

# Assortment of greens makes salad special

Salads are the perfect choice for warm-weather meals. Combine a mix of fresh, crisp ingredients that look appealing and taste good together and you have nutrition along with pure eating enjoyment.

We've always known salads are good for us, but did you know that salad-making can be interesting and creative, too?

Contrast is the key to making an original salad. Assemble colorful ingredients that have different textures. Combine temperatures as well, such as warm dressing tossed with mixed greens to create a delicious Warm Caesar Salad.

When shopping, choose an assortment of fresh greens that add interesting flavors to your salad bowl. Some of the varieties you will find in the produce section of your local supermarket include iceberg lettuce, commonly known as "head lettuce," which is mild in flavor; leaf lettuce, which tends to be very tender; Boston and bibb lettuce, both mild-flavored with a soft, buttery-rich quality; endive, chewy crispness with a slightly bitter taste; radicchio, red ruby color, tender, with a slightly bitter taste; mustard greens and watercress, both with a peppery flavor; Romaine, a strong-flavored lettuce; and spinach with its leafy "green" taste.

Always wash greens thoroughly and dry completely. A wet salad will dilute your dressing and won't taste as good. The salad spinner is a wonderful kitchen gadget that spins leaves dry. No salad lover should be without one.

WHEN CHOOSING ingredients to toss — experiment. Combine fruits and vegetables together, such as in Asparagus and Strawberry Salad for the perfect start to a summer meal. Mix greens with cooked and chilled pasta, lentils, even dried fruit such as raisins and tart cherries.

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You also can make your salad a main dish by adding two ounces of protein-power, non-fat or part-skim cheese, light chicken or turkey meat (without skin), salmon or water-packed tuna.

Dressing your salad adds the final touch to blend flavors and ingredients together and make it complete. Many "low-cal" commercial salad dressings, lower in fat and calories, are available for you to choose from. Make sure to read the label for the fat content per serving.

Home-made dressings can't be beat for their freshness and combination of flavors. Creamy Crunchy Salad Dressing and Cucumber-Dill Dressing add a cool, refreshing twist to all mixed greens. Wonderfully tangy Pecan Vinaigrette is mouth-watering tossed with a fresh fruit salad.

Your options for making healthy, delicious salads are endless. Go ahead — get creative and enjoy.

## WARM CAESAR SALAD

Makes 2 Servings

2 eggs  
1 tablespoon lemon juice  
2 drained canned anchovy fillets, mashed  
Dash each salt and pepper  
4 cups torn Romaine lettuce (4 cups torn Romaine lettuce yield about 1 cup cooked lettuce)  
2 teaspoons olive or vegetable oil  
1 small garlic clove, mashed  
1 ounce onion-and-garlic-flavored croutons  
½ ounce grated Parmesan cheese

Using a fork, in large mixing bowl combine eggs, lemon juice, anchovies, salt and pepper and beat until combined; add lettuce and toss to coat. Set aside.

In 10-inch non-stick skillet, heat oil; add garlic and cook over medium heat, stirring frequently, until golden, about 30 seconds. Add lettuce mixture and cook, stirring constantly, until moisture has evaporated, 2 to 3 minutes. Add croutons and cheese; stir to combine and serve immediately.

Each serving provides: 1½ Proteins, 1 Bread, 1 Vegetable, 1 Fat, 5 Optional Calories.

## Lite success

### Florine Mark

Source: Weight Watchers Meals in Minutes Cookbook, 1989.

#### ASPARAGUS AND STRAWBERRY SALAD

Makes 2 Servings

1 medium Belgian endive (about 3 ounces), separated into leaves  
24 Boston or bibb lettuce leaves  
¼ cup onion or sliced white mushrooms  
12 medium asparagus spears, blanched  
1 cup strawberries, sliced  
2 tablespoons lemon juice  
1½ teaspoons honey  
1 teaspoon vegetable oil  
Dash each salt and white pepper

Onto half of each of 2 serving plates arrange half of the endive leaves. Top with lettuce leaves, mushrooms and asparagus. Decoratively arrange half of the strawberries onto bottom portion of each plate.

#### CRUNCHY SALAD DRESSING

Makes 4 Servings

¼ cup plain low-fat yogurt  
2 tablespoons sour cream  
2 teaspoons each reduced-calorie mayonnaise and red wine vinegar  
1 tablespoon each finely diced green bell pepper, finely diced red onion, pickle relish, and minced fresh parsley or dill  
½ packet (¼ teaspoon) instant

chicken or beef broth and seasoning mix

Using a wire whisk, in small mixing bowl combine yogurt, sour cream, mayonnaise and vinegar; stir to combine. Stir in remaining ingredients. Cover with plastic wrap and refrigerate until ready to use.

Each serving provides: ¼ Fat, ¼ Milk, 25 Optional Calories.

Source: Weight Watchers Meals in Minutes Cookbook, 1989.

#### CUCUMBER-DILL DRESSING

Makes 4 Servings

¾ cup buttermilk  
¼ cup sour cream  
2 tablespoons chopped fresh dill  
1 teaspoon freshly squeezed lemon juice  
¼ teaspoon each granulated sugar and salt  
¼ teaspoon white pepper  
¼ cup minced seeded pared cucumber

Using a wire whisk, in medium mixing bowl combine all ingredients except cucumber; stirring until smooth. Stir in cucumber. Cover with plastic wrap and refrigerate until flavors blend, at least 30 minutes. Stir again before serving.

Each serving provides: ¼ Vegetable, ¼ Milk, 35 Optional Calories.

Source: Weight Watchers Meals in Minutes Cookbook, 1989.

#### PECAN VINAIGRETTE

Makes 4 Servings

½ cup water  
2 tablespoons thawed frozen concentrated orange juice (no sugar added)  
2 teaspoons each rice vinegar, teriyaki sauce and vegetable oil  
1 teaspoon each honey and Dijon-style mustard  
1 ounce shelled pecans, toasted and finely ground

In blender container combine all ingredients except pecans and process until combined. Transfer mixture to small serving bowl; add pecans and stir to combine. Cover with plastic wrap and refrigerate until ready to serve. Just before serving, stir well.

Each serving provides: ¼ Protein, 1 Fat, ¼ Fruit, 5 Optional Calories.

Source: Weight Watchers Meals in Minutes Cookbook, 1989.

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## On vacation

Betsy Brethens is on vacation. Her column, "Family-Tested Winner Dinner," will return in September.

## Ways to prepare collard greens

See Larry Jones' column Taste Buds on Page 1B.

**COOKED COLLARDS**  
2 pounds collard greens, cleaned, cut into thin strips  
2 smoked ham hocks or ½ pound salt pork  
1 tablespoon sugar  
10 cups water

Combine collards in a non-aluminum pot with ham hocks, sugar and water, just enough to cover. Bring to a rolling boil, then lower the flame to a gentle boil and boil, partially covered, for at least 2 hours, closer to 3 for best taste. Add more water if needed.

**SPICY COLLARDS**  
1½ pounds collard greens, cleaned

and cut into strips  
2 tablespoons butter  
2 tablespoons minced shallots  
¼ teaspoon fresh grated ginger  
¼ teaspoon cardamom  
¼ teaspoon cinnamon  
Dash nutmeg  
¼ teaspoon salt, or to taste

Drop collards into a large pot of boiling, salted water. Boil until tender, about 15 minutes. Drain leaves, chop fine. Heat 1 tablespoon of butter in a skillet. Stir in shallots and cook over moderately low heat about 3 minutes, until soft. Add ginger, cardamom, nutmeg and salt. Add collards and toss. Cook for 3 minutes and warm thoroughly. Stir in remaining butter, cut into small pieces. Serve warm.

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