

Vegetables

*The grace of our Lord Jesus Christ, and the love of God, and
the fellowship of the Holy Spirit, be with us all evermore.*

II Corinthians 13:14

VEGETABLES

MARINATED ARTICHOKE AND MUSHROOMS

1 lb. fresh mushrooms
1 or 2 cans artichoke hearts
Fresh asparagus tips (if using
chokes in jars of oil, cut
amount of oil in marinade)

Marinade:

1½ c. water	1½ tsp. salt (optional)
1 c. cider vinegar	½ tsp. oregano
½ c. salad oil	½ tsp. thyme
1 clove garlic, minced	½ tsp. pepper

Rinse mushrooms and trim off stems. Drain artichokes; halve large ones and trim any rough spots on base. Rinse asparagus and check tips for sand. Mix marinade and pour over veggies in an oblong glass serving dish. Cover with plastic wrap. Refrigerate overnight or longer. Keeps up to 2 weeks in a covered jar. Serve with toothpicks or forks.

Courtesy of Kathleen Economos, a niece.

Betty Barthold

BAKED BEANS WITH BOURBON

½ lb. bacon, crumbled	¼ c. bourbon
1 c. onions, chopped	4 cans pork and beans or 64 oz. B&M best
½ c. dark brown sugar	
½ c. catsup	

Crisp bacon in about ½ inch pieces. Drain on paper towel. Mix all ingredients. Bake in 350° oven approximately 1½ hours.

Courtesy of a Kappa Kappa Gamma sister.

Betty Barthold

CARRANOR CLUB'S FAMOUS THREE BAKED BEANS

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| 1 (No. 2) can pork and beans,
drained | 1 (No. 2) can butter beans,
drained |
| 1 (No. 2) can red kidney beans,
drained | 1 small onion, chopped |
| 1 (No. 2) can butter beans,
drained | 1 lb. bacon, cut into small pieces |

Fry onion with all of bacon; set aside.

Mix together:

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| 1 c. brown sugar, packed | 2 Tbsp. vinegar |
| 1 c. ketchup | Cayenne pepper to taste |
| 2 Tbsp. prepared mustard | |

Boil a few minutes. Mix all together and bake at 350° for 1 hour or longer.

Beverly Rohman

RED CABBAGE

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| 1 medium head red cabbage,
cored and thinly sliced | ¼ red wine vinegar |
| 1 medium red apple, cored and
diced | ¼ c. sugar |
| 1 medium onion, chopped fine | ½ tsp. salt |
| | ¼ tsp. black pepper |

Combine all ingredients in a large pot. Cover and simmer until cabbage is tender, but not mushy, under 1 hour. Remove lid and raise heat for about 10 minutes to evaporate most of the fluid in the pot. Stir frequently to prevent scorching. Ideal as a side dish with beef rouladen.

Cindy Lange

SPICED RED CABBAGE

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| 1 large head red cabbage, very
finely sliced (about 5 c.) | ¼ tsp. nutmeg |
| 1 c. chopped unpeeled apple | ¼ tsp. pepper |
| 1 Tbsp. whole allspice | ¼ c. red wine vinegar |
| ½ tsp. salt | ⅓ c. brown sugar |
| | 2 Tbsp. butter |

Place cabbage in a large saucepan and add enough water to cover. Bring to a boil, then simmer, covered, until limp, about 5 minutes. Drain off all but ½ cup water. Add the apples; toss and continue cooking until apple is tender. Add the spices, vinegar, and brown sugar. Continue cooking until cabbage and apple mixture is very tender and most of the liquid is gone. Add the butter and serve.

Darlene Henry

STUFFED CABBAGE

2 large onions, chopped	2 c. tomato sauce
2 large cabbages	1 c. lemon juice
1 c. rice (uncooked)	1 c. brown sugar
2 lb. ground chuck	

Drop heads of cabbage (with heart removed) into boiling, salted water. Cook for 3 minutes only. Drain and separate leaves. Dust large cabbage leaves with salt and paprika. Mix meat and rice. Place 1 tablespoon of mixture in each leaf and make each leaf an envelope; fasten with toothpick. Brown onion and chopped, leftover cabbage in bottom of roaster pan. Mix lemon juice, brown sugar, and tomato sauce. Put cabbage rolls on onion-cabbage in pan. Pour tomato sauce on top. Bake at 350° for 6 hours, basting occasionally.

Mrs. John Kosmider

CAULIFLOWER BROCCOLI CASSEROLE

1 head cauliflower	1 (8 oz.) cream cheese
1 large head broccoli	1 pt. sour cream
1 can mushroom soup	Grated Parmesan cheese

Clean and cut up vegetables. Cook until tender. Toss with soup, cream cheese, and sour cream. Top with grated Parmesan cheese. Bake at 350° until bubbly.

Eleanor Gumpf

ESCALOPED CORN WITH CHEESE

1 can creamed corn	1 egg
1/2 c. cracker crumbs	1/4 lb. Velveeta cheese, cut up
1/2 tsp. salt	2/3 c. milk
1/4 tsp. pepper	1 1/2 Tbsp. butter

Place corn in mixing bowl; add cracker crumbs, salt, and pepper. Beat egg separately and add. Add cheese cut in small pieces. Add milk; place in butter baking dish. Dice butter on top. Bake 35 minutes. If I double recipe, I put one can of whole corn and one can creamed corn. Bake at 350°.

Ruth Laws

KENTUCKY CORN

1 stick oleo	1 (16 oz.) can whole kernel corn (undrained)
2 beaten eggs	1 (16 oz.) can cream style corn
1 box Jiffy corn bread mix	Salt and pepper to taste
8 oz. sour cream	

Melt oleo; combine with all other ingredients and mix to blend the corns in well. Pour into a 2 quart casserole. Bake 50 to 60 minutes at 350°. When it bakes, the corn bread rises to the top.

Mrs. Elmer Dickinson

SHOE PEG CORN CASSEROLE

4 cans shoe peg (white) corn
2 (8 oz.) cream cheese
2 sticks margarine

$\frac{3}{4}$ c. milk
Fresh sliced mushrooms

Soften the cheese and margarine. Add milk and blend over medium heat until all are melted. Drain corn. Mix into the cheese mixture. Add mushrooms if desired. Grate Cheddar cheese over the top. Bake at 350° for 20 to 25 minutes.

Cynthia K. Dybdahl

BAKED SOUTHERN GRITS

4 c. water
1 tsp. salt
1 c. grits
4 eggs, slightly beaten
1 c. milk

$\frac{1}{2}$ c. butter or margarine
2 c. shredded Cheddar cheese or 1
or 2 pkg. garlic cloves
 $\frac{1}{4}$ tsp. cayenne pepper (optional)

Add salt to water; bring to a boil and add grits slowly. Cook until done, stirring occasionally. Remove from heat. Stir in butter and milk. Cool slightly. Beat in eggs and pepper and $\frac{3}{4}$ of the cheese. Turn into greased 2 quart casserole. Bake at 350° for 45 minutes to an hour. Sprinkle remaining cheese on top and cook for 10 more minutes. Serves 6 to 8.

Note: This southern recipe is a brunch "regular" for the Wesleyan Woods Garden Club in Macon, GA. The Lyters lived in Macon, GA from 1985 to 1988.

Barb Lyter

MUSHROOM CASSEROLE

1 cooking onion, diced
1 green pepper, cut into pieces
1 large pkg. fresh mushrooms
 $\frac{1}{4}$ c. mayo

8 slices cubed, buttered bread
 $\frac{1}{2}$ c. milk
1 egg, beaten
1 can mushroom soup

Saute onion and pepper until tender; add raw sliced rooms - I use egg slicer to get them even, then I chip stems - and cook until rooms smell like rooms! Add mayo. In casserole, put 3 slices cubed, buttered bread. Add or pour sauteed mixture over cubed bread; add 3 more slices. Add egg to milk; mix well and pour over mess in casserole! Refrigerate 6 hours or overnight. Before baking, pour over 1 can soup and rest of buttered, cubed bread. Bake at 350° for 50 minutes.

Beth Webb

HOT PEPPER RELISH

(From the kitchen of Ken Nelson's aunt)

"Not for the faint of heart - this will be only for those who enjoy the *very* spiciest, hottest foods. Pay heed to the cautions in the directions in order to not get burned while preparing or eating. This is strong stuff! With that said, let me also say that I love this relish so much that I don't really enjoy hot dogs any other way."

18 ripe tomatoes, skinned, seeds removed, and chopped in blender	9 onions, ground
2½ Tbsp. salt	2½ c. white vinegar
½ to 1 basket hot green and red peppers, ground	1½ to 2 tsp. cinnamon
	1½ to 2 tsp. ground cloves
	1½ to 2 tsp. nutmeg

Cinnamon, ground cloves, and nutmeg are "to taste" but 1½ teaspoons each of cinnamon and nutmeg and 1 teaspoon ground cloves is recommended.

Put tomatoes in a large saucepan; add all other ingredients. Cook, stirring often, so it won't stick, for about 2½ hours. (Simmer; do not boil.) Mixture should not be too thin; should thicken as it cooks. If not, you need to add more peppers! One (No. 10) can of tomatoes or 3 regular size (1 pound, 12 ounces) can be used instead of 18 fresh tomatoes. To adjust the temperature of the relish, you can leave more or less seeds in the peppers. You can remove a lot and it will *still* be hot.

It should take approximately 4 pounds of hot peppers. When handling the peppers, you *must* wear plastic gloves - no joke! This should make 8 pints of relish, but the recipe can easily be halved. One-half recipe will give you 6 to 7½ pint canning jars. After it is put in sterilized jars, it must be processed by pressure cooker or water bath to seal. Directions are usually included with the canning jars.

Jeff Nelson

BREAD AND BUTTER PICKLES

4 qt. sliced cucumbers	2 green peppers, chopped
6 medium onions, sliced thin	⅓ c. salt
3 c. vinegar	1½ tsp. celery seed
1½ tsp. turmeric	5 c. sugar
2 Tbsp. mustard seed	

Slice cucumbers thin. Add onions and peppers; add salt. Mix thoroughly. Let stand 3 hours; drain. Add remaining ingredients. Heat to boiling point. Pack in hot jars.

Laura Getz

POTATO DIX

2 lb. hash browns, thawed ½ hour 1 can cream of chicken soup
1 c. onions, chopped 1 stick butter, melted
1 lb. sour cream Chips, crushed on top (not too
8 oz. cheese (Cheddar), cubed many)

Mix and bake at 375° for 1 hour. Serves 12.

Bobbianne Grant

ONION POTATOES

8 to 10 medium potatoes 1 pkg. dry onion soup mix
2 sticks butter

Wash potatoes; leave skins on. Cut French fries style; place in 9x13 inch pan. In small pan on stove, melt butter just to boiling point. Stir in onion mix; pour over potatoes. Bake 30 to 45 minutes at 350°. Stir once or twice.

Joyce Fries

PARTY POTATOES

8 to 10 medium potatoes ⅓ c. chopped chives, dried
1 c. sour cream Salt and pepper to taste
1 (8 oz.) cream cheese, softened Paprika to taste
4 Tbsp. butter Additional butter to suit

Boil peeled potatoes. Beat sour cream and cream cheese together; add hot potatoes and beat until smooth. Add butter, chives, and salt and pepper to taste. Pour into greased 2 quart casserole. Dot with butter and sprinkle paprika on top. Bake at 350° for 25 minutes.

Can substitute free sour cream, free cream cheese, and Butter Buds mixed with water for the "regular" ingredients; you can't tell the difference!

Joanie Asendorf

RABATON
(A pasta-type side dish - Italian)

1 (8 oz.) pkg. frozen chopped spinach	1 clove garlic, chopped
5 oz. Ricotta cheese	Salt to taste
4 Tbsp. fresh grated Parmesan cheese	1/4 c. flour
2/3 c. bread crumbs	2 1/2 pt. strong chicken stock
2 eggs	8 Tbsp. butter
	1/2 tsp. sage (fresh if possible or more if dried), crumbled

Cook spinach and press dry. Combine spinach, cheeses, bread crumbs, eggs, garlic, and salt. Shape into small sausage shapes about 2 inches long and as thick as your "pinkie" finger. Bring chicken stock to a boil. Roll sausages in flour and drop them carefully into the stock. Boil no more than 15 at a time. When sausages float to top, boil another 2 or 3 minutes. Remove them with a slotted spoon and place in an oiled ovenproof dish. Melt butter in a saucepan and pour over the Rabaton. Sprinkle with sage and an additional dusting of Parmesan cheese. Bake in a 350° oven for 15 minutes. Serves 5.

Tibble Foster

DIRTY RICE

1/4 vermicelli, broken into 1 inch pieces (1/4 lb.)	1 3/4 c. long grain rice
2 Tbsp. olive oil	2 c. chicken or vegetable broth
	2 c. water

Heat oil in a pot. Add vermicelli and, stirring constantly, saute till light brown. (They overcook quickly, so don't turn your back on them.) Add rice and lightly saute. Add the broth and water and bring to a boil. Reduce heat and simmer gently for about 40 minutes, until all liquid is absorbed.

Cindy Lange

OVEN-STEAMED RICE

4 c. boiling water	1 1/2 tsp. salt
2 c. uncooked regular rice	

Mix ingredients together in ungreased 3 quart casserole. Cover and bake in 350° oven until rice is tender, approximately 25 to 30 minutes.

Note: This recipe gives perfect rice every time. I would never make rice any other way.

Barb Lyter

PARISIAN RICE

2 Tbsp. oleo	1 c. onion soup
1/2 c. regular rice	1 small can mushrooms

Brown rice and mushrooms in butter or oleo. Put in soup; cover and cook 1/2 hour on simmer. Add water if needed. *Excellent with steak.*

Barbara Coon

SPINACH ROCKEFELLER

2 boxes chopped spinach, cooked and drained	1/2 tsp. thyme
1/4 c. dry bread crumbs	1/8 to 1/4 tsp. ground pepper
1/4 c. minced scallions	1/4 tsp. salt
1/4 c. grated Parmesan cheese	1/8 tsp. cayenne
2 eggs, beaten	6 to 8 (1/4 inch) tomato slices
1/2 tsp. minced garlic	1/2 tsp. garlic powder

Preheat oven to 350°. Blend all ingredients, except tomatoes and garlic powder, in a large bowl. Very lightly butter a 2 quart baking dish. Place tomato slices in a dish. Sprinkle with garlic powder. Pour the spinach mixture on top of slices. Bake 15 minutes. *Great with roast beef.*

Chris Rehard

SQUASH CASSEROLE

2 lb. squash	1/2 pt. sour cream
1 stick butter	1 can cream of chicken soup
1 grated onion	4 oz. bread crumbs
1 grated carrot	Salt and pepper

Cook and drain squash. Add remaining ingredients, reserving 1/2 bread crumbs for top. Place in greased 2 quart casserole. Top with remaining bread crumbs. Bake at 350° until bubbly.

We have this dish every Thanksgiving whether we are with my family or my in-laws. The thing I love is that my mother and my mother-in-law each say that the other one gave them the recipe.

Susan Smart Kienzle

VEGETABLE STROGANOFF

Pasta, an energy-rich complex carbohydrate, is steamed with vegetables, rather than the usual rich sauces.

3/4 c. light cream	1 onion, finely chopped
1/2 c. plain lowfat yogurt	1/2 lb. mushrooms, diced
1 c. sliced carrots	1 Tbsp. olive oil
1 c. broccoli flowerettes	3 garlic cloves, crushed
1 c. cauliflower flowerettes	3 dashes of Worcestershire sauce
3/4 lb. flat noodles	Salt and pepper to taste

Garnish:

Dried parsley
Dried tarragon leaves

Grated Parmesan cheese

Blend cream and yogurt until smooth. Set aside. Cook vegetables in microwave-safe bowl on HIGH for 5 to 6 minutes, until cooked through. Cook noodles until tender; drain. Keep vegetables and noodles warm by placing in a 200° oven in covered dish.

Saute onion and mushrooms in oil until onion is translucent. Add garlic. Cook another 3 minutes. Stir in Worcestershire sauce. Add salt and pepper. Reduce heat to low. When ready to serve, stir cream-yogurt mixture into sauteed mixture to make the sauce and heat through. Toss vegetables with noodles. Arrange on serving platter. Spoon sauce over top. Garnish, if desired, with a mixture of parsley, tarragon, and Parmesan cheese. Serves 6.

Each serving is 183 calories, 7 g protein, 24 g carbohydrate, 7 g fat, 30 mg cholesterol, and 49 mg sodium.

Polly Cross

YUMMY CANDIED YAMS

4 small yams (6 oz. each)	1/4 c. bourbon
2 Tbsp. unsalted butter	1/4 c. chicken stock
1/2 c. real maple syrup	

Peel and quarter yams. Put in saucepan; cover with cold water. Bring to boil. Reduce heat and simmer until just tender, but still firm (approximately 20 minutes). Drain well. Melt butter in skillet. Add syrup and bourbon. Cook over low heat, stirring occasionally until mixture is slightly reduced (about 15 minutes). Add yams. Stir until lightly coated. Add stock and simmer over low heat for 10 to 15 minutes. Serve immediately (although the leftovers are great the next day!). Makes 4 servings.

Julie Funk

BERTA-CHINI

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| 2 medium zucchini, shredded and drained | 1 Tbsp. butter |
| 1 large egg | 1/4 c. Parmesan cheese |
| | 1 tsp. Beau Monde seasoning |

Shred and drain zucchini until dry. Saute zucchini in butter until cooked (zucchini will turn dark green). Mix in egg (beaten) and seasoning. Make into a pancake. Cook on medium heat for 3 to 5 minutes. Sprinkle with Parmesan cheese and broil until Broil until lightly browned. Cut into wedges and serve.

This recipe is in honor of our mother who grew way too much zucchini one summer. My sister Roberta from Oklahoma City shared this recipe with me.

Roberta Roush

ZUCCHINI CRESCENT PIE

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| 4 c. thinly sliced zucchini | 1/2 tsp. salt |
| 1 c. sliced onion | 1/2 tsp. pepper |
| 1/2 c. margarine | 1/2 tsp. garlic |
| 3 Tbsp. parsley | 1 tsp. Italian seasoning |
| 2 beaten eggs | 1 can Pillsbury crescent rolls |
| 2 c. shredded Swiss or Mozzarella cheese | 2 tsp. Dijon mustard |

Saute squash and onions in butter until tender. Add seasonings. In a large bowl, blend eggs and cheese. Stir in vegetables. Set aside. Separate dough and line 11 inch pie pan, pressing edges together to form crust. Spread dough evenly with Dijon mustard. Pour vegetables into crust. Bake at 375° for approximately 30 minutes or until knife comes out clean. If crust is becoming too brown, cover edges with foil. Let stand 10 minutes before serving.

Chris Rehard

ZUCCHINI ROUNDS

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| 1/3 c. Bisquick | 1 medium onion, minced |
| 1/4 c. grated Parmesan Cheese | 2 slightly beaten eggs |
| 1/8 tsp. pepper | 2 c. shredded unpared zucchini |

Mix dry ingredients in a bowl. Stir in eggs and onions till moist. Fold in zucchini. Melt 2 tablespoons oleo in skillet on medium heat. Pour in batter to make "pancakes" (2 tablespoons per round or more). Usually makes about 6 rounds. Cook on each side until browned. Keep warm and serve. Do not mix batter ahead of time - the liquid separates out.

Allison Fisher

GRANDMOTHER JOYCE'S JELLIED TOMATOES

1 small raspberry jello
1 Del Monte original stewed
tomatoes

1 c. water

Boil water; dissolve raspberry jello in water. Add tomatoes (must use Del Monte original) and refrigerate. Serve with chicken, pork, or beef.

Catharine Joyce

