

ZUCCHINI ITALIANO

VEGETABLES—Zucchini

Zucchini on the half shell, with garlic, hot sausage, Parmesan cheese added

Bake at 350° for 30 minutes . . . makes 6 servings

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|---|------------------------------|
| 6 medium-size zucchini, halved lengthwise | 1 clove of garlic, crushed |
| ½ pound hot Italian sausages | ⅓ cup flavored bread crumbs |
| 1 small onion, chopped (¼ cup) | ¼ cup grated Parmesan cheese |

1. Cook zucchini in boiling salted water in a large frying pan 10 minutes; lift out carefully; drain pan. Scoop out insides and mash; drain well. Place shells in a shallow pan.
2. Peel casings from sausages; break up meat; sauté in same frying pan 5 minutes. Stir in onion and garlic; sauté until onion is soft. Stir in mashed zucchini and bread crumbs. Spoon into shells; sprinkle with cheese.
3. Bake in moderate oven (350°) 30 minutes, or until heated through. Garnish with small white onion rings, if you wish.

Family Circle

Boil (whole) for 30 minutes. Cool. Cut in middle + with fork (or spoon) take seeds from center. Then with fork fluff out the "spaghetti."

For casserole dish put layer of spaghetti dot with butter + sprinkle with lemon pepper, salt + broken

cashew nuts.
(2 layers) Bake until hot. sprinkle grated cheese on top.

Use also with Ragu sauce or meat + spaghetti sauce.

Or ?

SPANISH TOMATO CUPS

VEGETABLES—Tomatoes

Firm fresh tomatoes easily filled with rice mix, topped with cheese spread

Bake at 350° for 20 minutes . . . makes 6 servings

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|---------------------------------------|---------------------------------------|
| 6 large firm ripe tomatoes | 2 tablespoons butter or margarine |
| 1 package (6 ounces) Spanish rice mix | 6 tablespoons processed cheese spread |
| Water | |

1. Cut a thin slice from top of each tomato; scoop out insides into a 2-cup measure. (There should be 2 cups.) Place tomato cups in a shallow pan.
2. Prepare rice mix with water, butter or margarine, and the 2 cups tomato pulp, following label directions. Spoon into tomato cups; top each with 1 tablespoon cheese spread.
3. Bake in moderate oven (350°) 20 minutes, or until heated through. Garnish with sliced ripe olives, if you wish.

Family Circle

Mexican Rice

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|--|---|
| 1 cup uncooked rice | 1 tablespoon chopped green chili pepper |
| ⅔ cup Sun-Maid Seedless Raisins | 1 teaspoon salt |
| ¼ cup oil | 1 cup canned or cooked tomatoes |
| 1 pound uncooked hamburger or ground steak | 1 tablespoon chili powder |
| 1 small chopped onion | 1½ cups water |
| 1 small clove garlic, chopped | 4 slices bacon |

Wash and drain rice. Rinse raisins in hot water and drain. Heat half the oil in frying pan, add rice and fry to a light brown, stirring to prevent burning. Remove rice, add remaining oil, hamburger, onion, garlic and chili pepper and cook and stir about 10 minutes; add salt, tomatoes and chili powder which has been dissolved in ¼ cup cold water. Allow mixture to cook a few minutes, then add rice, remainder of water and raisins. Pour into a baking dish and arrange bacon slices over top. Bake in a moderate oven (350 to 375 degrees F.) until rice is tender (about 45 minutes). If bacon browns too rapidly, cover dish.

Serves 6.

Casserole Raisins and Carrots

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|---------------------------------|-----------------|
| ½ cup Sun-Maid Seedless Raisins | ½ teaspoon salt |
| 4 cups shredded raw carrots | Pepper |
| 4 tablespoons butter | |

Rinse raisins in hot water, mix with carrots and place in a greased casserole; dot with butter and sprinkle with salt and pepper. Cover dish and bake about one hour in a moderate oven (350 degrees F.).

Serves 4.

Raisin Cheese Souffle

1/2 cup Sun-Maid Seedless Raisins
1 cup milk
1/4 cup quick-cooking tapioca
1/4 teaspoon dry mustard
1 teaspoon salt
1 cup grated strong American cheese
1/3 cup finely mashed canned green chili pepper
4 eggs

Rinse raisins, drain and dry on a towel. Combine milk and tapioca in top of double boiler and cook until tapioca is clear, about 15 minutes. Add mustard, salt, cheese and chili pepper and stir until cheese is melted. Remove from heat, add raisins and egg yolks and stir to blend. Fold in stiffly beaten egg whites. Pour into greased baking pan and bake about 40 minutes in a moderate oven (350 degrees F.). Do not set dish in a pan of water. Serves 4 to 6.

Raisin Spaghetti Ring

2 cups uncooked spaghetti
1 cup Sun-Maid Seedless Raisins
1 cup grated strong cheese
1 cup soft white bread crumbs
1/4 cup finely cut parsley
1 tablespoon finely chopped onion
1 teaspoon salt
Pepper
2 eggs
1 1/2 cups milk

Boil spaghetti until tender; drain. Rinse raisins in hot water and drain. Combine spaghetti, raisins, cheese, bread crumbs, parsley, onion, salt and pepper and mix lightly. Beat eggs, add milk and mix with other ingredients. Pour into a greased ring mold, set in a pan of cold water and bake 1 1/4 hours in a moderate oven (350 degrees F.). Unmold on platter and fill center with creamed fish, or serve plain with a garnish of parsley and tomatoes. Serves 6.

TURKISH SQUASH

VEGETABLES—Yellow Squash

Yellow squash, intriguingly seasoned with lemon juice, yogurt, coriander

Bake at 350° for 20 minutes . . . makes 6 servings

6 small yellow squashes
6 tablespoons (3/4 stick) butter
or margarine
2 cups saltine-cracker crumbs
1 large onion, chopped (1 cup)
1 cup (8-ounce carton) plain yogurt
2 tablespoons lemon juice
1 teaspoon salt
1 teaspoon crushed coriander
1/4 teaspoon seasoned pepper

1. Halve squashes lengthwise; cook in boiling salted water in a large frying pan 10 minutes; lift out carefully; drain pan. Scoop out centers and chop; drain well. Place shells in a shallow pan.
2. Melt butter or margarine in same frying pan; toss 3 tablespoonfuls with 1 cup of the cracker crumbs in a small bowl.
3. Add onion to butter in pan; sauté until soft; stir in remaining crumbs, chopped squash, and all remaining ingredients. Spoon into shells. Sprinkle with buttered crumbs.
4. Bake in moderate oven (350°) 20 minutes.

Family Circle

BAKED TOMATOES

VEGETABLES



Baked Tomatoes

3 medium tomatoes
1/4 cup MAZOLA® Margarine, melted
1/3 cup fine dry bread crumbs
1 tablespoon brown sugar
1 teaspoon finely chopped onion
Dash pepper

Wash tomatoes; remove stem ends and cut tomatoes in half crosswise. Arrange halves, cut side up, in shallow baking dish. Bake in 375° F. (moderate) oven about 15 minutes. Meanwhile, combine remaining ingredients. Spoon onto tomatoes. Broil about 4 inches from heat until tops are nicely browned.

Stringbeans ala Patty

1/2 C. butter
1/3 C. slivered almonds
1 small can of mushrooms
1/4 t. salt
2 T. lemon juice
2 pkgs. frozen stringbeans
Cook stringbeans. Melt butter then add almonds and brown slightly. Add mushrooms, salt and lemon juice. Pour over stringbeans and serve.

Marinated Vegetables

va 10.68
MaryAnn Antoine

- 2 #2 cans French style green beans
- 1 #2 can peas
- 1 med. jar stuffed olives
- 1 bunch green onions - sliced
- 4 cups celery - match stick size
- 4 cups carrots " " "
- 1/2 cup toasted almonds (add just before serving)

(over)

GARLIC BREAD

BREADS



Garlic Bread

- 1/4 cup MAZOLA® Margarine
- 1/2 clove garlic, crushed
- 1 loaf French bread

Blend margarine with crushed garlic. Cut French bread into diagonal slices from top almost through to bottom crust. Spread cut surfaces with margarine-garlic mixture. If desired, wrap loosely in aluminum foil. Heat in 375° F. (moderate) oven about 15 to 20 minutes.



Parmesan Bread: Follow recipe for Garlic Bread, substituting 1/4 cup grated Parmesan cheese for garlic.

Herb Bread: Follow recipe for Garlic Bread, substituting 2 tablespoons finely chopped parsley and 2 tablespoons finely chopped chives for garlic.

Marinade -

2 cups salad oil
1 tsp. Worcestershire
3/4 cup sugar
3/4 cup paprika
1/2 tsp. dry mustard
juice of 1 1/2 lemons
juice of 1 1/2 oranges
1/2 cup vinegar
2 garlic cloves (crushed)
Salt, pepper

pro
CHEESE PUFFS

1 CUP FLOUR 1 STICK BUTTER OR MARGARINE
OUNCES SHARP GRATED CHEESE.
A FEW DROPS TABASCO SAUCE PAPRIKA

Cut butter and cheese and a few drops tabasco sauce in flour until dough is formed. Then chill overnight. Shape into balls, sprinkle with paprika and bake in oven 375 degrees., from 10 to 15 minutes.

M. A. Stone

It's a one-dish hearty with bright vegetables layered with an herb-cheese filling

Bake at 375° for 30 minutes . . . makes 6 servings

- | | |
|--|---|
| 3 medium-size yellow squashes,
trimmed and sliced thin | 3 medium-size tomatoes, sliced |
| 6 tablespoons (¾ stick) butter
or margarine | 1 cup cream-style cottage cheese |
| 1 package (10 ounces) fresh
spinach, washed and trimmed | 1½ cups coarse saltine crumbs |
| | 1 teaspoon fines herbes |
| | 3 slices process American cheese,
cut in thin strips |

1. Saute squash lightly in 2 tablespoons of the butter or margarine in a large frying pan; remove and set aside. Repeat with spinach and tomatoes, using 2 tablespoons of the butter or margarine for each.
2. Mix cottage cheese, saltine crumbs, and herbs in a small bowl.
3. Place squash in a shallow 8-cup baking dish; top with half of the cheese mixture, then spinach, remaining cheese mixture, and tomatoes. Arrange cheese strips, checkerboard fashion, on top.
4. Bake in moderate oven (375°) 30 minutes, or until bubbly hot.



MAY 1966 — 1

SACRAMENTO RICE SCALLOP

CASSEROLES — Cheese

Layers of rice, hard-cooked eggs, cheese, and olives bake in a creamy sauce

Bake at 350° for 30 minutes . . . makes 6 servings

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|-----------------------------------|---|
| 3 tablespoons butter or margarine | 4 cups cooked rice |
| 3 tablespoons instant-type flour | 4 hard-cooked eggs, shelled and
sliced |
| 1 tablespoon instant minced onion | ½ cup sliced pitted ripe olives |
| 1 teaspoon salt | 1 package (8 ounces) sliced
Provolone cheese |
| 1 teaspoon Italian seasoning | |
| ½ teaspoon dry mustard | |
| 3 cups milk | |

1. Combine butter or margarine, flour, onion, salt, Italian seasoning, mustard, and milk in a small saucepan; cook, stirring constantly, until sauce thickens and boils 1 minute.
2. Make two layers each of rice, egg slices, olives, sauce, and cheese slices in a buttered 8-cup baking dish.
3. Bake in moderate oven (350°) 30 minutes, or until bubbly hot. Garnish with a ring of sliced olives, if you wish.



GLORIFIED POTATOES

What man — young or old — doesn't love potatoes with almost any meal? The family demand for potatoes keeps us busy finding new ways to serve the all time favorite. Everyone likes potatoes and gravy but what to do when there is no gravy — as with broiled or Bar-B-Qued meats. Here are some yummy ways with potatoes — perfect for those no gravy occasions. You'll find the addition of butter and cream dresses your potatoes to a "T." Try some Glorified Potatoes with your steak or hamburger tonight!

A Suggestion
from *Mary Morgan*
Food Basket Home
Economist

Mary Morgan

SHIRRED POTATOES: Grate coarsely 3 cups of peeled raw potatoes. Place the potatoes in a strainer and run hot water through them for a few minutes to wash out the starch. Mark a thin white sauce by melting 2 tablespoons butter, adding 2 tablespoons flour then blending in 2 cups milk plus salt and pepper to taste. Combine potatoes and white sauce in a buttered casserole and dot the top generously with butter. Bake covered at 350° for 30 minutes then reduce heat to 300° and continue baking for 2½ hours. Uncover the top the last 10 minutes to brown. This is a good dish to prepare early in the afternoon and let cook slowly with no last minute fuss for you.

Speed Method of Cooking: Bake the potatoes covered at 375° for 30 minutes then uncover for 10 minutes to brown the top. Serves six.

PARTIFIED BAKED POTATOES: For each large potato allow: 1 teaspoon butter, 1 teaspoon sesame seeds, 3 tablespoons heavy cream and salt and pepper to taste. Scrub and bake potatoes — leave potato skins unoiled so they'll be crusty. Spread sesame seeds in a shallow pan to toast while the potatoes bake. When potatoes are tender, cut off tops ¼ way down. Carefully cube and remove the insides, leaving a ¼ inch "wall" on sides and bottom of potato. Mix the cubed potato with seasonings, butter, toasted sesame seeds and refill the shells. Carefully pour cream over the potato cubes in the shell. Bake potatoes in a 400° oven until brown on top and piping hot.

Note — These can be prepared early in the day and about 30 minutes before meal time pour cream over potatoes and heat. Allow more time to heat if potatoes are chilled.

This card is scored for your convenience. Fold and file in standard 3 x 5-inch recipe or file box.

SWISS PUFF

CASSEROLES — Cheese

Potatoes, cheese, and eggs make this soufflélike supper dish extra satisfying

Bake at 375° for 40 minutes . . . makes 6 servings

4 eggs, separated
4 cups seasoned hot mashed
potatoes
2 cups grated Swiss cheese

2 tablespoons finely cut chives
2 tablespoons chopped parsley
2 tablespoons diced pimiento
Few drops red-pepper seasoning

1. Beat egg whites just until they form soft peaks in a large bowl.
2. Beat egg yolks, one at a time, into hot mashed potatoes in a second large bowl; stir in cheese, chives, parsley, pimiento, and red-pepper seasoning. Fold in beaten egg whites until no streaks of white remain; spoon into a buttered 6-cup baking dish.
3. Bake in moderate oven (375°) 40 minutes, or until puffed and golden. Serve at once.



TRIPLE-CHEESE RAMEKINS

CASSEROLES — Cheese

One cheese is good but three are so much better in these little supper puffs

Bake at 350° for 25 minutes . . . makes 4 servings

½ cup cream for whipping
2 tablespoons butter or margarine
1½ cups soft bread crumbs
Dash of cayenne
4 eggs, separated

½ cup grated Swiss cheese
⅓ cup grated Parmesan cheese
2 tablespoons crumbled blue
cheese

1. Heat cream with butter or margarine just until butter melts in a small saucepan; stir in bread crumbs and cayenne; let cool while beating eggs.
2. Beat egg whites just until they form soft peaks in a medium-size bowl. Beat egg yolks until creamy-thick in a large bowl; stir in cheeses and crumb mixture; fold in beaten egg whites. Spoon into 4 ungreased 6-ounce custard cups; set in a pan for easy handling.
3. Bake in moderate oven (350°) 25 minutes, or until puffed and golden. Serve at once.



Chicken Livers @ Mushrooms

Brown $1\frac{1}{2}$ lb. chicken livers in $\frac{1}{4}$ cup melted butter. Transfer livers to heated serving dish and keep warm. To the pan, add 1 tbsp butter, $1\frac{1}{2}$ lb. sliced mushrooms, caps & stems together. Stew the mushrooms gently about five minutes. Stir in 4 tbsp. flour and gradually add $1\frac{1}{2}$ cups chicken stock and $\frac{3}{4}$ cup dry white wine. - over.

Cool, stirring constantly until sauce
thickens. Add 1 Tbsp. lemon juice.
Return chicken livers to sauce,
heat thoroughly and serve hot
with rice or toast.

Jerry Rezak

2 cups white sugar

1 cup Koro -

1/2 cups water

boil until skins a thread

add 1 lb shelled uncooked

peanuts & cook until

golden brown - remove

from fire & add 1 Tbsp
salt

KENMORE Recipes

1-5
and 1 to soda + its flour
- stir fast - pour
onto large cookie
sheet which has
been greased + floured
- allow to cool

Sartel frosting

1/2 c. tart jelly 1/4 c. sugar

1 egg white salt

combine - cook as per 7 min.

...ing cracker
top. Bake at 400 F. 20 n
immediately. Makes 4 or se. v-
ings.

Tuna Fish and Noodle Casserole

- 2 cups cooked noodles
- 1 seven-ounce can tuna fish
- 2 hard cooked eggs
- 1 tablespoon chopped pimento
- 2 tablespoons finely chopped green pepper.
- 1 teaspoon grated onion
- 1 can cream of mushroom soup
- ½ cup milk

For the two cups of cooked noodles, cook slightly more than one cup. Add them slowly to rapidly boiling salted water (2 quarts water, 2 teaspoons salt). Boil gently until tender, about 12 minutes. Drain into a colander.

In the meantime, flake tuna fish. Prepare hard cooked eggs.

DUNN'S
Farm Market

TUNA TIME SNACKS

Summer time means snack time! When your family asks for an inbetween meal snack, give them something nutritious as well as cool and refreshing. Those requirements are filled to the letter when you serve tuna fish. I have worked out some recipes for you using tuna for either sandwich spreads or for cracker and potato chip dips. These dips and spreads are just the thing to serve when guests drop in, too. Tall cold glasses of lemonade top off a pleasant snack time!

A Suggestion
from *Mary Morgan*
Food Basket Home
Economist

Mary Morgan

No. 1

- 1 tablespoon milk
- 2 teaspoons Worcestershire sauce
- 1 8-ounce package cream cheese
- 2 teaspoons lemon juice
- 1 7-ounce can tuna

Cream cheese with milk. Add tuna, Worcestershire sauce, and lemon juice. Mix well and chill. Serve on sandwiches, crackers and potato chips.

No. 2

- 1 7-ounce can tuna
- ¼ cup mayonnaise
- 1 cup cream-style cottage cheese
- 2 teaspoons lemon juice
- ⅓ cup minced celery
- ¼ teaspoon salt
- 1 tablespoon minced onion

Combine all ingredients and mix well. Chill covered 1 to 2 hours to blend flavors.

Hint — For that special occasion, cut the top from a green Bell pepper, and remove seeds. Wash pepper well and drain. Fill with dip or spread and you have a festive serving dish!

Espresso (or Italian Coffee)

2 tablespoons instant coffee

2 cups hot brewed coffee

Dissolve instant coffee in the brewed coffee.

Serve piping hot. Makes 6 servings.

Russian Tea

2 c. orange Tang

1 pkg lemonade mix (Wylers)

$\frac{2}{3}$ cups instant tea

2 cups sugar

1 t ground cloves

Mix and store

Use 2 t per cup hot water

Punch

1 gal. 30-40 punch cups

$2\frac{1}{2}$ c. sugar } boil 2 min.
1 qt water }

2 c. fruit juice (grape, rasp, straw, or cherry)

12 juice oranges

6 lemons

1 c. strong black tea

1 pt. pineapple ^{juice} or crushed pineapple

1 qt. ginger ale ^{committee will add}

Here's what's cookin' Mary Meade's Frozen Serves 8

Recipe from the kitchen of Whiskey Sour

Katie Knodle 1 to keep on hand

1 can lemonade concentrate

2 cans bourbon

3 cans water

1 T. frozen orange juice concentrate

Mix (I use blender) freeze and store.

Spoon -
blender.



Cafe Borgia

1/2 cup instant coffee

1/2 cup instant chocolate flavor mix

4 cups boiling water

Sweetened whipped cream Grated orange rind

Combine coffee and chocolate flavor mix in a pot or carafe. Add boiling water and stir to blend. Pour into demitasse cups. Top with whipped cream and a sprinkling of grated orange rind. Makes 12 servings.

Mary Meade's Frozen Daiquiri (to keep on hand)

1 can frozen concentrate for limeade

2 cans (juice cans) light rum

3 cans water. Mix & freeze.

To serve: follow Sour (24 hours ahead)
directions (of serving)

Give quick whirl in blender, turn out and garnish each drink with mint leaf. Serve with straw.