Scrub potatoes; cut into %-inch slices; place in the

melted butter over potatoes.

Sprinkle with herbs.

Sprinkle with rehydrated onion over all Wrap foil

securely around potatoes. Bake in a preheated oven at

400 degrees about 30

minutes or place foil

package on grill and grill,

turning occasionally, until

potatoes are tender or about

30 minutes. Makes six

subject of herbs we might

remind you that one of the

handiest bits of convenience on the grocery shelves is

dehydrated parsley. Our

great-grandmothers used to

dry parsley and all kinds of

herbs for their own use and

we can do it, too. So, if your

have parsley growing in

your garden dry some for

later use. Parsley flakes are delicious in a vinaigrette

sauce over snap beans or

spinach. Or in parsley

butters. To help preserve

the bright green color, store

parsley flakes in a dry place

away from oven heat and

While we are on the

portions

Cooking From The Kitchen Of The Chowan Herald

By Mildred Huskins

With a little bit of luck your garden is living up to some of your expectations and there are a few vegetables which have escaped the burning temperatures.

Too bad the extreme hot weather has made the lush June garden look pretty sad. There could be vegetables available in most gardens yet and if not they are ready for you at the nearest produce counter, if you can afford them.

things to do with summer vegetables such as greens, corn, zucchini and tomatoes is to barbecue them right on the backyard grill along with meats, burgers and chicken.

The following recipes from the kitchens of the American Spice Trade Association show two ways of grilling vegetables. In herb-grilled vegetables you use thickly sliced eggplant, halved zucchini or tomato halves brushed with melted

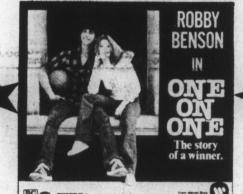


GRILLED VEGETABLES - Make room on your barbecue grill for herb-buttered vegetables to go with broiled half crosswise meats, fish or fowl.

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butter spiced with onion powder, parsley flakes, basil leaves, garlic powder and black pepper. Place them right on the grill and let them cook, turning them with a spatula. Even easier, arrange them for cooking

on a hinged wire grill. Small vegetables such as peas, sliced carrots and potatoes, baby onion and lima beans are contained in a heavy duty foil package. Here again seasoned butter or margarine furnishes the cooking liquid. Cut a few slits in the top of the foil package to let some of the steam escape.

Sweet corn, the darling of. the cookout menu, is especially good with butters spiced with curry powder, chili powder or nutmeg. Dill and basil are special in baked potato butters. All vegetables are delightful with herbs; onion products; celery salt and pepper, black or white.

By using the outdoor grill more and more you will be able to economize on fuel and keep the cooking chores simpler and cooler.

Herb Grilled Vegetables ½ cup butter or margarine

1 tablespoon onion powder 1 tablespoon parsley flakes

1 teaspoon basil leaves, crumbled

1 teaspoon garlic powder ½ teaspoon salt

1/8 teaspoon ground black pepper

1 medium eggplant, cut in one-half-inch slices

2 medium zucchini, cut in half lengthwise

2 medium tomatoes, cut in

In a small saucepan melt butter. Stir in herbs and seasonings. Brush both sides of vegetables with herb-butter mixture. Arrange eggplant and zucchini on a grill over hot charcoal. Grill five minutes. Turn eggplant and zucchini. Place tomatoes on grill, cut side up. Grill all vegetables until done, about five minutes longer, brushing occasionally with remaining herb butter mixture. If desired, all vegetables may be grilled in a hinged wire

Serves four. **Grilled Potatoes** and Onions

grill over hot charcoal for ten minutes turning and

brushing with herb mixture.

3 tablespoons instant minced onion

3 tablespoons water

2 lbs. small new potatoes cup butter or

1 teaspoon marjoram

¼ teaspoon thyme leaves,

Good as they are, or-dinary hamburgers served over and over again can Pinch ground black become as monotonous as a Rehydrate minced onion week of hot, muggy weather. So here's two new in water for 10 minutes. burgers for you. Try Vegetable Cheese Burgers center of a square of heavy duty foil; set aside. Pour for indoor meals and Beer

Vegetable Cheese Burgers 11/2 cups shredded carrot 11/2 cups finely chopped zucchini

Burgers for outdoor grilling.

14 Cups finely chopped green pepper 14 cups quick oats, un-

cooked 1 cup shredded Cheddar

34 cup finely chopped

onion 34 cup finely chopped

mushrooms one-third cup unprocessed

4 teaspoon pepper one-third cup vegetable oil Combine all ingredients except oil; mix well. Let mixture stand two to three minutes. Shape to form six to eight four-inch round patties. Fry patties in hot oil in large skillet over medium heat five to six minutes on each side, turning once.

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