

Vegetables

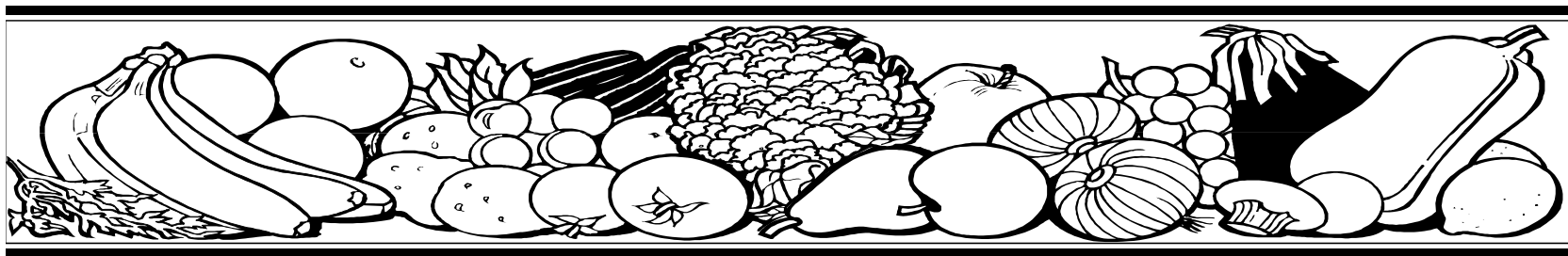
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Veggie Grilling Chart

Vegetable:	Preparation:	Grilling Time:
Asparagus	Trim tough ends; blanch 3 to 4 min.	3 minutes
Broccoli	Cut into large pieces; blanch 3 to 4 min.	5 minutes
Corn	Remove silks, leaving husks; soak in water 1 hour; brush with water during grilling	15 minutes
Eggplant	Cut into 1" thick slices	5 minutes
Fennel	Cut bulb into 8 wedges	2 minutes
Garlic	Leave head unpeeled; blanch 20 min.	15 minutes
Leeks	Trim and halve lengthwise	5 minutes
Mushrooms	Leave whole; skewer if necessary	5 minutes
Onions	Cut into ½" thick slices	5 minutes
Bell Peppers	Stem, seed and cut into large pieces	5 minutes
Potatoes, small, new	Blanch 10 minutes; cut in half	10 minutes
Potatoes, sweet	Cut into ½" thick slices	12 minutes
Summer Squash	Cut into ½" thick slices	5 minutes
Tomatoes, plum	Cut in half lengthwise	3 minutes
Tomatoes, cherry	Skewer	3 minutes
Zucchini	Cut into ½" thick slices	5 minutes



Fried Vegetables

Whole Artichokes –

1. Select small or medium artichokes. Leaving stems attached, snap off the tough lower leaves. Then, using scissors, cut off the outer part of the remaining leaves, leaving only the whitish edible part. As you work u the choke, the edible portion becomes longer, and the artichoke begins to look like a rosebud. When you reach the core of leaves in the center, slice them off to eliminate the green tips. Then scoop out the fuzzy interior choke.
2. With a sharp knife or vegetable peeler, pare lower part of the outside leaves, base, and stem to expose the white portion. Cut the stem to form a short stump. Rub all cut parts with lemon to avoid discoloration.
3. Gently spread leaves out as much as possible without breaking them, lay artichoke against work surface, and flatten gently with your hand. Salt and pepper outside and inside cavity.
4. Fry over medium heat using a heavy shallow skillet over medium heat, with oil to a depth of only 1 to 2 inches. Turn several times and cook until bottoms pierce easily with a fork, about 15 minutes. Have a second skillet ready, with oil heated very hot over high heat. Place artichokes in stem-side up and fry until golden.

Artichoke Pieces-

Prepare raw artichokes as above, then cut into small wedges vertically. Drop into boiling water containing a little lemon juice and cook until just tender, approximately 6 minutes. Drain and cool before dipping into beaten egg, then fine breadcrumbs. Fry until all sides are golden and crusty. (Frozen artichoke hearts can be fried by first thawing completely, patting dry, and dipping into the egg and breadcrumbs).

Asparagus-

Break off stem to within 4 inches of the tip, discard bottom stem. Wash and pat dry. Dip into beaten egg, then fine breadcrumbs, and fry a few stalks at a time.

Cauliflower-

Boil whole cauliflower until just barely fork tender. Cool and break into florets and cut these into bite-sized pieces. Dip into beaten egg, then fine seasoned breadcrumbs before frying.

Eggplant-

Peel and slice eggplants lengthwise about ½” thick. Sprinkle with salt and place in a large colander and set aside for 30 minutes to draw out excess moisture. Dry with paper towel and slice into chunky strips. No breadcrumbs or flour are required, although you may lightly dust with flour before frying.

Green Beans-

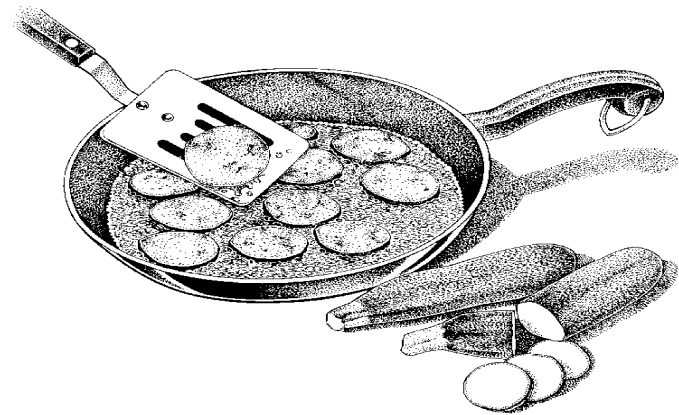
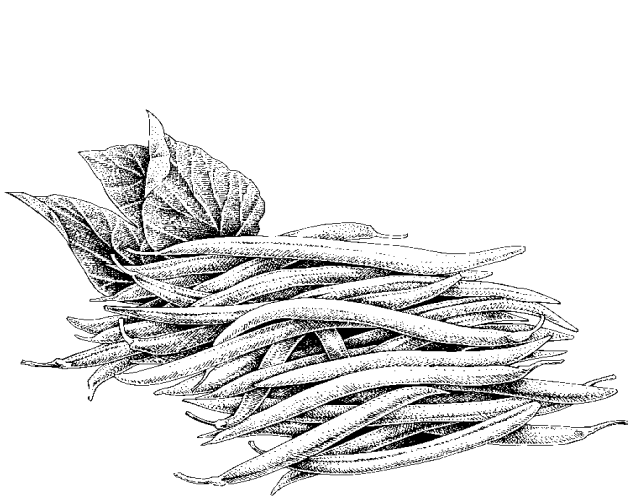
Cut off tips and trim beans. Cook in salted boiling water until almost done, about 20 minutes. Cool. Tie in small bundles with string and dip bundles into beaten egg, then flour. Fry, and remove string before serving.

Tomatoes-

Wash green or firm ripe tomatoes, slice horizontally ½” thick, and gently remove seed, if desired. Dredge in flour, then dip in beaten egg, and finally into fine seasoned breadcrumbs. Fry until crusty.

Zucchini-

Clean or peel zucchini, and cut lengthwise into thin strips, as you would prepare potatoes for frying. Salt strips and allow to sit for about 30 minutes, then drain and pat dry. Dip into flour and fry a few at a time.



Grilled Vegetable Kebabs

Some vegetables, such as broccoli, potatoes and cauliflower, require precooking or they will burn on the outside before becoming tender within. See grilling chart for preparation times.

Marinade:

1/3 cup fresh lemon juice

¼ cup olive oil

¼ cup minced onion

1 clove garlic

1 Tbl. Crumbled dried oregano

Salt and pepper to taste

1 medium eggplant, sliced 1" thick and quartered

8 small red-skinned potatoes, parboiled

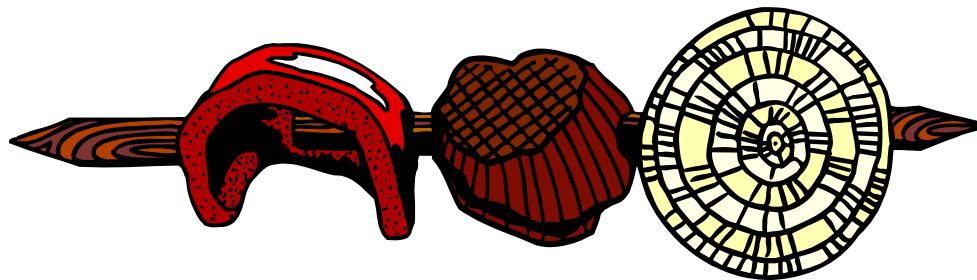
1 large zucchini, blanched and sliced 1" thick

8 whole, peeled garlic cloves, blanched

1 medium red bell pepper, cut into 1" pieces

1 medium yellow bell pepper, cut into 1" pieces

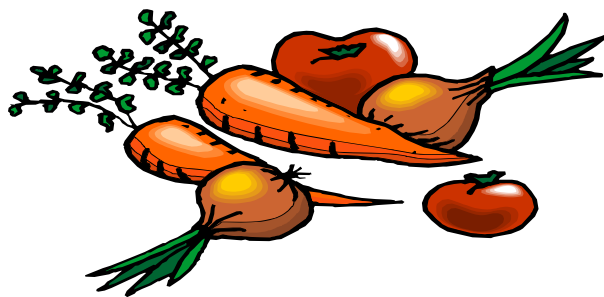
Prepare charcoal grill or preheat gas grill for at least 10 minutes. In large shallow glass bowl, whisk together all marinade ingredients. Add vegetables to marinade and toss to coat. Let stand 10 minutes. Thread vegetables on skewers, alternating for color. Grill until tender and lightly charred, turning and brushing with marinade often, about 5 minutes.



Country Vegetable Simmer

½ lb. Fresh green beans, trimmed
4 small new red potatoes, quartered
2 small onions, quartered
3 Tbl. Butter or margarine
8 fresh mushrooms, halved
1 medium ripe tomato, cut into ½” pieces
1 tsp. basil leaves
¼ tsp. salt
¼ tsp. pepper
¼ tsp. thyme leaves
2 Tbl. Tomato paste
½ tsp. minced fresh garlic
¼ cup chopped fresh parsley

In 3-qt. saucepan combine beans, potatoes and onions. Add enough water to cover, bring to a full boil. Cook over medium heat, stirring occasionally, until vegetables are crisply tender (15 to 20 minutes); drain. Return to pan; add remaining ingredients except parsley. Cook over medium heat, stirring occasionally, until heated through (10 to 12 minutes). Stir in parsley.



Triple-Decker Tortilla

1 cup canned pinto beans, drained (or refried beans)
2 Tbl. Bottled sliced jalapeno peppers (optional)
¼ cup salsa
Six-inch corn tortillas
½ cup frozen whole-kernel corn
Shredded Monterey Jack cheese
½ avocado, seeded, peeled, and chopped
1 Tbl. Fresh cilantro leaves

Preheat oven to 450°. Lightly spray a 9” pie plate with nonstick cooking spray. Rinse, drain, and slightly mash beans; stir in jalapeno peppers. In a skillet cook and stir beans over medium heat for 2 to 3 minutes. Set aside. Spoon into bottom of prepared pie plate, in order:

¼ cup salsa
1 tortilla
½ of the warm beans
1 tortilla
Corn
¼ cup shredded cheese
¼ cup salsa
1 tortilla
Remaining bean mixture
1 tortilla
½ cup salsa

Cover with foil; bake 12 minutes (or, cover with microwave-safe plastic wrap; micro-cook 4 minutes, rotating once). Uncover. Sprinkle with ¼ cup cheese. Bake, uncovered, 3 minutes more (micro-cook 30 seconds more). Sprinkle with avocado and cilantro leaves.

Stuffed Artichokes

4 large artichokes
1 lemon
4 slices white bread
½ cup olive oil
1/3 cup chopped parsley
3 garlic cloves, chopped
Salt and freshly ground pepper to taste
Water
3 to 4 Tbl. Olive oil



Cut off artichoke stems; slice and reserve. Remove and discard hard outer leaves or artichokes. Cut sharp tips off remaining leaves with scissors. Slice off about ½” from top end of each artichoke. Open artichokes gently with your hands. Remove fuzzy chokes with a knife or melonballer. Wash artichokes under cold running water. Slice lemon in half and rub over cut tops of artichokes. Set artichokes with cut part down on paper towels. Remove crusts from bread. Chop bread into small pieces and place in a medium bowl. Add ½ cup oil, parsley, garlic and salt and pepper. Mix well. Arrange mixture between artichoke leaves and in centers. Place artichokes and reserved stems in a large saucepan. Pour water about 1” deep in pan. Add 3 to 4 Tbl. oil. Bring water to a boil. Reduce heat to medium and cover pan. Cook artichokes 40 to 60 minutes, depending on size. If water evaporates, add a little more. There should be 4 to 5 Tbl. of sauce left in pan. If too much liquid is left, uncover pan and boil liquid down. Spoon sauce over artichokes and stems. Serve hot.

Broccoli Sautéed with Garlic

1 bunch fresh broccoli or 2 10-oz. pkgs. Frozen sliced broccoli
2 cloves garlic, minced
¼ cup olive oil
Salt to taste

Slice off and discard ends of fresh broccoli stalks, peel stalks if broccoli is tough. Split stalks in two or into quarters with florets left attached. Or slice whole stalks horizontally into bite-sized pieces. Steam or drop into boiling salted water and cook until just fork tender. Drain well. Cook frozen broccoli according to package directions until barely tender. Over medium heat, sauté garlic in olive oil until golden. Add broccoli and salt and sauté about 3 to 4 minutes.

Baked Stuffed Tomatoes

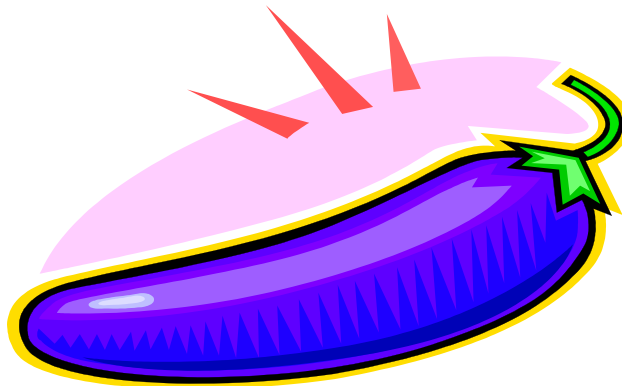
8 large ripe tomatoes
Salt and fresh ground pepper to taste
1 cup finely chopped onion
¼ cup olive oil
6 anchovy filets, rinsed and finely chopped
2 Tbl. tiny capers
2 cups herb-seasoned breadcrumbs
1/3 cup pine nuts, ground in food processor (optional)
¼ cup minced parsley
½ cup freshly grated Parmesan cheese
¼ cup butter

Cut slice off bottoms of tomatoes (the flat top of a tomato makes a firmer base). Scoop out seed and center pulp into a sieve and collect juices; reserve. Season tomato cavities with salt and pepper to taste and place them in an oiled baking dish. Sauté onion in olive oil until golden. Combine onion and pan drippings with anchovies, capers, breadcrumbs, pine nuts, parsley, cheese and reserved tomato juices. Taste, and add salt and pepper as required. Fill tomatoes with stuffing mixture. Dot with butter and bake at 400° until tomatoes are tender but still hold their shape, about 10 to 15 minutes.

Eggplant Parmesan

2 medium eggplants, peeled
Salt
Flour
Olive oil
2 cups basic tomato sauce
8 ounces mozzarella cheese, coarsely grated
½ cup freshly grated Parmesan cheese
3 Tbl. butter

Cut eggplant horizontally in ½" slices. Sprinkle both sides lightly with salt and place on paper towels. Cover with more paper towels and place a wooden board or heavy weight on top for 30 minutes to withdraw moisture. Rinse and pat dry with paper towels. Dredge with flour and fry slices in shallow olive oil in a heavy pan over medium-high heat until lightly browned, adding oil as necessary. Salt to taste and drain on paper towels. Place a single layer of fried eggplant in a buttered baking dish. Cover with 1/3 of the mozzarella cheese, and 1/3 of the Parmesan cheese. Continue layering eggplant, sauce, and cheese for two more layers, ending up with Parmesan on the top. Dot with butter and bake at 400° for about 30 minutes.



Baked Eggplant Parmesan – Rebecca Wendel

2 cups seasoned dry bread crumbs
1 ½ cups grated Parmesan cheese
4 eggs, beaten with 3 Tbl. water
2 medium eggplants, peeled and cut into ¼” slices
1 jar (28-oz) pasta sauce
1 ½ cups mozzarella cheese (about 6 oz.)

Preheat oven to 350°. combine bread Crumbs and ½ cup Parmesan cheese. Dip eggplant in egg mixture, then bread crumb mixture. On lightly oiled baking sheets, arrange eggplant slices in a single layer. Bake 25 minutes or until golden. In a 9” x 13” dish, spread 1 cup pasta sauce. Layer ½ of the baked eggplant then 1 cup sauce and ½ cup Parmesan cheese. Repeat. Bake covered 45 minutes. Uncover and sprinkle with mozzarella cheese. Bake uncovered 10 minutes or until cheese is melted. Variation: Use zucchini in place of the eggplant.

Tender Asparagus Spears with Garlic Mustard

1 lb. Asparagus spears, trimmed
¼ cup butter or margarine
2 cups sliced ¼” fresh mushrooms
2 Tbl. country-style Dijon mustard
¼ tsp. pepper
Pinch of salt
½ tsp. minced fresh garlic

In 10” skillet place asparagus spears; add enough water to cover. Bring to a full boil. Cook over medium heat until asparagus is crisply tender (5 to 7 minutes). Drain; return to skillet. Add remaining ingredients, pushing asparagus to side just until butter is melted. Cook over medium heat, stirring occasionally, until heated through (5 to 7 minutes).

Asparagus Parmesan

2 lbs. fresh, tender, young asparagus

Salt

½ cup freshly grated Parmesan cheese

6 Tbl. butter, melted

Break off and discard tough asparagus ends. Peel lower part of stalk, if desired. Wash and cook in boiling salted water until tender but crisp to the bite. Drain well. Place asparagus in layered rows in a buttered baking dish, sprinkling each layer with cheese and butter before adding the next layer. Bake in a 450° oven until cheese and butter form a golden crust.

Top asparagus with poached or fried eggs for a light main dish.



Baked Asparagus with Parmesan Cheese

2 ½ lbs. asparagus

½ cup freshly grated Parmesan cheese

3 Tbl. butter

Preheat oven to 350°. Butter a 9" x 13" baking dish. Cut off tough asparagus ends. Using a sharp knife or potato peeler, peel outer skin from asparagus. Tie asparagus together in 1 or 2 bunches with string or rubber bands. Pour cold salted water 2 to 3 inches deep in an asparagus cooker, tall stockpot or old coffeepot. Place asparagus upright in water. Bring water to a boil. Cover and cook over high heat 6 to 8 minutes, depending on size. Drain on paper towels; remove string or rubber bands. Arrange drained asparagus slightly overlapping in buttered baking dish. Sprinkle with Parmesan cheese and dot with butter. Bake 10 to 15 minutes or until cheese is melted. For a light-golden topping, put baked asparagus briefly under a hot broiler.

Green Bean Casserole

1 can cream of chicken or mushroom soup
½ cup milk
1 tsp. soy sauce or Worcestershire sauce
Dash pepper
2 10-oz. pkgs. Frozen French style green beans, or 2 1-lb. cans
1 3 ½-oz. can French fried onions (optional)

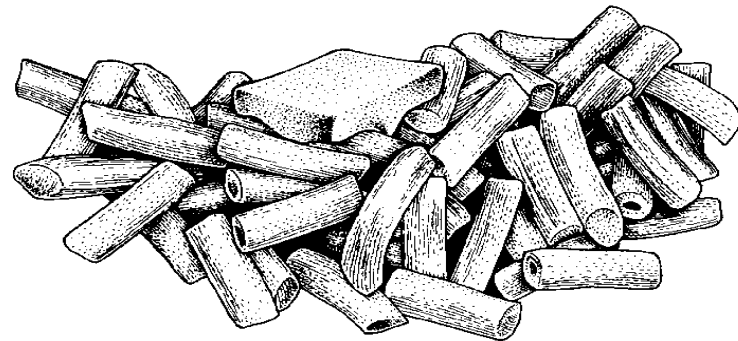
In 1 ½ qt. casserole, mix soup, milk, soy sauce and pepper; add drained beans and ½ can onions. Bake at 350° for 25 minutes or until hot. Top with remaining onions (or slivered almonds or chopped peanuts). Bake 5 minutes more.

Microwave – 5 minutes on high, then 3 minutes more.

Family Favorite Green Beans

3 Tbl. butter or margarine
1 medium onion, cut into eighths
10-oz. pkg. frozen French-style green beans
½ tsp. rosemary
¼ tsp. salt
Pinch of pepper
8-oz. pkg. fresh mushrooms, cut into thirds
½ cup shredded Monterey Jack cheese

In 2-qt. saucepan melt butter, stir in onion; cook over medium heat until tender (2 to 3 minutes). Add remaining ingredients except mushrooms and cheese. Cover; continue cooking, stirring occasionally, until beans are thawed and separated (3 to 5 minutes). Remove cover. Stir in mushrooms; continue cooking, stirring occasionally, until beans are crisply tender (5 to 7 minutes). Sprinkle with cheese. Cover; let stand 1 minute.



Green Beans with Tomato and Garlic

½ cup olive oil
1 small onion, chopped
2 cloves garlic, minced
1 Tbl. chopped fresh sage leaves, chopped fresh or ½ tsp. crumbled dried whole sage leaves
2 lbs. green beans, trimmed, washed, and cut into small pieces
3 cups canned or peeled fresh Italian-style plum tomatoes
Salt and freshly ground black pepper to taste
Water

Heat oil in saucepan over medium-high heat and sauté onion, garlic, and sage until wilted. Add green beans and tomatoes, along with salt and pepper and just enough water to barely cover. Bring to boil, cover, and reduce heat. Cook, stirring occasionally, until beans are tender, about 30 minutes.

Garden Green Beans with Bacon

1 lb. Fresh green beans, trimmed
4 slices bacon, cut into ½" pieces
1 cup sliced 1/8" red onion, separated into rings
3 Tbl. butter or margarine
½ tsp. pepper
¼ tsp. salt

In 3-qt. saucepan place beans and bacon; add enough water to cover. Bring to a full boil. Cook over medium heat, stirring occasionally, until beans are crisply tender (20 to 25 minutes); drain. Return to pan; add remaining ingredients. Cook over medium heat, stirring occasionally, until onion is crisply tender (5 to 7 minutes).

Stuffed Peppers Polynesian

5 to 6 medium size Green Peppers
1 ½ lb. Ground beef
1 cup Corn Flakes or bread crumbs
¼ cup finely minced onion
2 Tbl. catsup
1 egg
1 tsp. salt

Sauce:

1 can (no. 2) pineapple chunks
2 Tbl. corn starch
¼ cup brown sugar
¼ cup vinegar
1 Tbl. soy sauce

Cut tops off green peppers; remove membranes and seeds. Wash peppers; drop into large kettle of boiling salted water. Turn off heat; let stand 5 minutes. Drain peppers and stand in casserole dish. Combine ground beef, crumbs, onion, catsup, egg and salt. Fill peppers with meat mixture. Drain pineapple; saving syrup. Combine corn starch and brown sugar in small sauce pan. Add vinegar, soy sauce, and pineapple syrup, add water if necessary to equal 1 cup. Stir over low heat until thick. Add pineapple chunks; pour over stuffed peppers. Bake uncovered in 350° oven for 50 to 60 minutes.

Stuffed Green Peppers

4 large even shaped green peppers
1 lb. Lean ground beef
½ cup cooked rice
1 onion, chopped
½ cup chopped celery
1 egg
3 Tbl. half-and-half
3 Tbl. chopped parsley
¾ cup tomato sauce
½ tsp. salt
Dash ground black pepper
Dash cayenne pepper

Wash peppers. Cut off tops at stem ends. Remove seeds and membrane. Reserve tops. In a large mixing bowl, combine the ground meat, the rice, onion, celery and egg. Blend well. Add half-and-half, parsley, tomato sauce, salt and peppers. Mix to blend well. Place green peppers in an ovenproof dish, large enough to hold peppers upright. Fill green peppers with meat mixture, mounding a little on top of each. Filling will shrink while baking. Bake at 400° for about 35 minutes or until filling is set and cooked through and peppers are tender. Serve immediately. If desired, sprinkle with shredded cheese

Italian Fried Peppers

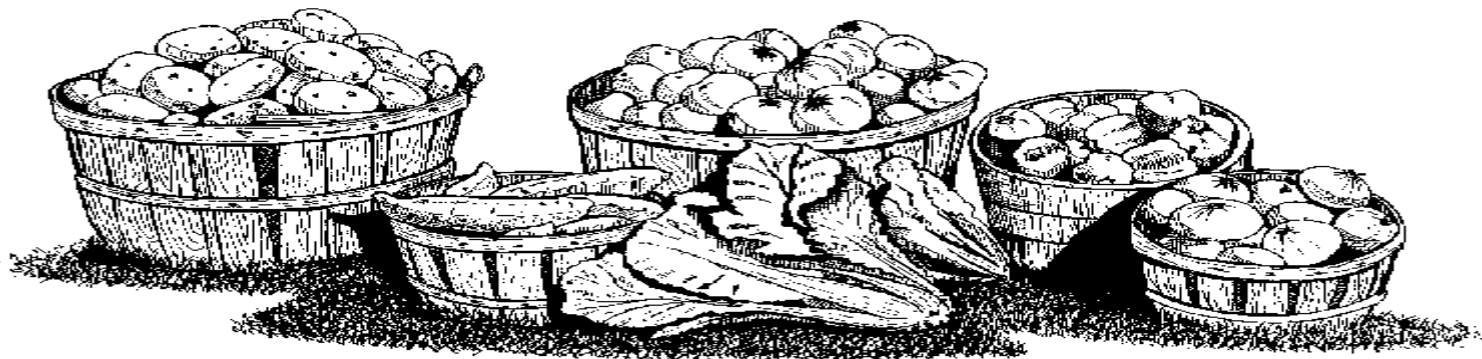
4 large firm sweet peppers
2 Tbl. olive oil
2 Tbl. butter
1 clove garlic, crushed
1 ½ tsp. salt
1/8 tsp. freshly ground black pepper
1 tsp. oregano

Wash peppers, remove stems and seeds. Cut lengthwise into strips about 1 ½" wide. Heat oil and butter in a large frying pan. Add peppers and garlic and cook over medium heat until lightly browned, stirring occasionally. Sprinkle with salt, pepper, and oregano. Cover and cook on low heat for 15 minutes.

Twice Baked Potatoes

4 baking potatoes
3 green onions, thinly sliced
2 Tbl. butter or margarine
½ cup milk or half-and-half, hot
½ tsp. salt
Dash black pepper
Dash nutmeg
Dash paprika
4 slices bacon
2 Tbl. grated Parmesan cheese
2 Tbl. grated sharp cheddar cheese

Wash the potatoes, pat dry. Prick each potato with a fork in a few places. Bake potatoes on a rack at 400 for about 1 hour or until potatoes are done. Cut a thin slice from top of each potato. Scoop out the pulp into a bowl. Mash the potato pulp with the hot milk until fluffy. Beat in the butter and the green onion. Add seasonings. Fry the bacon until crisp. Crumble. Add to potato mixture. Spoon potato mixture into shells. Sprinkle with both cheeses. Place potatoes on baking sheet. Bake at 375° until potatoes are piping hot and cheese is melted, about 15 minutes.



Garden Stuffed Baked Potatoes

4 baking potatoes
2 Tbl. butter or margarine
1 small onion, chopped
1 10-oz. package frozen chopped broccoli, thawed, drained
½ cup ranch salad dressing
1 Tbl. vegetable oil
2 Tsp. dried parsley, optional
Salt and pepper to taste

Preheat oven to 425°. Microwave pierced potatoes on high for 12 minutes; bake for 15 minutes. Slice off potato tops. Scoop out pulp, keeping skins intact. Mash pulp in medium bowl. Heat a small skillet over medium heat; add butter. Add onion and sauté until tender, about 5 minutes. Add onion, broccoli, and salad dressing to potato pulp; mix well. Brush outside of potato skin shells with oil. Spoon potato mixture into shells, dividing evenly. Place on a baking sheet. Bake potatoes until heated through, about 15 minutes. Sprinkle with parsley; salt and pepper to taste.

Parslied Potatoes

1 ½ lbs. small new red potatoes, scrubbed
1 Tbl. vegetable oil
1 medium onion, chopped
1 small clove garlic, crushed
1 cup chicken broth
1 cup chopped fresh parsley, divided
½ tsp. pepper

Peel a strip of skin from around the middle of each potato; place potatoes in cold water; set aside. Heat a large skillet over medium-high heat; add oil. Sauté onion and garlic for 5 minutes or until tender. Add broth and ¾ cup parsley; mix well. Bring to a boil. Place potatoes in a single layer in skillet. Return to a boil; reduce heat. Simmer, covered, for 10 minutes or until potatoes are tender. Remove potatoes with a slotted spoon to serving bowl. Add pepper to skillet; stir. Pour sauce over potatoes. Sprinkle with remaining parsley.

Idaho Potato Cheese Bake

4 large baking potatoes
4 Tbl. butter or margarine
2 cloves garlic, crushed
1/8 tsp. ground nutmeg
Salt and white pepper, to taste
1 ½ cups grated Gruyere or other Swiss cheese
1 ½ cups hot chicken broth

Peel potatoes. Use a food processor to thinly slice potatoes. In small skillet, melt butter. Stir in garlic, nutmeg, salt and pepper. Mix in potatoes, coating well. In 1 ½ or 2-qt. baking dish, layer the potatoes with 1 cup grated cheese and sautéed mushrooms, if used. Pour chicken broth over the potatoes. Sprinkle with remaining ½ cup grated cheese. Bake, uncovered, at 350° for 50 to 60 minutes or until top is crusty and browned and potatoes are tender.

Garlic Roasted Potato Wedges

4 large red potatoes
¼ cup butter or margarine
¼ cup grated Parmesan cheese
1 tsp. minced fresh garlic
½ tsp. salt
¼ tsp. pepper

Heat oven to 425°. Cut potatoes in half lengthwise; cut each half into 4 wedges. In 3-qt. saucepan place potato wedges; add enough water to cover. Bring to a full boil. Cook over medium heat until potatoes are tender (8 to 12 minutes); drain. In 9" x 13" baking pan melt butter in oven (5 to 6 minutes). Stir in remaining ingredients. Add potato wedges; coat both sides with butter mixture. Bake for 10 minutes; turn potatoes. Continue baking for 10 to 15 minutes or until lightly browned.

Potato Casserole – Rebecca Wendel

1 cup cream of chicken soup (or cream of mushroom)
½ stick margarine
1 cup grated cheddar cheese
1 cup sour cream
1 pkg. frozen shredded hash brown potatoes

Place unthawed potatoes in a greased 8" x 12" casserole dish. Heat soup, margarine, cheese, and sour cream over medium heat until cheese is melted. Spoon mixture over potatoes. May top with bacon bits, if desired. Bake at 350° approximately one hour or until nicely browned.

Crowd Pleaser Potatoes

2 lbs. Ore Ida hash brown patties, thawed
1 can cream of chicken soup
1 pint sour cream
2 cubes margarine melted
1 lb. Sharp cheddar cheese grated
1 cup corn flakes

Once potatoes have thawed, crumble them into a large bowl. Add the remaining ingredients except 1 cube margarine and corn flakes. Put mixture into a large baking dish. Melt the remaining margarine and start adding the corn flakes to it. If using real butter use more flakes. Cover entire top of potatoes and bake in 350° oven for 30 minutes.



Pecan-Orange Sweet Potatoes – Liz Lemmon

8 (2 cans) cooked medium sweet potatoes
2 oranges, peeled and thinly sliced
2 Tbl. cornstarch
1 cup brown sugar
½ tsp. salt
2 Tbl. grated orange peel
4 Tbl. butter
2 cups orange juice
½ cup pecan halves

Peel, then slice sweet potatoes crosswise into 1" slices.
Arrange sweet potatoes and orange slices in 1 ½-qt.
casserole. Combine cornstarch, brown sugar and salt; add
orange peel and butter. Pour in orange juice and stir over
low heat until thick and smooth. Pour sauce over potatoes
and orange layers. Bake at 350° for 30 minutes.

Sweet Potatoes with Apricots

8 to 10 (2 cans) small, peeled cooked sweet potatoes
2 Tbl. brown sugar
2 Tbl. butter
8 to 10 drained apricots
½ cup apricot juice

Place potatoes in greased baking dish. Sprinkle with brown
sugar. Dot with butter. Tuck in apricots; add juice.
Bake at 425° about 20 minutes.

Fancy Yams – Kathy Lemmon

3 cups yams (canned or cooked)
1 cup sugar
1/3 cup butter
1 tsp. vanilla
½ cup milk
2 eggs

Beat with mixer until smooth. Spread into baking dish.

Topping:

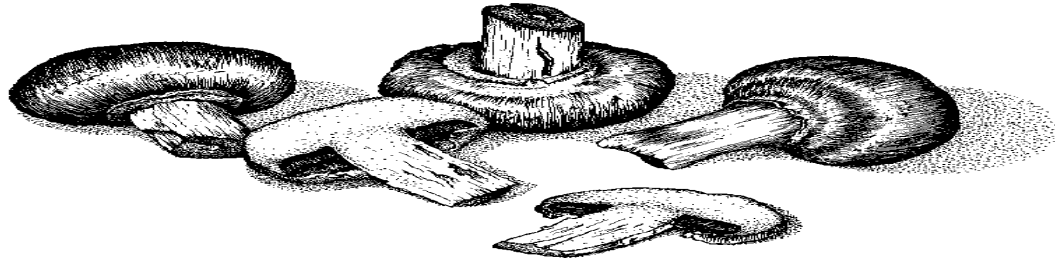
1 cup coconut
1 cup brown sugar
1/3 cup melted butter
½ cup chopped pecans
1/3 cup flour

Mix together and sprinkle on top of yams.
Bake at 375° for 25 minutes.



Mushrooms Parmesan

1 lb. large mushrooms
2 cloves garlic, finely minced
2 Tbl. finely minced parsley
3 Tbl. grated Parmesan cheese
1 tsp. oregano
½ cup breadcrumbs
½ cup olive oil
Salt and pepper to taste



Wash mushrooms and remove the stems, wipe dry. Chop stems and mix with garlic, parsley, cheese, oregano, breadcrumbs, salt and pepper. Place mushroom caps cavity-side-up in an oiled shallow baking dish. Fill the cavities with the chopped mixture and fill the bottom of the baking dish with water to a depth of ¼". Pour the olive oil evenly over the caps. Bake in 350° oven for 30 minutes. Serve hot.

Mushrooms Parmigiana

Plain tomato sauce
3 lbs. small white mushrooms
¼ cup butter
¼ lb. Italian fontina or Danish fontina cheese, thinly sliced, or 1 cup freshly grated Parmesan cheese
1/3 cup freshly grated Parmesan cheese

Preheat oven to 350°. Butter and 11" x 7" baking dish. Wash and dry mushrooms thoroughly and cut into wedges. Melt butter in a large skillet. When butter foams, add mushrooms. Sauté over high heat until golden. Spoon some tomato sauce into buttered baking dish. Cover sauce with a layer of mushrooms and top with slices of fontina cheese or some Parmesan cheese. Repeat layers, finishing with tomato sauce. Sprinkle 1/3 cup Parmesan cheese over last layer of tomato sauce. Bake 25 to 30 minutes. Let stand a few minutes before serving.

Mushrooms with Parsley and Garlic

1 ½ lbs. small white mushrooms
2 Tbl. butter
2 Tbl. olive oil
¼ cup chopped parsley
3 garlic cloves, chopped
Salt and freshly ground pepper to taste

Wash and pat dry mushrooms thoroughly and cut into slices. Melt butter with oil in a large skillet. When butter foams, add mushrooms. Sauté over high heat until golden. Add parsley, garlic and salt and pepper; cook 1 minute longer. Taste and adjust for

Baked Acorn Squash

1/3 cup butter or margarine
2 acorn squash (1 lb. each)
½ cup fine bread crumbs
1/3 cup chopped walnuts
3 Tbl. brown sugar, packed
½ tsp. salt
¼ tsp. nutmeg



In 2-cup glass measure melt butter in microwave on HIGH 1 minute. Wash squash, pierce, and place on micro proof plate. Cook on HIGH 2 minutes. Cut in half lengthwise. Remove seeds and fibers. Place cut side down on 12" x 7" x 2" micro proof baking dish. Cook on HIGH 6 minutes. While squash is cooking, add remaining ingredients to melted butter, and mix well. Turn squash cut side up, divide crumb mixture among 4 halves. Cook, covered, on HIGH 6 to 8 minutes, or until squash is tender. Remove cover and let stand 5 minutes before serving.

Stuffed Zucchini

6 medium zucchini, well scrubbed
¼ cup olive oil
2/3 cup chopped onion
1 Tbl. minced garlic
½ lb. ground beef or veal
¼ cup chopped prosciutto or ham
2 Tbl. tomato paste
1 egg, beaten
2/3 cup soft white bread crumbs, without crusts
½ cup freshly grated Parmesan cheese
2 Tbl. chopped parsley
1 Tbl. chopped fresh oregano or 1 tsp. dried
Salt and freshly ground black pepper to taste

Cut zucchini in half lengthwise and scoop out most of the pulp to leave a ¼" thick shell. Coarsely chop pulp and reserve; set shells aside. Heat oil in a skillet over medium heat and sauté onion until soft. Add garlic and reserved zucchini pulp and sauté about 5 minutes more. Drain well in a sieve or colander. Combine drained zucchini mixture with remaining ingredients, cook, then mix well with hands. Place hollowed zucchini in an oiled baking dish side by side. Fill cavities with the stuffing mixture. Sprinkle with additional grated Parmesan and dot with butter, if desired.

Bake at 375° until zucchini is tender, but not mushy, and stuffing is lightly browned, about 30 minutes or longer. Serve warm.

Zucchini Bites

3 cups coarsely grated zucchini
2 large eggs, beaten
½ tsp. salt
2 Tbl. flour
2 Tbl. milk
1 Tbl. chopped fresh mint
¼ tsp. pepper

Salt grated zucchini lightly and drain at least 1 hour. Blend beaten eggs with milk, flour, mint, salt and pepper. Add zucchini and stir to blend completely. Preheat oven to 200°. In a large skillet over medium heat, heat 2 Tbl. oil. Spoon batter into oil using about 1 Tbl. per fritter. Cook about 1 minute on each side. Put on paper towels, lightly cover with foil. Place tray in oven to keep warm while preparing remainder of batter.



Batter-Fried Zucchini Sticks

1 cup sifted flour
1 tsp. baking powder
½ tsp. salt
1 egg, lightly beaten
1 cup milk
2 Tbl. oil
1 lb. zucchini, cut into 3 or 4 inch sticks
Oil for deep frying
Hollandaise sauce

Sift flour with baking powder and salt. Combine egg, milk, and 2 Tbl. oil. Slowly add to dry ingredients, beating until smooth. Pat zucchini sticks very dry and if desired dredge lightly in flour. Dip pieces, one at a time, in batter. Fry in deep oil heated to 375° until golden brown, about 1 to 2 minutes. Drain on paper towels. Sprinkle with more salt, if desired. Serve with hollandaise sauce or ranch dressing.

