

Cheese and Lima Beans in Casserole

A casserole dish can be both a time saver and a budget helper. Properly prepared and well seasoned, it will be a favorite with the family. Homemakers are wise to make use of this type of food combination on busy days.

However, plan your casseroles with nutrition in mind, as well. Cheese Lima Bake, a mixture of cheese, milk and lima beans, with interesting flavoring ingredients added, is a good example of a tasty casserole, but also one that is nutritious as well. Cheese is a flavorful ingredient to add to baked dishes. Its high quality protein added to vegetables or macaroni products makes a valuable contribution to any meal. It also augments small amounts of other protein foods, such as meat, fish and poultry, when you wish to make use of leftovers in an escalloped or creamed dish.

Cheese Lima Bake
 4 tablespoons butter
 3 tablespoons flour
 1 teaspoon salt
 2 cups milk
 1 cup grated American cheese
 1/4 cup diced pimiento
 1 teaspoon grated onion
 1/2 cup ripe olives (6)
 3 cups cooked dry lima beans (3/4 cup uncooked)

Make cream sauce by melting butter, blending in flour and salt. Add milk slowly and cook and stir over low heat until mixture thickens. Add cheese and stir until melted. Stir in pimiento,



onion and ripe olives cut from pits in large pieces. Pour over drained beans in buttered 1 1/2 quart casserole. Bake in moderate oven 350 degrees F., until browned and bubbly on top, about 30-35 minutes. Serves 6. NOTE: Addition of 1/2 cup chopped ham makes a good variation.

CHILI BAKED EGGS
 Fine for Sunday night supper. Baked eggs are easy to fix and serve. For quick flavor change, top with grated cheese.

It's easy to make Fruit-Nut Clusters. Just melt dipping chocolate, add chopped dates and nuts, then drop from a teaspoon onto waxed paper.

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Shrimp and Lima Bake for Dinner

Tired of your usual fish main dishes? Then try "Shrimp and Lima Bake." Limas are baked in a creamy well-seasoned cheese sauce with a cup of cooked shrimp tossed in before baking. It's tasty, easy to prepare and has the flavor of both shrimp and buttery limas!

Shrimp and Lima Bake

- 1 cup large dry limas
- 1 slice onion
- Bit of bay leaf
- 1/4 teaspoon salt
- 1 tablespoon butter or margarine
- 1 tablespoon flour
- 3/4 teaspoon dry mustard
- 1 cup milk
- 1 bouillon cube
- Dash Tabasco sauce
- 1 cup cleaned, cooked shrimp
- 1/2 cup grated American cheese

Rinse limas, cover with water and let stand overnight or several hours. Add onion, bay leaf and 1 teaspoon salt, and simmer 1 hour, or until limas are tender. Melt butter or margarine and blend in flour, mustard and remaining 3/4 teaspoon salt. Stir in milk, and cook and stir until mixture boils and is thickened. Stir in bouillon cube and Tabasco sauce. Drain limas, and mix limas and shrimp with sauce. Turn into shallow baking dish and top with cheese. Bake in moderate oven (350 degrees F.) 20 to 30 minutes. Makes 4 servings.

Uses Of Canned Milk Told

Since evaporated, canned milk contributes much to the economy of our state, and has so many advantages and is so reasonable in price, we remind you of some of its many uses.

For drinking or for use in any recipe where milk is called for, merely add an equal volume of water to the milk and proceed as usual.

In making creamed and scalloped dishes or cream soups, vegetable liquids or meat or fish broths can be used to dilute the milk. This utilizes all those flavorful fluids and still provides a full amount of milk in those foods.

In cakes, puddings, cream pie fillings and other desserts, fruit juices often can be used to dilute the milk.

Sour Milk Cookery
 Evaporated milk can be converted in a jiffy and of uniform acidity always by adding a tablespoon of lemon juice or vinegar to each cup of diluted milk.

In some recipes, undiluted evaporated milk "soured" can be used as sour milk is used.

To make sour "cream," add a tablespoon of lemon juice or vinegar to a cup of undiluted evaporated milk. With additional lemon juice or vinegar, salt, pepper, mustard or other seasonings to taste, this sour cream makes piquant dressing for cole slaw or vegetable salads.

Yeast Doughs and Batters
 Here, the use of evaporated milk effects a shortcut; being sterile, the milk need not be scalded. The

tempting and professional looking brown glaze on breads and rolls is simply achieved by brushing the tops lightly with evaporated milk before baking.

Another cookery trick. Use evaporated milk as a coating for croquettes, chops and other foods to be breaded. Crumbs adhere more perfectly to foods dipped in undiluted milk.

Use as Cream
 Just as it pours from the can, evaporated milk is used for creaming coffee or tea, on cereals, puddings, fruit or other desserts. In many recipes, evaporated milk is used undiluted or only partially diluted to make those foods extra rich tasting and creamy smooth as well as nutritious.

Undiluted evaporated milk whips beautifully when icy cold. It can be used in preparing frozen desserts and salads, chiffon pie fillings, Bavarians and other gelatin salads, fruit whips, fluffy salad dressings and garnishes. Whipped evaporated milk, sweetened and flavored makes a delightful topping for pie, cake, puddings, other desserts. Easy one is made by whipping 1/2 cup chilled evaporated milk stiff, then folding in 1 tablespoon lemon juice and lastly, 1/2 cup sifted confectioner's sugar.

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