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'We Want Steak'

by Barb Pierson, H. JI. 3

"But Daddy doesn't have to eat it!" In a few years this may be chanted regularly at your dinner table. And the rejected foods will probably be vegetables.

A menu featuring grilled steak, French fried potatoes, hot biscuits, and ice cream would undoubtedly be eaten with enthusiasm by your husband and acclaimed the "utopia" of culinary ability. But for health's sake, it is desirable that vegetables be included in meals.

A recent food preference study among service men shows that few vegetables are well-liked. Turnips, broccoli, asparagus, and cauliflower topped the list of disliked foods.

This presents a challenge to the homemaker. Vegetables are a valuable source of minerals and vitamins; they should be eaten — and they can be enjoyed.

The first step is to avoid monotony. The list of available canned, frozen, and fresh vegetables is a long one; so try to introduce new vegetables into your menus.

Consider interesting preparations. First, however, follow the rules for cooking the vegetables:

- (1) Use as little water as possible.
- (2) Cook quickly — just until tender.
- (3) Season and serve at once.

Then experiment with different serving ideas until you find those which appeal to your husband. Add cream to wax beans, onions, or turnips. Complement green vegetables with cheese sauce or a liberal sprinkling of grated Parmesan cheese.

Toasted, chopped nuts may be sprinkled on vegetables, or sauté sliced mushrooms in butter and add to cooked vegetables.

Variations of cream sauce offer ways to dress up a plain vegetable. Browned onion, bits of crisp bacon, or a bouillon cube might be added to the sauce. For vegetables of the cabbage family, add a little mustard or curry powder to the sauce. Broccoli and cauliflower are delicious and unusual with a topping of creamed seafood.

Vegetables don't have to be served hot. Use them in gelatin, or marinate them in spicy dressing for a cold, crisp salad.

Ingenuity in preparation, combined with attractive serving methods, may be the key to increasing your family's willingness to accept vegetables.

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