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17329

SAVVY DINING

*Salmon-Dijon
Vegetable Salad*

- 1 can (15-1/2 oz.) or 2 cans (7-1/2 or 7-3/4 oz. each) Alaska salmon
- 2 cups sugar snap peas or Chinese pea pods
- 1 small zucchini (1-inch diameter)
- 1 small yellow summer squash (1-inch diameter)
- 1 cup small mushrooms, quartered
- 1/2 cup bottled lite Dijon vinaigrette dressing
- 2 to 3 green onion tops, cut in thin diagonal strips (optional)
- Lettuce leaves (optional)

Drain salmon; break into chunks and refrigerate. String snap peas, if necessary; blanch in boiling water about 15 seconds or until bright green. Cool in ice water immediately; drain. Cut zucchini and squash in 1/4-inch slices; blanch 15 seconds or until bright in color. Cool in ice water immediately; drain. Combine peas, squash and mushrooms. Pour lite Dijon vinaigrette dressing over vegetables; marinate 30 minutes to 1 hour. Drain, reserving dressing. Combine salmon, vegetables and, if desired, green onions; gently toss. Arrange on lettuce if desired. Serve with reserved dressing. Makes 4 to 6 servings.

Minted Pear Compote

- 1 can (16 oz.) pear halves
- 2 cups honeydew melon balls
- 6 mint sprigs, cut into very thin strips
- 3 tablespoons lime juice
- 1 cup fresh berries in season
- Mint sprigs

Drain pears and halve; reserve liquid. Combine pears, melon, mint, reserved pear liquid and lime juice. Pour over pears and melon; marinate 30 minutes. Add berries just before serving. Garnish with mint sprigs. Makes 4 to 6 servings.

CASUAL
ALFRESCO EATING*Alaska Salmonburgers*
(not shown)

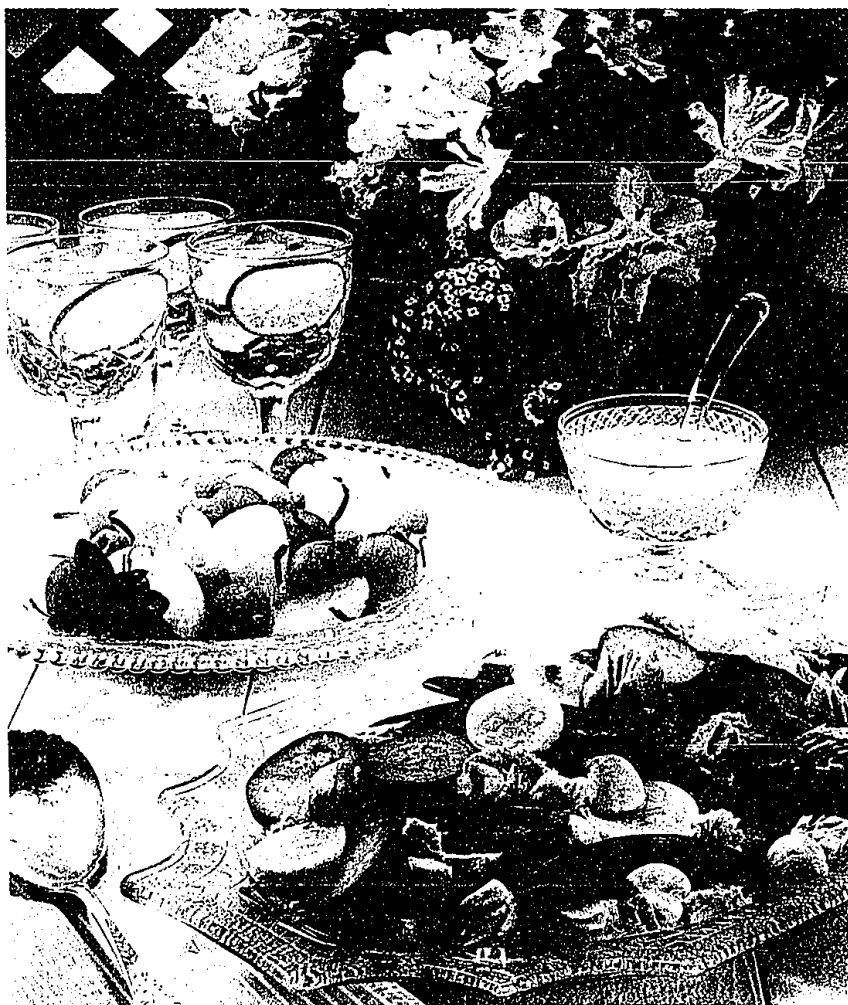
- 1 can (15-1/2 oz.) or 2 cans (7-1/2 or 7-3/4 oz. each) Alaska salmon
- 1 cup fine dry bread crumbs, divided
- 1/3 cup bottled lite creamy Dijon dressing
- 2 tablespoons chopped green onions
- 1 egg, beaten
- 1/8 teaspoon pepper
- 6 toasted hamburger buns
- Lettuce
- Tomato slices
- Bottled lite creamy Dijon dressing

Drain salmon, reserving 1 tablespoon liquid; flake. Combine salmon, 3/4 cup bread crumbs, lite creamy Dijon dressing, green onions, reserved salmon liquid, egg and pepper; mix well. Shape into 6 patties. Coat with remaining bread crumbs. Pan-grill in lightly oiled skillet over medium heat about 5 minutes or until golden brown on both sides. Serve on toasted buns with lettuce and tomato and additional lite creamy Dijon dressing. Makes 6 servings.

Marinated Pear Salad
(not shown)

- 1 can (16 oz.) pear halves
- 1/2 cup bottled lite Italian dressing
- 3 cups torn fresh spinach
- 1 cup watercress sprigs
- 1/2 cup each thinly sliced sweet white onion and green pepper
- 1 small tomato, cut in small chunks

Drain pears and halve. Pour lite Italian dressing over pears; marinate about 30 minutes. Combine spinach, watercress, onion, green pepper and tomato; toss. Remove pears from dressing; reserve dressing. Arrange pears on salad; serve with reserved dressing. Makes 4 to 6 servings.



Make It Lite 'n Easy

These days it's easy to transform convenient foods into culinary delights that taste great and are good for you. In fact, menus now offer more choices for light, healthy eating. Today's cooks are also looking for easy-to-prepare suggestions suitable for casual dining or more elegant entertaining.

The "Savvy Dining" menu (pictured) features Salmon-Dijon Vegetable Salad and Minted Pear Compote, perfect for an impromptu gathering. Salmon-Dijon Vegetable Salad combines a selection of garden-fresh vegetables — summer squash, onions, mushrooms and Chinese pea pods — with Alaska canned salmon, marinated in lite Dijon vinaigrette dressing for an appealing main dish salad. Alaska canned salmon is ideal for today's lifestyles as it offers convenience, versatility and great flavor as well as good nutrition.

The perfect finale to this light meal is Minted Pear Compote, a refreshing ensemble of canned pears, honeydew melon balls, fresh berries and mint. The delicate flavor and coloring of canned pears makes them an ideal recipe ingredient. They're perfectly ripened, peeled and ready to enjoy right from the can or in a variety of recipes.

The "Casual Alfresco Eating" menu is designed for meals that demand quick-to-prepare foods. Alaska Salmonburgers top this menu with a tasty combination of lite creamy Dijon dressing, canned Alaska salmon and green onions. Quickly assembled and pan-grilled, these salmonburgers offer a new approach to the ordinary fare of burgers. For flavor variety, they rely on bottled dressing for seasoning. The creamy Dijon dressing features the distinctive taste of Dijon mustard; because it's a lite dressing it has less oil and as few as half the calories of its regular dressing counterparts.

For a nutritious mealtime accompaniment, serve Marinated Pear Salad alongside the Alaska Salmonburgers. A bed of vibrant green spinach and other fresh vegetables serve as the base for this cooling salad, seasoned by a marinade of bottled lite Italian dressing with the perfect blend of herbs and spices. Juicy canned pears crown the salad and the result is a real palate pleaser.

Geared to today's lifestyles, these recipes are quick, easy and flavorful because of the ingredients and the way they're combined. That should appeal to the contemporary diner looking for lighter meals and foods with a flair.