

# VEGETABLES & SIDE DISHES

## ARTICHOKEs

Trim off sharp points of outer leaves with scissors, & leave about 1 inch of stem. Rinse well under running water. Steam for about 1 1/4–1 1/2 hours, checking level of water every 20 minutes. Ready when leaves can be easily pulled off. Serve with butter. [To eat, dip in butter and scrape thick end off leaf with teeth. Remove choke before eating artichoke heart.]

## ASPARAGUS

Choose fresh asparagus with tight, firm heads, no thinner than a pencil. Store no longer than 2 days in refrigerator, standing in shallow water, covered with plastic bag. Bend each stalk until it snaps – discard tough root end. Leave whole or can be snapped into small pieces. Lightly salt and steam for about 4–6 minutes, just until tender. Serve with butter.

## ASPARAGUS-PROSCIUTTO ROLLS

Symbria Patterson

1/4 c. olive oil	salt and pepper to taste
1 Tbsp. red wine vinegar	3 thin slices prosciutto, cut in half crosswise
1/2 Tbsp. dijon mustard	3 Tbsp. cream cheese
1 clove garlic, crushed	18 stalks asparagus, lightly steamed
1 Tbsp. fresh chives, minced	6–12 chives, wilted

Combine olive oil, vinegar, mustard, and garlic in a bowl; whisk well. Stir in the chives and salt and pepper. Spread each piece of prosciutto with 1/2 Tbsp. cheese; drizzle with vinaigrette. Roll 3 stalks of asparagus in each half of prosciutto; tie together with wilted chives. Bake at 425° for 5 minutes to heat through – don't let it burn.

## ASPARAGUS SAUSAGE CREPES

Arlene Jones

1 lb. bulk pork sausage	3 eggs
1 small onion, chopped	1 Tbsp. vegetable oil
1 pkg. (3 oz.) cream cheese, cubed	32 fresh asparagus spears (about 1 pound), trimmed
1/2 c. shredded Monterey Jack cheese	
1/4 tsp. dried marjoram	
1 c. all-purpose flour	<u>TOPPING:</u>
1/2 tsp. salt	1/4 c. butter, softened
1 c. milk	1/2 c. sour cream

In a large skillet, cook sausage and onion over medium heat until sausage is no longer pink; drain. Stir in the cream cheese, Monterey Jack cheese and marjoram; set aside. In a mixing bowl, combine the flour and salt. Add milk, eggs and oil; mix well. Heat a lightly greased 8-in. nonstick skillet; pour 2 Tbsp. batter into the center of skillet. Lift and tilt pan to evenly coat bottom. Cook until top appears dry; turn and cook for 15-20 seconds. Remove to a wire rack. Repeat with remaining batter, adding oil to skillet as needed. When cool, stack crepes with waxed paper or paper towels in between. Spoon 2 Tbsp. of the sausage mixture onto the center of each crepe. Top with two asparagus spears. Roll up; place in two greased 13x9" baking dishes. Cover and bake at 375° for 15 minutes. Combine the butter and sour cream; spoon over crepes. Bake 5 minutes longer or until heated through. Yield: 8 servings.

## BAKED BEANS

Sherrie Apperson\*

2 (31 oz.) cans pork & beans	2 Tbsp. molasses
1/2 lb. bacon	1 Tbsp. mustard
1 medium onion, diced fine	1 Tbsp. brown sugar
1 medium green pepper, diced	1 tsp. garlic powder
3/4 c. ketchup	1 tsp. onion powder

Cut bacon in 1" squares, brown and remove from grease, then sauté onions and green pepper in bacon grease, remove from grease and drain well. Drain excess (but not all) sauce from pork & beans. Mix all ingredients together and bake in a casserole dish at 300° for 45 minutes.

## BRUSSELS SPROUTS

Choose firm, tight, small to medium heads of brussels sprouts. Steam 15–20 minutes, until tender when pierced with fork. Move from steamer to medium-hot skillet with 2–4 Tbsp. melted butter. Lightly salt and sauté for about 5 minutes. [Also try adding frozen pearl onions while sautéing.]

## CARAMELIZED ONIONS

Traditional

Slice onions to desired shape and size. Sauté in a generous amount of butter (no substitute!), over medium to medium-high heat, stirring frequently to constantly, until onions go beyond translucent, soft stage to caramelized, super-soft, golden brown (not fried or crispy at all).

## CARROT BROWN RICE

Debbie Apperson

2 1/3 c. chicken broth	2 medium onions, sliced
1 c. brown rice	1 Tbsp. butter <u>or</u> margarine
1/2 lb. carrots	1/2 tsp. salt

Peel and slice carrots diagonally 1/2" thick. Bring broth to a boil, add rice, carrots, onions, butter, and salt. Stir. Cover tightly and cook over low heat until all liquid is absorbed, approx. 50 minutes. Delicious! and Nutritious too!

## CHEESIE POTATOES

Grandma Cox

8–10 medium potatoes, scrubbed, boiled, skins on ( <u>or</u> substitute about 3 lbs. frozen shredded hash browns)	1 medium onion, diced fine
2 cans cream of chicken soup	1/2 c. green onion tops, sliced (opt.)
2 c. (1 pint) sour cream	salt, garlic & onion powder to taste
2 c. sharp cheddar cheese, shredded	4 c. corn flakes
	1/4 c. butter, melted

Shred potatoes with skins on when cool. Mix together chicken soup, sour cream, cheese, onion, and spices. Pour over potatoes and stir together. Pour into a 9"x13" baking pan and refrigerate at least 6 hours (overnight is best). Just before baking put corn flakes in a plastic bag, drizzle with melted butter, and toss until thoroughly coated, then spread evenly over top of potatoes. Bake at 350° for 40 minutes.

## COWBOY CORN

Kathleen Harrell

1 lb. frozen corn	4 oz. cream cheese, in smallish chunks
1/2 onion, diced and sautéed	1/2 c. tortilla chips, crushed
4 oz. diced green chiles	1/4 c. milk

Microwave corn for about 4 minutes; stir in remaining ingredients and microwave about 4 minutes, stir, then heat for about 3 minutes more, until moisture is absorbed and chips are completely soft. Nice if baked in regular oven.

## COWBOY SPUDS

Sharon Rich

Brown ground beef or turkey with sliced onions, mushrooms, and green bell peppers (vegetables could be sautéed separately); season with salt & onion powder. Serve over baked potatoes topped with sour cream. Sprinkle with grated cheese if desired.

## CRANBERRY RELISH

Bryce Rich

1 pkg. cranberries, sorted & washed	1 c. sugar
1 orange, quartered with peel on	

Grind in food processor until finely chopped. Refrigerate at least 2–24 hours.

## CREAMED PEAS & POTATOES

Sherrie Apperson

2+ 1/2 lbs. baby potatoes of assorted colors (red, white, purple)	<u>WHITE SAUCE:</u>
12 oz. frozen snap peas	1/2 c. butter salt & pepper to taste
16 oz. frozen petite peas	1/2 c. flour 2 tsp. chx " <u>BTB</u> " soup base
	2 c. water 12 oz. can evaporated milk

Cut baby potatoes in half if needed to make them bite-size, salt, then steam for about 10 minutes, then add frozen snap peas and steam for 10 minutes more. After white sauce has thickened to a creamy consistency, add petite peas for about 1 minute, stirring constantly until heated through. Gently mix sauce and potatoes together.

## CREAMED SPINACH

3 Tbsp. butter	1 medium onion, finely chopped
3 Tbsp. flour	2 cloves garlic, minced
1 c. milk <u>or</u> half & half	2 Tbsp. butter
3 oz. cream cheese	2 (10 oz.) pkgs. frozen chopped spinach, thawed
1/2 c. grated Romano <u>or</u> Parmesan cheese	salt and pepper to taste
pinch of nutmeg	1 c. soft buttered bread crumbs

Combine flour and butter in saucepan; heat and stir to make roux. Add milk (more if necessary), cheese & nutmeg; stir until thickened; set aside. In another pot, sauté onion and garlic in butter; add spinach with some of its liquid pressed out. Cook 10 minutes, or until spinach is hot and onion is translucent. Add white sauce and mix thoroughly. Add salt and pepper. Put in a casserole dish and sprinkle with soft buttered bread crumbs. Bake at 350° until bubbly and bread crumbs lightly brown.

## DILLY SQUASH

Sharon Rich

2/3 yellow crookneck squash	chicken broth
1/3 zucchini squash	salt to taste
butter	dill (generously)

Cut squash into match-size sticks. Sauté in butter until slightly soft, adding just enough chicken broth to keep squash from browning. Add salt and dill to taste just before it finishes cooking.

## GERMAN POTATO PANCAKES

Sherrie Apperson

2 lb. (about 6 medium) potatoes	1 tsp. salt
1 medium onion, very finely chopped	1/2 tsp. baking powder
2 eggs	1/2 tsp. pepper (opt.)
3 Tbsp. flour	grape seed or canola oil

Shred potatoes into bowl of cold salted water; soak 10 minutes; drain & squeeze dry in paper towels. In large bowl, combine all ingredients except oil; mix well. In large nonstick skillet, heat 1/8 inch oil over medium heat until hot.

For each pancake, drop 1/2 cup potato mixture into pan; flatten slightly with spatula. Cook 7 to 10 minutes or until golden brown, turning once.

Drain on paper towels. Serve with sour cream and applesauce.

## UNHEALTHY BUT GOOD TAST'IN SQUISHED SPUDS

Ron Jones\*

4-8 ground garlic cloves (to taste)  
mix lots of chicken bouillon granules into lots of sour cream  
big glob (1 c. or more) of cream cheese  
lots of butter (1-2 cubes)  
boiled peeled potatoes

Mix all together to taste. Add as much sour cream as needed to make creamy. No Salt...use chicken bouillon/sour cream mixture as salt substitute to taste.

## MASHED POTATOES

Traditional

5 lbs. (12-15 medium) russet potatoes	1 tsp. salt
4 Tbsp. butter	<1 c.> evaporated <u>or</u> regular milk

Peel and rinse potatoes; cut into 1" cubes. Salt and steam or boil until soft. Start mashing or whipping while adding milk slowly until desired consistency.

### GARLIC RED MASHED POTATOES:

Substitute with 1/2 red potatoes, scrubbed instead of peeled. Add 6-8 cloves of sliced garlic to potatoes while steaming, or 6-8 cloves of roasted garlic while mashing potatoes. Leave out butter, and add 8 oz. cream cheese; reduce milk to about 1/2 c.

## MASHED POTATO PANCAKES

Sharon Rich

2 c. leftover mashed potatoes	plenty of butter
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Form small patties of mashed potatoes with your fingers. Place in skillet with plenty of butter. Cook until golden to medium-dark brown, turn carefully and cook other side. Add butter to pan as needed. Serve with eggs over medium.

## MASHED YAMS

Sherrie Apperson

yams  
butter, melted  
sautéed mashed banana ???  
salt  
dash of nutmeg

dash of ginger  
orange zest (not too much)  
juice of orange (not too much)  
marshmallows

Peel, cube & steam yams until soft. Add butter, salt, and orange zest and juice. Mash until chunky but creamy. Put in baking dish bake until heated through. Put marshmallows on top and return to oven just until melted and lightly golden.

## NATE'S FAMOUS YAMS

Nathan Thiriot

1 (29 oz.) can Princella Cut Yams, drained  
1/3 c. coconut  
1/3 c. pecans, chopped (opt.)  
1/3 c. firmly packed brown sugar

3 Tbsp. flour  
3 Tbsp. butter, melted  
small marshmallows

Heat oven to 350\*\*\*. Place drained yams in ungreased 1 1/2 quart baking dish. In small bowl, combine remaining ingredients except marshmallows; blend well. Sprinkle over yams. Top with a single layer of marshmallows. Bake at 350 for 35–40 minutes or until bubbly. Serves 7.

## NOODLES ROMANOFF

Sherrie Apperson

8 oz. medium or wide egg noodles  
2 tsp. butter  
1/4 c. onion, minced  
1 clove garlic, minced (opt.)

8 oz. cottage cheese or cream cheese  
1 c. sour cream  
1 dash Worcestershire sauce (opt.)  
1 c. soft buttered bread crumbs

Boil noodles until al dente; drain. Immediately add sour cream and cottage cheese to noodles; mix together. Sauté onion and garlic in butter until soft, do not let brown; add to noodle mixture; add Worcestershire sauce. Pour mixture into a lightly greased two-quart baking dish and top with soft buttered bread crumbs. Bake at 350° for 30 minutes.

## ONION RINGS

Sherrie Apperson

1 c. flour  
1 tsp. baking powder  
1/4 tsp. salt  
1 egg

1 c. milk  
1 tsp. oil  
4 onions, sliced 1/2" thick  
oil for frying

Stir flour, baking powder, and salt together. Whisk in egg, milk and oil. Dip one or two rings into batter and cover well. Carefully drop into oil and deep fry at 375°, turning once, until golden brown. Salt to taste. Serve with ketchup, fry sauce, or bbq sauce.

## RICE

### STOVETOP:

1 c. long grain white rice + 2 c. water or broth = 3 c. cooked rice

Put rice and water or broth in a saucepan with a lid. Bring to a boil on high heat, then put the lid on, give it a spin, immediately lower heat to very low, and set the timer for 18 minutes. When the timer goes off, turn off the heat and let the rice set on the stove for another 10 minutes. Once you put the lid on, don't take it off to peek – just trust the process and time everything carefully.

### BAKED:

1 c. long grain white rice + 2 c. water or broth = 3 c. cooked rice

Put rice and water or broth in a covered, ovenproof pan. Bake covered at 350° for 30–40 minutes, until moisture is gone and rice is tender.

### BROWN RICE:

1 c. brown rice + 2–2+1/2 c. water or broth = 3 c. cooked rice

Follow directions for white rice, but let brown rice cook for 40–50 minutes.

### ALTERNATIVE METHODS:

Electric and microwave rice-makers come with their own directions.

## ROASTED NEW POTATOES

Sherrie Apperson

1–2 lb. baby potatoes (red, white, purple)  
1 stick butter  
1 tsp. dried basil, rubbed between fingers  
1 tsp. dried parsley, rubbed between fingers  
1/2 tsp. garlic powder  
1 tsp. salt

Wash potatoes; slice every 1/8"–1/4" almost all the way through potato, but don't cut all the way through; you will be able to fan the potatoes a little. Put in baking pan in one layer. Drizzle butter over potatoes; sprinkle herbs and salt; toss until well coated and inside slices. Bake at 350° for about 30 minutes, stirring occasionally.

## SCALLOPED POTATOES

Sharon Rich

potatoes, sliced 1/4" thick	2 c. milk
onions, sliced 1/4" thick	1/4 c. flour
chives or green onions, sliced (opt.)	1 tsp. salt
butter	

Alternately layer sliced potatoes, onions, green onions, and pats of butter in a 9x9 or 9x13 greased baking pan to within 1/2" of the top of the pan. Mix milk, flour and salt and pour over all (you may need to add more milk & flour to almost cover potatoes). Add a few pats of butter to top. Bake at 350° for about 45 minutes, until thickened and slightly browned. Garnish with sliced green onion tops or chives.

## STEAMED VEGETABLES

asparagus	cauliflower	snow peas
broccoli	green beans	squash
brussels sprouts	peas	yams
cabbage	potatoes	

Put about 1" of water in bottom of pan. Wash and prepare vegetables into serving size pieces. Place in steamer basket and lightly salt. Put basket in pan, cover tightly and bring water to a boil. Steam until desired doneness (usually only 4–8 minutes – watch carefully and don't overcook). Top with butter, grated cheese, or cheese sauce. Serve immediately.

## STUFFING

Sherrie Apperson

2 large onions, diced	1 can water chestnuts, diced
8 stalks celery, halved & sliced	1 can evaporated milk
4 Tbsp. butter	1 c. strong chicken broth
1 + 1/2 Tbsp. ground sage	16 slices dry bread, cubed
1 tsp. poultry seasoning	1 lb. sausage, browned (opt.)
1 pkg. turkey gravy mix	salt (if needed)

Sauté onions & celery in butter until soft. Add seasonings, gravy mix, water chestnuts, milk, & broth; heat until hot, but don't boil. Turn off heat and gently stir in bread cubes until liquid is absorbed. Add more broth if needed to make bread soft & soggy, but don't stir enough to turn to mush. Transfer to a baking pan and bake uncovered at 325° for 30 minutes, or until top is slightly crusty.

## TWICE-BAKED POTATOES

Uncle Paul & Aunt Pauline Badham

baked potatoes	salt
milk	garlic & onion powder
butter	cheese

Slice slightly cooled baked potatoes in half lengthwise. Scoop out most of potato, leaving about 1/4" or less on skins. Mash potatoes with milk & butter until desired consistency, seasoning with salt, garlic & onion powder; spoon or pipe with a wide star tip back into skins. Insert a 3"x1"3x1/8" slice of sharp cheddar cheese into center top of each potato. Bake until cheese is melted and potatoes start to brown.

## YAMS & APPLES

Deborah Otteson

* 6 medium yams, cooked and sliced to 1/4 inch rounds	3 Tbsp. cornstarch
6 apples, peeled and sliced (I like to use the greenest I can find)	2 tsp. salt
	2 c. hot water
	1 cube real butter
	juice of half lemon
Cook next items over medium heat till thick:	1/2 c. marshmallows

Alternate layers of yams and apples in dish, pour sauce over all. Bake 350, 30 minutes. Top with marshmallows last 5 minutes. Serves 8-12.

\* To cook yams-Add whole to large pot of boiling water. Cook 25 minutes. Drain and peel when cool.