

Lentils—inexpensive, good food

Lentils can be used as a meat extender to provide vegetable protein. They also supply energy, B vitamins, calcium and iron, and fat content is low. The protein quality is very high, so you need use only a small amount of animal protein to supplement lentils.

Lentils are good for you, but they also have other advantages. They're economical, available year-round, easy to store, versatile—and they taste so good.

Remember, you Don't need to soak lentils before you cook them.

To Prepare Lentils for Casseroles, Salads or Alone

Wash and put in a heavy saucepan. For each pound, add 5 cups and water and 2 teaspoons salt. Bring to the boiling point; reduce heat to simmer. Cover tightly and cook for 30 minutes. Yield: 6 2/3 cups cooked lentils and 1 cup liquid.

Save the liquid and use it in soups, gravies or stews; there's nutrition in it.

Lentils can be served alone. Their mild—but distinctive—flavor can be accented with a little butter or margarine or with a sauce. Or, add sour cream, mushrooms, nuts, cheeses, brown sugar, molasses, onions—use your imagination and do a little experimenting.

Here are some tested combinations:

- Rance Style Lentil Casserole**
- 4 cups cooked lentils
- 1 pound ground beef
- 1 package onion soup mix
- 1 cup catsup
- 1 tsp. prepared mustard
- 1 tsp. vinegar
- 1 cup water

Brown beef. Stir in remaining ingredients. Bake at

400 degrees for 30 minutes. Because it freezes nicely, you can prepare this ahead for barbecues. Serves 8.

Lentil Fry

Fry in butter: 1 cup of cooked lentils and 1 cup of cooked, diced potatoes, all seasoned with onion salt. Serve with chili sauce.

Good with: Sauerkraut and weiners, or red cabbage with vinegar dressing, and nutbread slices. Also roast beef.

If you, cook the full package (1 pound) of lentils to make a casserole, you will have some left over. In two or three days take the remaining lentils from your refrigerator and make them entirely different, but oh, so good.

Lent-A-Patties

For each person served, use 1 cup of cooked lentils, 1 beaten egg, seasoned with onion salt. Blend and drop by tablespoon-fuls into fry pan of medium hot cooking oil. Press flat and fry on both sides until delicate brown.

Lentil-Rice Loaf

- 1 cup cooked brown rice
- 1 cup cooked lentils
- 1 beaten egg
- 1/2 cup finely chopped onion
- 2 tbsps cooking oil
- 1 cup croutons
- 1 cup sieved, canned tomatoes
- 1/4 tsp. thyme
- 1/2 tsp. sage

Saute onion in the oil until limp but not brown. Remove from stove. Add rest of ingredients including rice. Pour into casserole and bake in a 350 degree oven for 35 minutes.

Serve with your favorite gravy or any undiluted cream soup, heated.

Chili Lentils (Ingredients to serve 8)

- 2 cups cooked and drained lentils
- 1 No. 2 1/2 can tomatoes
- 1 tbsp chili powder
- 1 1/2 tsp. salt
- 1 clove garlic
- 1 tsp. ground oregano
- 1 pound ground beef
- 1 large onion (minced)

Brown meat in small amount of oil, breaking it into bite size pieces. Add onion and garlic and saute until limp but not brown. Now discard the garlic. Add all other ingredients and simmer for about an hour. Makes a fine picnic or barbecue dish.

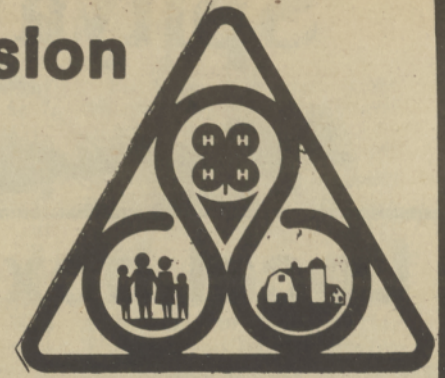
Lentil Soup

- 2 cups dry split peas or lentil
- 1 quart water
- 1 ham hock
- 1/2 cup finely chopped celery
- 1 cup finely chopped carrots
- 1 tsp. finely chopped onion

Place all ingredients into large kettle. Boil gently about 2 hours or until the consistency desired for soup. Remove ham hock. If desired, press peas through a coarse sieve to get puree. Chop meat in from bone and return to soup. Season with salt and pepper to taste, add water if needed. Yield: 8 servings.

For a superb flavor and to stretch quantity, add a can of potato soup and reheat.

Extension Notes



from Pennie Little and Clint Jacks

Small herds profitable

Beef production operations don't necessarily have to be big to be successful.

About two-thirds of the beef cows in the U.S. are in herds of fewer than 100 cows, and nearly one-half are in herds of fewer than 50 cows, according to a recently published Oregon State University Extension Service circular entitled "Beef Production for Small Farms," EC 1033.

The new publication answers many questions that are frequently asked by small-scale or part-time farmers who are trying to raise beef-cows.

The circular tells how small beef producers can improve their cattle operations, gives health and nutrition recommendations for cattle and includes marketing tips and information.

A well-managed, small-scale enterprise can be more profitable than a large operation that is not well-managed, and even a part-time cattle enterprise can be profitable, the publication states.

The 16-page circular is available free at the Extension office.

Cattle Seminar II

How to get the most profit from your cattle will be the subject of the second cattle

seminar on Thursday March 26 at 7:30 p.m. in the Tribal Court room. All cattle owners are welcome.

Publication recommends cattle vaccination

Cattle vaccination is an important management practice in any cattle producing operation. The Oregon State University Extension Service has produced a new Extension Circular dealing with the various types of cattle vaccines available, which to use and when to use them.

The publication entitled, "Cattle Vaccines—Which to Use?" EC 1060, states that at the very best, vaccines and injections are an aid. Good sanitation, management and

nutritional practices are necessary to achieve the desired results.

The circular describes how the two basic categories of cattle vaccines, live products and killed products should be handled and briefly explains some of the disease prevention characteristics of each.

According to the circular, no vaccine is 100 percent effective. The age of the animal, passive immunity the animal has when vaccinated and stress the animal may be under all have

an affect on the animal's resistance to disease.

The publications recommends vaccines for cows, calves, replacement heifers, weaner calves and bulls. The recommendations are separated into three time categories; calving time, branding time and preg-testing and weaning time in the fall of the year.

"Cattle Vaccines—Which to Use?" is available free at county Extension offices or free by mail from the Bulletin Mailing Service, Industrial Building, OSU, Corvallis. 97331

Stalking the salad bar

Persons watching their waistlines should watch themselves at salad bars.

It's true that plain, raw vegetables are low in calories. Lettuce, for example, has only 5 to 10 calories per cup; a cherry tomato also has only 5 calories. There are 20 calories in each cup of califlower, green pepper and mushrooms; and about 30 calories in a cup of carrots or bean sprouts. And

Food	Calories (per half cup)
Macaroni, beans and potato salads	120-180
Jello fruit salads	120-15-
Applesauce, canned fruit	50
Kidney or garbanzo beans	120
Cottage cheese	120
Swiss or cheddar cheese	225

The real clincher at the salad bar is the dressing. The dressings contain about 240 calories per three tablespoon scoop whether it's Roquefort, Italian, Russian or Thousand Island you choose. French dressing contains about 20 calories per scoop, and mayonaise contains about 300 calories per scoop. If you regard one scoop as a mere dip in the bucket and drizzle two or three over your salad, the

there are only 5 calories in six to eight cucumber or celery slices. If you fitted a four-cup salad bowl with a combination of these vegetables which also are rich sources of vitamins A and C—your entire dish would be well under 100 total calories.

But what about the other salad bar items we usually load up on? Take a look at the following list:

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calories—most of which are from fat—add up fast. A final touch of croutons, bacon bits or other toppings provides considerable calories and each package of crackers adds another 40 to 60 calories.

A salad bar can have a low-calorie image but only if you go heavy on the lettuce and vegetables and easy on the creamy salads, salad dressings and condiments.

Now is the time to prune shrubs

Ornamental shrubs and trees can be pruned anytime of the year, but pruning them just before their respective blooming periods usually yields the best results.

Since many ornamentals are selected on the basis of their flowers or berries, the blooming period is a good guide to when the plant should be pruned.

Shade trees and summer blooming shrubs should be pruned in the dormant season before growth starts. Some shrubs that should be pruned in February or early March include hydrangea, roses, butterfly bush, cotoneaster, firethorn, holly, hawthorne and flowering crabapple.

Pruning these ornamentals now will cause vigorous growth in the spring and promote blooming.

On the other hand, shrubs

that bloom in the spring should not be pruned until after their flowering period. These include camellias, deutzia, forsythia, lilac, moonlight broom and flowering plum.

When pruning, first cut out dead, diseased, injured, weak and twiggy growth. Next remove shoots or twigs that are growing in the wrong direction, getting out of bounds, or crowding and crossing other limbs.

Finally, finish the job by thinning out where necessary for even spacing of branches, ease of spraying and to maintain moderate growth.

Roses are a special case. They may need a light, medium or heavy pruning. In all cases, the old canes and crossing growth should be removed.

For light pruning, remove about one-third of last year's growth. That will leave the

remaining canes about two and one-half to four feet high. Light pruning is best for rambling and climbing types of roses.

With moderate pruning, cut the canes back to about half their length. Weaker canes should be cut back even more. The canes that remain should be 18 inches to two feet high.

Heavy pruning is recommended for bush-type roses and hybrid teas. Cut the canes back to within six to eight inches of the ground. Heavy pruning keeps the new wood close to the ground so the bush does not become leggy. It also keeps the flowers near the ground.

Pruning prevents shrubs from becoming overgrown and formless. It also keeps plants healthy by removing dead, diseased or injured wood and improves air circulation around the plant.