

Super salads are great no-cook summertime treats

See Larry Jones' column, Taste Buds on Taste front.

Here's an assortment of salads, tossed, composed and garnished. Most of them can function wonderfully as meal-in-one summer treats!

KIWI FRUIT AND TURKEY SALAD

2 cups cooked turkey, diced (chicken or ham can also be used)

1 cup cabbage, shredded

1 cup watercress or fresh spinach, chopped

1/2 cup walnuts, chopped

1/4 cup green onion, sliced

1/4 cup red pepper or radishes, sliced

3 kiwis, pared and sliced

Combine all salad ingredients except kiwis and cabbage. Toss. Arrange salad on cabbage on individual plates. Garnish with kiwis.

kiwis. Pour dressing over salads (see recipe below). Serves 6 to 8.

DRESSING

1 kiwi, pared and sliced

2 tablespoons wine vinegar

2 tablespoons vegetable oil

1 teaspoon minced fresh gingerroot

salt and pepper to taste

Place dressing ingredients in a blender or processor and process until smooth.

TOTEABLE LIME BEAN SALAD

1 (15 oz.) can red kidney beans, drained

1 (15 oz.) can garbanzo beans, drained

1 pound "fresh" or 1 package frozen green beans, cooked and drained

1/2 cup chopped green pepper

1/2 cup sliced green onion

1/2 cup sliced ripe pitted olives

1/2 cup salad oil

1/4 cup lime juice

2 tablespoons vinegar

2 tablespoons sugar

dash salt and pepper

lettuce leaves and lime slices to garnish

In a large bowl combine beans, pepper, onion, and olives and toss gently. Combine remaining ingredients and shake to mix dressing. Pour over bean mixture and allow to marinate in the refrigerator at least three hours or overnight. Place lettuce leaves on a plate and place 1 heaping cup of the bean salad on the leaf. Garnish with lime slices. Serves 6-8.

6-8. Salad tastes great with cheese and cold cuts.

GREEK ROTINI SALAD

3 cups (9 oz.) rotini pasta, uncooked

2 tablespoons lemon juice

1/2 cup olive oil or vegetable oil

dash salt and pepper

1/4 teaspoon dried oregano (1/2 teaspoon fresh)

1 clove garlic, crushed

2 tomatoes, cut into wedges

1 cucumber, peeled and thinly sliced

1 cup thinly sliced green pepper strips

1 1/2 cups (6 oz.) feta cheese, crumbled

8 radishes, thinly sliced

Cook rotini pasta according to directions. Drain well. Cool. Combine lemon juice, oil, salt, pepper, oregano and garlic. Mix well. Should be thick and creamy. Combine rotini pasta with remaining ingredients. Toss gently. Pour dressing over the top. Toss gently to coat. Serves 6-8.

APPLE AND WILTED LETTUCE SALAD

6 cups romaine lettuce, torn

4 cups leaf lettuce, torn

2 apples, cored and thinly sliced

1/2 cup sliced celery

6 slices bacon, fried until crisp (reserve drippings)

1/2 cup cider vinegar

1/4 cup water

1 (6 oz.) package Italian salad dressing mix

2 tablespoons sugar

4 cups sliced green onion

Place green, apple and celery in a bowl. Toss to mix. Add vinegar, sugar, water and Italian dressing mix to bacon drippings. Bring to a boil. Pour over salad. Sprinkle with crumbled bacon and green onion, toss to coat. Enjoy. Serves 8.

CLARIFICATION

Use butter or margarine when you make the cake listed in the May 25 Winner Dinner recipe. Non-stick spray won't work. The graham crackers absorb the butter," said Winner Diane Winner-Bonnie Goodrich. The corrected recipe is below.

Rub the sides of a 9x13 pan with butter or margarine and line with whole graham crackers. Mix pudding with 3 cups of milk. Fold in Cool Whip. Put half of the pudding mixture on top of the graham crackers. Add another layer of crackers, the rest of the pudding mixture and then another layer of graham crackers. Spread frosting on top. Refrigerate overnight before serving. To make frosting combine, 1/2 cup powdered sugar, 2 packages of Neutle chocobake, 1 tablespoon light Karo syrup, 1/4 cup butter, and 2 tablespoons milk and mix well.

Bread, desserts are strawberry delights

See related story on Taste front.

STRAWBERRY APPLESAUCE

BREAD

3 cups applesauce

1 cup coarsely pureed strawberries

5 jumbo eggs

5 1/2 cups cake flour

1 1/4 cups raisins

1/4 cup melted butter

3 cups granulated sugar

1 tablespoon salt

1 tablespoon plus 1 1/2 teaspoons baking soda

1 tablespoon ground cinnamon

1 1/2 teaspoons ground cloves

1/4 cup chopped pecans

1 tablespoon plus 1 teaspoon baking powder

Preheat oven to 350 degrees. Combine all ingredients in the bowl of an electric mixer and stir with paddle — or by hand — just until all ingredients are combined thoroughly. Do not overmix.

Fill three buttered and floured 9-by-5-inch loaf pans a little over half full. Bake in preheated oven about 20 minutes, then quickly rotate pans in the oven to ensure even cooking. Bake another 20 minutes, or until toothpick inserted in the middle comes out clean.

Remove pans from the oven and transfer to a baking rack to cool. Turn loaves out of pans after 5 minutes, and continue cooling right side up. These freeze very well if wrapped tightly as soon as they are cold. (Makes three 9-by-5 inch loaves)

Source: "The Best of the Midwest," Linda and Fred Griffith, \$24.95, Linda Studio Books, New York.

PEPPER-BERRY FOOL

2 pints strawberries

2 cups lemon yogurt

1/4 to 1/2 teaspoon freshly ground pepper

1/2 cup heavy whipping cream, whipped until stiff

Reserve four of the prettiest strawberries for garnish. Hull and chop the remaining berries. In a medium bowl, use a fork to thoroughly crush 1 cup of the berries. Stir in the yogurt and pepper. Fold in whipped cream and remaining chopped berries. Spoon into four stemmed glasses; garnish each serving with a whole strawberry. Cover and refrigerate for at least three hours.

Source: "Cooking Smart," Sharon Tyler Herbst, \$25, Harper Collins, New York.

FRESH BERRY PIE

5-6 cups fresh blueberries, blackberries or strawberries, picked over

1 cup sugar, or to taste

3 tablespoons cornstarch

2-3 drops food coloring (optional)

1 (9-inch) conventionally baked pie crust

Place 2-3 cups berries in a food processor and puree. Transfer to 2-quart bowl, add sugar to taste and cornstarch, stir, and microwave on high 2-3 minutes, or until mixture reaches a boil. Stir and microwave on 70 percent power 5-7 minutes, or until thickened, stirring several times. Stir in food coloring, if desired. Cool fruit glaze to room temperature.

If using strawberries, halve or quarter remaining ones, if large. Spread about 1 cup glaze on bottom of pie crust and arrange remaining berries in shell. Spread remaining glaze over berries. Garnish generously with whipped cream. Serves 6-8.

Source: "Irena Chalmers' All-Time Favorites," Irena Chalmers, \$19.95, Prentice Hall Press, New York.

"Microwave Cook's Complete Companion," Rosemary Dunn Stancil and Lorela Nichols Wil-

kins, \$24.95, Fawcett Columbine, New York.

STRAWBERRIES ROMANOFF

1 quart fresh strawberries

3 tablespoons superfine sugar

2 large oranges

2 tablespoons Grand Marnier

2 tablespoons Cognac (optional)

Remove the stems from the strawberries and rinse them quickly under cold running water. Do not let them soak in a bowl of water or they will become waterlogged and tasteless. Dry the berries on paper towels, arrange them in a serving dish, and sprinkle them with the sugar.

Peel the oranges and cut between the membranes to remove the orange segments. Add the orange segments to the strawberries, squeeze the orange juice remaining in the pulp over the berries. Add the liqueurs, toss lightly, and serve well chilled. (serves 4)

Source: "Irena Chalmers' All-Time Favorites," Irena Chalmers, \$19.95, Prentice Hall Press, New York.

CAKE

1 box graham crackers

2 packages instant French vanilla gelatin pudding

8 ounce carton Cool Whip

3 cups milk

Butter or margarine to grease pan

Szegedi's Catering

BANQUET FACILITIES

Farmington Hills, Southfield, Livonia, Westland, Plymouth, Dearborn, W. Bloomfield

• Weddings • Showers • Bar Mitzvahs • Retirement • Wakes • Any Special Function

Capacity 50-300 Ask for Pat 561-6288

exercise with fitness factory

Aerobic Exercise & Muscle Toning Classes for Men & Women

SUMMER CLASS SCHEDULE

BLOOMFIELD HILLS/MI, BLOOMFIELD

Sponsored by: Bloomfield Adult Education

Classes through Bloomfield Adult Ed. 433 0005

1 day per wk \$24.95 days \$39.95 class \$47

Wing Lake Elementary 8 weeks

Wing Lake Rd. NW corner of 15 Mile Rd.

ART CONDITIONING 11:00-11:30 AM

M.W. 5:00 PM - 6:00 PM Impact, June 15th S. Gates

Bloomfield Middle School 8 weeks

located on Quanton W. of Telegraph

T.T.H. 8:00 AM - 9:00 AM Impact June 15th S. Gates

Sponsored by West Bloomfield Comm. Education

Classes through West Bloomfield C.E. 433 0005

Green Elementary 8 weeks

Green Rd. NW corner of 15 Mile Rd.

ART CONDITIONING 11:00-11:30 AM

M.W. 5:00 PM - 6:00 PM Impact, June 15th S. Gates

COMMERCE (THE LAKES) 8 weeks

Multi-Lakes

Commerce Rd. S. of Commerce Rd.

ART CONDITIONING 11:00-11:30 AM

M.W. 5:00 PM - 6:00 PM Impact, June 15th S. Gates

Dance Academy 8 weeks

Commerce Rd. S. of Commerce Rd.

ART CONDITIONING 11:00-11:30 AM

M.W. 5:00 PM - 6:00 PM Impact, June 15th S. Gates

CALL 353-2885

CLASSES FILL QUICKLY

Superior Fish Co.

"House of Quality"

"Let The Seashore Come to Your Door"

FRESH SWORDFISH STEAKS \$6.99 lb.

No Coupon Necessary • Exp. 6-13-92

Seafood Cooking Demonstration

By Chef John Alex of the Clawson Steak House

SATURDAY, JUNE 13

Between 10 am & 12 Noon

Free Samples Free Recipes

OPEN TO THE PUBLIC

LIVE MAINE LOBSTERS \$6.49 lb.

1 1/2 Ave. Size

No Coupon Necessary • Exp. 6-13-92

* Please Present Before Ordering

50¢ OFF PER POUND

On Fresh Daily Homemade Seafood Salad

Not Valid With Any Other Discount or Coupon

Expires 6/20/92

* Please Present Before Ordering

50¢ OFF PER POUND

on Fresh Salmon Steak or Fillets

Not Valid With Any Other Discounts or Coupon

Expires 6/20/92

Superior Fish Co.

House of Quality

Serving Metro Detroit for over 50 Years

FREE Recipes

309 E. Eleven Mile Rd. • Royal Oak • 541-4632

MON.-FRI. 8-6; SAT. 8-1

Farmington Hills Market Daily

Your Headquarters for Beer, Wine, Liquor, Pop & KEG BEER

24233 Orchard Lake at 10 Mile • Open 7 Days • 476-0682

MOLSON BEER

Regular, Lite, Golden

\$6.99

12 Pack Bottle • Dep • Tax

Carlo Rossi WINE

All Flavors

\$7.99 1/4 Liter CASE

COOK'S CHAMPAGNE

\$3.99 each

'43" Case of 12

COCA COLA PRODUCTS

12 Pack Cans **2 For \$5.99** Dep

\$3.29 each Dep

Haagen Dazs

1 pint of all flavors **\$1.99** each

Melody Farms **2% LOWFAT MILK \$1.89** Plastic Gallon

Beverage Stop For Graduation, Weddings, & Holidays

KEG BEER