

Bethel Cookbook

Fried Eggplant

1 medium eggplant
4 cups water
1 tsp. salt
1 tsp. pepper

2 eggs
½ cup milk
¾ cup flour

Peel and slice eggplant into thin strips. Soak in ½ tsp. salt and 4 cups water for 30 minutes. Remove eggplant and drain. Add remaining salt and pepper. Let set for 10 minutes. Mix eggs and milk for batter. Dip eggplant into and roll in flour. Fry in 1 inch grease or oil until golden brown.

Carl Merritt

Cheddar Baked Potatoes

1 can Cream of Mushroom soup
½ tsp. pepper
1 cup shredded cheddar cheese

½ tsp. paprika
4 medium baking potatoes, sliced

Combine soup, paprika and pepper. Grease 2 qt. baking dish, arrange potato slices in overlapping rows. Sprinkle with cheese; spoon on soup mixture over cheese. Cover with foil. Bake at 400° for 45 minutes. Uncover; bake for 10 minutes.

Pat Singletary

Yellow Squash

3 to 4 yellow squash, cut into cubes
1 medium onion, chopped
3 tbs. butter
Salt and pepper to taste

Combine in skillet and stew. Just before serving, add 1 cup sour cream.

Pat Singletary

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Fried Green Tomatoes

3 green tomatoes	½ tsp. pepper
2 cups cornmeal	½ tsp. paprika
1 tsp. salt	1 Tbs. flour

Slice tomatoes into thick in crosswise slices. Combine all dry ingredients. Coat tomatoes with dry mixture. Drop into hot fat until golden brown

Carl Merritt

Green Beans

3 strips lean bacon
1 small onion
2 cans green beans, fresh, cut, or french

Chop onions and bacon and sauté. Drain half of water off beans and put in pan with onions and bacon. Salt and pepper to taste. Simmer for 10 to 15 minutes.

Cee Merritt

Oven Fried Green Tomatoes

1/3 cup cornmeal	4 medium green tomatoes, (cut into
1/3 cup all-purpose flour	½ inch slices)
½ tsp. salt	Pam
½ tsp. pepper	1 Tbs. parmesan cheese

Combine first four ingredients. Dip tomato slices in water and dredge in cornmeal mixture. Place tomato slices on a baking sheet coated with Pam. Coat each slice with Pam. Bake at 400° for 15 minutes. Sprinkle with parmesan cheese. Bake 5 minutes. Serve immediately. (64 calories per 2 slices, 1.1 grams fat)

Pat Singletary

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Garlic Grits

4 ½ cups water	1 roll garlic cheese
1 cup grits (fast cooking)	1 tsp. salt
½ lb. butter (margarine)	½ cup milk
2 eggs	1 cup buttered corn flakes

Pour grits into boiling water (salt added). Cook over low heat 15 minutes. Cool 15 minutes. Melt butter and ¾ of roll of garlic cheese and add to grits. Beat eggs and add milk. Slowly stir in grits. Pour into greased baking dish. Top with remaining grated cheese and buttered corn flakes. Bake at 350° for 45 minutes to 1 hour.

Barbara Stiles

Lemon Vegetables

4 small new potatoes, unpeeled and sliced
2 carrots, cut into thin strips
2 yellow squash, cut into thin strips
1 zucchini, sliced
1/3 cup melted butter
1 Tbs. grated lemon rind
3 Tbs. lemon juice
Salt and pepper

Arrange potatoes and carrots in vegetable steamer over boiling water. Cover and steam 8 minutes. Add squash. Cover and steam 2 minutes. Place vegetables in a serving bowl. Combine butter and remaining ingredients. Pour over vegetables and toss gently.

Pat Singletary

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Potato Pancakes

2 eggs

½ small onion

1 tsp. salt

Dash of pepper

2 cups diced raw potatoes

¼ cup flour

In blender, blend eggs, onion, salt, pepper, and 1 cup potatoes at high speed until smooth. Add flour and remaining potatoes; blend at high speed until potatoes are just grated. Pour about ¼ cup potato batter for each pancake onto hot greased griddle. Bake until crisp and brown on both sides. Serve with warm applesauce. Makes 8 four inch pancakes.

Carl Merritt

Onion Roasted Potatoes

1 envelope Lipton Onion Recipe Soup mix

2 pounds all-purpose potatoes, cut into large chunks

1/3 cup olive or vegetable oil

Preheat oven to 450°. In large plastic bag, add all ingredients. Close bag and shake until potatoes are evenly coated. Empty potatoes into a shallow baking or roasting pan. Discard bag. Bake, stirring occasionally, 40 minutes or until potatoes are tender and golden brown. Garnish, if desired, with chopped parsley. Makes about 8 servings.

Mary Bailey