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DAWN Recipes:

Tired of Frozen or Canned? Try These with <u>FRESH</u> Foods

Fresh Asparagus and Fish Bake

2 lbs. fresh asparagus
1/2 cup water
3/4 teaspoon salt, divided
4 fresh or frozen flounder
fillets (1 lb.)

2 tablespoons butter or margarine

1/4 cup dry white wine 2 teaspoons fresh lemon juice

1/4 teaspoon dried dill weed

1/8 teaspoon pepper
2 tablespoons chopped
fresh parsley
Wash asparagus and

break off each spear as far

Place in large skillet; add water and ¼ teaspoon salt. Bring to boil, reduce heat and simmer, covered, just until tender, 2 minutes for thin asparagus spears, 3 minutes for medium and 5 minutes for thick. Drain.

Divide into 4 portions, about 8 spears each. Wrap 1 fish fillet around each bundle of asparagus and fasten with wooded pick. Place in large baking dish. Melt butter in medium saucepan. Add onion and cook over medium heat until tender. Blend in flour. Remove from heat; stir in milk. Return to heat and cook,

stirring constantly, until mixture thickens and comes to a boil. Stir in wine, lemon juice, remaining ½ teaspoon salt, dill, pepper and parsley. Spoon sauce over fish. Cover and bake in 350 degree oven 30 minutes, or until fish flakes when tested with fork.

Makes 4 servings.

Potato-Carrot Cake

1/2 cups shredded pared potato (about 1 large potato) 1/2 cups shredded pared carrots (about 4 medium carrots) 1 tablespoon grated fresh 2 tablespoons flour

2 tablespoons wheat germ 3 tablespoons chopped

fresh parsley 1 teaspoon salt

1/4 teaspoon pepper 1/4 teaspoon dried leaf tarragon

4 eggs, slightly beaten

2 tablespoons butter or margarine, divided

Shred potato and carrots on coarse grater. In large bowl combine potato, carrots and onion. Sprinkle with flour and toss to mix well. Stir in remaining ingredients, except butter. Melt 1 tablespoon butter in large skillet. Use 1/4 cup mixture for each pancake, spoon onto skillet and

flatten, cook 5 minutes, turn and cook 5 minutes longer, or until golden brown. Repeat with remaining batter, adding remaining butter as needed. Serve with Creamed Fresh Beans and Celery.*

Makes: 12 pancakes; 6 ser-

Creamed Fresh Beans And Celery

1 lb. fresh green beans 1 cup diagonally sliced

1/4 cup water

1/2 teaspoon salt, divided 2 tablespoons butter or margarine

1/4 cup chopped fresh

2 tablespoons chopped fresh celery leaves

2 tablespoons flour

1¾ cups milk 4 teaspoons fresh lemon

vice V8 teaspoon pepper

Cut off tips of green beans and cut beans into 1-inch pieces. Combine with celery,

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