



Doctor in the Kitchen®

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The Coolest Main Dish of All

It's hot and you don't feel at all like cooking a warm meal.

And why should you? A cool, cool salad can be the main dish for dinner tonight.

What's more a lot of people in the family could help prepare it, if they're willing. Make it fun and they probably will be.

Especially, your smaller children. Try them out on scraping carrots for carrot sticks. And preparing celery. Washing lettuce. Or cutting up boiled potatoes that now are cool.

A Variety Of Foods

If your salad is the main course, will you sacrifice protein in your meal? Not at all. In fact, your salad should, in this instance, contain foods from each of the four food groups.

Obviously you will build the salad on vegetables. There are several kinds of lettuce: iceberg, bibb and Boston. If you can, use all

three along with other usual salad greens such as endive.

But here's a host of other vegetables to consider: Red kidney beans, canned greenbeans, slices of green and red peppers, onion, slices of radish, celery, cucumber, canned beets, and the carrots and potatoes mentioned earlier.

Obviously, we can next add fruit. Tomatoes are the staple, of course. But why not also consider some of these: rings or chunks of pineapple, peeled orange slices, raw apple, pieces of fresh or canned peaches, or grapes.

You should not expect to use all these foods. But at least this gives you a wide selection from the vegetables and fruits food group.

Now for the meat group: This gets into some preparation, but not necessarily, because so many things come canned, all prepared. Like tuna, or canned salmon, or various meats, especially the lun-

cheon-slice variety which can be easily converted to bite-size bits. Don't forget sardines, anchovies or, for that matter, chunks of chicken, turkey, ham, or marinated beef, or slices of hard-cooked egg.

Dairy Foods

Dairy foods will be represented by your use of cottage cheese, chunks of other cheeses, and the part that sour cream, roqufort cheese and -or milk can play in your dressing.

And finally, the breads and cereals food group: One way is to stir in a lot of those delicious, often garlic-soaked croutons or sprinkle your salad with wheat germ. Another nice addition is serving some of the many cocktail dip-type crackers that are available.

For a beverage? Drink a cool glass of milk, or iced tea or iced coffee.

Wonderful Corn On The Cob

I like corn on the cob so much that I'd like to write about it more than once a year. But they tell me that would be overdoing it so I wait each year until now.

Fresh sweet corn is, to my taste, one of the great delicacies. It also occupies a central role in the development of America and

the rural life that I experienced when growing up in Minnesota.

So let's talk about corn and how delightful it is again this summer as one of the great blessings we receive from the harvest season. Soiled or roasted, and with melted butter and salt, corn is one of the foods everybody in the family enjoys.

Have we always had corn? It has a fascinating history.

What Experts Say

According to experts such as G. F. Sprague of the U.S. Department of Agriculture and John R. Edwardson of the University of Florida, corn probably originated in tropical South America. Botanically it is an annual plant of the grass family. It is the most important cereal in the Western Hemisphere. Only wheat and rice exceed corn on a world crop basis.

Food semantics can sometimes be confusing. For example, in Britain and continental Europe the word "corn" has been used for centuries to mean any of the small-seed cereals such as barley, wheat and rye. "Maize" is, of course, a worldwide specific term for the several varieties of corn we are really talking about.

Which leads me back to the Americas and ancient times.

Wild corn is believed to have existed as early as 80,000 years ago. Somewhere along the line the word "maize" was coined to describe corn.

The difference between wild corn (which has not existed for centuries) and our domestic variety was one of size and particularly of ability to reproduce. In wild corn, when the plant was mature, the husks opened to permit the wild corn seed to be released. In other words, it could reproduce itself. In modern corn, the husks must be opened manually or by machine to free the seeds.

Early Corn Fragments

Reconstruction of early corn fragments found in

Mexican caves indicates the wild corn cobs were less than an inch long, and that they had an average 55 small seeds or kernels, arranged in pairs, usually eight rows. In contrast with today's corn (which has large ears borne low on the stalk), wild corn ears were probably borne high on short-stalked plants.

So wild corn pretty well perpetuated itself. Today, to reproduce corn, man must remove the seed from the ear, plant the seed, eliminate the competition of weeds and other plants, and harvest the ears.

But we grow and harvest a heck of a lot of it. And besides all the varieties of so-called "field corn," we have wonderful sweet corn for our dinner table. Enjoy! Enjoy!

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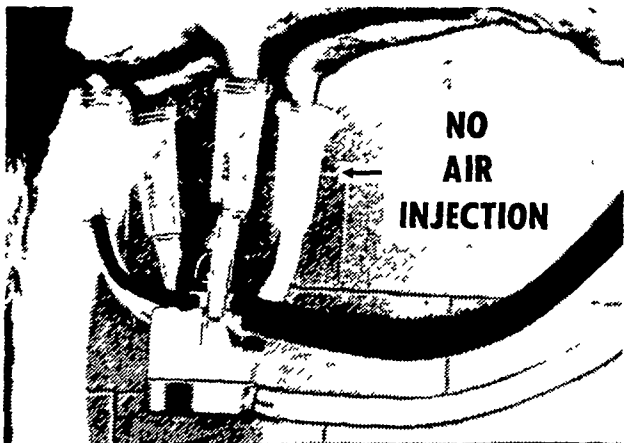
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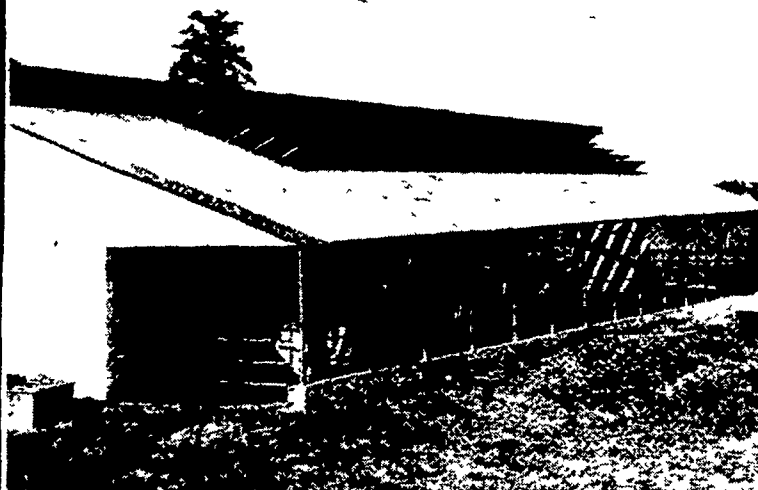
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