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## Fresh and Nutritious Salads for Sensational Summertime Meals

Salads are achieving main meal status at a greater rate than ever before. An obvious reason for this is the dual advantage of consuming very few calories while yielding all the benefits of a fresh nutritious meal.

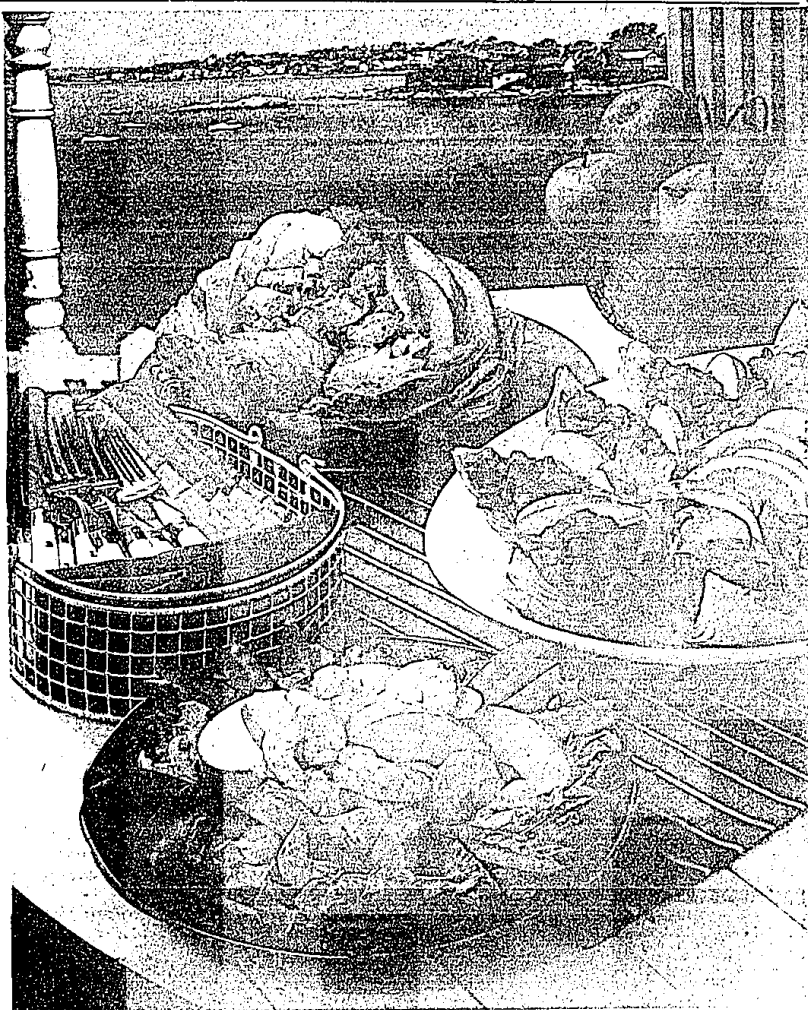
Warm summertime weather lends itself to lights and easy nutritional meals. Salads, one of the most versatile and economical meals around, keep time in the kitchen to a minimum and can be prepared in advance without compromising taste for convenience. Creating salads with Granny Smith apples and iceberg lettuce is the freshest way to take the heat off on warm summer evenings.

The fresher the ingredients, the more nutritional the salad. This is because increased exposure to temperature and light can degrade the vitamin content in fruits and vegetables. It is essential that the freshest ingredients be used to obtain the maximum nutritional value.

Iceberg lettuce, a year-round commodity, is also a very fresh salad ingredient this time of the year.

Guaranteed freshness and nutritional value are only a portion of the benefits consumers receive when combining iceberg lettuce with Granny Smith apples. There are only 80 calories in a Granny Smith apple and 25 calories in a single serving of iceberg lettuce (based on four servings per head of lettuce), and together they contain almost 20 percent of the daily requirement for Vitamin C.

Despite the benefits, in the final analysis calories and nutrition don't count. The bottom line is satisfaction — and that, of course, is something you have to savor for yourself.



Chicken is added to a basic Waldorf to make this a nutritious main dish. Add a touch of Mexican flair with salsa, avocado and sour cream.

### MEXICAN CHICKEN WALDORF

- 1 head Iceberg Lettuce
- 2 Granny Smith apples
- 2 whole chicken breasts, boned, skinned, cooked and diced
- 1/2 cup sliced celery
- 1/4 cup dark seedless raisins
- 1/4 cup chopped walnuts
- 1/2 cup dairy sour cream
- 1/4 cup salsa
- 1/2 teaspoon cayenne pepper
- 1 avocado cut into wedges

Core lettuce. With core-side down, cut a hollow in opposite side of head and pull open to make a bowl. Get a nice green, loose head for best results. Use 2 hands to open up gently so head remains leafy and attractive. Dice 1 apple and combine with chicken, celery, raisins and walnuts. Combine sour cream, salsa and cayenne. Pour over chicken mixture and toss gently. Spoon chicken mixture into lettuce head. Garnish with avocado and remaining apple. If desired, dollop extra sour cream and salsa on top. Serve with tortilla chips. Makes 4 servings.

This apple-turkey combination looks like a chef's salad but tastes better! A choice of dressings enables you to cater to your personal tastes.

### APPLE AND TURKEY JULIENNE SALAD

- 1 to 2 heads of Iceberg Lettuce
- 2 Granny Smith apples, cut into narrow wedges
- 1/2 lb. roast turkey breast, cut into julienne strips
- 1/4 cup crumbled blue cheese
- 8 slices of bacon cooked, drained and crumbled
- 3 green onions sliced diagonally
- Mustard French Dressing or Caraway Vinaigrette

Remove outer frilly leaves of lettuce and use to line salad bowl. Tear up enough lettuce to measure 1-1/2 quarts and place in salad bowl. Top with apples, turkey, blue cheese, bacon and green onions in an attractive manner. Serve with Mustard French Dressing or Caraway Vinaigrette.

#### Mustard French Dressing

Combine 1/4 cup cider vinegar, 2 tablespoons sugar, 1 tablespoon water and 3 teaspoons whole mustard seeds in an electric blender; whirl until smooth. Slowly whirl in 1/2 cup olive oil until thick and well blended. Stir in an additional 1 teaspoon whole mustard seeds. Makes about 1 cup.

#### Caraway Vinaigrette

Combine 1/4 cup vegetable oil, 1-1/2 tablespoons red wine vinegar, 1/2 teaspoon tarragon, crumbled, 3/4 teaspoon caraway seed, 1/4 teaspoon sugar and few dashes white pepper; mix well. Makes 4 servings.

Enjoy this colorful shrimp salad with its unique Pacific Island look and taste. The prawns, glossy in appearance, are very flavorful with dressing.

### PALACE SHRIMP SALAD

- 2 tablespoons vegetable oil
- 1 lb. medium prawns, shelled and deveined
- 1 medium onion cut into thin wedges
- 1/2 cup vegetable oil
- 1/4 cup white wine vinegar
- 2 medium cloves garlic, minced (1 teaspoon)
- 2 tablespoons peanut butter
- 1 tablespoon sugar
- 1/4 teaspoon salt
- Iceberg Lettuce leaves
- 2 Granny Smith apples
- 1/2 lb. pea pods, steamed

Heat oil in skillet. Sauté prawns and onion for 2 to 3 minutes or until prawns turn pink. Combine oil, vinegar, garlic, peanut butter, sugar and salt; mix well. Pour dressing over prawns and chili. To serve, line salad plates with several lettuce leaves. Slice apples and toss with dressing and prawns; divide prawn

and apple mixture among salad plates. Garnish with pea pods and extra apple wedges. Makes 4 servings.

This salad has a zesty combination of flavors. Roasted walnuts, apples, cheese and the smoky flavor of prosciutto offer a welcome taste variety.

### CAFE APPLE-CHEESE SALAD WITH WALNUT DRESSING

- 1 head Iceberg Lettuce
- 2 Granny Smith apples cut into wedges
- 8 oz. goat cheese or cream cheese\* sliced into 8 pieces
- 4 oz. prosciutto, thinly sliced
- 1 teaspoon coarse black pepper
- 1/4 cup vegetable oil
- 3 tablespoons red wine vinegar
- 1/4 cup coarsely chopped and roasted walnuts
- 2 tablespoons sugar
- 1/4 teaspoon each: thyme, rosemary and marjoram

Cover 4 individual salad plates generously with lettuce leaves. Arrange apples, cheese and prosciutto in lettuce. Sprinkle each with pepper. Combine oil, vinegar, walnuts, sugar, thyme, rosemary and marjoram; mix well. Drizzle dressing over salad before serving.

\*If desired, heat cheese slices in 350 degree oven for 2 to 3 minutes or until warmed through. Makes 4 servings.

An unusual taste experience is created by combining Iceberg Lettuce, Granny Smith apples, peanuts, lime and chicken. The spicy dressing which accompanies this dish is simply outstanding.

### THAI SALAD WITH SPICY DRESSING

- 1-1/2 quarts shredded Iceberg Lettuce

- 1 whole chicken breast, boned, skinned, cooked and shredded
- 2 Granny Smith apples, thinly sliced
- 1 cup bean sprouts, softened\*
- 2 tablespoons green onion, cut into long shreds, green part only
- 1/4 cup peanuts
- 1 teaspoon grated lime peel
- 1/3 cup rice wine vinegar
- 2 tablespoons soy sauce
- 1 to 3 teaspoons Tabasco
- 2 teaspoons sugar
- 1 large clove garlic, minced (1 teaspoon)
- 1/2 cup olive oil

Place lettuce in large serving bowl. Top with chicken, apples, bean sprouts, green onion, peanuts, and lime peel in an attractive fashion. For dressing, combine vinegar, soy sauce, Tabasco, sugar and garlic in electric blender; whirl until smooth. Whirl in olive oil a little at a time until thick and well blended. Drizzle dressing over salad; toss before serving.

\*To soften bean sprouts, place in colander and pour boiling water over. Makes 4 servings.

In a Mandarin Chinese approach to salad making, apples add mellow flavor and nice texture to a moist, spicy-sweet meat mixture.

### IMPERIAL PORK SALAD

- 4 pork chops, boned (about 1 lb. boneless meat)
- 2 tablespoons vegetable oil
- 1 cup minced water chestnuts
- 1 cup minced Granny Smith apples
- 1 tablespoon grated fresh ginger root
- 2 tablespoons chopped green onion
- 2 tablespoons hoisin sauce
- 1 tablespoon soy sauce
- 1 tablespoon cornstarch dissolved in 1/4 cup water
- 1 large head Iceberg Lettuce
- 2 Granny Smith apples, cut into wedges

Finely mince pork. Heat oil in skillet and stir-fry pork in batches over high heat, turning batch onto plate when golden. After meat is cooked, add water chestnuts, minced apples,

ginger root and onion to empty skillet. Stir-fry 1 to 2 minutes. Add hoisin, soy sauce and cornstarch-water mixture; stir into skillet until all is blended. Return pork to skillet and heat through. Meanwhile, cut lettuce into wedges; separate wedges into layers to make lettuce "dippers." Line platter with dippers. Pack pork mixture into dippers and garnish with apple wedges. Makes 4 servings.

### PROPER CARE AND STORAGE TIPS FOR EXCEPTIONAL FRESHNESS

● Cleanliness is one of the most important rules to follow when caring for Iceberg lettuce. Rinsing is recommended before refrigeration. After stripping off any leaves that are coarse or undesirable, remove the core. Hold core end under cold running water. Spread leaves apart with thumbs and rinse.

● Always refrigerate produce. Fruits and vegetables breathe and continue to ripen; refrigeration slows down respiration, keeping them fresh longer. The optimum temperature for the refrigerated storage of Granny Smith apples and Iceberg lettuce is between 32 and 38 degrees F. Do not freeze.

● Store Granny Smith apples and Iceberg lettuce in sealed plastic bags in the refrigerator. Do not store together in the same bag. Fruit emits an ethylene gas that turns vegetables brown. Most refrigerators come with two storage drawers — one for fruit and one for vegetables — to avoid this problem.

● Avoid packing all fruits and vegetables tightly with other foods. Allow for good air circulation.

● With proper care and storage, your fruits and vegetables will keep fresh for weeks.