

## SEASONAL RECIPES

### JANUARY, FEBRUARY:

#### ORANGE AMBROSIA SALAD

4 large navel oranges  
1 - 2 Tbsp. sugar  
1/2 cup coconut

With a sharp knife peel oranges, removing the white pulp. Slice across each orange to make several thin slices. Arrange on a plate. Sprinkle with sugar and garnish with coconut.

#### AVOCADO-CITRUS SALAD

1 ripe avocado	salt
lemon juice	1 or 2 oranges or grapefruit

Cut avocado in half crosswise, remove pit. Peel each half, cut into 1/4 inch slices. Sprinkle slices with lemon juice and salt. Pare and section oranges or grapefruit, and arrange alternately with avocado.

#### BROILED GRAPEFRUIT

grapefruit (1/2 for each person)  
brown sugar

Cut grapefruits in half; remove seeds. Cut around edge and sections to loosen; remove center. Sprinkle each half with 1 Tbsp. brown sugar. Broil 4-6 inches from heat for 5 - 10 minutes or until brown sugar bubbles. Serve hot.

### MARCH, APRIL:

#### STRAWBERRIES ROMANOFF

1 quart fresh strawberries  
1 cup sour cream  
3/4 cup brown sugar

Wash and hull strawberries; slice into thin slices. Mix sour cream and brown sugar until sugar is dissolved. To serve, place strawberries in glass bowl and pour sour cream and sugar mixture over the berries.

#### CREAMED ASPARAGUS

2 lbs. fresh asparagus	1/4 salt
1 Tbsp. butter or margarine	dash of pepper
1 Tbsp. flour	1 cup milk

Wash asparagus thoroughly. Snap stalk to remove tough end. Place in large flat pan and add water just to cover. Boil until just tender. Drain and cover with cool water until sauce is prepared. Prepare sauce; melt butter or margarine and add flour, salt, and pepper. Stir in milk and cook until thickened, stirring constantly. Drain cool water from asparagus and cover with very hot water for 1 minute. To serve, place asparagus on plate and add desired amount of cream sauce or cut up cooked asparagus and add to cooked cream sauce.

### FRENCH STYLE PEAS

3 lbs. fresh peas	dash pepper
lettuce leaves	dash nutmeg
1/2 tsp. salt	2 Tbsp. butter

Remove peas from shell. Line medium saucepan with lettuce leaves; add peas. Sprinkle with salt, pepper, nutmeg and dot with butter. Cover peas with more lettuce leaves. Cover and cook over low heat for 15 - 18 minutes or until peas are tender. Discard lettuce leaves to serve.

### RHUBARB CRISP

4 cups cut-up fresh rhubarb	1 tsp. cinnamon
1/2 tsp. salt	1/3 cup butter or margarine
1 1/3 - 2 cups sugar	light cream or sweetened whipped cream
3/4 cups flour	

Place rhubarb in ungreased baking dish 9"x9"x2". Sprinkle with salt. Measure sugar, flour, and cinnamon into bowl. Add butter and mix thoroughly until mixture is crumbly. Sprinkle evenly over rhubarb. Bake at 375°F for 40-50 minutes or until topping is golden brown. Serve warm with cream or whipped cream.

### **MAY, JUNE:**

#### NECTARINE SHORTCAKE

1 - 2 pounds fresh nectarines	squares of white or yellow cake
lemon juice	or slices of angel food
sugar	or chiffon cake
sweetened whipped cream or nondairy topping	or cooked biscuits, sliced into halves.

Wash and slice nectarines and sprinkle with lemon juice. Add sugar to taste. When sugar has dissolved, spoon nectarines over cake or biscuits and top with whipped cream or nondairy topping.

#### FROSTED GRAPES

Dip clusters of washed green or red seedless grapes into slightly beaten egg white and then dip into granulated sugar. Allow to dry and use as garnish for fruit salads or on fruit desserts.

#### CHERRY TARTS

4 cups cherries, pitted	1/2 tsp. almond extract
1 1/2 cups sugar	2 Tbsp. butter or margarine
1/3 cup flour	pastry for 9-inch double crust pie

Prepare pastry according to instructions and line 3-inch pie tins. Stir together cherries, sugar, flour, and almond extract and pour into prepared tin. Dot with butter. Add top crusts and seal edges. Make several slashes across tops of pies for steam to escape. Bake at 425°F for 30 - 45 minutes or until crust is brown and juices are bubbling through vents in crust. Serve with ice cream.

### APRICOT FILLING

5 lbs. fresh apricots  
sugar  
almond extract

Wash and halve apricots, removing seeds and bruised or damaged skin. Place in food processor and process until pureed - do not overprocess to liquid. Measure fruit pulp and add an equal amount of sugar. Cook over medium heat until thick. This can be stored for several weeks. Use as jam on toast or French toast, as topping for plain cake or ice cream, or use in filled cookies.

### BEETS IN SOUR CREAM

5 - 6 medium fresh beets	1/4 tsp. salt
2 Tbsp. butter or margarine	1/4 tsp. dill weed
2 Tbsp. flour	dash pepper
2 Tbsp. vinegar	1/2 cup dairy sour cream
1 Tbsp. sugar	3 Tbsp. light cream

Prepare beets for cooking and cover with salted water and boil for 35 - 40 minutes or until tender. Cut cooked beets into shoestring pieces. Melt butter or margarine and add flour. Cook until smooth and bubbly and add vinegar, sugar, salt, dill weed and pepper. Cook for 1 minute or until mixture comes to a boil. Stir in cooked beets and heat thoroughly. Stir together sour cream and light cream and pour over hot beets to serve.

### **JULY, AUGUST:**

#### FRESH TOMATO PLATE

6 - 8 fresh tomatoes  
Italian salad dressing  
1/4 lb. blue cheese (optional)  
fresh parsley or chives

Remove skins by immersing tomatoes in hot water, then cool water. Slice into medium thick slices. Arrange on serving plate. Top with crumbled blue cheese. Add Italian salad dressing to cover and garnish with freshly chopped parsley or chives.

#### FAST FRUIT BOWLS

small cantaloupe or honeydew melon	Limeade Dressing:
watermelon	1/3 cup honey
grapes or cherries	1/3 cup frozen limeade concentrate
pineapple chunks	1/4 cup salad oil
	1 tsp. poppy seeds

Wash and halve small melons. Remove seeds and gently scoop flesh from melon. Cut seeded watermelon in balls or cubes. Combine melon pieces with grapes or cherries and pineapple chunks. Make Limeade Dressing by combining honey, frozen limeade concentrate and cup salad oil and poppy seeds. Spoon salad into cantaloupe or honeydew halves and pour on dressing. Garnish with fresh mint leaves.

### GRANDMA'S GREEN BEANS

2 - 3 lbs. fresh green beans	parsley flakes
1 Tbsp. butter or margarine	1 Tbsp. sugar

Wash and snap green beans into 1" pieces. In large sauce pan, melt butter and add dried green beans. Stir fry until all beans have lost their bright green color. Add water to cover and cook until tender, about 30 - 40 minutes. Season with parsley flakes and sugar.

### PEACH COBBLER, SOUTHERN STYLE

3 - 4 lbs. fresh peaches	flour
3/4 - 1 cup sugar	butter or margarine (melted)
2 cups biscuit mix	sugar
3/4 cup milk	cinnamon

Peel and slice peaches. Add sugar and heat until sugar is melted. Pour into casserole dish. Combine biscuit mix and milk to make a soft dough. Turn out on floured board and cut into 1" strips. Cover top of peaches with dough strips. Brush with butter or margarine. Sprinkle with sugar and cinnamon and bake at 375°F for 30 - 40 minutes until crust is brown and peaches are bubbling. Serve with whipped cream or ice cream.

### RASPBERRY SHAKES

1 pint fresh raspberries	1 cup milk
4 scoops vanilla ice cream	1/2 tsp. almond extract
1 scoop raspberry sherbet	

Wash raspberries. Combine raspberries, ice cream, sherbet, milk, and almond extract in food processor or blender, and mix until smooth. Garnish with single raspberries to serve.

### SQUASH ALABAMA

6 - 8 small, tender yellow crookneck squash	2 Tbsp. butter or margarine
1 large onion	salt and pepper to taste

Wash and slice squash into thin slices crosswise. Chop onion. Melt butter in skillet and cook onion until soft and transparent. Add squash and cover with water. Boil until squash is tender. With fork, mash squash to blend with onion. Season with salt and pepper.

### MICROWAVE BROCCOLI-CAULIFLOWER BOUQUET

1 medium head cauliflower	butter or margarine
2 - 3-lbs. fresh broccoli	salt, pepper, nutmeg

Wash and trim head of cauliflower. Place in casserole or baking dish and add 1 - 2 inches of water. Cover with plastic wrap and microwave on HIGH until cauliflower is slightly tender. Wash and separate broccoli into florets. When cauliflower is very slightly tender, place in shallow glass pie pan. Arrange broccoli florets around cauliflower head and add small amount of water. Cover with plastic wrap and microwave on HIGH for 3 - 5 minutes or until cauliflower and broccoli are tender. Remove plastic wrap and drain off water, if necessary. Place butter on top of cauliflower and sprinkle with salt, pepper and nutmeg to serve.

### PEAR-CHEESE SALAD

6 fresh pears	1/4 cup powdered sugar
1 - 8oz. pkg. cream cheese	1 Tbsp. lemon juice

Wash and halve pears. Scoop our center core of pear halves. Soften cream cheese and blend powdered sugar and lemon juice. Fill pear halves with cream cheese mixture and replace halves together. Chill for 1 hour and serve on lettuce leaf.

### TOAST CORN ON THE GRILL

12 ears fresh corn  
butter

Remove large outer husks. Peel inner husks back and remove silks. Spread corn with softened butter and replace inner husks. Wrap with wet twine or fine wire. Place on grill at least 3 inches from coals and cook for about 20 minutes, turning frequently. Serve with butter, salt and pepper.

### FRIED EGGPLANT

1 medium eggplant	1 cup milk
1 cup flour	1 egg
1 tsp. baking powder	1/4 cup oil
1 tsp. salt	

Wash eggplant and cut into 1/4" slices. Combine flour, baking powder, salt, milk, and egg and beat until smooth. Heat oil in frying pan. Dip eggplant slices in batter and fry in hot oil until golden brown, turning once.

### STUFFED PEPPERS

6 fresh green peppers	1 cup cooked rice
1 lb. lean ground beef	salt and pepper to taste
1 medium onion	1 cup tomato sauce

Wash and remove seeds and core from green peppers. Brown ground beef in frying pan. Add chopped onion and cook until soft. Remove from heat and add cooked rice and season to taste. Spoon beef-rice mixture into peppers and place in baking dish. Add 1/2 cup water to tomato sauce and pour over peppers. Bake for 1 hour at 350°F or until peppers are tender.

### **SEPTEMBER, OCTOBER:**

#### FAST AND EASY CARAMEL APPLES

Fresh apples  
1 lb. caramel candies  
1/3 cup water

Wash apples and cut into slices. Unwrap caramels and place in microwave-safe dish. Add water and microwave on MEDIUM until caramels are melted, stirring often. Dip apples slices into hot caramel sauce.

### TWICE-BAKED POTATOES

6 - 8 large baking potatoes	1 tsp. lemon pepper
1/2 cup sour cream	2 - 3 Tbsp. chopped chives or small green onions
1/4 cup butter or margarine	1 lb. sharp cheddar cheese, grated
1/2 tsp. garlic salt	12 - 16 slices American cheese product

Scrub and bake potatoes at 400°F for 1 hour. When done, remove from oven and cut each potato in half lengthwise. Scoop out pulp of potatoes, being careful to preserve the skin. Brush skins with melted butter or margarine and place on cookie sheet or shallow baking pan. Add sour cream, butter or margarine, garlic salt, lemon pepper, chives, and grated cheese to hot potato pulp and mix gently. Scoop mixture back into buttered skins. Top each potato half with cheese slice. Return to a 400°F oven and bake until cheese is melted.

### SWEET POTATOES IN ORANGE HALVES

6 sweet potatoes	2 - 3 Tbsp. butter
5 - 6 medium oranges	1/2 cup orange marmalade
1 cup brown sugar	cinnamon

Peel and boil sweet potatoes until tender. Mash and add brown sugar, butter and orange marmalade. Wash and cut oranges in half. Scoop out orange flesh and use in other recipes. Spoon potato mixture into orange peel halves and place in shallow baking pan. Top each orange half with dab of butter and sprinkle with cinnamon. Bake at 350°F for 15 - 20 minutes or until potatoes are hot and butter is melted.

### FRENCH FRIED ONION RINGS

1 large onion	3/4 tsp. baking powder
2/3 cup milk	1/4 tsp. salt
1/2 cup flour	cooking oil

Peel onion, slice and separate into rings. Heat oil to 375°F in large skillet. Combine milk, flour, baking powder, and salt and dip each ring into batter. Fry a few at a time until golden brown. Drain on paper towel.

### CARROT AND APPLE SALAD

3 - 4 carrots	1/2 cup raisins (optional)
1 - 2 small apples	1/4 cup salad dressing (Miracle Whip type)

Wash and pare carrots. Wash, but do not pare apples. Shred carrot and chop apple finely. Combine and add raisins if desired. Toss gently with salad dressing and serve on lettuce leaf.

### PUMPKIN BREAD

2/3 cup shortening	2 tsp. soda
2 2/3 cups sugar	1 tsp. salt
4 eggs	1/2 tsp. baking powder
1 - 16 oz. can pumpkin	1 tsp. cinnamon
2/3 cup water	1 tsp. cloves
3 1/3 cups flour	1 cup chopped nuts (optional)
	1 cup raisins (optional)

Cream shortening and sugar. Add eggs one at a time beating after each egg. Stir in pumpkin and water. Combine dry ingredients and add to pumpkin mixture. Stir in nuts and raisins. Pour into two 9" x 4" x 3" loaf pans and bake at 350°F for about 70 minutes or until wooden pick inserted in center comes out clean.

### SQUASH AND APPLE BAKE

2 lbs. butternut or acorn squash	1 tsp. salt
1/2 cup brown sugar	1/2 tsp. mace
1/4 cup butter or margarine, melted	2 baking apples, cored and cut into slices
1 Tbsp. flour	

Cut squash into halves and remove seeds. Cut into 1/2" slices. Combine brown sugar, butter or margarine, flour, salt. Place squash slices in shallow baking dish and sprinkle with half of sugar mixture. Add apple slices and sprinkle with remaining sugar mixture. Cover with foil and bake at 350°F for 50 - 60 minutes. Remove foil and bake another 10 - 15 minutes to brown slightly.

### **NOVEMBER, DECEMBER:**

#### BUTTERED BRUSSELS SPROUTS

1 - 2 lbs. Brussels sprouts  
butter margarine  
lemon juice

Wash Brussels sprouts and cook until tender in salted water. Melt butter and add small amount of lemon juice. Coat Brussels sprouts with butter and serve hot.