

Be creative with salads for summer

With more people on the go and eating light, salads have come into focus as viable alternatives to heavy meals. And what better time to try inventive salad ideas than on busy weekends?

Fresh vegetables fill the center of a unique mold featuring cooked rice, salmon, celery and creamy cucumber dressing in this recipe for Salmon and Rice Salad. This is a great one-dish meal that's both appetizing and colorful.

For a Sunday dinner, Spinach Salad provides just the right touch for the first course. Italian dressing is the perfect match for fresh spinach leaves tossed with crumbled bacon, chopped hard-cooked egg and onion rings.

Simple or elaborate, delicate or hearty, salads suit almost any occasion, meal or position in the menu.

- SALMON AND RICE SALAD**
- 5 cups cooked rice
 - 1 7/4-oz. can salmon, drained, flaked
 - 1/2 cup celery slices
 - 1/2 cup creamy cucumber dressing
 - 1/4 cup chopped pimiento
 - 1/4 cup green onion slices
 - 1/2 tsp. pepper
 - 1 cup cherry tomato halves
 - 1/2 cup chopped cucumber
- Combine rice, salmon, celery, dressing, pimiento, onion and pepper; toss lightly. Pack into 4-cup ring mold; chill. Unmold. Combine tomatoes and cucumber; toss lightly. Fill center of mold with vegetable mixture. Garnish with cucumber and serve with additional dressing, if desired.
- SPINACH SALAD**
- 1 qt. torn spinach
 - 4 crisp bacon slices, crumbled
 - 3 hard-cooked eggs, chopped
 - 1/2 cup onion rings
 - Italian dressing
- Combine spinach, bacon, eggs, onion and enough dressing to moisten; toss lightly.



Barbecued leg of lamb is tasty treat

Carefree, beat-the-heat meals need not be less flavorful or attractive because the preparation is simple. As a matter of fact, they can be unique—even impressive.

A boned, rolled and tied shoulder of lamb, one of the finest meat cuts to be barbecued on a spit, is sometimes overlooked as a leading choice for cooking on an outdoor grill.

Making the piquant barbecue sauce for the lamb is no trouble and threading the leg onto the spit is easy. Just make certain it's balanced for even turning.

A meat thermometer is a tremendous help and, as always, is most accurate when inserted into the thickest part of the lamb.

Many may not have discovered lamb's delicate goodness and welcome moisture when cooked medium-rare. A good guide is to cook for 30-35 minutes per pound, or until meat thermometer registers 145-150 degrees. Many will prefer rare lamb, registering 140 degrees on the thermometer.

Catch the good lamb juices and marinate in a drip pan fashioned from heavy aluminum foil; then brush the lamb with them during cooking.

Potatoes and corn roasted in foil over the same fire along with a tossed green salad and cookies with sherbet make a meal fit for family, friends or a special party. The leftover lamb makes marvelous sandwiches.

GRILLED, HONEY-TOUCHED SHOULDER OF LAMB

makes 6 servings

- 1 shoulder of lamb, boned, rolled and tied.
- 1/4 cup honey
- 1/2 cup dry white wine
- 1/2 cup finely chopped onion
- 1/2 cup finely chopped fresh mint or 1 Tbsp. dried mint
- 1 tsp. salt
- 1/4 tsp. ground pepper

Place lamb in glass dish. In 1-qt. bowl, combine honey, wine, onion, mint, salt and pepper. Pour over lamb. Cover with plastic wrap. Refrigerate several hours or overnight. Place lamb on spit over gray hot coals. Grill lamb 1-1 1/2 hours, or until meat thermometer registers about 140 degrees for rare, 160 degrees for medium or 170 degrees for well-done, brushing occasionally with marinade. Any leftover marinade may be heated and served over sliced lamb.

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