

KIDS COOKING

From THE **KRAFT** KITCHENS

Creative Ways With Convenient Canned and Frozen Vegetables

Vegetables add color, variety, texture, flavor, nutrition, and appetite appeal to family meals — if they are properly prepared. When children are doing the cooking, canned or frozen vegetables will yield the quick results needed to keep interest in cooking high. With a minimum of preparation, junior cooks can produce creative vegetable accompaniments from these conveniently packaged foods.

Explain to youngsters that canned vegetables are cooked during the canning process, so they require only gentle heating. The amount of liquid in the can is usually more than is served with the vegetable. This liquid often contains dissolved

nutrients, so teach children to heat canned vegetables this way:

- Drain liquid into a saucepan.
- Heat uncovered over medium heat to evaporate excess water.
- Add vegetables when only a few tablespoons of liquid remain.
- Cover and heat just to serving temperature.

If you have a microwave oven, heating canned vegetables makes a good first lesson in microwave cooking for boys and girls. A microwave oven is one of the safest appliances your child can use because there are no hot coils or open flames. Although microwave oven models vary greatly, there are a few general safety rules that children should know. Teach your

child to:

- Operate the microwave oven only after asking permission.
- Turn the microwave oven on only when there is food in it.
- Use only microwave-safe utensils. Check your instruction manual to learn which utensils are recommended.
- Remember that cooking utensils can become very hot from the food inside them — be prepared with pot holders or mitts.

Now you're ready to teach your beginner to heat canned vegetables in a microwave oven. Follow these guidelines:

- Drain off all but about 1 tablespoon liquid. (You may save the remaining liquid for use in soups and sauces, if you wish.)
- Place vegetables and liquid in appropriate size casserole; cover.
- Microwave on High (full power) for 1½ to 2 minutes per cupful of vegetables, stirring about halfway through the cooking time to move vegetables from the edge of the dish to the center.

In a microwave oven, frozen vegetables may be cooked in their package, as long as it has been pierced to allow steam to escape, or they may be cooked in a covered dish.

Follow microwave package directions, if provided, or consult a microwave cookbook for exact cooking time and method.

Explain to youngsters that to cook frozen vegetables on top of the range, the vegetables should be placed in boiling water while they are still frozen. Always follow package directions for best results, taking care not to overcook.

With just a little forethought and a few intriguing recipes, even beginning cooks can serve canned or frozen vegetables creatively. Liquid margarine is easier for children to use in these recipes than regular margarine, which requires melting. An easy squeeze provides the start for so many good vegetable toppings. While the vegetables are cooking, help your child prepare one of the following easy recipe suggestions from the Kraft Kitchens. They'll make your junior cook's vegetables even more flavorful and appealing.

- Combine ½ cup Squeeze Parkay margarine, ¼ cup honey and 2 teaspoons cinnamon. Toss with cooked carrots or sweet potatoes.
- Combine ½ cup Squeeze Parkay margarine, ¼ cup Kraft grated parmesan cheese and 1 tablespoon

chopped chives. Stir into cooked vegetables.

- Combine ½ cup Squeeze Parkay margarine, 1 tablespoon lemon juice and 1 tablespoon chopped parsley. Use as a sauce for hot cooked vegetables.

Vegetable and cheese combinations are always a special treat at dinner. Children will enjoy serving Savory Vegetable Casserole, made with either broccoli or spinach. Adults will be interested in the fact that both these dark green vegetables are good sources of iron and vitamin A, a vitamin necessary for healthy skin, good vision, and proper growth. Broccoli is also an excellent source of calcium and vitamin C, which is needed every day for healthy gums, to help maintain resistance to infections, and to speed recovery from cuts and wounds.

In this special casserole, the vegetables are baked with a zesty cheese topping that combines the smoothness of cream cheese with the lively flavor of parmesan cheese. To soften cream cheese for ease of mixing with other ingredients, have your beginning cook remove it from the box and allow it to stand a room temperature about 30 minutes.

Conventional Cooking Directions For Savory Vegetable Casserole

4 to 6 servings

If your kitchen has a microwave oven, Savory Vegetable Casserole is even quicker and easier to prepare. The cream cheese is softened in just seconds, and the frozen vegetables are cooked in the same casserole in which the finished recipe is served. When preparing this special

casserole in the microwave oven, you will need the same ingredients needed for the conventionally prepared recipe. You will also need to take out all of the same pieces of kitchen equipment, except the covered saucepan.

You will need:

- 2 10-ounce packages frozen chopped broccoli or spinach
- 1 8-ounce package Philadelphia Brand cream cheese, softened
- ¼ cup milk
- Kraft grated parmesan cheese

Take out:

- saucepan with cover
- colander
- rubber scraper
- 1-quart glass casserole
- glass and metal measuring cups
- small mixing bowl
- wooden spoon



1. Cook frozen vegetables in saucepan according to package directions.
2. Drain cooked vegetables into colander in sink.
3. Place vegetables in 1-quart casserole.



4. Combine cream cheese, milk and ¼ cup parmesan cheese in small mixing bowl.
5. Mix until well blended.

- Pour cream cheese mixture over vegetables in casserole.
- Sprinkle with additional parmesan cheese.



6. Bake at 350°, 20 minutes.

Microwave Oven Directions For Savory Vegetable Casserole

Serves 4 to 6

If your kitchen has a microwave oven, Savory Vegetable Casserole is even quicker and easier to prepare. The cream cheese is softened in just seconds, and the frozen vegetables are cooked in the same casserole in which the finished recipe is served. When preparing this special casserole in the microwave oven, you will need the same ingredients needed for the conventionally prepared recipe. You will also need to take out all of the same pieces of kitchen equipment, except the covered saucepan.

1. Place cream cheese in bowl; microwave on High 30 to 45 seconds or until softened.
2. Add milk and ¼ cup parmesan cheese, mixing until well blended.
3. Place frozen vegetables in casserole and microwave on High 10 minutes or until hot, stirring after 5 minutes to break up chunks.
4. Drain vegetables into colander in sink.
5. Return vegetables to casserole. Top with cream cheese mixture and sprinkle with additional parmesan cheese.
6. Microwave on Medium (50%) 8 to 11 minutes or until hot, turning casserole ½ turn every 4 minutes.

Kingdom Seekers Celebrate Anniversary

The Kingdom Seekers Bible Class of Mount Vernon Baptist Church celebrated its 43rd anniversary on Sunday evening, February 21.

Presiding over the service was Mrs. Georgia Thompson, president. Rev. N.T. Davis, pastor of the Buzzell Creek Baptist Church of Fuquay-Varina, was the speaker. His choir furnished the music.

A plaque was presented to Mrs. Viola Smith, one of the faithful members of the class. Words of appreciation were given by the teacher of the class, Mrs. E.H. Fogle. Reports were made by ten captains and remarks were given by Dr. Percy L. High, pastor of Mount Vernon.

Friendly Circle Meets

On Sunday, February 21, the Friendly Circle Club of St. Mark AME Zion Church held its monthly meeting with Mrs. Hattie Geer on Dunston St. Minutes of the last meeting were read and approved. After the business session, the hostess served a most delicious dinner.

Those enjoying this hospitality were: Mesdames Mildred Woody, Sarah Cameron, Juanita Barnes, Lena Thompson, Dazel Stevens, Margaret Bumpass, Mary Sue Coward, Corene Brown, Oveta Byers, Helen McNeil, Florence Littlejohn, and Mr. and Mrs. Major Geer.

Mrs. Stevens thanked the hostess for a most enjoyable evening.

The next meeting will be with Mrs. Sarah Cameron, 700 S. Mangum St., No. 2-F.

Stewardess Board Meets

Stewardess Board No. 2 of Kyles Temple AME Zion Church met Sunday, February 21, at the home of Mrs. Shirley Jones. Devotion was led by Mrs. Louise Smith. After members were welcomed by the hostess, Mrs. Evelyn Yancey, the president, conducted a business session.

A very delicious repast was served to the following members: K. Poole, E. Yancey, G. Griffin, M. Llewellyn, Q. Toon, I. Lawrence, S. Richardson, J. Alston, L. Weeks, J. Sligh, M. Hayes, L. Mason and B. Reed.

The next meeting will be held in the fellowship hall of the church with M. Hayes as hostess.

Ladies Aide Meets

On Saturday morning, February 20, the Ladies Aide of the West Durham Baptist Church, met at the home of Mrs. Mary W. Byrd on Plum Street.

Following a brief devotion, Mrs. Mary T. Horton, former president, installed the new officers for 1982. They are: Mesdames Harriette Miller, president; Julia Freeland, vice president; Josie Powell, secretary; Florence Ogbu, assistant secretary; Miss Miriam G. Ricks, treasurer; Mrs. Maurine W. Jones, reporter and Mrs. Ruby B. Herbin, financial secretary.

After the new officers took their posts, a business session followed and dues were collected. A delicious repast was served by the hostess.

Other members present were: Mesdames Margaret Fuller, Helen Jones, Mary McClary, Naomi Parker, Hazel Rich, Clara Perkins, Sadie Winston and Miss Lillie Rogers.

BIG STAR

6 STORE LOCATIONS: Mon. thru Sat., Northgate open 24 hours; Wellons Village 7 a.m. til 11 p.m.; Riverview open 7 a.m. til 11 p.m.; University Drive 7 a.m. til 11 p.m.; South Square 7 a.m. til 11 p.m. All stores open 9 a.m. — 9 p.m. All prices effective in all Big Stars in Durham

PRICES GOOD THROUGH SAT. FEB. 27, 1982. QUANTITY RIGHTS RESERVED. NONE SOLD TO OTHER DEALERS.

U.S. GRADE 'A' MIXED FRYER PARTS FAMILY PAK LB. 45¢

U.S. GRADE "A" BAKING HENS USDA A GRADE LB. 45¢

BONE IN BLADE CHUCK ROAST U.S. CHOICE BEEF LB. \$1.28

FRESH PORK SPARE RIBS 3/5 LB. AVG. LB. \$1.18

LOW PRICES ON FOOD EVERY DAY! WE GLADLY ACCEPT FEDERAL FOOD STAMPS

ASST. CENTER & END CUTS PORK CHOPS \$1.38 8 LBS. OR MORE

LARGE FLORIDA GRAPEFRUIT PINK OR WHITE 3 FOR \$1.00

VAN CAMPS PORK & BEANS 3 16 OZ. CANS \$1.00

SWEET WESTERN D'ANJOU PEARS 49¢

EVERYDAY DISCOUNT PRICES!