



Make a super salad with layers of cooked pork strips, spinach, cauliflower, alfalfa sprouts and apricot halves.

## Pork strips make salad a main dish

Surely one of the most fun food categories for the creative cook is main-dish salads. The mix-and-match combinations of meats, vegetables, fruits and dressings are almost endless.

Just when you think you've tried all the salad possibilities, along comes another — like Layered Pork Salad. It's a unique creation that's sure to spark appetites at any luncheon or supper.

Thin strips of cooked pork are the star ingredient in this salad that layers fresh spinach leaves, blanched cauliflowerettes and alfalfa sprouts. Apricot halves offer a bright, colorful note while chopped pecans add a crunch. Since this salad brings together so many flavors, a simple red wine vinegar and oil dressing serves well to blend them.

While the salad is pleasing palates, it can also help stretch the food dollar when made with leftover pork. All will agree that leftovers never tasted better. You'll want to plan ahead for this salad when preparing a pork roast such as a blade, center rib or loin, sirloin or top loin. When deciding the size roast you'll need, you can count on 2-2½ servings per pound for bone-in cuts and 3-3½ servings per pound for boneless cuts.

For leftover pork with optimum flavor and eating quality, it is important that the pork roast be properly prepared. It should be placed on a rack in an open roasting pan and cooked in a slow oven. For the most juicy, tender results, the roast should be cooked only to an internal temperature of 170 degrees as indicated on a roast meat thermometer.

The leftover pork should be left in large pieces and promptly wrapped and placed in the refrigerator. Cooked pork can be safely stored in the refrigerator for four to five days or in the freezer for two to three months.

One of the joys of a main dish salad is the ease with which the accompanying menu can be completed. Simply serve Layered Pork Salad with warm raisin-bran muffins and a dessert of fresh strawberry sundaes.

### LAYERED PORK SALAD

- ¾-1 lb. cooked pork, cut into thin strips
- ¾ tsp. salt
- ¼ tsp. pepper
- 1 lb. spinach
- 2 cups cauliflowerettes, blanched
- 1 cup alfalfa sprouts, rinsed and drained
- 1 can (8½ oz.) apricot halves, drained
- ¼ cup coarsely chopped pecans
- ¼ cup red wine vinegar
- ¼ cup oil

Sprinkle salt and pepper over pork. Tear spinach into bite size pieces; place half in bottom of a 6-cup glass bowl. Place cauliflowerettes over spinach, then add half of the pork strips and the alfalfa sprouts. Place remaining spinach on top of alfalfa sprouts. Arrange apricot halves on top of spinach; top with remaining pork strips. Garnish with chopped nuts, if desired. Combine red wine, vinegar and oil; pour over salad. Cover and refrigerate at least 2 hours. Makes 4 servings.

## Herbs spice up barbecue aroma

The aroma of food cooking at a barbecue is made even more inviting by sprinkling herbs around the edges of the coal or wood fire. The herb scents drift up and impart a subtle flavor to the food.

Here are some suggestions from the American Spice Trade Association:

- Rosemary leaves lend aromatic flavor to chicken and lamb.
- Thyme is compatible with beef, fish and sea food.
- Oregano, basil or marjoram or a combination of the three would be right with tomato barbecue sauced meats or poultry.
- Bay leaves placed on the coals just before a steak is put on to broil impart interesting flavor and aroma.
- A nice Middle Eastern touch is to skewer some-bay leaves in among the other foods used for shish kebab. But soak the leaves first in water so they'll skewer without splitting apart.

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## Hail, Caesar!

### Bean salad conquers the heat

What do you cook when it's really hot? Nothing. Just open a can of pork and beans in tomato sauce, and toss with chilled and crispy romaine and fresh spinach, and you've got a main-dish salad that's just made for sultry days. This meal-in-a-salad has lots of crunch, and eye and taste appeal.

**CAESAR BEAN SALAD**  
1 cup packaged crostons  
2 medium cloves garlic, minced  
¼ cup olive oil  
3 Tbsp. lemon juice  
3 cups cleaned fresh spinach, torn in bite-size pieces

3 cups romaine, torn in bite-size pieces  
1 can (16-oz.) pork and beans in tomato sauce, chilled  
1 egg, cooiled (1-2 minutes)  
¼ cup grated Parmesan cheese  
1 Tbsp. chopped anchovy filets  
Generous dash pepper

For dressing, combine 2 cloves garlic, olive oil and lemon juice; mix well. Toss dressing with crostons and remaining ingredients. Makes about 8 cups.

Variation: Add 2 hard-cooked eggs, chopped, and 1 cup shredded cheddar cheese.

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