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Prepared by
Consumer and Food Economics Institute
Agricultural Research Service

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 contain. 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.
• Numerous ways to enhance the natural flavor of vegetables with spices, herbs, and sauces.
• Suggestions for using leftover vegetables.
• Recipes that make the most of vegetables in feeding the family well.

**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 select-
ing, look first for freshness. Vegetables should be comparatively dry; excessive moisture hastens decay.

- Canned vegetables are probably the most convenient because they need only brief reheating and do not require refrigerated storage until the can is opened.

- 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. Some dehydrated vegetables cost slightly more than comparable fresh products, but can be prepared much more quickly.

- Dry legumes—including dry beans, peas, and lentils—are inexpensive but take a relatively long time to prepare.

For further help on buying vegetables in their different forms, see HG 143, “How To Buy Fresh Vegetables;” PA 708, “How To Use USDA Grades in Buying Food;” HG 167, “How To Buy Canned and Frozen Vegetables.”

Purchase Units

Canned vegetables come in a variety of can sizes. The most popular family size is one that holds 16 ounces. If you have 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.

<table>
<thead>
<tr>
<th>Can size</th>
<th>Approximate amount of contents</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 or 8½ ounces</td>
<td>1 cup</td>
</tr>
<tr>
<td>12 ounces</td>
<td>1½ cups</td>
</tr>
<tr>
<td>16 ounces</td>
<td>2 cups</td>
</tr>
<tr>
<td>27 to 29 ounces</td>
<td>3 cups</td>
</tr>
<tr>
<td>104 to 117 ounces (6½ pounds to 7 pounds 5 ounces)</td>
<td>12 to 13 cups</td>
</tr>
</tbody>
</table>

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 16- and 32-ounce packages of some vegetables.

Some frozen vegetables are sold in heavy polyethylene bags. You can get 16, 24, and 32 ounces of cut green beans, corn, peas and carrots, potatoes, and mixed vegetables packaged this way. The advantage of this type of packaging is that the vegetables are usually separate enough to pour from the bag, making it possible to use part of the package and return the rest to the freezer.

For good-quality frozen vegetables, follow these suggestions:

- Select clean, firm packages. If packages are soft, 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

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are displayed in a properly refrigerated cabinet made for that purpose. Do 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 because 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 (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 7.

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 Home Frozen Vegetables, page 13.

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 16-ounce can of most vegetables you can expect three or four servings (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 15, 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 high 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—2 or 3 days.
Beans, snap (green or wax)—1 week.
Beets—2 weeks.
Broccoli, brussels sprouts—3 to 5 days.
Cabbage—1 or 2 weeks.
Carrots—2 weeks.
Cauliflower—1 week.
Celery—1 week.
Cucumbers—1 week.
Greens—spinach, kale, collards, chard, beet, turnip, and mustard greens—3 to 5 days.
Lettuce and other salad greens—1 week.
Mushrooms—1 or 2 days.
Okra—3 to 5 days.

Onions, green—3 to 5 days.
Parsnips—2 weeks.
Peppers—1 week.
Radishes—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—3 to 5 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—3 to 5 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 should be stored at $0^\circ$ F. or lower. Stored at $0^\circ$, they retain quality and nutritive value several months.

Most home freezers and freezer sections of refrigerator-freezer combinations can maintain a temperature near $0^\circ$ 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 $0^\circ$, plan to use frozen vegetables within a few days.

Exactly how long commercially frozen vegetables will retain high quality when stored at $0^\circ$ 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 HG 69, “Home Care of Purchased Frozen Food,” and HG 10, “Home Freezing of Fruits and Vegetables.”

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 indefinitely safe to eat 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.

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COOKING FRESH VEGETABLES

Preparing

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 contain valuable nutrients, so don't discard them unless they are wilted or tough. Remove woody midrills 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 a short time 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 of their 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. Use water to cover for root vegetables when cooked whole, because they require longer cooking. Corn-on-the-cob also requires water to cover. Spinach and other greens need only the water clinging to their leaves from washing if cooked over low heat in a pan with 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. 7.)
- Serve immediately; flavor and nutritive value may be lost if vegetables are allowed to stand.

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.

Here are directions for pressure cooking:
### Boiling Guide for Fresh Vegetables

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Cooking time after water returns to boil</th>
<th>Approximate amount as purchased for six servings</th>
<th>Minutes</th>
<th>Pounds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>10 to 18 (whole)</td>
<td>2½</td>
<td>10 to 18</td>
<td>2½</td>
</tr>
<tr>
<td>Beans, lima</td>
<td>25 to 27</td>
<td>2½ in pods</td>
<td>25 to 27</td>
<td>2½</td>
</tr>
<tr>
<td>Beans, snap (green or wax)</td>
<td>15 to 18 (1-inch pieces)</td>
<td>1</td>
<td>15 to 18</td>
<td>1</td>
</tr>
<tr>
<td>Beets</td>
<td>38 to 41 (whole)</td>
<td>1½ with tops or 1½ without tops</td>
<td>38 to 41</td>
<td>1½</td>
</tr>
<tr>
<td>Broccoli</td>
<td>8 to 12 (heavy stalk, split)</td>
<td>2</td>
<td>8 to 12</td>
<td>2</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>15 to 17</td>
<td>1¼</td>
<td>15 to 17</td>
<td>1¼</td>
</tr>
<tr>
<td>Cabbage</td>
<td>6 to 10 (shredded)</td>
<td>1½</td>
<td>6 to 10</td>
<td>1½</td>
</tr>
<tr>
<td>Carrots</td>
<td>20 to 22 (whole)</td>
<td>1½ without tops</td>
<td>20 to 22</td>
<td>1½</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>8 to 12 (separated)</td>
<td>2</td>
<td>8 to 12</td>
<td>2</td>
</tr>
<tr>
<td>Celery</td>
<td>15 to 19 (cut-up)</td>
<td>1½ untrimmed</td>
<td>15 to 19</td>
<td>1½</td>
</tr>
<tr>
<td>Collards</td>
<td>5 to 17 (on cob)</td>
<td>3 in husks</td>
<td>5 to 17</td>
<td>3</td>
</tr>
<tr>
<td>Corn</td>
<td>6 to 8 (whole kernel)</td>
<td>1½ untrimmed</td>
<td>6 to 8</td>
<td>1½</td>
</tr>
<tr>
<td>Kale</td>
<td>15 to 20</td>
<td>1½</td>
<td>15 to 20</td>
<td>1½</td>
</tr>
<tr>
<td>Okra</td>
<td>12 to 14</td>
<td>1½</td>
<td>12 to 14</td>
<td>1½</td>
</tr>
<tr>
<td>Onions, mature</td>
<td>11 to 15 (whole)</td>
<td>1½</td>
<td>11 to 15</td>
<td>1½</td>
</tr>
<tr>
<td>Parsnips</td>
<td>20 to 40 (whole)</td>
<td>1½</td>
<td>20 to 40</td>
<td>1½</td>
</tr>
<tr>
<td>Peas</td>
<td>10 to 14</td>
<td>3 in pods</td>
<td>10 to 14</td>
<td>3</td>
</tr>
<tr>
<td>Potatoes</td>
<td>25 to 29 (whole, medium)</td>
<td>1½</td>
<td>25 to 29</td>
<td>1½</td>
</tr>
<tr>
<td>Spinach</td>
<td>8 to 12</td>
<td>1½</td>
<td>8 to 12</td>
<td>1½</td>
</tr>
<tr>
<td>Squash, acorn</td>
<td>18 to 20 (quartered)</td>
<td>2½</td>
<td>18 to 20</td>
<td>2½</td>
</tr>
<tr>
<td>Squash, butternut</td>
<td>16 to 18 (cubed)</td>
<td>2½</td>
<td>16 to 18</td>
<td>2½</td>
</tr>
<tr>
<td>Squash, yellow crookneck</td>
<td>11 to 13 (sliced)</td>
<td>1½</td>
<td>11 to 13</td>
<td>1½</td>
</tr>
<tr>
<td>Squash, zucchini</td>
<td>13 to 15 (sliced)</td>
<td>2</td>
<td>13 to 15</td>
<td>2</td>
</tr>
<tr>
<td>Sweetpotatoes</td>
<td>28 to 35 (whole)</td>
<td>1½</td>
<td>28 to 35</td>
<td>1½</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>7 to 15 (cut-up)</td>
<td>1½</td>
<td>7 to 15</td>
<td>1½</td>
</tr>
<tr>
<td>Turnips</td>
<td>30 to 38 (whole)</td>
<td>1½ without tops</td>
<td>30 to 38</td>
<td>1½</td>
</tr>
</tbody>
</table>

- 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, above, and suggestions for use of herbs on p. 16).
Baking

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.

Carrots

Preheat oven to 375° F. (moderate).
Grease 1 1/2-quart casserole.
Wash and scrape medium-size carrots; cut in half lengthwise.

TRY THESE VARIATIONS

Add a pinch of herbs (see p. 16) 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 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. 16).

Place in casserole. (For six servings, use about 1 1/2 pounds medium-size carrots.)

Add 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.

Onions

Preheat oven to 375° F. (moderate).
Grease 1 1/2-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 until cubes are brown and onions are tender.

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 until tomatoes are soft and bread cubes are browned.

Variations

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

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 15 minutes.

Uncover and bake 10 to 15 minutes longer 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.

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:

1. Fill kettle one-third full of fat or oil and heat to 370° to 385° F. Have fry basket in fat.
2. 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 cookie sheet and place in a warm oven to keep warm while frying additional vegetables.

Two-stage method:
You may prefer the two-stage method if you want to partially prepare French fried potatoes and sweet potatoes 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
Parsnips, potatoes, sweet potatoes.—Use about 3 cups sliced or diced cooked vegetable for six servings (½ 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
Carrots, onions, or potatoes.—Use 3 cups sliced, raw vegetable to make six servings (½ cup each) of potatoes or carrots, or six servings (¼ 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.

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

Pare eggplant. Cut eggplant or tomatoes into ½-inch slices.

Dip vegetable slices into flour or fine dry breadcrumbs.

Heat ¼ 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 (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.

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.

Creamed vegetables

6 servings, 1/2 cup each

Add 3 cups cooked, drained vegetables to 1 cup hot white sauce (p. 16); heat to serving temperature.

Scalloped vegetables

6 servings, 1/2 cup each

Preheat oven to 350° F. (moderate).

Grease 1-quart casserole.

Combine 3 cups cooked, drained

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Guide for Cooking Panned Vegetables

6 servings (1/2 cup each)

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Amount of—</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Vegetable</td>
<td>Fat</td>
<td>Salt</td>
<td>Water</td>
<td>Cooking time</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Quarts</td>
<td>Tablespoons</td>
<td>Teaspoons</td>
<td></td>
<td>Minutes</td>
</tr>
<tr>
<td>Beans, snap (green or wax),</td>
<td>1</td>
<td>1 1/2</td>
<td>1/2</td>
<td>1/2 cup</td>
<td>20 to 25.</td>
<td></td>
</tr>
<tr>
<td>sliced in 1-inch pieces</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cabbage, finely shredded</td>
<td>1 1/4</td>
<td>1 1/2</td>
<td>1/4</td>
<td>3 tablespoons</td>
<td>6 to 8.</td>
<td></td>
</tr>
<tr>
<td>Carrots, thinly sliced</td>
<td>1</td>
<td>2</td>
<td>1/2</td>
<td>3 tablespoons</td>
<td>10.</td>
<td></td>
</tr>
<tr>
<td>Corn, cut</td>
<td>1</td>
<td>1 1/2</td>
<td>1/2</td>
<td>1/2 cup</td>
<td>15 to 18.</td>
<td></td>
</tr>
<tr>
<td>Spinach, finely shredded</td>
<td>3</td>
<td>2</td>
<td>1/2</td>
<td></td>
<td>6 to 8.</td>
<td></td>
</tr>
<tr>
<td>Summer squash, thinly</td>
<td>1</td>
<td>1 1/2</td>
<td>1/2</td>
<td>3 tablespoons</td>
<td>12 to 15.</td>
<td></td>
</tr>
</tbody>
</table>
vegetables and 1 1/2 cups medium white sauce (standard or low-fat recipe, p. 18) 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 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.

Glazing

Carrots, parsnips, and sweet potatoes are delicious when glazed. To prepare, cut the cooked vegetable into strips or large pieces. For six servings (1/2 cup each) you'll need about 3 cups cut cooked vegetable.

Blend 2 tablespoons butter or margarine with 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 vegetables several times until sirup is very thick and vegetables are well coated—takes from 5 to 10 minutes. Keep heat low to prevent scorching.

VARIATIONS

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

COOKING 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 that the cob will be heated through by the time the corn is cooked.

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, 1/2 cup of water is enough for a pint pack-
Boiling Guide for Home Frozen Vegetables

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Cooking time after water returns to boil</th>
<th>Approximate amount of frozen vegetable for six servings (⅔ cup each)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus, whole</td>
<td>8 to 10</td>
<td>24</td>
</tr>
<tr>
<td>Beans, lima</td>
<td>12 to 14</td>
<td>18</td>
</tr>
<tr>
<td>Beans, snap (green or wax), cut</td>
<td>7 to 9</td>
<td>16</td>
</tr>
<tr>
<td>Broccoli spears</td>
<td>6 to 8</td>
<td>22</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>10 to 12</td>
<td>20</td>
</tr>
<tr>
<td>Carrots:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Slices</td>
<td>6 to 8</td>
<td>18</td>
</tr>
<tr>
<td>Strips</td>
<td>7 to 9</td>
<td>18</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>2 to 6</td>
<td>20</td>
</tr>
<tr>
<td>Corn:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole kernel</td>
<td>7 to 9</td>
<td>20</td>
</tr>
<tr>
<td>On cob</td>
<td>4 to 8</td>
<td>32</td>
</tr>
<tr>
<td>Kale</td>
<td>8 to 10</td>
<td>25</td>
</tr>
<tr>
<td>Okra, whole</td>
<td>6 to 8</td>
<td>16</td>
</tr>
<tr>
<td>Peas, whole</td>
<td>8 to 10</td>
<td>18</td>
</tr>
<tr>
<td>Spinach</td>
<td>2 to 6</td>
<td>25</td>
</tr>
<tr>
<td>Squash, summer, sliced</td>
<td>6 to 8</td>
<td>22</td>
</tr>
</tbody>
</table>

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

- When water returns to boiling, reduce heat and start to count time (see boiling guide above).

To cook commercially frozen vegetables, follow package directions.

Baking

Partially defrost vegetables to separate the 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.

HEATING 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 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.

Do not use canned vegetables that show any sign of spoilage—bulging can ends, leakage, spurting liquid, off-odor, or mold. Do not even taste them. Destroy out of reach of children and pets.

**COOKING DRIED VEGETABLES**

**Dehydrated 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. Dehydrated 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.

**Dry Beans and 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 15.

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, add 1/8 teaspoon soda to the water for each cup of dry beans to reduce cooking time about one-fourth. Measure soda exactly; excessive soda affects flavor and nutritive value of beans.

**Boiling.**—Cook in soaking water; add 1 teaspoon salt for each cup of the dry vegetable.

To reduce foaming during cooking, add 1 tablespoon meat drippings or other fat for each cup of dry beans or whole peas.

Boil gently, uncovered, for a few minutes until foaming has decreased. Then cover and boil gently until tender. See boiling guide (p. 15) for approximate boiling time.

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

Follow these directions for soaking and pressure cooking dry beans and whole peas:

- Add 2 cups water for each cup of beans or peas, boil 2 minutes, and soak 1 hour 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 dry 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 as follows:
  3 minutes — Great Northern beans, kidney beans, large lima beans, and whole peas.
  5 minutes — black beans and cranberry beans.
  5 to 10 minutes — navy (pea) beans.
  10 minutes — pinto beans.
• Remove cooker from heat. Let pressure drop gradually.
Yield of cooked vegetable will be the same as for boiled vegetable.

Lentils

Lentils may be cooked without soaking.
Add 1 teaspoon salt to the cooking water for each cup of lentils. Cover, boil gently until done. See boiling guide below.

Split Peas

Soaking.—Soaking split peas helps retain their shape. Follow the boiling guide below for amount of water to use. Boil for 2 minutes. Then soak ¼ hour. Split peas used in soup do not need to be soaked before cooking.

Boiling.—Add 3/4 teaspoon salt for each cup of split peas, cover, and boil gently without stirring.

<table>
<thead>
<tr>
<th>Boiling Guide for Dry Beans, Peas, and Lentils¹</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetable (1 cup)</td>
</tr>
<tr>
<td>-------------------</td>
</tr>
<tr>
<td>Black beans</td>
</tr>
<tr>
<td>Blackeye beans (blackeye peas, cowpeas)</td>
</tr>
<tr>
<td>Cranberry beans</td>
</tr>
<tr>
<td>Great Northern beans</td>
</tr>
<tr>
<td>Kidney beans</td>
</tr>
<tr>
<td>Lentils</td>
</tr>
<tr>
<td>Lima beans, large</td>
</tr>
<tr>
<td>Lima beans, small</td>
</tr>
<tr>
<td>Navy (pea) beans</td>
</tr>
<tr>
<td>Peas, whole</td>
</tr>
<tr>
<td>Pinto beans</td>
</tr>
<tr>
<td>Soybeans</td>
</tr>
<tr>
<td>Split peas</td>
</tr>
</tbody>
</table>

¹ See soaking directions for each kind of vegetable before cooking.
for the time recommended in the guide.

**Baking.**—You can bake split peas after soaking. Add ¾ teaspoon salt for each cup of peas. Place in baking dish, cover, and bake at 350° F. (moderate oven) for 35 minutes.

**NOTE:** Pressure cooking is not advised for split peas because they may splatter and clog the cooker vent.

### Tips

Cooked dry beans, peas, and lentils may be seasoned and eaten without further preparation, 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.

### 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 17.

Spices and herbs must be used sparingly or they overpower, rather than enhance, the natural flavor of vegetables. One-fourth to ½ teaspoon of most dried spices and herbs is enough for 2 cups of vegetable.

The term "spices," as generally used, includes the herbs as well as true spices. Herbs are leaves and sometimes the flowers of 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 ¼ teaspoon of a dried herb for 2 cups of vegetable and add it at beginning of cooking period. With fresh herbs, increase to about ¾ to 1 teaspoon for 2 cups of vegetable. 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. For amounts of ingredients, see table on page 18.
## Give Vegetables a Gourmet Touch With

### SPICES AND HERBS

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Spice or herb¹</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>Mustard seed, sesame seed, or tarragon.</td>
</tr>
<tr>
<td>Beans, lima</td>
<td>Marjoram, oregano, sage, savory, tarragon, or thyme.</td>
</tr>
<tr>
<td>Beans, snap</td>
<td>Basil, dill, marjoram, mint, mustard seed, oregano, savory, tarragon, or thyme.</td>
</tr>
<tr>
<td>Beets</td>
<td>Allspice, bay leaves, caraway seed, cloves, dill, ginger, mustard seed, savory, or thyme.</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Caraway seed, dill, mustard seed, or tarragon.</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>Basil, caraway seed, dill, mustard seed, sage, or thyme.</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Caraway seed, celery seed, dill, mint, mustard seed, nutmeg, savory, or tarragon.</td>
</tr>
<tr>
<td>Carrots</td>
<td>Allspice, bay leaves, caraway seed, dill, fennel, ginger, mace, marjoram, mint, nutmeg, or thyme.</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Caraway seed, celery salt, dill, mace, or tarragon.</td>
</tr>
<tr>
<td>Cucumbers</td>
<td>Basil, dill, mint, or tarragon.</td>
</tr>
<tr>
<td>Eggplant</td>
<td>Marjoram or oregano.</td>
</tr>
<tr>
<td>Onions</td>
<td>Caraway seed, mustard seed, nutmeg, oregano, sage, or thyme.</td>
</tr>
<tr>
<td>Peas</td>
<td>Basil, dill, marjoram, mint, oregano, poppy seed, rosemary, sage, or savory.</td>
</tr>
<tr>
<td>Potatoes</td>
<td>Basil, bay leaves, caraway seed, celery seed, dill, chives, mustard seed, oregano, poppy seed, or thyme.</td>
</tr>
<tr>
<td>Salad greens</td>
<td>Basil, chives, dill, or tarragon.</td>
</tr>
<tr>
<td>Spinach</td>
<td>Basil, mace, marjoram, nutmeg, or oregano.</td>
</tr>
<tr>
<td>Squash</td>
<td>Allspice, basil, cinnamon, cloves, fennel, ginger, mustard seed, nutmeg, or rosemary.</td>
</tr>
<tr>
<td>Sweetpotatoes</td>
<td>Allspice, cardamom, cinnamon, cloves, or nutmeg.</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Basil, bay leaves, celery seed, oregano, sage, sesame seed, tarragon, or thyme.</td>
</tr>
</tbody>
</table>

¹ Pepper and parsley may be added to any of the above vegetables. Curry powder is good with creamed vegetables.
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.

*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.

*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:** In this recipe use only clean eggs with no cracks in shell.

*Mushroom sauce* (asparagus, green beans, and peas). 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.

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

### Ingredients for 1 Cup of White Sauce

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Measure</th>
<th>Thin sauce</th>
<th>Medium sauce</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Standard</td>
<td>Low-fat</td>
</tr>
<tr>
<td>Butter or other fat</td>
<td>1 tablespoon</td>
<td>2 teaspoons</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>All-purpose flour</td>
<td>1 tablespoon</td>
<td>1 tablespoon</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Salt</td>
<td>( \frac{1}{4} ) teaspoon</td>
<td>( \frac{1}{4} ) teaspoon</td>
<td>( \frac{1}{4} ) teaspoon</td>
</tr>
<tr>
<td>Milk</td>
<td>1 cup</td>
<td>1 cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>Calories in 1 cup white sauce</td>
<td>290</td>
<td>180</td>
<td>420</td>
</tr>
</tbody>
</table>

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

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

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.

RECIPES

Besides its accustomed place on the family dinner plate, the versatile vegetable appears in main dishes, soups, and salads. 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 suggested for some of the recipes. Calorie values per serving are given for all recipes.

Most vegetables served alone contain few calories, but added ingredients often boost the calorie content.

Those who are watching calories may want to use low-fat white sauce in place of standard sauce (see p. 18). Substantial savings in calories can come from use of low-calorie salad dressings in place of regular dressing. Other ways to cut down calories in vegetable dishes are to use skim milk or reconstituted nonfat dry milk in place of whole milk and to reduce slightly the amount of fat used mainly for flavor.

Vegetable Dishes

Dilly carrots and beans

6 servings, 1/2 cup each

Water ...................... 3/4 cup
Sugar ...................... 1 teaspoon
Salt ...................... 1/2 teaspoon
Dill seed ...................... 1/2 teaspoon
Green snap beans, fresh ...................... 1/2 pound
Carrots, medium-size ...................... 4
Italian dressing ...................... 1/4 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.
For fewer calories, use low-calorie Italian dressing. About 30 calories per serving.

Orange-honeyed acorn squash
6 servings, ½ squash each

Preheat oven to 400° F. (hot).
Cut squash in half. Remove seeds. Place squash halves 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 160.

If you like vegetables with zippy flavor, you'll enjoy Mexican panned corn (left) and dilly carrots and beans (right).
Mexican panned corn
6 servings, ½ cup each

Bacon ........................................ 3 slices
Bacon drippings .............................. 1 tablespoon
Onion, chopped ......................... 1/4 cup
Corn, drained, vacuum packed .... 2 cans, 12 ounces each
Green pepper, finely chopped .... 1/4 cup
Olives, stuffed green, chopped .. 1/4 cup
Salt ........................................ 1 teaspoon

Fry bacon until crisp. Drain on paper.
Cook onion in bacon drippings just until tender.
Add corn, green pepper, olives, and salt.
Heat through, stirring constantly.
Crumble bacon over corn.
Calories per serving.—About 180.

Vegetable medley
6 servings, ½ cup each

Turnips, diced ......................... 2 cups
Carrots, sliced or diced .......... 1 cup
Water ...................................... 1/2 cup
Salt ......................................... 1/2 teaspoon
Green peas, fresh .................. 1 cup
Butter or margarine .......... 2 tablespoons
Salt ......................................... 1/2 teaspoon
Pepper ....................................... 1/2 teaspoon

Cook turnips and carrots for 10 minutes in boiling water with 1/2 teaspoon salt added.
Add peas and cook until they are tender, about 5 to 7 minutes. Drain.
Season with butter or margarine, salt, and pepper.

NOTE: Frozen peas can be used in place of fresh peas. Add loose frozen peas when the other vege-
tables are nearly tender and cook only until peas are tender.
Calories per serving.—About 75.

Eggplant-tomato casserole
6 servings, 3/4 cup each

Onion, chopped ......................... 1 large
Eggplants, peeled and diced .... 2 small
Butter or margarine .......... 1/4 cup
Tomatoes, drained .......... 28-ounce can
Salt ......................................... 1 teaspoon
Pepper ....................................... 1/2 teaspoon
Corn flake crumbs ........ 1/4 cup

Preheat oven to 350° F. (moderate).
Cook onion and eggplant in fat until golden brown.
Add tomatoes, salt, and pepper. Mix thoroughly.
Pour into casserole and top with the crumbs.
Bake 30 minutes.
Calories per serving.—About 130.

Summer squash bake
6 servings, 2/3 cup each

Summer squash, sliced .......... 1 quart
Water ..................................... 1/2 cup
Salt ......................................... 1 teaspoon
Medium white sauce .......... 1 cup
Eggs, beaten .................. 2
Process Cheddar cheese, shredded ........ 1/2 cup
Breadcrumbs .................. 1/2 cup

Preheat oven to 350° F. (moderate).
Grease a 1 1/2-quart casserole.
Cook squash in boiling, salted water for 5 minutes. Drain and use vegetable liquid to make the white sauce.
Make standard white sauce according to directions on page 16.
Mix squash with white sauce and eggs.
Place mixture in casserole.
Sprinkle cheese and crumbs over the top.
Bake for 25 minutes.

Calories per serving.—About 185.

Quick candied sweetpotatoes
6 servings

Brown sugar ...................... ½ cup, packed
Sirup, from sweetpotatoes ...... ½ cup
Salt ................................ ½ teaspoon
Cinnamon ......................... Dash
Butter or margarine ............. 2 tablespoons
Sweetpotatoes, drained ......... 23-ounce can

Combine all ingredients except sweetpotatoes.
Cook over low heat for 5 minutes.
Add sweetpotatoes and cook 15 to 20 minutes, turning occasionally.

Calories per serving.—About 220.

Wilted spinach
6 servings, ½ cup each

Bacon, cut in ½-inch pieces .... 3 slices
Flour ......................... 2 tablespoons
Sugar ......................... 1 tablespoon
Salt ............................ 1 teaspoon
Bacon drippings ............... 2 tablespoons
Water .......................... ½ cup
Vinegar ....................... ½ cup
Spinach, raw, coarsely chopped. 1 quart

Fry bacon pieces until crisp.
Drain bacon and save drippings.

Blend flour, sugar, salt, and 2 tablespoons bacon drippings.
Stir in water and vinegar and cook until thickened, stirring constantly.
Pour hot dressing over spinach.
Add bacon.
Toss to mix.

NOTE: Half of a 10-ounce package of trimmed fresh spinach may be used.

Calories per serving.—About 95.

Chinese-style cauliflower
6 servings, ¼ cup each

Cauliflower florets, thinly sliced. 1 head
Salt ................................ 1 teaspoon
Water, hot ......................... ½ cup
Butter or margarine ............. 2 tablespoons
Cream ............................. 2 tablespoons
Chives or parsley, cut-up ....... As desired

Place cauliflower in heavy pan, sprinkle with salt, and add hot water.
Cook covered about 5 minutes or until slightly crisp.
Add fat and cream.
Heat for 1 or 2 minutes longer.
Garnish with cut-up chives or parsley.

Calories per serving.—About 50.

Cabbage cooked in milk
6 servings, ¼ cup each

Cabbage, shredded .............. 1 quart
Milk ............................. 1½ cups
Flour ............................ 2 tablespoons
Fat, melted ...................... 2 tablespoons
Salt ............................... 1 teaspoon
Pepper .......................... Dash
Add cabbage to milk and simmer for 2 minutes.
Mix the flour and fat and add a little of the hot milk.
Stir into cabbage and cook for 3 or 4 minutes until thickened, stirring constantly.
Season with salt and pepper.

**Calories per serving.**—About 95.

**Beets with orange sauce**

*6 servings, ½ cup each*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sugar</td>
<td>½ cup</td>
</tr>
<tr>
<td>Salt</td>
<td>¼ teaspoon</td>
</tr>
<tr>
<td>Cornstarch</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Orange juice</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Butter or margarine</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>Beets, cooked or canned, sliced, drained</td>
<td>3 cups</td>
</tr>
</tbody>
</table>

Mix sugar, salt, and cornstarch well.
Stir in orange juice.
Cook until thickened, stirring constantly. Remove from heat.
Stir in lemon juice and fat.
Pour sauce over beets and stir carefully. Heat and serve.

**Calories per serving.**—About 105.

**Chinese-style mushrooms**

*6 servings, ⅓ cup each*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mushrooms, fresh</td>
<td>1 pound</td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Soy sauce</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Water</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Cornstarch</td>
<td>1 tablespoon</td>
</tr>
</tbody>
</table>

Wash mushrooms and cut into thin slices.

Cook mushrooms in hot oil in frypan for 3 minutes, stirring as needed.
Combine other ingredients and stir into mushrooms.
Cook 2 minutes or until sauce is clear.

**Calories per serving.**—About 70.

**Potato patties**

*6 servings, 2 patties each*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potatoes, raw, shredded</td>
<td>2 cups</td>
</tr>
<tr>
<td>Egg, beaten</td>
<td>1</td>
</tr>
<tr>
<td>Onion, grated</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Flour</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>Salt</td>
<td>½ teaspoon</td>
</tr>
<tr>
<td>Fat or oil</td>
<td>2 tablespoons</td>
</tr>
</tbody>
</table>

Mix shredded potatoes with egg, onion, flour, and salt.
Drop from tablespoon into hot fat in frypan.
Fry on both sides until crisp.

**Calories per serving.**—About 105.

**Luncheon or Supper Main Dishes**

**Potato-cheese bake**

*6 servings, 1 cup each*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Onion, finely chopped</td>
<td>½ small</td>
</tr>
<tr>
<td>Eggs, beaten</td>
<td>3</td>
</tr>
<tr>
<td>Milk</td>
<td>½ cup</td>
</tr>
<tr>
<td>Mashed potatoes, seasoned</td>
<td>3 cups</td>
</tr>
<tr>
<td>Process Cheddar cheese, coarsely shredded</td>
<td>2 cups</td>
</tr>
</tbody>
</table>

Preheat oven to 375° F. (moderate).
Mix all ingredients.
Pour into baking pan.
Bake 50 minutes or until the
blade of a knife inserted in the center comes out clean.
Serve at once.

Calories per serving.—About 295.

MENU SUGGESTION
Serve with tuna-stuffed tomato salad. Have fruit pie for dessert.

Spinach souffle
6 servings, 1 cup each
Spinach, frozen, chopped .......... 10-ounce package
Butter or margarine ............... ¼ cup
Flour, unsifted ................... ¼ cup
Milk ................................ 1 cup
Salt ................................ 1 teaspoon
Pepper .............................. ¼ teaspoon
Process Cheddar cheese, shredded ........ 1 cup
Egg yolks, beaten slightly .......... 4
Cream of tartar .................... ½ teaspoon
Egg whites ........................ 4

Preheat oven to 375° F. (moderate).
Grease a 2-quart casserole.
Thaw frozen spinach.
Melt fat and stir in flour.
Add milk, salt and pepper.
Cook, stirring constantly, until thickened.
Add cheese and cook until melted.
Stir a little of the hot mixture into egg yolks; then stir yolks into rest of hot mixture and cook 1 minute longer.
Add spinach and stir.
Add cream of tartar to egg whites and beat until stiff but not dry.
Fold egg whites into spinach mixture.
Pour into greased baking dish and bake for 30 minutes or until done.

Souffle is done when a knife inserted in center comes out clean.
Calories per serving.—About 250.

MENU SUGGESTION
Serve with cold sliced roast beef and tomato wedges on lettuce. Have fruit cup for dessert.

Baked beans
6 servings, ¾ cup each
Dry navy (pea) beans ............. 2 cups
Water .............................. 6 cups
Salt ................................ 1 teaspoon
Salt pork, cut in pieces .......... ¼ pound
Molasses .......................... ½ cup
Dry mustard ....................... ½ teaspoon

Soak dry beans in water as directed on page 14.
Add salt.
Simmer beans 45 minutes in soaking water.
Add salt pork.
Boil gently 30 to 45 minutes longer, or until beans are tender.
Preheat oven to 350° F. (moderate).
Mix molasses and mustard.
Stir mixture into beans.
Put beans into 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.
Calories per serving.—About 405.

NOTE: Dry soybeans may be used in place of navy beans. Cook
soybeans until tender before baking them. Bake the beans in a covered casserole for 2 hours, removing the cover the last 30 minutes to brown the top. About 460 calories per serving.

VARIATIONS

- Place a peeled onion in the bottom of the beanpot or stir 1/2 cup chopped onion into the beans before baking. About 410 calories per serving.
- Add 1/4 cup catsup, 1 tablespoon worcestershire sauce, and 1/2 teaspoon ginger. About 415 calories per serving.
- Use brown sugar or maple sirup in place of molasses. About 405 calories per serving.

MENU SUGGESTION

Serve with Harvard beets, Boston brown bread, and corn relish. Have blueberries and a cookie for dessert.

Chili beanburgers

6 sandwiches

Onion, chopped .................. 2 tablespoons
Garlic .......................... 1 1/2 cloves
Fat or oil ........................ 4 teaspoons
Kidney beans, canned, drained 1 1/2 cups
Ground beef ...................... 1/4 pound
Egg, beaten ..................... 1
Salt .............................. 1 1/2 teaspoons
Chili powder .................... 1 teaspoon
Catsup ........................... 1/2 tablespoons
Worcestershire sauce .......... 1/4 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.

NOTE: Canned soybeans may be used in place of canned kidney beans.

Calories per serving.—About 390.

MENU SUGGESTION

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

Lima bean casserole

6 servings, 2 1/2 cup each

Milk ......................... 1/2 cup
Cheese soup, condensed ...... 10 1/2-ounce can
Celery, diced .................. 1 cup
Parsley, finely chopped ...... 1/4 cup
Fordhook or baby lima beans, frozen, cooked ............ 10-ounce package
French fried onion rings ...... 3 1/2-ounce can

Preheat oven to 350° F. (moderate).

Grease a 1 1/2-quart casserole.
Blend milk and soup.
Add celery, parsley, and lima beans.
Place mixture in casserole.
Top with onion rings.
Bake 45 minutes.
*Calories per serving.*—About 155.

**MENU SUGGESTION**
Serve with cold sliced ham and vegetable relishes. Have layer cake for dessert.

**Quick-stuffed green peppers**
6 servings, ½ pepper each

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green peppers</td>
<td>3 large</td>
</tr>
<tr>
<td>Boiling water</td>
<td>To cover peppers</td>
</tr>
<tr>
<td>Onion, chopped</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Butter or margarine</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Horseradish, prepared</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>Corned-beef hash</td>
<td>2 cans, 16 ounces each</td>
</tr>
<tr>
<td>Water</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

*Preheat oven to 375° F. (moderate).*
Cut peppers in half. Remove seeds.
Cook for 10 minutes in boiling water. Drain.
Cook onion in the fat just until tender.
Stir in the horseradish.
Mix with the hash.
Fill pepper halves with the hash mixture.
Place peppers in baking dish. Pour in 1 cup of water and bake for 30 minutes.
*Calories per serving.*—About 330.

**Soups and Chowders**

**Split pea soup with franks**
6 servings, 1 cup each

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dry split peas</td>
<td>1½ cups</td>
</tr>
<tr>
<td>Onion, chopped</td>
<td>½ cup</td>
</tr>
<tr>
<td>Salt</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Pepper</td>
<td>½ teaspoon</td>
</tr>
<tr>
<td>Water</td>
<td>5 cups</td>
</tr>
<tr>
<td>Frankfurters, finely chopped</td>
<td>½ pound</td>
</tr>
<tr>
<td>Butter or margarine</td>
<td>1 tablespoon</td>
</tr>
</tbody>
</table>

Simmer peas, onion, salt, and pepper in water 20 to 30 minutes until peas are tender.
Lightly brown the frankfurters in fat in a frypan; add to soup.
Simmer 5 minutes longer to blend flavors.
*Calories per serving.*—About 315.

**MENU SUGGESTION**
Serve with tossed vegetable salad and hot french bread. Have peach cobbler for dessert.

**Potato soup**
6 servings, 1 cup each

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Onion, chopped</td>
<td>1 large</td>
</tr>
<tr>
<td>Butter or margarine</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Potatoes, cut in small pieces</td>
<td>5 large</td>
</tr>
<tr>
<td>Water</td>
<td>1 cup</td>
</tr>
<tr>
<td>Milk</td>
<td>3 cups</td>
</tr>
<tr>
<td>Salt</td>
<td>2 teaspoons</td>
</tr>
<tr>
<td>Pepper</td>
<td>To taste</td>
</tr>
</tbody>
</table>

Cook onion in fat until tender. Add potatoes and water.
Boil gently, covered, for 15 minutes, or until potatoes are tender.

Mash potatoes.

Add milk and seasonings.

Heat slowly to serving temperature, stirring occasionally to prevent sticking.

Calories per serving.—About 200.

**Bean chowder**

6 servings, \( \frac{3}{4} \) cup each

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dry navy (pea) beans</td>
<td>( \frac{3}{4} ) cup</td>
</tr>
<tr>
<td>Water</td>
<td>4 cups</td>
</tr>
<tr>
<td>Salt</td>
<td>1( \frac{1}{2} ) teaspoons</td>
</tr>
<tr>
<td>Potato, diced</td>
<td>( \frac{3}{4} ) cup</td>
</tr>
<tr>
<td>Onion, chopped</td>
<td>( \frac{1}{2} ) cup</td>
</tr>
<tr>
<td>Flour</td>
<td>( \frac{1}{2} ) teaspoons</td>
</tr>
<tr>
<td>Butter, margarine, or</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>drippings</td>
<td></td>
</tr>
<tr>
<td>Tomatoes, canned</td>
<td>( \frac{3}{4} ) cup</td>
</tr>
<tr>
<td>Green pepper, finely</td>
<td>( \frac{1}{2} ) cup</td>
</tr>
<tr>
<td>chopped</td>
<td></td>
</tr>
<tr>
<td>Milk</td>
<td>1( \frac{1}{2} ) cups</td>
</tr>
</tbody>
</table>

Soak beans in water as directed on page 14.

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 170.

**MENU SUGGESTION**

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

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

6 servings, 1 cup each

Tomatoes, canned .................. ½ cup
Celery, thinly sliced ................ ½ cup
Green pepper, thinly sliced ....... ½ cup
Onion, thinly sliced ................ ½ cup
Parsley, finely chopped ............ 1 tablespoon
Chicken bouillon cubes ............ 4
Chicken broth ....................... 4 cups
Chicken, cooked, diced ............ 2 cups
Okra, frozen, cut-up ............... 10-ounce package
Rice, cooked ........................ ½ cup
Corn, cooked ........................ ½ cup

Add tomatoes, celery, green pepper, onion, parsley, and bouillon cubes to chicken broth.
Simmer 24 minutes or until vegetables are tender.
Add chicken and okra and cook for 6 minutes longer.
Add rice and corn.
Heat and serve.

Calories per serving.—About 155.

Quick french onion soup

6 servings, ½ cup each

Bread cubes ......................... 1 cup
Onions, thinly sliced ............... 2 cups
Fat or oil ........................... 2 tablespoons
Boiling water ....................... 3 cups
Beef bouillon cubes ............... 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 90.

EASY METHOD

Use ½ cup instant minced onion instead of fresh onions; increase water to 4 cups. Instant onion 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 make a hearty main dish salad by adding cubes or julienne strips of cooked meat or poultry to a vegetable salad. Flaked cooked or canned fish gently mixed with vegetables in a salad can also be a main dish in the meal. 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, washed, torn in small pieces ....... 1 quart
Mandarin orange sections, canned, drained .......... 2 cans, 11 ounces each
Avocado, diced ................. 1 cup
French dressing ........... ¼ cup

Combine all ingredients; toss lightly.
Chill. Serve within an hour or two.

NOTE: Half of a 10-ounce package of trimmed fresh spinach may be used.

Calories per serving.—About 130.
For fewer calories, use low-calorie french dressing. About 90 calories per serving.

Mixed vegetable salad
6 servings, ½ cup each
Mixed vegetables, frozen ........ 10-ounce package
Celery, thinly sliced .......... ¼ cup
Green pepper, diced ........... ¼ cup
Sweet pickle, finely chopped .. ¼ cup
Cucumber, diced .......... ¼ cup
Onion, finely chopped .......... 1 tablespoon
French dressing .......... ¼ 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 1/2 to 2 cups of two or more vegetables (peas, carrots, corn, lima beans, cut green beans).

**Calories per serving.**—About 90.

*For fewer calories, use low-calorie French dressing. About 50 calories per serving.*

## Pea and cheese salad

**6 servings, 1/2 cup each**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peas, frozen, cooked, drained</td>
<td>10-ounce package</td>
</tr>
<tr>
<td>Process Cheddar cheese, diced</td>
<td>1 cup</td>
</tr>
<tr>
<td>Dill pickle, chopped</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Prepared mustard</td>
<td>1/2 teaspoon</td>
</tr>
<tr>
<td>Vinegar</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Salt</td>
<td>To taste</td>
</tr>
<tr>
<td>Lettuce</td>
<td>Several leaves</td>
</tr>
</tbody>
</table>

Mix peas with cheese, dill pickle, mayonnaise, mustard, vinegar, and salt.

Chill and serve on lettuce.

**Calories per serving.**—About 220.

### MENU SUGGESTION

Serve with tomato soup and potato chips. Have fresh fruit for dessert.

## Jellied vegetable salad

**6 servings, 1/2 cup each**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lemon flavored gelatin</td>
<td>3-ounce package</td>
</tr>
<tr>
<td>Unflavored gelatin</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Boiling water</td>
<td>1 cup</td>
</tr>
<tr>
<td>Cold water</td>
<td>1 cup</td>
</tr>
<tr>
<td>Onion, finely chopped</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Salt</td>
<td>1/2 teaspoon</td>
</tr>
<tr>
<td>Green pepper, chopped</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Carrots, shredded</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Celery, diced</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Radishes, thinly sliced</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Lettuce</td>
<td>Several leaves</td>
</tr>
</tbody>
</table>

Combine flavored and unflavored gelatin.

Dissolve in boiling water.

Add cold water, onion, and salt.

Chill in refrigerator until mixture begins to thicken.

Gently stir in green pepper, carrots, celery, and radishes.

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 60.

## Corn-stuffed tomato salad

**6 servings, 1 tomato each**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tomatoes</td>
<td>6 medium</td>
</tr>
<tr>
<td>Whole-kernel corn, canned, drained</td>
<td>1 1/2 cups</td>
</tr>
<tr>
<td>Green onions, chopped</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Green pepper, chopped</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Salt</td>
<td>1/2 teaspoon</td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Lemon juice or vinegar</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>Garlic clove, minced</td>
<td>1 small</td>
</tr>
<tr>
<td>or Garlic powder</td>
<td>1/8 teaspoon</td>
</tr>
<tr>
<td>Lettuce or salad greens</td>
<td>Several leaves</td>
</tr>
</tbody>
</table>

Spoon out centers of tomatoes.

Chill.

Mix with corn, onions, green peppers, and salt.

Combine vegetable oil, lemon juice or vinegar, and garlic.

Pour over mixed vegetables.

Chill mixture.

Spoon into chilled tomato cups.

Serve on salad greens.

**Calories per serving.**—About 150.
OTHER PUBLICATIONS

The following publications give additional information on buying and preparing food for your family. Single copies are available from the Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250. Include your ZIP Code number in your return address.

HG 208, "Soybeans in Family Meals."
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<td></td>
</tr>
<tr>
<td>baked</td>
<td>24</td>
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<tr>
<td>burgers, chili</td>
<td>25</td>
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<td>chowder</td>
<td>27</td>
</tr>
<tr>
<td>Bean, lima, casserole</td>
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<td>Beans (green snap), dilly, with</td>
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<tr>
<td>carrots</td>
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<td>Beets with orange sauce</td>
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<td>Cabbage cooked in milk</td>
<td>22</td>
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<td>Carrots, dilly, with beans</td>
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<td>Cauliflower, Chinese-style</td>
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<td>Chicken gumbo soup</td>
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<td>Corn:</td>
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<td>Peppers, quick-stuffed green</td>
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</tr>
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<td></td>
</tr>
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<td>-cheese bake</td>
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<td>patties</td>
<td>23</td>
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<tr>
<td>soup</td>
<td>26</td>
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<td>Spinach:</td>
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<tr>
<td>-orange-avocado salad</td>
<td>29</td>
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<td>soufflé</td>
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<td>22</td>
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<td>Squash, summer, bake</td>
<td>21</td>
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<tr>
<td>Squash, acorn, orange-honeyed</td>
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<tr>
<td>Sweetpotatoes, quick-candied</td>
<td>22</td>
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<td>Tomato:</td>
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<tr>
<td>casserole, with eggplant</td>
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<td>30</td>
</tr>
<tr>
<td>Vegetable(s):</td>
<td></td>
</tr>
<tr>
<td>medley</td>
<td>21</td>
</tr>
<tr>
<td>salad, jellied</td>
<td>30</td>
</tr>
<tr>
<td>salad, mixed</td>
<td>29</td>
</tr>
</tbody>
</table>

3 See also Contents page for listings of general cooking methods and vegetable seasonings and sauces.