

MONITOR MUNCHINGS

Salads—Good for You and Good Anytime

This month's bounty of salads is from the Kraft Kitchens. We hope you and your family will enjoy them throughout the year.

Majestic Layered Salad is a do-ahead salad with a secret—mayonnaise seals in flavor and freshness. In the *Party Potato Salad* shredded carrots, sour cream and a hint of dill transform a simple potato salad into a festive and flavorful dish.

Southwest Bean Salad is perfect for casual entertaining and outdoor dining—a good do-ahead, since flavor improves as the ingredients mingle with the dressing. Double or triple the recipe, depending on the size of the crowd.

Riviera Garden Salad is a "classic." It appeared on the dinner table for many years and still retains its popularity. *Pompeian Salad* is a Greek-style salad. It should be carefully arranged to show off the colorful ingredients. Depending on the size of serving, the salad can be offered as an appetizer, accompaniment or main-dish salad.

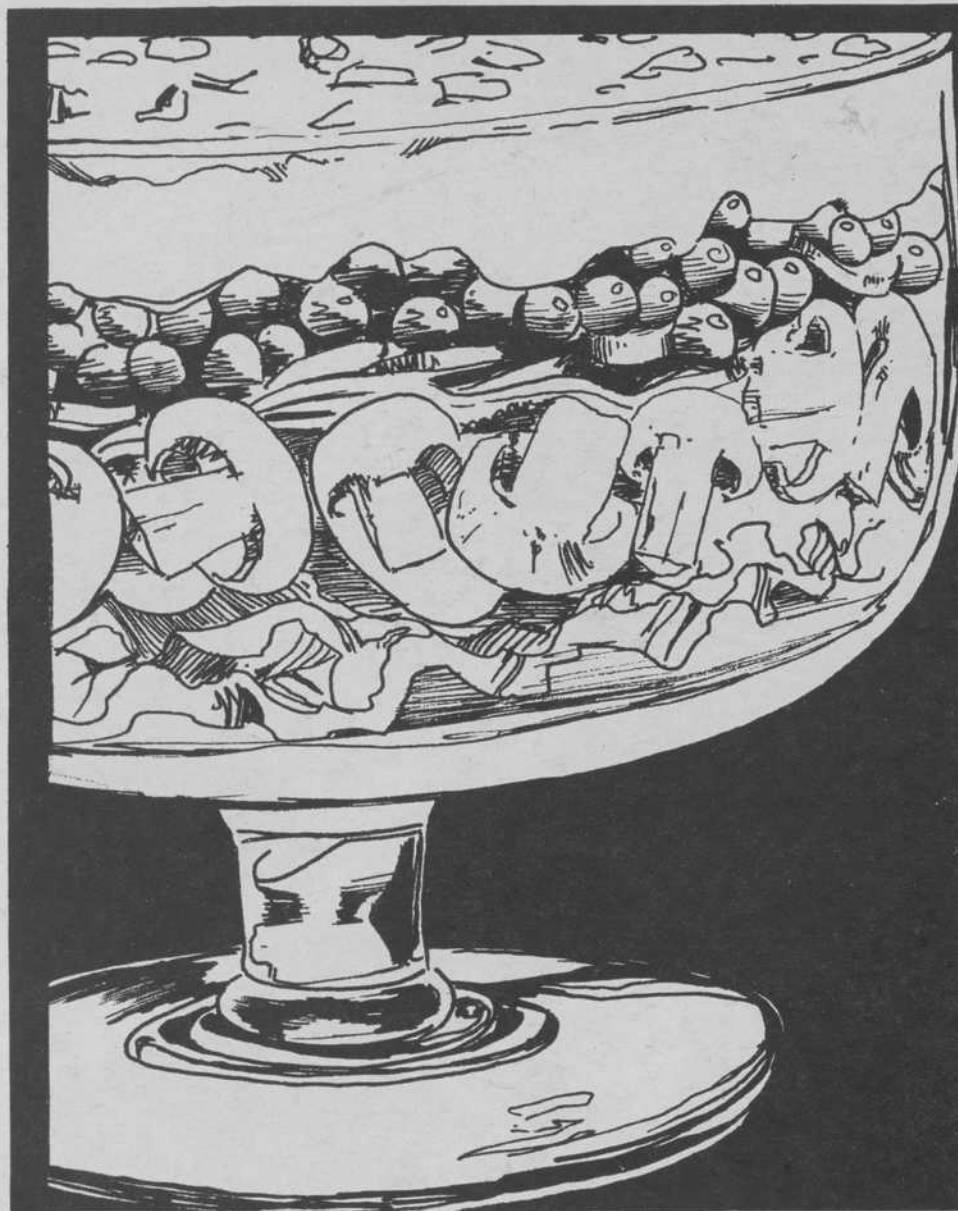
Majestic Layered Salad

- 1 qt. shredded lettuce
- 2 cups mushroom slices
- 1½ cups red onion rings
- 2 10-oz. pkgs. frozen peas, cooked, drained
- 1 cup mayonnaise
- ½ teaspoon sugar
- ½ teaspoon curry powder
- 2 crisply cooked bacon slices, crumbled

In 2½-quart salad bowl, layer lettuce, mushrooms, onions and peas. Combine mayonnaise, sugar and curry powder. Spread over salad to seal. Cover; refrigerate overnight. Top with bacon before serving. (Makes 8 servings.)

Party Potato Salad

- 6 cups chopped cooked potatoes
- 1 medium cucumber sliced
- 1 cup shredded carrots
- 1 tablespoon chopped chives



Majestic Layered Salad

- 2 teaspoons salt
- ½ teaspoon dill seed
- dash of pepper
- 1 cup dairy sour cream
- ½ cup salad dressing

Combine potatoes, cucumber, ¾ cup carrots, chives and seasonings. Add combined sour cream and salad dressing; mix lightly. Chill. Garnish with remaining carrots. (Makes 8 to 10 servings.)

Southwest Bean Salad

- 1 8-oz. bottle herb and garlic French dressing
- 1 16-oz. can pinto or kidney beans, drained
- 1 16-oz. can garbanzo beans, drained
- 1 cup celery slices
- ½ cup pitted ripe olive slices
- ½ cup radish slices
- ½ cup green onion slices
- ½ cup pimiento strips

lettuce (enough to line bowl)

Pour dressing over vegetables. Cover; marinate in refrigerator several hours or overnight. Serve in lettuce-lined bowl. (Makes 8 to 10 servings.)

Riviera Garden Salad

- 1 7¼-oz. pkg. macaroni and cheese dinner
- 1 cup chopped tomato
- 1 cup chopped cucumber
- ½ cup dairy sour cream
- ¼ radish slices
- ¼ cup chopped green pepper
- ¼ cup salad dressing or mayonnaise
- ¼ teaspoon salt
- dash of pepper

Prepare dinner as directed on package. Add remaining ingredients; mix lightly. Chill. Add additional salad dressing before serving, if desired. (Makes 4 to 6 servings.)

Pompeian Salad

- Tomato wedges
- Hard-cooked egg wedges
- Pitted ripe olives
- Anchovy fillets
- Shredded lettuce
- Blue cheese crumbled
- Oregano
- Italian dressing

For each salad, arrange tomato eggs, olives and anchovies on lettuce. Top with cheese and oregano; serve with dressing.

We believe that our readers will want to support those advertisers who support the press of Black America. We are sure, therefore, that when you select the ingredients for this month's recipes, you will want to use:

- Birds Eye frozen peas
- Casino blue cheese
- Goya beans
- Kraft macaroni and cheese dinner
- Kraft real mayonnaise
- Kraft salad dressings
- McCormick seasonings
- Miracle Whip salad dressing