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EC9977 Leafy Green and Yellow Vegetables

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COOPERATIVE EXTENSION WORK
IN AGRICULTURE AND HOME ECONOMICS
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LEAFY GREEN AND YELLOW VEGETABLES

WHY

Leafy, green and yellow vegetables, are rich in minerals and vitamins and contribute bulk or roughage to the diet. The thinner and greener the leaf, the richer the mineral and vitamin A value. In general green vegetables are good sources of riboflavin also called Vitamin G, contain some B₁ and if eaten raw, considerable amounts of vitamin C. The iron of green vegetables is readily absorbed and used in helping to build red blood. A rich deep yellow indicates a higher vitamin A value in the yellow vegetables.

WHAT ARE THEY

Green

- Asparagus, green
- *Beans, green
- Beet greens
- Broccoli
- Chard
- Dandelion greens
- Escarole
- *Lettuce, leaf
- Mustard greens
- *Peas, green
- Peppers, green and red
- Spinach
- Turnip greens
- Wild greens

Yellow

- Carrots
- Squash, Winter yellow
- Sweetpotatoes

Yellow Fruit

- Apricots
- Cantaloupe

*These vegetables have some vitamin A value but are not rich. If they are chosen more than one serving per day should be used.

HOW TO SERVE

Raw

Tender young, green, leafy vegetables may be used in salads or for decorating summer plates. Bits of broccoli buds add a new crunch to salads.

Carrots washed and scraped may be cut into strips, rounds or latticed. When they are chilled they make a crisp, tempting addition to a meal.



Cooked

Boiling vegetables, such as sweet potatoes, whole in their jackets, in a small amount of water conserves more vitamins than when they are peeled or baked. In some cases cutting and shredding the vegetable lessens the loss of food value because the cooking period can be shortened. Drop vegetables into small amounts of boiling, lightly salted water and cook only until tender. Bring the water to the boiling point quickly after the vegetable is added then lower the heat until it just boils. The cover should be placed slightly ajar to permit the first steam that rises to push the air out of the pan; then put the cover on tight to keep the air out and finish cooking. The small amount of cooking water from mild flavored vegetables may be served with the vegetable itself or added to soup or gravy.

Baking vegetables with a skin like sweet potatoes preserves much of the food value. A vegetable that cannot be baked in the skin may be prepared as for boiling, placed in a baking dish, seasoned, and a small amount of liquid added. The dish is tightly covered and baked in a moderate oven, removing cover toward the end of the baking period for browning. Much of the food value is saved by this method.

Panning conserves food value as the vegetable is cooked and served in its own juice with just enough fat for seasoning. Carrots, beans, spinach, and kale may be cooked in this way. About 15 to 20 minutes before serving time shred or chop the vegetable medium fine. Measure the shredded vegetable and for each quart melt two tablespoons of fat in a heavy flat pan. Add the vegetable, sprinkle with salt and pepper, cover tightly and cook over moderate heat about 8 to 10 minutes or until barely tender.

Steaming is desirable for such vegetables as sweet potatoes, carrots, and squash either with or without pressure.

Frying is the least desirable method of cooking vegetables because cooked fat coats the food and retards digestion. The high temperature used in frying is destructive of vitamins.

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.

Spinach with Horseradish Cream

3 cups canned or frozen	1/2 cup prepared horseradish
cooked spinach	1 cup whipped cream
1 teaspoon vinegar	

Heat and drain spinach. While spinach is heating, blend vinegar and horseradish with whipped cream till smooth and fluffy. Place hot spinach on serving platter and mask with dressing. Serve immediately. Serves six. Spinach prepared in this fashion makes a delicious accompaniment for baked or broiled ham.

Stuffed Green Pepper Salad

2 green peppers	$\frac{1}{2}$ teaspoon salt
2 pkgs. cream cheese (6 oz.)	Dash of pepper
$\frac{1}{3}$ cup mayonnaise	Lettuce
$\frac{1}{4}$ cup stuffed olives	

Wash peppers, cut off tops and remove seeds, and centers. Chop tops for filling. Mash cream cheese to a paste with mayonnaise. Add chopped stuffed olives, chopped green pepper tops, salt and pepper, and mix thoroughly. Pack into green peppers and chill. Slice thin and arrange on bed of crisp lettuce. Serve with French dressing. Serves six.

Wilted Lettuce or Other Greens

1 head lettuce, shredded or	1 small onion, diced
2 lbs. leaf lettuce	$\frac{1}{2}$ cup vinegar
$\frac{1}{2}$ teaspoon salt	1 tablespoon sugar
3 slices bacon	1 hard-cooked egg, sliced

Shred lettuce into 1-inch strips, place in hot serving dish, sprinkle with salt and let stand 10 minutes. Dice bacon, cook until crisp, remove from fat and cook onion in fat until tender. Add vinegar and sugar; when hot, pour over lettuce, mix with fork, sprinkle with bacon and garnish with egg slices. Serve at once. Serves 6 to 8.

Carrots and Cauliflower

1 medium cauliflower head	3 tbsp. butter
5 carrots	3 tbsp. flour
$1\frac{1}{2}$ c. milk or thin cream	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.

Carrots With Peanut Butter

2 cups diced carrots	$\frac{1}{2}$ teaspoon salt
1 tablespoon peanut butter	$\frac{1}{8}$ teaspoon pepper
2 tablespoons flour	1 cup milk
2 tablespoons butter	

Boil diced carrots in salted water until tender. Make white sauce of butter, flour, milk and seasonings. Add peanut butter. Combine with the 2 cups cooked, diced carrots. Approximate yield: Six portions.

Baked Acorn Squash

3 to 4 acorn squash	1 teaspoon salt
4 tablespoons butter, melted	Pepper

Wash squash; cut into halves and remove seeds and fibers. Wipe dry; brush with butter; sprinkle with salt and pepper. Place cut side down on shallow pan containing 2 tablespoons water. Bake in a slow oven (325° F.) $1\frac{1}{4}$ hours. Serves six to eight.

Squash Cooked in Pressure Saucepan

Wash and peel hubbard squash, cut into strips, or wash and cut acorn squash into halves. Place on rack in pressure saucepan. Follow manufacturer's directions for cooking time in the pressure saucepan. Season with salt, pepper, butter and brown sugar.

Glazed Sweetpotatoes

Pare sweetpotatoes and cut in half; drop into enough boiling water (containing $\frac{1}{2}$ teaspoon salt) to just cover. For each sweetpotato add 1 to 2 tablespoons honey (corn or maple sirup, or molasses), and 1 teaspoon table fat. Cover and boil until sweetpotatoes are tender. If liquid has not cooked down enough by the time they are tender, remove cover and boil rapidly until a sirup is formed. Baste sweetpotatoes occasionally with the sirup.

With orange. Place alternate layers of cooked sweetpotatoes and sliced, peeled oranges in a greased baking dish. You will need about 2 oranges to 6 medium-sized sweetpotatoes. Make a sirup by combining--

$\frac{3}{4}$ cup orange juice	$\frac{1}{2}$ cup sugar
1 tablespoon grated orange rind	2 teaspoons cornstarch
$\frac{1}{4}$ teaspoon salt	2 tablespoons melted table fat

Pour sirup over sweetpotatoes. Bake in a very moderate oven (300° F.) about 1 hour. Baste with the sirup several times during baking. Six servings.

Sweetpotatoes Fried, Country Style

Pare and slice ($\frac{1}{8}$ to $\frac{1}{4}$ inch thick) enough raw sweetpotatoes to make 1 quart. Put in a hot frying pan with 2 tablespoons of melted fat. Cover closely. Cook over low heat 10 to 15 minutes or until browned on the bottom. Turn and brown on the other side. If desired, brown a little chopped onion in the fat before adding the sweetpotatoes. Six servings.

Sweetpotato Pie

$\frac{1}{2}$ cup sugar	1 $\frac{1}{2}$ cups mashed sweetpotatoes
1 teaspoon cinnamon	2 eggs, slightly beaten
$\frac{1}{2}$ teaspoon allspice	1 cup milk
$\frac{1}{4}$ teaspoon mace	2 tablespoons table fat, melted
$\frac{1}{2}$ teaspoon salt	9-inch unbaked pastry shell

Mix sugar, cinnamon, allspice, mace, and salt. Stir in sweetpotatoes. Combine eggs, milk, and fat. Add to sweetpotato mixture. Pour into the pastry shell. Bake in a hot oven (400° F.) about 40 minutes or until the filling is set.

Sweetpotato Drop Cookies

1 cup fat	1 teaspoon salt
1 $\frac{1}{4}$ cups sugar	1 teaspoon cinnamon
1 egg, beaten	1 teaspoon cloves
2 cups mashed sweetpotatoes	$\frac{1}{2}$ teaspoon nutmeg
2 cups flour	$\frac{1}{2}$ cup raisins
4 teaspoons baking powder	

Cream fat and sugar. Add beaten egg, mashed potatoes, dry ingredients, sifted together and raisins. Drop from spoon on greased tin and bake in moderately hot oven.