

Creative Cooking From The Herald Kitchen

By MILDRED HUSKINS

The meatless days are upon us! Even as the traditions of the "no meat" Lenten season subside, food prices are forcing homemakers to look for economy meals.

Since we can't afford a compromise when it comes to our family's nutrition we must use every trick in the book to find nutritious meals that will still fit into our budgets. To most cooks this means featuring more of the nutritious meat substitute standbys — eggs, cheese, and seafood.

The American Spice Trade Association sent us a recipe for Herbed Noodle Ring with Tuna and a Spaghetti Florentine, which you might like to try. Both are easy to make and fill the bill as flavorful main dishes but we must warn you, they are best for families who don't need to count their calories.

Herbed Noodle Ring

- 1 box (1/2 lb.) medium width egg noodles
- 1/4 cup dairy sour cream or butter
- 2 tablespoons parsley flakes
- 2 teaspoons basil leaves, divided
- 2 teaspoons salt, divided
- 2 tablespoons instant minced onion
- 2 tablespoon water
- 2 tablespoons butter or margarine
- 1 can (1 lb.) tomatoes, broken up
- 2 cans (6 to 7 oz. each) tuna, drained and falked
- 1/4 teaspoon ground white pepper

Cook noodles as label directs. Drain; stir in sour cream, parsley flakes, and 1 teaspoon each of basil and salt. Spoon noodles into a buttered one and one-half quart ring mold; press lightly. Cover with foil to keep warm. Rehydrate minced onion in water for 10 minutes. In a medium skillet melt butter. Add onion and saute for three minutes. Add tomatoes, tuna, remaining one teaspoon each of basil, salt, and white pepper. Cook stir over low heat for five minutes. Turn out noodle ring onto a heated serving plate. Spoon tuna mixture into center. Serves four to six persons.

All of us know that green, leafy vegetables are good for us but many young people and older adults rob themselves of the valuable nutrients they provide. Spinach and kale, for example, as well as their green cousins are filled with vitamin A which is so necessary for growth and normal vision. It also contributes to a healthier skin condition, which is

another sales point for most young persons.

Perhaps a new, taste-tempting way to serve one of these leafy vegetables will appeal to your finicky eaters. Why not try Spaghetti Florentine and see? It could become a favorite.

Spaghetti Florentine

- 2 tablespoons instant minced onion
- 2 tablespoons water
- 2 tablespoons butter or margarine
- 1 package (8 oz.) spaghetti
- 1 pound cottage cheese
- 1/2 teaspoon salt
- 1/4 teaspoon ground nutmeg

- 1/4 teaspoon ground black pepper
- 1 pkg. (10 oz.) frozen chopped spinach (cooked)
- 1 cup shredded mozzarella cheese

Rehydrate minced onion in water for 10 minutes. In a small skillet melt butter. Add onion and saute for two minutes. Cook spaghetti as label directs; drain. Stir in sauteed onion, cottage cheese, salt, nutmeg and black pepper. Spread spinach on bottom of buttered 10 x 6 x 2-inch baking dish. Spoon spaghetti mixture on top. Top with mozzarella cheese. Bake in preheated, very hot oven (450 F.) for 15 minutes or until hot

and cheese is golden brown. Yields six portions.

Condensed soups, many of which provide delicious flavors from the sea, are also lifesavers when it comes to economical and nutritious meals. They are perfect for springtime when you'd rather be outside anyway. Try this quickie from the Campbell Soup Company:

Corn 'N Oyster Stew

- 2 tablespoons green pepper cut in thin strips
- 2 tablespoons chopped green onion
- 1 tablespoon butter or margarine
- 1 can (10 1/2 oz.) condensed oyster stew
- 1 soup can of milk
- 1/2 cup cooked, whole kernel corn

In saucepan, cook green pepper and green onion in butter until tender. Add oyster stew, milk, and corn. Heat; stir now and then. The yield is about three cups.

Helpful Hints

For a cup of corn syrup, you can substitute a cup of sugar plus a fourth cup of water.

For an ounce square of chocolate, you can substitute three tablespoons of cocoa plus a tablespoon fat.

For a delicious salad marinate cooked snap beans in French dressing and add thin strips or rings of red onions.

If you are on a low-sodium diet, remember that herb and wine vinegars contain more sodium than cider vinegar.

When you are preparing creamed fish, try adding a tablespoon or two of sherry to the sauce. Fish and sherry are compatible flavors.

It usually pays to bake two loaves of yeast bread at a time; one loaf to be used right away, one to go in the freezer.

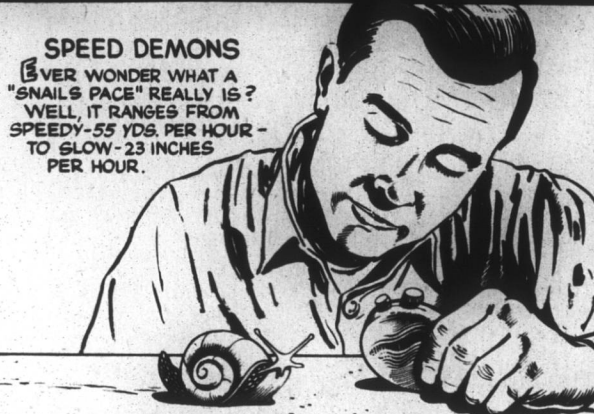


HERBED NOODLE RING—Another delicious pasta dish, nicely spiced and baked with tuna and tomatoes, is the Herbed Noodle Ring with Tuna shown above. Try it soon.

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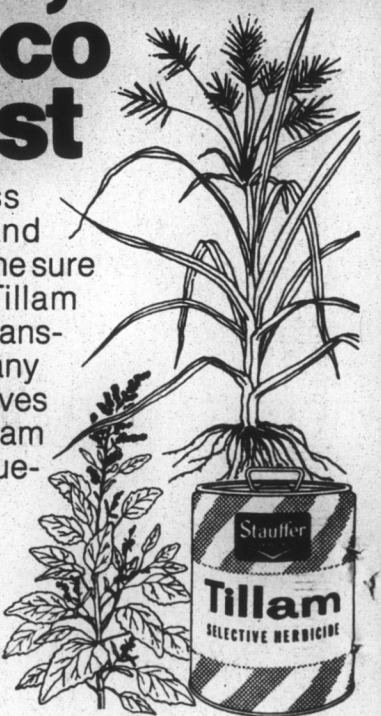
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What is the trend for teen fashions in '73? According to Mrs. Gladys White, extension home economist, spring fashions will be featured in smocks, tops, and dresses.

National, state and local home economists will be on hand in Greenville, April 10 and Elizabeth City April 12 to show the latest techniques in most phases of home sewing. Both of these events will be held in the respective National Guard armories from 1 P.M. to 9 P.M. Simplicity Teen Fashions plus creative home sewing will feature these and other creations in fashion revues held at 2 P.M., 4 P.M., 6 P.M., and 8 P.M. Also included will be men's wear, bridal wear, and children's wear.

The Sewing Festival is sponsored by the N. C. Extension Service in cooperation with the Northeastern District Extension Homemakers Association.

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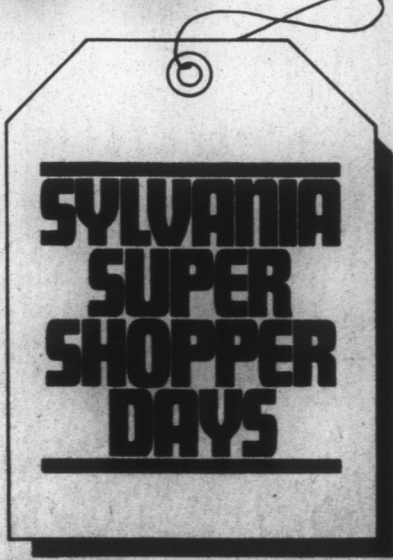
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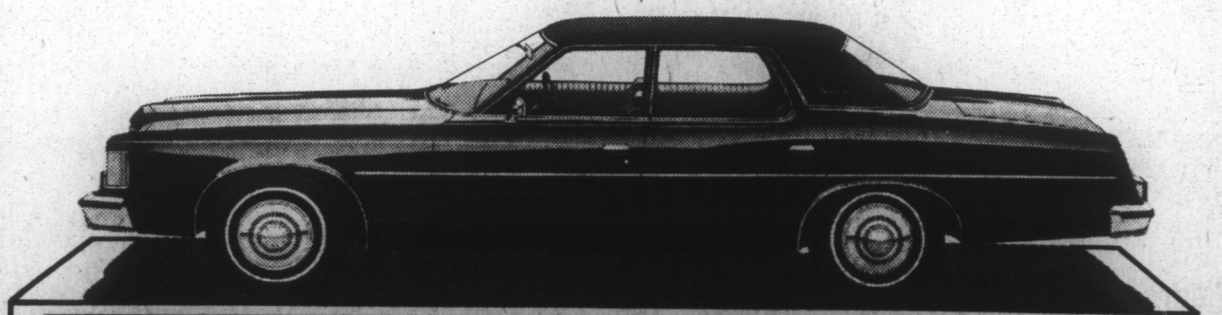


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