

## Helpful Hints

Fresh lemon juice will remove onion scent from hands.

To save money and vitamins: Pour all leftover vegetables and water away are cooked in, into a freezer container. When full, add tomato sauce, seasoning and have "free" soup for lunch.

Three large stalks of cut-up celery added to about two cups of beans (navy, brown, pinto, etc.) will make them more easily digested, as will a bit of soda.

When cooking vegetables that grow above ground, remember to boil them without a cover.

Allow 1/4 teaspoon salt to each cup of water for cooking vegetables.

A lump of sugar added to water when cooking greens helps vegetables retain their fresh color.

Never soak vegetables after slicing; you will lose much of their nutritional value.

Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.

To bake potatoes quickly, place them in boiling water for 10-15 minutes. Pierce skin with a fork and then bake in a preheated oven.

To cut down on odors when cooking cabbage, cauliflower, etc., add a little vinegar to the cooking water.

To avoid tears when cutting onions, try cutting them under running cold water or placing them in the freezer briefly before cutting.

A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.

To avoid toughening beans or corn, add salt when cooking is halfway through.

To dress up buttered, cooked vegetables, sprinkle them with toasted same seed, toasted chopped nuts, crumbled cooked bacon, canned onion-fried onions, or slightly crushed seasoned croutons.

When you're grilling your main dish, try grilling your vegetables, too, for an easy no-mess side dish.



# SOUPS, SALADS & VEGETABLES

## BACON-CHEESE STUFFED POTATOES

Ruby Franklin

- 4 med. potatoes
- 6 slices bacon, cooked and crumbled
- 1/2 c. milk
- 3 T. margarine
- 1/4 tsp. salt
- 1/2 tsp. dry mustard
- 1/8 tsp. pepper
- 1 tsp. chives or onion
- 2/3 c. shredded cheese, American or cheddar

Slice top from each potato. Scoop out center. Mash with all ingredients, except for the bacon. Spoon into shells. (Can prepare the night before.) Sprinkle top of potatoes with bacon. Refrigerate. Add 1/2 minute per potato to reheat. Microwave schedule for baked potatoes: 1 potato - 3 to 5 minutes, 2 potatoes - 5 to 7 1/2 minutes, 3 potatoes - 7 to 10 minutes, 4 potatoes - 10 1/2 to 12 1/2 minutes.

## BROCCOLI SALAD

Ellen Kinney

- 2 bunches broccoli, cut in sm. pieces
- 1 lb. bacon, fried and crumbled
- 1 sm. purple onion, chopped
- Dressing:
  - 1 c. mayonnaise
  - 1/2 c. sugar
  - 2 T. vinegar
- 1 c. shredded cheddar cheese
- Fresh sliced mushrooms (opt.)
- 1/2 c. raisins

Mix salad ingredients and let set a few hours. Add dressing mixture just before serving. The dressing recipe may need to be doubled.

## BROCCOLI SOUP

Chris Hammack

- 2 T. butter
- 1/4 c. chopped onion
- 2 c. beef broth
- 1/2 tsp. salt
- 1 c. milk
- 3/4 c. chopped celery with leaves
- 1 bunch broccoli (about 1 1/2 lbs.), cut in sm. pieces
- 1/4 tsp. pepper

(continued)