

Salad

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dark silence of the fridge, marinating them in its tangy flavor. When the salad was tossed, just before serving, it unified all the ingredients and made eating the salad a delicious process of discovery.

Slimming down the dressing, I use fat-free buttermilk and low-fat mayo. Thick enough to coat the salad nicely, this ranch dressing travels from the top to the bottom of the bowl fast enough that you can serve this salad without starting a day ahead, unless you prefer to. If possible, use a clear bowl so everyone can appreciate the colorful layers.

SEVEN-LAYER SALAD WITH RANCH

DRESSING

- 1 cup fat-free (or reduced-fat) buttermilk
- 1/4 cup reduced-fat mayon-

- 1 teaspoon finely minced garlic
- 1 teaspoon dried oregano
- 1 teaspoon Worcestershire sauce
- pinch cayenne pepper
- salt and freshly ground black pepper, to taste
- 1 can (19 ounces) kidney beans, rinsed and drained
- 6 romaine lettuce leaves, halved lengthwise and cut crosswise in 1/2-inch strips
- 2 large tomatoes, seeded and diced
- 6 thin slices red onion, chopped
- 1 package (10 ounces) frozen green peas, defrosted
- 2 cups jicama, cut in 1/2-inch cubes
- 1 cup (4 ounces) reduced-fat shredded cheddar cheese

In a small bowl, place buttermilk, mayonnaise, garlic, oregano, Worcestershire sauce, cayenne, and salt and pepper to taste. Whisk together until well blended. Cover and refrigerate dressing at least 30 minutes.

To make salad, place a layer of kidney beans in a deep, 8-inch glass serving bowl. On top of beans, add, in succeeding layers, lettuce, tomatoes, onion, peas and jicama. Sprinkle cheese over top. Pour dressing evenly over salad. Cover with plastic wrap and refrigerate 1 to 3 hours. Just before serving, toss well and serve. Makes 12 servings.

Per serving: 120 calories, 3 g. total fat (1 g. saturated fat), 177 g. carbohydrate, 7 g. protein, 5 g. dietary fiber, 280 mg. sodium. AICR offers a Nutrition Hotline (1-800-843-8114) 9 a.m. to 6 p.m. weekdays.

Munch on potato baskets for brunch

AP — If spring brings out the sociable in you, and-or if you want to try something new for yourself first before you do some casual entertaining, consider these potato baskets.

They are a savory alternative to English muffins, a kind of spud cousin of Eggs Benedict which can easily be adapted for vegetarians.

SPRING POTATO BASKETS

(Preparation 40 minutes, cooking time 1 hour, 5 minutes)

For the Baskets:

- 2 pounds (4 to 5 medium) potatoes, grated (5 cups)
- 2 medium eggs, lightly beaten
- 2 teaspoons salt
- 1 teaspoon pepper
- Nonstick cooking spray
- For Hollandaise Sauce:
- 8 egg yolks
- 1/2 cup water
- 1/4 cup lemon juice
- 1 cup firm cold butter, cut into 16 pieces
- 1/2 teaspoon salt, optional
- 1/4 teaspoon paprika
- Dash ground red pepper

For the Filling:

- 1 cup finely chopped fully cooked deli ham (see note)
- 16 medium eggs

To make the Baskets: In large bowl, combine potatoes, 2 eggs, salt and pepper; toss to combine. Spray 16 medium nonstick muffin cups with nonstick cooking spray, coating well. (The spray helps to make potato baskets crisp.)

For each muffin cup, spoon rounded 1/4 cup potato mixture into the palm of your hand; squeeze out excess moisture; place in muffin cup. Push potatoes onto bottom and up side of cup to form a "basket." Bake on bottom rack in 360° F oven for 35 minutes. When potato baskets are done, remove from oven.

To make Hollandaise Sauce: In small saucepan, beat together egg yolks, water and lemon juice. Cook over very low heat, stirring constantly, until yolk mixture bubbles at edges. Stir in butter, 1 piece at a time, until melted and sauce is thickened. Stir in seasonings. Remove from heat. (Cover and chill if not using immediately.)

To make Filling: Place 1 table-

spoon ham into each basket. Crack 1 egg into each; return to 360° F oven on middle rack. Bake an additional 14 to 16 minutes or until egg whites are firm. Run small spatula along edge of baskets to loosen. Place 2 baskets on each of 8 individual plates. Spoon 1 tablespoon sauce into each basket. Serve remaining sauce at the table. Serve immediately.

Makes 8 servings (2 baskets each).

Nutrition information per serving: 666 cal., 68 g fat, 1,311 mg sodium, 11 g carbs., 27 g pro., 725 mg chol., 2 g fiber.

Cook's tip: Serve with steamed asparagus, if desired. Substitute a 26-ounce package or 4 cups frozen shredded hash-brown potatoes, thawed, for fresh potatoes. Squeeze out moisture before continuing with recipe.

Note: For vegetarians, simply omit ham. Or you may substitute sautéed mushrooms, chopped red bell peppers or asparagus. Recipe for Potato Baskets from the National Potato Promotion Board. Recipe for Hollandaise Sauce recipe provided by the American Egg Board.

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- Health Industry Professionals
- Health Partners
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- M & M Nursing Services
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- Master Post-acute Network
- Mercy Hospital - Port Huron
- MNA
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- North Oakland Medical Centers
- Oakland Univ. School of Nursing
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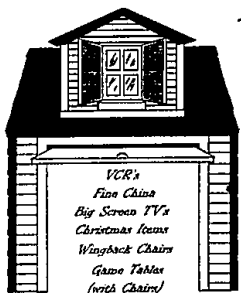
9:00 AM - 4:00 PM

Saturday, May 4, 2002

9:00 AM - 12:00 PM

All events held at:

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(under the tent)



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