

# In Praise of the Savory Salad

## Stratified Salad

LANCASTER — What is made in one dish, contains meat, vegetables, and dairy products, and doesn't have to be cooked?

The answer is a main-dish "stratified" salad.

The Chef's Strata Salad or layered salad was created as a no-cook alternative to the all-American casserole. The salad is composed in steps beginning with a bed of mixed greens, followed by layers of fresh vegetables, cold meat and cheese, and crowned with plenty of thick dressing.

The salad requires a dressing that can stand up to its hearty, character, and Philadelphia Brand dressings, new from Kraft, are just what the chef ordered. Made with real cream cheese, they are thick, rich, and creamy—the perfect accompaniment to a main-dish salad.

When it comes to nutrition and flavor, a stratified salad really stacks up against a casserole, and takes much less time and energy. A meal composed of a main-dish stratified salad and fresh bread sticks or crackers can include representatives from all the basic food groups in a way that is new, exciting, and easy to prepare. The salad may be made up to eight hours in advance when covered well with plastic wrap and refrigerated until serving time.

To make a main-dish Chef's Strata Salad, line a shallow tray or platter with your favorite lettuce variety, then arrange a layer of fresh mushroom slices and red onion rings. Top them with a circle of rolled ham slices and tomato wedges, and pour a liberal amount of Philadelphia Brand Italian herb dressing in the center. Sprinkle shredded cheddar cheese over the entire salad.

You can combine your own favorite ingredients to build a variety of salads: start with a bed of your favorite mixed greens, then be creative and generous with the

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## Farmers create world's largest salad



In 1982, the world's largest salad was created by the Young Farmers of King City, California on May 14. However, farmers in Palm Beach, Florida, set out to break that record this year.

LANCASTER — World Record books haven't set up a category for salads yet, but the people of Belle Glade set out to change all that by building a salad that no one could ignore.

Local farmers contributed nine varieties of leafy vegetables as well as carrots, celery, radishes and tomatoes to create a seven-ton salad. Compared with a similar salad-making project in 1982 held by the Young Farmers of King City, California, who created 624 cubic feet of salad, the Belle Glade salad was three times larger.

Kraft participated in both events by providing the salad dressing. The company committed 150 cases of 8-ounce bottles for this year's salad which added up to more the 55 gallons!

Salads aren't just a gimmick in the Belle Glade area. The city's nickname is the Winter Vegetable Capital of the world and for good cause: The rich, black muck that surrounds the city is the reason Palm Beach County supplies more sweet corn, more celery, more sugar cane and more radishes than any other county in the United States. Most of the fresh salad vegetables eaten during the winter east of the Mississippi are grown in the fields of muck in western Palm Beach County.

The muck is the black gold that gave the city's annual festival its name five years ago, when city leaders used the city's 50th anniversary as a springboard to create an annual celebration of the vegetable and sugar cane harvest.

"The salad is our way of getting more people involved in the agricultural industry. They'll be able to see 1,809 cubic feet of vegetables tossed to make up the biggest salad in history. They'll then help eat that salad, as a side-dish to a catfish dinner on April 16, and a barbecued chicken dinner on April 17," said Rupert Mock, 1983 Black Gold Festival chairman.



## Salads: from beginning to endive

LANCASTER — Everybody likes a salad! It's probably the most versatile, varied and popular part of the American menu.

Kraft has a cookbook, "Salads — From Beginning to Endive," devoted exclusively to salads.

It features over 225 recipes including accompaniment salads, main dish salads, molded salads, salads with an ethnic flavor, and even dessert salads.

Illustrated with full-color photographs, the book, "Salads — From Beginning to Endive" is available from Kraft for only \$2. Address your order to: Kraft Salad Book Offer, P.O. Box 812, Department FP, South Holland, IL 60473.

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