

FOOD FORUM *

Dorothy Johnson

MEATLESS MENU'S

If you find yourself becoming a vegetarian out of force instead of free will, you're not alone. More and more families are supplementing meat in their diets with protein foods such as vegetables, fish and poultry.

It's all caused by the rising food cost, especially the meat prices. Those most affected by the rising prices are the housewives, and in an effort to try to combat it, they have gone on a nationwide boycott of meats.

EGG PLANT PARMIGIANIANS

- 1 large onion, chopped (1 cup)
- 2 cloves garlic, minced
- 1/4 cup olive oil or vegetable oil
- 1 can (about 2 lbs) Italian tomatoes
- 1 can (6 oz.) tomato paste
- 1 tsp. salt
- 1 cup fine dry bread crumbs
- 2 medium size egg plants (about 1 lb. each), pared and sliced 1/4 inch thick
- 2 pkgs. (8 oz. each) mozzarella cheese, sliced thin
- 1/2 cup grated Parmesan cheese

Saute onion and garlic in 2 tbsp. of oil, until soft, stir in tomatoes tomato paste, and sugar. Simmer, stirring often, 45 minutes, stir in oregano; simmer 15 minutes longer. Beat eggs and salt slightly; place bread crumbs in a separate plate. Dip egg plant in egg mixture, then into crumbs to coat well. Brown slices, a few at a time, in part of the remaining oil, adding more oil as needed in a large frying pan; drain. Pour about 1 cup of the tomato sauce into a baking dish. Top with one third of browned eggplant; spread with another 1 cup of the tomato sauce; sprinkle with one third each of the mozzarella and Parmesan cheeses. Repeat to make two or more layers of each, arranging remaining cheese slices in a row on top. Bake in a moderate oven (350 degrees) 30 minutes or until bubbly.

CELERY AU GRATIN

- 6 cups sliced celery
- 1 pkg. (8 oz.) sharp cheddar cheese
- 1/2 cup butter or margarine
- 2 cups coarse soft bread crumbs
- 2 tbsp. flour
- 1/2 tsp. salt
- 1/8 tsp. pepper
- 2 cups milk
- 2 tbsp. grated Parmesan cheese.

Cook celery in boiling salted water until crisply tender, drain. Shred enough of the Cheddar cheese to measure 1-1/2 cups; cut remaining into small cubes. Melt butter or margarine; measure out 4 tbsp. and drizzle over bread crumbs in a small bowl; toss lightly to mix. Stir flour, salt and pepper into remaining melted butter, cook stirring constantly, until bubbly. Stir in milk; continue cooking and stirring until sauce thickens. Stir in 1-1/2 cups shredded cheese until melted, then Parmesan cheese and celery. Pour in greased casserole. Sprinkle with buttered bread crumbs and cheese cubes. Bake in moderate oven (350 degrees) 15 minutes or until crumbs are toasty golden and cheese melts slightly.

CHECKERBOARD CHEESE BAKE

- 3 medium size yellow squashes; trimmed and



- sliced thin
- 3/4 stick butter or margarine
- 1 pkg. (10 oz.) fresh spinach washed, dried and trimmed
- 3 medium size tomatoes sliced
- 1 cup cream style cottage cheese
- 1-1/2 cups coarse soda cracker crumbs
- 1 tsp. fines herbs
- 3 slices process American cheese, cut into thin strips.

Saute squash lightly in 2 tbsp. of the butter, remove and set aside. Repeat with spinach and tomatoes using 2 tbsp of the butter or margarine for each. Mix cottage cheese, soda cracker crumbs, and herbs in a small bowl. Place squash in a shallow 8 cup dish; top with half the cheese mixture, then spinach, remaining cheese mixture, and tomatoes. Arrange cheese strips, checkerboard fashion, on top. Bake in moderate oven (375 Degrees) 30 minutes or until bubbly hot.



Presidential Letter - First grade students from Sunrise Acres Elementary admire material sent to them by president Nixon after they wrote to him to express their thanks for the two pandas presented to the United States by China after President Nixon's China trip last year. From left, teacher Mrs. Carole Hebert and students Robert Pence, Christopher Bryant, George Jones, Johnny Watts, Shannon Neilson and Jami Campbell.

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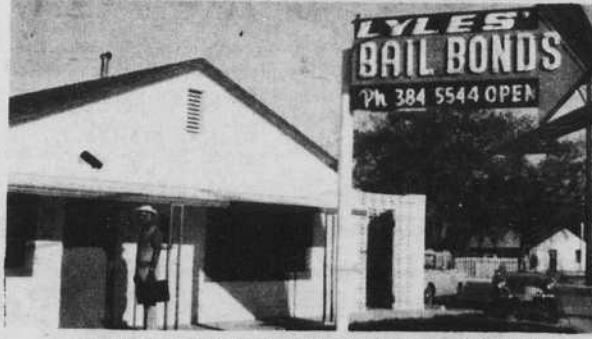
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