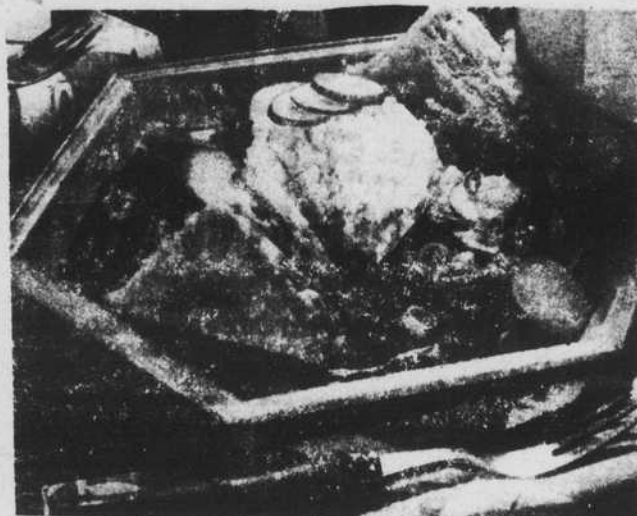




Recipe Corner

by Dorothy Johnson

How Green Is Your Salad



Salad with 185 calories is good for hot days.
A WINNER--Cottage Cheese-Fresh Spinach

Pop eye may have made it famous among the younger generation but there's little evidence he really persuaded them that spinach was a desirable food.

For years it had the reputation of being one of those wonderful, magical, iron laden foods that one ought to eat whether one liked it or not and too often, one didn't. It's lack of popularity may have had to do with the way it was prepared.

Today, most people who appreciate the beauty of this elegant and trust worthy green have learned to steam it lightly and cook it only to a tender crisp stage when they plan to serve it hot.

The word salad has an ancient history. It is derived from the Latin *salata*, meaning "salted". The ancient Romans ate a basic salad much as we do today. It included lettuce, oil, chopped onion and salt.

The modern salad is versatile. Here we give some interesting ones composed primarily of vegetables, which often times is a great way of using up cooked left overs.

RICE PILAF SALAD

- 1 cup uncooked rice
- 1 (3/4 oz. envelope au jus mix)
- 1 cup plain yogurt
- 1/3 cup plain mayonnaise
- 1 cup cubed tomatoes
- 1 cup sliced celery
- 1/2 cup diced cumpers
- 1 to 2 tbsp. chopped green onion or chives
- 1/4 cup chopped peanuts

Cook rice according to package directions, omitting any butter) in water to which au jus mix has been added. Cool. Just before serving, toss rice lightly with yogurt, mayonnaise, tomatoes, celery, cumber and onion. Sprinkle nuts over salad. Makes 6 servings.

SPINACH SALAD WITH CREAMY MUSHROOM DRESSING

- 1 (10 oz.) bunch spinach, washed and torn into bite-size pieces
- 12 strips bacon, crisp-fried and crumbled
- 4 hard cooked eggs, peeled and sliced
- 1 medium onion, sliced into rings
- Salt
- Pepper
- Mushroom dressing

In large bowl assemble in layers spinach, bacon, eggs and onion, sprinkling lightly with

salt and pepper. Pour dressing over salad. Toss gently to coat.

MUSHROOM SOUP DRESSING

- 1 (10 1/2 oz.) can cream of mushroom soup
- 1/4 cup tarragon vinegar
- 4 1/2 tsp. sugar
- 1/4 cup water
- 1/4 tsp. celery seed
- 1/4 tsp. margaram
- 1 tsp dry mustard
- Salt
- Pepper
- Dash worcestershire

Beat together soup, vinegar, sugar, water, celery seed, marjoram and dry mustard. Sprinkle with salt and pepper to taste.

SPINACH CHICKEN SALAD

- 1 (16 oz.) can cling peach slices
- 3 cups shredded spinach
- 1/4 cup oil
- 5 tsp. lemon juice
- 1 hard cooked egg, sliced
- 1 tbsp. bacon bits
- 2 green onion, chopped
- 6 whole anchovies

Drain peaches reserving syrup for other uses. Wash spinach well drain throughly. Shred spinach by cutting into 1/4 inch wide strips. Measure oil, lemon juice, sieved egg and bacon bits into jar with lid. Cover and shake well. Toss spinach and green onions with dressing. Place 2 peach slices into each 1/2 cup individual molds and pack spinach on top of slices. Refrigerate for about 1 hour, turn out to serve and garnish with curled anchovy.

MARINATED ARTICHOKE SALAD

- 6 medium artichokes
- Lemon juice
- 1 cup califlowers
- 1 cup sliced mushroom
- 1 cup cherry tomatoes, halved
- 1/2 cup green pepper strips
- 1/2 cup sliced carrot
- 1 (8 Oz.) bottle Italian dressing
- Lettuce

Rinse artichokes in cold water. Cut 1 inch off taps, stems and tips of leaves. Pull off any loose leaves. Brush, cut edges with lemon juice. In Dutch oven, place artichokes in boiling water. Cover and simmer 30 to 45 minutes or until test leaf pulls out easily. Drain. Cool. Remove leaves from centers to expose the choke. With spoon, scrape off choke from center of artichoke. Combine califlowers, mushrooms, tomatoes, green pepper and carrots in Dutch oven. Add artichokes to vegetables. Pour dressing over, cover and marinate. Spoon 2/3 cup vegetable mixture into center of each artichoke. Serve on lettuce covered plate with reserved marinade. Makes 6 servings.

SPINACH CRAB TOSS

- 1 (7 1/2 oz.) can king crab or 1/2 bl. frozen king crab, thawed
- 3 cups torn spinach leaves
- 1 small head lettuce, torn into pieces
- 1 large tomato diced
- 2 tbsp. crumbled cooked bacon
- 2 hard - cooked eggs, chopped
- 1 1/2 oz. blue cheese, crumbled
- 2 tsp. chopped chives or parsley
- 1/2 to 2/3 cup clear French dressing

Drain and slice crab. Chill well. In large

bowl, toss spinach, lettuce and tomato. Arrange crab, bacon and eggs over top. Sprinkle with chives or parsley. Toss with enough dressing to moisten. Makes 4 main dish salads or 6 to 8 accompanimaunt salads.

COTTAGE CHEESE FRESH SPINACH SALAD

- 1 1/2 cups spinach leaves, washed and drained
- 1/4 cup sliced radishes
- 1 tbsp. chopped green onion
- 1 tbsp. oil and vinegar dressing
- 1 cup small curd cottage cheese
- 3 tbsp. plain yougurt
- 1/8 tsp. thyme
- 1/8 tsp. tarragon
- 1/8 tsp. salt
- Pepper

Tear spinach into bite-size pieces. Combine with radishes, onion and dressing. Place on 2 serving plates. Mix cottage cheese, yougurt, thyme, tarragon, salt and pepper to taste. Divide and place on spinach. Top with additional radish slices, if desired. Makes 2 servings.

SCANDINAVIAN BEET SALAD

- 2 cups sliced, cooked beets
- 1/2 cup beet juice
- 1 cup cider vinegar
- 1/3 cup sugar
- 1/2 tsp. salt
- pinch cinnamon
- linch garlic salt
- 1/2 tsp. lemon juice

Mix beets, beet juice, vinegar, sugar, salt, cinnamon, garlic salt and lemon juice. Chill. Makes 2 to 4 servings.

GROW AND GLOW SALAD

- 1 bunch spinach
- 1 medium zucchini
- 1 medium tomato
- 1 small red onion, sliced into rings
- 1/2 cup cauliflowers
- 1 avocado
- 1 cup creamed cottage cheese, opional
- 1/2 cup oil and vinegar dressing
- 1/4 cup sunflower seeds

Line bottom and sides of salad bowl with large spinach leaves. Tear remaining spinach into bite-sized pieces. Slice zucchini, layer over spinach. Slice tomato into 8 slices. Add tomato, onion, cauliflowers to salad. Cut peel and slice.

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GARDEN MEDLEY SALAD

- 1 cup sliced cooked carrots
- 1 cup cooked lima beans
- 1 cup cooked green or wax beans
- 1 cup cooked broccoli flowerets
- 1/2 cup French or Italian-style dressing
- 1/2 cup water
- 1 large savoy cabbage
- 1 cup diced celery
- 1 large onion, chopped
- 1 cucumber, seeded and diced
- 1 cup sliced radishes
- Creamy cheese-dressing

Chill carrots, lima beans, green beans and broccoli. Hollow out cabbage, leaving the curling out side leaves and a 1/2 inch shell. Shred or chop the cut out pieces of cabbage and crisp in ice water. Drain chilled vegetables and crisped cabbage. Add celery, onion, cucumber and radishes and toss with creamy cheese dressing to coat lightly heap in cabbage shell to serve. Makes 6 to 8 servings.

CREAMY CHEESE DRESSING

- 1/2 lb. sharp cheddar cheese
- 1 cup mayonnaise
- 1/4 cup sour cream
- 2 to 3 tbsp. wine vinegar
- Dash cayenne
- 1/4 tsp. seasoned pepper
- 1/2 tsp. salt
- 1 clove garlic, mashed finely
- Shredded cheese

Mix with mayonnaise, sour cream, vinegar, cayenne, pepper, salt and garlic. Beat until blended. Makes about 2 cups.