Economy meals for good eating

Easy to store, easy to use, and a nutritious high - protein food into the bargain, canned salmon fits well into the economy - minded menu, especially when extended with other thrifty and nourishing foods:

Eggs, rice, macaroni, potatoes, dry beans, celery, onions, carrots, dry milk and even various fruits — apples, pears, grapes or others — go well in hot or cold baked and cooked salmon dishes that are attractive, tasty and hearty.

BECAUSE OF plentiful supplies, many stores are now offering "specials" on canned salmon, so it's a good idea to watch out for them, suggests the U.S. Department of Agriculture's Consumer and Marketing Service. An extra can or two in the pantry can come in handy for both luncheon and dinner meals.

You'll find most recipes advise using the whole can of salmon, including the liquid, bones and skin. The reason is that these are fine sources of iodine and phosphorus, vitamins A and D and the B group vitamins. Since salmon is relatively low is calories — four ounces, an average - size serving, contains only 150 calories — so this is a main dish feature likely to appeal to weight - watchers.

HERE'S A menu for a day's good eating using foods that are in plentiful supply and reasonably priced:

BREAKFAST
Tangelo segments
Hot Cereal with
Plumped Raisins
Cinnamon Toast
Milk
Coffee or Tea
LUNCH
Hamburger on a Bun
Fresh Apple
Cookies
Milk
DINNER
Salmon Cassoulet
Tossed Salad
Pear-Custard Tart
Milk
Coffee or Tea

THIS RECIPE for a SALMON CASSOULET is for the main dish of the dinner meal:

Use one lb. can salmon, one cup uncooked elbow macarono, one tblsp. chopped green pepper, one small clove garlic, finely chopped, one-third cup butter or other fat, melted, one-third cup flour, two tsps. powdered mustard, one-fourth tsp. pepper, two cups salmon liquid and milk, one cup grated cheese and one cup cooked lima beans.

Drain salmon, reserving liquid. Flake salmon. Cook macaroni as directed on the package. Drain. Cook green pepper and garlic in butter until tender. Blend in flour and seasonings. Add salmon liquid gradually and cook until thick, stirring constantly. Add cheese and continue cooking until cheese melts, stirring constantly.

Arrange half of the macaroni, lima beans, salmon and sauce in layers in a well - greased, 2-quart casserole. Repeat layers. Bake in a moderate oven, 350 degrees F., for 25 to 30 minutes. Serves 6.

Western Beef and Noodles

Be kind to your budget. Save those pennies. Serve your family this tasty but economical Western Beef and Noodles.

The recipe requires one cup dried beef, one and a fourth cups cream of mushroom soup, two-third cup undiluted Carnation Evaporated Milk, one teaspoon oregano, a teaspoon paprika, a half cup chopped onion.

Also a fourth cup chopped green pepper, a half cup drained, chopped mushrooms, two tablespoons butter, three cups cooked drained wide noodles, one cup grated sharp cheddar cheese.

Rinse beef in cold water several times to remove excess salt. Shred beef and combine with mushroom soup, milk, oregano and paprika. Saute onion, green pepper and mushrooms in butter until tender. Add to beef mixture. Blend well.

In a buttered one and a half-quart casserole, alternate layers of noodles and beef mixture. Top with grated cheese. Bake uncovered in moderate oven (350 degrees F.) 30 to 40 minutes.

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Holiday Onions Almondine

Glace fork-tender small white onions with butter, brown sugar and roasted diced almonds for an ideal turkey accompaniment. This is a simple dish, but quite elegant.

If the stores where you shop don't carry roasted diced almonds, buy whole natural almonds (skins on), chop them coarsely and roast in an oiled or buttered pan for about seven minutes in a 350 degree F. oven. Remove from oven as soon as they start to brown.

FOR THE Glazed Holiday Onions Almondine use one and a half pounds small white onions, peeled, three tablespoons butter, two tablespoons brown sugar and a third cup roasted diced almonds.

Cook onions in boiling salted water until tender, about 25 minutes. Drain well.

In saucepan, combine butter, brown sugar and almonds. Cook, stirring occasionally until butter and brown sugar are melted.

Add onions and heat through, turning to coat. Makes five or six servings.

Apple Salad

For family meals and special occasions you'll enjoy serving a make-ahead salad that's colorful, nourishing and thrifty. The recipe was tested by U.S. Department of Agriculture food specialists.

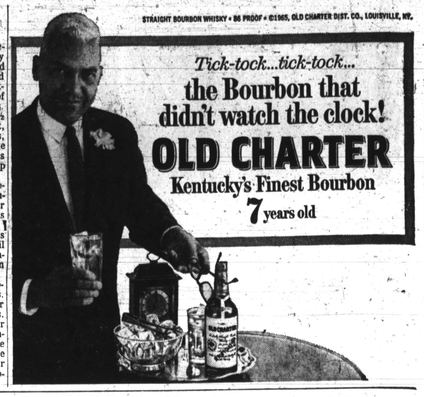
Use 4 firm tart apples, 1½ cups sugar, ¼ teaspoon salt, ½ cup red cinnamon candies, 3 cups water, ½ cup cottage cheese, or 3 or 4 ounces cream cheese, and ¼ cup chopped green pepper.

PARE AND CORE the apples. Add sugar, salt and candies to the water. Put over heat and stir until candies are dissolved.

Cook apples slowly in this syrup in a covered pan until just tender, turning occasionally to color evenly. Drain and chill.

Mix cheese with green pepper and stuff the apples. Serve on watercress or other dark greens. Four servings.

AS A MAIN dish salad for Sunday supper triple the ingredients for cottage cheese and mound the rest of the cheese mixture in the center of a platter and place the apples around the rim.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