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Kitchen Chatter

by Nancy Winfrey



Whether you're watching what you eat or just looking to change things up, the benefits of adding cabbage recipes to your diet are endless! Here are some ideas!

CHEESY BURGERS

- 6 slices bacon
- 2 pounds ground beef
- 1 small onion, chopped
- 1 cup catsup
- 1 jar (2-1/2-oz.) sliced mushrooms or mushroom pieces, drained
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 cups grated medium or sharp Cheddar cheese
- 8 hamburger buns, split, buttered and toasted

In a large skillet, fry the bacon until crisp and then drain bacon, crumble and set aside. Drain off all the bacon drippings from the skillet and add the ground beef and cook and stir to crumble until brown - drain. In the skillet with the ground beef, stir in the bacon, onions, catsup, mushrooms, salt and pepper. Cover and simmer for about 15 minutes. Sprinkle the grated cheese on top and heat until cheese melts. Spoon mixture over the split, buttered buns. Serves 8.

ZUCCHINI SALAD

- 3 zucchini
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 large ripe tomatoes, sliced and put on paper towels to drain
- 1 garlic clove, minced
- 1/4 cup olive oil
- 3 tablespoons cider vinegar
- 3 tablespoons chopped fresh parsley

Wash the squash, trim ends and slice in long strips about 3/4-inch thick (do not peel). Place slices in saucepan and add enough water to just cover. Bring to a boil-cut heat down-and simmer until just tender and still a bit crisp. Drain, let cool and chill. Combine the garlic, olive oil and vinegar and shake in a jar. When ready to serve, place squash alternating slices of tomato and zucchini, sprinkle with salt and pepper and pour the olive oil mixture over all. Sprinkle with fresh parsley.

BAKED CREAMED CABBAGE

- 1 medium cabbage, shredded
- 1/2 cup butter or margarine
- 1/4 cup all-purpose flour
- 2 cups milk
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups grated medium or sharp Cheddar Cheese
- 1 cup soft bread crumbs coated with a bit of melted butter or margarine

Cook the cabbage in water barely to cover until crisp-tender. Drain well and set aside. To make the cream sauce, melt the 1/2 cup butter or margarine in a saucepan and then gradually stir in the flour and cook and stir for at least 1 minute or until smooth. Gradually add the milk and cook and stir over medium heat until thickened. Stir in the salt and pepper. Remove from heat and add the grated cheese and stir until cheese melts. In a buttered baking dish, place half the cabbage and top with half the cream sauce. Top with remaining cabbage and remaining sauce. Sprinkle the buttered bread crumbs evenly over the casserole. Bake in 350 degree oven for 30 to 35 minutes. Serves 8.

BAKED CABBAGE WITH SAUCE

- 1 medium cabbage cut into 8 wedges
- 1/2 cup finely chopped green pepper
- 1/4 cup finely chopped onions
- 1/4 cup butter or margarine, melted
- 1/4 cup all-purpose flour
- 2 cups milk
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup mayonnaise
- 1 cup grated medium or sharp Cheddar Cheese
- 3 or 4 tablespoons chili sauce

Cook the cabbage wedges for about 10 minutes, drain well, and then place in 9x13x2-inch buttered baking dish. In a saucepan, melt the butter, add the green peppers and onions and sauté until tender. Stir in the flour and cook and stir for about 1 minute. Gradually add the milk and cook and stir over medium heat until sauce thickens. Blend in the salt and pepper, remove from heat and pour sauce evenly over the cabbage wedges. Bake in 375 degree oven for 20 minutes. While cabbage is baking, combine the mayonnaise, cheese and chili sauce and blend well. After 20 minutes, remove cabbage from oven and spoon sauce evenly over the casserole, return to oven and bake 6 or 7 minutes longer. Serves 8.

GLAZED HAM

- 1 pound cooked ham slice (about 1-inch thick)
- 1/2 cup brown sugar, packed
- 1/2 cup honey
- 1/2 teaspoon dried mustard
- 6 whole cloves
- 2 slices canned pineapple

Combine the brown sugar, honey, mustard and cloves in a small saucepan and bring to a boil. Boil for 2 or 3 minutes, stirring frequently. Bake the ham slice in 325 degree oven for about 10 minutes, remove from oven and arrange the pineapple slices on top of the ham and spoon the glaze overall. Bake 15 minutes longer, basting a couple of times. Serves 4.

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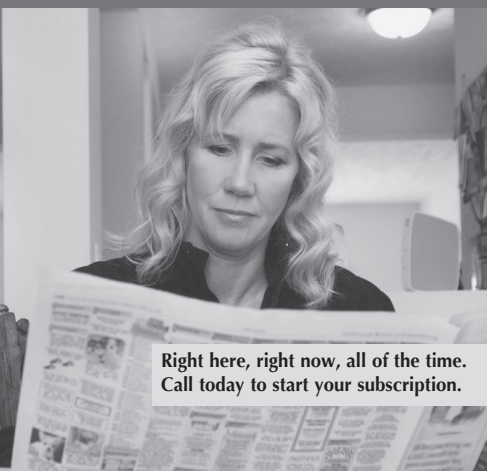
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