

Eat what you reap

Meatless meals help the budget

Warm sunny days, dinners outside and all those wonderful meatless meals with fresh vegetables out of the garden...

I always feel so healthy in the summer, and one of the reasons is working in my vegetable garden. Besides having nutritious, fresh vegetables all summer, I also get great exercise from planting, weeding and hoeing. It never ceases to amaze me to plant a small seed and watch it grow into a healthy plant that bears good fresh food.

Cooking all-vegetable meals helps stretch the food budget because they let you capitalize on fresh produce. An all-vegetable meal can be just as substantial and tasty as a meal of meat and potatoes.

When planning meatless meals, it's important to use a variety and a combination of proteins. Protein is made of 22 amino acids. Fourteen amino acids can be manufactured by the body. The other eight are known as the essential amino acids.

Not all protein-rich foods are alike. Animal proteins, such as milk, cheese, fish, poultry, meat and eggs, usually have all the essential amino acids.

But food of plant origin such as nuts, seeds, lentils, dry beans and grain can be short of one or more of the acids.

When planning sound, nutritious meals with plants, a combination of foods is necessary to provide all eight amino acids. Here's a list of plant combinations eaten together that will provide all the essential amino acids:

- A grain such as wheat, oats or rice with a legume such as dry beans, dry peas or lentils.
- A seed or nut with a grain.
- A legume with a seed or nut.
- A dairy product with a legume.
- A dairy product with a grain.

Even when you're not planning a complete vegetable meal, serve plenty of fresh vegetables and small portions of meat to help stretch the family food budget.

I like to freeze and can, so I can enjoy that summer fresh taste all year long.

Complement your outdoor barbecues with fresh summer vegetables on skewers. For even cooking, use only one kind of vegetable per skewer. If you prefer an assortment of vegetables on each skewer, choose ones that take about the same length of time to cook.

Vegetables that grill well include tomato wedges or cherry tomatoes, thickly sliced zucchini or yellow summer squash, green or red pepper squares, mushroom caps, eggplant cubes, celery chunks or 1-inch pieces of fresh corn ears.

Long-cooking vegetables such as carrots, tiny white onions, or whole new potatoes, grill best if first partially cooked in boiling salted water. Brush the skewer vegetables with melted butter. Grill six inches from medium hot coals, turning frequently until done.

**CASHEW-TOFU STIR FRY**  
2 tree ears (cloud ears), found in Oriental food shops (If you can't find cloud ears, substitute with 4-oz. can of drained, sliced mushrooms.)  
1/2 cup boiling water  
1 vegetable bouillon cube  
2 Tbsp. soy sauce  
1/4 cup cooking oil  
2 medium carrots, thinly sliced  
1 head Chinese cabbage cut in 1-inch slices (1 1/2 lb.)  
8 oz. tofu (bean curd), cubed  
8-oz. can bamboo shoots, drained  
3/4 cup cashews  
5-oz. can of chow mein noodles

In a small bowl, cover tree ears with hot water; let stand 30 minutes. Thoroughly rinse tree ears under running water; squeeze to drain. Cut tree ears into thin strips. Combine the bouillon water and vegetable bouillon cube. Blend soy sauce into cornstarch. Stir into bouillon mixture. In large heavy skillet or wok, heat half of the cooking oil. Stir fry carrots three minutes. Add cabbage and stir fry 2 minutes. Add more cooking oil if necessary.

Add tofu, bamboo shoots, cashews and tree ears; stir fry one minute more. Stir bouillon mixture; add to skillet. Cook and stir till mixture is thickened and bubbly. Cover and cook 2 minutes more. Serve with chow mein noodles. Makes four servings.



Andrea Harrison

FETA-KALE PIE

This is a great dish to bring to a party. It's very attractive on a buffet table. And it's a complete meal in one dish.

- 2 lb. fresh kale or two 10-oz. frozen kale
- 8 oz. mushrooms, sliced
- 1 cup chopped onion
- 2 Tbsp. olive or cooking oil
- 6 eggs
- 8 oz. feta cheese, crumbled
- 2 Tbsp. grated parmesan cheese
- 1/4 cup snipped parsley
- 1/2 tsp. dried oregano, crushed
- 1/2 tsp. dried basil
- Pastry for 1 two-crust pie

If using fresh kale, cut roots off and remove any damaged parts. Cut stems and leaves into small pieces. In covered saucepan, cook fresh kale in a large amount of boiling water 60-75 minutes until tender. Drain well. Squeeze excess moisture from cooked fresh kale, finely chopped.

In a saucepan, cook mushrooms and onion in olive oil or cooking oil until tender but not brown. Beat together eggs and feta cheese, and parmesan cheese.

Stir in kale, mushroom mixture, parsley, oregano and basil.

On lightly floured surface, roll out half of the pastry to a 14-by-10-inch rectangle. Fit into 10-by-

6-by-2-inch baking dish. Trim edge to within 1/2 inch rim of dish.

Spoon kale mixture into bottom crust. Roll out remaining pastry to 11 by 7 inches. With pastry cutter, cut four 1/4-inch wide strips. Space evenly apart filling, trimmed to edge of dish. Crimps edges.

(Instead, if desired, with a small leaf-shaped cutter, cut about 46 leaves from remaining pastry. Moisten edge of pastry with water and overlap leaves around edge of dish, pressing firmly to seal edge. Brush water as needed. If desired, use any remaining pastry to make additional leaves and stems; decorate the two center strips.)

Bake in a 375-degree oven for 50 minutes or till crust is golden. Makes six servings.

Spinach can be used instead of the kale.

ZUCCHINI BREAD

Happiness is trading your extra tomatoes for your neighbor's extra green peppers. Everyone has extra zucchini.

Here is an easy and fast recipe for zucchini bread. The bread freezes well itself, but if you have limited freezer space just freeze the zucchini and freeze it for future use for making great bread or during winter months.

- 2 cups peeled and grated zucchini
- 1 cup oil
- 3 eggs
- 2 tsp. vanilla
- 2 1/2 cups flour
- 2 tsp. baking soda
- 1/2 tsp. baking powder
- 2 tsp. cinnamon
- 1 cup nuts or raisins (optional)

Blend first four ingredients in blender. Fold in with dry mixture. Add raisins or nuts if desired. Pour in greased bread pans and bake at 350 degrees for 45 minutes.

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