USE LEFTOVER ROAST — Lamb stuffed peppers of shining spring green hold leftover roast and rice sparked with new flavors and blended with handy canned tomato sauce. Want to keep the bright green color of the peppers? Rub each one with melted butter or bacon fat before popping into the oven.

LAMB STUFFED PEPPERS

Here's a seasonal way to serve stuffed peppers that makes them newly welcome with their appetizing appearance as well as the new flavors for leftover spring lamb. Cut the peppers lengthwise and eat—and incidentally hold more stuffing.

This stuffing is Middle Eastern in feeling, with a blend of rice, lamb, oregano, and raisins which give the unique flavor. What really mixes them harmoniously while contributing the right amount of moisture is the convenient canned tomato sauce — just open the can and add to the mixture for instant flavor and blending with a minimum of effort.

This recipe is worthy of adding to a good cook's collection for another practical reason—you can make the stuffing in advance and freeze it until you are ready to stuff and serve the peppers at the end of a busy day.

LAMB STUFFED PEPPERS
(Servings - 4)

- 4 large green peppers
- 2 tablespoons poly-unsaturated oil
- 1 onion
- 2 carrots, shredded
- 3 cups cooked rice
- 2 cups diced cooked lamb
- 1 (8-ounce) can tomato sauce
- 1 teaspoon seasoned salt
- ½ teaspoon oregano
- ¼ cup raisins

Cut green peppers in half lengthwise. Remove seeds and membranes. Cook peppers in small amount of boiling, salted water about 10 minutes. Drain. Saute onion in oil, until lightly browned. Add remaining ingredients and cook until rice is lightly browned. Fill green peppers with lamb mixture. Place in shallow baking pan. Bake at 350 degrees for 45 minutes.

Potato Pointers

Wrapping baking potatoes in foil is convenient and attractive —however you get a steamed rather than a baked potato. This is similar to the difference between a dry heat roast and a pot roast.

Uncovering potatoes after they have been boiled and drained helps keep them from getting soggy. For the same reason it's good to prick or break open baked potatoes when they come from the oven.

Rubbing skins of baked potatoes with fat before baking makes them tasty, but takes away the crisp nutty character which many eaters of baked potato skins enjoy.

When cooking potatoes, save time by boiling an extra amount for the following day's meals. Cool, cover and store in the refrigerator, and use later for hash browns or potato salad. This saves time and electricity, but will result in some vitamin C loss.

Second-day mashed potatoes can be appetizing fare. Season leftover potatoes with onion, salt and pepper, add one or two beaten eggs (depending on amount of potatoes), and flaked canned salmon or tuna. Drop patties in hot bacon fat or butter, and fry until golden brown.

New potatoes boiled with jackets on, then peeled and served with butter and chopped parsley or chives, are always an eye-appealing favorite for spring meals.

Summer Avocados

It's the time of year to enjoy the delectable summer varieties of California avocados in refreshing tossed salads, fruit and vegetable molds, sandwich spreads, party dips, main dishes and desserts.

The velvety smooth fruit inside summer avocados is the same light green-yellow color as in winter varieties. But the skin may be the familiar winter green or it may be dark, almost black; some of the skins are thick, some thin, some rough, others smooth. Many summer avocados from California are pear-shaped while others are round and plump.

Regardless of variety, California avocados are one of the most nutritious—and flavorsome—of all summer fruits. Discover their versatility in numerous appetizing treats such as this "Pineapple-Avocado Cooler."

PINEAPPLE-AVOCADO COOLER

- 2 California avocados
- 4 scoops pineapple sherbet
- 1 cup pineapple juice
- Pinch salt

Cut avocados lengthwise into halves; remove seeds and skin. Cube fruit into blender container or large mixer bowl. Add remaining ingredients. Mix until smooth.

Makes three cups.

PARTY SPRITZ

Delightfully shaped, with a cookie press—they're chocolate-dipped and rolled in nuts . . .

Combine and beat till creamy
- 1 cup soft butter
- 1 cup sugar
- 1 3-oz. pkg. cream cheese
- 1 egg
- 1 teaspoon vanilla

Sift together and blend in gradually
- 2½ cups sifted flour
- 1 teaspoon baking powder
- ¼ teaspoon salt

Chill one hour

Preheat oven to 375 degrees F.

Fill cookie press and press cokies through star-shaped opening onto ungreased cookie sheet.

Bake at 375 degrees F. Time, 10 to 12 minutes.

Cool.

Prepare:

Chocolate Dip Frosting

Combine in saucepan and bring just to boil over moderate heat, stirring constantly
- ½ cup evaporated milk
- Dash salt

Remove from heat.

Add and stir till chocolate melts and mixture is smooth
- 1 6-oz. pkg. (1 cup) semi-sweet chocolate morsels
- 1 teaspoon vanilla

Cool till it begins to thicken somewhat—about five minutes.

Dip one end of each cookie into Chocolate Dip Frosting then in
- Finely chopped nuts or coconut, or in colored sugar

Place on waxed paper till frosting sets.

Yield: approximately five dozen.

Easy-To-Use Onion Sparks Sandwiches

Measure instant minced onion straight from its container for simple-to-prepare "Bacon 'n' Bean Spread," a zippy sandwich filling.

BACON 'N' BEAN SPREAD
- 2 cups baked beans
- ¼ cup catsup or chili sauce
- 2 teaspoons vinegar
- 1 tablespoon instant minced onion
- 6 strips cooked bacon, crumbled

Mash beans; stir in remaining ingredients. Spread on buttered plain or toasted bread.

Makes two cups.

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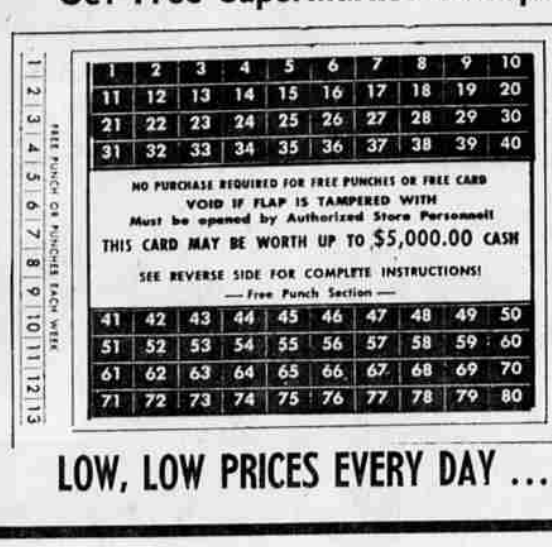

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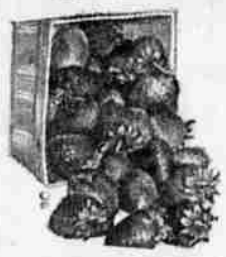

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