

Spring's
Edible
Greens

By JOYCE TOTTEN

The crackling-crisp, garden-fresh greens, dry chilled and tossed with a zesty well-seasoned dressing, and you have a green salad worth sipping about!

Today, of course, a wide variety of salad greens is in supply the year-round, but there's no time like spring and early summer, when interesting greens are abundant, to go all out on salads. If you haven't explored these great greens, now's the time to begin.

TEN OF the most popular are Boston lettuce, romaine, curly endive, leaf lettuce, escarole, watercress, spinach, bibb lettuce, iceberg lettuce and cabbage. If you get acquainted with them, you'll learn their differences in texture and flavor, and discover the wonderful contribution they can make to your salads. And greens, although fairly bursting with vitamins, are low, low, in calories!

TO MIX really good green salads, remember these few basic points:

Be sure greens are dry and chilled. Wash them well when you bring them from market. Then drain thoroughly, wrap in paper toweling, and refrigerate about eight hours.

Tear greens into bite-size pieces--please don't cut them with a knife or you'll bruise them.

Always place dressing on last so salad remains crisp.

"Easy does it" with tossing--these tender greens deserve the light touch.

Here are some special dressings:

FAVORITE FRENCH DRESSING
Makes 1 quart
1 c. vinegar
1 c. sugar
1 c. oil
1 t. salt
1/2 t. pepper
1 t. dry mustard
1 t. Worcestershire sauce
3 t. paprika
1 can condensed cream of tomato soup
1 onion, grated
1 clove garlic, grated

Mix all ingredients together and beat with rotary beater until well blended. Refrigerate. Dressing will keep for about a month.

CELERY SEED DRESSING

1/2 c. sugar
1 t. dry mustard
1 t. salt
1 t. or more onion, grated or onion juice
1/4 to 1/3 c. vinegar
2/3 to 1 c. salad oil
1 t. to 1 T. celery seed
1 t. paprika

Mix sugar, mustard, salt and onion. Alternately add vinegar and oil a little at a time, beginning with vinegar. Beat well. Add celery seed. Cover and store in refrigerator. Serve on fruit or fresh vegetable salads.

CREAM CHEESE DRESSING

Number of Servings - 6
18-oz. pkg. cream cheese, softened
1/8 t. salt
1 T. lemon juice
2/3 T. mayonnaise

Cream the cheese with an electric mixer. Add remaining ingredients; mix well. Serve on fruit halves or lettuce.

Protest
Show Uses
All Media

The Brothers Unlimited "Black Choreologia" will be presented at 1 p.m. May 21 at the Orchard Ridge Campus of Oakland Community College.

Heralded as a different kind of protest show, Black Choreologia entertains through the media of poetry, music, song and dance.

The performance is open to the public. Admission is 50 cents for OCC students, public \$1. The show will be presented on the second floor of "MU" building, with a question and answer period following.

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