

Celebrate SALAD DAYS

Salads always have been popular with American consumers. But in recent years creativity in salad-making has reached new heights, influenced by changes in eating styles, new salad ideas and an unprecedented array of salad dressings.

Salads are nearly synonymous with the healthful diet. Recent research, for example, indicates a growing trend toward serving salads as the main meal, rather than as a side dish.

In its role as the star of a meal, the new American salad has become a showcase for a cook's creativity. While fresh produce is essential for most salads, salad ingredients can be found in almost every aisle of the supermarket. Some favorite salad ingredients include pasta, beans, tomatoes or canned vegetables, cheeses and cold cuts, rice, canned tuna and chicken.

The pourable salad dressing aisle provides special inspiration for salad creativity. There are traditional favorites such as Thousand Island and French, and a lineup of exciting new flavors, including buttermilk creamy dressing and bacon & tomato. There's even a dressing created for salad-loving Mexican food fans seeking a South-of-the-Border flavor: Kraft taco dressing.

The Kraft Kitchens have created a bounty of recipes to showcase fresh produce and a variety of dressings. Layered Sea Salad is an eye-catching combination of fresh produce, pasta and shrimp that is perfect for a luncheon buffet or a patio supper.

Italian-style Pasta Salad Primavera features a combination of shell

macaroni and fresh vegetables marinated in Italian dressing. Tomato wedges, zucchini slices, green onion and avocado are recommended ingredients, but other possibilities are cucumber or carrot slices, broccoli or cauliflower.

Individual El Taco Salads are reason enough to have a Mexican fiesta. The crisp flour tortilla shells that form the salad "bowls" may be prepared up to 12 hours in advance and stored uncovered in a dry place. Fill the shells with a tasty blend of ground beef seasoned with taco dressing, shredded lettuce, tomato, cheese, olives and onions. For fun, arrange the ingredients in dishes and have the guests serve themselves from your "taco salad bar."

An abundance of salad recipes such as these has been gathered into a brand-new, free brochure from the Kraft Kitchens. Look for the free booklet in supermarkets, or send your name and address to: Kraft "Salad Days," P.O. Box 637, South Holland, IL 60473. Offer good while supplies last.

Clockwise from top right: Layered Sea Salad, Pasta Salad Primavera, El Taco Salad.

EL TACO SALAD

- 4 flour tortillas
- Oil
- 1 lb. ground beef
- 1 8-oz. bottle taco dressing
- 1 qt. shredded lettuce
- 1 cup chopped tomato
- 1 cup (4 oz.) shredded natural Monterey Jack cheese
- 1/4 cup sliced ripe olive slices
- 1/2 cup sour cream
- 2 tablespoons green onion slices

Fry tortillas in 2 inches of hot oil, pressing down centers with large tangle to form shell. Continue frying until crisp and golden; remove with tongs. Drain. Brown meat, drain. Add 1/2 cup dressing. Cover, simmer 5 minutes. In tortilla shell, layer lettuce, meat mixture, tomato, cheese, olive, sour cream and green onion. Serve with remaining dressing.

4 servings

PASTA SALAD PRIMAVERA

- 2 cups tomato wedges
- 1-1/2 cups (5-1/4 oz.) shell macaroni, cooked, drained
- 1-1/2 cups zucchini slices
- 1/2 cup chopped celery
- 2 tablespoons green onion slices
- 1 8-oz. bottle Italian dressing
- 2 avocados, pitted, sliced
- Lettuce

Combine tomato, macaroni, zucchini, parsley and green onion. Pour dressing over macaroni mixture. Cover, marinate in refrigerator 2 hours. Drain, reserving marinade. Arrange avocado on lettuce-covered platter top with macaroni mixture. Serve with marinade.

8 servings

CHICKEN PINEAPPLE TOSS

- 1 20-oz. can pineapple slices in juice, drained
- 2 cups chopped cooked chicken
- 1 8-oz. can water chestnuts, drained, sliced
- 1 cup green pepper strips
- 1/2 cup buttermilk creamy reduced calorie dressing
- Lettuce
- 2 tablespoons chopped almonds, toasted

Cut six pineapple slices in half, cut remainder into chunks. Combine pineapple chunks, chicken, water chestnuts, green pepper and dressing; mix lightly. Chill. Spoon mixture onto lettuce-covered plates; surround with pineapple halves. Sprinkle with almonds.

4 servings

250 calories per serving

Variation: Substitute one fresh pineapple for canned pineapple. Cut crosswise into six 1/2-inch slices; cut off rind. Cut slices in half. Cut enough remaining pineapple into chunks to measure 3/4 cup.

SUMMER FRUIT KABOBS

- 1 8-oz. bottle French dressing
- 2 tablespoons finely chopped green pepper
- 1/2 teaspoon celery seed
- 1/2 cup green grapes
- 1/2 cup cherry tomatoes
- 1/2 cup sliced kiwi
- 1/2 cup sliced pineapple
- 1/2 cup sliced kiwi
- 1/2 cup sliced pineapple
- 1/2 cup sliced kiwi
- 1/2 cup sliced pineapple

Combine dressing, green pepper and celery seed. Chill. Alternate fruit and cheese on skewers. Serve with dressing mixture.

1 cup dressing

LAYERED SEA SALAD

- 1 8-oz. bottle bacon & tomato dressing
- 1/2 cup sour cream

- 2 cups (8 oz.) cornscrew noodles, cooked, drained
- 1/4 cup chopped parsley
- 3 cups shredded lettuce
- 2 cups chopped cucumber
- 1-1/2 cups celery slices
- 3 cups chopped tomato
- 1 lb. cooked shrimp, cooked

Combine dressing and sour cream; mix well. Chill. Combine noodles and parsley; mix lightly. In 3-1/2 quart serving bowl, layer lettuce, cucumber, noodle mixture, celery, tomato and shrimp. Serve with dressing mixture.

8 to 10 servings

Variation: Substitute 10-oz. can salmon, drained, flaked, for shrimp.

SUNDAE TUNA SALAD

- 2 6-1/2-oz. cans tuna, drained, flaked
- 2 hard-boiled eggs, chopped
- 1/2 cup cheddar cheese
- 1/2 cup cucumber dressing or Philadelphia Cream Italian herb dressing made with cream cheese
- 1/2 cup chopped green pepper
- 6 iceberg lettuce leaves
- 3 tomatoes, cut into wedges

Combine tuna, eggs, celery, 1/2 cup dressing and green pepper; mix lightly. Chill. For each serving, lay lettuce with tuna mixture and tomato. Serve with additional dressing.

8 servings