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JOURNAL FOOD SAMPLE

READER RECIPE EXCHANGE



Hearty Western Sandwich



Nutburgers

"Grandma, let's stand on our heads," shout Naomi Dodgson's grandchildren when they come to visit her Bakersfield, Calif. home. Ms. Dodgson, who regularly practices yoga, is glad to oblige and—after a workout—happy to provide her family with a platter of these savory nutburgers, a nutritious substitute for meat. "To get the right texture you need a Mouli grater for the nuts," she stresses.

NUTBURGERS

- 1 cup grated pecans, walnuts and/or other nuts
- 1/4 cup finely chopped onion
- 1 clove garlic, finely chopped
- 1 tablespoon chopped parsley
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- Pinch oregano, crumbled
- Pinch cayenne pepper
- 2 eggs
- 3 slices cheese
- 3 hamburger buns
- Mustard and/or mayonnaise
- Lettuce
- Sliced onion and/or tomato

Combine nuts, onion, garlic, parsley, seasonings and eggs into a mixture that has the consistency of hamburger. Form into three patties or drop from a spoon into a patty pan on a slightly oiled frying pan. Sauté until browned on one side, turn and cover each with a slice of cheese.

Sampler text by Louisa Rose
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Cover the cheese with the tops of hamburger buns, which have been spread with mustard and/or mayonnaise. Meanwhile, on the bottom half of the hamburger buns, put additional mustard and/or mayonnaise, lettuce, sliced onion and/or tomato. As soon as the cheese begins to melt on the nutburgers, remove from heat and place the two parts together. Makes 3 servings.

From Cassie O'Daniel of Cheyenne, Wyo., comes a heart-warming western warmer: a hearty western open sandwich you serve hot from the oven.

HEARTY WESTERN SANDWICH

- 2 tablespoons butter, softened
- 4 slices white bread
- 1 tablespoon mustard
- 3 eggs
- 1/2 cup milk
- 1/2 cup diced cooked chicken
- 1/2 cup diced cooked ham
- 2 tablespoons diced green pepper
- 2 tablespoons diced celery
- 2 tablespoons green chile salsa or chopped green chilies
- 2 tablespoons chopped pimiento
- 1 tablespoon minced green onion
- 1/4 teaspoon seasoned salt
- 4 slices smoked cheese

Butter bread on one side. Use remaining butter to grease a 9-inch square baking dish. Place bread in dish buttered side down; spread mustard on top side of bread. Beat eggs with milk; add all remaining ingredients, except cheese; pour mixture over bread. (May be made ahead to this point and refrigerated until baking time.)

Bake in a preheated 350° oven until set, about 20 minutes. Place a slice of cheese on each sandwich and return to oven for 5 minutes. Garnish with parsley and serve at once. Makes 4 servings.

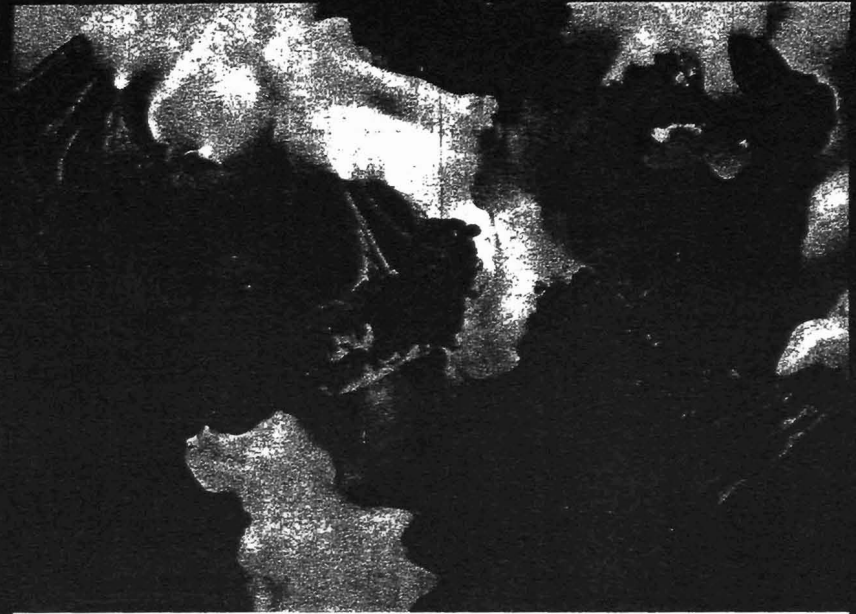
Send us your favorite recipe using ground beef. We'll pay \$50 for two winners. Include origin; we reserve the right to alter recipes used; recipes become property of Downes Publishing, Inc. Entries must be postmarked by Sept. 30. Send: Recipe Exchange, Ladies Home Journal, 641 Lexington Ave., New York, N.Y. 10022.

NEW PRODUCTS

We figure you can have a noisy good time this September. For example, you might begin on the first either in Alabama at the Talladega Motorcycle Classics (VROOM! VROOM!) or in Pontiac, Ill., at the Thresherman's Reunion Parade, held to "preserve memories of steam threshing." (THIRROOM. FLUMP. SSSWOOSH.) If any of you can reproduce the sounds of steam-threshing in print, we'd like to see it. . . . As September wears on you might catch the Old Car Festival (Sept. 7-8) in Dearborn, Mich. (POCKETA, POCKETA . . . pace Thurber) . . . or you might mosey on down to the Four-States Fair and Rodeo (Sept. 16-21) in Texarkana, Tex. (YAHOO-GIDDY-UP) or the Tulsa State Fair (Sept. 27-Oct. 6) in Tulsa, Okla. (MOOOO). Note: We are willing to be corrected on all sounds printed here. If you prefer a quiet September, why not start with the Late for Something Day (Sept. 5)? (Total silence as you arrive at a friend's for dinner one day late.) Whether yours is a lively or quiet September, we're listing a batch of new convenience items to assure you that this September can be an easy September.

- Look for five new products from Catherine Clark's Brownberry Ovens. For salads or soups (some people eat bowls of them for snacks) there are three new kinds of croutons: Seasoned, Cheddar Cheese, and Toasted. And for dessert, two kinds of old-fashioned puddings with all the hurry-up blessings of technology: Bread Fudding (you add egg and milk) and Apple Brown Betty (you add water). There's also an attractive booklet available for the asking. Write for Catherine Clark's Great Little Salad Book to Brownberry Ovens, Dept. LHJ, 1 Meadow Road, Oconomowoc, Wisc. 53068.
- Betty Crocker is introducing two new flavors of ready-to-spread frosting (they have chopped nuts added in): Butter Pecan is one . . . but we favor the Chocolate Nut.
- Nabisco's new Skittle Chips "appeal to a man's taste." The box advises us that these crackers have a "hearty roasted" (continued)

Border design by Barry Zaid; photographs by Charles Gold.



Once he notices the Hollandaise Sauce he can't ignore the broccoli.

Your husband probably likes broccoli. But chances are, he's never paid much attention to it. After all, broccoli is broccoli.

That's why we put Birds Eye® broccoli in combination with broccoli's best friend, Hollandaise Sauce. The thick, golden sauce will catch your husband's eye and before he knows it, he'll be sinking his teeth into our tender broccoli spears and actually noticing them.

Hollandaise Sauce may not make broccoli the main topic of dinner conversation. But at least it'll deserve a mention.



Birds Eye® Combinations

The first vegetables your husband might even notice.

(Above photograph is 2 times actual size.)

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