

FRESH AND FROZEN VEGETABLE COOKING CHART—Concluded

22

Vegetable	Amount to buy, per person	Preparation	Cooking method	Cooking time in minutes*	Ways to serve
SALSIFY (Oyster plant)	¼ pound	Wash and pare. Cut in slices or cubes.	Boil	20-25	Buttered Creamed
SQUASH ACORN	½ squash	Wash. Leave whole or cut in halves and remove seeds.	Bake, whole; take out seeds when done (350°F.) halves; cut side down in pan. Turn after 30 minutes (350°F.)	60 45	Buttered With brown sugar
HUBBARD	½ pound	Wash. Cut in chunks, pare, then cut in pieces. Or wash, and cut in serving pieces but do not pare.	Boil Bake (375°F.) Pressure cooker	35-45 40-60	Buttered Mashed
SUMMER	¼ pound	Wash and cut off stem. Do not pare if fresh. Leave whole or cut into pieces.	Boil, whole cut Bake whole (400°F.) Pan-fry Fry in deep fat (375°-385°F.)	30-60 10-15 30-60 10-15 5-10	Buttered with: chopped parsley, bacon, or tomatoes Fried
ZUCCHINI or ITALIAN	¼-½ pound	Wash. Leave whole or pare. Cut in cubes.	Boil	15-20	Buttered
Frozen cooked SQUASH	3 ounces		Heat in pan Heat in double boiler Bake in casserole (350°F.)	10 25 40	Mashed