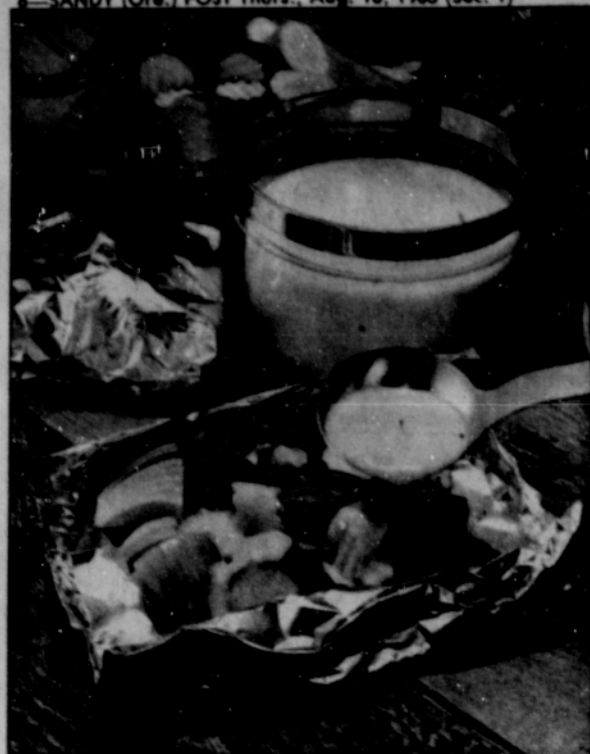




Grilled Saucy Vegetables lend a gourmet touch to summer barbecues.

Produce furnishes delicious delicacy

Delicately sauced, garden-fresh vegetables — once reserved for dining at more formal tables — now lend a gourmet touch to summer barbecues and picnics.

With fresh and plentiful Oregon produce and a minimum amount of advance preparation in the kitchen, even a supper beside the campfire can be given a feeling of outdoor elegance.

Grilled Saucy Vegetables selects two all-time vegetable favorites and wraps them in a delectable milk-based cheese and mustard sauce before wrapping them in aluminum foil. Inside their individual foil pouches, they cook to tenderness in minutes beside the meat, poultry or fish already on the grill, adding color, vitamins and delicious flavor to the menu.

The sauce is prepared quickly on the stove-top, blending melted butter, flour, mustard and seasonings, then adding fresh milk to the bubbling mixture until smooth.

Shredded Swiss cheese acts as a thickening agent and provides the sauce's delicate continental character.

Ladled over wedges or chunks of red onions and

zucchini or summer squash, the rich, creamy sauce blends with the vegetables, enhancing their flavorful natural juices.

Fold each portion-packet carefully to seal in the liquid and turn several times while cooking. Flavor variations can be created by adding sweet red peppers, sliced potatoes or flowerets of cauliflower or broccoli.

GRILLED SAUCY VEGETABLES

2 tablespoons butter
2 tablespoons flour
1 tablespoon Dijon mustard
one-eighth teaspoon nutmeg and pepper
1 1/4 cups milk
1 cup shredded Swiss cheese
3 red onions, cut in wedges
3 zucchini or summer squash, cut in chunks

Melt butter in saucepan; blend in flour, mustard and seasonings. Cook, stirring until bubbly; add milk. Cook until thickened; blend in cheese.

Divide vegetables onto six squares of foil; top with 1/4 cup sauce. Seal. Grill, turning frequently until vegetables are tender, about 15 minutes; or bake at 375 degrees for 15 to 20 minutes.

Makes six servings.

Sweet, saucy soup

Summery Fruit Soup is a medley of pureed melon seasoned with fresh raspberries or strawberries, orange juice and grated lemon peel and combined in the blender with dairy fresh vanilla or strawberry ice cream.

Serve in chilled glass bowls garnished with a sprig of fresh mint for a perfect midsummer night meal finale.

SUMMERY FRUIT SOUP
1 cantaloupe or honeydew melon
1 pint raspberries or

strawberries or
1 10-ounce package frozen raspberries or strawberries
1 cup orange juice
2 teaspoons grated lemon peel
1 quart softened strawberry or vanilla ice cream

Scoop out melon and puree. Process in blender with raspberries or strawberries until smooth. Stir in orange juice and lemon peel. Blend in softened ice cream; serve immediately.

Serves four to six.

What's Cooking?

Ivan adds special recipe to breakfast ideas

by SARA SEWELL
For The Post

I have had inquiries about how the Kiwanians make their famous light pancakes for the Fly-In Breakfast. Ivan Barker shared his recipe.

IVAN'S PANCAKES FOR TWO

1 cup Krusteaz pancake mix
1 egg
1/2 cup condensed milk
1/2 cup water
1 tablespoon oil

Mix above ingredients with a spoon. Do not use mixer. If the consistency of the batter is not right, add a little water. A few lumps in the mixture is OK.

Pour mix on hot grill and allow bubbles for form on top before turning. Serves two.

—From the files of Ivan

Barker of Sandy.

Popovers are a delightful change in bread to serve with a dinner.

POPOVERS

Butter generously deep muffin cups.

Beat together until smooth: two eggs, one cup milk, one cup sifted flour and one-half teaspoon salt. Pour into buttered cups filling three-fourths full.

Bake at 425 degrees until golden brown, 35 to 40 minutes. Serve immediately. Makes six to eight popovers.

You may use the same recipe for Yorkshire Pudding, except bake in 12" x 7 1/2" x 2" baking dish in sizzling hot meat drippings. Cut in squares and serve immediately with roast beef.

—From the files of Nell

Johnston of Camp Hill, Ala.

ZUCCHINI FRUIT BARS
Three-fourths cup soft butter or margarine
1 cup white sugar

Beat shortening and sugar together. Add two eggs and one teaspoon vanilla and beat well.

Sift together the following and mix with above mixture.

2 cups flour
1/2 teaspoon salt
1 1/2 teaspoons baking powder

Prepare two cups coarsely grated zucchini, one cup snipped dates and three-fourths cup chopped nuts.

Spread on 10" x 15" greased jelly roll pan. Bake at 350 degrees for 35 to 40 minutes until richly browned. Cool slightly.

FROSTING

1 tablespoon melted butter
2 tablespoons orange juice
1 cup powdered sugar
1/2 teaspoon vanilla

1/2 teaspoon orange extract
Drizzle over warm bar cookie. Sprinkle with three-fourths cup toasted

coconut. Cool thoroughly before cutting.
—From the files of Zara Richey of Boring.

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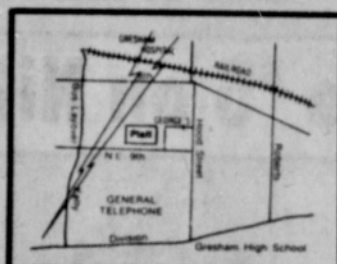
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