



Family Weekly
COOKBOOK
 MELANIE DE PROFT, Director
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Green Beans Supreme

GOOD FOR  FREEZING

Set out a medium-size saucepan and a shallow 1-qt. baking dish.

Shred and set aside

4 oz. process Cheddar cheese (about 1 cup, shredded)

Wash, break off ends, and French (cut lengthwise into fine strips)

1 lb. (about 3 cups) green beans

Cook in a small amount of boiling salted water, loosely covered, for 15 to 20 min., or until just tender.

Meanwhile, heat in the saucepan

2 tablespoons butter

Add and cook over medium heat until onion is transparent, occasionally moving and turning with a spoon

2 tablespoons minced onion

Blend in

1 tablespoon flour

1/2 teaspoon salt

1/2 teaspoon paprika

1/4 teaspoon Accent

1/4 teaspoon dry mustard

1/2 teaspoon Worcestershire sauce

Heat until mixture bubbles, stirring constantly. Remove from heat. Add gradually, stirring in

1 cup undiluted evaporated milk

Return to heat and bring rapidly to boiling, stirring constantly; cook 1 to 2 min. longer.

When beans are tender, drain, if necessary, and add to sauce. Toss mixture gently with a spoon to mix well. Spoon into the baking dish. Sprinkle with the shredded cheese and

2 tablespoons fine, dry bread crumbs

Set temperature control of range at Broil (500°F or higher). Put baking dish into broiler with top of mixture 2 to 3 in. from source of heat.

Broil about 5 min., or until bread crumbs are lightly browned and cheese is melted.
 4 to 6 servings

Molded

Avocado-Grapefruit Salad

Set out a 1-qt. mold.

Have ready

1 cup grapefruit sections, cut in pieces

1/2 cup grapefruit juice

Empty into a bowl

1 pkg. lemon-flavored gelatin

Add and stir until gelatin is completely dissolved

1 1/2 cups very hot water

1/4 teaspoon salt

Stir in the grapefruit juice.

Cool mixture; then chill in refrigerator

or in a pan of ice and water until mixture is slightly thicker than consistency of thick, unbeaten egg white. If placed in refrigerator, stir occasionally; if placed over ice and water, stir frequently.

Lightly oil the mold with salad or cooking oil (not olive oil); set aside to drain.

Rinse, peel, cut into halves, remove pits, and dice

2 small avocados (about 1 1/2 cups, diced)

When gelatin mixture is of the desired consistency, gently mix in the grapefruit sections and diced avocado. Turn into the prepared mold and chill in refrigerator until firm.

To unmold, run tip of knife around top edge of mold. Invert onto chilled serving plate. If necessary, wet a clean towel in hot water and wring it almost dry. Lay hot towel over mold for a few seconds. If mold does not loosen, repeat.

6 to 8 servings

Fluffy Citrus Salad Dressing

This is delightful with the Molded Avocado-Grapefruit Salad, or with any other fruit-salad combinations, molded or not.

Set a bowl and beater in the refrigerator to chill.

Just before serving, blend together

3 tablespoons honey

2 to 3 teaspoons lemon or lime juice

Using the chilled bowl and beater, beat until cream is of medium consistency (piles softly)

1/2 cup chilled whipping cream

Beat the honey mixture into the cream with the final few strokes.

About 1 1/4 cups dressing

Asparagus Polonaise

Enhance the delicate flavor of freshly cooked asparagus with delicious Polonaise topping. It's good with broccoli, green beans, and cauliflower, too.

Have ready

1/2 hard-cooked egg, finely chopped

Set out

1/2 cup fine soft or dry bread crumbs (1 to 2 slices bread)

Heat in a small skillet

2 to 3 tablespoons butter

Add the bread crumbs and heat over medium heat, moving and turning gently with a spoon, until crumbs are lightly browned. Remove from heat and mix in the chopped egg and

1/4 teaspoon salt

Few grains pepper

Immediately spoon over freshly cooked, buttered asparagus.



Brighten with berries!

Light as a bubble!

It's fluffy-light

... no other pudding is so delightfully different! So easy to digest—never, never heavy.

It's nourishing

... with fresh eggs 'n milk, but not loaded with calories. Kids love it!

It's so versatile

... changes its personality easily—with toppings, sauces, flavorings, fruits. New quick recipe on box!



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