

Home on the Range

Simply Delicious Summer Salads

Salads are a wonderful way to get your daily requirement of vitamin-packed, fiber-rich fruits and vegetables. But if you don't watch what you put on them, the fat content can really skyrocket.

The solution? Keep fat to a minimum by topping your salads with dressings created from fat-free mayonnaise or yogurt.

Another great thing about salads is their versatility. You can use virtually any combination of tender greens, sliced raw veggies, cooked asparagus, roasted red peppers, hard-boiled egg whites, beans—you name it.

Go on and get creative. Try these recipes.

TANGY FAT-FREE COLESLAW

- ½ head cabbage, shredded
- 1 onion, diced
- ½ cup fat-free plain yogurt
- ½ teaspoon dry mustard
- 4 tablespoons fat-free mayonnaise

Dash pepper and paprika
Place cabbage and onion in bowl. Toss together and set aside. In small bowl, mix remaining ingredients except paprika. Pour mayonnaise mixture over cabbage. Toss until cabbage is completely coated. Chill for one hour. Sprinkle with paprika just before serving.

SAVORY EGGPLANT SALAD

- 1 medium red onion, finely sliced
 - 1-2 cloves garlic, minced
 - 3 tablespoons olive oil
 - 1½ pounds eggplant
 - 2½ cups tomatoes, seeded, chopped
 - ½ cup celery, finely chopped
 - 2 tablespoons red wine vinegar
 - 1 teaspoon sugar
 - 3 tablespoons fresh oregano, minced
 - 3 ounces light cheese, shredded
- Soak onion in ice water to cover (to mellow flavor). Combine garlic and olive oil and set aside.

Prick eggplant all over with a fork and place in large pot of salted, boiling water to simmer until tender 8-10 minutes. Cool in colander. Cut in 1-inch cubes. (Peeling eggplant is optional).

Drain and towel dry onion slices. Combine with olive oil mixture, eggplant, and remaining ingredients. Cover and refrigerate. Toss before serving. Season with freshly ground pepper to taste.

Serve on a bed of mixed greens with polenta triangles, sauteed in olive oil, or with couscous and rice. Serves 6.



Pictured from top: Layered Smoked Turkey and Vegetable Salad, Smoked Turkey Salad with Dried Cherries, and Fat-Free Frank Salad Sandwiches.

Featured Recipe

How many servings of vegetables do you eat a day? Does your family complain that veggies are boring? You should be eating three to five servings of vegetables daily. More and more research is showing that vegetables are rich in vitamins, minerals, and antioxidants. Some vegetables contain anticancer agents.

Alletta Schadler, Penn State extension agent, will be teaching new techniques for cooking vegetables in low-fat ways. New recipes and new salad and dressing combinations also will be taught.

Although the class isn't until Aug. 3, you should register now. Two classes will be offered on Aug. 3 at the Lebanon County Penn State Cooperative Extension, 2120 Cornwall Rd., Suite 1, Lebanon. The first will be held from 9:30 a.m. to 11:30 a.m. The same workshop will be repeated from 7 p.m. to 9 p.m. Cost is \$3.

To register, send your name, address, daytime telephone number, and a check payable to "Extension Special Fund," to Lebanon County Penn State Cooperative Extension, 2120 Cornwall Rd., Suite 1, Lebanon, PA 17042-9777.

In the meanwhile, do you need a recipe to use fresh green beans? These are great for taking to a picnic.

FRESH DILLED GREEN BEANS

- 1½ pounds fresh green beans
- ½ cup olive oil
- ¼ cup green onions, minced
- 3 tablespoons fresh dill weed, minced or 1 tablespoon dried dill weed
- 2 tablespoons sugar
- 2 tablespoons lemon juice
- 2 tablespoons Dijon mustard
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon cider vinegar
- Pinch salt
- Pinch coarsely ground pepper
- ½ cup radishes, diced
- ½ cup walnuts, chopped

Prepare at least one day ahead of time so flavors blend. Remove strings from green beans and wash thoroughly. Cut beans into 1½ -inch pieces. Cook green beans, covered, in a small amount of boiling water 6-8 minutes or until just crisp and tender. Drain beans and set aside to cool.

Combine next 10 ingredients in a jar, cover tightly, and shake jar vigorously. Pour over beans and toss well. Cover and refrigerate overnight. Just before serving, stir in radishes and walnuts.

GARBANZO SALAD

- 1 pound can garbanzo or kidney beans
- ½ medium red onion, peeled
- 10-15 sprigs fresh cilantro
- 2 tablespoons lime juice
- 1 tablespoon olive oil
- Salt
- Cayenne pepper

Line a large salad bowl with leaf lettuce. Fill bowl with mixture of sliced and shredded vegetables. Spoon on garbanzo salad. Spoon on avocado cream dressing:

- 1 ripe avocado, peeled and seeded
- 1 cup sour cream
- 1 cup mayonnaise
- 1 garlic clove
- 2 tablespoons honey
- 1 tablespoon Worcestershire sauce
- ½ teaspoon salt
- ¼ -½ teaspoon red pepper sauce
- ½ cup lime juice
- ¼ cup finely chopped green onion

Put all ingredients except green onions in a food processor or blender; blend until smooth. If necessary, blend in two batches. Refrigerate. Makes 3 cups dressing.

CHEF'S SALAD

- Line four large salad bowls with lettuce. Mound sliced vegetables in a bowl:
- Celery
- Cucumber
- Green pepper
- Carrot
- Radishes
- Lettuce
- Arrange julienne strips of meat and cheese on top:
- Cooked ham
- Cooked turkey
- Cheddar cheese
- Swiss cheese
- Spoon on Thousand Island dressing. Garnish with hard cooked egg wedges and tomato.

SENSATIONAL SPINACH SALAD

- 1 pound spinach leaves, torn into pieces
- 1 cup sliced mushrooms
- ½ cup pitted ripe olives
- ½ cup coarsely chopped walnuts
- ½ cup real bacon bits
- ¼ cup creamy Italian dressing
- 3 hard-cooked eggs, sliced
- ½ cup seasoned croutons
- In large bowl, combine spinach, mushrooms, olives, walnuts, and bacon. Just before serving, toss with creamy Italian dressing; top with eggs and croutons. Makes about six 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 Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date listed below.

July	18 - Blueberries
	25 - Peachy Recipes
August	1 - Garden Vegetables
	8 - Salad Dressings