

The Estherville Daily News is proud to bring you the Food page every Tuesday. If you know anyone who should be featured on this page, please send their names and why you think they should be featured to: Managing editor, 10 N. Seventh St., Estherville, 51334 or editor@esthervilledailynews.com

Food

O-h!



The joy of eating

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Oh my goodness ... let's hear it for O! There is a wide variety for us to enjoy beginning with 15th letter of the alphabet. While most are healthy, some are to be eaten with a watchful eye!

Okra is usually found in gumbos, but works quite well in other areas of diet including salads and vegetable casseroles.

The beloved orange, that great source of vitamin C, debuts in the morning in juice and can be incorporated in recipes beginning with appetizers and ending with dessert. Peeling a washed orange and eating out of hand is a great way to get another fruit in your daily diet.

Olives are a fun food. But be careful - each olive has an abundance of calories. Orzo is a very small pasta resembling rice, a favorite with Mediterranean nationalities.

Onions add the pizzazz to any dish they come in contact with over the course of the meal. Either folks love onions or not; there is no middle ground.

Last but not least, the recipe for Five Chip Cookies is included in today's line-up. While the name is pure sweetness, the cookie includes wholesome oatmeal. A friend in the Emmet County Auditor's Office is sharing this recipe with us today. As with all desserts and sweets, remember to think when enjoying the taste so as not to overindulge.



Fried Okra Salad

1 medium onion, diced small
1 medium tomato, diced small
White vinegar
1 1/2 pounds fresh okra
(may use frozen okra, thawed)
Corn meal

Dice onion and tomato and place together in small mixing bowl, cover with vinegar and set aside. Roll cut okra in corn meal and fry in hot vegetable oil until golden brown. Drain okra on paper towel. Pour off the vinegar from the tomatoes and onions then combine with the okra in a serving bowl. Serve warm.

Okra Casserole

2 tablespoons butter
1 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon basil
2 tablespoons flour
1 cup Velveeta cheese, cubed
1/4 chopped onion
1/4 green pepper
1 small can sliced canned tomatoes
1 package okra, cooked

Melt butter in saucepan. Saute onion and pepper in saucepan. Add salt, black pepper, basil and flour to onion and pepper mixture. Add the canned tomatoes with the juice. Drain okra and add to above mixture. Add the cup of Velveeta cheese and put in casserole dish. Bake in 325-degree oven for 20 minutes or until bubbly.

Orange Cake

1 package yellow cake mix
3/4 cup Miracle Whip
1 package Dream Whip
3/4 cups orange juice
3 eggs
2 teaspoons grated orange zest

Preheat oven to 350 degrees. Combine the Miracle Whip, Dream Whip, cake mix, orange juice, beaten eggs and orange zest with electric mixer at medium speed for 2 minutes. Pour into a greased and floured 10-inch bundt pan. Bake 35-40 minutes or until a toothpick inserted in the center of the cake comes out nearly clean. Cool 10-15 minutes, loosen sides with a blunt knife and remove from pan. Cool completely. Stir together 1 and 1/2 cups confectioner's sugar with 2-3 tablespoons of milk and drizzle over cooled

cake.

Orange Shrimp

1 tablespoon olive oil
1 pound uncooked peeled deveined medium shrimp, tails removed
1/4 cup sliced green onions
1 fresh jalapeño, finely chopped
1 teaspoon grated orange peel
1/2 teaspoon dried thyme leaves
1 can diced tomatoes, undrained

In 12-inch skillet, heat oil over medium-high heat. Cook shrimp, green onions, chile, orange peel and thyme in oil 1 minute, stirring frequently. Stir in tomatoes. Heat to boiling. Reduce heat; simmer uncovered about 5 minutes or until shrimp are pink and firm and sauce is slightly thickened, stirring occasionally.



Olive Squares

1 cup finely chopped black olives
2 cups mayonnaise
2 cups shredded sharp cheddar cheese
6 English muffins, sliced into halves

In a large bowl add mayonnaise, cheese, and black olives; stir. Spread ingredients on English muffin halves. Space out on a cookie sheet. Bake in oven at 350 degrees for 5 minutes or until bubbly. Cut into squares.

Olive Salad

1 (10 oz.) jar salad olives, rinsed well
1 clove garlic
3 onions, chopped
3 stalks celery, chopped fine
1/2 cup oil
1/2 cup vinegar
1/2 teaspoon salt
1 tablespoon oregano (or more to taste)

Be sure to rinse olives well. Mix all ingredients together. Let stand overnight (do NOT refrigerate).



Orzo with Chicken

2 tablespoons vegetable oil
1 pound boneless skinless chicken breast halves; in 1/2 inch chunks
1 cup orzo
2 teaspoons minced garlic
2 cups water
3 cans stewed tomatoes (14 1/2 oz. each); undrained
16-ounce can great northern beans, rinsed and drained well
1 teaspoon dried thyme
1 teaspoon salt
1/2 teaspoon pepper
16 ounces broccoli florets

In a large skillet, heat oil over medium heat. Add chicken and brown 4-6 minutes. Add orzo and garlic; saute 5-7 minutes or until orzo begins to brown. Add water, stewed tomatoes, beans, thyme, salt and black pepper. Cover and cook 15 minutes, stirring occasionally. Add broccoli. Cover and cook 5-10 minutes, or until broccoli and orzo are tender and chicken is no longer pink.

Mushroom Orzo

2 quarts water
1 1/4 cup orzo, uncooked
1 garlic clove, pressed
1 cup mushrooms, chopped
2 scallions, chopped
1 tablespoon olive oil
1/4 teaspoon black pepper

Bring water to a boil in a pan. Stir in the orzo and cook until al dente, about 7 minutes. Drain and set aside. Saute the garlic, mushrooms and scallions in the oil in a skillet until soft, about 3 minutes. Stir in the orzo, cook for 2 more minutes. Sprinkle with pepper and serve.



Sweet Onion Hot Dish

1 (12-ounce) package medium egg noodles
2 tablespoons butter, melted
6 tablespoons butter
1 cup grated Swiss cheese
Salt and black pepper, to taste
2 sweet onions, diced
2 pounds cooked, drained, and chopped spinach, fresh or frozen
1 cup breadcrumbs
2 hard-cooked eggs, chopped

Bring a large pot of salted water to the boil. Cook the noodles until mostly done, and then drain. Preheat the oven to 350 degrees. Meanwhile, in a large bowl, toss the cooked noodles, 2 tablespoons of melted butter, the cheese and season to taste with salt and pepper. Melt 2 tablespoons of butter in a medium skillet. Add the onions and cook over medium heat or until the onions are soft but not brown. Stir in the spinach; raise the heat to high and cook uncovered until the moisture has evaporated, stirring often.

Brush the bottom and sides of a 2-quart baking dish with 1 tablespoon butter. Arrange a third of the noodle mixture on the bottom, top with half the spinach mixture, one third of the noodles, the remaining half of the spinach mixture, and top with the remaining noodles. Melt the remaining 2 tablespoons of butter in a heavy skillet, remove from the heat, and stir in the breadcrumbs. Sprinkle the crumb mixture over top and bake 30 minutes or until browned and bubbling. Sprinkle with the chopped egg just before serving.

Five Chip Cookies

1 cup butter or margarine, softened
1 cup peanut butter
1 cup sugar
2/3 cup brown sugar
2 eggs
1 teaspoon vanilla
2 cups flour
1 cup oatmeal
2 teaspoon baking soda
1/2 teaspoon salt
2/3 cup each of milk chocolate chips, semi-sweet chocolate chips, peanut butter chips, vanilla chips and butterscotch chips

Cream butter, peanut butter and sugars. Add eggs one at a time. Combine flour, oatmeal, baking soda and salt. Gradually add to creamed mixture. Stir in chips. Drop by rounded tablespoonfuls onto cookie sheet. Bake at 350 degrees for 10 to 12 minutes.

Baker's note: "I usually double the recipe and freeze in about three containers.)