

Spanish Cabbage

2 tablespoons shortening
1 small onion, thinly sliced
1 cup tomatoes
1 small cabbage head, thinly sliced
1 small green pepper, thinly sliced
1/8 teaspoon salt

Melt shortening in a skillet or saucepan that has a lid. Add onion and cook until clear but not browned. If it browns, the shortening is too hot. Add remaining ingredients. Cover and cook over low heat until tender--5 to 10 minutes. Makes 6 servings.

You may use fresh or canned tomatoes in this recipe. Two or three medium-sized fresh tomatoes will make a cupful when peeled and chopped.

The shortening could be butter, margarine, oil, hydrogenated shortening, lard, or bacon drippings. You may like the flavor of one better than the others, or you may have to use what's on hand.

Garlic Bread

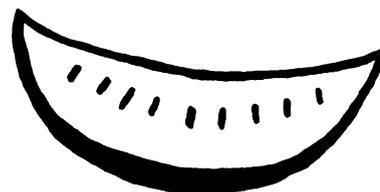
Soften $\frac{1}{4}$ cup butter or margarine. Add $\frac{1}{2}$ teaspoon garlic powder. Spread on slices of bread--any kind will do. Place on cookie sheet or wrap in aluminum foil. Bake at 350°F for 10 to 15 minutes.

Fresh fruits make good desserts. Watermelon is a favorite late summer fruit. You can buy whole melons or pieces. Pieces usually cost more per pound than whole melons, but pieces may still be the best buy if your family is small.

An uncut watermelon should have
--A relatively smooth surface
--Rounded ends
--A slightly dull rind
--A creamy colored underside or "belly"

A cut watermelon should have
--Firm juicy flesh
--Good red color, free from white streaks
--Dark brown or black seeds

Don't buy watermelons with
--Pale colored flesh and white streaks
--Dry and mealy or watery, stringy flesh
--White seeds



Most of the foods for this meal are cooked in the oven--the meat loaf, french fries, and garlic bread--to make wise use of the heat. For a winter meal, you might bake apples or an apple crisp for dessert.

Prepared by Jo Anne Barton, Extension Specialist - Foods and Nutrition