



Home On The Range



Jazz Up Summer Salads With Homemade Dips, Sauces, Dressings

Salads, dips, and sauces are one of the best ways to take advantage of the just-picked flavor of summer produce. Many of the recipes for homemade salad dressings, in this issue, are from the Pennsylvania Dairy Promotion Program. These start with fresh dairy products to produce delicious combinations that complement the taste of in-season greens.

In addition, an assortment of fresh fruit accompanied by a creamy dips makes the perfect finale for your summertime dining.

BUTTERMILK BACON DRESSING

1 1/4 cups buttermilk
1 cup dairy sour cream
1/2 cup sliced green onion
4 slices bacon, cooked, drained, and crumbled
1/2 teaspoon oregano
1/2 teaspoon celery salt
1/2 teaspoon garlic powder
1/2 teaspoon pepper

Combine buttermilk and sour cream; blend well. Stir in onion, bacon, and seasonings. Refrigerate, covered, 1 to 2 hours to allow flavors to blend. Serve over tossed green salad. Yield: 2 cups.

ZESTY MUSTARD SAUCE

4 teaspoons butter
1 teaspoon instant chicken bouillon
2 tablespoons flour
2 tablespoons course-ground Dijon-style prepared mustard
1 cup skim milk
3 tablespoons lowfat lemon yogurt
1/2 teaspoon Worcestershire sauce
1/2 teaspoon sugar

Place butter and instant bouillon in a 4-cup glass measuring cup. Microwave on high, 30-40 seconds. Stir in flour and mustard until smooth. Gradually stir in milk. Microwave at high 5 to 6 minutes until thick and bubbly. Stir every minute. Stir in yogurt, Worcestershire and sugar. Serve warm over steamed or grilled vegetables. Yield: 1 1/4 cups.

FRENCH DRESSING

1 onion
1 1/4 cups sugar
1 cup oil
2 teaspoons paprika
2 teaspoons salt
1/2 cup vinegar
1/2 cup catsup
Blend together ingredients in blender. Refrigerate until ready to use.

Rosene Diller
Greencastle

SWEET AND SOUR SALAD DRESSING

Mix together:
2 1/2 cups sugar
1/2 cup vinegar
1 1/2 teaspoon celery seed
Pinch pepper
1/2 cup Miracle Whip
1/2 cup mustard
1 1/2 cups oil
1 teaspoon minced onions

Dottie Yautz
Easton

RANCH DRESSING

Mix together:
1 pint mayonnaise
1 1/2 -2 cups buttermilk
1 tablespoon garlic
1 teaspoon salt
1/2 teaspoon onion salt
1/2 teaspoon pepper
1 teaspoon parsley flakes
2 teaspoons onion flakes

Dottie Yautz
Easton

SWEET AND SOUR SALAD DRESSING

1 cup sugar
1 tablespoon heaping flour
1 egg
2 tablespoons milk
2 teaspoons prepared mustard
1/2 cup vinegar
1/2 cup water
Salt, to taste
Mix together all ingredients and cook until thickened. Makes 1 pint.

"I mix mayonnaise with this. It makes a good dressing for any salad."

Arlene Hershey
Oxford



Sauces, dips, and salads dress up summer produce for versatile and flavorful eating.

CREAMY CINNAMON FRUIT DIP

8-ounces soft cream cheese
2 tablespoons firmly packed light brown sugar
1/2 teaspoon ground cinnamon
2 tablespoons orange juice
Blend cream cheese, brown sugar, cinnamon, and orange juice in small bowl. Chill. Serve with fresh fruit, cookies, or small pieces of cake. May be prepared four days in advance.

POLYNESIAN SALAD

1 pound cooked medium shrimp or sliced chicken breast
Salad greens
4 cups assorted sliced fruit such as papaya, kiwi, grapes, melon
2 pounds green beans or asparagus, steamed
Salad dressing:
1/2 cup reduced calorie mayonnaise
1/2 cup nonfat plain yogurt
1/2 cup canned pineapple juice
3 tablespoons honey
3 tablespoons Dijon mustard
2 teaspoons minced garlic
1 teaspoon basil, crumbled
1/2 teaspoon thyme, crumbled
1/2 teaspoon salt
1/2 teaspoon pepper

Arrange shrimp on on 4 salad plates lined with salad greens. Arrange fruit and green beans on same plates. Serve with dressing. Serves 4.

For salad dressing: combine all ingredients until blended.

CREAMY YOGURT DRESSING

1 cup cream-style cottage cheese
1 tablespoon fresh lemon juice
1 tablespoon anchovy paste
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1 cup plain yogurt

Beat cottage cheese until fairly smooth. Stir in lemon juice, anchovy paste, garlic powder, and onion powder. Fold in yogurt. Cover and chill to allow flavors to blend. Serve over tossed greens. Yield: 2 cups.

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Featured Recipe

Irene Frey from Washington Boro is 70 years old but far from choosing retirement. Although her husband died three years ago, Irene continues raising broilers. During the March Blizzard this year, her chicken house burned to the ground. Undaunted, Irene had a new poultry house built because she loves chickens and figured she wasn't ready to stop working.

In addition to raising chickens, Irene grows several acres of produce with the help of two of her adult daughters, who live nearby. It's almost impossible to find a weed among the rows of corn, peppers, tomatoes, onions, and potatoes.

This senior citizen does not have a gray hair in her head. She credits genes from her mother for that and her youthful energy to hard work. Read the featured story about Irene in this section.

This is Irene's favorite spaghetti sauce to can. Clip it for use when the tomato season is in full swing.

SPAGHETTI SAUCE

1/2 bushel tomatoes
1 pint vegetable oil
3 pounds onions
2 teaspoons garlic salt
8 6-ounce cans tomato paste
4 green peppers
1 1/2 cups sugar
1/2 cup salt

1 tablespoon sweet basil
2 tablespoons oregano
Cook together tomatoes, peppers, and onions until soft. Strain. Add remaining ingredients. Cook until thick.

To can, fill jars within 1-inch headspace. Adjust lids and process jars in pressure canner at 11 pounds for 20 minutes for pints or 25 minutes for quarts.

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 Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

July

- 17- Blueberries
- 24- Peaches
- 31- Summertime Vegetables

August

- 7- Canning With Less Sugar