



## ORANGE- GLAZED BEETS

- 6 servings
- $\frac{1}{2}$  cup orange juice
- $\frac{1}{2}$  cup sugar
- 2 Tbs. butter, melted
- 4 lbs. cooked beets, peeled and cut into wedges
- 1 Tbs. grated orange peel

In large skillet over high heat, bring orange juice, sugar and butter to a boil. Add beets; cook, stirring frequently, about 15 minutes or until beets are well-glazed. Stir in grated

orange peel.

Work time: 10 min.

Total time: 20 min.

Per serving: Cal. 128 Pro. 2g Carb. 24g  
Fat 3g Fiber 4g Chol. 8mg Sod. 125m

### Health benefit

Orange-glazed beets are a great way to get your folate: Citrus fruits and beets are loaded with this nutrient, which can help prevent birth defects.

# Lemon Turnips

2 cups turnip sticks  
boiling, salted water  
1 1/2 tbsp. butter (marg)  
1 tsp. lemon juice

2 tsp. chopped  
parsley  
1 tsp. very finely  
chopped onion  
salt-pepper to taste.

In saucepan, cook turnip sticks in boiling salted water just until tender (approx 20 min) drain well. Keep hot. Meanwhile, in small pan, melt butter (enough)

add lemon juice, parsley,  
and onions. Season with salt  
and pepper to taste. Stir to  
combine. Toss with hot drained  
turnip. Serves four.

## CREAMED SWEET PEAS

- 1 tablespoon all-purpose flour
- 1/4 cup sugar
- 2/3 cup milk
- 2 cups fresh sweet peas *or* 1 package (10 ounces) frozen peas, thawed
- 1/4 teaspoon pepper

In a medium saucepan, combine flour, sugar and milk; mix well. Add peas and pepper; bring to a boil. Reduce heat; simmer for 10-12 minutes or until peas are heated through and sauce has thickened. **Yield:** 4 servings.

Place turnips, 1/2 teaspoon of salt and sugar in a saucepan; cover with water. Cover and cook until turnips are tender, about 15-20 minutes; drain well and mash (do not add milk or butter). Set aside. In another saucepan, melt butter; stir in the flour and remaining salt until smooth. Add milk; bring to a boil. Cook and stir for 2 minutes.

Beat egg yolks in a small bowl; gradually stir in 1/2 cup hot milk mixture. Return all to pan; cook and stir for 1 minute. Stir in turnips; remove from the heat. Beat egg whites until stiff peaks form; fold into batter. Spoon into a greased 11-in. x 7-in. x 2-in. glass baking dish. Sprinkle with bacon. Bake, uncovered, at 350° for 30 minutes or until golden brown. **Yield:** 6-8 servings.

## POTATO DELIGHT

- 4 large baking potatoes (2 pounds)
- 1 cup grated broccoli stems
- 1/2 cup chopped fresh mushrooms
- 1/4 cup sliced green onions
- 1/4 cup grated carrot
- 1/4 cup shredded red cabbage
- 1-1/2 cups diced fully cooked ham
- 1/4 cup butter *or* margarine
- Sour cream, optional

Bake potatoes in the oven or microwave until done. In a skillet, saute the next six ingredients in butter for 5 minutes or until vegetables are tender. Serve over hot potatoes. Top with sour cream if desired. **Yield:** 4 servings.

Very good.

Potatoes Romanoff Lorraine

6 potatoes cooked with skin on, cooled when cooled, peel & slice into a large bowl. Add  $\frac{1}{2}$  pint of sour cream.  $1\frac{1}{2}$  cup shredded cheddar, 1 bunch chopped green onion  $1\frac{1}{2}$  tsp. salt. Mix altogether & put into a large, greased baking pan. Top with 1 cup shredded cheddar. Sprinkle with paprika, cover with Saran-wrap overnight. Bake  $350^{\circ}$  (30-40)

over


Bake uncovered

Freezes well.



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# ng spinach made delicious



to wilt. Remove from heat. Season with black



**Use Leslie Beck's recipes to entice your family to eat spinach, a disease-fighting 'power food.'**

8 cups fresh spinach (about 1 lb.)  
Freshly ground black pepper to taste  
Heat oil in a skillet over medium heat. Add garlic; saute for 1 minute. Add spinach; cover and steam for 3 to 4 minutes or until spinach begins

pepper. Serves 4.

### **Spinach with Spicy Peanut Sauce**

This peanut sauce can also be used on grilled vegetables or chicken breast.

- 1 tsp. canola oil
- 2 cloves garlic, chopped
- 1 tbsp. minced gingerroot
- 8 cups spinach (about 1 lb.)
- 2 tbsps. peanut butter
- 2 tbsps. freshly squeezed lime juice
- 1 tsp. sodium-reduced soy sauce
- Pinch cayenne pepper, or to taste

Heat oil in skillet over medium heat. Add garlic and gingerroot; sauté for 1 minute. Add spinach, cover pan, and let steam for 2 to 3 minutes until wilted.

Meanwhile, in small bowl, whisk together peanut butter, lime juice, soy sauce, and cayenne pepper. When spinach is just wilted, pour peanut sauce into pan; heat for 30 seconds. Serve immediately. Serves 4.

**— Renee Blackstone**

# Horseradish Mashed Potatoes

Got leftovers? Bake 'em in a buttered baking dish at 375°F for 30 minutes or until heated through

**2 lbs. all-purpose potatoes, peeled, cut into 2" chunks**

**3 Tbs. butter**

**2 Tbs. horseradish cream sauce**

**1/2 tsp. salt**

**1/4 tsp. pepper**

**Chopped fresh parsley, optional**

● In large pot over high heat, bring potatoes with enough salted water to cover by 2" to a boil. Reduce heat and simmer until tender, 10-15 minutes. Drain, reserving 1/2 cup cooking water.

● Return potatoes to pot. Mash with butter, horseradish sauce, salt, pepper and enough reserved cooking water until light and creamy. If desired, sprinkle with parsley.

*Use Yukon Potatoes*



*Nice'n tangy!*

## Sour Cream 'n' Chive Potatoes

- 5-1/2 pounds potatoes, peeled and cubed
- 3 teaspoons salt, *divided*
- 1 cup (8 ounces) sour cream
- 1/2 cup milk
- 1/4 cup butter *or* margarine, cubed
- 1/4 cup minced chives
- 1 teaspoon pepper

Place potatoes in a Dutch oven; cover with water. Add 1 teaspoon salt. Bring to a boil. Reduce heat; cover and cook for 20-25 minutes or until potatoes are very tender. Drain well. In a large mixing bowl, mash the potatoes, sour cream, milk and butter. Add the chives, pepper and remaining salt; mix well. **Yield:** 10-12 servings.

## Savory Green Beans

1 lb. green beans

$\frac{1}{2}$  tsp. salt

4 slices bacon, diced

Few grains pepper

$\frac{1}{4}$  cup minced onion

Few grains nutmeg.

or

6 green onions chopped

Cook and drain beans. Fry bacon slightly. Add ~~onion~~ onion and cook until tender but not brown. Mix in remaining ingredients.

Heat and serve at once.

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## Parsley Potatoes

6 medium red potatoes, cut into cubes


1/4 cup butter or margarine

1 to 2 tablespoons minced fresh parsley

Salt and pepper to taste

Place potatoes in a large saucepan and cover with water. Bring to a boil over medium heat. Reduce heat; cover and simmer for 20 minutes or until tender. Drain. Add butter, parsley, salt and pepper; stir until combined.

**Yield:** 6 servings.





## Vegetable Pie

1 onion sliced thin

1 cup diced green pepper

1 cup cauliflower broken into small bits

1 cup broccoli - broken into small pieces

$\frac{3}{4}$  cup bisquick

$1\frac{1}{2}$  cup milk

3 eggs

1 tsp. salt  $\frac{1}{4}$  tsp. pepper

1 cup shredded cheese - Old Cheddar (Best)

Place vegetables on bottom of greased  
dish (9x13) or so. Beat the eggs, milk  
and seasoning together then add the  
Bisquick. Mix in the cheese (leaving  
enough to sprinkle on top) then pour  
all over the vegetables. Bake ~~30~~ at 350°  
until crust starts to brown and an  
inserted knife comes out clean. Bake  
30 - 40 minutes

## Vegetable Pie

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  - 1 cup diced green pepper
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  - $1\frac{1}{2}$  cup milk
  - 3 eggs
  - 1 tsp salt  $\frac{1}{4}$  tsp. pepper
  - 1 cup shredded cheese. (Old cheddar is best)
- (over)

Place vegetables on bottom of greased dish  
(9x13) or so. Beat the eggs, milk and seasoning  
together then add the B. squick. Mix in the  
~~cheese~~ cheese (leaving enough to sprinkle  
on top) then pour all over the vegetables.

Bake at 350° until top (crust) starts to  
brown and an inserted knife comes out  
clean. -- 30 - 40 minutes.

Baked Beans Very Good

4 cans of good baked beans  
Sauté 1 onion in pan.

Add about  $\frac{1}{4}$  lb. cubed ham or  
5-6 slices cooked bacon. Add to the  
beans.

Add 1 can drained pineapple tid-  
bits. Then mix together  $\frac{1}{4}$  cup  
molasses,  $\frac{1}{4}$  cup brown sugar,  
1 tsp Dijon mustard,  $\frac{1}{2}$  tsp vinegar,  
1 tsp. salt. Mix with beans & cook

slowly