VEGETABLES

SELECTION... CARE... COOKING

TEXAS AGRICULTURAL EXTENSION SERVICE
J. E. HUTCHISON, DIRECTOR, COLLEGE STATION, TEXAS
Buy Vegetables

Saving Ways with Vegetables
- To Store Fresh Vegetables Properly
- To Store Frozen Vegetables Properly
- Saucepans

Methods of Preparation
- How to Bake Vegetables
- How to Boil Vegetables
- How to Braise or Pan Vegetables
- How to Broil Vegetables
- How to Cook Canned and Frozen Vegetables
- How to Cook Vegetables in a Pressure Pan
- How to Fry Vegetables
- How to Steam Vegetables

Vegetable Platters

Recipes
- Asparagus, 10
- Beans, 10
- Beets, 12
- Broccoli, 13
- Brussels Sprouts, 13
- Cabbage, 13
- Carrots, 14
- Cauliflower, 15
- Celery, 15
- Corn, 15
- Eggplant, 16
- Okra, 16
- Onions, 17
- Peas, 17

Photographs in this publication are through the courtesy of The Company, New York, and Bernard L. Lewis, Inc., New York.
There is a vegetable to suit almost every menu need. In countless ways, vegetables—fresh, canned, frozen or dried—contribute interest and variety to menus. Vegetables are also important in the diet for general good health.

According to the Texas Food Standard, the daily food guide for Texans, three kinds of vegetables—green or yellow, other vegetables and Irish or sweet potatoes—are good nutrition goals for every homemaker.

Irish potatoes are needed daily for carbohydrates which furnish energy. New potatoes are an excellent source of ascorbic acid or vitamin C, important for good gums and to prevent ease of bruising. Sweet potatoes also are excellent for carbohydrates and for vitamin A.

Vegetables with a deep green or yellow color are excellent sources of vitamin A which helps prevent colds and skin infections, night blindness and improper growth in children. These vegetables also contain riboflavin which helps toward having healthy eyes and skin and wards off early aging.

Other vegetables include all those that are not green or yellow, and supply other needed vitamins and minerals.

Tomatoes and raw cabbage are good sources of vitamin C which helps prevent tooth decay, weak blood vessels, pains and swelling in joints and limbs and slow healing of wounds.

Dried peas and beans are good sources of vegetable protein. They can be substituted for meat occasionally.

*This tastes good in Texas and meets the daily need for vegetables in the diet:

**BREAKFAST**
SLICED TOMATOES
SCRAMBLED EGGS WHOLE WHEAT TOAST
BUTTER OR MARGARINE MILK COFFEE

**DINNER**
ROAST BEEF
HUNTINGTON BAKED POTATO*
SWEET AND SOUR GREEN BEANS*
HOT ROLLS
FRUIT CUP LEMON COOKIES
MILK COFFEE OR TEA

**SUPPER**
COLD SLICED ROAST BEEF
EGGPLANT SKILLET CASSEROLE*
CORNF BREAD
APRICOT WHIP
MILK

*RECIPEs IN BULLETIN
Asparagus: Buy 2 pounds for four servings. The stalks should be green and tender for almost their entire length. They should be fresh and firm with close, compact tips.

Beans, green limas: Buy 3 pounds (in the pod) for four servings. Pods should be well filled, crisp, fresh and dark green. The shelled bean should be plump and have a tended greenish-white skin.

Beans, green or wax: Buy 1 1/2 pounds for four servings. They should be clean, firm, crisp, tender and free of blemishes.

Beans, dried: Buy dried beans with smooth, unblistered, unwrinkled skins and good color. Beans should be uniform in size to cook evenly. If bought in bulk, check for insect damage or foreign matter. Allow 1 cup dried beans for 3 cups cooked beans.

Beets: Buy two bunches for four servings. Beets are sold in bunches, usually with tops on; tops should be fresh and green. Beets should be smooth, clean and firm.

Broccoli: Buy 2 pounds for four servings. Broccoli should be fresh and clean with firm, tender stalks. The broccoli should have tightly closed, green flower buds in compact clusters or heads; there should be no yellow evident in the buds.

Brussels sprouts: Buy 1 pound for three servings. Brussels sprouts should resemble firm, miniature heads of cabbage. They should be compact and of a deep green color.

Cabbage, green or red: Buy 1 1/2 pounds for four servings. Heads of cabbage should be reasonably solid and heavy for their size and have a fresh appearance and good color for the variety.

Carrots: Buy one package (1 to 2 pounds) for three to six servings. Choose firm, clean, well-shaped, smooth carrots of a bright-orange color.

Cauliflower: Buy one large head (about 3 pounds) for 4 to 6 servings. The flowerets should be white, and surrounded by a fresh green jacket of outer leaves. The head should be clean, heavy and compact.

Celery: Buy one medium-size stalk for four servings. Stalks should be crisp and topped with fresh leaves. There are two types—green and bleached. Green is a “meaty” full-hearted celery with a mild, nutty flavor.

Corn: Allow one or two ears per person. Cobs should be well-filled with plump, milky kernels. The husks should be fresh and green.

Eggplant: Buy one medium eggplant (almost 1 1/2 pounds) for four servings. Choose firm, heavy rich-purple eggplants with skinny, smooth skins.

Greens: (Beet tops, collards, kale, mustard greens, Swiss chard, turnip tops). Buy 2 pounds of greens for four servings. Select greens which are fresh, crisp, tender and have a bright, fresh color.

Okra: Buy 1 pound for four servings. Select young, tender, clean pods ranging from 2 to 4 inches in length.

Onions: Buy 1 1/2 pounds dry onions for four servings. Select bright, clean, hard, well shaped onions with dry skins.

Peas, English: Buy 3 pounds for four servings. Look for bright-green, fresh-looking pods, somewhat velvety to the touch.

Peas, blackeye: Select young, tender, green-fresh-looking pods which are well-filled.

Peppers, green bell: Allow one whole pepper per serving unless they are unusually large. Look for firm, well-shaped, thick-fleshed, mature and bright-colored green peppers.

Potatoes, Irish: Look for potatoes that are reasonably clean. The quality of potatoes cou-
ered with dirt is difficult to judge. Select potatoes that are firm, smooth and well shaped. They should be free from cuts and blemishes and decay. For the least waste in paring, select potatoes that are regular in shape and have shallow eyes. Avoid potatoes that show green color on some part of the surface; the green portions taste bitter. One pound of fresh potatoes will yield three to four half-cup servings.

Choose potatoes according to the way they are to be used. A mature potato is best for baking, mashing or frying. New potatoes are more satisfactory for creaming or boiling with fresh vegetables and salads.

Potatoes, sweet: Buy sweet potatoes with smooth ends, tapering, plump, clean and bright. Avoid irregular shapes, growth cracks and wrinkled ends, which indicate aging.

Spinach: Spinach is sold by weight from a bulk display or packed in film bags. Buy 2 to 2 1/2 pounds for four servings. Look for well-developed plants with crisp, clean leaves of good green color.

Squash, summer: Buy 2 pounds for four servings. Summer squash must be fresh, heavy for its size, free from blemishes and the rind so tender that it can be easily punctured.

Squash, winter: Buy 3 pounds for four servings. All winter squash should be heavy for its size. The rind should be very hard and the flesh thick.

Tomatoes: Buy 2 pounds for four servings. Tomatoes should be firm, well-formed, of good color and not over-ripe.

Turnips and rutabagas: Buy 2 pounds for four servings. White turnips are sold with tops or without. Tops should be young, fresh and green.

---

**Saving Ways with Vegetables**

A good cook is a vegetable's best friend because she cooks and serves the vegetable so that it retains the largest possible amount of the food value, tastes fresh and good and has an attractive appearance.

**To Store Fresh Vegetables Properly**

Refrigerate all vegetables except potatoes, dried onions, winter squash, parsnips and rutabagas, as soon as possible after purchasing or harvesting. Wilting and exposure to air and light cause a great loss of essential nutrients.

All leafy vegetables and broccoli, cauliflower, peas, beans, carrots, celery, green onions, radishes and cucumbers, should have moist cold. Store them in the crisping pan of the refrigerator in moisture-vapor-proof wrapping, such as aluminum foil, cellophane or plastic.

Wash and clean vegetables carefully. Dirt may hasten spoilage. Drain off excess water, but store while moist for better crisping. Trim away bruised or spoiled areas to prevent rapid spoilage.
Never allow pared vegetables to soak in water. Nutrients which are soluble in water may be lost.

Use the minimum amount of water that will cook the food without sticking. By avoiding excessive amounts of cooking liquid, the dissolving and loss of water-soluble vitamins and minerals is held to a minimum.

Begin fast; cook quickly. Total cooking time is reduced greatly by bringing the foods to a cooking temperature quickly. This protects vitamins in foods by keeping to a minimum the time they are exposed to water, heat and air.

Avoid violent boiling to keep vegetables whole and decrease the loss of water-soluble substances. After the food comes to a steam, reduce the heat to the lowest temperature required to maintain the steaming.

Cook in covered utensils, without stirring. Stirring puts extra air in food and air destroys certain vitamins. Cooking green vegetables in covered utensils keeps natural color and flavor if they are not overcooked.

Use cooking liquid. It contains valuable vitamins and minerals. Serve all the cooking liquid with the vegetable, if possible. If there is too much liquid, use it in making gravies or soups. Excess water from cooked potatoes may be used in mashing the potatoes.

Vegetables retain more food value, flavor and have more eye appeal if served while they are firm and colorful. Do not use soda in vegetables to preserve color because it destroys certain vitamins.

Serve potatoes and carrots with the skin on for maximum food value.

Shred cabbage or salad greens only just before serving to preserve the vitamins. If you must prepare your salad greens before serving time, place them in a plastic bag, in a crispy pan of the refrigerator or tie them loosely in a clean, wet towel.

Saucepans

Saucepans that meet the following requirements help save food value during the cooking of vegetables.

Tight covers that retain steam are essential when using minimum amount of water, so that vegetables will not boil dry and stick or scorch.

Flat bottoms that fit the heating unit are most efficient because all heat is applied directly to the bottom of the saucepan.

Straight-sided saucepans are best because they utilize the heat for cooking to better advantage and require less water.

--- Methods of Preparation ---

How to Bake Vegetables

Potatoes, squash, onions and tomatoes can be baked in the skin, and corn in the husks. Vegetables can be baked in a casserole — this is economical when using the oven for other foods. Carrots and beets are especially good if they are shredded for baking. Add seasonings and a small amount of water to casserole-cooked vegetables. Cover the casserole tightly and bake according to temperature given for specific recipe. The cover holds in the steam so that the vegetables do not dry out. You can bake either raw or partially cooked vegetables by this method.

How to Boil Vegetables

Boiling is the most common method of preparing vegetables because it is quick and easy. To boil means to cook vegetables in boiling water until tender. Use only a small amount of water. The amount of water depends on the size of the pan, tightness of lid and quantity of vegetable. Boil in a saucepan with a flat bottom, straight sides and tight-fitting lid.

Prepare vegetables in uniform pieces or have them uniform in size if cooking whole. Place in boiling, salted water (1 teaspoon salt to each quart of water). Bring water and vege-
tables to a boil quickly; reduce temperature to simmer and cook until tender but firm. Bacon or ham drippings and salt pork or ham chunks may be added at the beginning for seasoning. When vegetables are done they may be seasoned with pepper, butter or margarine or use some of the suggestions under variations.

Guide to Boiling Time of Vegetables:

<table>
<thead>
<tr>
<th>FRESH VEGETABLES</th>
<th>APPROXIMATE TIME AFTER WATER RETURNS TO BOIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetable</td>
<td>Minutes</td>
</tr>
<tr>
<td>Asparagus</td>
<td>10 - 20</td>
</tr>
<tr>
<td>Beans:</td>
<td></td>
</tr>
<tr>
<td>Green limas</td>
<td>20 - 30</td>
</tr>
<tr>
<td>Snap. green or wax</td>
<td>15 - 30</td>
</tr>
<tr>
<td>Beets:</td>
<td></td>
</tr>
<tr>
<td>Young. whole</td>
<td>30 - 45</td>
</tr>
<tr>
<td>Old. whole</td>
<td>45 - 90</td>
</tr>
<tr>
<td>Sliced or diced</td>
<td>15 - 25</td>
</tr>
<tr>
<td>Broccoli</td>
<td>10 - 20</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>10 - 20</td>
</tr>
<tr>
<td>Cabbage:</td>
<td></td>
</tr>
<tr>
<td>Shredded</td>
<td>3 - 10</td>
</tr>
<tr>
<td>Quartered</td>
<td>10 - 15</td>
</tr>
<tr>
<td>Carrots:</td>
<td></td>
</tr>
<tr>
<td>Young. whole</td>
<td>15 - 25</td>
</tr>
<tr>
<td>Old. whole</td>
<td>20 - 30</td>
</tr>
<tr>
<td>Sliced</td>
<td>10 - 20</td>
</tr>
<tr>
<td>Cauliflower:</td>
<td></td>
</tr>
<tr>
<td>Whole</td>
<td>10 - 12</td>
</tr>
<tr>
<td>Flowerets</td>
<td>9 - 10</td>
</tr>
<tr>
<td>Corn-on-cob</td>
<td>6 - 12</td>
</tr>
<tr>
<td>Eggplant</td>
<td>10 - 15</td>
</tr>
<tr>
<td>Greens:</td>
<td></td>
</tr>
<tr>
<td>Beet tops</td>
<td>5 - 15</td>
</tr>
<tr>
<td>Collards</td>
<td>10 - 20</td>
</tr>
<tr>
<td>Kale</td>
<td>15 - 25</td>
</tr>
<tr>
<td>Mustard</td>
<td>20 - 30</td>
</tr>
<tr>
<td>Swiss chard</td>
<td>10 - 20</td>
</tr>
<tr>
<td>Turnip</td>
<td>10 - 30</td>
</tr>
<tr>
<td>Spinach</td>
<td>3 - 10</td>
</tr>
<tr>
<td>Okra</td>
<td>10 - 20</td>
</tr>
<tr>
<td>Onions</td>
<td>15 - 30</td>
</tr>
<tr>
<td>Peas. English</td>
<td>10 - 20</td>
</tr>
<tr>
<td>Peas. blackeye</td>
<td>35 - 60</td>
</tr>
<tr>
<td>Potatoes. sweet or Irish</td>
<td>30 - 40</td>
</tr>
<tr>
<td>Rutabagas. cut in pieces</td>
<td>20 - 30</td>
</tr>
<tr>
<td>Squash, summer</td>
<td>10 - 15</td>
</tr>
<tr>
<td>Tomatoes. ripe</td>
<td>10 - 15</td>
</tr>
<tr>
<td>Turnips:</td>
<td></td>
</tr>
<tr>
<td>Whole</td>
<td>20 - 30</td>
</tr>
<tr>
<td>Cut in pieces</td>
<td>10 - 20</td>
</tr>
</tbody>
</table>

How to Braise or Pan Vegetables

Braising, sometimes called panning, is a simple method of preparation which produces vegetables that are unusually flavorful. Carrots, celery, beets, cabbage, cauliflower, spinach and other greens may be cooked this way.

Slice, dice or shred the vegetable. Melt a small amount of cooking fat (1 to 2 tablespoons) in a heavy frypan or saucepan; add the vegetables, salt lightly and toss until the vegetable is coated with fat. Do not add water, except for beets which may need a small amount. The vegetable is cooked in a covered pan.

When the vegetable sizzles, you will know that steam has formed. Reduce heat to keep the vegetable from burning. The vegetable is best when it is crisp in texture; do not overcook. Stir the vegetable or shake the pan often enough to prevent burning.

How to Broil Vegetables

If your range has a broiler unit, you will find it useful for cooking vegetables. Broiling is a quick and easy method to use.

Both raw and leftover cooked vegetables may be broiled. Raw potatoes, onions, eggplant and tomatoes are good when sliced and broiled.

Place the vegetable on cold broiler rack, sheet of foil or in a shallow pan, brush with butter or other cooking fat. Place the rack about 3 inches below the source of heat and broil the vegetable until tender. Usually the vegetable should be turned once during the broiling period. When it is done on one side, turn and brush again with fat, and finish broiling. Salt afterwards.

How to Cook Canned and Frozen Vegetables

Canned vegetables. Drain off liquid into saucepan and boil down to one-half or one-third volume. Add vegetables, heat, season and serve. Heat vegetable and liquid together when cooking canned tomatoes and cream-style corn.

A variety of seasonings such as the following add interest to vegetables: celery seeds,
chili sauce, snipped chives, curry powder, generous pinch of dried or fresh herbs, horseradish, lemon juice, grated lemon rind, prepared mustard, grated cheese or sautéed onions.

**Frozen vegetables.** Do not thaw frozen vegetables before cooking (corn-on-the-cob is the exception). Once thawed they lose food value and flavor rapidly. Place frozen vegetable in gently boiling, salted water. Use \( \frac{1}{4} \text{ to } \frac{1}{2} \text{ cup water} \) or less and \( \frac{1}{2} \text{ teaspoon salt.} \) Cover, bring quickly to a boil. Reduce heat and simmer until tender.

Frozen vegetables are partially cooked before freezing; avoid overcooking them.

Vegetables are especially good when broiled with meat. If your broiler pan is large and you are cooking for only two or three people, you can cook a whole meal in the broiler. Leftover or canned vegetables, such as peas, beans, corn, asparagus, carrots or mixed vegetables, can be heated in the bottom of the broiler pan while the meat and another vegetable broil on the rack above the broiler pan.

**How to Cook Vegetables in a Pressure Pan**

The pressure pan is especially useful for cooking dried beans, fibrous and mature vegetables, whole beets or whole potatoes, all of which require long cooking. If a vegetable cooks quickly by boiling, little time is saved by cooking it in the pressure saucepan.

Since pressure cooking is fast, vegetables must be timed carefully. Just 1 minute of overcooking can result in a mushy product with poor color and flavor. Follow the timetables in the instruction book which comes with the pan.

**How to Fry Vegetables**

**Pan Frying.** When vegetables are fried in a small amount of fat, the method is called pan frying or sautéing. Use enough fat to make a layer about \( \frac{1}{8} \text{-inch deep.} \) Before adding the vegetable, heat the fat, but not to the point that it smokes. Vegetables such as potatoes and onions may be sliced and pan fried until they are brown on both sides. Eggplant and summer squash are best dipped in egg and then in bread crumbs, cracker crumbs or cornmeal before frying.

**Leftover vegetables** may be heated or browned lightly in fat.

**Deep-fat frying.** Potatoes, cauliflower, eggplant and onions may be fried in deep fat. Cut potatoes into even-sized pieces that will cook in a short time. Dry the pieces well before frying.

Break cauliflower into flowerets and boil for 3 to 5 minutes; drain and dip into egg and crumbs before frying.

Cut eggplant into slices about \( \frac{1}{4} \text{-inch thick} \) and dip them in egg and crumbs.

Sweet onions are very satisfactory for deep-fat frying. Slice them into thin rings and soak in milk for about 30 minutes. Remove the onion' rings from the milk and dip them into flour. Be careful to fry these only until they are a light golden brown.

For all the above-named vegetables, use enough cooking oil or melted fat to cover the vegetable completely. Heat the fat to the proper temperature.

For cauliflower, eggplant and onion, 375 to 385 degrees F. is suitable. For potatoes, 385 to 395 degrees F. is preferred. Use a deep-fat frying thermometer to tell when the correct temperature has been reached, or drop a 1-inch cube of soft bread into the fat and observe how long it takes the cube to brown. It should brown in 40 seconds at 375 to 385 degrees F. The vegetables are done when they are nicely browned. Drain them well on absorbent paper; salt and serve them hot.

**How to Steam Vegetables**

A steamer is a pan with a rack and a tight cover. Place enough water in the steamer to form sufficient steam, but do not let the water
touch the rack. Place the vegetable on the rack, cover the steamer and let the water boil vigorously. Since the vegetables are cooked entirely by steam in this method, the required cooking time is somewhat longer than for boiling. Steaming is more satisfactory for white, yellow and red vegetables than for green vegetables which may turn olive-green or brown.

### Vegetable Platters

<table>
<thead>
<tr>
<th>Platter</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
<th>11</th>
<th>12</th>
<th>13</th>
<th>14</th>
<th>15</th>
<th>16</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>GREEN BEANS</td>
<td>BUTTERED WHOLE POTATOES</td>
<td>BUTTERED BEETS</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>YELLOW SQUASH</td>
<td>BAKED IRISH POTATOES</td>
<td>BUTTERED ONIONS</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>SCALLOPED POTATOES</td>
<td>FIVE-MINUTE CABBAGE WEDGES</td>
<td>FRENCH FRIED SWEET POTATOES</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>CANDIED SWEET POTATOES</td>
<td>BUTTERED GREEN BEANS</td>
<td>CAULIFLOWER WITH CHEESE SAUCE BROILED TOMATO HALVES</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>BUTTERED WHOLE ONIONS</td>
<td>BUTTER-BROWNED NEW POTATOES</td>
<td>HARVARD BEETS</td>
<td>WHOLE YELLOW SQUASH</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>STUFFED TOMATOES</td>
<td>WHOLE-KERNEL CORN</td>
<td>MOLDED GREENS TOPPED WITH HARD-COOKED EGG SLICES BAKED POTATOES</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>CAULIFLOWER WITH LEMON BUTTER SWEET-SOUR GREEN BEANS SAVORY CARROTS</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>FIESTA BAKED BEANS</td>
<td>CABBAGE WEDGES SLICED TOMATOES</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>CORN PUDDING</td>
<td>BUTTERED CARROTS ENGLISH PEAS IN POTATO NESTS</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>STUFFED ONIONS</td>
<td>HARVARD BEETS ASPARAGUS WITH CHEESE SAUCE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>BROCCOLI</td>
<td>WHOLE CARROTS STUFFED BAKED IRISH POTATOES</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>BUTTERED WHOLE POTATOES ASPARAGUS WITH CHEESE SAUCE GREEN BEANS WITH ONION RINGS WHOLE BABY CARROTS</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>BABY BEETS ON A BED OF SPINACH CAULIFLOWER MINTED CARROTS</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>STUFFED TOMATO SWEET POTATO WITH ORANGE GLAZE HARVARD BEETS BROCCOLI FRENCH-FRIED ONIONS</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>TOMATO CHEESE CASSEROLE PARSLEY POTATOES FRIED OKRA</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>SQUASH AND ONIONS BUTTERED BEETS GREEN BEANS CASSEROLE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
ASPARAGUS

**ASPARAGUS SOUFFLE WITH CHEESE SAUCE**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>tablespoons butter or margarine</td>
<td>4</td>
</tr>
<tr>
<td>tablespoons flour</td>
<td>7</td>
</tr>
<tr>
<td>cup milk</td>
<td>1/2</td>
</tr>
<tr>
<td>asparagus liquid</td>
<td>1/2</td>
</tr>
<tr>
<td>eggs, separated</td>
<td>4</td>
</tr>
</tbody>
</table>

1. Melt butter or margarine. Blend in flour. Add milk, asparagus liquid, salt and pepper. Cook until thick. Beat yolks until thick and add to sauce. Mix sauce with asparagus. Beat egg whites until they hold a soft peak. Fold in asparagus mixture. Pour in buttered 1 1/2 quart casserole. Run point of spoon around top of souffle about 1 inch from edge. Place casserole in a shallow pan of water and bake at 350° F. 1 hour or until a fork inserted in the center comes out clean. Serve with cheese sauce. Serves eight.

**CHEESE SAUCE**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>tablespoons butter or margarine</td>
<td>2</td>
</tr>
<tr>
<td>tablespoons flour</td>
<td>2</td>
</tr>
<tr>
<td>cup milk</td>
<td>1/2</td>
</tr>
</tbody>
</table>


**Variations for boiled asparagus:**

- Cut carrots in thin strips. Cook and combine with hot buttered asparagus.

BEANS

**SCALLOPED GREEN BEANS**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>tablespoons butter or margarine</td>
<td>2</td>
</tr>
<tr>
<td>tablespoons flour</td>
<td>3</td>
</tr>
<tr>
<td>cup milk</td>
<td>1</td>
</tr>
<tr>
<td>cup liquid drained from beans</td>
<td>1/2</td>
</tr>
<tr>
<td>finely cut cheese</td>
<td>1/4</td>
</tr>
</tbody>
</table>

1. Melt butter or margarine; add flour and blend well. Add milk slowly and cook, stirring constantly, until thickened; add liquid from beans, mustard and cheese. Stir until cheese is melted. Add salt and pepper. Place alternate layers of beans and sauce in a greased casserole. Top with buttered crumbs and bake at 350° F. 30 minutes. Serves 4.

---

GREEN BEANS WITH BACON AND HERBS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>bacon, chopped</td>
<td>4 slices</td>
</tr>
<tr>
<td>small onion, thinly sliced</td>
<td>1</td>
</tr>
<tr>
<td>green beans, drained, or 2 1/2 cups cooked string beans</td>
<td>1 No. 2 can</td>
</tr>
<tr>
<td>milk</td>
<td>1/2</td>
</tr>
<tr>
<td>parsley</td>
<td>1/2</td>
</tr>
<tr>
<td>mustard</td>
<td>1/2</td>
</tr>
<tr>
<td>glutamate</td>
<td>1/2</td>
</tr>
</tbody>
</table>

1. Cook bacon bits slowly until crisp. Remove from pan. Add onion and green pepper to bacon drippings; saute gently 5 minutes. Add beans, parsley and seasonings; cover and simmer 5 minutes. Turn into heated serving dish and sprinkle bacon bits over the top. Serves four.

**SWEET AND SOUR GREEN BEANS**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>cooked or canned green beans</td>
<td>4</td>
</tr>
<tr>
<td>large onion, sliced</td>
<td>1</td>
</tr>
<tr>
<td>cloves garlic, sliced</td>
<td>2</td>
</tr>
<tr>
<td>cup vinegar</td>
<td>1/2</td>
</tr>
</tbody>
</table>

1. Combine beans, onion and garlic in a bowl large enough to permit ingredients to be tossed. Heat vinegar, water and sugar together until mixture boils. Stir to dissolve sugar. Remove from heat; add salad oil; pour over beans, onion and garlic. Season with salt, pepper and monosodium glutamate. Toss gently until ingredients are well mixed. Serve hot or cover and chill several hours or overnight before serving. Serves six.
GREEN BEANS WITH HOT MUSTARD SAUCE

2 teaspoons dry mustard  
\( \frac{3}{4} \) cup milk, scalded  
\( \frac{1}{2} \) teaspoon flour  
\( \frac{1}{2} \) teaspoon salt  
2 beaten egg yolks

Mix mustard, flour and salt in double boiler; add egg yolks; beat well. Slowly add hot milk; cook until thick and add lemon juice. Pour over green beans. Serves six.

SWISS STYLE GREEN BEANS

2 tablespoons butter or margarine  
2 tablespoons flour  
1 teaspoon salt  
\( \frac{1}{4} \) teaspoon black pepper  
1 teaspoon sugar  
\( \frac{1}{2} \) teaspoon grated onion  
1 cup sour cream

Melt 2 tablespoons butter or margarine; stir in flour, salt, pepper, sugar and onion. Add sour cream gradually, stirring constantly. Cook until thickened, stirring occasionally. Fold in green beans and heat thoroughly. Pour into greased \( \frac{1}{2} \) quart casserole. Sprinkle grated cheese over beans. Crush corn flakes or bread into fine crumbs; mix with melted butter or margarine and sprinkle over cheese. Bake at 400° F. about 20 minutes. Serves six.

GREEN BEANS WITH TOMATO SAUCE

TOMATO SAUCE

1 No. 303 can tomatoes or  
2 cups cooked tomatoes  
\( \frac{1}{2} \) teaspoon sugar  
\( \frac{1}{4} \) cup chopped onion  
Small piece bay leaf  
2 cloves  
2 tablespoons melted fat

Cook the tomatoes slowly with the sugar, onion, bay leaf and cloves for 10 minutes. Put through a sieve. Blend fat and flour and stir into the tomato mixture. Cook over low heat, stirring often until thickened. Season with salt and pepper. Makes 2 cups.

Drain liquid off canned beans or thaw frozen beans. Place a layer of string beans in bottom of a buttered casserole. Add tomato sauce and repeat until casserole is filled. Top with bread crumbs mixed with melted butter or margarine. Bake at 350° F. 30 minutes.

Variations for boiled green beans:

At the end of the cooking time add one of the following and heat:

- \( \frac{1}{2} \) cup finely chopped apple mixed with \( \frac{1}{2} \) teaspoon brown sugar
- Brown \( \frac{1}{2} \) cup chopped mushrooms lightly in butter or margarine.
- Sprinkle over beans. Crisp bacon

GREEN LIMA BEANS

LIMA BEAN BAKE

2\( \frac{1}{2} \) cups cooked green lima beans  
\( \frac{1}{2} \) cup water  
4 tablespoons butter or margarine  
\( \frac{1}{2} \) pound sliced American cheese

Put beans in casserole and cover with water and chili sauce. Add Worcestershire sauce and top with cheese slices. Bake at 350° F. about 30 minutes. Serves six.

Variations for boiled lima beans:

At the end of cooking time add one of the following and heat:

- \( \frac{1}{4} \) cup chopped onion and celery
- Hot chili sauce
- Canned tomatoes
- Nutmeg
- 1 chopped pimiento
BOSTON BAKED BEANS

DRIED BEANS

**Boston Baked Beans**

2 cups dry navy beans or 1/4 pound salt pork
Great Northern beans 1/4 cup molasses
1/2 quarts water 1/2 teaspoon mustard
1 teaspoon salt

Boil beans in water for 2 minutes. Remove from heat, soak 1 hour. Add salt and boil gently 45 minutes.

Make cuts through the rind of the pork about 1/2 inch apart. Put half the pork in a bean pot or deep baking dish. Add beans and rest of pork. Mix molasses and mustard with the cooking liquid from the beans. Pour over the beans. Cover dish. Bake at 250°F. 6 or 7 hours; add a little hot water from time to time, if beans seem dry. During the last hour of baking remove the lid to let the beans brown on top. Serves six to eight.

For shorter baking. Boil pork 45 minutes along with beans. Add molasses and mustard and bake at 300°F. 3 hours. Remove the lid the last 30 minutes.

**Fiesta Baked Beans**

6 strips bacon 1/2 cup catsup
1/2 green pepper, chopped 1/2 cup brown sugar
1 large onion, chopped 1 tablespoon Worcestershire sauce
1/2 pound boiled ham, Salt and pepper
sliced 1/2 teaspoon monosodium glutamate
6 cups pork and beans

Cook bacon until crisp. Remove bacon from pan; drain, crumble into small bits. Add green pepper and onion to bacon drippings; saute 5 minutes. Add ham; cook 3 minutes. Combine ham mixture with the beans and remaining ingredients; mix thoroughly. Turn into greased shallow baking dish (12” x 8” x 2”). Bake at 350°F. 1 to 1 1/4 hours, or until beans are bubbly all the way through. Serves six.

**BEETS**

**Beets with Caraway Seed**

2 cups cooked, sliced 1/2 teaspoon salt beets
Pepper
2 tablespoons butter or 3/4 teaspoon whole margarine caraway seed
1 tablespoon fresh lemon juice

Combine ingredients and heat. If you like sour cream, add 1/4 cup to this recipe. Serves four.

**Beets with Horseradish Sauce**

2 tablespoons butter or 1 cup milk
1 tablespoon horseradish
2 tablespoons flour 3 tablespoons prepared horseradish
1/2 teaspoon salt or 1 tablespoon dry horseradish
1/2 cup vinegar 3 cups cooked, diced beets

Melt butter or margarine. Stir in flour and salt. Add milk gradually. Cook, stirring constantly, until thick and smooth. Add horseradish; mix well. Pour sauce over hot diced beets. Serve immediately. Serves four.

**Harvard Beets**

3 cups cooked diced beets 1/4 cup water
1/2 cup sugar 1/2 teaspoon salt
2 tablespoons flour 2 tablespoons butter or
1/2 cup vinegar margarine

Mix sugar, flour; add water, vinegar. Cook slowly until thick, about 10 minutes. Add salt, butter or margarine; then diced beets. Cover and continue cooking about 10 minutes. Serves five.

**Orange Beets**

1 teaspoon grated orange peel 1/2 teaspoon salt
1/2 cup orange juice 2 tablespoons butter or
2 tablespoons lemon juice margarine
1/2 cup sugar 3 cups diced, cooked or
1 tablespoon cornstarch canned beets, drained
Heat grated peel, orange and lemon juice, in double boiler. Mix sugar, cornstarch and salt; add all at once, and stir until thickened and clear. Add butter and beets, and heat in double boiler 15 to 20 minutes. Serves four to six.

Variations for boiled beets:

At the end of cooking time, whole, sliced or cubed beets may be covered with ½ cup water, ½ cup vinegar and 1 tablespoon sugar; or add basil, savory, coriander or caraway.

BROCCOLI

Broccoli Casserole

2 tablespoons butter or margarine
2 tablespoons flour
½ cup milk
2 cups chopped, cooked broccoli

½ cup mayonnaise
1 tablespoon grated onion
3 eggs, well beaten
Salt and pepper

Melt butter or margarine, add flour and blend. Add milk and cook until thick. Combine all ingredients. Pour into a well greased casserole. Set in a pan of hot water. Bake at 350° F. about 45 minutes or until firm. Serves six.

Spinach, Swiss chard, artichoke hearts or asparagus may be substituted for broccoli.

Variations for boiled broccoli:

At the end of cooking time, add one of the following:

½ cup mayonnaise or salad dressing blended with 1 teaspoon prepared mustard and 1 teaspoon lemon juice.

½ cup mayonnaise combined with ½ cup sour cream, 1 teaspoon minced onion and dash of cayenne.

BRUSSELS SPROUTS

Casserole of Brussels Sprouts

2 tablespoons butter or margarine
½ cup chopped celery
2 tablespoons flour
½ teaspoon salt
1 cup cooked or canned tomatoes

1½ cups cooked brussels sprouts
Fine bread or cracker crumbs mixed with melted butter or margarine
½ cup grated cheese (optional)

Heat the butter or margarine in a fry pan. Add the celery and onion and cook slowly until yellow. Blend in the flour, salt, pepper; add tomatoes. Stir and cook until mixture is thick. Put the brussels sprouts into a greased baking dish and add the tomato mixture. Sprinkle the crumbs and cheese over the top. Bake at 350° F. about 30 minutes. Serves 6.

Variations for boiled brussels sprouts:

At end of cooking time, add one of the following:

2 tablespoons melted butter or margarine and 1 teaspoon bottled meat sauce.

2 tablespoons melted butter, 2 tablespoons mayonnaise or salad dressing, 1 teaspoon prepared mustard and ½ teaspoon lemon juice.

⅓ cup mayonnaise combined with ½ cup sour cream, 1 teaspoon minced onion and dash of cayenne.

CABBAGE

Scalloped Green Cabbage

5 cups shredded cabbage
¾ cup water
1 tablespoon butter or margarine
1 tablespoon flour
1/6 teaspoon pepper
1/6 teaspoon salt
2/3 cup cream
1/2 cup cabbage liquid
1 cup buttered crumbs

Cook cabbage 5 minutes in salted boiling water. Make a white sauce of butter or margarine, flour, salt, pepper, cream and cabbage liquid. Combine sauce and cabbage. Pour into greased casserole. Top with buttered crumbs. Bake at 450° F. 20 minutes. Serves six.
**Pennsylvania Red Cabbage**

- 2 tablespoons salad oil
- 1/4 cup brown sugar
- 1/4 cup vinegar
- 1/4 cup water
- 1 1/4 teaspoons salt
- 1/2 teaspoon caraway seed
- Unpared apple rings for garnish

Heat oil in skillet; add remaining ingredients. Cover tightly; cook slowly, stirring occasionally. For crisp cabbage, cook 15 minutes; for soft cabbage cook 25 to 30 minutes. Garnish with raw unpared apple rings. Serves four to five.

**Country-style Cabbage**

- 1 medium-sized head cabbage, shredded
- 1/4 cup butter or margarine

Cook cabbage and butter or margarine in covered container 5 or 6 minutes. Add cream and salt. Cook 2 minutes longer. Serves six.

**Carrots**

**Panned Carrots**

- 12 small whole or 4 cups thinly sliced carrots
- 1/4 cup finely chopped onion
- 2 tablespoons butter or margarine

Melt butter in pan with a close-fitting lid; add carrots, onion and seasonings. Mix well, cover tightly and cook over low heat until done, about 10 minutes. Do not peek as this lets out steam and prolongs cooking period. When carrots have cooked, place in serving bowl and sprinkle with parsley. Serves six.

**Savory Panned Carrots**

- 18 small whole carrots
- 1/2 teaspoon salt
- 2 tablespoons butter or margarine
- 2 tablespoons flour
- 1 cup carrot water and milk
- 1/4 cup heavy cream
- 1 egg yolk

Mix ingredients in order given, and pack into well-buttered 8-inch ring mold. Set mold in shallow pan containing hot water 1/2 inch deep and bake at 325° F. about 40 minutes or until firm when tested with a knife. Remove from oven; let stand a few minutes, then loosen edges and invert on a hot plate. Fill center with buttered or creamed peas or creamed tuna or chicken. Garnish with parsley and tomato wedges. Serves six.
**Glazed Carrots**

12 cooked carrots, whole, sliced or diced

1/4 cup butter or margarine

1/2 cup brown sugar

1/4 cup hot water

Cook sugar, butter or margarine and water for 5 minutes. Add carrots and cook until hot. Serves six.

*Variations for boiled carrots:*

At the end of cooking time, add 1 tablespoon butter or margarine, 1/4 cup chopped mint and 1 teaspoon sugar.

---

**CAULIFLOWER**

**CAULIFLOWER POLONAISE**

1 large head cauliflower

1/2 cup cracker crumbs

1/2 cup butter or margarine

2 teaspoons lemon juice

Remove large leaves and tough outer spines from cauliflower and soak for 15 minutes in salt water. Cook cauliflower uncovered in a large kettle of boiling salt water until tender but not falling apart. Meanwhile, melt butter or margarine in a saucepan and add grated onion and cracker crumbs; stir until bubbling hot and crumbs are a deep golden brown. Remove cauliflower to heated platter. Add lemon juice and rind to the cracker crumb sauce and pour over the cauliflower. Serve at once. Serves four.

**CREAMED CAULIFLOWER**

1 large head cauliflower, separated into flowerets

1 can condensed cream of celery soup

1/2 cup toy toasted slivered almonds

Cook cauliflower in 1/2 inch boiling salt water in covered saucepan, until tender, about 10 minutes. Arrange in baking dish. Combine soup, salt and pepper. Pour over cauliflower. Sprinkle with almonds. Bake at 350° F. 20 minutes. Serves four.

*Variations for boiled cauliflower:*

At the end of cooking time, add one of the following:

- 1/4 cup sour cream blended with 2 tablespoons catsup and 1 teaspoon minced parsley. Mix lightly with cooked cauliflower.
- Crumbled crisp bacon.

---

**CELERY**

**CELERY WITH NUTS**

4 cups diced celery

3 tablespoons melted butter or margarine

2 cups chicken broth

3 tablespoons flour

1/2 cup chopped nuts

11/2 cups milk

11/2 teaspoons salt

cheese

Cook celery in chicken broth, until tender, about 8 to 10 minutes. Drain. Melt butter or margarine. Blend in flour. Add milk and salt. Cook until thick. Stir in celery and nuts. Pour into buttered casserole. Top with cheese. Bake at 350° F. 15 minutes or until cheese is browned. Serves six.

---

**CORN**

**CORN PUDDING**

1 1/4 cups fine cracker crumbs

2 cups fresh raw corn (2 or 3 ears)

1/2 cup butter or margarine, melted

1/2 teaspoon salt

2 tablespoons butter or margarine

1/2 teaspoon onion salt (optional)

1 1/4 cups milk

2 eggs, beaten

CORN A LA SOUTHERN

1 No. 303 can or 2 cups cooked corn
3 cups milk
3 eggs, beaten

Add milk, seasonings, butter and corn to eggs. Turn mixture into a shallow, buttered baking dish. Bake at 325° F. 41 minutes or until set. Serves six.

CORN FRITTERS

1 1/2 cups flour
1 1/2 teaspoons baking powder
3/4 teaspoon salt

Sift together flour, baking powder and salt. Blend milk and egg; add gradually to dry ingredients. Stir in corn. Drop from tablespoon into deep hot fat 365° F. 2 to 5 minutes. Drain. Serves four to six.

Variations:

Cook cut corn in top of double boiler, using light cream instead of water.

Season with minced parsley and garlic salt. At the end of cooking time, add one of the following:

1/4 cup chopped ripe olives
1 teaspoon curry powder
Brown slivered, blanched almonds in a little butter

Add a pinch of marjoram, thyme or savory to buttered corn

EGGPLANT

EGGPLANT AU GRATIN

1 medium-sized eggplant (about 2 pounds)
3 medium-sized onions, chopped
1 cup cracker crumbs

Pare eggplant and dice. Cover and cook with onions in a small amount of boiling salt water until tender, about 10 minutes. Drain. Add 3/4 cup crumbs, egg and cheese. Mix lightly but thoroughly. Turn into greased 1 1/2 quart casserole. Top with remaining crumbs and dot with butter. Bake at 350° F. 30 minutes. Serves four to six.

EGGPLANT SKILLET CASSEROLE

1 medium-sized eggplant
1 clove garlic
3 cups bread crumbs
1/2 cup chopped onion
1/2 cup chopped fresh parsley

Slice eggplant crosswise into 1/2-inch slices. Brown in skillet with garlic and cover bottom with eggplant slices. Add water to depth of 1/4 inch. Mix bread crumbs, onion, parsley, ginger, celery seed, salt and pepper; then toss with melted butter or margarine. Sprinkle 1/4 of bread crumb mixture on first layer of eggplant. Add two more layers of eggplant alternately with bread crumb mixture. Cover skillet and steam slowly 15-20 minutes, or until tender. Serves six.

PAN-FRIED EGGPLANT

1 medium-sized eggplant
1 egg, beaten
2 tablespoons milk

Cut eggplant into 1/2-inch slices. Pare if desired. Dip in flour or fine dry bread crumbs; then dip in egg beaten with 2 tablespoons of milk; then dip again in flour or crumbs. Season and fry slowly in a small amount of hot fat until browned on one side and rather transparent. Turn and brown on other side. Serve hot. Serves four.

OKRA

OKRA GUMBO

4 tablespoons butter, margarine or bacon drippings
1 No. 303 can tomatoes or 2 cups fresh tomatoes
1 cup chopped onions
1/2 cup chopped green pepper

Heat the fat and cook the onions and green pepper until soft. Add okra, tomatoes and seasonings. Simmer 15 minutes or until okra is tender. Serves four.

FRIED OKRA

1 1/2 pounds okra
1 egg, beaten

Remove stems from okra and cut in 1/4-inch slices. Dip in egg and roll in corn meal with salt added.
ONIONS

**Cheesed Onion Bake**

- 6 cups thinly sliced onion rings (about 6 medium-sized onions)
- ¼ cup butter or margarine
- ½ cup flour
- ½ teaspoon salt
- 2 cups grated sharp cheese
- 1 cup milk
- 1 egg
- 1 teaspoon baking powder
- 2 tablespoons melted fat
- 1 teaspoon sugar

Place onion rings in ungreased casserole. Melt butter in saucepan; blend in flour. Gradually stir in milk. Cook, stirring constantly, until thick. Stir in salt and cheese. Pour over onions. Bake uncovered at 350° F. 1 hour or until onions are tender. Serves six.

**French-fried Onions**

- 1 cup flour
- ¼ cup milk
- ½ teaspoon baking powder
- ½ teaspoon salt
- 1 teaspoon sugar
- Shortening for frying
- 2 to 3 large onions (about 1 ¼ pounds)

Peel onions and slice in ¼-inch slices; separate into rings. Sift flour, measure and resift with baking powder, salt and sugar into mixing bowl. Measure and mix milk, egg and fat; add to dry ingredients all at once and beat until smooth. Dip onion rings in batter and fry a few at a time in deep fat at 375° F. until a golden brown. Drain on absorbent paper; sprinkle with salt. Serves four.

**English Peas with Mushrooms**

- 2 12-oz. packages frozen English peas
- 1 medium-sized onion, 5% cups water diced
- 1 pound dried blackeye peas
- 1 pound side back or salt pork
- 2 tablespoons butter or margarine
- 1 chicken bouillon cube
- 1/4 teaspoon monosodium glutamate
- Salt and pepper

Cook peas; drain. Drain mushrooms saving liquid. Add enough water to their liquid to make ¾ cup. Sauté mushrooms in butter, 5 minutes; blend in flour; add diluted mushroom liquid and cook, stirring, until mixture boils and thicken. Add bouillon cube; stir until dissolved. Add monosodium glutamate, salt and pepper. Combine peas, mushrooms and sauce; heat gently before serving. Serves six.

**Variations for boiled peas:**

Add 1 teaspoon crushed, dried mint leaves to peas. At the end of cooking time, add one of the following:

- Chopped watercress
- Chopped stuffed olives
- Finely chopped, salted peanuts

**Blackeye Peas**

- 1 pound dried blackeye peas
- 1 pound side back or salt pork
- 2 medium-sized onions, diced
- 5 ½ cups water
- Crushed red pepper

Pick over peas and wash in running cold water. Soak peas in cold water for 3 hours; drain and place in saucepan with onions, salt pork and water. Cover and cook slowly for 2 hours. Season to taste with red pepper. Remove pork. Serve in dish with pot liquor. Serves six to eight.

**Potatoes**

**French-fried Potatoes**

Allow one medium-sized potato per person.

Pare and cut lengthwise into uniform strips about ⅛ inch thick. Rinse quickly in cold water to remove surface starch. Dry thoroughly between towels. Fill the fry kettle ¾ full of fat or oil, and heat to 370°-385° F., keeping the fry basket in the fat. Raise basket and add raw potato strips to cover the bottom of the basket. Lower basket gently into fat. If fat bubbles a great deal, lift the basket and lower several times until the bubbling subsides. Fry for about 5
minutes, or until strips are cooked and golden brown. Remove basket from the fat. Drain for a few seconds, then gently shake the basket. Serve immediately.

**Potato Fluff**

2 cups mashed potatoes  
1/2 cup hot milk  
1 1/4 teaspoons salt  
1/4 teaspoon pepper  
2 egg yolks, beaten

1 tablespoon butter or margarine  
3/4 cup grated sharp cheese, optional  
2 egg whites, stiffly beaten

Mash potatoes until smooth. Add milk, salt, black pepper and butter or margarine. Beat until fluffy. Stir in grated cheese and egg yolks. Fold in stiffly beaten egg whites. Pour mixture into an ungreased casserole. Bake at 350° F. 45 minutes or until done. Serves six.

**Huntington Baked Potatoes**

6 potatoes of uniform size  
6 tablespoons butter or margarine  
Paprika

Wash, dry and prick potatoes. Bake at 400° F. 50 to 60 minutes or until soft, when pierced with a fork. Roll gently to make mealy. Slash a cross in the top of each. Insert butter or margarine. Sprinkle with paprika. Serves six.

**Variations:**

Add one or a combination of any of the following:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thinly sliced green onions</td>
<td>Grated cheese</td>
</tr>
<tr>
<td>and tops</td>
<td>Chopped parsley</td>
</tr>
<tr>
<td>Thick sour cream</td>
<td>Chopped chives</td>
</tr>
<tr>
<td>Crisp crumbled bacon</td>
<td></td>
</tr>
</tbody>
</table>

**Potatoes Napoli**

4 medium-sized potatoes, baked  
3/4 cup hot milk  
2 tablespoons butter or margarine  
1/4 teaspoon pepper

1/4 cup grated Parmesan, Romano or cheddar cheese
2 teaspoons salt  
1/4 teaspoon garlic salt

Cut 1/2-inch slice from top of each potato. Scoop out potato. Do not break skin. Mash potato. Add milk, 1/2 cup cheese, butter or margarine and seasonings. Refill potatoes. Sprinkle tops with remaining cheese. Bake in shallow baking dish at 400° F. 15 minutes or until cheese is lightly browned. Serves four.

**Parmesan Potato Sticks**

6 medium-sized potatoes  
6 tablespoons butter or margarine, melted  
6 tablespoons Parmesan cheese

Wash potatoes, but do not pare. Cut in slices as for French-fried potatoes. Soak in cold water 30 minutes. Drain and dry. Brush with butter or margarine; arrange in single layer in a greased shallow pan; sprinkle with onion salt and paprika. Bake at 450° F. 20 to 30 minutes or until tender and brown, turning occasionally. Remove from oven and sprinkle with cheese, shaking pan so potatoes are evenly coated. Serves six.

**Potato Cakes**

3 cups seasoned mashed potatoes  
1/4 cup melted butter, margarine or bacon fat


**Old Fashioned Sweet Potato Pudding**

2 cups grated or finely chopped, raw sweet potatoes  
1/2 teaspoon salt  
3/4 teaspoon allspice  
1/4 teaspoon cloves

2 eggs, beaten  
1/3 cup sugar  
1/4 cup molasses  
1/3 cup butter or margarine

Pare raw sweet potatoes and grate them finely or put them through the food chopper twice, using the fine blade. Combine eggs, sugar, salt, spices and molasses. Heat milk and stir in sweet potatoes and butter or margarine. Cook long enough to thoroughly

**Grilled Sweet Potatoes**

4 medium-sized sweet potatoes
1/2 teaspoon salt
1/4 cup brown sugar

Use baked or boiled sweet potatoes. Pare and cut in halves lengthwise. Dip in melted butter or margarine; sprinkle with salt and brown sugar. Place on a broiler rack 3 to 6 inches below the flame or heating unit. Cook 5 to 15 minutes until brown and heated through. The potatoes may be browned in a skillet or in an open pan in a hot oven. Serves four.

**Sweet Potatoes with Marshmallows**

3 1/2 cups mashed sweet potatoes
3/4 cup sugar
1/3 cup milk
3 tablespoons butter or margarine
1 teaspoon salt

Mix all ingredients except the marshmallows. Pour into greased baking dish. Place marshmallows on top, lightly pushing them down into the mixture. Bake at 350° F. 30 minutes. Serves six.

**Candied Sweet Potatoes**

6 medium-sized sweet potatoes, cooked
3 tablespoons butter or margarine
1/2 cup brown sugar
3 tablespoons water

Pare potatoes, halve and arrange in pan. Mix sugar and water; bring to a boil. Add butter or margarine. Pour syrup over potatoes. Bake at 350° F. for 15 minutes, basting occasionally. The potatoes may be heated over low heat on top of stove; baste often. Remove and sprinkle with pecans. Serves six.

**Pumpkin**

**Pumpkin Souffle**

2 1/4 cups mashed pumpkin, canned or cooked
1/2 cup hot milk
1 1/2 teaspoons salt
3 eggs, beaten separately
1 teaspoon grated lemon rind
3 tablespoons brown sugar
1/2 cup raisins or coconut

Add butter, salt, sugar, milk and beaten egg yolks to mashed pumpkin. Beat until fluffy. Beat egg whites until stiff; fold in stiffly beaten whites, lemon rind, raisins or coconut to pumpkin mixture. Put into ungreased casserole and bake at 350° F. 1 hour or until lightly brown. Serves six to eight.

**Spinach**

**Spinach Ring**

2 pounds fresh or frozen spinach
1 small onion, grated
juice of 1 lemon
3 tablespoons flour
3 tablespoons melted butter or margarine
3 egg yolks, beaten

Cover and steam spinach in double boiler 10 minutes; add flour blended with butter or margarine. Add egg yolks, onion, lemon juice and seasonings. Fold in egg whites. Pour into greased ring mold. Bake in pan of hot water at 350° F. 30 minutes, or until knife comes out clean. Unmold on warm platter. Serves six.

**Spinach Vinaigrette**

2 packages frozen spinach
2 tablespoons tarragon vinegar
1/2 teaspoon salt
2 hard-cooked eggs, chopped

Place frozen blocks of spinach in a 2-quart saucepan. Combine salt and fat and add to spinach. Cover and cook. To serve, add vinegar and garnish with chopped eggs. Serves four.

**Mushroom Creamed Spinach**

3 tablespoons butter or margarine
1/2 teaspoon grated onion
4 tablespoons flour
1 can condensed cream of mushroom soup
1 (14-oz.) package frozen chopped spinach

Melt butter or margarine in top of double boiler over direct heat; blend in flour; add soup and cook slowly, stirring constantly, until mixture boils. Place over boiling water. With a sharp knife, cut unthawed block of spinach into 6 to 8 chunks; add to mushroom mixture. Cover and cook over boiling water 25 to 30 minutes, stirring occasionally. Add remaining ingredients; mix well. Serves four.
Variations for boiled spinach:

At the end of cooking time, add one of the following:

- ½ teaspoon grated lemon rind
- Crisp bacon crumbled
- Grated cheese

SQUASH

**Buttered Zucchini**

6 small zucchini squash  2 cloves garlic, chopped
1/2 cup butter or margarine  Salt and pepper

Wash squash. Cut off ends. Slice in 1/4-inch slices. Place in saucepan; add 1 inch water; let simmer until tender. Drain well. Melt butter or margarine. Add garlic. Saute slowly a few minutes; then add drained zucchini. Mix lightly so as not to break up the squash. Heat slowly. Season with salt and pepper.

**Squash Rings with Peas**

1 large acorn squash  1/4 cup butter or margarine
1 teaspoon salt  2 tablespoons chopped onion
3 to 1 cup water  2 cups cooked peas


**Stuffed Patty Pan Squash**

1/2 cup water  3 tablespoons bacon fat
4 medium white summer squash  1/2 teaspoon salt
1/4 cup chopped onion  1/2 teaspoon allspice
1/2 cup chopped celery  1/2 cup grated American cheese

Heat water to boiling. Add squash and simmer 25 minutes or until tender. Drain. Remove pulp with spoon, leaving shell about 1/2 inch thick. Fry onions and celery in bacon fat; add squash pulp, seasonings and mix well. Fill squash shells with mixture and place in shallow baking pan. Sprinkle each squash with cheese. Bake at 350° F. 20 minutes. Serves four.

**Chicken-Baked Squash**

3 cups cubed yellow squash  1/2 cup chopped nuts
2 tablespoons butter or margarine  2 tablespoons chopped pimento
1 can condensed cream of chicken soup, undiluted  1/2 cup soft bread cubes

Alternate layers of squash, bits of butter, soup, nuts and pimento in casserole. Top with bread cubes and butter, tossed together. Bake at 375° F. 40 minutes or until tender. Serves six.

**Baked Acorn Squash**

3 medium-sized acorn squash  6 tablespoons honey
6 teaspoons butter or margarine

Wash squash and cut in half lengthwise. Remove seeds. To each half add 1 tablespoon honey and 1 teaspoon butter. Bake at 400° F. about 30 to 45 minutes or until tender. Serves six.

**Squash and Onions**

6 medium-sized squash  Salt and pepper
3 onions, sliced  3 tablespoons bacon drippings

Wash and slice squash. Add other ingredients. Cook in 1/2 inch of water in covered saucepan until tender. Remove cover. Mash squash and onion and continue cooking until thick. Serves four.

**Fried Squash**

6 medium-sized white squash  3/4 teaspoon salt
3/4 cups flour  1/4 cup milk
2 teaspoons baking powder

Wash and slice squash in 1/2-inch slices. Make batter of flour, baking powder, salt, milk and egg. Dip squash in batter and fry in 1/2-inch deep hot fat. Brown on one side; turn and finish browning. Drain. Serves six.

**Variation:**

Roll squash in beaten egg, then in flour combined with salt and pepper. Fry as above.

**Mexican or Calabaza Squash**

2 tablespoons fat  2 cloves garlic, sliced
1 1/2 pounds Mexican squash  1 No. 300 or 1 1/2 cups canned tomatoes
1 medium-sized onion  2 hot, green peppers
2 teaspoons cumin  Salt
Wash squash and remove seeds. Do not pare squash, but cut into inch cubes. Saute onion in fat until crystal clear; add squash, garlic, tomatoes and seasoning with enough water to simmer about 1 hour or until done. Add hot peppers the last 15 minutes of cooking time. Pork, chicken, beef, fresh corn or okra may be added to this dish. Serves four to six.

**Squash Squares in Sour Cream**

4 cups squash 2 tablespoons butter or margarine
1 medium-sized onion, 1 cup sour cream sliced ½ teaspoon salt
1/2 teaspoon dill seed

Cook squash in boiling, salt water 15 minutes or until tender; drain well and sprinkle with pepper. Meanwhile cook onion in butter until tender, but not brown; remove from heat; add sour cream and salt, stirring well. Place hot, cooked squash on platter; pour cream mixture over. Sprinkle with dill seed. Serves four to six.

**Variations for boiled summer squash:**

Cook almost any vegetable in bouillon, broth or stock instead of water. At the end of cooking time add one of the following:

A tablespoon or two of maple-blend syrup to mashed squash.
Pinch of marjoram, thyme or savory.

**Tomatoes**

**Baked Stuffed Tomatoes**

6 medium-sized tomatoes 1 tablespoon fat
1/2 cup soft bread crumbs 1/4 cup buttered crumbs
1/2 cup chopped nuts, or cooked meat, mush-rooms or whole kernel corn

Wash tomatoes. Cut a thin slice from stem end. Remove pulp. Mix with nuts, meat, mushrooms or corn, soft bread crumbs, melted fat and seasonings. Fill tomato shells with mixture. Cover tops with buttered crumbs. Bake at 375° F. 30 minutes or until tender. Serves six.

**Tomato Rabbit**

1/2 cup finely chopped celery 2 tablespoons flour
1/3 cup chopped green pepper 1 No. 2 can or 2 1/2 cups cooked tomatoes
1/4 cup chopped onion 1 cup grated cheese
2 tablespoons fat 2 eggs, beaten

Cook together celery, green pepper and onion in the fat 8 to 10 minutes, stirring frequently. Blend in flour. Add tomatoes, cheese and salt. Cook over low heat; stir constantly until mixture thickens and cheese melts. Gradually add some of the tomato mixture to beaten eggs; mix well, then pour all back into the tomato mixture. Continue to cook over low heat; stir constantly until thickened and creamy, 2 to 3 minutes.

If desired, add a few dashes of tobasco sauce. Serve on toast or crackers. Serves six.

**Tomato Gumbo**

3 cups diced fresh tomatoes 1 small onion, finely chopped
2 cups sliced fresh okra 1 tablespoon salt
1 cup corn, fresh or canned 1 tablespoon butter or margarine
1/4 cup boiling water 1/2 teaspoon pepper
1 teaspoon sugar

Combine the first five ingredients in a saucepan. Cover and cook until vegetables are tender and the mixture has thickened. Add remaining ingredients. Serves six.

**Deviled Tomatoes**

3 hard-cooked eggs 1 teaspoon prepared mustard
3 tablespoons butter or margarine Salt
3 tablespoons vinegar Cayenne
1 tablespoon sugar 2 eggs
2 tomatoes

Mash the hard-cooked eggs. Melt butter or margarine in the top of a double boiler. Remove from heat and stir in mashed eggs, vinegar, sugar, mustard, salt and cayenne. Beat the whole eggs until frothy, stir into the seasoned mixture and cook over hot water until water in the bottom of the double boiler comes to a boil. Turn off heat and let mixture stand still over the water for about 10 minutes. Stir occasionally. Halve tomatoes horizontally. Bake at 350° F. about 7 to 10 minutes or until tender but still keeping their shape. Arrange on a warm serving platter and pour the hot deviled egg sauce over the tops. Serves four to six.
TURNIPS

Top-stove Scalloped Turnips

1 cup water
1 cup milk
1 teaspoon salt
3 cups thinly sliced, pared, white turnips
2 cups sliced, pared carrots
1/2 cup sliced onions

1/4 cup diced celery
1/4 cup diced green pepper
1 tablespoon butter or margarine
1 cup grated cheese
5 tablespoons fine cracker crumbs

Bring water and milk to boil; add salt, turnips, carrots, onions, celery and green pepper. Simmer covered, about 20 minutes or until tender; do not drain. Add butter or margarine, cheese and cracker crumbs. Heat covered, until cheese is melted. Serves five.

RUTABAGA Patties

1/3 cup minced onion
1 tablespoon butter or margarine
3 cups mashed cooked rutabagas
1/4 teaspoons salt
1/8 teaspoon ground black pepper

2 tablespoons minced fresh parsley
1 egg, beaten
3/4 cup fine dry bread crumbs
3 tablespoons shortening

Fry onions in butter or margarine. Add to mashed rutabagas along with salt, black pepper, parsley, egg and 1/3 cup of the bread crumbs. Mix well and shape into 3-inch patties 1/2 inch thick. Roll in remaining bread crumbs. Brown on both sides in hot shortening. Serves six.

Mashed Rutabagas and Carrots

2 1/2 cups mashed cooked rutabagas
2 1/2 cups mashed cooked carrots
2 tablespoons butter or margarine
2 teaspoons sugar
2 teaspoons salt

1/8 teaspoon ground black pepper
3 tablespoons minced onion
1 1/2 teaspoons fresh lemon juice
1/4 cup grated sharp Cheddar cheese

Combine mashed rutabagas, carrots, butter or margarine, sugar, salt, black pepper, onion and lemon juice. Mix until fluffy. Place in a 1-quart buttered casserole or a 9-inch pie plate. Sprinkle with grated cheese. Place under the broiler to melt cheese. Serves eight.

SAUCES FOR VEGETABLES

White Sauce

2 tablespoons butter or margarine
1/4 cup milk
1/4 cup diced green pepper
2 tablespoons flour
1/8 teaspoon salt
1/8 teaspoon pepper

Melt butter and blend in flour until smooth. Add milk gradually, stirring constantly until boiling point is reached. Reduce heat and cook for 3 minutes longer; add seasonings and blend. Place over hot water to keep hot and cover tightly to prevent film from forming.

Variations:

Cheese sauce—add 1/2 cup grated American cheese.

Caper sauce—add 2 to 4 tablespoons chopped capers.

Celery sauce—add 1/2 cup chopped cooked celery.

Egg sauce—add 1 hard-cooked egg, chopped.

Mushroom sauce—add 1/2 to 1/3 cup chopped or sliced cooked mushrooms to sauce.

Olive sauce—add 1/4 cup chopped ripe or stuffed olives.

Parsley sauce—add 2 to 4 tablespoons chopped parsley.

Pimento sauce—add 2 tablespoons minced onion and 6 tablespoons minced pimiento. Onion may be browned in fat when making white sauce, if desired.

Mock Hollandaise sauce—pour white sauce over 2 slightly beaten egg yolks, 2 tablespoons each of butter or margarine and lemon juice, beat thoroughly and serve immediately.

Hollandaise sauce

2 egg yolks
1/4 teaspoon salt
Cayenne
1/3 cup butter or margarine

Place egg yolks, salt, cayenne and lemon juice in top of double boiler. Stir until well blended. Divide fat into three portions. Add one part to yolk mixture, place over hot (not boiling water), stir continuously until butter melts. Add second portion; continue stirring until melted. Add final portion; stir until melted. Remove from heat. If sauce seems too
thick, add a few drops of hot water. Makes about 
1/2 cup Hollandaise sauce.

**LEMON BUTTER**

1 tablespoon lemon juice 1 tablespoon chopped 
1/4 cup butter or margarine fresh parsley

Melt butter or margarine, add lemon juice and parsley.

**TANGY SOUR CREAM SAUCE**

1 cup commercial sour cream 2 tablespoons cider vinegar 
2 tablespoons brown sugar 1/4 teaspoon salt 
1/4 teaspoon mustard

Combine all ingredients; mix well. Pour over hot cooked fresh vegetable and serve immediately. Excellent on broccoli, cabbage, cauliflower, asparagus or artichokes. Serves four.

**CITRUS HONEY SAUCE**

1/4 cup melted butter or margarine 1 1/2 teaspoons grated orange peel 
1/4 cup honey 1 1/2 teaspoons grated lemon peel

Blend butter, honey and citrus peels. Pour over hot cooked fresh vegetable; place over low heat until vegetable is thoroughly glazed. Excellent on carrots and beets. Serves four.

---

**THESE MAY BE COOKED TOGETHER**

- Tomatoes and cauliflower
- Summer squash and peas
- Peas and onions
- Cauliflower and corn
- Carrots and green beans
- Cabbage and beets
- Celery and carrots
- Spinach and tomatoes
- Peas and new potatoes
- Broccoli and tomatoes
- Lima beans and onions
- Peas and corn
- Corn and green peppers
- Peas and wax beans
- Potatoes and carrots
- Blackeye peas, whole onions, okra, Irish potatoes and pepper pod.
Your County

EXTENSION AGENTS

- can furnish you the latest information on farming, ranching and homemaking. They represent both The Texas A. & M. College System and the United States Department of Agriculture in your county.

- Most county extension agents have their offices in the county courthouse or agriculture building. They welcome your visits, calls or letters for assistance.

- This publication is one of many prepared by the Texas Agricultural Extension Service to present up-to-date, authoritative information, based on results of research. Extension publications are available from your local agents or from the Agricultural Information Office, College Station, Texas.