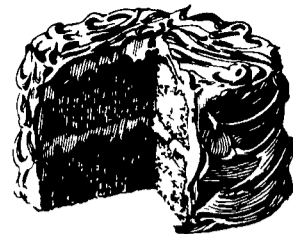


Home On The Range



Eat right with light salads

The tulips are blooming and between frequent showers the warm sunshine and gentle breezes remind us that spring is here and summer can't be far behind.

That means lighter eating for many — especially those who plan to lose a few pounds before swim suit season arrives. One way to lose those extra pounds, in addition to stepping up your exercise routine, is to include salads in your meal plan.

Below are a number of delicious ways incorporate salads into your diet plan. And while you're deciding which salad recipe you'd like to try first, don't forget to take a look at the recipe topics for the next several weeks. I still need your brownie and cookie recipes, side dish and crock pot recipes.

I'm especially excited about the upcoming crock pot feature, since spring and summer are always such busy, hectic times. Please take a few minutes out of your own full schedule to share your favorite, time-saving crock pot recipes with us.

COPPER PENNIES SALAD

2 pounds carrots, sliced about 1/2-inch thick
1 medium onion, chopped
1 can tomato soup
1 cup sugar
3/4 cup vinegar
1/2 cup oil
1 teaspoon salt
1 teaspoon Worcestershire sauce
1 teaspoon dry mustard

Cook carrots in boiling water, covered, until just tender. Drain and cool. Then add onion. In a bowl, combine remaining ingredients, mix well and pour over vegetables. Cover bowl well and refrigerate overnight.

Mrs. Thelma Gaulak
Acme

SEABREEZE MELON BOAT SALAD

1 pound cooked shrimp, crab meat and/or lobster
Oil and vinegar dressing
Dill weed (add to dressing)
2 cups cottage cheese
1/2 teaspoon seasoned salt
1/2 teaspoon grated lime peel
1 teaspoon lime juice
1 large honeydew melon OR 2 medium cantaloupes
4 leaves romaine OR leaf lettuce
4 lime wedges

Marinate seafood in dressing; chill several hours. Meanwhile, blend cottage cheese, seasoned salt, lime peel and juice; cover and chill. Cut honeydew melon in quarters and chill; or cut cantaloupes in halves, in zig-zag fashion and chill. To serve: spoon cottage cheese mixture on melon. Drain seafood from marinade and arrange on lettuce next to melon. Garnish with lime wedges.

LAYERED SALAD

In a 9x13-inch pan, layer the following ingredients:

1 cup shredded lettuce or spinach
Sprinkle salt, pepper and sugar.
1/2 cup celery, chopped
1/2 cup green pepper, chopped
1 cup thawed peas, uncooked
1 cup shredded lettuce
Sprinkle salt, pepper and sugar.
3 chopped hard boiled eggs
1/2 cup crumbled bacon

Cover with 1 cup sour cream mixed with 1 cup mayonnaise. Sprinkle with shredded cheddar cheese or water chestnuts and mushrooms. Cover and refrigerate 12 to 24 hours.

Mrs. Linda J. Gross
Manchester

PRETZEL SALAD

Crust:

2 1/2 cups coarsely crushed thin pretzels
3/4 cup butter, melted
3 tablespoons sugar

Filling:

1 8-ounce package cream cheese
1 envelope whipped topping mix
1/2 cup sugar

Beat well and long.

Topping:

1 6-ounce package strawberry gelatin
2 cups boiling water
2 10-ounce packages frozen strawberries, thawed

Combine all crust ingredients; mix by hand and pat into a 13x9x2-inch pan. Bake at 375°F. for 10 minutes. Cool.

Combine filling ingredients; beat well and long until light and fluffy. Spread evenly over cooled crust. Make topping.

In a bowl, stir gelatin and boiling water until dissolved. Add berries until partially set. Pour over cream cheese mix. Chill for several hours before serving. Cut into squares. Makes 12 servings.

Mrs. Linda J. Gross
Manchester

MACARONI SALAD

1/2 pound macaroni
1 cup sugar
1/2 teaspoon salt
1 tablespoon mustard
2 tablespoons mayonnaise
3/4 cup evaporated milk
1/4 cup vinegar
Dash of pepper
Chopped onion, celery and carrots to taste

Cook macaroni. Drain and rinse with cold water. Combine sugar, salt, mustard and mayonnaise. Slowly add milk; stirring until smooth. Add vinegar, stir well. Pour over macaroni. This is best if prepared a day ahead and refrigerated. It will thicken more.

Esther Hoover
Ephrata



For the epitome of carefree cooking, give this innovative pasta salad an audition. With crunchy and colorful vegetables, this unique salad is enhanced with Parmesan cheese and studded with ripe olives.

SEA SHELL SALAD

1/2 bunch broccoli
8 ounces macaroni shells
1 egg
1/2 cup oil
4 anchovies (optional)
2 cloves garlic, minced
2 tablespoons lemon juice
1 7-ounce can tuna, drained
1 cup pitted ripe olives, whole or halved
1 red or green pepper, cut into strips
1/2 cup grated Parmesan cheese

Peel broccoli stems; slice diagonally 1/2-inch thick. Steam stems and florets until crisp-tender. Drain; cool under cold water. Cook shells in boiling water until barely tender; drain. Break egg into blender; slowly add oil while blender is running. Add anchovies, garlic and lemon juice; blend until smooth. Toss with warm shells and remaining ingredients. Serve at room temperature in lettuce lined bowl. Makes 4 to 6 servings.

LETTUCE SALAD

1 head lettuce
1 onion, minced
1/2 cup grated cheese
1 teaspoon salt
2 1/2 tablespoons sugar
1/2 cup salad dressing
1 teaspoon mustard
2 tablespoons cream
2 tablespoons vinegar

Wash lettuce and chop coarsely. Add minced onion and chopped or grated cheese. Mix together salt, sugar, mustard and cream. Add vinegar and salad dressing and stir until smooth. Pour over the lettuce and mix lightly. Serves 6.

Margaret Martin
Lititz

MARINATED MUSHROOM SALAD

3 pounds fresh mushrooms, washed and sliced
1 cup green olives, sliced
1 medium onion
1/2 cup shredded carrot
1/2 cup sliced green pepper
1 bottle Italian dressing
1 teaspoon lemon juice

Boil mushrooms with lemon juice for 3 to 5 minutes. Drain and cool. Combine with remaining ingredients. Chill and serve.

MACARONI AND VEGETABLE SALAD

2 cups (7 ounces) spiral or shell macaroni, cooked and drained
1 1/2 cups (6 ounces) cubed Monterey Jack cheese
2 cups 1-inch broccoli pieces
1 cup cherry tomato halves
1 cup cucumber slices, cut in half
3/4 cup Italian dressing

Combine ingredients; toss lightly. Chill several hours or overnight. Toss before serving. Makes 10 servings.

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Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Sue Keene, Lancaster Farming, P.O. Box 366, Lititz, PA 17543.

May	
3	Cookies and Brownies
10	Favorite Side Dishes
17	Crock Pot Recipes

Featured Recipe

This week's featured recipe comes from the Susquehanna Unit of the Herb Society of America. The Herb Society will be holding its sixth annual Herb Sale at Rock Ford Plantation in Lancaster on May 3 from 10 a.m. to 2 p.m.

In addition to offering herbs, books, gardening items and pot-pourri for sale, the society will have an educational display of herb jellies and recipes for visitors to enjoy.

Below is just one of many jelly recipes that incorporate herbs. This particular recipe comes from society member Genevieve Libhart of Marietta. In developing recipes, members just experiment, member Bonnie Miller explained. Sometimes they're great the first try, while other times "they need a little more work." For more about the Herb Society, turn to the story featuring them in this week's B section.

Lavender Jelly

For the infusion: bring to rolling boil 2 1/4 cups water; remove from heat and pour over 2 cups lavender flower heads. Allow to steep for 20 minutes. Strain.

Bring to full rolling boil over high heat:

1 3/4 cups lavender infusion
3 1/2 cups sugar
2 tablespoons fresh lemon juice

At once, stir in 1 pouch liquid fruit pectin. Return to full rolling boil and boil hard 1 minute. (This is a boil that cannot be stirred down.) Remove from heat and skim off foam. Immediately pour into hot sterilized jars and seal immediately by pouring 1/8 inch hot paraffin onto jelly surface. Makes 3 1/2 cups.