
FOOD FORUM
* Dorothy Johnson *

Fast Summer Vegetables

Meals which include vegetables are a constant hassel. What can I serve with this particular meat, other than the usual potato or a bland vegetable. Here are a few dress up vegetables that will make the family sit up and take notice to your culinary efforts.

CHEESE-TOPPED GREEN BEANS

A crunchy topping makes tender green beans the top winner in the fast category of summer vegetables.

- 1 lb fresh green beans
- 1 cup water
- 1/2 envelope (1/4 cup) onion soup mix
- 4 tbsp. butter or margarine
- 1/3 cup slivered almonds, toasted
- 4 tbsp. grated parmesan cheese
- 1/2 tsp. paprika.

Wash beans; remove ends. Cut beans in 1 inch pieces. In medium saucepan, combine beans, water, and onion soup mix. Bring to a boil; simmer 20 to 25 minutes or till beans are tender. Drain beans. Turn into serving dish; stir in butter or margarine until melted. Combine almonds, parmesan cheese, and paprika; sprinkle over beans.

VERA CRUZ TOMATOES

- 4 strips bacon
- 1/4 cup chopped onion
- 8 ounces fresh spinach, snipped;
- 1/2 cup dairy sour cream
- dash bottled pepper sauce
- 4 medium tomatoes
- 1/2 cup (2oz.) shredded mozzarella cheese

Cook bacon till crisp; drain, reserving 2 tbsp. drippings. Crumble bacon and set aside. Cook onion in reserved drippings until tender; stir in spinach. Cook; covered until tender, 3 to 5 min. Remove from heat; stir in sour cream, bacon, and pepper sauce. Cut top from tomatoes; remove centers, leaving shells. Drain. Salt shells; fill with spinach mixture. Place in 8x8x2 inch baking pan. Bake in 375 degree oven for 20 to 25 minutes. Top with shredded cheese, bake 2 to 3 minutes more or until cheese is melted.

GOLDEN CRUMB BROCCOLI CASSEROLE

- 1-1/2 lbs. fresh broccoli, cut up (6 cups)
- 1 can condensed cream mushroom soup
- 1/4 cup mayonnaise or salad dressing
- 1/4 cup shredded sharp American cheese
- 1 tbsp. chopped pimento
- 1-1/2 tsp. lemon juice
- 1/3 cup rich round cheese cracker crumbs

In covered sauce pan, cook broccoli in small amount of boiling water (salted) for 10 to 15 minutes, drain. Turn into 1-1/2 quart casserole. Combine soup, mayonnaise, cheese, pimento and lemon juice. Pour over broccoli. Top with cracker crumbs. Bake in 350 degree oven for 35 minutes.

CHEESE STUFFED ZUCCHINI

- 1 lb zucchini (2 medium)
- 1/4 cup finely chopped onion
- 2 tbsp. butter or margarine
- 3/4 cup cream-style cottage cheese
- 2/3 cup cooked rice
- 1 slightly beaten egg
- 1 tbsp. snipped parsley
- 1/4 tsp. salt
- 1/8 tsp. dried basil, crushed
- 2 slices (2oz.) sharp process American cheese cut in 16 strips

Trim ends of zucchini; cook in small amount of boiling water for 8 minutes or till just tender. Halve lengthwise; scoop out centers and dice. Cook onion in butter or margarine until tender. Stir in zucchini, cottage cheese, rice, egg, parsley, salt, and basil. Lightly salt shells, fill with cottage mixture. Place in baking dish.

Bake, covered, in 350 degree oven for 25 minutes. Place 4 cheese strips on each half. Bake uncovered, 5 minutes more.

IVY LEAGUE BEETS

- 1 lb fresh beets
- 1 tbsp. cornstarch
- 1/3 cup water
- 1/4 cup strawberry jam
- 2 tbsp. lemon juice
- 1/4 tsp. salt
- 1/4 tsp. pumpkin pie spice
- 3 tbsp. butter or margarine

In covered saucepan, cook beets in small amount of boiling, salted water till tender, about 35 minutes. Drain, pare, and slice beets. In same saucepan, combine cornstarch, water, jam, lemon juice, salt, and pumpkin pie spice. Cook stirring constantly, over medium heat till mixture thickens and bubbles; stir in sliced beets and butter or margarine and heat throughly.

EGG PLANT PATTIES

- 1 medium eggplant, parted and cubed
- 1-1/4 cups rich cracker crumbs
- 1-1/4 cups shredded sharp American cheese
- 2 slightly beaten eggs
- 2 tbsp. snipped parsley
- 2 tbsp. sliced green onions
- 1 clove garlic, minced
- 1/2 tsp. salt
- 1/8 tsp. pepper
- 2 tbsp. cooking oil.

In covered saucepan cook eggplant in boiling water till tender, about 5 minutes. Drain very well and mash. Stir in crumbs, cheese, egg, parsley, onion, garlic, salt, and pepper. Shape into 8 patties about 3 inches in diameter. Cook in hot oil about 3 minutes on each side till golden brown.

"THE BOARDING HOUSE" ON CHANNEL 10

Taj Mahal, the Pointer Sisters, Esther Phillips, Leo Sayer and other top performers will be featured in a new, six-part music series, 'The Boarding House,' beginning Wednesday, August 7 at 9:30 p.m. on channel 10. The program will repeat Friday, August 9 at 10:00 p.m.

Videotaped during their appearance at the San Fransico nightclub, the Boarding House, the artists demonstrate a strong rapport and interaction with their audience.

The series opens with a half-hour concert by Taj Mahal, who plumbs the roots of American black music with skill and sensitivity. Rapidly emerging as one of contemporary music's most talented and charismatic bluesmen, Mahal is also a musicologist whose forms a synthesis between African and American blues rhythms.

An accomplished multi-instrumentalist, Mahal can play piano, banjo, bass, kalimba (an African thumb piano), six-holed fife, guitar and harmonica.

INCOME GUIDELINES

The Department of Education announced today the income guidelines to be used to determine eligibility of children to receive free lunch and breakfast during the 74-75 school year. The guidelines to be used by school districts electing to serve reduced price meals in addition to free meals announced also. These income levels are the maximum allowable under law. Children from families whose income is at or below the applicable family size income shown on the tables below will qualify for free or reduced price meals.

Eleanor Bateman, State Supervisor of Food Services believes the increase in the amount of allowable income will enable more children from low income families to have a nutritious lunch at school. Approximately 10,530 children were receiving free lunch in Nevada public schools during the 1973-74 school year.


Family Size	Income for Free Meals	Income for Reduced Price Meals
1	\$ 2,910	\$ 4,080
2	3,830	5,360
3	4,740	6,630
4	5,640	7,900
5	6,480	9,070
6	7,310	10,240
7	8,060	11,290
8	8,810	12,340
9	9,510	13,320
10	10,190	14,260
11	10,860	15,200
12	11,530	16,140
Over 12 add	670 per person	940 per per

APPRENTICESHIP PROGRAM INFORMATION

Trade	Term	Approx. Journeyman Wkly Wage-70
Bricklayer	3 yrs.	\$320.00
Carpenter	4 yrs.	\$290.00
Cement Mason	3 yrs.	\$240.00
Drywall	2 yrs.	\$280.00
Electrician	4 yrs.	\$320.00
Floor Coverers	3 yrs.	\$240.00
Iron Workers	3 yrs.	\$240.00
Lathers	2 yrs.	\$250.00
Opr. Engrs.	4 yrs.	\$200.00 up
Paint Wallpaper	3 yrs.	\$275.00
Glaziers	3 yrs.	\$240.00
Tapers	2 yrs.	\$280.00
Sign Painters	4 yrs.	\$250.00
Plasterers	4 yrs.	\$250.00
Sheet Metal	4 yrs.	\$280.00
Plumbers	5 yrs.	\$360.00
Meat Cutters	3 yrs.	\$150.00

NOTE--Most apprenticeship committees require a high school diploma or G.E.D. Have a copy of same when making application.

24 HOUR NATION WIDE SERVICE



Ms. RUTH LYLES

ALL AMERICAN BAIL BONDS

"STRICTLY CONFIDENTIAL"

384 - 7087

720

South 4th Street

DRAPERIES!

BIG WINDOWS!

LITTLE WINDOWS!

WE DO THEM ALL!

AND OUR PRICES ARE RIGHT

Call For

FREE ESTIMATE

385-3411

NEVADA BLIND AND FLOOR CO.

1300 So Main St.