



# DINNER BELLE

BY JIL UTTERBACK



## Summer Time Salads

It's summer garden time, and I enjoy working in my garden tremendously. However, I am originally from the Midwest, where there is good black dirt naturally and plenty of rain, and I can't say my gardens have been hugely successful here in Bandera. Here, it's hit or miss.

It seems everything looks wonderful until the day after day of 100-degree weather hits, and then— despite watering—the poor vegetables go into shock. Since I retired from working full time in San Antonio, I am hoping for more time to devote to having a good garden this year.

Here is a recipe good for using with summer harvest vegetables. This one originated from my daughter-in-law. She brought the ingredients to our house to make this one family get together and my son was helping her out in the kitchen. They cooked the carrots, and then put them in the blender to process until smooth. Only one problem: My son did not let the carrots cool, so when he put the lid on the blender and turned it on, the carrots exploded out all over the kitchen and up onto the ceiling. Despite that, this remains a family favorite.



### Carrot Soufflé

#### Ingredients:

- 3 pounds carrots
- 1 cup melted butter
- 4 eggs
- 2 cups sugar
- ½ cup powdered sugar
- ½ cup flour
- ½ teaspoon salt
- ½ teaspoon nutmeg

#### Directions

Cook the carrots until tender, drain and let cool. Once cooled, process in a blender until smooth. Add butter, eggs, sugars, flour, salt and nutmeg. Mix well, and then pour into a 1½-quart baking dish, lightly greased or sprayed. Bake at 350 F for 50 minutes.

Here is a simple recipe my mom makes, but I will warn you: It does not have exact ingredients. It calls for “use your judgment” measurements. It's great to take to a summer picnic; so refreshing and always a hit. And those cucumbers, if they do grow in your garden, you usually have way too many and they go to waste.

#### Cucumber and Onions

##### Ingredients:

- Three or four cucumbers
- One large onion
- ½ cup vinegar
- ½ cup sugar
- Milk

##### Directions

Slice cucumbers and place in a bowl. Slice one large onion, and pull apart the rings and place in bowl. Combine vinegar and sugar to make one cup and pour over the cucumbers and sliced onions. Add milk to cover. Refrigerate several hours before serving.

Finally, here is a recipe that was marked “Favorite” in my mother-in-law’s recipes. My husband loves this recipe, and I don’t know why I don’t make it more often. You can make it days in advance; it lasts a long time in the refrigerator.

#### 3 Bean Salad

##### Ingredients for salad

- 1 15-ounce can of green beans
- 1 15-ounce can of wax beans
- 1 15-ounce can of red kidney beans
- 1 medium onion chopped
- 1 green pepper chopped

##### Ingredients for sauce

- $\frac{3}{4}$  cup sugar
- $\frac{2}{3}$  cup vinegar
- $\frac{1}{3}$  cup salad oil
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon pepper



#### Directions

Drain beans—wash kidney beans under cold water until clear and set aside in a bowl. Add all ingredients together. Then prepare the sauce. To prepare the sauce, bring sugar and vinegar to boil. Remove from stove and add oil, salt and pepper. Pour over the beans. Refrigerate several hours or overnight. You can add a can of lima beans if desired. Until the fall issue, enjoy those summer time fresh vegetables and fruits.

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