Try easy main-dish salads

When it's too hot for hot food and too hot to cook, turn to cool main dush sained, Head for the dell department for the cooked meats, scafood and poultry, then pause at the produce section for the scason's freshest vegetables.

Toss them with a quickly mixed dressing boasting bold and vibrant flavors, and your cool summer sal-ads will become menu mainstays.

Caribbean Shrimp and Black Bean Salad is perfect for casual warmweather entertaining or family meals. Coloritul and appealing, it combines shrimp, black beans and fresh vegetables with a spirt-sweet sauce that combines honey, time and Salad is perfectly well as the salad is perfectly and appealing, it combines that combines honey, time and Salad is perfectly the salad is a salad is perfectly the salad is a salad is a

Commine sail any, make a server sever searce that combines honey, time and salsa. "I Percante Pepper Steak Salad teams old-cooked roast beef, bright bell peppers, mushrooms, celery and sold-cooked roast beef, bright bell peppers, mushrooms, celery and sold-cooked roast beef, bright bell peppers, mushrooms, celery and sold-cooked rest part of the bright served over thinly siliced Chinese cabbage or romaine lettuce, it brings the zesty flavors of the Orient to the table in no time.

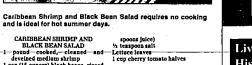
PICANTE PEPPER
STEAK SALAD

34 pound dell-cooked rare roast beef, cut lato 's x 1's inch strips
1 small red bell pepper, cut into short, thin strips
1 small yellow or green pepper, cut into short, thin strips
1 is cup stiknly siliced mushrooms
1 cup diagonally siliced celery
1 cup siliced green onions with tops
1/5 cup thinly siliced Chinese cabbage or Romaine lettuce
1 to 2 teaspoons Inely shredded fresh ginger, as desired
4 cups thinly siliced Chinese cabbage or Romaine lettuce
1 tablespoon-toasted sessure-seeds—(options)
Place beef, peppers, mushrooms, celery and onloss in plastic bag.
Combine salsa, teriyaki sauce and ginger, mixing well; pour into bag.
Pasten bag securely and refrigerate
2 to 3 bours, turning bag occasional—
Place cabbage on everying institute or in salad bow on everying institute or in salad bow on everying institute or in salad bow on everying shelter or in salad bow on everying shelter or in salad bow on everying shelter or in salad bow; if on with meat and vegetable mixture. Sprinkle with sessure seeds, if desired, Serve with additional pleante sauce. Makes 4 servings.



CARIBBEAN SHRIMP AND BLACK BEAN SALAD 1—pound—cooked,—cleaned—and-develned medium shrimp 1 can (15 ounces) black beans, rinsed and drained

Combine shrimp, beans, green pepper, celery and onion in large bowl. Combine remaining ingreents except tomatoes and lettuce; mix well. Pour over shrimp mixture; toxs lightly ocasi-coat and chill at least 2 hours or up to 24 hours, costing lightly ocasi-ocally. Spoon saind onto lettuc-lined serving halfer was the state of the control platter, garnish with tomatoes. Serve with additional salsa. Makes 6



and drained

1 small green pepper, cut into short,
thin strips

4: cup very thinly sileed celery

5: cup very thinly sileed small red
onion rings

5: cup sales

2 tablespoons chopped cilantro

2 tablespoons vegetable oil

2 tablespoons boney

Shredded peel and julce from 1 lime

(1 teaspoon peel and 2 tablespoons







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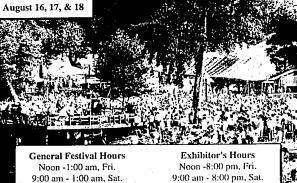
 Heritage Jazz Competition Country Music Jamboree

Riverside Dock Stage

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