

CLOCKWISE COOKERY

You may be the one who's always "on the go" and yet you enjoy the warmth and relaxation of family, friends and the evening meal. Dinners in a dash need not be at the expense of nutrition, tastefulness or natural elegance.

Any one of the following entrees using canned salmon and vegetables can be completely prepared in minutes either conventionally or in the microwave oven. Utilizing convenient foods from the sea and garden, stocked on your shelves, or in your freezer, and prepared and served directly from heat-resistant glass or glass-ceramic dishes, will make you a very clockWISE cook — naturally!

An exotic dish for entertaining after any outing is Curried Salmon-Rice Medley, accompanied by Garden Salad. Curry-lovers will feast on this dish which combines colorful canned salmon, frozen rice medley and hard-cooked eggs enlivened with the golden flair and distinct flavor of curry. The Garden Salad of fresh spinach, cucumbers, tomatoes and lettuce with canned mushrooms and diagonal-cut green beans adds a fresh highlight to the meal. A wood serving cradle for the heat-resistant dishes complements your dining table for an attractive, rustic look.

Speedy suppers for family or guests are served in convenient, attractive dishes to add a special touch when time is short. Spinach-Salmon Casserole is a nutritious dish, high in protein, with an ocean of flavor. Salmon, frozen cut leaf spinach, curly rotini noodles and three natural cheeses are the main components. High nutritional value and no waste makes canned salmon an excellent purchase for your budget dollar.

An award winning, attractive, quick dish is Salmon Divan. Young broccoli spears line a heat-resistant glass baking dish and are topped with flaked canned salmon and a sauce of cream of chicken soup, Swiss cheese and canned whole mushrooms. Serve in a wicker basket for a natural look.

A pinch of thyme adds a flavorful accent to a hearty Salmon-Corn Chowder. Whole kernel corn, celery, onion and canned salmon, afloat in cream of potato and cream of celery soups, are served in individual glass-ceramic bowls.



Flavorful Salmon-Rice Medley with a colorful Garden Salad are time-saving attractions; perfect for entertaining!

SALMON-RICE MEDLEY

- 3 packages (11 oz. each) frozen rice medley (rice with peas and mushrooms)
- 2 tablespoons butter or margarine
- 3/4 teaspoon curry powder
- 2 cloves garlic, crushed
- 3/4 cup chopped onion
- 1 can (15-1/2 oz.) salmon
- 2 hard-cooked eggs
- 1/8 teaspoon cayenne pepper

Prepare rice according to package directions. Melt butter or margarine in skillet. Add curry powder, garlic and onion; sauté until onion is tender, about 5 minutes. Drain salmon and break into chunks with a fork. Reserve several slices of hard-cooked

egg for garnish, if desired. Chop remaining egg. In 8-inch square heat-resistant baking dish, combine egg, salmon, rice, cayenne and onion mixture. Bake at 350°F. for 15 to 20 minutes, covered, or until heated through. Serves 4 to 6.

MICROWAVE: Prepare all the rice according to package microwave directions, increasing time to about 15 minutes and rearranging halfway through cooking time. Place butter or margarine in 8-inch square heat-resistant baking dish and microwave on HIGH about 45 seconds or until butter is melted. Stir in curry powder, garlic and onion. Microwave on HIGH 3 minutes, stirring once. Drain salmon and break into chunks with a fork. Reserve several slices of hard-cooked egg for garnish, if desired. Chop remaining egg; combine with salmon, rice, cayenne and onion mixture. Cover loosely with plastic wrap and microwave on HIGH 6 minutes. Serves 4 to 6.

GARDEN SALAD

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| 2 cups torn fresh spinach | Dressing: |
| 2 cups torn fresh head lettuce | 1/3 cup cider vinegar |
| 1 can (8-1/2 oz.) diagonal-cut green beans, chilled and drained | 3 tablespoons oil |
| 1 jar (2-1/2 oz.) sliced mushrooms, chilled and drained | 1/2 teaspoon salt |
| 1 tomato, cut into wedges | 1/2 teaspoon onion salt |
| 1/2 cucumber, scored and thinly sliced | 1/4 teaspoon garlic salt |
| 1/2 cup cubed Mozzarella cheese | 1/4 teaspoon sugar |
| | 1/8 teaspoon coarse ground black pepper |
| | Dash cayenne |

Gently toss all salad ingredients together in a large bowl. Combine dressing ingredients and stir briskly with a whip or fork—or combine in a container with a tight fitting cover and shake well. Just before serving, combine dressing with salad ingredients and toss. Serves 4 to 6.



Here are three delicious and convenient quick suppers to try, all served in attractive oven-to-table dishes. (Clockwise from left): Spinach-Salmon Casserole, Salmon Divan and Salmon Corn Chowder.

SPINACH-SALMON CASSEROLE

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| 1 package (10 oz.) cut leaf spinach frozen in butter sauce | 1 package (3 oz.) cream cheese, diced |
| 1 can (7-3/4 oz.) salmon | 1 egg, beaten |
| 5 oz. (2 cups) rotini macaroni, cooked and drained* | 1/3 cup grated Parmesan cheese |
| 1/3 cup chopped green onions | 1/2 teaspoon garlic salt |
| 1 cup cream-style cottage cheese | 1 tablespoon grated Parmesan cheese |
| | Lemon wedges |

Cook spinach according to package directions. In 1-1/2-quart heat-resistant oval casserole, flake salmon; do not drain. Combine with remaining ingredients, except 1 tablespoon Parmesan cheese and lemon. Sprinkle with 1 tablespoon Parmesan cheese. Cover with clear glass cover and bake at 350°F. for 20 to 25 minutes or until hot. Garnish with lemon wedges, if desired. Serves 4.

*Elbow or small shell macaroni may be substituted.

MICROWAVE: Cook spinach according to package directions. In 1-1/2-quart heat-resistant oval casserole, flake salmon; do not drain. Combine with remaining ingredients, except 1 tablespoon Parmesan cheese and lemon. Cover with clear glass cover and microwave on HIGH 5 minutes. Stir; sprinkle with 1 tablespoon grated Parmesan cheese. Microwave on HIGH, uncovered, 4 to 6 minutes, or until hot. Garnish with lemon wedges, if desired. Serves 4.

SALMON DIVAN

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| 2 packages (10 oz. each) young broccoli spears frozen in butter sauce | 1/3 cup milk |
| 1 can (10-3/4 oz.) condensed cream of chicken soup | 1 cup shredded Swiss cheese |
| | 1 teaspoon lemon juice |
| | 1 can (15-1/2 oz.) salmon |
| | 1 jar (2-1/2 oz.) whole mushrooms, drained |

Cook broccoli according to package directions. Snip corner of pouch and drain butter sauce into medium saucepan. Add soup, milk, Swiss cheese and lemon juice. Cook and stir over medium heat until smooth. Drain and flake salmon. Arrange broccoli in 2-quart oblong baking dish. Place salmon over broccoli; arrange mushrooms on salmon; top with sauce. Bake at 375°F. for 20 minutes. Serves 6.

MICROWAVE: Cook broccoli according to package microwave directions. Snip corner of pouch and drain butter sauce into 1-quart heat-resistant glass liquid measure. Add soup, milk, cheese and lemon juice; stir to blend. Microwave on HIGH, uncovered, 3 minutes, stirring once. Drain and flake salmon. Arrange broccoli in 2-quart oblong baking dish. Place salmon over broccoli; arrange mushrooms on salmon; top with sauce. Microwave on HIGH, uncovered, 10 to 12 minutes or until hot. Serves 6.

SALMON-CORN CHOWDER

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| 1 can (15-1/2 oz.) salmon | 1 can (10-3/4 oz.) condensed cream of celery soup |
| 3/4 cup chopped celery | 2 cups milk |
| 2 tablespoons butter or margarine | 1 can (17 oz.) golden whole kernel corn, undrained |
| 1 can (10-3/4 oz.) condensed cream of potato soup | 1/4 teaspoon thyme |

Flake salmon; do not drain. Set aside. In a large saucepan, sauté celery and onion in butter or margarine until tender. Stir in salmon and remaining ingredients; heat through over medium heat. Serve in glass-ceramic individual serving bowls. Serves 7 or 8.

MICROWAVE: Flake salmon; do not drain. Set aside. In 2-1/2-quart heat-resistant casserole, sauté celery and onion in butter on HIGH 4 minutes or until tender. Stir in salmon and remaining ingredients. Microwave on HIGH, uncovered, 11 to 13 minutes or until hot, stirring once. Serve in glass ceramic individual serving bowls. Serves 7 or 8.