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Beautiful Salads ARE Summer Favorites

If salads are nature's gift to the warm weather, then summer is the season of opportunity with fresh produce filling grocery bins and roadside stands. The time is ripe to add new salads to your menus.

But these salads are the right one each unique. Let each recipe be a piece of fruit as the "Salad Source." The Cantaloupe Fruit Bowl starts with a cantaloupe to provide the setting for a cool refreshing fruit salad with a mouthwatering dressing to dispel all Hawaiian delight features the ever favorite pineapple in the traditional way, chunks on a dressing with chunks of bean, tomatoes, bananas, and green pepper. The pineapple itself holds the dressing to make it a "Salad Source." Two Avocado halves filled with rice salad topped with French dressing are perfect for the light lunch.

Casual get-togethers and picnics mean lots of help yourself salad bars to tempt appetites. Main dish salads as shown below can be served in a variety of ways. Zesty Potato Salad combines favorite potato salad ingredients and turns them out in a spectacular new way! Sunshine Salad toss mixes those sweet and sunny flavors of California fruit with lettuce, chicken and creamy cucumber dressing to create a summer supper.

Another main dish is the Hearty Potato Platter. Create an attractive salad by arranging potatoes, roast beef slices, chopped tomatoes and onion on a bed of lettuce. Crumbled blue cheese and bottled thousand island dressing add that special occasion flair for another tasty summer salad.

Fresh and refreshing, these salads and dressing ideas help you create summer favorites with great taste and style.

CANTALOUPE FRUIT BOWL

1/2 cup heavy cream, whipped
1/4 cup chunky blue cheese dressing
1 cantaloupe
1 cup peach and plum slices
1/2 cup red grapes, cut in half, seeded
1/3 cup chopped toasted pecans

Fold whipped cream into dressing. Chill. In zig zag pattern, cut melon in half horizontally. Remove seeds. Scoop out melon balls, leaving shells intact. Combine fruit and nuts; mix lightly. Spoon into melon shells; serve with dressing. Garnish with additional nuts, if desired. 2 servings.

HAWAIIAN DELIGHT

1 pineapple
Bean sprouts
Tomato wedges
Bananas, cut into 1 inch pieces
Green pepper chunks
French dressing
Shredded leaf chicory leaves or lettuce

Cut thin slice lengthwise along side of pineapple, removing fruit leaving shell intact. Slice fruit into chunks. Alternate pineapple, bean sprouts, tomatoes, bananas and green peppers on small skewers; insert skewers in pineapple cavity filled with chicory. In square plate filled chicory arranged of leaf chicory serve with dressing.

VEGETABLE 'N RICE AVOCADO SALAD

2 avocados, cut in half
1/2 cup cooked rice
1/4 cup finely chopped tomato
1/4 cup shredded carrot
2 crisply cooked bacon slices, crumbled
Lettuce
French dressing

Remove avocado pulp, leaving shells intact. Finely chop fruit. Combine avocado, rice, tomato, carrot and bacon; toss lightly. Place avocados on individual lettuce covered plates; fill with vegetable mixture. Serve with dressing. 4 servings.

SUNSHINE SALAD TOSS

1-1/2 qts. torn assorted greens
1 avocado, peeled, chopped
1 cup peach or nectarine slices
1 cup orange slices
1 cup chopped cooked chicken
1 cup rye croutons
creamy cucumber dressing

Combine all ingredients except dressing, toss lightly. Serve with dressing. 6 servings.

HEARTY POTATO PLATTER

1 lb. roast beef slices
2-1/2 cups cooked potato slices
1-1/2 cups chopped tomatoes
1/2 cup (2 oz.) crumbled cold pack blue cheese
1/2 cup red onion rings
4 cups shredded lettuce
1 8-oz. bottle thousand island dressing

Arrange meat, potatoes, cheese, tomatoes and onion on lettuce-covered platter. Serve with dressing. 6 servings.

ZESTY POTATO SALAD

1 cup chopped cooked potatoes
1 cup chopped summer sausage
3/4 cup chopped green pepper
1/2 cup creamy Italian dressing
1/2 cup chopped onion
1/2 cup ripe olive slices
2 tablespoons chopped mild pepperoncini peppers
1/2 teaspoon salt
2/3 cup real mayonnaise
1/4 cup grated parmesan cheese
1 garlic clove, minced

Combine potatoes, sausage, green pepper, dressing, onion, olives, pepperoncini peppers and salt; mix lightly. Press mixture into 1-1/2-quart bowl. Cover, chill. Combine mayonnaise, cheese and garlic; mix well. Chill. Invert salad onto serving platter; spread with mayonnaise mixture. Garnish as desired. 6 to 8 servings.