

FRUIT DELIGHTS

The plentiful fruit list in August will include fresh pears, watermelons, nectarines and limes. Salads are a very good way to use summer's abundant fruit supply. Pears, watermelons and nectarines, generously coated with lime juice and sprinkled with salad oil, make a salad that's a treat. As a variation, top liberally with sour cream, or sour half-and-half if counting calories.

PARTY FRUIT SALAD

- ¾ cup fresh dark sweet cherries, pitted
- 1 cup peeled, cubed nectarines
- 1½ cups watermelon cubes
- ¼ cup English walnuts, chopped
- ¼ cup Orange-Honey French Dressing or ½ cup Fruit Salad Dressing
- 1 bunch watercress

Combine fruits and nuts. Add salad dressing and stir gently. Calories per serving About 140 with Orange-Honey Dressing or

120 with Fruit Salad Dressing 6 servings of ½ cup each

ORANGE-HONEY FRENCH DRESSING

- ¼ cup orange juice frozen concentrate
- 1 tablespoon vinegar
- ¼ cup honey
- ½ teaspoon dry mustard
- ½ teaspoon salt
- ¾ cups salad oil

Blend all ingredients except salad oil. Add the oil very slowly while beating constantly with a rotary or electric beater. Refrigerate until used. Calories per tablespoon: about 90. Makes 1¼ cups.

FRUIT SALAD DRESSING

- ½ cup sugar
- 1 tablespoon flour
- 1 egg

- 3 tablespoons lime juice
- ¾ cup pineapple juice

Combine all ingredients and mix well. Cook over low heat, stirring constantly until mixture is thick and clear. Chill. Calories per tablespoon: about 30. Makes 1¼ cups.

As a variation, use ½ cup honey and ¼ cup lime juice in place of sugar and lemon juice. Reduce pineapple juice to ½ cup. Calories per tablespoon: about 20.

If you eat a lot of watermelon in your household, the best way to dispose of the rind is to eat it! Watermelon pickles are not so common as they once were; for those who don't know how it's done, here's a recipe:

WATERMELON PICKLE

- ¾ cup salt
- 3 quarts water
- 2 quarts ice cubes
- 9 cups sugar
- 3 cups white vinegar
- 3 cups water
- 1 tablespoon whole cloves
- 6 pieces (1 inch) stick cinnamon
- 1 lemon, thinly sliced, seeds removed

Red or green coloring, if desired. For a yield of 4 to 5 pints, the rind of a large melon, or about 6 pounds, unpared, will be required.

Pare rind and all pink edges from the watermelon. Cut into 1-inch squares or fancy shapes as desired. Cover with brine made by mixing the salt with 3 quarts cold water. Add ice cubes. Let stand 5 to 6 hours until fork tender, about 10 minutes (do not overcook). Drain.

Combine sugar, vinegar, water,

and spices (tied in a clean, thin white cloth). Boil 5 minutes and pour over the watermelon with spices; add lemon slices. Let stand overnight. Heat watermelon in sirup to boiling and cook until translucent (about 10 minutes). Pack hot pieces loosely into clean, hot pint jars. To each jar add 1 piece of stick cinnamon from spice bag; cover with boiling sirup to ½ inch of top of jar. Adjust jar lids.

Process in boiling water for 5 minutes. Start to count processing time when water in canner returns to boiling. Remove jars and complete seals if necessary. Set the jars upright, several inches apart, on a wire rack to cool.

The sugar may be reduced to 8 cups, if a less sweet product is desired.

If there aren't enough watermelon eaters available to produce enough for this recipe, the rind may be kept in plastic bags in the refrigerator until the 6 pounds are collected.

TOASTY PEACH CRISP

- ½ cup flour
- ½ teaspoon cinnamon
- ½ cup brown sugar, packed
- 1 cup quick-cooking rolled wheat
- ¾ cup fat (margarine or butter)
- 5 cups fresh, sliced peaches
- ½ cup sugar

Mix flour, cinnamon, brown sugar and rolled wheat. Mix fat into flour mixture with a fork, until mixture is crumbly. Put peaches in a greased baking pan

Mix with sugar. Sprinkle crumb mixture on top. Bake at 375 degrees about 30 minutes, until fruit is tender and top is browned. Makes 6 servings, about ½ cup each.

FRUIT DESSERT

- 1½ cups cold water
- ¾ cup nonfat milk solids
- 1 (3¼ ounce) package vanilla pudding and pie filling
- 3½ cups cut-up mixed fresh fruit, sweetened to taste, reserving ½ cup for garnish
- 2 tablespoons orange juice
- 40 boxed coconut cookies
- ½ cup heavy cream, whipped
- or 1 cup whipped topping

Mint wafers

Stir water into nonfat milk solids. Use to prepare vanilla pudding according to package directions; cool. Combine fruit and orange juice. Layer about a third of the fruit, cookies and vanilla pudding; repeat twice. Garnish top with cream, reserved fruit and mint wafers. Refrigerate about 15 minutes before serving. Makes 8 servings.

FROSTED GRAPE GARNISH

- 2 egg whites
- 1 teaspoon water
- 4 small bunches grapes
- 1½ cups granulated sugar

Slightly beat egg whites and water together until blended. Dip bunches of grapes into mixture until completely coated. Place on rack over area covered with waxed paper, and sprinkle with granulated sugar. Let stand at room temperature or in refrigerator. (Continued on Page 21)

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