



Have You Heard?

By Doris Thomas
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Home Economist

The Art Of Salad Making

Salads have never been more popular than they are today. This is because people are more health and diet conscious. Not only are salads nutritious and tasty, they are economical and easy to prepare.

One of the best things about salads is that you do not have to be a culinary genius to build a really good salad. For that matter, you do not even have to follow a recipe if you have a little imagination and a flair for what things taste delicious together.

With so many greens available at most supermarkets, there is an opportunity to mix new tastes and textures. Leafy greens are rich in vitamin A.

Iceberg lettuce is the most common green salad ingredient, but chickory, spinach, endive, watercress and romaine all can add variety, and new tastes to ordinary salads. When choosing lettuce, choose a light, loose head; it will be sweeter and richer in vitamin A than a heavy, packed one. Also, regardless of what type of greens you use, tear the leaves rather than cut them. Cut greens lose moisture and will wilt quicker. And, the moisture lost from greens will dilute your dressing.

Even though tomatoes cannot be beat as a colorful and nutritious

ingredient, think beyond tomatoes to zucchini, carrots, mushrooms, radishes, cauliflower, broccoli, onions, bean sprouts, and almost any other vegetable which is available. Vegetables not only change the flavor of a salad, they can make a standard salad into a main part of the meal.

Fresh or canned fruits make delicious additions to salads. Fruits add color, crispness and a tartness as well as vitamins and minerals.

The most common use of fruits is in a simple mixed fruit salad, which is a nice accompaniment to light meals. Another approach to using fruits in salads is to use the fruit itself as the container for a salad; a melon or pineapple for chicken or tuna salad.

Because you can prepare a small amount, fruit salads give you the flexibility to experiment with lots of different combinations of fruits with different meats or vegetables. As you consider which fruits go with which vegetables or meats, do not discard novel mixtures. For example, strawberries work well in combination with a chicken salad and mandarin oranges with a spinach salad.

Meats, poultry and seafood are good main ingredients for salads. Combined with rice, potatoes or pasta, they can be utilized in a sal-

ad after you have served the meat as a main course the day before.

The best way to top off any salad is to use a salad dressing that brings out and compliments the flavors of your salad. Be careful not to use an oil that will mask the flavor of your other ingredients. You can use a specialty oil like walnut, olive or sesame to impart a desired flavor; but be sure it is the flavor that you want.

If you use a specialty oil to obtain a special flavor, consider mixing that oil with a bland-tasting oil. Your salad will still have the flavor from the specialty oil, but you will be able to "stretch" the more expensive specialty oil.

If you add lemon juice to the salad dressing, make sure it is freshly squeezed. Vinegar is often used instead of lemon juice and here you have several different types to choose from. Use the one that suits your taste. The standard ratio of vinegar to oil is one to three. But, if you are using a strong vinegar, you may want to use less vinegar and more oil. It is a good idea to add a few drops of oil to your greens before you add the salad dressing. This will coat the leaves and help the greens maintain their crispness.

Try one or both of the following recipes for good eating.

Lemon-Honey Dressing

1/4 cup oil
2 tablespoons honey
1/2 cup fresh lemon juice
1/2 teaspoon salt
1/4 teaspoon dry mustard
2 teaspoons minced green onion
Combine all ingredients in a pint jar with a tight fitting lid. Shake until well mixed. If the honey is at room temperature it will dissolve faster. Makes one cup dressing.

Raspberry-Yogurt Dressing

1/4 cup red-raspberry jelly or jam, seedless preferred
1/4 cup burgundy wine or red-wine vinegar

Vegetarian Diets For Children?

DEBRA BRYANT
Wayne Co. Extension Agent

There is a growing number of Americans who don't eat meat, whether because of the expense, religious reasons, or personal taste.

Some people consider it wrong to kill animals to feed humans. But, the reason most often cited by vegetarians is health - they feel that a meatless diet is better for them, due to the lower fat content of the diets they consume.

Dietary practices which are different from the norm should be scrutinized very carefully, particularly if there are children in the family.

When evaluating the appropriateness of a vegetarian diet for children, the degree to which animal products have been eliminated from the diet must be considered.

Many families calling themselves vegetarians eliminate red meat, but still consume poultry eggs, fish and milk products. The lacto-ovo-vegetarian consumes plant foods along with dairy products and eggs, while lacto-vegetarians eliminate eggs. The pure vegetarian consumes only plant foods.

Vegetarian diets are healthful and nutritionally adequate when appropriately planned. There are numerous examples of the positive relationship between a vegetarian diet and reduced risk for

several chronic degenerative diseases, such as cancer and coronary heart disease.

For infants and children, well planned diets which include milk products and eggs generally meet all nutritional requirements for growth.

Those children fed diets which exclude animal products can be healthy, but extreme care must be taken to ensure adequate nutrient intake.

Supplements of vitamin D, iron, and vitamin B-12 at levels sufficient to meet the RDA's (Recommended Dietary Allowance) must be provided.

In addition, careful attention must be given to energy intake, as these diets contain high amounts of fiber. A child will become full before he has consumed an adequate amount of calories.

When planning a vegetarian diet for children, include a wide variety of foods. Fruits, vegetables, whole grain cereals, nuts, seeds, legumes, eggs, and dairy products or soy-fortified substitutes should be used. Mixing proteins from these foods over the course of a day appears to satisfy the body's need for growth and maintenance.

For more information, call the Wayne County Cooperative Extension at 253-5970 ext. 239.

Customize a cheeseburger with special seasonings. Add basil, oregano, garlic powder, onion powder, ground red pepper, curry or chili powder to ground beef before grilling; then, top burger with a cheese that complements the seasoning.

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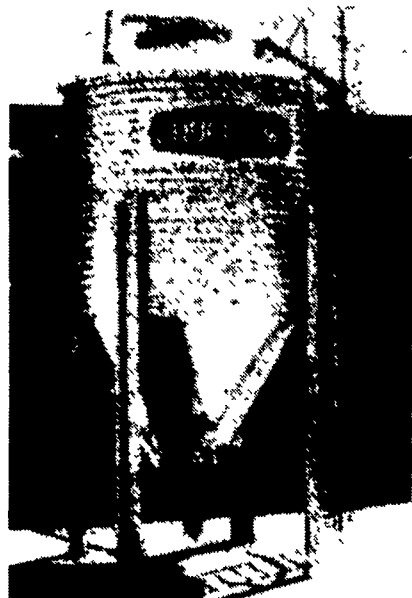
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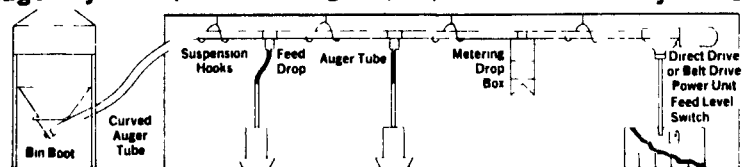
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