

A lighter touch

These salads are just right for people on the go



With more people on the go and eating light, salads have come into focus as alternatives to heavy meals. And what better time to try inventive salad ideas than on busy weekends? These two salad recipes would fit well in the weekend schedule.

Fresh vegetables fill the center of a unique salad featuring cooked rice, salmon, celery, and creamy cucumber dressing in this recipe for Salmon 'N' Rice Salad. This is a great one-dish meal that's both appetizing and colorful.

For a special Sunday dinner, this recipe for Spinach Salad provides just the right touch for the first course. Italian dressing is the perfect match for fresh spinach leaves tossed with crumbled bacon, chopped hard-cooked egg, and onion rings.

Simple or elaborate, delicate or hearty, salads suit almost any occasion, meal, or position in the menu.

SALMON 'N' RICE SALAD
3 cups cooked rice

1 7 3/4-oz. can salmon, drained, flaked
1/4 cup celery slices
1/4 cup creamy cucumber dressing
1/4 cup chopped pimiento
1/4 cup green onion slices
1/2 tsp. pepper
1 cup cherry tomato halves
1/4 cup chopped cucumber
omne rice, salmon, celery, dressing, pimiento, onion and pepper; toss lightly. Pack into 4-cup ring mold; chill. Unmold. Combine tomatoes and cucumber; toss lightly. Fill center of mold with vegetable mixture. Garnish with cucumber and serve with additional dressing, if desired.

SPINACH SALAD
1 qt. torn spinach
4 crisply cooked bacon slices, crumbled
3 hard-cooked eggs, chopped
3/4 cup onion rings
Italian dressing
Combine spinach, bacon, eggs, onion and enough dressing to moisten; toss lightly.

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Cooked pork stars in this salad

Surely one of the most fun food categories for the creative cook is main-dish salads. The mix-and-match combinations of meats, vegetables, fruits and dressings are almost endless.

Just when you think you've tried all the salad possibilities, along comes another — like Layered Pork Salad. It's a unique creation that's sure to spark appetites at any luncheon or supper.

Thin strips of cooked pork are the star ingredient in this salad that layers fresh spinach leaves, blanched cauliflowerettes and alfalfa sprouts. Apricot halves offer a bright, colorful note while chopped pecans add a crunch. Since this salad brings together so many flavors, a simple red wine vinegar and oil dressing serves well to blend them.

While the salad is pleasing palates, it can also help stretch the food dollar when made with leftover pork. All will agree that leftovers never tasted better. You'll want to plan ahead for this salad when preparing a pork roast such as a blade, center rib or loin, sirloin or top loin. When deciding the size roast you'll need, you can count on 2-2 1/2 servings per pound for bone-in cuts and 3-3 1/2 servings per pound for boneless cuts.

For leftover pork with optimum flavor and eating quality, it is important that the pork roast be properly prepared. It should be placed on a rack in an open roasting pan and cooked in a slow oven. For the most juicy, tender results, the roast should be cooked only to an internal temperature of 170 degrees as indicated on a roast meat thermometer.

The leftover pork should be left in large pieces and promptly wrapped and placed in the refrigerator for four to five days or in the freezer for two to three months.

One of the joys of a main dish salad is the ease with which the accompanying menu can be completed. Simply serve Layered Pork Salad with warm raisin-bran muffins and a dessert of fresh strawberry sundae.

LAYERED PORK SALAD
1/4-1 lb. cooked pork, cut into thin strips
1/4 tsp. salt
1/4 tsp. pepper
1 lb. spinach
2 cups cauliflowerettes, blanched
1 cup alfalfa sprouts, rinsed and drained
1 can (8 3/4 oz.) apricot halves, drained
1/4 cup coarsely chopped pecans
1/4 cup red wine vinegar
1/4 cup oil

Sprinkle salt and pepper over pork. Tear spinach into bite size pieces; place half in bottom of a 6-cup glass bowl. Place cauliflowerettes over spinach, then add half of the pork strips and the alfalfa sprouts. Place remaining spinach on top of alfalfa sprouts. Arrange apricot halves on top of spinach, top with remaining pork strips. Garnish with chopped nuts, if desired. Combine red wine vinegar and oil; pour over salad. Cover and refrigerate at least 2 hours. Makes 4 servings.

Pass the salt

About 100 million years ago, in the age of dinosaurs, the first termites formed weakly knit societies and tasted their first bite of wood. Presumably, they derived the ability to assimilate cellulose from their wood-eating cockroach ancestors; protozoa dwelling in their guts helped digest fiber.

Monday, July 5, 1982 O&E

(F3B)

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<p>IGA TABLET ASSORTED SLICED</p> <p>Pork Chops</p> <p>\$1.59</p> <p>7-11 Chops lb.</p>	<p>IGA Bonus Coupon Bonus</p> <p>ALL BRANDS</p> <p>Maxwell House Coffee</p> <p>\$3.99</p> <p>Limit 1 +20¢ Can Limit one coupon per family. Coupon and 25¢ off each coupon required. Excludes instant coffee. Good through Sunday, July 11, 1982.</p> <p>SAVE \$1.49</p>	<p>IGA Bonus Coupon Bonus</p> <p>ALL TEMPERATURE</p> <p>Cheer Detergent</p> <p>\$1.69</p> <p>Limit 1 +49¢ Box Limit one coupon per family. Coupon and 49¢ off each coupon required. Excludes liquid detergent. Good through Sunday, July 11, 1982.</p> <p>SAVE \$1.08</p>	<p>IGA Bonus Coupon Bonus</p> <p>ALL TEMPERATURE</p> <p>Banquet Pot Pies</p> <p>5/1</p> <p>Limit 1 +89¢ Pie Limit one coupon per family. Coupon and 89¢ off each coupon required. Excludes frozen pot pies. Good through Sunday, July 11, 1982.</p> <p>SAVE \$1.25</p>
<p>HOLLY FARMS GRADE A</p> <p>Pick of the Chick</p> <p>99¢ lb.</p>	<p>IGA TABLET</p> <p>Hamburger FROM</p> <p>Ground Chuck</p> <p>\$1.79</p> <p>3 lbs. or more lb.</p>	<p>Mac & Cheese</p> <p>5/1</p> <p>Limit 1 +20¢ Box Limit one coupon per family. Coupon and 20¢ off each coupon required. Excludes instant macaroni. Good through Sunday, July 11, 1982.</p>	<p>Chocolate Syrup</p> <p>69¢</p> <p>Limit 1 +20¢ Jar Limit one coupon per family. Coupon and 20¢ off each coupon required. Excludes instant chocolate. Good through Sunday, July 11, 1982.</p>
<p>GUNSBERG FAMOUS</p> <p>Corned Beef Briskets</p> <p>\$1.39</p> <p>Point Cuts lb.</p>	<p>IGA Bonus Coupon Bonus</p> <p>ALL TEMPERATURE</p> <p>Kraft Dressing</p> <p>58¢</p> <p>8 oz. Box Limit 1 +20¢ Box Limit one coupon per family. Coupon and 20¢ off each coupon required. Excludes instant dressing. Good through Sunday, July 11, 1982.</p>	<p>Pass along the good feeling at IGA!</p> <p>Lettuce</p> <p>59¢</p> <p>Head Limit 1 +20¢ Head Limit one coupon per family. Coupon and 20¢ off each coupon required. Excludes instant lettuce. Good through Sunday, July 11, 1982.</p>	<p>Pass along the good feeling at IGA!</p> <p>Golden Yellow Bananas</p> <p>3 / 89¢</p> <p>lbs.</p>
<p>HOLLY FARMS</p> <p>Chicken Franks</p> <p>79¢</p> <p>1 lb. Pkg.</p>	<p>IGA Bonus Coupon Bonus</p> <p>ALL TEMPERATURE</p> <p>Ora Ida Shoestrings</p> <p>\$1.49</p> <p>Minute Maid - 8 oz. case Orange Juice - 2/99¢</p>	<p>Pass along the good feeling at IGA!</p> <p>Split Top Bread</p> <p>69¢</p> <p>1 lb. loaf Whole White Bread 79¢</p>	<p>IGA Coupon Coupon Coupon</p> <p>FAME Salad Oil</p> <p>\$1.29</p> <p>Limit 1 +20¢ Oil Limit one coupon per family. Good through Sunday, July 11, 1982.</p> <p>SAVE 30¢</p>
<p>HORMEL REGULAR RANCH STYLE</p> <p>Wranglers</p> <p>\$2.09</p> <p>1 lb. Pkg.</p>	<p>IGA Bonus Coupon Bonus</p> <p>ALL TEMPERATURE</p> <p>Reg., Diet, or Lite Pepsi-Cola</p> <p>99¢</p> <p>2 Lit. Plastic Btl. Limit 1 +20¢ Btl. Limit one coupon per family. Coupon and 20¢ off each coupon required. Excludes instant Pepsi-Cola. Good through Sunday, July 11, 1982.</p>	<p>Pass along the good feeling at IGA!</p> <p>FAME Low Fat Milk</p> <p>\$1.59</p> <p>Limit 1 +20¢ Can Limit one coupon per family. Good through Sunday, July 11, 1982.</p>	<p>IGA Coupon Coupon Coupon</p> <p>FAME Lemonade</p> <p>39¢</p> <p>Limit 1 +20¢ Can Limit one coupon per family. Good through Sunday, July 11, 1982.</p> <p>SAVE 16¢</p>
<p>TASTE 'O' SEA</p> <p>Breaded Ocean Perch</p> <p>\$1.59</p> <p>lb.</p>	<p>IGA Bonus Coupon Bonus</p> <p>ALL TEMPERATURE</p> <p>La Creme Topping</p> <p>77¢</p> <p>8 oz. Bowl Limit 1 +20¢ Bowl Limit one coupon per family. Good through Sunday, July 11, 1982.</p>	<p>Pass along the good feeling at IGA!</p> <p>FAME Cottage Cheese</p> <p>\$1.29</p> <p>1 lb. 4% Milkfat Limit 1 +20¢ Jar Limit one coupon per family. Good through Sunday, July 11, 1982.</p>	<p>IGA Coupon Coupon Coupon</p> <p>FAME Margarine</p> <p>3/1</p> <p>1 lb. Pkg. Limit 1 +20¢ Pkg. Limit one coupon per family. Good through Sunday, July 11, 1982.</p>
<p>IGA Coupon Coupon Coupon</p> <p>COMPTON Mild Colby Cheese</p> <p>40¢</p> <p>1 lb. Pkg. Limit one coupon per family. Good through Sunday, July 11, 1982.</p> <p>SAVE 40¢</p>	<p>IGA Coupon Coupon Coupon</p> <p>FAME Saltine Crackers</p> <p>2/1</p> <p>Limit 1 +20¢ Box Limit one coupon per family. Good through Sunday, July 11, 1982.</p> <p>SAVE 36¢</p>	<p>IGA Coupon Coupon Coupon</p> <p>300 GAL. SIZE Hefty Trash Bags</p> <p>\$1.99</p> <p>Limit 1 +20¢ Bag Limit one coupon per family. Good through Sunday, July 11, 1982.</p> <p>SAVE 98¢</p>	<p>IGA Coupon Coupon Coupon</p> <p>Coronet Bath Tissue</p> <p>\$1.69</p> <p>Limit 1 +20¢ Roll Limit one coupon per family. Good through Sunday, July 11, 1982.</p> <p>SAVE 30¢</p>
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