves 6-8.

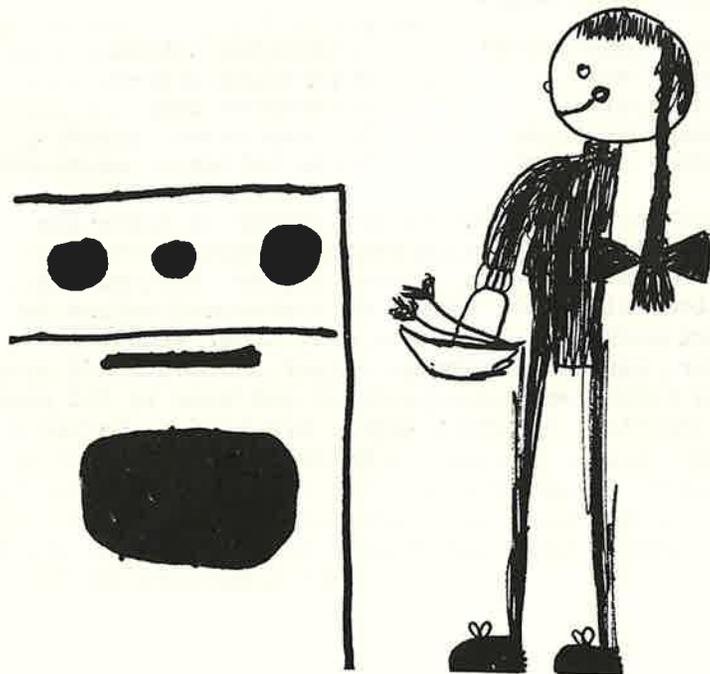
Delight Dann

### ALMOND BAKED SWEET POTATOES

5 large sweet potatoes or yams  
1/2 cup butter or margarine  
2 well beaten eggs  
1/4 cup milk  
1/2 cup sugar  
1/4 teaspoon salt  
1 teaspoon vanilla flavoring  
almonds  
dash of nutmeg

Choose sweet potatoes or yams that are of uniform size. Scrub thoroughly, dry, then bake in a 450 degree oven for about 30 minutes or until soft. Cut in half lengthwise, scoop out and combine with butter, eggs, sugar, milk, salt and vanilla flavoring, plus the dash of nutmeg. Sprinkle with blanched almonds and bake in 400 degree oven until lightly browned. Delicious when served with ham. Use grated orange rind instead of vanilla flavoring, for variety.

Ethyl Boykins



### SCALLOPED ONIONS OR LEEKS

1½ pounds small onions, peeled and sliced or 3 cups thinly sliced leeks, slicing even some of the green part.  
1/2 teaspoon salt, 1/4 teaspoon pepper, 2 tablespoons poppy seed, 1 package 3oz. cream cheese, 1/2 cup milk

place leeks in greased 1 quart baking dish. Sprinkle with salt, pepper, and poppy seed. In pan, stir cream cheese over low heat until melted, add milk and mix until smooth. Pour over leeks. Cover and bake in 350 degree oven for 1 hour. Serves 4.

Mrs. Jim Fuller

### ESCALLOPED MUSHROOMS

1½ pounds mushrooms sauteed in 1/4 pound of butter  
1 can cream of mushroom soup  
1 teaspoon onion juice  
1 box Uneeda biscuits, crushed, or use unsalted crackers  
1/2 pint light cream

In buttered casserole make layers of mushrooms and cracker crumbs. Combine onion juice, soup, and cream; pour over all. Bake uncovered at 350 degree oven 30-40 minutes. Delicious with beef of any kind.

Phyllis Taylor

### POTATO PUDDING

1 cup milk  
1/2 cup margarine  
2 beaten eggs  
1/2 cup grated onion  
4 medium grated potatoes  
salt and pepper

Scald milk. Add margarine, onion, salt, and pepper. Grate potatoes in greased 1½ quart dish. Alternate milk mixture with eggs. Bake at 325 degree oven, 1½ hours.

Sally Elkind