



LET'S COOK AND EAT GREEN AND YELLOW VEGETABLES



Don't leave us after we're cooked!

Everybody wants to look their best and feel their best. To look good—you must feel good. To feel good—there must be plenty of the proper food, rest and exercise. Eat plenty of vegetables every day.

- Use fresh, crisp vegetables.
- Cook in the shortest possible time.
- Cook in as little water as possible.
- Cook most green and all yellow vegetables in a covered pan.
- Stir only as necessary while cooking.
- Don't use soda in cooking vegetables. It destroys part of the food value.
- Serve as soon as possible after cooking.

To be healthy, every day you'll eat these vegetables:

- 1 serving of green or yellow vegetables (about 1/2 cup)
- 1 serving of Irish or sweet potatoes (about 1/2 cup)
- 1 serving of "other" vegetables (about 1/2 cup)

VEGETABLE RECIPES

BUTTERED CABBAGE*

Remove outer leaves from cabbage head if wilted or damaged. Cut in eighths or shred with a sharp knife. Cook in boiling, salted water until tender. Requires 10 to 20 minutes for cabbage cut in wedge shapes, and six to 10 minutes for shredded cabbage. Season with melted butter and lemon juice or pepper sauce. Sprinkle with paprika.

SHREDDED CARROTS*

Wash carrots carefully. Do not peel. Shred. Place in stew pan with a small amount of boiling salted water. Cook until tender. Season with butter and black pepper. Serve hot.

PANNED CARROTS

Slice carrots thin. Place in a frying pan with a little melted fat, cover, and cook slowly until tender.

Season with salt and pepper. *For a change, try cooking sliced onions with the carrots. For another change, cut the carrots in strips and cook as above until almost tender. Then add unpeeled apple rings, sprinkle with sugar and brown in oven.*

CANNED STRING BEANS IN TOMATO SAUCE*

- 2 c canned tomatoes or tomato juice
- 4 T flour
- 4 T butter or bacon drippings
- 1 small clove garlic, if desired
- 1 chopped onion
- salt
- pepper
- 1 No. 2 can, or
- 1 quart string beans

*See "This Tastes Good in Texas."



Don't cook us to death!

Melt butter, add chopped onion and garlic. Cook until slightly browned. Add flour, salt and pepper, mix well, add tomatoes and cook until smooth. Drain liquid from the beans. Place a layer of beans in bottom of greased baking dish, cover with tomato sauce. Repeat until all of the beans and the sauce are used. Sprinkle grated cheese or bread crumbs over the top. Bake in a moderate oven (350°F.) for 30 minutes. Serves six.

VITAMIN SALAD*

2 c tender green spinach, or other greens, such as mustard, tendergreens
 2 c raw shredded cabbage or lettuce
 1 c shredded carrots
 1 chopped onion
 3/4 c salad dressing
 Combine all the ingredients, add salad dressing, mix well. Serve as soon as possible.

THIS TASTES GOOD IN TEXAS

I

Meat Loaf and Gravy
 Baked Sweet Potatoes *Buttered Cabbage
 Harvard Beets
 Cornmeal Muffins Butter
 Peach Cobbler
 Milk

II

Fried Chicken Gravy
 Mashed Potatoes
 *Shredded Carrots
 Garden Salad
 Hot Biscuits Butter
 Apple Betty Milk

III

Roast Beef Gravy
 Baked Irish Potatoes, or Corn Pudding
 *String Beans in Tomato Sauce
 Hot Cole Slaw
 Corn Sticks Butter
 Boiled Custard Cookies
 Milk

IV

Baked Chicken Dressing
 Giblet Gravy
 Scalloped Irish Potatoes
 Fresh String Beans
 *Vitamin Salad
 Hot Rolls Butter
 Lemon Pie Milk

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