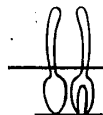


Salad Days are Here



Variety is the spice of life, so they say. If that holds true in the kitchen, then the most well-seasoned menus include salads. Since the days of the Caesars, salads have been crafted to please palates the world over. But whether it's an international bowl or just your garden variety, there's no end to the luscious combinations a little creativity can fashion. All it takes is an imaginative mix of fruits, vegetables and salad dressings.

From creamy bananas to crunchy lettuce, from green avocados to white potatoes, produce comes fresh from Mother Nature in all shapes, colors and flavors. Combine a host of these harvested delectables for an eye-appealing salad that tastes as good as it looks. Then transform the produce potpourri into a gourmet delight with salad dressing. Prepared dressings provide a handy mixture of herbs and spices that blend and enhance the various flavors. They add a distinct character all their own, too. Use them to marinate an antipasto, flavor a potato salad or crown a plate of greens.



PANHANDLE POTATO SALAD

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| 1 quart cooked potato slices | 1/2 cup Salad Dressing |
| 2 cups cooked beef strips | 1/2 cup dairy sour cream |
| 1 cup mushroom slices | 1/2 teaspoon garlic salt |
| 1 cup red onion rings | 1/4 teaspoon pepper |
| 1/4 cup chopped parsley | |

Combine potatoes, beef, mushrooms, onion and parsley. Add salad dressing blended with sour cream and seasonings; toss lightly. Chill. Add additional salad dressing and garnish with onion rings and parsley, if desired. 4 to 6 servings.

PEACH SOUFFLE SALAD

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| 2 3-oz. pkgs. orange flavored gelatin | 1 cup gingerale |
| 2 cups boiling water | 2 egg whites |
| 1 cup cold water | 2 cups finely chopped peaches |

Dissolve gelatin in boiling water. Add cold water and gingerale. Gradually add gelatin to mayonnaise, mixing until blended. Chill until partially set. Wrap a 2-inch collar of aluminum foil around top of six shallow dishes. Beat egg white until stiff peaks form. Fold peaches and egg whites into gelatin mixture. Pour gelatin mixture into dishes; chill until firm. Remove collar. Garnish with peach slices and mint, if desired. 6 servings.

ENSALADA CAZPACHO

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| 1 cup chopped tomato | 1 teaspoon lime juice |
| 1/2 cup chopped cucumber | 1/2 teaspoon oregano |
| 1/4 cup chopped green pepper | 1/8 teaspoon cracked black pepper |
| 2 tablespoons sliced green onion | 2 avocado halves, peeled |
| 1/2 cup French Dressing | 1 quart shredded iceberg lettuce |

Combine tomato, cucumber, green pepper, green onion, dressing, lime juice and seasonings; mix lightly. Fill avocado halves with vegetable mixture. Serve on shredded lettuce. 4 servings.



ANTIPASTO NAPOLI

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| 2 cups tomato wedges |
| 2 cups mushroom slices |
| 8-ozs. summer sausage, cut into strips |
| 1 8-1/2-oz. can artichoke hearts, drained, quartered |
| 1 cup zucchini slices |
| 1 cup Italian Dressing |
| 2 quarts torn assorted greens |

Combine tomato, mushroom, summer sausage, artichoke hearts and zucchini; add dressing. Cover; marinate in refrigerator 2 hours. Drain, reserving marinade. Toss vegetables with assorted greens. Serve with reserved marinade. Sprinkle with grated parmesan cheese, if desired. 4 to 6 servings.

MOUNT OLYMPUS SALAD

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| 1 6-oz. can pitted ripe olives, drained |
| 2 cups cucumber slices |
| 1 cup onion rings |
| 1 cup green pepper strips |
| 1 8-oz. bottle Caesar Dressing |
| 1 qt. shredded iceberg lettuce |
| 1 2-oz. can rolled anchovy fillets |
| 1/4 cup (2-ozs.) crumbled Feta cheese |

Combine olives, cucumber, onion and green peppers; add dressing. Cover; marinate in refrigerator 2 hours. Drain, reserving marinade. Arrange marinated vegetables, anchovy fillets and cheese on lettuce-covered platter. Serve with reserved marinade. Garnish with lemon wedges, if desired. 4 to 6 servings.

SANTO DOMINGO FRUIT SALAD

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| 1 pineapple |
| 2 bananas, sliced |
| 1 papaya, chopped |
| 1 cup honeydew melon balls |
| 1/2 cup lime slices |
| 1/2 cup roasted macadamia nuts or almonds |
| 1/2 cup Salad Dressing |
| 2 teaspoons lime juice |
| 1 teaspoon grated lime rind |
| 1/4 teaspoon rum flavoring |
| 1/2 cup heavy cream, whipped |

Cut pineapple into quarters lengthwise through crown. Remove fruit, leaving shell intact. Core and chunk fruit, toss lightly with bananas, papaya, melon, lime and nuts. Chill. Combine salad dressing, lime juice, lime rind and rum flavoring, mixing well; fold in whipped cream. Chill. Spoon fruit into pineapple shells; top with dressing mixture. Garnish with additional grated lime rind, if desired. 4 servings.

