

Vegetables Give Sparkle To Every Meal

To add sparkle and enjoyment to your meals here are a few suggestions for main dishes, salads and vegetable accompaniments, all made with flavor-rich home-grown fresh vegetables. Barbecued ribs a area specialty and here is a quick and easy barbecue sauce that will add just the right zest to your spareribs.

BARBECUED SPARERIBS

1 cup ketchup
2 tablespoons chili sauce
1 small onion, minced
1 cup brown sugar
2 slices of lemon
1 medium green pepper, minced
1 cup chopped celery
1 teaspoon mustard
1 tablespoon Worcestershire sauce
1/2 teaspoon chili powder
1/2 cup wine vinegar
3 pounds lean meaty spareribs, cut into serving pieces
Salt and pepper

Combine all ingredients for barbecue sauce. Cover ribs with hot for 5 to 10 minutes, stirring occasionally. Sprinkle ribs with salt and pepper; place in baking dish and baste with barbecue sauce. Bake at 350 degrees F. for 1 to 1 1/2 hours, or until done, basting frequently with sauce. Serves 6.

These popular junior turkeys will be plentiful for outdoor eating time, so if you prefer the flavorful goodness of a barbecued turkey here is a basting sauce recipe for you.

BARBECUE SAUCE FOR TURKEY

1/2 cup dried green pepper
1 small onion, minced
1 clove garlic, crushed
1/2 cup ketchup
1/2 cup chili sauce
1/2 cup vinegar
1/2 cup prepared mustard
1/2 cup brown sugar
1/2 cup wine vinegar
1/2 cup Worcestershire sauce
1/2 cup paprika
1/2 teaspoon salt
1/2 teaspoon black pepper
Dash chili powder

Soak green pepper, onion, and garlic in oil. Add remaining ingredients. Simmer over low heat for 1/2 to 1 hour, stirring occasionally. Makes about 1 1/2 pints sauce.

If you and your guests are to have these turkeys, you'll want to try this new idea for Fresh Vegetables and Shrimp à la Brochette.

FRESH VEGETABLES AND SHRIMP À LA BROCHETTE

2 cup stock
1/2 cup seasoned parsley
2 medium tomatoes, quartered
2 medium green peppers, cut in cubes
2 medium onions, quartered
12 whole fresh mushrooms
20 to 24 peeled shrimp

Combine oil, stock, seasoned salt, pepper and parsley. Add fresh vegetables, mushrooms and shrimp; marinate for several hours. String shrimp on skewers alternately with vegetables and mushrooms. Broil over hot coals until nicely browned, turning and basting with marinade occasionally. Serves 4.

A potato salad, garnished with wedges of bright waters - grown tomatoes, is a delightful complement to any of the barbecued dishes. Try this Sour Cream Potato Salad for a pleasant flavor surprise.

Another nippy - flavored dish that's perfect for barbecues and outdoor eating is a Fresh Corn Meal. Made with juicy kernels of fresh western-grown corn, it's one of those easy-to-prepare casseroles that soon become everyone's favorite.

FRESH CORN MEAL

1 1/2 cups flour
1/2 cup salt
1/2 cup onion powder
1/2 cup paprika
Dash of cayenne pepper
1 dozen ripe olives, chopped
2 cups fresh corn kernels (4 ears)

1 small onion, minced
1 1/2 cups water
1 bay leaf, crushed
1/2 cup oregano
1 cup tomato puree
1/2 cup grated sharp cheese

Add flour, salt, chili powder, pepper, cayenne pepper and ripe olives to corn. Brown onion in fat and add to corn. Add bay leaf and oregano to tomato puree; pour over corn and mix thoroughly. Pour into greased 1 1/2 quart casserole; sprinkle with cheese and bake at 350 degrees F. for 10 to 15 minutes, or until cheese is melted. Serves 6 to 8.

Crisp, refreshing salads are also an important item in your outdoor menu. A tossed green salad made with crisp iceberg lettuce and a variety of other greens, is usually preferred. It's a great place to let your imagination go to work, with bits of western-grown fresh vegetables in various colors, textures and flavors. Variations: If you have to travel to picnic grounds, pack the greens in separate plastic bags, fill or transparent film wrap, take the dressing in a separate container and toss the salad together just before eating. For dessert, don't forget western-grown cantaloupes and watermelons - a refreshing and delicious and to any outdoor meal.



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Salads Choice For Meals in Hot Weather

Summer and salads are synonymous when it comes to menu planning. The abundance and variety of salad ingredients plus their refreshing taste and texture make a salad meal delightful. Salad ingredients, each one good in itself, take on a new and delicious flavor when blended together with a tangy salad dressing.

Seafoods, particularly, team up with tangy salad dressing for a flavor that's a favorite with the whole family. Tuna fish salad is a long time summer favorite as a main course salad.

TANGY TUNA FISH SALAD

1 7-ounce can tuna fish, drained and flaked
1 tablespoon lemon juice
1 cup diced celery
1 cup diced avocado
1/2 teaspoon salt
Dash of white pepper
1/4 cup tangy salad dressing

Combine tuna, lemon juice, celery, avocado, salt and pepper. Add tangy salad dressing and blend carefully. Edge salad bowl with curly endive and refrigerate until served.

Variations

Before blending in the salad dressing, add contents 1 flat can crushed pineapple, drained. Toss all ingredients lightly. Add salad dressing and toss again. Serve on chilled plates with salad greens.

Save syrup drained from pineapple to add to salad dressing when making a fruit salad.

Another seafood specialty is Crabmeat Stuffed Eggs.

CRABMEAT STUFFED EGGS

6 hard-cooked eggs
1 teaspoon dry mustard
1 cup flaked crabmeat
1/2 cup finely chopped celery
2 tablespoons chopped green pepper
1/2 cup tangy salad dressing

Cut eggs in half lengthwise. Carefully remove yolks. Mash yolks and combine with remaining ingredients. Fill egg whites with yolk mixture. Garnish with a dusting of paprika. Keep refrigerated until served.

You'll probably have filling left over, so use it to stuff tender young cucumbers. Slice off ends of cucumbers. Remove centers with an apple corer. Stuff crabsmeat mixture into hollowed out cucumbers. Score cucumber skin with a fork. Wrap stuffed cucumbers in waxed paper or aluminum foil and chill thoroughly. Slice and serve with Crabmeat Stuffed Eggs.

A different treatment is given the summer standby - frankfurters and potato salad in the following recipe. Hot potato salad surrounded by a crown of frankfurters makes an appetizing dish for guest or family.

FRANKFURTERS WITH HOT POTATO SALAD

6 to 8 slices bacon, chopped
1/2 cup butter, melted
1 1/2 cups flour
1 1/2 cups sugar
1/2 cup lard
1/2 cup vinegar
1/2 cup water
4 cups sliced or diced cooked potatoes (4 medium)
1/2 teaspoon salt
1 pound frankfurters, cut in half crosswise
2 hard cooked eggs, sliced
1 1/2 cups minced parsley
1/2 teaspoon celery seed
Cook bacon till crisp; add onion and cook till tender but not brown. Blend in flour, sugar, salt and water; cook, stirring constantly, till thick. Add potatoes, frankfurters and parsley. Sprinkle potatoes with salt, pour dressing over, and toss lightly.

Stand frankfurter halves upright around inside edge of 8 1/2-inch round baking dish; fill center with potato salad. To hold frankfurters in place, put part of salad in center first. Bake in moderate oven (350 degrees) 20 minutes, or till potatoes are tender. Top with egg slices and sprinkle with parsley and celery seed. Serve hot.

SPANISH PORK CUTLET

1 tablespoon finely chopped onion
1 tablespoon finely chopped green pepper
1 tablespoon coarsely chopped celery
1/2 cup cooking fat or oil
1 cup cooked rice
1/2 cup canned tomatoes
1/2 teaspoon salt
1/2 teaspoon sugar
1/2 teaspoon Worcestershire sauce
4 pork cutlets or lean chops
1 1/2 cups cooking fat or oil
6 slices Spanish or Bermuda onion
2 tablespoons fine dry bread crumbs
1 1/2 cups melted butter or margarine

Few grains salt
Brown onion, green pepper, and celery in the teaspoon of fat or oil. Add rice, tomatoes, salt, sugar, and Worcestershire. Simmer until thick.

Roll cutlets on chops in flour. Brown in the tablespoon of fat or oil until almost tender. Place in a baking pan. Pour on a medium 1/2 tablespoon of the rice mixture on each pork cutlet or chop and top with 1/2 cup of onion. Sprinkle with bread crumbs, butter or margarine oil, and salt. Sprinkle over the onion slices with 1/2 cup of degrees (oven slow) for 1 hour or until meat is tender and onion is cooked. Six servings.