

## For the Farm Wife and Family

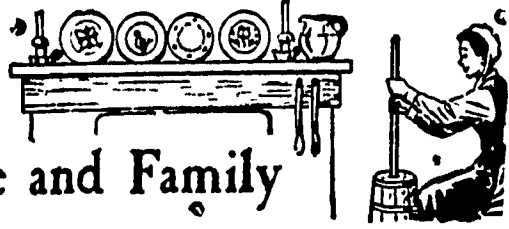
By Mrs. Richard C. Spence, Food Editor

### The Salad's The Thing!

Cold, fresh and crisp are the key words for tasty salads. Unless, of course, they are meant to be served hot like German potato salad or some sort of hot slaw. Salads are becoming more and more important in meal planning because they taste good, add color and are nutritious. Salads are good the year around for the texture they add to meals, especially a green salad.

Practically all salads start with greens, whether mixed together or used as a bed for other types of salads. Uncooked vegetable leaves make a refreshing salad or salad bed. Spinach, kale, celery leaves, beet and turnip tops, Swiss chard and dandelion greens are rich in vitamins and add a zesty tang.

With the variety of leafy vegetables and other vegetables on the market today, there is no such thing as an ordinary salad. All greens have a personality of their own. This might be crispness like iceberg lettuce or tenderness like bibb lettuce. Romaine and leaf lettuce add distinctive flavor, spinach adds a dark green color and escarole the light green



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color. Cutly endive adds an interesting design in the combination of salad greens.

You can combine any number of vegetable greens to make a salad, they are considered suitable as long as

they are attractive in color and are palatable in flavor. A good rule to follow is mix stronger flavored greens with mild flavored ones, shades of light and dark green together, and smooth, crisp leaves with crinkly, curled ones.

Originally, the term "salad" was a dish prepared from raw greens simply dressed with oil and seasoning. This might still be called a true salad. But today, a salad is described as any food or mixture of foods garnished with a green salad vegetable and served with a dressing.

Some salad tossers feel that vegetables like tomato, onion, cucumber, carrot or celery should be eaten from a relish tray. Others feel these colorful, chopped vegetables add much to the enjoyment of the salad.

Whatever the combination of foods, fresh salads lend themselves in as many ways as the imagination can create dishes to serve. Salads are also easy to prepare.

Remember to fit the salad to the meal. For a hearty meal, serve a light salad and for a light meal, serve a hearty salad. To retain salad freshness,

keep greens well chilled before preparing and keep the salad chilled before serving.

#### ORANGE-BANANA SALAD WITH FRESH CITRUS DRESSING

- 3 large oranges, peeled
- 2 large bananas
- Fresh Citrus Dressing\*
- Salad greens
- 1/2 cup chopped pecans or walnuts
- 3 tablespoons chopped watercress or parsley

Slice peeled oranges into cartwheels. Peel bananas; slice in half lengthwise then cut into 2-inch pieces. Marinate orange and banana slices in Fresh Citrus Dressing for at least 30 minutes. Arrange marinated fruit slices on crisp salad greens. Sprinkle with chopped pecans and watercress. Serve with remaining marinade.

#### FRESH CITRUS DRESSING

- 1/4 cup orange juice
- 1/4 cup lemon juice
- 1/2 cup salad oil
- 1/4 cup sugar
- 1 teaspoon salt
- 1 teaspoon paprika
- 1 teaspoon prepared mustard
- 1/2 teaspoon celery seed
- 1/4 teaspoon pepper
- 1 teaspoon grated onion

Combine ingredients and blend well with rotary beater or shake well in tightly covered jar. (Makes about 1 cup dressing.)

#### FRESH ORANGE AND CRAB SALAD WITH TART HONEY DRESSING

- Tart Honey Dressing\*
- 3 large oranges
- 2 large ripe avocados
- Lemon juice
- 2 7/2-oz. cans crab meat, chilled
- Salad greens

Prepare Tart Honey Dressing as directed below; chill. Peel and section oranges; drain. Peel avocados and cut into lengthwise slices; dip in lemon juice. Break crab meat into bite-size pieces. Arrange orange sections and avocado slices on individual beds of crisp salad greens; top with crab meat. Serve chilled with Tart Honey Dressing.

#### TART HONEY DRESSING

- 1/2 cup water
- 1/2 cup honey
- 1/2 teaspoon ground cardamon
- 1 teaspoon fresh or dry mint leaves, crushed
- 1 teaspoon grated lemon peel
- 1/4 cup fresh lemon juice
- 1/4 cup salad oil

(Continued on Page 15)

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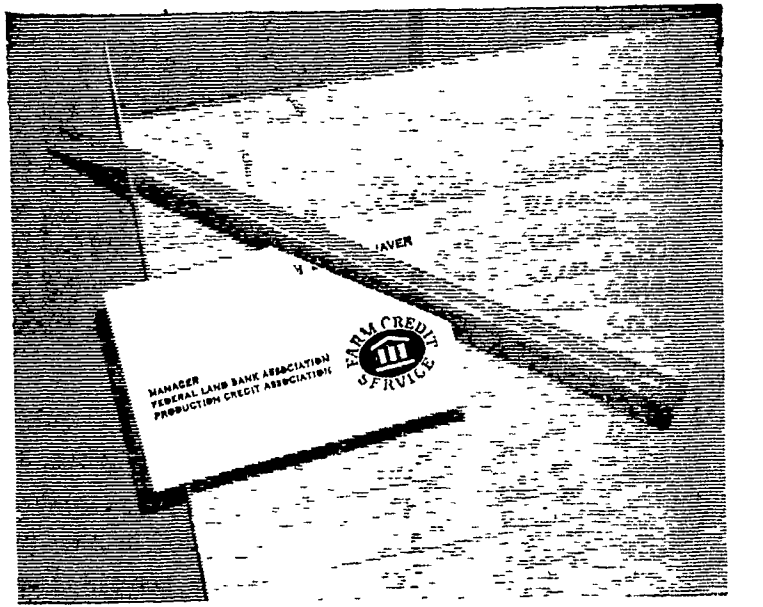
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