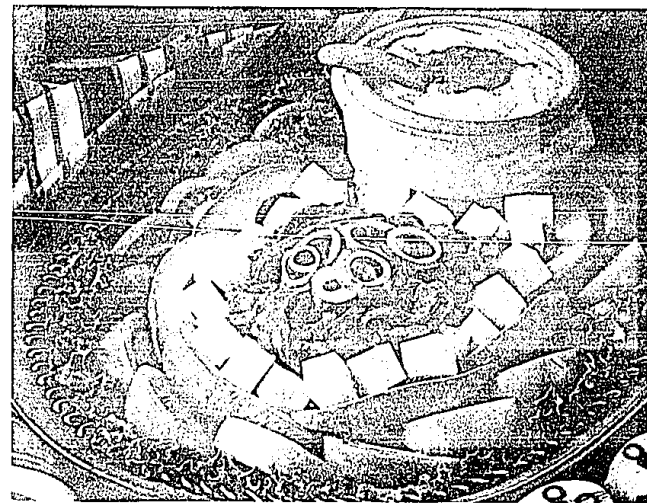




Cool salad is a Texas-size meal.

The picking is right for blueberry heaven

Everybody loves blueberries. You and me and he and she and grand-
parents and little boys and con-
struction workers and teachers, and girls,
big and little. And everybody.
They — we — like blueberries
alone, by the handful out of big
bowls. Or with all kinds of cream —
sweet, sour, heavy or ice. The big
bright blues make smiling people out
of solemn ones, dotting uncles from
dour ones, happy children out of
squirmy kids.

Now is that time again to enjoy
the fruits of the blueberry growers'
labors. Everybody can indulge his or
her favorite way with the sweet ju-
icy blues. Beloved, of course, when
they go into pancakes or muffins or
ice cream or cakes or pies. Much
much loved when they go into pies.

To start the season on a happy
blue note, add this new blueberry pie
recipe to your repertoire. It's a dra-
matic do-ahead dessert that tastes
divine and looks exceptionally pret-
ty. When the fresh blueberries are
"in," show them "off." This is a lovely
showcase for blueberries that will
make everybody more loving.

BLUEBERRY LEMON CHIFFON PIE

2 cups fresh blueberries
1 pkg. (6 oz.) lemon-gelatin
3 cups water
2 cups heavy cream, whipped
1/4 cup confectioners' sugar
2 tsp. vanilla
1 baked 10 inch pie shell with a
fluted edge

Rinse blueberries and dry well.
Dissolve gelatin in 1 cup of the water
heated to boiling. Stir in remaining
water. Chill until syrupy. Whip
cream with sugar and vanilla. Fold
1/2 of the cream into the gelatin. Fold
in half of the blueberries. Spoon fill-
ing into baked and cooled pie shell.
Chill pie until firm. Chill remaining
cream and blueberries. With a tooth-
pick lightly mark top of pie into 6
equal wedges. Fill 3 alternate
wedges with remaining whipped
cream pressed out of the pastry bag
with a rosette tip. Fill remaining
wedges, with remaining blueberries.
Chill. Cut wedges of pie so that each
piece is topped with half blueberries
and halfwhipped cream. Yield: 1-10
inch pie.

Salad cool down

Texas meal is a seasonal relief

On steamy days when cooking is
out of the question, main dish salads
come to the fore. Quick and easy to
prepare, these nearly cook-free fa-
vorites whet warm weather appet-
ites and relieve mealtime monotony.

Well versed in sultry day cooking,
creative Texans often look to sum-
mer salads with south-of-the-border
inspiration and a bit of jalapeno pep-
per heat. To achieve the desired fla-
vor without tedious chile prepara-
tion, they use a San Antonio original,
picante sauce, to add fresh appeal to
their salad creations. A natural for
well-dressed salads, it adds garden-
fresh flavor and only 6 calories per
tablespoon. Used "solo" as a dress-
ing or blended into favorite creamy
or vinaigrette dressing, its lively
taste makes any salad special.

With an eye on the current trend
toward spicier foods, home econo-
mists in San Antonio have created
two new zesty salads that keep the
cook and the kitchen cool. Both boast
lively appeal and streamlined, sum-
mer-easy preparation.

Mexicali Beef Salad is a colorful
complete-meal salad with hearty
flavor appeal. Get quickly to the
meat of the matter with del-sliced
roast beef, then team it temptingly
with cheese, avocado, tomato, and
red onion. Top with a lively dressing
combining the cook's choice of mild,

medium or hot picante sauce, may-
onnaise and cumin for a super meal
in minutes.

Make-ahead San Diego Chicken
Salad begins with boneless skinned
chicken breast cooked briefly in pi-
cante sauce. Toss it with avocado
and celery and "dress up" the combo
with a mix of picante sauce and sour
cream. Sprinkle with crisply cooked
bacon to complete the sure-to-please
luncheon or dinner entree.

MEXICALI BEEF SALAD
Leaf lettuce or Bibb lettuce leaves
1 lb. sliced roast beef, cut into thin
strips (about 1 1/2 cups)
1/2 cup picante sauce
1 tbsp. vegetable oil
1/2 lb. Monterey Jack cheese, cut into
1/2-inch cubes
1 ripe avocado, peeled and sliced
1 medium tomato, cut into thin
wedges
1/2 cup small red onion rings
1/2 cup mayonnaise
1/4 tsp. ground cumin

Line large platter or 4 individual
dinner plates with lettuce. Toss meat
with combined 1/2 cup picante sauce
and oil. Arrange in center of lettuce.
Arrange cheese, avocado, and toma-
to around meat; top meat with onion.
For dressing, combine remaining 1/2
cup picante sauce, mayonnaise and

cumin; mix well. Serve dressing and
additional picante sauce with salad.
Makes 4 servings.

SAN DIEGO CHICKEN SALAD
2 large whole chickens, breasts
boned, split and skinned (about 1 1/2
lbs.)
1/2 cup picante sauce
1/4 tsp. salt
1 ripe avocado
1/4 cup dairy sour cream
2 tbsp. mayonnaise
1 cup sliced celery
Bibb or leaf lettuce leaves
4 crisply cooked bacon slices, crum-
bled

Cut chicken into 1/4-inch cubes.
Combine picante sauce, cumin and
salt in 10-inch skillet. Cook chicken
in picante sauce mixture, stirring
frequently, until chicken is cooked,
about 4 minutes. Transfer contents
of skillet to mixing bowl; cover and
chill thoroughly. To serve, combine
chicken mixture, sour cream and
mayonnaise; mix well. Peel, seed
and coarsely chop avocado. Add avo-
cado and celery to chicken mixture;
mix lightly. Spoon onto lettuce-lined
salad plates; sprinkle with bacon.
Serve with additional picante sauce.
Makes 4 servings.



Blueberries are a natural summer treat.

Fiber-rich foods essential part for nutritional, wholesome diet

Here's some good news — increas-
ing fiber in the diet is healthy, easy
and can taste great.

According to the National Cancer
Institute, the average American in-
gests only 10 to 20 grams of dietary
fiber daily. The NCI recommends a
daily individual intake of 25 to 35
grams of dietary fiber to help reduce
the risk of certain cancers, especial-
ly colorectal.

Bran cereal is a good source of fi-
ber. It's easy to add fiber to the diet
by spooning bran cereal over other
fiber-rich foods such as vegetables,
vegetable casseroles, salad and
other cereals.

The fiber content of favorite bak-
ing recipes can be enhanced, too, by
adding approximately 2 to 3 table-
spoons of bran cereal. In certain re-
cipes, even more bran cereal can be

added. Here are some suggestions:

- Quick breads: Stir 1/2 cup bran cereal into prepared batter for a standard size (10-12) muffin recipe, banana bread or other quick bread.
- Yeast breads: Add bran cereal with the first addition of flour. Use about 1/2 cup cereal for one loaf. You may need to reduce the flour slight-
ly.
- Pancakes: Add about 1 cup bran cereal for each cup of pancake mix. Increase the liquid by 2 or more tablespoons.
- Meatballs, meatloaf, burgers: Add up to 1/2 cup bran cereal for each 1 pound of ground meat. In-
crease the liquid ingredients by 2 or more tablespoons and soften the
meat in the liquid before adding the
ground meat.
- Pie crusts: Substitute finely

crushed bran cereal for part or all of
the crumbs in a typical crumb crust
recipe.

• Cookies: Use bran cereal in

place of nuts or add up to an equal
amount of cereal as flour called for
in the recipe. Just mix the cereal
into the prepared cookie dough.

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