

Something's Cooking

Quiche, Salad An Ideal Meal

An ideal dish to serve during these hot summer months is a quick and easy Vegetable Quiche. To accompany this versatile meal, a low calorie chilled cucumber and bean sprout salad is suggested.

The Vegetable Quiche, a salad, and a cold drink is a light and easy meal to be served on the patio, during a picnic, or even when having guests in for the evening.

Quiches can be served hot or cold. They also can be prepared an hour ahead and served at room temperature, or can be baked ahead, refrigerated or even frozen, and reheated when needed. Chilled quiches make good snacks and appetizers, too.

VEGETABLE QUICHE

- 2 small zucchini (1/2 lb.) thinly sliced
- 1 green onion, sliced
- 1 medium clove garlic, minced
- 1/4 cup butter or margarine
- 1 medium tomato, peeled and chopped (about 1 cup)
- 1/2 cup green pepper, chopped
- 3/4 teaspoon salt, or to taste
- 1/4 teaspoon pepper
- 1/4 teaspoon each basil and thyme
- 2 cups bean sprouts, drained and coarsely chopped
- 9 in. pastry shell, partially baked, or unbaked and brushed with egg white, then dried
- 3 eggs
- 3/4 cup half and half
- 1/2 cup Parmesan Cheese

Saute zucchini, onion and garlic in butter about 5 minutes, stirring occasionally. Stir in tomato, green peppers, salt, pepper, basil and thyme.

Cook over low heat 10 to 15 minutes or until vegetables are tender and liquid has evaporated.

Mix bean sprouts into cooked vegetables and spread evenly in pastry shell.

Beat eggs and half and half until mixed but not frothy; pour into shell. Sprinkle with Parmesan.

Bake in preheated 375° oven 30 to 35 minutes or until set. Makes 6 servings.

With vegetables becoming plentiful and less expensive than during the winter months, a Vegetable Quiche and a cucumber-and-bean sprout salad are an interesting way of making sure the whole family gets the vitamins needed for their diets.

Most of the vegetables required for the quiche and salad can be grown in your garden. They include zucchini, onions, tomatoes, cucumbers, and green peppers. Bean sprouts are readily available at your local supermarket, or can also be grown right in the kitchen.



Vegetable Quiche

A vegetable quiche with Chun King bean sprouts, sliced zucchini, onion, and green peppers topped with tomato wedges in a summertime treat.

STORE COOL

After working hard to package fruits and vegetables for home freezing, make sure they're stored at zero degrees F. or below. They need to be kept that cold to maintain their quality.

Packages of unfrozen food should be spaced at least one inch apart in the freezer since heat must be given off in order for them to freeze, says Jane Aitchison, agricultural extension

If cooked cabbage is a favorite with your family, follow these freezing tips from Dr. Nadine Tope, foods and nutrition specialist with the North Carolina Agricultural Extension Service.

Select freshly picked, solid heads and trim the coarse outer leaves.

Then cut the cabbage into medium to coarse shreds or thin wedges, or separate the head into leaves. Heat in boiling water for 1 1/2 minutes.

Wash the squash and cut into 1/2 inch slices. Blanch the slices in boiling water for three minutes, then cool the squash promptly in cold water and drain.

Pack into containers, leaving 1/2 inch headspace. Seal containers and freeze.

YOUNG CHICKEN

Ever wonder why some chicken bones turn dark after cooking and why the meat next to the

Message Board

Helpful Hints For Households

foods and nutrition specialist at North Carolina State University.

Put no more unfrozen food into a freezer than will freeze in 24 hours, she advises.

For quickest freezing, place packages against freezing plates or coils.

FROZEN CABBAGE
Cabbage can be frozen at home for later eating, but it will only be suitable for use as a cooked vegetable.

Cool promptly in cold water and drain.

Pack the cabbage into containers, leaving 1/2 inch headspace. Then seal the cartons and freeze.

FREEZING SQUASH
Summer squash is easy to freeze at home.

Select young squash with small seeds and a tender rind, advises Jane Aitchison, NCSU foods and nutrition extension specialist.

bones has dark areas?

According to specialists with the North Carolina Agricultural Extension Service, the darkening is a natural condition related to the blood pigment in the bone.

According to them, it used to be that chickens were not killed or marketed until they were several months old.

Send your recipes to

P.O. Box 3154

W-S, N.C. 27102

Sprouts Easy To Grow

You can't beat bean sprouts for a quick lesson in growing. From tiny, dried mung beans (buy them in big supermarkets or oriental foods markets), you can grow crispy, crunchy, nutritious sprouts in just four or five days.

Soak 3 to 4 tablespoons of the beans overnight in warm water. Then rinse. Place the beans on a double layer of damp cheesecloth or paper toweling, in a colander.

The beans should be spread in a single layer. Place another moistened cloth or towel over and sprinkle with warm water to saturate. Place the colander over a pan and store in a dark place.

Every time you think of it (remind yourself), check to be certain the sprouts are moist. Sprouted beans will keep for several days in the refrigerator.

ATTENTION TAXPAYERS

Your tax dollars, like your paycheck dollars, don't stretch as far as they used to. Give your state government your best ideas on how to stretch tax dollars further by calling **Waste-Line 1-800-662-7952** Toll-free in North Carolina Governor's Office of Citizen Affairs Capitol, Raleigh, N.C. 27611

DELI

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FAMILY PAK DINNER
4 BREAST, 4 WINGS, 4 THIGHS, 4 DRUMSTICKS

FRIED CHICKEN

1 1/2 DOZ.
ROLLS 1 1/2 LBS.
COLE SLAW, 1 1/2 LBS.
POTATO WEDGES

\$11.99

EA. 16 PIECE BARREL

<p>SWEET SHOPPE: FRESH BAKED</p> <p>CINN. BUNS... 6 CT. PKG. 99¢</p> <p>SWEET SHOPPE: FRESH BAKED</p> <p>POUND CAKE... 15 OZ. SIZE 99¢</p> <p>YOUR FAVORITE: CHOCOLATE CHIP COOKIES... DOZ. \$1.29</p> <p>YOUR FAVORITE: DUTCH APPLE CAKE OF THE WEEK: 8 INCH 24 OZ. SIZE \$1.59</p> <p>APPLE PIE... 8 INCH \$1.59</p> <p>COCONUT CAKE DOUBLE LAYER \$4.59</p>	<p>BAKED FRESH DAILY: ONION OR GARLIC BREAD 6 CT. PKG. 89¢</p> <p>BAKED FRESH DAILY: GARLIC BREAD 14 OZ. LOAF 75¢</p> <p>HOT CHOPPED PORK BAR-B-QUE... LB. \$3.39</p> <p>SLICED TO ORDER: SWISS CHEESE... LB. \$2.99</p> <p>MADE FRESH DAILY: CHICKEN OR SHRIMP SALAD LB. \$3.29</p>
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<p>SAVE ON PRIDE CRACKERS</p> <p>1 Lb. BOX</p> <h2 style="font-size: 24px; margin: 0;">SALTINES 43¢</h2>	<p>SAVE ON SHOWBOAT PORK AND BEANS</p> <p>14 1/2 oz. CANS FOR</p> <h2 style="font-size: 24px; margin: 0;">\$1</h2>
<p>16 oz. SIZE</p> <p>MELLO YELLO, TAB AND</p> <div style="display: flex; align-items: center;"> <h2 style="font-size: 36px; margin: 0;">PEPSI</h2> </div> <p>8 BOTTLE CARTON 79¢</p>	
<p>POCOHONTAS GRAPE JELLY</p> <p>2 2 Lb. JAR</p> <h2 style="font-size: 24px; margin: 0;">59¢</h2>	<p>PLUE PLATE MAYONNAISE</p> <p>Quart. JAR...</p> <h2 style="font-size: 24px; margin: 0;">99¢</h2>
<p>LAND-O-LAKES YOUNG HEN TURKEYS</p> <p>12-13 Lb. AVG. Lb.</p> <h2 style="font-size: 24px; margin: 0;">69¢</h2>	<p>TENDER EAF TEA BAGS</p> <p>PKG. OF 100</p> <h2 style="font-size: 24px; margin: 0;">\$1.49</h2>
<p>Donald Duck Orange JUICE</p> <p>1/2 GAL. Ctn.</p> <h2 style="font-size: 24px; margin: 0;">89¢</h2>	
<p>HOME GROWN CUCUMBERS</p> <p>CUKES</p> <p>Lb... JUST....</p> <h2 style="font-size: 24px; margin: 0;">19¢</h2>	

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