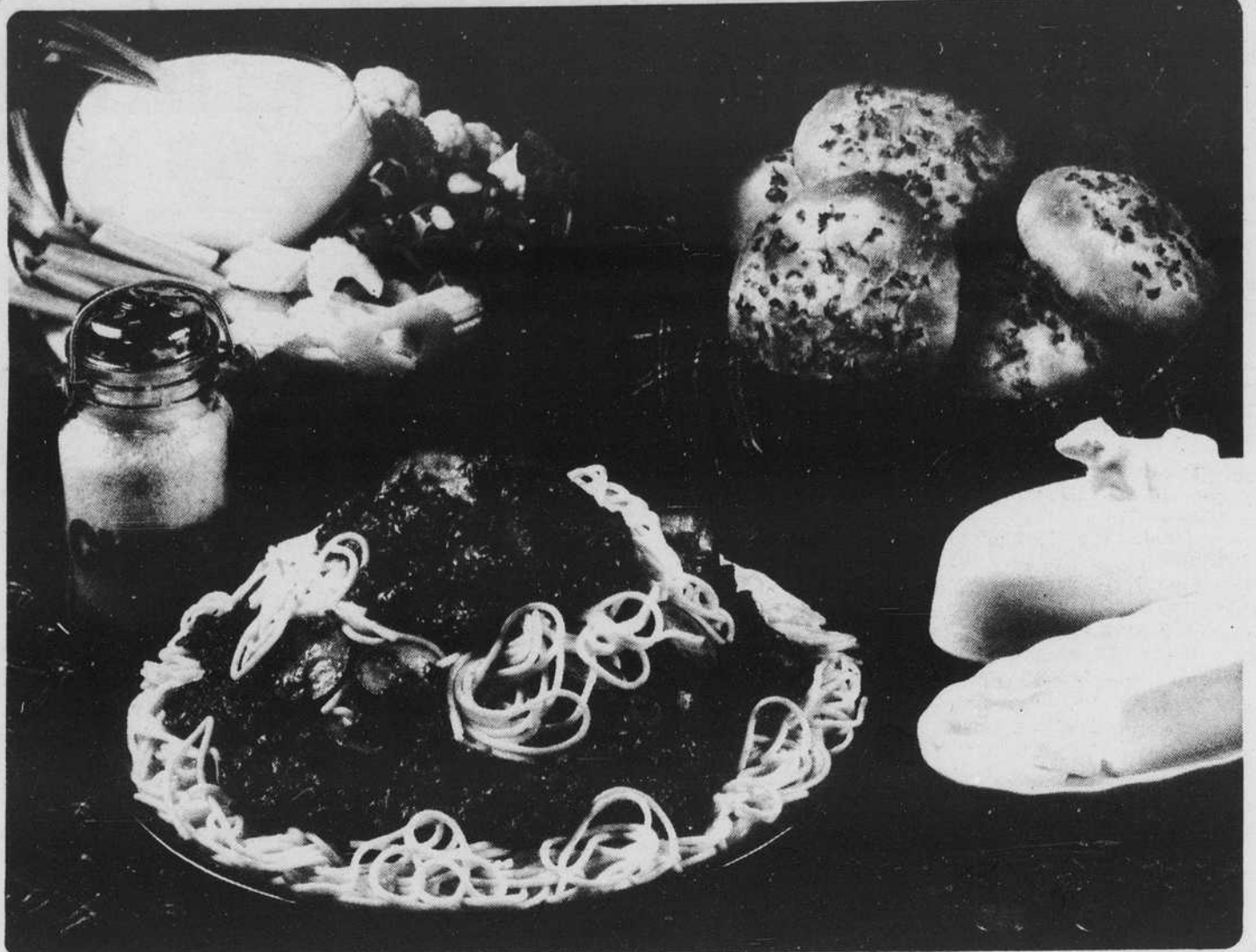




Scotsmen have a reputation for being canny enough to squeeze pennies. You should be too, in order to keep pace with rising food costs. Food is expensive today even if you raise/catch/make/can or freeze your own. However, if you pick foods that are relatively stable in price, you may stay on top of the situation. Some of these include cheese, milk, ground beef, tomato sauce and beans.

Start dinner by easing hunger with a dip of cottage cheese and raw relishes. Go to a pasta where cheese-rich sauce extends a small amount of meat.

Or, make a bean-vegetable casserole where eggplant adds meaty taste and cheese augments the beans in protein. Pick seasonal fruit for dessert and serve milk as a beverage. Then you've made a meal from essential foods and nutrients that are both good and good for you.



# DENNY FINCHERS

## FOIL HIGH PRICES!

### SPAGHETTI TOWER

Yield: 3 quarts sauce

- 1 pound lean ground beef
- 1 cup chopped onion
- 1/2 cup chopped celery
- 1/3 cup chopped green pepper
- 1 can (28 oz.) tomatoes
- 1 can (8 oz.) tomato sauce
- 1 can (6 oz.) tomato paste
- 1 cup (4 oz.) shredded Cheddar cheese
- 1 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon oregano
- 6 small zucchini, cut into 1/2-inch slices (about 4 cups)
- 1 pound spaghetti, cooked and drained
- Parmesan cheese

Preheat oven to 350°F. Brown meat with onion, celery and green pepper in large skillet; drain off excess fat. Stir in tomatoes, tomato sauce and paste, Cheddar cheese, salt, garlic powder and oregano. Simmer, uncovered, 10 minutes. Place zucchini in bottom of 3-quart rectangular baking dish; pour on beef-tomato sauce. Bake, uncovered, 50 to 60 minutes. To serve, alternate layers of spaghetti and sauce, having 2 layers of each, to form a tower. Sprinkle with Parmesan cheese.

### ONION ROLLS

Yield: 20 rolls, 3 1/2-inch diameter

- 5 to 5 1/2 cups all-purpose flour
- 2 tablespoons sugar
- 1 package active dry yeast
- 2 teaspoons salt
- 2 cups milk
- 1/4 cup (1/2 stick) butter
- 3/4 cup chopped onion
- Melted butter
- Cornmeal
- Paprika

### GINGER BAKED PEARS

Yield: 6 servings

- 6 fresh whole Bosc pears
- 1 tablespoon lemon juice
- 1/2 cup sugar
- 1/4 cup water
- 1/2 teaspoon ground ginger
- 12 narrow strips of lemon peel
- Sour cream

Preheat oven to 350°F. Peel pears; cut thin slice from bottom so pears will stand upright. Rub with lemon juice. Place in deep casserole or Dutch oven. Combine sugar, water and ginger in saucepan. Bring to a boil; boil 3 minutes. Pour over pears. Add strips of lemon peel. Cover. (Use tent of aluminum foil if matching casserole cover not available.) Bake 30 to 35 minutes. Serve warm with sour cream.

Beat cottage cheese on high speed of mixer for 5 minutes. (Or, place in blender or food processor a few seconds to smooth.) Add onion, horseradish, Worcestershire sauce, salt and celery salt; blend thoroughly. Cover and chill at least 30 minutes to blend flavors. Serve with fresh vegetable relishes.

### HEARTY BEAN-VEGETABLE CASSEROLE

Yield: 6 to 8 servings

- 1 eggplant (1 1/2 pounds)
- 1 teaspoon salt
- 1/4 cup butter
- 1 cup chopped onion
- 1 clove garlic, crushed
- 1 large green pepper, cut into strips
- 1 can (28 oz.) stewed tomatoes, about 3 1/2 cups
- 1 can (15 oz.) kidney beans, drained
- 2 teaspoons chili powder
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 2 cups (8 oz.) shredded Monterey Jack cheese
- Shredded lettuce

Preheat oven to 350°F. Wash eggplant; cut into 1-inch cubes. Place in bowl; sprinkle with 1 teaspoon salt. Let stand 20 minutes; pour off liquid. Pat dry with paper towels. Melt butter in large skillet. Add onion, garlic and green pepper. Cook, stirring, about 5 minutes. Add tomatoes, beans, chili powder, 1/2 teaspoon salt and pepper. Stir in eggplant. Pour into 3-quart casserole. Cover, bake 45 to 50 minutes. Remove from oven, let stand 5 minutes. Stir in 1 cup shredded cheese. To serve, ladle into soup plates or bowls. Pass shredded lettuce and remaining shredded cheese to sprinkle over each serving.

### BUTTERY HERB RYE BREAD

Yield: 6 to 8 servings

- 1/2 cup (1 stick) butter
- 1 small clove garlic, crushed
- 1/4 teaspoon basil, crushed
- 1/4 teaspoon rosemary, crushed
- 1/8 teaspoon thyme, crushed
- 1 loaf (16 oz.) rye bread

Preheat oven to 400°F. Combine softened butter with garlic, basil, rosemary and thyme; mix well. Slice bread in 1-inch slices down to but not through bottom crust. Cut in half lengthwise but not through bottom crust. Spread butter mixture on all cut surfaces. Wrap in foil but do not cover top. Heat 10 to 12 minutes until very hot and lightly toasted on top.

