Eat what you <u>rea</u>p

Meatless meals help the budget

proteins, such as mild 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 essential amino acids.

When planning sound, nutritious meals with plants, a combinations sential amino acids. Here's a list of plant combinations acids to necessary to provide all eight amino acids. Here's a list of plant the second of the combination acids to the second original to the combinations acids to the combinations acids. Here's a list of plant legume such as dry beans, dry peas or lentils.

A grain such as wheat, oats or rice with a legume such as dry beans, dry peas or lentils.

A clary 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 sumer fresh taste all year long.

Complement your outdoor earbecues with fresh use only one kind of vegetable per akewer. 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 yel-inch pieces of fresh corn ears.

Long-cooking vegetables win mer soptiones, turning frequently until done.

CASHEW-TOFU STIR FRY

2 tree cars (cloud ears), found in Oriental food

CASHEW-TOFU STIR FRY

UNDILLEM'-TUFU 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, silced mushrooms.)
% cup boiling water
1 vegetable bouillon cube
2 Thus now same

1 'vegetante bominon come
2 Thep, soy sauce
¼ cup cooking oil
2 medium carrots, thinly bias-silced
1 head Chinese cabbage cut in 1-inch silces (1 ¼ lb.)
8 or. tofu (bean curd), cubed
8-or. can bamboo shoots, drained
¾ cup cashews
5-or. can of cbow mein noodles

5-or. can of chow meln 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
ars into thin strips. Combine the bouilton water
and vegetable bouilton cube. Blend soy sauce into
cornstarch. Sit into bouilton mixture. In large
heavy skillet or wok, heat half of the cooking oil.
Sit fry carrots three minutes. Add cabbage and
stir fty 2 minutes. Add more cooking oil if necessary.

sary.

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.

3 FT.

Italian Style

SUBMARINE

(\$15 Value)

with any

Beer

Keg

Order



FETA-KALE PIE

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

2 lb. fresh kale or two 10-oz. frozen kale

6 eggs 8 oz. feta cheese, crumbled 2 Thsp. grated parmesan cheese ¼ cup snipped parsley ½ tsp. dried oregano, crushed ½ tsp. dried basil Pastry for 1 two-crust ple

If using fresh kale, cut roots off and remove any damaged parts. Out 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 misture 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, oreganand 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 ¼ inch rim of dish. Spoon kale mixture into bottom crust. Roll out remaining pastry to 11 by 7 inches. With pastry cutter, cut four 4-inch wide strips. Space evenly atop 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, usay 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 ig golden. Makes six servings.

Spinach can be used instead of the kale.

ZUCCHINI BREAD

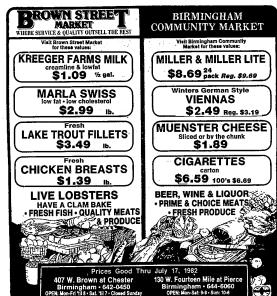
Happiness is trading your extra tomatoes for our neighbor's extra green peppers. Everyone has

inspirate acts green peppers. Everyone has text a cichili.

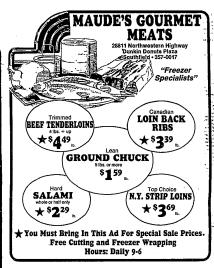
Here is an easy and fast recipe for succhin bread. The hereal freeze well itself, but if you have limited freezer space just grate the succhini and freeze it for future use for making great bread or during winter months.

2 cups peeled and grated zucchini I cup oil 3 eggs 2 tsp. vanilia 2½ cups Ilaur 2 tsp. baking soda ¼ tsp. baking powder 2 tsp. cinamon

2 isp. commanon
1 cap nuts or ralsins (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
'or 45 minutes.









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