

Sample Menus

Cottage Cheese and Apple Sauce mixture. Add raisins if desired.
Place on bed of Lettuce and serve.

A ten minute intermission affords the family an opportunity of talking over the PLEASANT happenings of the day-and always bear in mind that laughter aids digestion.

Salad—Natural Vegetable Combination Salad.

Baked Cauliflower. (Boil Cauliflower until about half done—then bake in oven until brown. Use a suitable vegetable shortening when baking in preference to butter fats. Serve either hot or cold, and add dressing to suit.

Two pieces Zweibach toast.

Dried Fruit (such as Raisins, Dates, Figs) and Walnuts or Pecans (chewed together).

Salad—Cooked Combination Salad. Serve on Lettuce leaves.

Baked Irish Potato.

Fresh Fruit in season such as Peaches, Apricots, Grapes, etc.

Russian Salad (Tomatoes, Carrots, Celery, Watercress, Onions).

Swedish Rye Krisp.

Carrot and Raisin Salad.

Ehret's Serbian Goulash.

Toasted Whole Wheat Bread.

Apple Sauce with Raisins.

Coleslaw Salad. Slice raw Cabbage finely. Add Lemon juice to soften and allow to stand at least one hour before serving. Add chopped Onions, Celery and cold cooked Carrots or Peas. Dressing to taste.

Baked Sweet Potato.

Mashed ripe Bananas with fresh Strawberries and Honey to sweeten.

Mexican Coleslaw.

Baked Banana Squash.

Cottage Cheese and Apricot Jam.

Lettuce and Tomato Salad.

Ripe Olives.

One cooked vegetable.

Baked Potato.

Baked Apple with Honey.

Elimination Salad.

Baked Artichoke.

Zweibach

Stuffed Prune Salad.

Vegetable Chop Suey.

Baked Potato.

Baked Apple or Apple Sauce

Baked Beet Tops.

Whole Wheat Toast.

Salad Recipes

Natural Combination Salad – Large bowl of lettuce cut very fine, 4 handfuls radishes, cut very fine, 4 handfuls tomatoes, chopped, 2 handfuls parsley, cut very fine. Add oil and lemon juice, and mix thoroughly, let stand 15 minutes. Add a little mayonnaise if desired.

May Salad – Large bowl of chopped cabbage, 1 cup of radishes, cut fine, $\frac{1}{2}$ cup sweet green peppers, chopped fine, $1\frac{1}{2}$ cups chopped tomatoes, 1 cup green onions, chopped fine, $\frac{1}{2}$ cup parsley, chopped fine, 1 cup cucumbers, chopped—if in season. Mix thoroughly. Add 2 tablespoons lemon juice and 3 tablespoons mayonnaise. Garnish with olives or radishes, for decoration.

Apple and Celery Salad – Two cups cubed apples to which lemon juice has been added to keep from discoloring, 1 cup chopped celery, $\frac{1}{4}$ cup fine chopped parsley, 1 handful seedless raisins, 2 tablespoons mayonnaise, mixed thoroughly. Serve on crisp lettuce leaves.

Cabbage Salad – Two cups shredded cabbage, 1 cup finely chopped green peppers. Add 2 tablespoons lemon, soak 10 minutes. Add 2 tablespoons mayonnaise dressing. Mix thoroughly. Serve on crisp lettuce leaves. Decorate with chopped pimento.

Carrot and Raisin Salad – Two cups coarsely shredded carrots. Soak $\frac{1}{2}$ cup seedless raisins about 2 hours, $\frac{1}{2}$ cup finely chopped celery. Mix thoroughly. Add 2 tablespoons mayonnaise.

Stuffed Prune Salad – Fill centers of cooked prunes with cottage cheese. Place 1 blanched almond in center of cottage cheese. Serve on lettuce leaves with mayonnaise.

Cooked Combination Salad – One cup diced cooked carrots, 1 cup cooked peas, 1 cup chopped cooked string beans, $\frac{1}{2}$ cup finely chopped raw celery. Mix thoroughly, add mayonnaise. Serve on crisp lettuce leaves.

Serbian Slaw – One cup coarsely chopped celery, 1 cup finely sliced cabbage, $\frac{1}{4}$ cup finely chopped onions, $\frac{1}{4}$ cup minced olives, 1 tablespoon chopped pimento. Add oil and lemon juice.

Fruit Salad (*served in Apple Shells*) – Select good looking apples. Cut off piece of top and remove meat of apple. Chop together the apple hearts, pineapple, grapefruit and cherries, in equal parts. Add lemon juice. Sweeten with honey and place in the shells of apples. Sprinkle with grated coconut

Mexican Coleslaw – Two cups of finely sliced red cabbage, $\frac{1}{2}$ cup chopped celery, 1 cup red kidney beans, $\frac{1}{4}$ cup chopped onions, $\frac{1}{4}$ cup chopped peppers. Add olive oil and lemon juice.

Carrot and Apple Salad – One cup chopped carrots, 1 cup cubed apples, soaked in lemon juice, $\frac{1}{2}$ cup chopped celery, finely chopped onions to flavor, $\frac{1}{2}$ cup finely sliced dates. Add olive oil and lemon juice. Soak for 15 minutes. Serve on crisp lettuce leaves.

Summer Salad – One cup chopped watercress, $\frac{1}{2}$ cup chopped tomatoes, $\frac{1}{2}$ cup diced cucumbers, $\frac{1}{2}$ cup diced celery. Add olive oil and lemon juice. Mix thoroughly and serve on crisp lettuce leaves.

Russian Salad – Two ripe tomatoes, 4 medium size carrots, diced, $\frac{1}{2}$ finely chopped onion, 2 sprigs chopped watercress, 2 stalks celery, cut in 1-inch lengths and split. Mix with mayonnaise. Serve on bed of lettuce. Garnish with sliced tomatoes.

Asparagus Salad – Cook asparagus and cut into 3-inch lengths. Make bed of finely sliced lettuce. Put asparagus on lettuce. Add mayonnaise if desired.

Cauliflower and Pea Salad – Cook cauliflower and break into small pieces. To 2 cups cauliflower, add 1 cup cooked peas and 1 cup chopped parsley. Add mayonnaise and serve on lettuce leaves.

Asparagus and Cauliflower Salad – Boil asparagus and cut tips in 3-inch lengths. Boil cauliflower and break in small pieces. Mix together in equal portions. Add mayonnaise. Serve on lettuce leaves.

Brazilian Salad – One and one-half cups ripe strawberries, 1½ cups cubed pineapple, fresh, 12 blanched thinly sliced Brazil nuts, marinated in 4 tablespoons of lemon juice. Arrange lettuce on plates in rose shape. Fill crown with above mixture. Cover with spoonful of mayonnaise. Decorate with strawberries.

Date and Celery Salad – Chop dates and celery—equal parts. Serve with mayonnaise, on lettuce.

Waldorf Salad – One and one-half cups diced apples, ½ cup lemon juice, 1¼ cups diced celery. Mix apples, celery and lemon juice well together. Use crisp, tart apples. Drain off lemon juice. Add mayonnaise dressing. Serve on crisp lettuce. Decorate with grated walnuts.

Mock Chicken Salad – Two cups finely sliced cabbage, 1 cup celery, 2 tablespoons finely chopped onion, ½ cup green peppers, finely chopped, 1 cup cubed nut loaf, cold. Add 2 tablespoons mayonnaise. Mix thoroughly. Serve on crisp lettuce leaves. Decorate with olives.

Grated Carrot and Spinach Salad – One cup grated carrots, 1 cup chopped spinach, 1 cup coleslaw. Add lemon juice to spinach and coleslaw and soak 10 minutes. Prepare salad plates with leaves of crisp lettuce—bottom layer coleslaw, second layer chopped spinach. Top layer grated carrots. One spoonful mayonnaise, and ripe olive in center for decoration.

Elimination Salad – Two cups chopped spinach, 2 cups coleslaw, 1 cup fresh green peas, 1 cup chopped celery. Mix thoroughly. Add lemon juice and oil. Serve as desired.

Watercress Salad – Make bed of lettuce. Chop watercress. 2 tomatoes, sliced.

Mixed Salad – Chop lettuce leaves (1 large bowl), 2 cups chopped tomatoes, 1 cup chopped celery, 1 cup chopped onions, 1/2 cup chopped parsley. Mix thoroughly. Add lemon juice and oil.

Onion Salad – Two cups finely sliced cabbage, 1 cup sliced red onions, 1 cup chopped tomatoes, 1/2 cup coarsely chopped parsley. Add 2 tablespoons mayonnaise and mix thoroughly. Serve on crisp lettuce leaves. Decorate with radishes.

Cooked Vegetable Recipes

Stuffed Onions – Select good sized onions. Remove slice from top of each onion. Parboil onions until almost tender. Strain and remove centers, making six cups. Chop onions that were scooped out. Combine with soft crumbs or chopped pepper and tomato pulp. Add seasoning to taste. Refill onion cups. Place in pan and cover with onion crumbs. Add 1/2 cup milk. Bake until tender.

Spinach Loaf – Wash spinach thoroughly. Cook in its own juice until tender. Drain and chop. Chill and add onion finely chopped and the celery, finely cut. Moisten with French dressing. Mold and bake in pan. Serve hot or cold.

Spinach Cutlets – Wash fresh spinach and beet tops thoroughly. Cook separately in own juice until tender. Drain off water after cooking and chop. (Canned spinach can be used if desired). 1 cup fresh beets medium size cooked until tender and diced. Braise 1 cup chopped celery, 1 large onion coarsely sliced and one Bell pepper chopped-in cooking oil until golden brown. 1 cup either peanuts or walnuts coarsely chopped. 1 cup whole wheat cracker crumbs or toasted whole wheat crumbs. Place all ingredients in chopping bowl and chop thoroughly. Mold into round patties or cutlets. Dip in cracker crumbs and fry in cooking oil or olive oil. Serve either hot or cold.

Sauteed Sweet Potatoes and Carrots – Two cups diced sweet potatoes, 2 cups diced fresh carrots or one 8 oz. can. Cook sweet potatoes until tender. If fresh carrots are used, cook in covered pot with as little water possible, until tender. With canned carrots, drain liquid. Combine sweet potatoes and carrots and saute in frying pan using vegetable or olive oil. Season with flavoring. Sprinkle with finely chopped parsley before serving.

Vegetarian Hash – $\frac{1}{2}$ cup cooked lima beans, $\frac{1}{2}$ cup cooked peas, $\frac{1}{2}$ cup chopped celery, $\frac{1}{2}$ cup toasted bread crumbs, 2 cups boiled or baked potatoes diced, $\frac{1}{2}$ cup diced beets cooked, 4 tablespoons cooking oil, 2 boiled onions chopped, 2 tablespoons whole wheat flour. Brown onions and flour in oil, add 2 cups hot water, cook until done. Add rest of ingredients and bake until brown.

Lima Beans and Cabbage en Casserole – Two cups shredded cabbage, 1 pound package fresh frozen lima beans or two 8-oz. cans, toasted bread crumbs, vegetable oil. Cook cabbage in covered pot for about 12 minutes, or until tender, using as little water as possible. Prepare frozen lima beans same way. If canned limas are used, drain liquid. Put alternate layers of vegetables in oiled baking dish. Dot with vegetable oil, add toasted bread crumbs and bake in moderate oven 15 to 20 minutes. Serves six.

New England Boiled Dinner – Four and one-half cups potatoes, 1 cup turnips, 2 cups onions, $1\frac{1}{4}$ cups carrots, $2\frac{1}{2}$ cups cabbage. Cut potatoes, carrots and turnips in $\frac{3}{4}$ -inch cubes. Slice onions. Cut cabbage into pieces about $1\frac{1}{2}$ inches square. Boil potatoes and onions together. Cabbage may be either cooked separately or added to carrots and turnips when they are partially cooked. When all are done, mix together and serve.

Baked Artichokes – Boil until done. Remove from water. Spread open a few of outside leaves and add garlic cloves. Place in pan. Pour over olive oil and bake in oven about 25 minutes.

Egg Plant Hash – Cut in half lengthwise. Place in oven until baked to a mushy pulp. Remove and peel. Mash. Add fried onion. Season with salt and pepper.

Baked Beet Tops – Boil beet tops and spinach separately, half of each. Drain and chop. Braise onions. Add chopped celery. Mix all together. Put in pan. Cover with bread crumbs and bake.

Vegetable Chicken a la King – Two stalks sliced celery, 2 cups chopped bell peppers, $\frac{1}{4}$ cup pimento, $\frac{1}{2}$ cup green peas, $\frac{1}{2}$ cup carrots, cubed. Add sliced onion. Make cream whole wheat flour gravy. Serve on whole wheat toast or patties.

Mock Chicken Croquettes – Make base of braised onions, bell peppers and celery. Add mashed baked potatoes, carrots, peas—or other cooked vegetables if preferred. Toasted bread crumbs. Mold and bake in oil, until golden brown.

Vegetable Chop Suey – Braise coarsely chopped onions. Put in pot to bake. Add chopped celery, bean sprouts, chopped bell peppers, water chestnuts, dried mushrooms (soak mushrooms at least three hours before using), tomatoes to flavor. Bake in oil until golden brown.

Mock Country Sausage – Boiled brown rice, bread crumbs, toasted, celery, chopped walnuts, peanut butter, sliced onions braised. Flavor with garlic and sage. Salt to flavor. Mold in round balls. Bread and dip in hot oil until golden brown.

Vegetable Hamburger – Braise onions with bell peppers. Add garlic to taste. Cook together. Add toasted bread crumbs, celery, walnuts and hominy. Mold and bake in oiled pan. Serve with onions.

Stuffed Bell Peppers – Four large peppers, 1½ tablespoons margarine, 1½ tablespoons whole wheat flour, 1 cup milk, ½ cup chopped nut meats, 1 cup bread crumbs, ½ cup diced celery, 4 teaspoons grated onion. Remove seeds from peppers and parboil 10 minutes. Drain. Add chopped nut meats, celery, bread crumbs and grated onion. Season to taste with salt and pepper. Fill cooked drained peppers with mixture. Spread additional crumbs on top of peppers. Bake in margarine.

Baked Tomatoes – Cut tops from tomatoes and scoop out pulp. Season pulp with grated onions and parsley. Replace into shells of tomatoes, put tops back on, cover and bake for 25 minutes, basting with good salad oil. Arrange on bed of watercress or lettuce surrounded by sliced cooked beets. Use dressing desired.

Carrot Nut Loaf – Two cups coarsely chopped carrots, ½ cup toasted crumbs, 1 cup chopped celery, ½ cup chopped walnuts, 1 cup mashed tomatoes, ½ cup braised sliced onions. Mix together, add 2 tablespoons margarine. Place in loaf pan and bake ½ hour.

Vegetable Sausage and Sauerkraut – One cup sliced onions, 2 cups natural brown rice, ¼ cup finely chopped peanuts, ½ cup toasted crumbs. Braise onions in margarine. Soak rice over night, or at least 6 hours, and after pouring off water, add fresh water and boil until soft. Mix rice, crumbs, peanuts and onions. Mold in shape of sausages, dip in egg and roll in fine cracker crumbs. Dip in hot oil until golden brown. Warm sauerkraut and serve.

Zucchini Italiane – Slice in about ½ inch thickness 2 good sized zucchini, 1 good sized tomato, ½ red onion, sliced and 1 small clove garlic, if desired. Cook zucchini and onions for about 30 minutes, add tomatoes and cook additional 10 minutes.

New Potatoes and String Beans – Steam potatoes and peel. Cook string beans with as little water as possible. Place both on baking pan and add chopped parsley. Pour over Italian Olive Oil and warm in oven for 15 minutes. Serve.

Corn Saute – Two cups shoepeg corn, $\frac{1}{4}$ cup chopped bell peppers (braised), $\frac{1}{4}$ cup chopped onions, $\frac{1}{8}$ cup chopped pimentos. Mix ingredients and bake 15 minutes in a slow oven.

Vegetarian Corn Beef – One cup cubed carrots, 1 cup cabbage, coarsely chopped $\frac{1}{2}$ cup potatoes, $\frac{1}{2}$ cup celery chopped. Steamed vegetables. Fill baking pan $\frac{1}{2}$ full with brown gravy, add ingredients, brush lightly with margarine, and bake 10 minutes at 400 degrees Fahrenheit.

Italian Meat Balls – Soak spaghetti (whole wheat) and cook until tender, about 2 cups, 2 cups nut meat loaf, $\frac{1}{2}$ cup onions, $\frac{1}{2}$ cup chopped celery, $\frac{1}{8}$ cup hot peppers, or to flavor. Mix ingredients, after adding Spanish sauce. Form in balls, bake in pan and serve with Spanish sauce.

Mock Halibut Cutlets with Tartar Sauce – Cook 2 cups lima beans until soft, braise onions and bell peppers together with flavoring. Mix ingredients, dip in breadcrumbs and bake after molding in any form desired. Serve with tartar sauce made without vinegar or pickles and springs of parsley.