

FOOD FORUM

DOROTHY JOHNSON

SUMMER'S BLESSINGS

Fresh Fruits and Vegetables

On hot summer days when a minimum of cooking is desirable try some of the recipes below which will give you all the nutrition you need.

SUMMER TUNA ON MUFFINS

1/4 cup melted butter or margarine; 3 medium onions, sliced; 2 cans (6 1/2 or 7 ounce) tuna; 1 cup cheddar cheese; 1/3 cup chopped celery; 3 tablespoons milk; 1/2 cup sour cream; 1/4 teaspoon seasoned pepper; 4 English Muffins. About 20 minutes before serving, over medium heat, melt butter or margarine in medium skillet. Add onions and saute until golden brown. Stir in Tuna, cheese cubes, celery and milk. Simmer 5 minutes. Stir in sour cream and heat but do not boil. Sprinkle with pepper. Serve on hot toasted English Muffins.

ZUCCHINI CRUNCH CASSEROLE

2 pounds small Zucchini; 1/4 pound grated Cheddar cheese; 1/2 cup potato chip crumbs; 3 egg yolks; 1 cup milk, salt and pepper to taste.

Wash and slice unpeeled Zucchini. Put a layer of Zucchini in a 1 1/2 quart casserole. Cover with a layer of grated cheese and a layer of potato chip crumbs. Salt and pepper to taste. Build up layers until all ingredients are used. Beat egg yolks well with milk and pour evenly over the layered ingredients.

Bake in 350 degree oven about 50 minutes until eggs and milk are set.

MANDARIN PORK SLICES

2 pounds boneless pork loin roll, cut in 1/2 inch slices; 2/3 cup orange marmalade; 1/2 cup soy sauce; 1 clove garlic, minced; 1/2 teaspoon ginger.

Combine marmalade, soy sauce, garlic and ginger. Pour mixture over pork slices, cover and marinate in refrigerator over night.

Drain pork slices reserving 1/2 cup of the marinade.

Arrange the pork slices in a single layer in a 13 x 9 inch baking dish. Pour 1/2 cup marinade over the meat.

Bake uncovered at 350 degrees for 15 minutes. Turn the pork slices and continue to bake for 30 minutes. Makes 8 servings.

SCAMPI

1/3 cup corn oil; 1 pound shrimp, shelled and deveined; 2 tablespoons chopped celery; 1 tablespoon chopped green pepper; 1 tablespoon chopped onion; 1 clove garlic, minced; 1 tablespoon chopped parsley; 1/3 cup water; 2 tablespoons lemon juice; 1/3 cup tomato paste; 1/2 teaspoon salt.

Heat oil in skillet over medium heat. Add shrimp, celery, green pepper, onion and garlic. Saute, just until shrimp are pink.

Reduce heat to low and add remaining ingredients. Mix well.

Simmer over low heat, stirring occasionally for about 5 minutes or until shrimp are tender. Serve with rice.

CORN BEEF HASH DELUXE

4 tablespoons butter or margarine; 1 can (6 or 8 ounces) corned beef hash; 2 tablespoons chopped onion; 2 tablespoons chili sauce; 1/2 cup diced beets (optional)

Melt 2 tablespoons butter or margarine in skillet. Combine corned beef hash, onion, chili sauce and beets. Mix well.

Spread over melted butter or margarine in skillet. Dot with remaining 2 tablespoons butter or margarine. Cover and bake at 350 degrees until hot, about 25 minutes.

Serve with toasted bread and fresh fruit.

POTATO SALAD POOR BOY

1 long loaf French Sour-Dough bread; butter or margarine; lettuce leaves; potato salad (about 1 1/2 pounds) 12 slices salami; 12 cheese sticks; 1 to 3 tomatoes, cut into wedges. Cut bread in half horizontally. Spread with butter or margarine. Arrange lettuce leaves on both halves. Top with potato salad, as generously desired.

In the meantime, wrap salami slices around cheese sticks to form cornucopia shapes. Fasten

REDDY KILOWATT'S

Helpful Hints For The Homemaker



Slim Shimmery From The Refrigerator

There's drama behind the refrigerator door when there's a shimmering, beautiful gelatin dessert or salad inside. And to take one of these refreshingly elegant beauties from a refrigerator shelf is to surely tempt the summer taste buds. So don't forget about the low calorie desserts, salads and drinks. They are just as tempting and refreshing and now they are cyclamate and danger free.

Whip up some of this Applesauce Whip and see for yourself. It's so easy. The gelatine dissolves easily in water over the range. Remove and stir in unsweetened applesauce, lemon juice and rind. Then the mixture is popped into the refrigerator to chill and you can get it even lighter and fluffier with an electric mixer, that gem of a kitchen appliance. Once beaten, the dish is ready to serve.

Applesauce Whip

- 1 envelope Knox Unflavored Gelatine
- 1 cup cold water, divided
- Non-nutritive sweetener, equivalent to 1/3 cup sugar
- 1 teaspoon grated lemon rind
- 2 tbs. lemon juice
- 2 cups unsweetened applesauce

Sprinkle gelatine over 1/2 cup cold water in saucepan. Place over low heat; stir constantly until gelatine dissolves, 2 OR 3 minutes. Remove from heat; stir in remaining water, sweetener, lemon rind and juice and applesauce. Chill, stirring occasionally, until mixture mounds slightly when dropped from spoon. Beat with rotary or electric beater until light and fluffy. Turn into 6 dessert dishes. Yield: 6 servings.

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NEVADA POWER COMPANY

with tooth picks. Alternate salami rolls and tomato wedges, along top of both halves. Cut each into three slices for serving.

SOUTH AMERICAN COLA COOLER

1/4 cup Instant Maxwell House Coffee; 1/3 cup sugar; 1 cup milk; 3 bottles Coca Cola, chilled; 1/2 pint (1 cup) ice cream, softened.

Combine instant coffee and sugar in a large bowl. Blend in milk. Add cola and then stir in softened ice cream. Serve in tall glasses.

ITALY'S CAPPUCCINI

3 or 4 tablespoons Instant Maxwell House Coffee; 2 cups boiling water; 1/4 cup heavy cream; ground cinnamon; sugar (optional) 5 cinnamon sticks.

Dissolve coffee in boiling water. Whip cream. Place a spoon full in 5 demitasse cups.

Add a dash of cinnamon. Pour hot coffee over cream.

Serve with sugar and cinnamon stick stirrers.

ORANGE ADDS ZEST TO COLE SLAW

Cole slaw is always good and a new twist is always enjoyed.

Peel and cut into bite size pieces 2 oranges. Add to grated cabbage and carrots.

Toss with a zippy dressing made by thinning mayonnaise with fresh lemon juice. Add some instant dry onion and chopped parsley.

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School Board Meeting Date Changed

The regular meeting of the Clark County Board of School Trustees has been moved up from August 13 to August 6 to allow for last-minute administrative appointments for the coming school year.

All school principals return to work August 10.

The meeting will begin at 8:00 p.m. in the Board Room of the Education Center. The public is invited and is free to address the board on items of concern, whether or not they appear on the agenda.

The second meeting next month will be held August 27 as regularly scheduled.

Remember To VOTE

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