

Consider your options when choosing a salad

AP — When you want to eat something light, you choose a salad, right? Crisp greens, vegetables and fruits are refreshing and, best of all, low in calories. Plus, they're full of vitamins and fiber.

But some salads are more healthful than others. Before tossing your greens with dressing or mounding them high with other salad-bar goodies, check your options. The amounts and types of dressing and toppers often determine your salad's healthfulness. Compare these salad selections:

SALAD A: Includes 1 cup of mixed greens topped with diced tomato, shredded cheddar cheese, crumbled bacon, sunflower nuts and a generous 2 tablespoons of thousand island dressing. Sound good? Maybe, but the total caloric count is about 300; about two-thirds of the calories come from 23 grams of fat.

SALAD B: Also starts with 1 cup of mixed greens and diced tomato. But it's topped with low-fat fixings including sliced cucumber, alfalfa sprouts and diced green pepper. The salad is then dressed with 1 tablespoon reduced-calorie thousand island dressing. Sounds good, and the

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calorie total sounds even better. This salad contains fewer than 70 calories and less than 25 percent come from fat.

For a tasty dressing, try this recipe for Apricot-Sesame Dressing. It contains 22 calories per tablespoon, with a trace of fat and no cholesterol.

APRICOT-SESAME DRESSING

In a small saucepan combine 1 teaspoon cornstarch, ¼ teaspoon garlic powder and ¼ teaspoon ground ginger. Stir in one 5½-ounce can apricot nectar, ¼ cup red wine vinegar, 1 tablespoon honey and 1 teaspoon sesame oil. Cook, stirring constantly, until thickened and bubbly. Cook and stir 2 minutes more. Chill, covered. Stir before serving. If desired, sprinkle 1 teaspoon toasted

sesame seed over salad greens. Makes ½ cup.

BEST-DRESSED SALAD TIPS

- Read labels. Many bottled dressings average 60-80 calories per tablespoon, reduced-calorie versions just ¼ to ½ that amount.
- Before serving creamy dressings, dilute fat and calories by combining some dressing with an equal amount of low-fat plain yogurt.
- Create your own tasty, low-fat dressings. You can replace half or more of the oil in most recipes with fruit juice or broth. For creamy dressings, replace part of the mayonnaise with low-fat yogurt, pureed cottage cheese, buttermilk or tofu.
- Use one part oil to one part vinegar rather than the typical 3-to-1 ratio. A mild vinegar, such as rice or balsamic, reduces tartness.

Super-fast way to do shrimp

AP — Set your timer: You can have this enticing Oriental-style entree ready in 10 minutes. There's no slicing, no chopping, no frying, and not much measuring. Serve with quick-cooking rice, fresh fruit, sherbet and almond cookies.

CASHEW SHRIMP

one 8-ounce can pineapple chunks (juice pack)
2 tablespoons vinegar
2 teaspoons soy sauce

1 teaspoon instant chicken bouillon granules
¼ teaspoon ground ginger
¼ cup water
one 8-ounce package frozen peeled and deveined shrimp
4 teaspoons cornstarch
one 8-ounce package frozen pea pods
1 cup cashews or peanuts
Drain pineapple, reserving juice.
Mix juice, vinegar, soy sauce,

bouillon granules, ginger and 2 tablespoons of the water; add shrimp. Simmer, covered, 2 minutes. Mix cornstarch and remaining water; add to mixture. Add pineapple. Cook and stir until bubbly. Add pea pods. Cook and stir 2 minutes more. Add nuts. Serve with hot cooked rice, if desired. Makes 3 servings.
Nutrition information per serving: 434 cal., 25 g pro., 37 g carb.

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