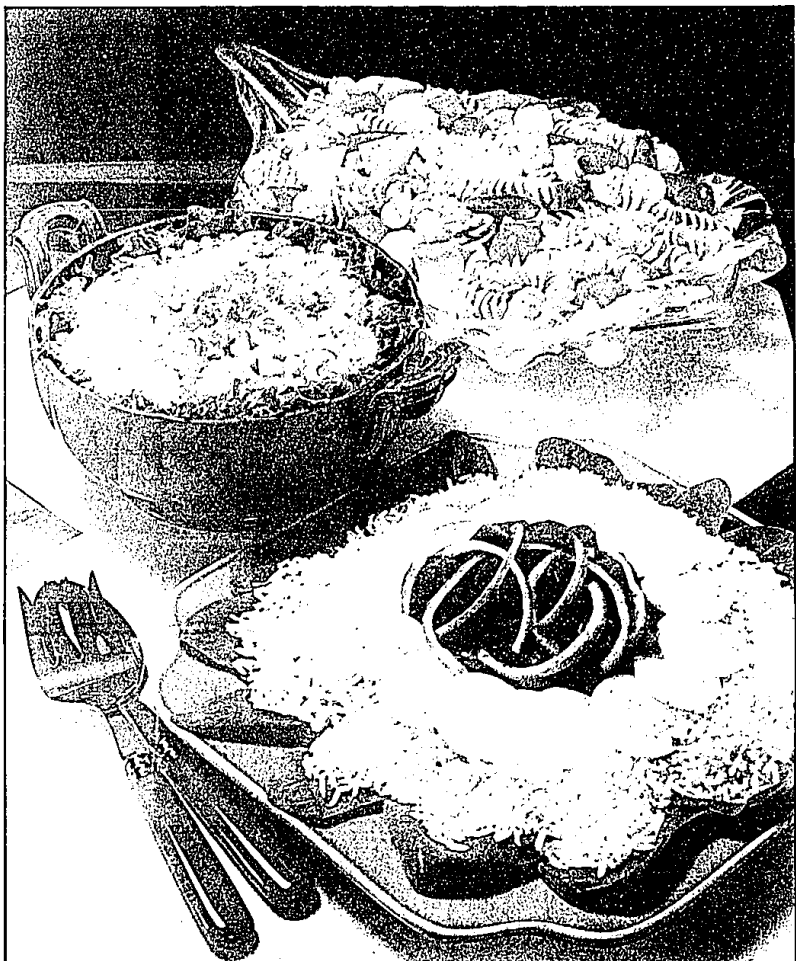


New Salad Classics



Curried Pasta Salad, Corn Chowder Salad and Rice and Beet Salad are new salad classics.

Here's Cobb Salad, Salade Niçoise, Caesar's Salad and Chef Salad—all salad classics. Now there's Curried Pasta Salad, Corn Chowder Salad and Rice and Beet Salad—all new salad classics.

These contemporary classics were created by Chef Blake Emerson Swihart to meet the demands of today's busy lifestyles for food that tastes great, yet is simple to prepare. "Americans are becoming more sophisticated about food tastes," points out the Culinary Institute of America graduate, citing availability of croissants in fast food restaurants as an example. "Yet, we're busier than ever before. We just don't have time to whip up exotic, elegant dishes every night of the week." "Today", Blake asserts, "culinary smarts means combining good taste with convenience and nutrition."

Not to mention flair and imagination! Beautiful presentation, making the most of brilliant colors and shapes, is also an important part of Chef Swihart's inventive cooking style. "For these salads," explains Blake, "I've taken a few traditional American dishes and turned them into contemporary classics. They're easy to prepare and utilize the best of quality convenience foods."

Curried Pasta Salad combines rotelle and cavatelli with farm fresh cauliflower, baby whole carrots with snow pea pods and curry-enhanced prepared Italian salad dressing. Toss with cherry tomato halves and diced avocado and garnish with chopped pistachio nuts. The twisting grooves of the pasta help to hold this salad's delectable sauce. You can choose white pasta or mix several colors. Whether you use corkscrew-shaped rotelle or cave-shaped cavatelli, you'll find that either of these unusual pasta forms adds great taste, character and a playful look to any food presentation.

Corn Chowder Salad is a special favorite of Chef Swihart. The frozen small onions with cream sauce forms the beginnings of this salad's chowder-like creamy sauce. deluxe tender sweet corn, picked at its peak of freshness and frozen the same day, is the salad's signature ingredient. Sliced celery and chunks of red-skinned potatoes complete the picture.

Dramatic and delicious Rice and Beet Salad is proof that artful arrangement of a few simple ingredients results in eye- and appetite-appeal. Arrange prepared rice on a bed of spinach leaves. Place drained and quartered canned beets in center of rice and sprinkle with red onion slices. Arrange hard-cooked egg slices around beets. Then drizzle with prepared lemon and herbs salad dressing. Who could feel guilty about using convenience foods when the dish looks this spectacular and tastes gourmet?

Exemplifying some of the finest food traditions in America, these contemporary salad classics will undoubtedly set new culinary standards for years to come!

Curried Pasta Salad

- 4 cups rotelle or cavatelli*
- 1 package (16 oz.) farm fresh cauliflower, baby whole carrots and snow pea pods, or any other combination
- 3/4 cup prepared Italian salad dressing
- 1 to 1-1/2 teaspoons curry powder
- 1 cup halved cherry tomatoes
- 1 medium avocado, diced
- Chopped pistachio or other nuts

Cook pasta as directed on package; drain. Rinse with cold water and drain. Run cold tap water over vegetables in a strainer to thaw completely; drain. Blend dressing and curry powder in a large bowl. Gently stir in tomatoes and avocado. Garnish with chopped nuts. Chill 2 hours. Store any leftover salad in refrigerator. Makes 6 servings.

Quick Trick: Drain cooked pasta over vegetables in a strainer to thaw. Rinse with cold water and drain. Then proceed as directed.

* Not available in all areas.

Corn Chowder Salad

- 3/4 cup milk
- 1 package (9 oz.) small onions with cream sauce
- 1 package (10 oz.) deluxe tender sweet corn, thawed
- 2 medium unpeeled red-skin potatoes, cooked and cut into chunks
- 1/2 cup thinly sliced celery
- 1/4 teaspoon pepper
- 1-1/2 to 2 teaspoons fresh dillweed
- 4 slices cooked bacon, crumbled

In saucepan, place milk and onions with cream sauce. Bring to a boil, stirring occasionally. Reduce heat, cover and simmer 4 minutes, stirring occasionally. Remove from heat and stir until sauce is smooth. Stir in corn, potatoes, celery, pepper and dillweed. Cover and chill at least 2 hours. Serve on lettuce, sprinkled with bacon. Makes 3 servings.

Quick Trick: The frozen onions with cream sauce is the base for this salad's chowder-like creamy sauce.

Layered Salad

- 1 cup rice
- 3-1/2 cups shredded iceberg lettuce (1 head)
- 1 small red onion, thinly sliced
- 1 package (10 oz.) green peas, thawed
- 1 can (15-1/4 oz.) red kidney beans, drained
- 1 envelope zesty Italian salad dressing mix

Prepare rice as directed on package; cool. Place 1-1/2 cups of the lettuce in 2-quart straight-sided bowl. Add half the onions and top with half of the rice. Add a layer of peas. Repeat lettuce, onion and rice layers. Top with kidney beans and add remaining lettuce. Chill. Prepare salad dressing mix as directed on package. About 1 hour before serving, pour evenly over salad and chill. Makes 8 servings.

Quick Trick: Be creative with the salad dressing mix. Use as flavored vinegar, such as red wine or tarragon. Try a specialty oil, such as olive or sesame.

Rice and Beet Salad

- 1-1/3 cups rice
- 1-1/3 cups water
- 1 tablespoon butter or margarine
- 3/4 teaspoon salt
- 4 cups (4 oz.) fresh spinach
- 1 can (16 oz.) small whole beets, drained and quartered
- 1/3 cup halved red onion slices
- 3 hard-cooked eggs, sliced
- 1 cup prepared lemon and herbs salad dressing

Prepare rice with water, butter and salt as directed on package. Chill. Place spinach on serving platter and spoon rice on top. Place beets in center and sprinkle with onion. Place egg slices around beets and pour dressing evenly over salad. Chill 1 hour. Makes 6 servings.

Quick Trick: Arranging is a whole new way to achieve salad sophistication.