

French Onion Soup

- 1 1/2 pounds onions
 - 1/4 cup oil
 - 4 cups water
 - 3 vegetable bouillon cubes
 - 5 slices bread
 - 1/2 cup shredded cheese
1. Peel and thinly slice onions.
 2. Heat oil in large pot. Add onions and cook until golden brown. Keep pot covered and stir often.
 3. Add water and bouillon and simmer for 30 minutes.
 4. To serve, pour soup into individual soup bowls. Place a piece of bread in each and top with cheese. Brown for a few minutes under the broiler. Serve at once. Makes 4 to 5 servings.

Onions

Spanish, Red, Yellow, White, Pearl, Bermuda

- Choose: Onions that have a hard dry skin and are firm.
- Store: In a cool, dry place. They may need to be refrigerated in the summer.
- How to use: Onions add flavor to any recipe. They can be eaten raw or cooked; whole, chopped, sliced, grated, boiled, baked or sauteed.

Easy Broccoli Casserole

- 1 large bunch broccoli, chopped into 1" pieces
 - 1/2 cup low fat yogurt
 - 1/2 cup shredded cheese
 - 1 tsp. mustard
 - 1/8 tsp. cayenne pepper
1. Wash and trim broccoli. Cook in a covered pot in a small amount of boiling water about 8-10 minutes. Drain
 2. Place broccoli in a 1 quart casserole dish.
 3. Combine remaining ingredients. Spoon over broccoli. Bake, uncovered at 400 degrees for 10-15 minutes or until bubbly.

Broccoli

- Choose: Compact, firm cluster of flower buds that have not opened.
- Store: Broccoli should be stored in the refrigerator in a plastic bag, and is best if used within 3-5 days.
- Wash well and remove tough stems. To cook, boil or steam for about 9-12 minutes. Do not overcook.

Apple Betty

- 4 cups apples, sliced
 - 1/4 cup fruit juice
 - 3/4 cup flour
 - 1 cup sugar
 - 1/2 tsp. cinnamon
 - 1/4 tsp. nutmeg
 - 2 Tbsp. butter or margarine
1. Place sliced apples in a lightly greased pie pan. Pour fruit juice over apples.
 2. Combine flour, sugar, cinnamon and nutmeg in a mixing bowl. Cut in butter or margarine with 2 knives until mixture is crumbly. Place crumb mixture over apples.
 3. Bake at 375 degrees for 45 minutes or until apples are tender.

Apples

- Choose: Firm, blemish-free apples with no soft spots or wrinkled skin. One pound of apples equals 3 cups of slices.
- Store: Apples should be stored in the refrigerator and are best if used within 2 weeks.
- How to use: Wash well and eat plain, on cereal, in yogurt or use in your favorite recipe.