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THINK SUMMER...THINK SALADS

From the first breath of spring to the first fall chill, thoughts are focused on the special joys of the sun-drenched season — vacations, fun-filled weekends or just occasional lazy days to spend at the beach or in a hammock under a tree. Thoughts turn, too, to the salads of summer . . . so cool, so refreshing, and as appealing to the eye as to the palate.

gone are the days when a salad consisted of a few limp leaves of lettuce topped with a pale slice of tomato. Today, the salads of summer are often main dish entrees featuring meat, poultry, seafood or pasta, plus various fruits and vegetables, the whole enhanced by any one of a myriad of delicious salad dressings conveniently bottled and standing ready on the pantry shelf.

A different commercial dressing provides the "seasoning" in each of the following recipes. All contain a blend of spices and herbs for a perfect balance of color, taste and

texture. There is a vast variety of flavor choices among the "pourables," "spoonables" and dry-mix dressings available in today's supermarket.

Another pantry item that adds a fresh, sweet touch to an entree salad is cling peaches. Use your favorite type and taste — packed as halves, slices or in fruit cocktail, regular or light, in juice or with extra-light syrup. Peaches are picked at the peak of freshness for best flavor and greatest nutrition retention.

An always welcome companion to the summer salad bowl is the frosty, iced tea pitcher. Truly refreshing because it is non-sweet and non-carbonated, iced tea has a clean, fresh taste that goes well with all types of dishes. Make it with a quality brand following one of the easy methods below.

SEA FARE SALAD

- 2 cans (16 oz. each) California cling peach halves in juice or extra light syrup
- 1/2 cup buttermilk-style dressing
- 1/4 cup diced English cucumber
- 1/4 teaspoon dill weed
- 1/2 lb. imitation crabmeat
- 1/2 cup thinly sliced celery
- 1/4 cup sliced green onion
- 1/4 cup sliced green olives
- 1 head butter lettuce
- Thinly sliced English cucumber*

Drain peach halves reserving liquid for other uses. Combine buttermilk-style dressing with cucumber and dill; chill. Combine crab, celery, onion and olives. To serve, line plates with lettuce leaves. Place 2 peach halves on each plate. Top with crab mixture and drizzle with dressing. Makes 5 servings.

*Garnish with cucumber if desired.

ICED TEA

THREE EASY WAYS

The Cold Water Way: Fill a quart jar or pitcher with cold water. Add 8 to 10 teabags (remove tags). Cover and store in refrigerator at least 6 hours or overnight. Remove bags, squeezing against side of container. Makes 1 quart. Recipe may be doubled.

The Instant Way: Allow 2 rounded tablespoons of instant tea powder for each quart of cold water. Stir to dissolve. If using a flavored iced tea mix, use 1/2 cup (or 2 envelopes) to a quart of cold water.

The Traditional Way: Bring 1 quart of cold water to a full boil in a saucepan. Remove from heat and immediately add 15 teabags or 1/3 cup loose tea leaves. Stir, cover and let stand 5 minutes. Stir again and strain into a pitcher holding another quart of cold water. Makes 2 quarts.

FRUITED TORTELLINI SALAD

- 1 can (16 oz.) California fruit cocktail in juice or extra light syrup
- 1 package (10 oz.) frozen cheese-filled tortellini
- 1 cup sliced mushrooms
- 1 cup sliced celery
- 1/3 cup chopped green pepper
- 1/4 cup chopped red onion
- 1/2 cup Italian dressing
- 2 Tablespoons Dijon-style mustard
- 1 teaspoon Italian herb seasonings
- 1 head red leaf lettuce

Drain fruit cocktail reserving liquid for other uses. Cook tortellini as package directs; drain. Combine tortellini with fruit cocktail, mushrooms, celery, green pepper and red onion. Blend dressing with mustard and Italian herb seasonings. Toss tortellini mixture with dressing. Chill for flavors to blend. Serve on bed of red leaf lettuce. Makes 4 servings.

CHEESY HAM SALAD

(Not Pictured)

- 1 can (16 oz.) California cling peach slices in juice or extra light syrup
- 6 cups torn romaine lettuce
- 1 cup watercress sprigs
- 1 cup sliced, cooked ham
- 1/2 cup sliced Jack cheese
- 1/2 cup thinly sliced red onion
- 1/2 cup garlic and cheese dressing
- 2 Tablespoons grated Parmesan cheese

Drain peaches reserving liquid for other uses. In large serving bowl combine peach slices, romaine lettuce, watercress, ham, Jack cheese and red onion. Toss with dressing and sprinkle with Parmesan cheese. Makes 2 quarts.

MARINATED CHICKEN BREAST SALAD

- 1 can (16 oz.) California cling peach slices in juice or extra light syrup
- 1/2 cup creamy French dressing
- 1/4 cup green onion slivers
- 2 teaspoons grated fresh ginger
- 4 boneless chicken breast halves, cooked and skinned
- 1 head curly lettuce
- 1 pint basket strawberries, halved
- 2 kiwifruit, peeled and sliced

Drain peaches reserving 1 tablespoon liquid; save remainder for other uses. Combine reserved peach liquid with French dressing, green onion and ginger. Pour dressing over chicken and marinate for 1 hour. To serve, place lettuce leaves onto 4 serving plates. Slice each chicken breast 3/4 of the way through into 1/4-inch slices. Place chicken on lettuce; drizzle with remaining dressing. Arrange peach slices, strawberries and kiwifruit slices around chicken. Makes 4 servings.

