

From The Chowan Herald Kitchen

By MILDRED HUSKINS acorn squash you have a treat self to attractive serving. If you've never served the in store. When it is cut in slices, it has a delightful vegetable called Its engaging shape lends it a scalloped edge. When it is

halved lengthwise, it has a nice boat shape. Then it is easy to bake with a dab of butter and brown sugar, or to stuff for an interesting change of pace in vegetables.

The United Fresh Fruit and Vegetable Association tells us that squash has a long history in our part of the world. Squash was here when Columbus arrived and squash stalks, stems, rinds and seeds were found in an ancient site on the arid coast of Peru, dating back to 3000 B. C. The jolly little acorn squash is at your market in good supply, so offer up an interesting vegetable for the family.

Glazed Acorn Rings take advantage of the pretty scalloped edges of acorn squash slices. They're baked with

orange juice. Then they're covered with a delicious brown sugar, corn syrup and butter glaze zipped with grated fresh lemon rind to bake a few minutes longer. It is just right for autumn days.

Another novel and interesting way with acorn squash is to stuff it with chopped cooked ham, season with all-spice and bake it.

Glazed Acorn Rings
2 acorn squash.
1/3 cup orange juice.
1/2 cup packed brown sugar.
1/4 cup light corn syrup.
1/4 cup butter or margarine.
2 teaspoons grated fresh lemon rind.
Dash salt.
Cut off ends of squash. Cut crosswise into one-inch slices

and remove seed. Place in a single layer in a large shallow casserole or baking dish and add orange juice. Cover and bake at 350 degrees for 30 minutes. Combine brown sugar and remaining ingredients in a small saucepan; simmer for five minutes. Pour over squash rings and bake uncovered for 15 minutes longer, basting occasionally. Serves six.

Stuffed Acorn Squash
2 acorn squash.
2 tablespoons butter or margarine.
1/2 cup chopped fresh celery.
1/3 cup chopped fresh onion.
1 1/2 cups cooked ham.
2 tablespoons brown sugar.
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GOT NEW ASSIGNMENT

CHERRY POINT — Marine Sgt. George E. Lassiter, son of Mr. and Mrs. George W. Lassiter, 314 West Queen Street, Edenton, has reported for duty at the Marine Corps Air Station, Cherry Point. A 1965 graduate of John A. Holmes High School, he joined the Marine Corps in September, 1965.

Low In Calories But High In Nutrients

For a breakfast low in calories but high in nutrients, start the day with fruit or juice, a bowl of your favorite cereal with non-fat milk, a slice of enriched toast with margarine and a glass of low-fat milk to drink. This breakfast provides only about 400 calories but contains many of the more than 45 nutrients needed daily for good nutrition.



AUTUMN VEGETABLE—Glazed acorn rings are a most attractive way to serve the acorn squash in good supply at the market now. Slices of the vegetable are baked with orange juice and glazed with brown sugar, corn syrup, butter and a touch of fresh lemon rind.

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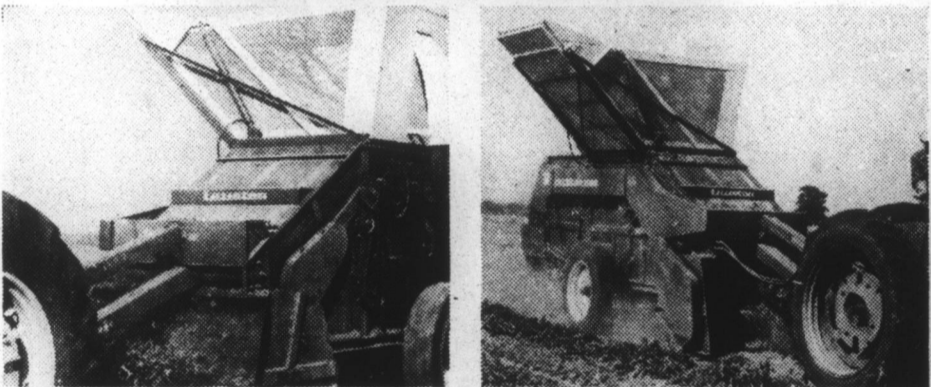
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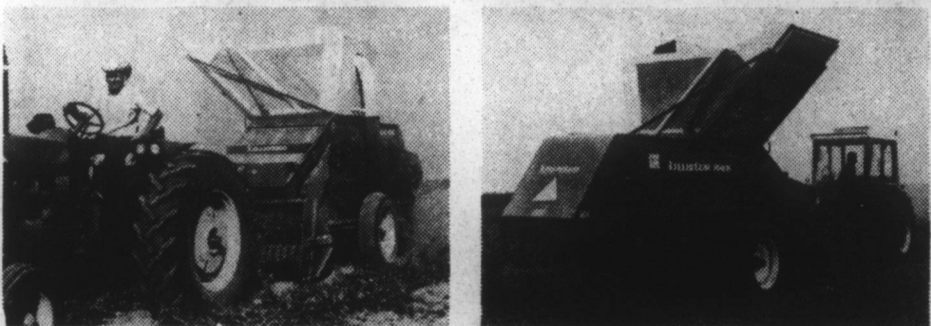
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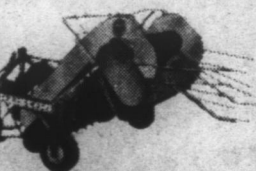


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