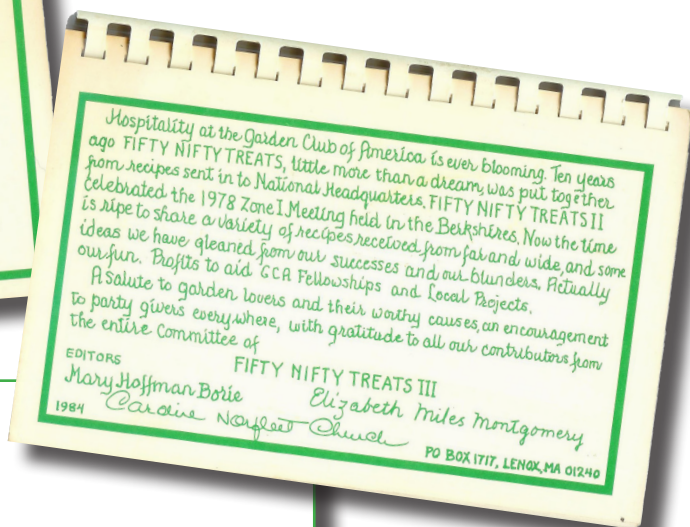


Memory Lane

Fifty Nifty Treats - III



GREEK LENTIL SOUP HOT

2 CUPS UNCOOKED LENTILS
9 CUPS WATER OR STOCK
1 MEDIUM ONION, CHOPPED
2 SMALL CARROTS, CHOPPED
2 CUPS TOMATOES, STEWED
2 CELERY STALKS, CHOPPED
2 SMALL POTATOES, CHOPPED
1 TBS. CORN OIL OR SAFFLOWER OIL
2 BAY LEAVES
1 LG. HANDFUL FRESH OREGANO
2 TSP. VINEGAR

COMBINE AND COOK COVERED.
AL DENTE, IF DESIRED.

ADD TO ABOVE AND SERVE.

FRESH GREEN BEANS, WITH HERBED SUNFLOWER SEEDS

SERVES 10

2 LBS. FRESH GREEN BEANS }
2 CUPS BOILING WATER }

WASH AND BREAK OFF ENDS. STEAM OR COOK
TIGHTLY COVERED FOR 10 MINUTES.

4 TBSP. BUTTER OR MARGARINE

MELT IN PAN.

2 SMALL ONIONS
GARLIC (OPTIONAL)

CHOP AND SAUTE IN BUTTER UNTIL SOFT.

1/4 TSP. BASIL
1/4 TSP. TARRAGON
1/4 TSP. MARJORAM
1/4 CUP FRESH PARSLEY, CHOPPED }

OR OTHER HERBS OF YOUR CHOICE.
COMBINE AND COOK BRIEFLY.
ADD TO ABOVE.

1 CUP SUNFLOWER SEEDS

ADD BRIEFLY TO ABOVE.
TOSS IN COOKED BEANS (STILL HOT) AND
ENJOY.

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