

Vegetable Combo Makes A Hit

Vegetables, at times sorely neglected, are indeed becoming more important to today's menu planner. Meat prices are restrictively high. In addition, many nutritionists are recommending that we decrease the amount of meat in our diets, in order to restrict our intake of saturated fat and cholesterol.

Many housewives who are serving less meat to their families are turning to vegetables to add excitement, as well as nourishment, to family meals. Fresh, frozen or canned, they are making their way to the table in greater abundance and in a variety of interesting dishes.

Combining two or more vegetables is a nice way to create a flavorful and nutritious side dish. The Vegetable Combo below blends zucchini, kidney beans and tomatoes for a delicious skillet dish with an Italian accent. Made with Fleischmann's 100% Corn Oil Margarine, high in polyunsaturates, this recipe is ideal for cholesterol-watchers.

"Sensible Eating Can Be Delicious" is a new 32-page color booklet packed with other low cholesterol recipes, cooking techniques and shopping hints. Send for your free copy today by Box 644, Madison Square Station, N.Y., N.Y. 10010.



VEGETABLE COMBO

- 1 green pepper, seeded and cut into strips
- 1 cup sliced onion
- 3 tablespoons Fleischmann's Margarine
- 1-1/2 pounds zucchini, cubed
- 1 can (19-ounce) whole tomatoes, drained
- 3/4 cup drained, canned kidney beans
- 1 teaspoon salt
- 3/4 teaspoon crushed basil leaves
- 1/8 teaspoon pepper
- 1 tablespoon cornstarch
- 1 tablespoon water

Saute green pepper and onion in margarine, until soft. Add zucchini, tomatoes, kidney beans, salt, basil and pepper. Cover; simmer 15 minutes. Blend cornstarch in water to a smooth paste. Stir into mixture in skillet. Cook until thickened, about 1 minute. Makes 10 servings.

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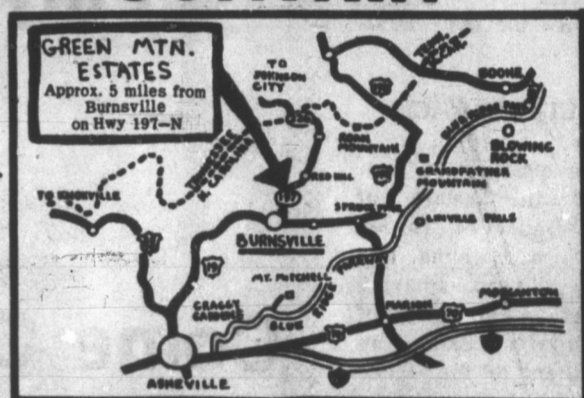
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