

Vegetable Lab Recipes

Au Gratin

Broccoli Au Gratin

Wash. Remove outer leaves and tough part of stalks. Cut broccoli into flowerettes 2 - 3 inches in length. Split stock almost to flower. Cook stalk pieces covered in boiling salted water for 8 - 10 minutes; and flowerettes cook 5 minutes longer or until flowerettes are barely tender. (Remove lid occasionally to allow acids to escape.)

Meanwhile: Make a 1 cup medium white sauce. Melt 2 Tbs. margarine. Stir in 2 Tbs. flour to make a smooth paste. Add 1 cup milk. Stir constantly until thickened. Cook 3 minutes more. Keep heat low and stir constantly. Pour over cooked broccoli. Top with 1/2 cup grated cheese.

Minimum Water Method

Squash in Sour Cream

Pare and cube squash. Cook covered in a small amount of water. (boiling, salted) (1/4 cup water). Cook about 15 minutes, or until tender.

1 Tbs. instant onion
1/4 tsp. salt
1/4 tsp. dill weed
1 Tbs. margarine
1/2 cup sour cream
Cooked squash

Melt margarine, add onion; remove from heat. Add sour cream, salt, dill weed, stir well. Place hot squash on platter; sprinkle with pepper. Pour sour cream mixture over squash. Sprinkle with dill weed.

Broiled

Broiled Tomatoes

Wash and remove the core from 3 large tomatoes. Slice the tomatoes in 8 pieces each. Put tomato slices on top of a jelly roll pan.

Combine 6 Tbs. salad dressing with 6 Tbs. parmesan cheese. Spoon onto tomato slices; broil 10 minutes until lightly browned. (Watch very carefully)

Panning or Frying

Panned Carrots

4 carrots

3 Tbs. margarine

Wash and peel carrots. Cut into **very thin** strips 2 inches long and 1/8-inch wide.

Melt margarine and add carrots. Toss. Cover and reduce heat.

Cook until barely tender 5 - 10 minutes. Season with salt and serve.

Frozen

Chinese Chestnut Peas

1 pkg. (10 oz.) frozen peas

4 Tbs. water chestnuts, drained and sliced thin

2 Tbs. canned mushrooms

2 Tbs. margarine

dash of salt

Cook peas according to package directions. Saute water chestnuts, mushrooms in margarine. Add seasonings and peas, serve.

Stuffed

Stuffed Zucchini

3 small zucchini, cut in half, lengthwise

3/4 cup small croutons

6 Tbs. mushrooms, drained, chopped

1 Tbs. melted margarine

3/8 tsp. salt

dash pepper

6 Tbs. grated cheese

Parboil zucchini 5 minutes. Cool.

Combine croutons, mushrooms, margarine, seasonings. Remove center portion of zucchini; add to crouton mixture, stir to mix. Fill the zucchini with the mushroom mixture. Top with cheese; **broil** until lightly-brown.

Dill-stuffed Mushrooms

12 large fresh mushrooms

1 Tbs. sliced green onion with tops

1 Tbs. margarine

2 Tbs. dry bread crumbs

1/4 tsp. dill weed

1/16 tsp. salt

1/16 tsp. worcestershire sauce

Wash mushroom thoroughly. Remove stems from the mushrooms; chop stems.

Cook stems and onion in butter until tender. Remove from heat. Stir in bread crumbs, dill weed, salt and worcestershire; fill mushrooms crowns with mixture. Bake on greased sheet at 425° for 6 to 8 minutes.

