

MONITOR Munchings

The Joy of Fresh Summer Vegetables

Now is the time of year when many fresh vegetables are at their best, so it's appropriate to showcase them in innovative side dishes that bring out their good flavor.

If the yellow summer squash look tempting at the market, use them to make *Stuffed Yellow Summer Squash Boats*. Or if your garden is overflowing with zucchini, green beans and carrots, combine them for the filling in *Garden Filled Potato Shells*. Developed in the Pillsbury test kitchens, both of these recipes also call for mashed potatoes, but since new crops of potatoes are not yet out, mashed potato flakes are used for best potato flavor and texture.

When shopping for or picking vegetables, it is important to choose them carefully to be sure you select the best produce. Here are some hints:

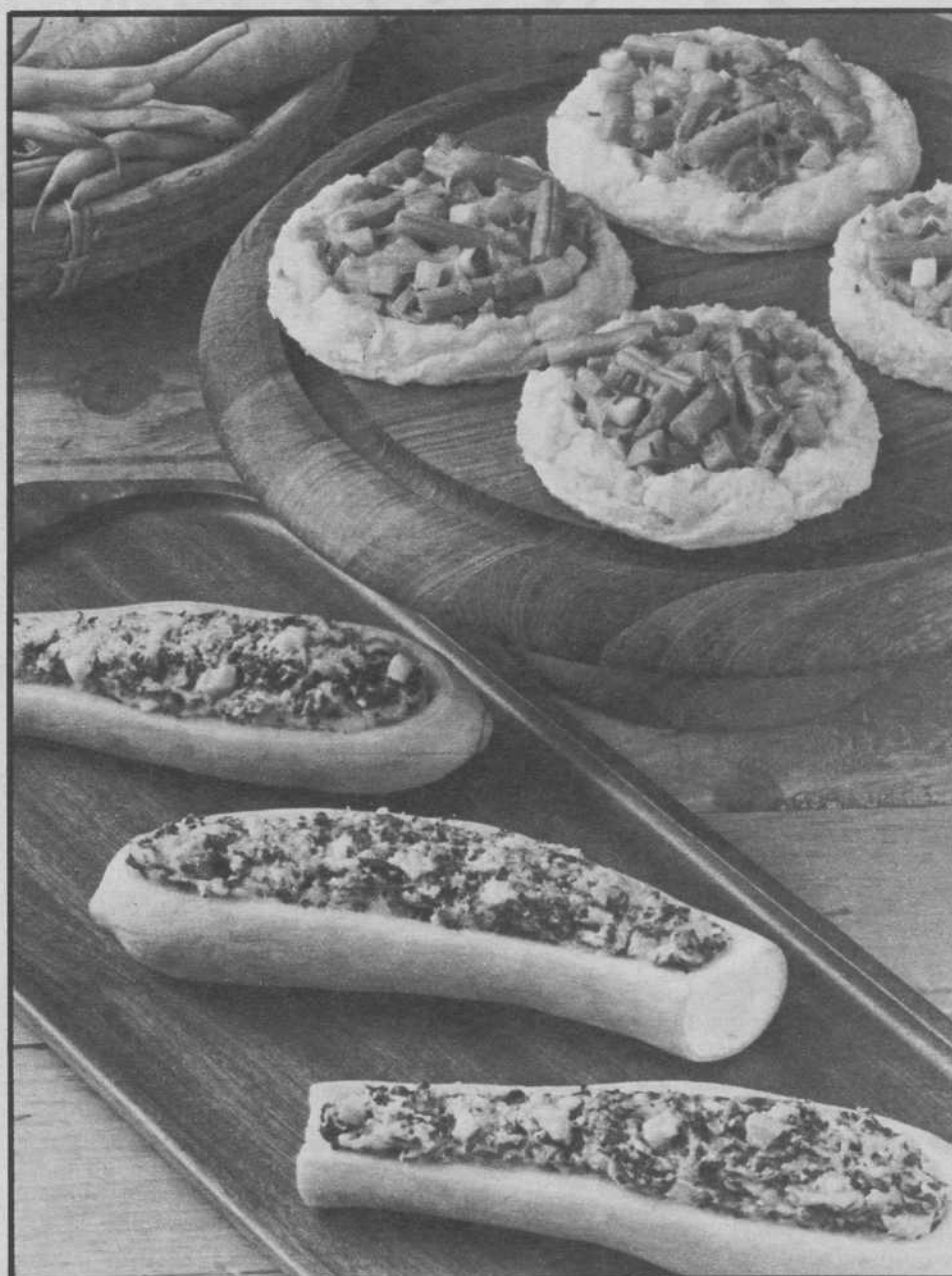
- Summer squash and zucchini squash should be used when they are young; the smaller the vegetable, the more tender the flesh. Look for firm squash that have shiny skins (dullness indicates old age) and are free from blemishes.

- The best tasting green beans are firm, crisp and will snap easily. Avoid pods that are thick or large (too mature) or ones that are soft, wilted or blemished.

- When selecting carrots, choose ones that are firm, smooth and bright orange. Smaller carrots will be more sweet and tender. Pass up carrots that are soft, flabby, cracked or faded in color.

Stuffed Yellow Summer Squash Boats

- 6 yellow summer squash
- 1 cup water
- 2 tablespoons margarine or butter
- ½ teaspoon salt
- ¼ teaspoon oregano leaves (or as much as ½ tsp., if preferred)
- ½ cup milk
- 1½ cups mashed potato flakes
- 1 egg, slightly beaten



Garden Filled Potato Shells and Stuffed Yellow Summer Squash Boats

- ¼ cup grated parmesan cheese
- 1 10 oz. pkg. frozen chopped spinach, cooked & well drained
- grated parmesan cheese

Heat oven to 375°F. Cut off stem end of squash. Slice top of squash lengthwise; scoop out seeds leaving a ¼-inch shell. Cut tops into small pieces

to equal 1 cup. Set aside.

In medium saucepan, bring water, margarine, salt and oregano to rolling boil. Remove from heat. Stir in milk, potato flakes and egg. Fold ¼ cup parmesan cheese, well-drained spinach and 1 cup diced squash pieces into potatoes until evenly mixed. Arrange squash shells in 13x9-inch pan. Spoon

about ½ cup potato mixture into each shell; sprinkle with additional parmesan cheese. Add ¼ inch water to pan. Bake covered with foil at 375°F for 35 to 45 minutes or until squash is tender. (Makes 6 servings.)

Garden Filled Potato Shells

- 1¼ cups water
- 2 tablespoons margarine or butter
- ½ teaspoon salt
- 1½ cup milk
- 1½ cups mashed potato flakes
- 1 egg, slightly beaten
- 1 cup cut fresh green beans
- ½ cup diced carrots
- ¼ cup diced zucchini
- ¼ teaspoon salt
- 1 tablespoon snipped chives
- ¼ teaspoon salt
- 2 oz. (½ cup) shredded cheddar cheese

Heat oven to 400°F. Grease cookie sheet. In medium saucepan, bring water, margarine and ½ teaspoon to rolling boil. Remove from heat. Stir in milk, potato flakes and egg with fork. Spoon about ½ cup potatoes onto prepared cookie sheet; shape into round or oval shell. Repeat with remaining potatoes. Bake at 400°F for 15 to 20 minutes or until set.

While potato shells are baking, cook beans, carrots and zucchini in water until crisp-tender. Drain; season with chives and ¼ teaspoon salt. Spoon into potato shells; top with cheese. Bake 2 to 3 minutes longer or until cheese melts. (Makes 4 servings.)

We believe that our readers will want to support those advertisers who support the press of Black America. We are sure, therefore, that when you select the ingredients for this month's recipes, you will want to use:

Birds Eye Green Beans
Hungry Jack® Mashed Potato Flakes
Kraft grated parmesan cheese
Morton salt
Parkay margarine