

Cook Fresh Vegetables With Care

By JOYCE TOTEN

How exciting are the vegetables on your family's table? When you add extra appeal to the vegetable course, you perk up even the simplest meal.

Vegetables play an important role in making meals nutritious. They are rich in minerals and vitamins, and at the same time provide carbohydrates for energy.

Cooking vegetables to perfection is important. The best vegetable may be improved by skillful cooking or ruined by poor cooking. Remember overcooking destroys nutrients. You can save the nutrients if you follow these rules that are really simple as 1-2-3.

1. Cook vegetables in very small amounts of water.

2. Cook them for as short a period of time as possible.

3. Use the liquid that remains in the pan for sauces to be served over the vegetable or in gravy, or as a base for soup. There are valuable nutrients in the water and the drain does not need these nutrients, but you do.

The green color of vegetables is due to chlorophyll, a very temperamental coloring agent. It dislikes heat and will absolutely not tolerate acids. For best results in cooking green vegetables, use not more than 1/2-inch boiling water in the bottom of the pan. Cook, uncovered, for the first three minutes to allow some of the volatile acids formed, when the cells soften, to escape in the steam. Cover and cook to the tender, crisp stage.

Pretty white vegetables such as turnips and cauliflower stay white when you cook them in water to which a small amount of acid has been added. White vegetables are turned brown by strong alkaline solutions.

If your water is hard, be sure to add a tablespoon of vinegar or lemon juice to the cooking water. One teaspoon of the acid cream of tartar will work, too. Always avoid overcooking any of the white vegetables.

Here are a few helpful variations to try with the use of green beans.

GREEN BEANS DELUXE
2 9-oz. pkgs. French-style green beans

1 10½-oz. can cream of mushroom soup

slivered onions (opt.)
Juice of 1 lemon (opt.)

1/2-cup milk or bean stock
1 3½-oz. can French fried onions — or —

1/2 to 1 cup buttered bread crumbs

Cook beans partially; drain. Combine with soup, almonds, lemon juice or milk in 1½-quart casserole. Bake 350 degrees for 15 minutes.

Sprinkle with onions or crumbs; bake for 5 to 10 minutes longer. Note: One or two 16-ounce cans of beans may be used. Four cups of fresh cooked beans may also be substituted.

MARINATED BEANS
1/2 c. vinegar
1/3 c. salad oil
1/3 c. sugar

1 t. mustard
Salt and pepper to taste
Basil
Pimiento
Chopped parsley
Slivered almonds
Chopped celery
Chopped green pepper
1 medium onion chopped
2 c. cooked green beans, drained

2 c. waxed beans, drained
2 c. kidney beans, drained
2 c. lima beans, drained

1/4 c. water or bean stock
Bleed vinegar, oil and sugar with desired seasonings. Combine with remaining ingredients; store in refrigerator. Yield: 8-12 servings.

CREAMY GREEN BEANS
2 slices bacon
1/4 c. chopped onion
1/4 t. dried dill leaves, crushed
1/4 c. milk
1 can (10½ ounces) condensed cream of potato soup

1 pkg. frozen cut green beans, cooked and drained
In saucepan, cook bacon; remove and crumble. Pour off all but 1 tablespoon drippings; add onion with dill and cook until tender. Add remaining ingredients. Heat; stir now and then. Garnish with bacon, 4 servings.

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OVEN-READY
FAMILY SIZE
12 TO 13-LB. AVERAGE

29[¢]
LB.

U.S. GOV'T. Inspected
LIMIT ONE WITH OTHER PURCHASES

CENTER CUT
PORK CHOPS

89[¢]
LB.

LOIN CHOPS
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LB.

FRESH SMALL
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1-LB 13-OZ CANS

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LB JAR

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SANDWICH BREAD

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GRADE "A" LARGE EGGS

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DOZEN

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GOLD MEDAL 5 LB BAG **49[¢]**

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JUMBO 27 SIZE
VINE RIPENED CANTALOUPE

3[¢] 1[¢]
FOR

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FRESH CRISP
RED RADISHES BCH GREEN ONIONS BCH
CUCUMBERS EA GREEN PEPPERS EA CABBAGE LB

YOUR CHOICE **10[¢]**

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50 TOP VALUE STAMPS

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50 TOP VALUE STAMPS

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50 TOP VALUE STAMPS

WITH THIS COUPON ON
\$2 PURCHASE OR MORE FROZEN VEGETABLES

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