

South Dakota State University  
**Open PRAIRIE: Open Public Research Access Institutional  
Repository and Information Exchange**

---

Cooperative Extension Circulars: 1917-1950

SDSU Extension

---

11-1945

## Vegetable Recipes

Anna M. Wilson

Follow this and additional works at: [http://openprairie.sdstate.edu/extension\\_circ](http://openprairie.sdstate.edu/extension_circ)

---

### Recommended Citation

Wilson, Anna M., "Vegetable Recipes" (1945). *Cooperative Extension Circulars: 1917-1950*. Paper 417.  
[http://openprairie.sdstate.edu/extension\\_circ/417](http://openprairie.sdstate.edu/extension_circ/417)

This Circular is brought to you for free and open access by the SDSU Extension at Open PRAIRIE: Open Public Research Access Institutional Repository and Information Exchange. It has been accepted for inclusion in Cooperative Extension Circulars: 1917-1950 by an authorized administrator of Open PRAIRIE: Open Public Research Access Institutional Repository and Information Exchange. For more information, please contact [michael.biondo@sdstate.edu](mailto:michael.biondo@sdstate.edu).

Nov. 1945

*Extension Circular 419*

# Vegetable *Recipes*

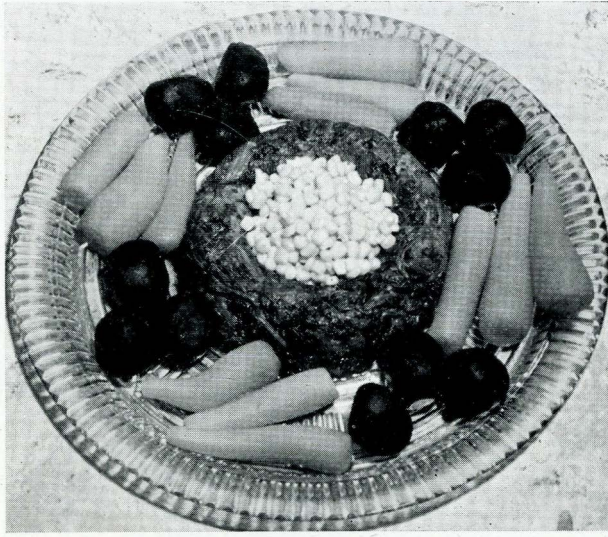


**S. D.  
State College**

**EXTENSION SERVICE  
U. S. DEPARTMENT  
OF AGRICULTURE**

**Brookings  
S. D.**





*Spinach Ring*

(See page 7)

"Another person's cooking always tastes so good," is a statement frequently made by women who have grown weary of their own cooking.

In this little booklet you will find other women's cooking in the form of favorite recipes of vegetable dishes. Try them. The seasoning may be different or the combination of ingredients unusual. Some of these recipes are heirlooms of a family's cooking pattern; others are a bride's adventure. Both are very good.

Thirty-four South Dakota Home Demonstration Club members demonstrated the preparation of these dishes during the summer of 1945. Their best wishes and mine are extended to all who find these recipes helpful when preparing meals.

ANNA M. WILSON  
*Extension Nutritionist*

# Cooked Vegetable Dishes

*Cooked vegetable dishes, appetizing in coldest weather or delicious on summer days, were demonstrated by South Dakota homemakers during the summer of 1945.*

## VEGETABLE MEDLEY

2 c. chopped cabbage      1 c. cubed carrots  
1 c. peas

Combine ingredients, add 1 cup water, and cook until vegetables are just tender. Season with salt, pepper, and butter. Canned peas may be used, the juice on the peas supplying the liquid.—MRS. ALFRED KOUGL, Timber Lake, Dewey County.

## BROCCOLI WITH SOUR SAUCE

1½ lb. broccoli, fresh      1½ tbsp. mayonnaise  
or frozen                      1½ tbsp. lemon juice  
1 tbsp. butter                ½ tsp. salt.

Drop broccoli in just enough boiling water to cover. Add salt, cook uncovered 10-15 minutes, being careful not to overcook. Season to taste with butter, salt, and pepper. Heat mayonnaise and lemon juice in double boiler. Place broccoli in serving dish and pour lemon mayonnaise mixture over it.—MRS. RAY ANDERTON, Hawarden, Iowa, Union County.

## VEGETABLE HARLEQUIN

*First Prize, Timber Lake Contest*

2 c. string beans              2 tbsp. butter  
4 cooked carrots            1 c. milk and vegetable  
4 hard-cooked eggs        juice  
2 tbsp. flour                ½ c. shredded cheese

Place cheese and milk in top of double boiler, heat. Moisten flour with cold milk, add to hot milk. Cook until thickened. Cut carrots and eggs in half, lay in bottom of oiled casserole. Place beans around carrots and eggs. Pour cheese sauce over vegetables, being careful not to completely cover food with sauce. Bake until well heated through.—MRS. J. H. THOMPSON, Timber Lake, Dewey County.

## CAULIFLOWER, STRING BEANS AND CARROTS

Boil cauliflower head, whole carrots, and whole string beans until just tender, cooking each in separate saucepan. Season to taste. Make a white sauce using 1 cup milk, 2 tablespoonfuls butter, 2 tablespoonfuls flour and when thickened add 4 ounces grated cheese. Place cauliflower in center of platter, the carrots and string beans around it. Pour cheese sauce over all.—MRS. FRANK LOEHR, Madison, Lake County.

## CAULIFLOWER AND CARROTS

1 medium cauliflower      cream  
head                            3 tbsp. butter  
5 carrots                      3 tbsp. flour  
1½ c. milk or thin        Salt

Break cauliflower into flowerlets, cut carrots into thin slices. Boil each separately until just tender, season to taste. Make white sauce of remaining ingredients. Toss vegetables in sauce. Serve piping hot.—MRS. OLE B. JOHNSON, Elkton, Brookings County.

## ASPARAGUS CASSEROLE

3 tbsp. flour                      3 to 4 c. asparagus  
¾ c. cream                      6 hard-cooked eggs  
¾ c. asparagus liquid       1 c. grated cheese  
¾ tsp. salt                      ¼ c. minced onion or  
⅛ tsp. pepper                    green pepper

Cook asparagus until almost done, drain. Add cream, flour, salt, and pepper to liquid; cook until thickened. Place crumbs in bottom of buttered casserole. Arrange asparagus, grated cheese, and sliced eggs in layers in casserole. Pour sauce over this. Top with crumbs. Bake in moderate oven 30 minutes.—MRS. L. K. STODDARD, Parker, Turner County.

## VEGETABLE LOAF NO. I

*First Prize, Parker Contest*

- |                             |                           |
|-----------------------------|---------------------------|
| 3 tbsp. melted butter       | 1 c. cooked string beans  |
| 2 c. soft bread crumbs      |                           |
| 1 c. chopped, cooked celery | 1 tsp. salt               |
| 1 c. cooked, diced carrots  | $\frac{1}{2}$ tsp. pepper |
|                             | 2 tbsp. chopped onion     |

Mix ingredients together. Place in an oiled baking dish. Bake 30 minutes in an oven at 400° F. or until golden brown. Serve garnished with parsley.—MRS. EDWARD LETRUDE, Sioux Falls, Minnehaha County.

## VEGETABLE LOAF NO. II

- |                             |                                  |
|-----------------------------|----------------------------------|
| 2 c. dry bread crumbs       | beans                            |
| 1 c. chopped, cooked celery | $\frac{1}{4}$ c. vegetable juice |
| 1 c. cooked, diced carrots  | 1 green pepper, diced            |
|                             | 1 small onion, chopped fine      |
| 1 c. canned peas            | 2 eggs                           |
| 1 c. canned string          | Salt, pepper                     |

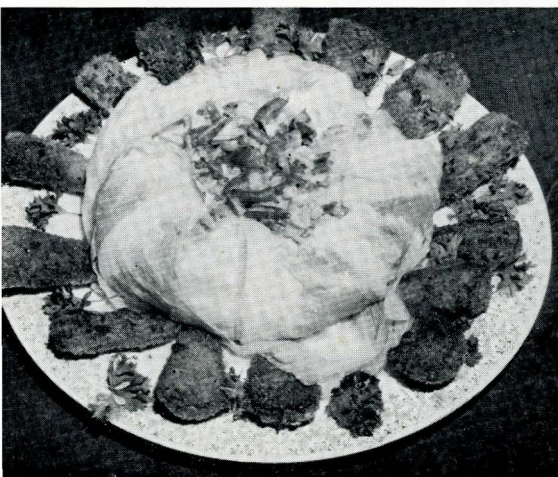
Heat vegetables, mix together, add beaten egg, bread crumbs and seasoning. Place in loaf pan, top with a few bread crumbs. Bake in oven 400° F., for 30 minutes. Garnish with parsley and deviled eggs. Serve with hot tomato puree, seasoned with salt, pepper and nutmeg.—MRS. EDITH HAYES, Webster, Day County.

## BREAD SAUCE

- |                   |                                 |
|-------------------|---------------------------------|
| 2 large onions    | $\frac{1}{3}$ tsp. curry powder |
| 1 c. bread crumbs | Salt and pepper to taste        |
| 1 c. cream        |                                 |

Boil onions until tender in sufficient water to cover. Add crumbs, cream, and seasonings. Bake 20-30 minutes.—MRS. H. A. BROOKING, Onida, Sully County.

## *Cabbage Ring*



## TOMATOES AND CORN

- |                        |                         |
|------------------------|-------------------------|
| 1 pt. corn             | 1 c. bread crumbs       |
| 1 pt. tomatoes         | $\frac{1}{4}$ c. butter |
| 1 tbsp. sugar or honey | Salt, pepper            |

Melt butter and pour over crumbs. Combine ingredients, pour into casserole and bake until well heated through.—MRS. LOUIS ARBOGAST, Ree Heights, Hand County.

## CABBAGE BOILED IN MILK

- |                                     |                |
|-------------------------------------|----------------|
| 3 c. milk                           | Salt, pepper   |
| $1\frac{1}{2}$ qts. chopped cabbage | 2 tbsp. butter |
|                                     | 2 tbsp. flour  |

Scald 2 cups milk, add cabbage and simmer 3 minutes. Add 1 cup cold milk, flour and butter and bring to a boil. Season to taste with salt, pepper. Cook 2 minutes more.—MRS. STEVE YANZICK, Spearfish, Lawrence County.

## CABBAGE BACON RING

- |                         |                                       |
|-------------------------|---------------------------------------|
| 3 c. shredded cabbage   | $\frac{1}{4}$ c. cabbage liquid       |
| 4 slices bacon, chopped | 1 qt. peas and carrots                |
| 1 tbsp. sugar           | $\frac{3}{4}$ c. cream or white sauce |
| 1 tbsp. flour           |                                       |
| 1 onion, chopped        | Salt, pepper                          |
| 1 tbsp. vinegar         |                                       |

Cook cabbage in boiling salt water for 7 minutes. Drain cabbage, brown bacon, remove it, add sugar and flour to bacon fat, blend together, then add cabbage liquid, vinegar and seasoning. Cook until thick, then mix with cabbage, onion and fried bacon. Combine carrots and peas with cream or white sauce. Form a ring on a serving dish with the cabbage mixture. Fill center of ring with creamed vegetables. Garnish with bacon.—MRS. EDWARD GLANZER, Bridgewater, McCook County.

## CABBAGE RING

*First Prize, Winner Contest*

Cut the heart of a cabbage head loose and remove. Salt the cabbage, place it open side up in a steamer, and steam until tender, about 20 minutes. Make a succotash of 1 cup corn, 1 cup beans combined with 1 cup white sauce. Season to taste. Boil whole carrots, roll in egg, then crumbs, and fry. If carrots are large, halve or quarter them before frying. When ready to serve, place cabbage on a platter, fill center with succotash and surround with fried carrots.—MRS. WALTER REN, Fairfax, Gregory County.



## BET GREENS AND POTATOES

Boil small beets with tops until beets are tender. Season to taste. Boil whole potatoes, peel, dice and mix with 1 cup medium white sauce. Place beet greens in a ring in serving bowl, fill center with creamed potatoes. Garnish with lemon slices.—MRS. J. A. SACRISON, Buffalo, Harding County.

## STEAMED VEGETABLES WITH LEMON SAUCE

3½ c. carrots, cut in long strips	4 tsp. lemon juice
¾ c. diced celery	1 tsp. onion juice
1/3 c. thinly sliced onion	2 tbsp. chopped parsley
¼ c. butter	1 tbsp. brown sugar
	¾ tsp. salt

Steam carrots, celery and onion until tender, season to taste. Melt butter, combine with onion juice, lemon juice, parsley and sugar. Pour over steamed vegetables.—MRS. RALPH RAPP, Arlington, Kingsbury County.

## PIGS IN BLANKETS

1½ lbs. hamburger	1 c. cooked rice
1 onion, chopped	Salt, pepper
2 large raw potatoes, diced	8 large cabbage leaves
	1 can tomato soup

Pour hot water over cabbage leaves and let stand while mixing other ingredients together. Put a large spoonful of the meat mixture in each cabbage leaf, fasten leaf together with a toothpick and place in oiled casserole. Cover with tomato soup. Bake one hour.—KAZIE JONES, Ipswich, Edmunds County.

## ONE-DISH DINNER

1 lb. steak	1 c. peas
4 onions, sliced	3 tbsp. butter
4 medium potatoes, sliced	2 tbsp. parsley
1 c. sliced carrots	Salt, pepper

Fry onions in butter until light brown, pour into casserole. Rinse pan with ¼ cup water, add this to onions. Sear meat in frying pan, then place it on onions. Put potatoes, carrots, and peas in layers above meat. Cover with juice from cooked vegetables or with water. Bake in a covered dish for 2 hours, or until meat is cooked.—MRS. CHESTER MOUL, Gettysburg, Potter County.



*Beet Greens and Potatoes*

## HOT POTATO SALAD

*First Prize, Spearfish Contest*

Boil 6 or 7 medium potatoes and 1 onion together. Hard cook 3 eggs. Dice hot potatoes, sprinkle with salt and pepper. Add 2 tablespoonfuls chopped green pepper, 1 stalk diced celery and 2 eggs sliced. Toss with sour cream dressing to which a little commercial mayonnaise has been added. Garnish with egg slices and parsley.—MRS. LEO RAIL, Nisland, Butte County.

## POTATO LOAF

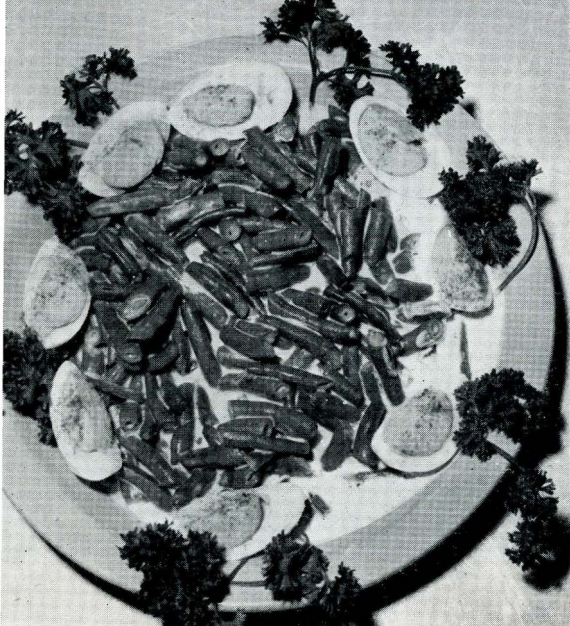
5 c. cubed potatoes	2 tbsp. flour
3 tsp. minced onion	3 tbsp. butter, melted
½ c. diced carrots	¼ tsp. baking powder
½ c. diced celery	¼ tsp. pepper
1 green pepper, diced	1 tsp. salt
2 eggs	

Beat eggs, add flour, baking powder, seasonings, and butter. Combine with vegetables, pour into an oiled casserole. Bake at 425° F. for 15 minutes, then at 350° F. until the vegetables are cooked.—MRS. JOHN DEAHN, Winner, Tripp County.

## SWEET POTATO DELIGHT

3 medium sweet potatoes	2 tbsp. butter
3 oranges	¼ tsp. salt
6 marshmallows	Dash of pepper

Boil sweet potatoes, mash and season with butter, salt and pepper. Cut oranges in half; remove fruit, leaving rinds in form of cups. Fill these cups with mashed sweet potato, top with marshmallows, bake 12 minutes in oven at 375° F.—MRS. EMMETT JONES, Presho, Lyman County.



*Snap Beans with Dill*

### STRING BEANS AND CARROTS WITH CHEESE DRESSING

*First Prize, Watertown Contest  
(Shown on cover page)*

Boil whole string beans and whole carrots in tightly covered kettle about 18 minutes or until just tender. Add salt and pepper during the latter part of the cooking period. Place string beans in the center of the platter and carrots on each side. Pour melted butter on carrots. Top string beans with a sauce made by melting cheese in butter.—MRS. ED PETERS, Kidder, Marshall County.

### STRING BEANS SOUBISE

2 c. cooked snap beans	1/2 green pepper, chop-
1/2 c. grated cheese	ped fine
1 c. diced celery	1 tbsp. horseradish
1 small onion, chopped	1 c. milk
fine	3 eggs, beaten slightly
1c. tomato chunks	

Mix ingredients together, season to taste with salt, pepper, Worcestershire sauce, and barbecue sauce. Bake in a moderate oven for 30 minutes. Unmold. Top with the following bacon dressing: Dice 4 slices bacon, fry. Add 3/4 cup juice from beans, 2 tablespoonfuls vinegar, 1 tablespoonful sugar, 3 cloves, 1 tablespoonful chopped parsley. Heat, thicken with 1 teaspoonful flour. Season to taste. Garnish soubise with cooked carrots and parsley.—MRS. RAY CLARK, Putney, Brown County.

### SNAP BEANS WITH DILL

Add three heads of dill to one quart of snap beans. Boil in as small a quantity of water as possible. When the beans are just tender, add 1 cup sour cream. Thicken with a little flour. Garnish with hard cooked eggs and parsley—MRS. MILTON HAAG, Tulare, Spink County.

### BAKED TOMATOES AND GREEN BEANS

4 tomatoes, sliced	4 c. cooked green beans
1 large onion, sliced	1/2 tsp. curry powder
2 tsp. salt	Sliced bacon
1/2 tsp. pepper.	

Place sliced tomatoes in center of oiled baking dish. Place slice of onion on top of each slice of tomato. Season with salt and pepper. Season green beans with salt and curry powder. Place on each side of tomatoes. Top with sliced bacon. Bake 30 minutes at 375° F.—MRS. R. F. SCHEEL, Yankton, Yankton County.

### SNAP BEANS WITH MUSTARD SAUCE

3 c. snap beans	1/4 tsp. salt
2 egg yolks, beaten	3/4 c. milk, scalded
1/2 tsp. dry mustard	2 tbsps. juice or vinegar
1/2 tsp. flour	

Boil snap beans until just tender. Beat egg yolks in top of double boiler, add mustard, flour and salt. Beat well. Add hot milk gradually, cook until thick. Remove from fire, add lemon juice. Pour over cooked beans. Serve.—MRS. H. C. SNOOK, Haydraw, Meade County.

### STRING BEAN ENSEMBLE

1 pt. canned string	1 small onion, diced
beans	1 tsp. salt
2 c. diced raw potatoes	3 tbsps. bacon fat

Combine ingredients, boil until potatoes are cooked. Serve hot.—MRS. C. H. BURCHARDI, Tripp, Hutchinson County.

### CANNED STRING BEANS AND TOMATOES

1 qt. string beans	1 c. tomatoes
1 or 2 medium onions,	2 tbsps. butter
diced	Salt, pepper

Drain beans, cook onion in this liquid, then add string beans, tomatoes, butter, salt, and pepper. Let simmer 10-15 minutes.—MRS. F. T. MELBOURNE, Highmore, Hyde County.



## GREENS RING

1½ c. cooked greens      cooked  
1 c. sieved tomatoes      2 tbsp. brown sugar  
1 hard-cooked egg      2 tbsp. butter  
12 small onions,

Heat spinach and tomatoes separately, seasoning each to taste. Melt butter, add sugar. Heat onions in this mixture, glazing them. Form a ring on serving plate with spinach. Pour tomatoes in center. Garnish ring with glazed onions and slices of egg.—MRS. CHRIS STEN, Waubay, Roberts County.

## SPINACH RING

(Shown on inside of cover)

*First Prize, Rapid City Contest*

Cook spinach, small beets, whole carrots, and corn in separate saucepans. Season to taste. Mold spinach and place in center of serving dish. Fill center with corn or other vegetables. Group carrots and beets around spinach.—MRS. TONY BIRNBAUM, Rapid City, Pennington County.

## SWISS CHARD

Cook swiss chard in a small quantity of salted boiling water. Drain off excess liquid, add chopped onion, vinegar, salt and pepper to taste. Garnish with fried bacon and sliced hard-cooked eggs.—MRS. JERRY BIEVER, Hot Springs, Fall River County.

## ZIPPY BEETS

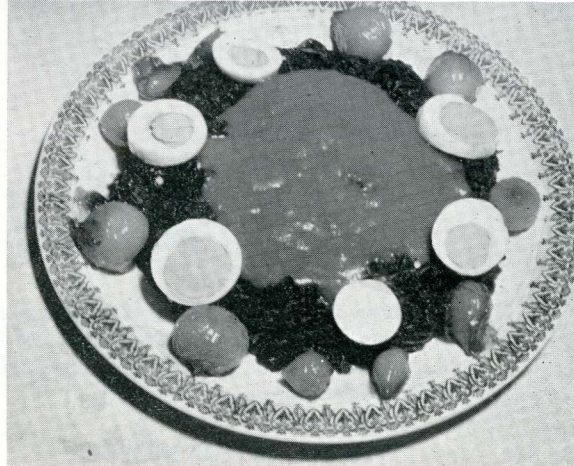
Cut into long thin strips—2½ cups cooked beets. Heat with—1/3 cup top milk, 2½ table-spoonsful horseradish, and 1 teaspoon salt. Toss lightly to mix well.—MRS. DON PARSCH, Aberdeen, Brown County.

## HOT VEGETABLE PLATTER

1 box frozen brussels      2 c. milk  
sprouts      1 tbsp. sugar  
Whole carrots      ¼ tsp. pepper  
1 cauliflower head      ½ tsp. salt  
3 tbsp. butter      ½ c. grated cheese  
¼ c. flour

Cook cauliflower, carrots and brussels sprouts in separate saucepans until just tender. Season to taste. Make white sauce with milk, flour, and fat. Add cheese as sauce is removed from the fire.

Place cauliflower in center of platter, arrange carrots and brussels sprouts around it. Top with cheese sauce. Garnish with sprigs of parsley.—MRS. TED ERICKSON, Vermillion, Clay County.



*Greens Ring*

## CARROT STEW

*First Prize, Onida Contest*

3 large carrots, diced      diced  
1 c. diced celery      1 c. thin cream  
1 large onion, chopped      Salt, pepper  
3 medium potatoes,

Combine carrots, celery and onion, add hot water to cover. Simmer 15 minutes, add potatoes, simmer until vegetables are tender. Add cream, heat to boiling. Serve. Celery salt may be substituted for celery.—MRS. ALTON OPHEIM, Mound City, Campbell County.

## CAULIFLOWER, CARROTS AND BEETS

Boil one head cauliflower in a small amount of hot water for 25 minutes. The head will be whiter if a little lemon juice or milk is added to the cooking liquid. Boil 6 small carrots until tender. Cook young beets in a steamer, putting the beets in the bottom and the tops in the steamer pan. When cooked, season all vegetables with salt, pepper, and a little butter.

For serving, arrange the cauliflower in the center of the platter, 3 carrots at each end, the beet greens on each side, topped with the peeled young beets. Garnish with sprigs of carrot top and lemon slices.

If desired, pour cheese sauce over cauliflower. This may be made by combining ¼ pound soft yellow cheese and ½ cup milk in top of double boiler. Cook until the cheese is melted.—MRS. C. S. HAY, Big Stone City, Grant County.



# Tossed Salads

Families who prefer their raw vegetables seasoned, enjoy tossed salads. For best results, vegetables should be cut into rather large pieces and combined with dressing just before serving. More attractive salads can be made if vegetables and dressing are combined by lightly tossing ingredients together with two forks.

## SPRING SALAD BOWL

1 small head lettuce	chopped
3 tomatoes	$\frac{1}{2}$ green pepper, sliced
2 stalks celery, diced	2 tbsp. salad dressing
6 radishes, sliced	2 tbsp. thick cream
2 green onions,	Salt and pepper

Mix dressing with cream, add to vegetables, and toss together lightly. Garnish with radish roses and spinach leaves.—MRS. EDWARD GLANZER, Bridgewater, McCook County.

## CABBAGE ORANGE SALAD

*First Prize, Spearfish Contest*

2 c. shredded cabbage	1 tbsp. sugar
1 c. finely chopped carrots	$\frac{1}{2}$ c. sour cream
1 c. diced orange sections	$\frac{1}{2}$ c. mayonnaise
	Salt

Place vegetables and orange in bowl, sprinkle with sugar. Toss lightly with dressing made by combining cream and mayonnaise. Season to taste.—MRS. LEO RAIL, Nisland, Butte County.

## LETTUCE AND BACON

$1\frac{1}{2}$ qts. lettuce, chopped	3 tbsp. sugar
2 slices bacon, diced	1 tsp. salt
2 tbsp. flour	$\frac{1}{4}$ c. weak vinegar
	$\frac{1}{4}$ c. water

Fry bacon, add to bowl of chopped lettuce. Pour surplus grease off. Add sugar, flour, and salt to remaining bacon fat. Blend together, then add vinegar and water. Cook to desired thickness. Pour over greens, toss together lightly. Serve immediately.—MRS. LOUIS ARBOGAST, Ree Heights, Hand County.

## EGG AND SNAP BEAN SALAD

3 c. cooked snap beans	$\frac{1}{4}$ c. mayonnaise
$\frac{1}{4}$ c. French Dressing	1 tsp. salt
6 hard-cooked eggs	3 tbsp. horseradish

Marinate beans in French Dressing for 30 minutes. Chop eggs fine, add mayonnaise, salt, and horseradish. Mix together thoroughly. Lightly fold in beans. Place on crisp lettuce leaves. Garnish with quartered tomatoes.—MRS. J. H. THOMPSON, Timber Lake, Dewey County.

## CAULIFLOWER, CARROT, CUCUMBER SALAD

Marinate cauliflower flowerlets in French Dressing. Toss with shredded carrots and diced cucumbers adding a little more French Dressing if necessary. Season to taste. Place on serving dish. Garnish with quartered tomatoes and celery curls.—MRS. JOHN DEAHN, Winner, Tripp County.

## KOHLRABI AND CARROT SALAD

2 c. shredded kohlrabi	1 stalk celery, chopped
2 c. shredded carrots	fine
$\frac{1}{2}$ green pepper, shredded	3 cucumbers
3 tomatoes	3 onions
<i>Dressing:</i>	
1 tbsp. sugar	$\frac{1}{2}$ tsp. mustard
$\frac{1}{4}$ tsp. salt	Dash of pepper
$\frac{1}{4}$ c. vinegar	

Put ingredients for dressing in a jar, shake together well. Toss kohlrabi, carrots, pepper, and celery with dressing. Place in center of serving platter. Lay slices of tomato and cucumber in group of three of a kind around salad. Garnish with onion rings.—MRS. EMMETT JONES, Presho, Lyman County.

## PEA, BEAN AND CELERY SALAD

- |                                       |                  |
|---------------------------------------|------------------|
| 1 c. cooked green beans               | 3 slices onion   |
| 1 c. cooked yellow beans              | 1 carrot         |
|                                       | 6 stuffed olives |
| 1 c. cooked peas                      | Lettuce leaves   |
| 1 c. chopped celery and celery leaves | Spinach leaves   |
|                                       | French dressing  |
| 2 tomatoes                            | Salt             |
| 1 green pepper                        |                  |

Toss beans, peas, and celery with French dressing. Season to taste. Place alternating leaves of lettuce and spinach around plate, pour salad in center. Garnish with sliced tomatoes, pepper rings, onion rings, sliced olives, and carrot sticks.—MRS. MILTON HAAG, Tulare, Spink County.

## TOSSED SALAD WITH CATSUP DRESSING

Shred cabbage and carrots. Chop celery. Add small cubes of cheese, toss together lightly. Season to taste. Place in serving bowl and form a well in center. Mix mayonnaise and catsup together using 1 tablespoonful catsup to  $\frac{1}{2}$  cup mayonnaise. Pour dressing in well. Garnish with radish roses and strips of cold meat.—MRS. HARRY SNOOK, Haydraw, Meade County.

## TOMATOES WITH COTTAGE CHEESE SALAD

- |                         |                            |
|-------------------------|----------------------------|
| 6 tomatoes              | 1 tsp. onion, chopped fine |
| 1 c. cottage cheese     |                            |
| $\frac{1}{2}$ c. celery | Lettuce                    |
| 1 cucumber              |                            |

Peel tomatoes, hollow out centers. Add tomato pulp to remaining ingredients. Toss together, season to taste and fill tomato centers. Top with a spoonful of the following dressing:

- |                         |                          |
|-------------------------|--------------------------|
| 2 eggs                  | $\frac{1}{2}$ c. vinegar |
| $\frac{1}{2}$ tsp. salt | 2 tsp. butter            |
| 1 tbsp. sugar           |                          |

Combine ingredients, cook until thickened.—KAZIE JONES, Ipswich, Edmunds County.



*Pea, Bean and Celery Salad*

## STUFFED TOMATO SALAD NO. I

- |                                    |   |
|------------------------------------|---|
| 6 chilled tomatoes                 | 2 hard-cooked eggs, chopped                 |
| $\frac{1}{2}$ c. chopped celery    |   |
| $\frac{1}{2}$ c. chopped cucumbers | 2 tbsp. mayonnaise or cooked salad dressing |
| 1 tbsp. minced onion               |   |
| 1 tbsp. chopped green peppers      | 1 tsp. salt                                 |
|                                    | Pepper                                      |

Wash tomatoes and remove stem end. Scoop out center, leaving a shell about  $\frac{1}{4}$  inch thick. Turn upside down on plate to drain (use juice in soups or sauces). Dice tomato pulp and combine with other ingredients. Stuff tomatoes. Serve on lettuce or other salad greens.—MRS. L. K. STODDARD, Parker, Turner County.

## STUFFED TOMATO SALAD NO. II

- |                         |                       |
|-------------------------|-----------------------|
| 5 tomatoes              | 1 onion, chopped fine |
| 1 green pepper, chopped | 5 lettuce leaves      |
|                         | 5 tbsp. soft cheese   |
| 3 stalks celery, diced  | 1 carrot, grated      |
| 1 cucumber, diced       | French dressing       |

Peel tomatoes, remove pulp, invert tomatoes to drain. Chop pulp, mix solid portion with green pepper, celery, cucumber, onion and French dressing to moisten. Fill tomato cups. Form cheese into ball, roll in grated carrot. Place stuffed tomatoes on lettuce leaves, place cheese ball beside each. Garnish plate with pepper rings and cucumber slices.—MRS. TED ERICKSON, Vermillion, Clay County.



## TUNA VEGETABLE SALAD

6 tomatoes	6 tbsp. French dressing
1 1/4 c. tuna fish	6 tbsp. mayonnaise
1/2 c. diced cucumbers	dressing
30 stalks cooked	1 tsp. lemon juice
asparagus, hot	Ripe olives
6 leaves lettuce	Salt, pepper
10 deviled eggs	

Cut slice from stem end of tomatoes, remove pulp. Sprinkle hollow of tomatoes with salt and invert on a plate to drain. Chop and drain tomato pulp. Mix 1 cup tomato pulp with tuna fish, cucumber, lemon juice, and mayonnaise. Season with salt and pepper and chill. Pour French dressing over hot asparagus and chill.

Fill tomatoes with tuna fish mixture. Place them on a platter of lettuce leaves. Place servings of asparagus between tomatoes and deviled eggs on each side of the asparagus. Garnish eggs with a wedge of ripe olive.—MRS. CHESTER MOUL, Gettysburg, Potter County.

## VEGETABLE SALAD

3 c. cut cabbage	1 cucumber, cubed
1 pepper cut in rings	2 tomatoes, quartered
1 carrot, cut in strips	Salt, pepper
Celery hearts, diced	French dressing

Combine all ingredients except tomatoes. Add French dressing, mix with two salad forks. Garnish with the quartered tomatoes.—MRS. STEVE YANZICK, Spearfish, Lawrence County.

## BEEF SPARKLERS

1/2 pkg. lemon gelatine	1 tbsp. vinegar or
dessert powder	lemon juice
1 c. water	2 beets, shredded

Mix ingredients, mold, let stand until set.

1/2 pkg. lime gelatine	1 c. water
dessert powder	1 cucumber, diced

Combine ingredients, pour on top of other gelatine and let harden. Unmold on crisp green lettuce. Top with mayonnaise, garnish with chopped chives or parsley.—MRS. RAY CLARK, Putney, Brown County.

## CABBAGE SLAW

3 c. cabbage, shredded	<i>Dressing:</i>
1/2 green pepper,	1/3 c. vinegar
chopped	1/3 c. water
1/4 c. red pimento,	3 tbsp. sugar
diced	
Celery seed	

Combine ingredients in dressing, pour over vegetables and toss lightly. Season to taste. Place in serving bowl, and sprinkle celery seed over the top.—MRS. RAY ANDERTON, Hawarden, Iowa, Union County.

## COLESLAW

1 c. vinegar	6 c. cabbage, chopped
1 1/2 c. light or dark	6 sweet pickles,
syrup	chopped
Mixed spices	Salt, pepper

Combine vinegar, sirup and mixed spices. Heat to the boiling point, then cool. Season cabbage to taste with salt and pepper, add pickles and moisten with vinegar mixture. If desired, the vinegar may be diluted with cream.—MRS. H. A. BROOKING, Onida, Sully County.

## CABBAGE AND BEET SALAD

2 1/2 c. shredded	1 tbsp. minced onion
cabbage	1/4 c. boiled dressing
1 c. shredded beets	1/4 c. thick cream
1 tbsp. French dressing	

Shred beets, marinate in French dressing. Shred cabbage, add onion. Mix boiled dressing with cream, combine with cabbage and toss. Add beets to cabbage mixture. Toss just enough to mix. The French dressing keeps the beets from bleeding.—MRS. OLE B. JOHNSON, Elkton, Brookings County.

# Finger Salads

Vegetables cut into serving size pieces and arranged attractively on serving dishes are called finger salads or relish plates. Originality in preparing these dishes is shown in the variety of arrangement and kinds of vegetables used.

## CHILLED VEGETABLE SALAD

*First Prize, Watertown Contest*

Wash vegetables, slice carrots thinly, roll and fasten with a toothpick. Cut green peppers into rings. Wrap all vegetables in a moist cloth and place in a refrigerator.

When chilled and crisp, garnish plate with lettuce. Place wedges of tomato and slices of unpeeled cucumber alternately over plate. Dot with small onions and radishes. Garnish with green pepper rings and carrot curls.—MRS. ED PETERS, Britton, Marshall County.

## CAULIFLOWER MOUND PLATE

*First Prize, Rapid City Contest*

Spread lettuce leaves on plate. Fill center with cauliflower flowerlets. Around this place groupings of tomato wedges, carrot sticks, pepper rings, and cucumber sticks. Garnish with radish roses.—MRS. TONY BIRNBAUM, Rapid City, Pennington County.

## VEGETABLE SALAD BOWL

Place cabbage wedges in wooden bowl, sprinkle with grated carrots. Garnish sides of bowl with lettuce. Place tomato wedges, kohlrabi slices, carrot sticks, green pepper rings and radishes in an irregular manner among the salad greens. Serve with dressing made by combining 1 tablespoonful prepared mustard, 2 beaten eggs and 1 cup pickle juice. Cook until thickened in top part of double boiler.—MRS. C. S. HAY, Big Stone City, Grant County.



*Head Lettuce Finger Salad*

## HEAD LETTUCE FINGER SALAD

Place lettuce head in center of plate, cut into sections. Between sections lay celery curls and radish roses. On outer edges of plate, place grouping of sliced onions, carrot curls, and sliced cucumbers. Garnish with parsley. Serve with

### *Spicy Dressing*

1 can tomato soup	1/2 c. salad oil
3 tbsp. chopped onion	2 tbsp. Worcestershire sauce
1 tbsp. salt	
2 to 3 tbsp. sugar	1/3 to 1/2 c. vinegar
1 tsp. paprika	

Shake ingredients together in a quart jar.—MRS. JERRY BIEVER, Hot Springs, Fall River County.

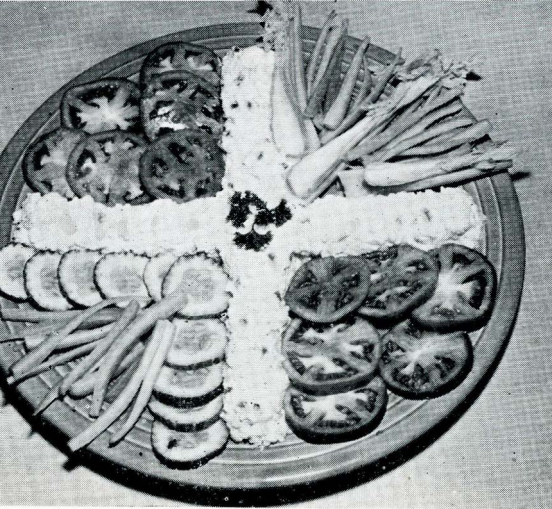
## SPRING SALAD PLATE

Line plate with leaf lettuce. Place carrot sticks in center, white radishes on one side, red radishes on the other, and green onions at each end.—MRS. ALFRED KOUGL, Dewey County.

## VEGETABLE TRAY

Overlap slices of tomatoes down center of tray and on each side place green onions, carrot sticks, and leaf lettuce rolls. To make the rolls, roll several leaves together and fasten with a toothpick. Serve with dressing made by combining 2 tablespoonfuls sugar, 2 tablespoonfuls vinegar, 1 teaspoon salt and 3/4 cup heavy cream.—MRS. J. A. SACRISON, Buffalo, Harding County.





*Cottage Cheese Sectional Salad Plate*

### FINGER SALAD

Cut lettuce in sections and stand in center of plate. Around lettuce place cucumber sticks, carrot sticks, radishes, onions, and celery curls.—MRS. CHRIS STEN, Waubay, Roberts County.

### CABBAGE HEAD VEGETABLE PLATE

Place small tender head of cabbage in the center of a large plate. Cut head into serving size wedges, spread sections. Place wedges of tomato between sections of cabbage. Around edge of plate, place carrot and turnip strips. Garnish with wedges of lettuce.—MRS. C. H. BURCHARDI, Tripp, Hutchinson County.

### BEEF AND TURNIP FLOWER SALAD

Slice beets and turnips very thin. Roll in the hands to form a cornucopia and insert a toothpick. Chill in water in refrigerator several hours. Remove toothpicks and insert a turnip strip in the beet flowers for a stamina and a strip of carrot in the turnip flowers. Arrange in rows on large plate with bunches of carrot and turnip strips and radish roses in alternating rows. Put flowers around edge of plate.—A favorite recipe of MRS. EARL BALES, wife of the Extension Visual Education Specialist.

### COTTAGE CHEESE SECTIONED SALAD PLATE

*First Prize, Parker Contest*

Mix cottage cheese and chopped parsley together. Place on plate dividing plate into four sections. Place slices of tomatoes in two of the sections, carrot and celery sticks in one section, and sliced cucumbers and carrots in the fourth section. Garnish with a sprig of parsley in the center of the plate.—MRS. EDWARD LETRUDE, Sioux Falls, Minnehaha County.

### TASTY DRESSING FOR FINGER SALAD

$\frac{1}{2}$ c. vinegar	$\frac{1}{2}$ tsp. paprika
$\frac{3}{4}$ c. salad oil	$\frac{1}{2}$ tsp. salt
1 c. tomato juice	$\frac{1}{2}$ tsp. dry or prepared mustard.
2 tbsp. minced onion	
2 tbsp. sugar or sirup	

Put ingredients in a jar and shake well.—MRS. RALPH RAPP, Arlington, Kingsbury County.

### SWEET SALAD DRESSING

$1\frac{3}{4}$ c. sugar	$\frac{1}{4}$ c. flour
$\frac{3}{4}$ c. vinegar	2 tsp. salt
$1\frac{3}{4}$ c. water	1 tsp. mustard
4 eggs	

Heat sugar, vinegar, and  $1\frac{1}{2}$  cups water together. Beat eggs, add  $\frac{1}{4}$  cup water, flour, salt, and mustard. Mix together well. Combine two mixtures and cook until thick. When using, dilute one-half with whipped sour cream.—MRS. EDITH HAYES, Webster, Day County.

### MAYONESA SALAD DRESSING

1 c. salad oil	1 tsp. paprika
1 or 2 egg yolks	$\frac{1}{2}$ tsp. salt
2 tbsp. flour	Juice of 1 lemon
2 tbsp. sugar	2 tbsp. vinegar
1 tsp. dry mustard	1 c. boiling water
$\frac{1}{2}$ tsp. celery salt	

Mix dry ingredients, lemon juice, and vinegar together. Add boiling water slowly. Cook in double boiler until thick, combine egg yolks and oil, gradually add hot mixture to them. Beat until thick and smooth.—MRS. FRANK LOEHR, Madison, Lake County.

## SLICED VEGETABLE PLATE

Fill pepper cup with salad dressing and set in center of plate. Place wedges of lettuce around this. In outer ring, place overlapping group of sliced tomatoes, sliced cucumber, pepper, and onion rings. Pile radishes at one side.—MRS. R. F. SCHEEL, Yankton, Yankton County.

## RING SALAD

*First Prize, Winner Contest*

Circle a plate with endive, then a ring of sliced tomatoes. Arrange carrot sticks, young onions, and white radishes around these, working from outside in. Pile cucumber slices in center. Serve with followiing dressing:

1 c. oil, cold	1 egg
1 tsp. salt	$\frac{1}{4}$ tsp. paprika
2 tsp. sugar	$\frac{1}{4}$ c. hot vinegar

Beat egg until frothy, add sugar, salt and paprika. Add oil, 1 tbsp. at a time, beating well after each addition. Add hot vinegar last. Beat mixture well.—MRS. WALTER REN, Fairfax, Gregory County.

## BROCCOLI SALAD PLATE

*First Prize, Onida Contest*

Place small bowl of salad dressing in center of plate. Garnish plate with lettuce leaves. Around dressing place broccoli heads; and around this place onion and pepper rings, cucumber slices, carrot curls, sliced tomatoes, and sliced stuffed celery.

To make celery slices, stuff stems with soft yellow cheese. Press stem together in circular formation, chill and slice.

### *Salad Dressing*

$1\frac{1}{2}$ c. milk	2 eggs
$\frac{1}{2}$ c. vinegar	2 tsp. sugar
$\frac{1}{4}$ c. flour	2 tsp. salt
2 tbsp. butter	2 tsp. mustard
$\frac{1}{4}$ tsp. paprika	

Sift dry ingredients together, combine with beaten eggs. Add other ingredients, cook until thick in a double boiler.—MRS. ALTON OPHEIM, Mound City, Campbell County.



*Sliced Vegetable Plate*

## PICKERY PUMPKIN SALAD

Garnish a four-sectioned plate with lettuce. In two alternating sections place pickery pumpkins in pepper rings. In one section place sliced turnips, carrot strips, sliced kohlrabi and onion rings. Fill fourth section with tomato wedges.

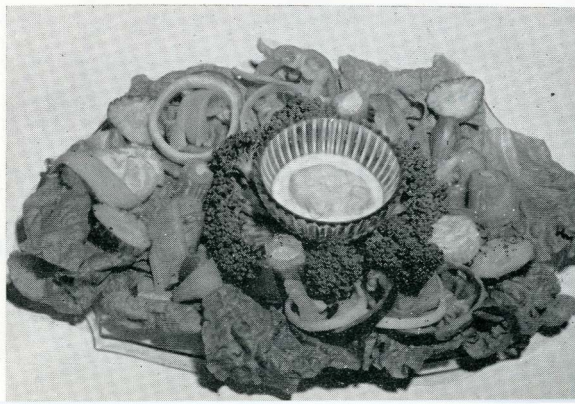
To make pickery pumpkins, moisten grated cheese with salad dressing, shape into balls and roll in finely grated carrots. Place strips of pepper in top of cheese ball for stem.

### *Boiled Salad Dressing for Pickery Pumpkin Salad*

5 eggs or 10 egg yolks	$\frac{1}{4}$ tsp. pepper
$\frac{1}{2}$ c. sugar	1 tsp. flour
1 tbsp. dry mustard	$\frac{1}{2}$ c. vinegar
1 tsp. salt	$1\frac{1}{2}$ c. water.

Beat eggs, add sugar, mustard, salt, pepper, and flour. Combine vinegar and water, add gradually to egg mixture. Cook in double boiler until thick, stirring constantly. Add 1 tablespoonful butter just before removing from fire.—MRS. F. T. MELBOURNE, Highmore, Hyde County.

*Broccoli Salad Plate*





## *Index*

### COOKED VEGETABLE DISHES

Asparagus Casserole.....	3
Baked Tomatoes and Green Beans.....	6
Beet Greens and Potatoes.....	5
Bread Sauce.....	4
Broccoli with Sour Sauce.....	3
Cabbage Bacon Ring.....	4
Cabbage Boiled in Milk.....	4
Cabbage Ring.....	4
Canned String Beans and Tomatoes.....	6
Carrot Stew.....	7
Cauliflower and Carrots.....	3
Cauliflower, Carrots and Beets.....	7
Cauliflower, String Beans and Carrots.....	3
Greens Ring.....	7
Hot Potato Salad.....	5
Hot Vegetable Platter.....	7
One-Dish Dinner.....	5
Pigs in Blankets.....	5
Potato Loaf.....	5
Snap Beans with Mustard Sauce.....	6
Snap Beans with Dill.....	6
Spinach Ring.....	7
Steamed Vegetables with Lemon Sauce.....	5
String Beans and Carrots with Cheese Dressing.....	6
String Bean Ensemble.....	6
String Beans Soubise.....	6
Sweet Potato Delight.....	5
Swiss Chard.....	7
Tomatoes and Corn.....	4
Vegetable Harlequin.....	3
Vegetable Loaf No. I.....	4
Vegetable Loaf No. II.....	4
Vegetable Medley.....	3
Zippy Beets.....	7

## *Index*

### FINGER SALADS

Beet and Turnip Flower Salad.....	12
Broccoli Salad Plate.....	13
Cabbage Head Vegetable Plate.....	12
Cauliflower Mound Plate.....	11
Chilled Vegetable Salad.....	11
Cottage Cheese Sectioned Salad Plate.....	12
Finger Salad.....	12
Head Lettuce Finger Salad.....	11
Pickery Pumpkin Salad.....	13
Ring Salad.....	13
Sliced Vegetable Plate.....	13
Spring Salad Plate.....	11
Vegetable Salad Bowl.....	11
Vegetable Tray.....	11

### DRESSINGS

Mayonesa Salad Dressing.....	12
Sweet Salad Dressing.....	12
Tasty Dressing for Finger Salad.....	12

### TOSSED SALADS

Beet Sparklers.....	10
Cabbage and Beet Salad.....	10
Cabbage Orange Salad.....	8
Cabbage Slaw.....	10
Cauliflower, Carrot, Cucumber Salad.....	8
Coleslaw.....	10
Egg and Snap Bean Salad.....	8
Kohlrabi and Carrot Salad.....	8
Lettuce and Bacon.....	8
Pea, Bean and Celery Salad.....	9
Spring Salad Bowl.....	8
Stuffed Tomato Salad No. I.....	9
Stuffed Tomato Salad No. II.....	9
Tomatoes with Cottage Cheese Salad.....	9
Tossed Salad with Catsup Dressing.....	9
Tuna Vegetable Salad.....	10
Vegetable Salad.....	10



Extension Service—South Dakota State College of Agriculture and Mechanic Arts—Brookings, S. Dak. Published and distributed under Acts of Congress, May 8 and June 30, 1914, by the Agricultural Extension Service of the South Dakota State College of Agriculture and Mechanic Arts, Brookings, George I. Gilbertson, director; U. S. Department of Agriculture cooperating.