

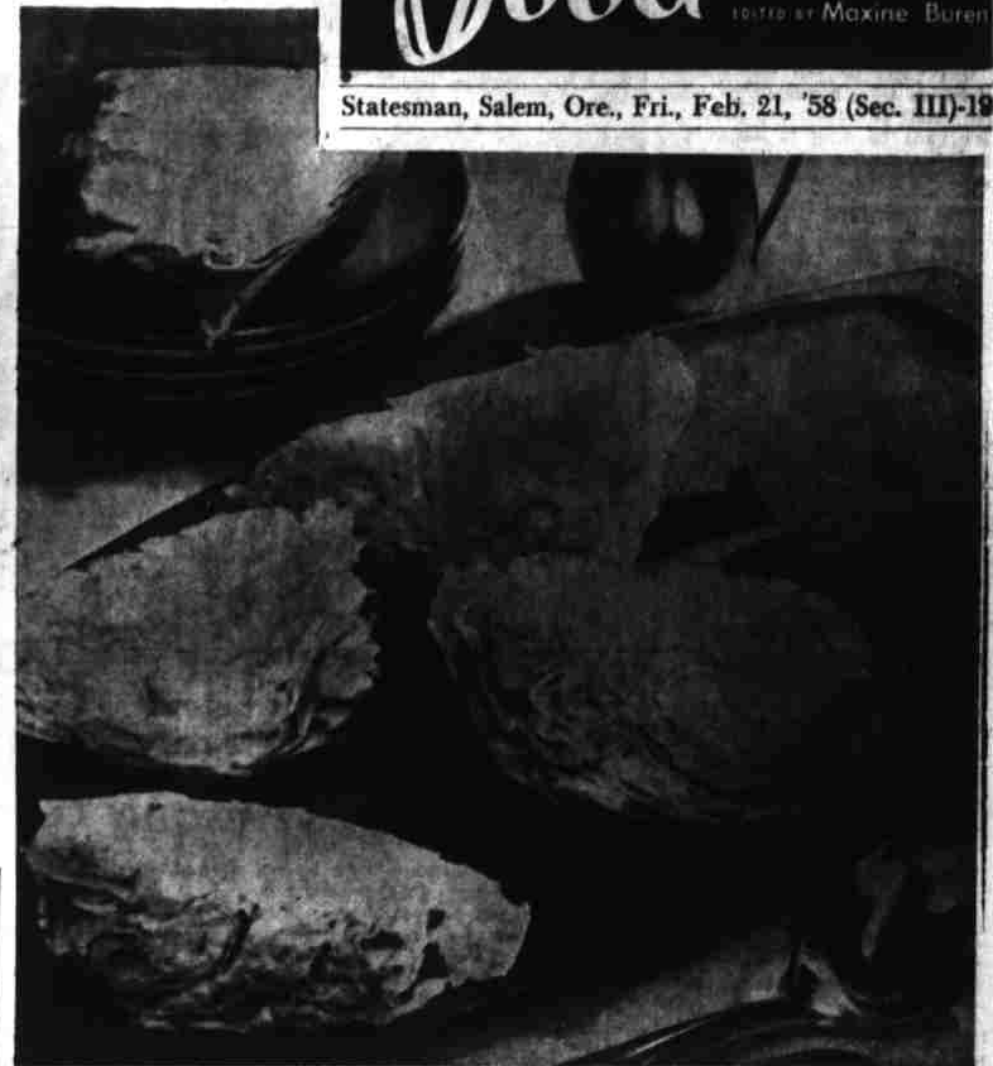
Vegetables Take on Significance in Winter



Combine two routine vegetables, carrots and turnips in a scalloped dish and produce something quite exciting in looks and flavor. The dish takes crumbs on top for color and more flavor.



Fresh vegetables are an all-year item on menus these modern days, what with the fine assortment of winter items in the markets, and the number of vegetables available canned or frozen. Here we have creamy onions and green peas baked with a crisp cornflake border.



Crisp iceberg lettuce, nature's answer to winter salads, can be a lovely dish when merely served in nice firm quarters and topped with Thousand Island or French dressing. The iceberg variety produces solid heads, especially welcomed in winter when fresh salads especially are needed.

Pick Fresh, Canned Or Frozen Varieties

By MAXINE BUREN
 Statesman Woman's Editor

Let's take inventory of vegetables available to the homemaker in mid-winter. Of course there's an almost inexhaustible selection all the year around these days, with modern shipping and storage methods practically eliminating seasons. Then, we can always find frozen vegetables in abundance, and the canning shelves yield even more variety.

So nobody need find lack of interesting vegetables even in the deep of winter.

Lots of fresh vegetables are with us the year around. Celery is a 12-month of the year vegetable, especially good in winter. Onions are available, many root vegetables, and salad greens always are with us. Let's take a look at some of the vegetables that go especially well on the winter menu—sometimes served alone, often mixed.

Medium sized onions and peas are one nutritious combination that will make the vegetable course interesting.

Assemble the remainder of the meal while the casserole of vegetables is baking. Plan to serve broiled ham, a salad of crisp greens, plenty of butter with hard rolls or French bread, and include milk for a beverage.

Baked Onions and Peas

- 1/4 cup butter
- 1/4 cup flour
- 1/2 teaspoon salt
- Dash of pepper
- 2 cups milk
- 24 small cooked onions
- 2 cups canned peas
- 2 tablespoons butter
- 1 cup corn flakes

Melt 1/4 cup butter in saucepan over low heat and blend in flour and seasonings. Add milk stirring constantly and cook until sauce is smooth and thickened. Add peas and onions. Blend carefully. Pour into buttered 8 x 8 x 2 inch baking dish. Melt 2 tablespoons of butter and blend with corn flakes. Sprinkle flakes over top or around edge of dish. Bake in moderate oven, 350 degrees, until hot and bubbly, about 25 minutes. Makes 6 servings.

Dear old cabbage is always with us, but with a number of varieties to choose from, it never need be anything but welcome. Cabbage makes fine salads we know, it also goes with corned beef or beef brisket for the main dish. Buttered, cabbage is important in its own right, and stuffed cabbage is company fare.

The world's most popular salad vegetable, lettuce remains excellent all year because of the numerous varieties available. Mid-winter's special lettuce is iceberg, which appears in firm heads, nice for quartering.

Both turnips and carrots are reliable vegetables, always at hand, but not too exciting. Combine the two and you get flavor and color interest that will surprise the family. Here we use them in a scalloped dish:

Scalloped Turnips and Carrots

- 3 cups diced turnips
- 2 cups sliced carrots
- 1 teaspoon salt
- 4 tablespoons margarine or butter
- 3 tablespoons flour
- 1/2 teaspoon salt
- 1/2 teaspoon onion salt or 1/2 teaspoon minced onion
- 1 1/2 cups milk
- 3 tablespoons cheese spread or butter
- 1/4 cup margined bread crumbs

Measure turnips, carrots and 1 teaspoon salt into sauce pan. Add 1 1/2 cups water. Cover, bring to boil and cook 15 minutes. Drain. While vegetables cook, make sauce. In sauce pan melt margarine. Stir in flour, salt and onion salt, or minced onion. Mix smooth. Add milk gradually, stirring constantly until sauce thickens. Remove from heat and stir in cheese spread. Arrange half the turnips and carrots in 2-quart baking dish. Pour half the sauce over the vegetables. Arrange remaining vegetables, then pour over remaining sauce. Sprinkle with margined crumbs. Bake in moderate oven (375 degrees) 25 to 30 minutes. Serve with baked sausage patties, with pork chops, pan-broiled ham. Waldorf Salad completes the menu. Makes 6 servings.

Chowder Fine on Cold Day Menus

What is more welcome on cold, blustery days than a hearty chowder, chuck full of vegetables and extra nutritious because of its generous amount of milk and cheese.

Corn, tomatoes and potatoes are the vegetables used in this chowder, each adding its fine flavor to make a thoroughly satisfying and nutritious main dish soup. Cheese also enhances the flavor and adds valuable nutrients as well.

- CORN TOMATO CHOWDER**
- 1 bay leaf
 - 1/4 teaspoon sweet basil
 - 1 1/2 cups canned tomatoes
 - 1/2 cup finely diced celery
 - 2 cups diced potatoes
 - 1/4 cup butter
 - 1/4 cup minced onion
 - 1/2 cup flour
 - 2 teaspoons salt
 - 1/4 teaspoon pepper
 - 1 quart milk
 - 1 No. 2 can cream style corn (2 cups)
 - 1/4 cup shredded sharp American cheese
 - 1 tablespoon minced parsley

Tie bay leaf and basil in a small piece of cheesecloth. Put into saucepan with tomatoes, celery, and potatoes; cover and cook slowly until vegetables are tender. Remove bag of seasonings. Melt butter in saucepan over low heat and saute onion until tender but not brown. Stir in flour and sea-

sonings. Add milk, stirring constantly, until cheese is melted. Serve in hot soup bowls and garnish with minced parsley. Makes 6 servings.

BAKED DISH

Quick casserole—arrange canned drained asparagus in a shallow baking dish and sprinkle with diced cooked chicken or turkey; cover with white sauce and grated cheese. Bake in a moderate or hot oven.

WALLA WALLA PEAS



quick!
 convenient!
 so good
 in salads



Baked, stuffed potatoes boost a new treatment. The baked shells are refilled with a well-seasoned potato pulp, leaving a generous hollow in the center. Add a ripe olive, cheese and ham mixture made in this case, with canned white sauce. They're a meal in one dish.

Fill Potato With Oives, Creamy Ham

Oregon potatoes are cutting quite a swath these days, what with an extra fine crop, the spotlight is being turned on this favorite of root vegetables.

Well-cooked potatoes of course are one of the very best of foods, and whether you like yours boiled, baked or fried, you probably like potatoes and serve them often.

Well cooked potatoes are a test of an expert cook. One dramatic way of preparing and serving this popular vegetable is shown in Ham and Cheese-Stuffed Potatoes.

Scoop the baked potato from its shell and whip to fluffy lightness with a little onion, butter and milk. Refill the shells but build up the sides leaving a generous hollow. Fill with a delicious ham-cheese-ripe olive mixture and reheat when ready to serve. Two things make this recipe convenient. Ready-prepared canned white sauce and the fact that you can fix these delicious stuffed potatoes early in the day, or the day before, ready for a final reheating at supper time. With a crisp vegetable salad, these hearty Ham and Cheese-Stuffed Potatoes make a complete meal.

Easy Cookies Are Welcomed

It's always time to serve easy-to-make cookies, the drop, sheet or overnight ones. For instance, make some brownies, or oatmeal cookies.

Fat oatmeal cookies filled with raisins disappear rapidly when the youngsters get home from school. Glasses of apricot whole fruit nectar accompany the cookies compatibly.

Sprinkle chopped or slivered almonds over brownies before baking. When baked and cooled, cut in generous squares, and top with ice cream. Add a drizzle of chocolate syrup if calories don't worry you.

Veal Chops Get Parmesan Flavor

Give veal chops a new look as well as a new taste, by flavoring with lime juice and topping with Parmesan cheese. The canned lime juice will be a happy addition to the kitchen cupboard.

LIMED VEAL CHOPS PARMESAN

- 4 veal chops
- Lime juice
- Salt
- Freshly ground pepper
- Flour
- Grated Parmesan cheese
- 1 beaten egg
- 2 teaspoon butter or margarine
- 1/4 cup dry white wine

Trim chops, brush with lime juice, sprinkle with salt and freshly ground pepper, then dip successively in melted butter, flour and cheese. Let marinate thoroughly. Then dip chops in the beaten egg, again in flour, and then in grated cheese, and allow the seasonings to penetrate for about two hours.

When ready to cook, saute the chops quickly in hot butter or margarine until browned on both sides. Then pour the wine into the skillet around the chops. Cover and simmer slowly for 30 to 40 minutes, or until tender.

Boiled macaroni, well buttered and sprinkled with grated Parmesan cheese, is a good accompaniment.

Green Beans in Winter Recipes

You've never tasted better green beans than Blue Lakes, a fact most Oregonians know. Look for the wording on the can. It's a generic term meaning stringless beans. Here's a simple but delectable sauce for beans. Saute 1/4 cup chopped onions in 2 tablespoons margarine, add 2 tablespoons sour cream and stir into hot drained beans.

Green beans may be served in quite a dressy style with mock Hollandaise sauce. To 1/4 cup mayonnaise, add 1 tablespoon lemon juice, 1 tablespoon prepared mustard and 1 tablespoon chopped ripe olives. Serve over drained hot green beans. Everybody wants more.

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