Once upon a table

Meals to Please a Man
Once Upon A Time a young woman discovered she could use Birds Eye Combination Vegetables in a nifty meal that pleased her man (a handsome but hungry hero), and yet gave her time to change into her yellow sweater, and to set the table with yellow pottery.

Being indeed a good-hearted type, our heroine passed along this Broccoli-Casserole Chicken recipe (the smooth sauce packaged right with the green vegetable) to a friend—a working wife with little extra time for paring vegetables.

Aha, said the friend, and did you know you can also serve a man tender salmon steak with green peas and potatoes in cream sauce and still make the early movie together instead of cleaning up the kitchen?

Well, Birds Eye believes any recipes that wind up with men being pleased with women (and women likewise with men) deserve to be winners. Come along and create your own happy endings with our best man-pleasing meals that begin Once Upon A Table...
Once Upon a Table... by a fireside appeared a comforting meal for a husband who came in from the cold.

Not just the cold of the wind, but the cold of the daily struggle—the newspaper headlines, the lost customer, the crowded bus home. But he saw the candlelight and the book he had wanted from the library, and his favorite meal and favorite girl, and it seemed the day might turn out all right after all.

For favorite girls everywhere, here are good and easy meal ideas especially adaptable to serving two or four.
SHRIMP
LOUISVILLE
(Pictured on page 4)

1 package (7 oz.) Birds Eye Rice and Peas with Mushrooms

1/2 pound cleaned shrimp, cooked*
1/2 cup sour cream
1/4 cup milk
1 tablespoon lemon juice (optional)
1/2 teaspoon salt
*Or use frozen shrimp, cooked

Prepare rice and peas with mushrooms as directed on package. Gently mix in shrimp, sour cream, milk, lemon juice, and salt. Makes 3 cups or 3 servings. (Of course, there's nothing to stop you making this in two hearty servings if you're both hungry.)

Soft guitar music drifting from the stereo and his favorite wine on the table. Food for comfort and cheer: shrimp in a savory sauce, broiled tomatoes with herb topping, warm blueberry pie.
Select a bright-colored enamelware baking pan that will let you bake, broil, and serve this good-looking combination with just one dish—a blessing at clean-up time.

4 breaded pork chops, about 1 inch thick*
1 package (8 oz.) Birds Eye Mixed Vegetables with Onion Sauce
1/2 cup dry bread crumbs
2 tablespoons butter, melted
*Or use 4 breaded veal chops, about 1 inch thick.

Brown chops lightly in small amount of fat in hot skillet. Place in shallow baking dish, cover, and bake at 350° about 1 hour. Prepare mixed vegetables with onion sauce as directed on package. Pour over chops. Combine bread crumbs and melted butter and sprinkle over vegetables. Place under pre-heated broiler about 5 minutes or until bread crumbs are golden brown. Makes 4 servings.

Keep this good and easy recipe in mind for a relaxing Friday night dinner. Serve with: tossed green salad, toasted sesame rolls, and glazed apples baked in the same oven with the chops.
A quick stop at your friendly delicatessen or market and you're all set to make this delicious baked "croque-monsieur"—a super sandwich, without the bread.

1 package (9 oz.) Birds Eye Small Onions with Cream Sauce
4 large slices (8 oz.) boiled ham
4 large slices (8 oz.) cooked turkey
4 slices (4 oz.) Swiss cheese

Prepare small onions with cream sauce as directed on package. Arrange ham slices in bottom of shallow baking dish. Top with turkey slices, cheese slices, and small onions with cream sauce. Bake at 350° for 15 to 20 minutes until thoroughly heated. If browner top is desired, place in pre-heated broiler 2 to 3 minutes until glazed. Makes 4 servings.
3 salmon steaks (about 2 lb.)
2 tablespoons lemon juice
1/2 teaspoon salt
1 package (8 oz.) Birds Eye Green Peas and Potatoes with Cream Sauce
1 package (3 oz.) cream cheese, softened
2 tablespoons bread crumbs
1 tablespoon butter

Cut each salmon steak into 2 pieces. Place in a baking dish and sprinkle with lemon juice and salt. Bake at 300° for about 15 minutes or until fish flakes easily with a fork. Meanwhile, prepare peas and potatoes with cream sauce as directed on package. Stir in cream cheese over heat until blended and spoon over top of salmon. Sauté bread crumbs in butter and sprinkle over sauce. Makes 6 servings.

Spring-In-Your-Heart-Menu: Salmon Steak Columbia, tomato and watercress salad, crisp croissants, fresh strawberry sundae.
Once Upon a Table... (and this was a kitchen table), a meal was served by a pretty wife in a state of shock. She had just looked at her food budget.

However, being a student of both history and cookbooks, she knew thrifty cooks in every country for centuries have used vegetables to stretch meats, poultry, and fish. Or to create nourishing country-style soups, stews, and casseroles.

Birds Eye Combinations, being well-seasoned and rather special, could also be counted on to add interest to sausages, canned corned beef hash, hamburger, meat balls, and other relatively low priced foods.

Feeling more cheerful, the pretty wife ladled out a second helping of kielbasa with vegetables for her husband.

Moral: Being short of household cash has never defeated a good cook.
WAYS TO DRESS UP MEAT
(and still keep within the food budget)

**Saturday Supper** (pictured on page 10)
Cook your favorite kielbasa, knockwurst, or bratwurst; then cut into 1½-inch slices. Meanwhile, prepare a package of Birds Eye Green Peas and Potatoes with Cream Sauce according to package directions. Combine and serve in shallow casserole.

**Sporty Touch for Hamburgers**
Add one tablespoon minced onion to one package French Green Beans with Sautéed Mushrooms and cook as directed on package. Remove from heat and stir in ½ cup sour cream. Serve with man-sized broiled hamburgers or grilled minute steaks.

**Holiday Onions in Wine Sauce**
Happy thought for sautéed liver, veal chops, baked ham: Combine in saucepan, Birds Eye Small Onions with Cream Sauce, ¾ cup water, ¼ cup dry white wine, 1 tablespoon butter, dash of mace. Cover and bring to a full boil; then reduce heat and simmer 4 minutes, stirring occasionally. Remove from heat and stir until sauce is smooth.
SAUSAGE PAESANO

6 Italian link sausages
1/2 cup sliced onion
1/2 cup green pepper strips
1/2 teaspoon chili powder
1/2 cup water
1 package (8 oz.) Birds Eye Corn and Peas with Tomatoes

Brown sausage in skillet. Add onion and pepper strips; sauté just until tender. Stir in chili powder and water. Cover and simmer about 10 minutes. Add vegetables and bring to a full boil. Reduce heat and gently simmer, covered, until vegetables are just tender—4 or 5 minutes. Makes about 3 1/2 cups or 3 servings.

Double the recipe for a hearty skillet supper to serve after a day of skiing or swimming or taking the children to the zoo. Serve in a mood Italiano: buttered hot maruzzelli (small shell pasta), green salad with black olives, crisp Italian bread, dessert of Bel Paese cheese and ripe pears.
MEAT BALLS JARDINIER

⅓ cup soft bread crumbs
⅓ cup milk
1 pound ground beef
⅓ cup finely chopped onion
1 egg, slightly beaten
⅗ teaspoon salt
Dash of pepper
Dash of nutmeg
2 tablespoons shortening
1 package (10 oz.) Birds Eye Vegetable Jubilee
⅔ cup water
1 tablespoon butter

Combine crumbs and milk; then add ground beef, onion, egg, and seasonings. Mix together lightly, but well. Shape into about 20 balls, 2 inches in diameter. Brown meat balls in shortening in skillet. Drain off fat. Add vegetables, water, and butter to skillet. Simmer for about 5 minutes, stirring occasionally. Makes 4 servings.

Skillet Power—If you have an electric skillet or electric fry pan tucked away, bring it out for these juicy meat balls. Serve with crisp browned potatoes, spinach and lettuce tossed salad, and fruited gelatin and spice cookies.
CHICKEN-BROCCOLI CASSEROLE

This is a cooking-cousin to Chicken Divan (which men have always liked), with the hollandaise sauce already provided with the vegetables. A good buffet dish.

2 packages (10 oz. each) Birds Eye Broccoli Spears with Hollandaise Sauce
10 to 12 large slices cooked chicken or turkey
1 can (10½ oz.) condensed cream of chicken soup
1/4 cup milk
1 tablespoon dry sherry wine
2 tablespoons grated Parmesan cheese

1 package (8 oz.) Birds Eye Green Peas and Potatoes with Cream Sauce
1 cup milk
1/2 cup chicken broth
1 tablespoon butter or margarine
2 teaspoons lemon juice
1/4 teaspoon salt

Crumbled bacon or seasoned croutons

Combine all ingredients, except bacon, in saucepan. Cover and bring to a full boil over high heat. Remove from heat; stir until sauce is smooth. Pour into electric blender container, cover, and puree until smooth—about 2 minutes. Serve hot topped with crumbled bacon or croutons of French bread sautéed in garlic butter. Makes about 2 1/2 cups or 4 servings.

Country Kitchen lunch, ready in 15 minutes: bowls of steaming potato-pea soup; crisp romaine salad with slivers of salami, cheese, and chopped dill; melon slices for dessert.
ROSS-THE-ROAD
CHICKEN

1 package (9 oz.) Birds Eye Small Onions with Cream Sauce
3 pounds (about) frying chicken pieces
½ teaspoon salt
Dash of pepper
1 teaspoon chopped parsley

Cook onions with cream sauce as directed on package. Place chicken pieces in a shallow baking dish. Sprinkle with salt, pepper, and parsley. Pour onions with sauce over chicken. Bake at 350° for 1 hour or until chicken is tender. Makes 4 servings.

Just about the easiest (and best) chicken to come down the road. You might put some acorn squash with honey and nuts in the oven to bake with the chicken. Sliced avocado and orange salad, and toasted angel food cake with frozen whipped topping for dessert.
Once Upon a Table... there were—surprise!—four trays in beautiful colors set up with silverware the night before by a working woman. Early in the game, she had decided it takes more than heaven to protect the working girl, so she had wisely planned a menu that would let her enjoy the meal with her guests. She had decided that Birds Eye Combinations must have been planned with working girls in mind, since the paring, cutting, saucing, combining of the vegetables was all done and not in her kitchen. So she had the time, even after 5 o’clock, to prepare an interesting meal.

For working wives, single girls who entertain, brides, young families, here are recipes that fit the contemporary style of work and relaxation. All can be prepared with ease, can be served indoors and out.
LEMON CHICKEN, GARDEN STYLE
(Pictured on page 18)

1 envelope Shake 'n Bake Seasoned Coating Mix for Chicken
2 teaspoons lemon rind
2 1/2 pounds cut-up chicken
2 tablespoons lemon juice
1 package (10 oz.) Birds Eye Zucchini Squash
1 package (10 oz.) Birds Eye Green Peas and Pearl Onions, partially thawed
1/4 cup butter or margarine
1/2 cup light cream
1/2 teaspoon salt
1/4 teaspoon basil or tarragon
Dash of pepper

Combine seasoned coating mix with lemon rind in plastic shaker bag. Moisten chicken with lemon juice, shaking off excess liquid. Shake 2 or 3 pieces at a time in bag; then arrange in single layer in ungreased shallow baking pan. Bake at 400° for 40 to 50 minutes or until tender.

While chicken bakes, cook zucchini as directed on package and drain. Add peas and onions, butter, cream, salt, herbs, and pepper. Cover and heat slowly just until peas and onions are tender—3 to 4 minutes. Arrange chicken on heated platter and surround with vegetable garland. Add thin slices of lemon for decorative garnish. Serves 4.

Served indoors or out, this happy combination of crisp chicken and tender vegetables makes life easier for the working girl hostess. Main dish all on a single platter or serving tray. Cool orange salad, toasted sesame sticks.
Sprigtime Quiche

The quiche, a rather classy baked custard tart, makes an appetizing and unusual lunch or supper dish. Serve it warm.

8 bacon slices, diced
1 1/2 cups thinly sliced onions
1 package (10 oz.) Birds Eye Green Peas and Celery
1/2 cup light cream
1/2 cup milk
1/2 teaspoon salt
3 eggs, slightly beaten
1 unbaked 9-inch crust

Sauté bacon in skillet until crisp; remove from skillet and drain on absorbent paper. Sauté onions in bacon drippings until tender but not browned. Remove from skillet and drain on absorbent paper.

Cook peas and celery as directed on package. Bring cream, milk, and salt to a boil in saucepan. Pour a small amount of hot cream mixture into eggs, stirring constantly. Then pour eggs into cream mixture in saucepan. Gently stir in peas and celery, onions, and bacon. Pour into crust. Bake at 400° for 15 minutes; then reduce heat to 325° and bake 15 minutes longer, or until a knife inserted 1 inch from center of pie comes out clean. (Center will be soft.) Cool a few minutes before serving. Makes 6 servings.

Sprigtime luncheon in the continental manner: Quiche, salad of mixed greens, compote of fresh pineapple and strawberries. To complement the quiche, a chilled light white wine would be refreshing.
ROILED HAM WITH GLAZED CARROTS

1 package (10 oz.) Birds Eye Carrots with Brown Sugar Glaze
¾ to 1 pound ready-to-eat ham slice, about ½ inch thick
1 teaspoon prepared mustard

Prepare carrots as directed on package. Meanwhile, broil ham slice for about 7 minutes; turn. Spread with about 1 teaspoon prepared mustard and broil 5 minutes longer. Top with prepared carrots. Makes 3 servings.

Hurrah for simple meals you can whip together quickly to nourish husband or friends before an early movie or bowling date.

As the ham broils, crisp some garlic bread or herb-buttered bread in the oven. Salad could be cucumbers and sweet onions in sour cream, spiked with a little lemon juice. Dessert, after the movie: ice cream topped with Birds Eye Quick Thaw Red Raspberries.
SUNDAY JAMBALAYA

Shrimp Jambalaya was a favorite lunch-eon dish on the paddlewheel steamboats that once traveled the Mississippi. This tasty version can be prepared in less than a half-hour.

1 clove garlic, chopped, or 1 tablespoon chopped onion
1 package (7 oz.) frozen shrimp, thawed*
1 tablespoon salad oil
1 can (1 lb.) tomatoes
1 package (9 oz.) Birds Eye French Green Beans with Sautéed Mushrooms
2/3 cup water
1 teaspoon salt
1/8 teaspoon thyme
1/8 teaspoon pepper
2 dashes Tabasco sauce
2/3 cup Minute Rice
*Or use 1/2 pound cleaned shrimp


Leisurely Luncheon: Shrimp Jambalaya, salad of mixed greens with tarragon dressing. For dessert, a riverboat specialty—lemon meringue pie.
Once Upon a Table... sat a platter with a gloriously glazed pork roast, with sweet potatoes and oranges all around. And the warm aroma was so delicious, the husband came up from the basement where he had been waxing his skis (instead of fixing the toaster, which his wife thought he was doing) and the children climbed into their chairs without even asking once what dessert was going to be.

Vegetable combinations give you a head start on hearty family meals such as roast pork and braised lamb. Even inspire a new way to serve the last of the holiday turkey.
LAZED PORK WITH ORANGES AND SWEET POTATOES
(Pictured on page 24)

Vegetables added the last hour of roasting give the pork loin a succulent glaze.

4 to 5-pound pork loin
1 can (11 oz.) mandarin orange sections
1/4 teaspoon salt
2 packages (10 oz. each) Birds Eye Sweet Potatoes with Brown Sugar Pineapple Glaze
1/4 cup chopped pecans

Score fat on pork loin and place, fat side up, in shallow oven-proof dish. Bake at 325° for 1 hour and 15 minutes. Meanwhile, drain orange sections, measuring syrup. Add hot water to syrup to make 1 1/3 cups. Add salt and glaze cubes from sweet potatoes to measured liquid; stir until well blended.

Drain excess fat from partially cooked meat. Arrange frozen sweet potatoes around meat. Add liquid mixture. Continue baking, basting frequently, about 1 hour, or until internal temperature of pork is 170° and pork and potatoes are glazed. Arrange drained orange sections around pork in baking dish. Sprinkle with pecans, return to oven until nuts are lightly browned. Makes 6 servings.

TYROLEAN LAMB WITH NOODLES

4 tablespoons all-purpose flour
2 teaspoons salt
1 teaspoon celery seed
1 teaspoon caraway seed
1 teaspoon rosemary leaves
3 pounds lean lamb, cut into 1-inch cubes
2 medium onions, chopped
4 tablespoons salad oil
2 teaspoons tarragon vinegar
4 cups water
2 packages (9 oz. each) Birds Eye French Green Beans with Sautéed Mushrooms
1 package (12 oz.) egg noodles

Combine flour and seasonings; use to coat meat; then brown meat and onion in hot oil in large saucepan. Add vinegar and water. Cover and simmer gently until meat is tender—about 45 minutes. Push meat to one side of pan. Add frozen vegetables; cook until thawed, separating with a fork if necessary. Cover and simmer 8 to 10 minutes, or until vegetables are tender. Meanwhile, cook egg noodles as directed on package. Arrange lamb and vegetables with hot noodles on a heated platter. Makes 6 servings.

Here's a cheerful, gemütlich dinner to welcome your clan after an afternoon in the outdoors. Keep the Tyrolean spirit by serving with good dark rye bread and a salad of sliced cucumbers, marinated sweet peppers, and sweet onions in oil and vinegar dressing.
1 package (10 oz.) Birds Eye Vegetable Jubilee
2 cups milk
$\frac{1}{2}$ cup light cream
1 tablespoon butter
$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ teaspoon marjoram (optional)
1 cup flaked cooked codfish, or other white fish

Combine vegetables, milk, cream, and butter in saucepan. Cover and bring just to a boil over high heat. Remove from heat and stir until sauce is smooth. Add salt, marjoram, and codfish. Cover and simmer 3 minutes, stirring occasionally. Makes 4 cups or 8 servings. (*Four servings, if chowder is your main course.*)

You can enjoy a cozy seaside supper just as easily in a landlocked apartment as on a Greek yacht. (Well, almost as easily.) Serve the chowder lavishly from tureen or deep bowl and pass around a basket of toasted water biscuits. Salad might be sliced tomatoes, cucumbers, and sweet onions. Then bring on the apple pie and plenty of hot coffee.
CHICKEN OF LA MANCHA

1 1/2 cups Minute Rice
1/2 cup finely chopped onion
3 tablespoons butter
1/2 teaspoon salt
1/4 teaspoon saffron
Dash of pepper
1 1/2 cups chicken bouillon*
1 package (10 oz.) Birds Eye Corn and Peas with Tomatoes
1 package (10 oz.) Birds Eye Green Peas with Sautéed Mushrooms
1/2 cup water
1 chicken bouillon cube
1/4 teaspoon oregano leaves
1/2 pound cleaned shrimp
4 or 5 medium-size cooked chicken pieces

Sauté rice and onion in butter in a large skillet or saucepan over medium heat until golden brown, stirring frequently. Add salt, saffron, and pepper. Gradually stir in chicken bouillon. Bring quickly to a boil over high heat. Cover; remove from heat and let stand 5 minutes.

Meanwhile, combine remaining vegetables in a saucepan with the water, chicken bouillon cube, oregano, shrimp, and chicken. Cover tightly and bring to a full boil over medium-high heat. If necessary, stir the vegetables to hasten thawing. Reduce heat to low and simmer, covered, very gently until the vegetables are just tender—about 6 minutes. Spoon rice mixture around sides of a hot serving platter and arrange vegetable mixture in center. Garnish with lemon slices and parsley. Makes about 4 or 5 servings.

*Or use 1 chicken bouillon cube dissolved in 1 1/2 cups boiling water.


BISCUIT-TOPPED TURKEY CASSEROLE

1 1/2 cups milk
2 tablespoons butter
1/2 teaspoon salt
1/2 teaspoon curry powder
1/2 teaspoon poultry seasoning
2 packages (8 oz. each) Birds Eye Mixed Vegetables with Onion Sauce
1 teaspoon lemon juice
2 cups diced cooked turkey
1 can refrigerated biscuits

Combine milk, butter, salt, curry powder, and poultry seasoning in saucepan. Add vegetables. Cover and bring to a full boil over high heat. Remove from heat; stir until sauce is smooth. Stir in lemon juice and turkey. Pour into 1 1/2-quart shallow baking dish. Bake at 375° until hot and bubbly—about 10 minutes. Top with biscuits. Continue baking until biscuits are done—about 15 minutes. Makes 4 or 5 servings.

Subtle spices lift this dish out of the Goodbye Turkey doldrums. Since there are no separate vegetables to prepare, your teen cooks could master this recipe when a school pal stays on for dinner. Serve with chilled tomato cocktail, fresh pear and cheese salad, and ice cream with chocolate brownies.
Provide a quick and easy way for you to make everyday vegetables more tasty for your family. They can be served alone or combined with meat, poultry, fish, seafood, and cheese in endless variety.

French Green Beans with Sautéed Mushrooms
French Green Beans with Toasted Almonds
Sliced Beets in Orange Flavor Glaze
Broccoli Spears with Hollandaise Sauce
Carrots with Brown Sugar Glaze
Corn and Peas with Tomatoes
Mixed Vegetables with Onion Sauce
Small Onions with Cream Sauce
Green Peas with Celery
Green Peas with Cream Sauce
Green Peas with Pearl Onions
Green Peas and Potatoes with Cream Sauce
Green Peas with Sautéed Mushrooms
Rice and Peas with Mushrooms
Creamed Spinach
Sweet Potatoes with Brown Sugar Pineapple Glaze
Vegetable Jubilee

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