

For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

VARIETY IN SALADS



SPENCE

them in small portions. Their purpose is to stimulate the ap-

The use of fruits and vegetables in salads is a good way to increase the use of these colorful foods. It also provides a pleasant way to get vitamins and minerals into your diet.

For a pleasing salad choose good quality greens, fruits and vegetables. Clean and chill salad ingredients thoroughly before preparing the salad.

There are many types of salads to choose from: appetizer, accompaniment, main dish, salad plate, dessert or a party salad.

Appetizer salads can be made of salad greens, tossed with highly seasoned, spicy or tart dressings. They can be garnished with fruits and vegetables but remember to serve

foods with which they are served.

Accompaniment salads are tossed or individual salad units on a background of greens. They might be molded or unmolded type salads.

Main dish salads are made of substantial foods like meat, fish, poultry, cheese, eggs and vegetable combinations. This type will make a full meal, or a good share of the meal.

Salad plates are almost always served on a bed of greens. Choose the greens carefully so the combination of flavors goes together because

your guests may want to eat both the salad and the greens. This type can be a combination of fruits, vegetables and protein garnished with toast or crackers.

A dessert salad is a good way of serving fruit or gelatin at the end of a heavy meal. If the rest of the meal takes a lot of preparation, the salad can be simple and perhaps be prepared ahead of time. Keep in mind that light flavor is more refreshing than a foreign, unknown flavor.

Party salads are basically fruit or gelatin with a touch of whipped cream or light cheese dressing. They are similar to the dessert salad since guests may have eaten a meal before hand. They are a hospitality gesture on your part and therefore should have a light, refreshing flavor.

Use two forks or a fork and a spoon to prevent mashing or crushing the greens when tossing salad ingredients. When making a large salad, build it up in layers in the salad bowl. Chill thoroughly before serving. Add the dressing and lift or turn the greens gently two or three times for quick and gentle mixing.

In adding dressing to a salad, mix and add just before serving. Add only enough dressing to make each leaf shiny. A

drippy salad spoils the appetite and appearance. For good appearance of any salad, don't over fill the bowl or salad plate. Have enough greens to satisfy or frame the salad, but not so many that an individual salad looks lost or too full and unappetizing.

With a little imagination and creation, a salad can add crispness, color, texture and good flavor to meals.

Molded salads can be colorful, glamorous and easy to make. Here's a recipe that has these merits and uses pears which are plentiful. It was developed for an alternate for the cream cheese for low calorie counters.

MOLDED FRUIT SALAD
3 ounces cream cheese OR 1 cup yoghurt
1/4 cup lemon juice
1/4 teaspoon salt
1 can (8 ounces) pineapple tidbits
1 tablespoon unflavored gelatin
1 package (10 ounces) frozen strawberries, thawed
1 cup fresh or canned pears, drained

Allow cream cheese to soften at room temperature. Combine cream cheese or yoghurt with lemon juice and salt; blend well. Drain pineapple. Soften gelatin in the pineapple juice

and heat until dissolved. Stir into cream cheese or yoghurt mixture. Add berries. Beat with rotary beater. Chill until mixture begins to thicken. Stir in pineapple and pears. Pour into 1-quart mold and chill until set. Unmold on lettuce.

NOTE: Use only canned pineapple in gelatin salads. Natural enzymes in fresh and frozen pineapple prevent gelatin from setting.

Calories per serving: About 160 with cream cheese; about 135 with yoghurt.

Cooked pears do not darken when they stand for a normal serving time. Raw pears need the protection of a coating of citrus or pineapple juice to prevent the familiar darkening caused by enzymes in the fruit. These juices also enhance flavor.

APPLE SALAD
1 cup diced raw apple
1/2 cup diced celery
1 cup chopped, cooked, cold turkey
Mayonnaise to moisten and hold ingredients together
Salt to taste
Paprika for garnish
Mix diced apples, celery, and chopped cold turkey with enough mayonnaise to moisten.
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