

Home on the Range

Dress It Up

Salads are a wonderful solution for a light lunch or supper during summer months. A simple dressing can transform the taste of salad and make a difference on whether or not family members will love it.

Forget the salad dressings that line grocery shelves. Make your own—free of additives and much tastier. With today's blenders, choppers, and food processors, making your own salad dressing has never been easier.

Customize dressings to fit your family's taste. Eliminate ingredients such as garlic if your family doesn't like the aftertaste. Add fresh herbs from your garden. Substitute a different oil. Try seasoned vinegars.

Here are some recipes to spark your culinary creativity to make the best salad dressings, you've ever had.

CREAMY BLUE CHEESE DRESSING
 2 cups mayonnaise
 1/2 cup chopped parsley
 2 tablespoons lemon juice
 8-ounces blue cheese, crumbled
 1/2 large onion, minced
 8-ounces sour cream
 Combine all ingredients with a spoon (do not beat). Refrigerate.
 Eileen Greenaway
 Somerville, N.J.

LO CAL TOMATO SALAD DRESSING
 1/2 cup tomato juice
 2 tablespoons lemon juice or apple cider vinegar
 1 tablespoon finely chopped onion
 Salt and pepper to taste
 Put all ingredients into a half-pint jar with a tight lid and shake to combine. Refrigerate and shake vigorously each time before using.
 B. Light Lebanon



Salad dressings are popular on more than greens. Dressings add new flavors to potatoes, pastas, all kinds of vegetables, and even meat dishes.

Featured Recipe

Fresh From Your Local Market

SWEET PEPPERS

The crisp, fresh picked flavor of Pennsylvania sweet peppers is a sure sign of summer's arrival and a delicious way to add good nutrition to any diet.

Sweet Peppers are available in many colors including green, red, yellow, orange and purple. Green peppers will turn red, yellow or orange and increase in sweetness if they are left on the stalk to fully mature.

Sweet Peppers will be available well into October at farmers markets and roadside stands.



Peppers are a good source of vitamin A and vitamin C, with only 12 calories per half cup serving. They are also high on the list of vegetables recommended by the American Cancer Society because of their excellent dietary fiber content.

The Pennsylvania Vegetable Marketing and Research Program sponsors many valuable research projects that have helped increase the quality of sweet peppers as well as increase overall production in Pennsylvania.

Quick Buying Tips For Pennsylvania Sweet Peppers

- Select firm peppers that are heavy for their size.
- Look for peppers with a rich, glossy color.
- Sweet peppers can be briefly refrigerated prior to use.

The American Cancer Society recommends eating a variety of vegetables and fruits daily. Most leading food and medical authorities recommend eating "5 A Day." To help you get your vegetables and fruits every day, the following recipe from *The American Cancer Society Cookbook* is offered as a suggestion.

Greek Salad

This salad is wonderful made with home-grown sun-ripened tomatoes, sweet peppers and cucumbers. Serve with soup or an omelet or as part of a salad plate.

- 1 medium sweet green pepper, chopped
- 3 large, ripe tomatoes, chopped
- 2 cucumbers, peeled and chopped
- 1 small red onion or 2 scallions, chopped (optional)
- 1/4 cup olive oil
- 4 teaspoons lemon juice
- 1 1/2 teaspoons crumbled dried leaf of oregano
- Salt and freshly ground pepper
- 1 cup crumbled feta cheese (4 ounces)
- 6 black olives (preferably Greek), sliced

In shallow salad bowl or on serving platter combine tomatoes, sweet peppers, cucumber and onion. Sprinkle with oil, then with lemon juice, oregano, and salt and pepper to taste. Sprinkle feta cheese and olives over salad. Makes 6 servings (about 3/4 cup each).

Calories per serving 126 Grams fat per serving 9
 Vitamin C Excellent Vitamin A, calcium, and riboflavin Good

HERBED-TOMATO SALAD DRESSING
 1/2 cup salad oil
 1 teaspoon basil leaves, crushed
 1/2 teaspoon salt
 1/2 teaspoon ground black pepper
 1/2 cup tomato juice
 3 tablespoons red wine vinegar
 In a container with a tight-fitting lid, combine oil, basil, salt, and black pepper. Let stand for one hour for flavors to blend. Add tomato juice and vinegar; shake well. Serve over salad greens.

LO-CAL DRESSING
 3/4 cup sugar
 2 teaspoons mustard
 1 teaspoon salt
 1/2 cup white vinegar
 1 cup salad oil
 1 teaspoon celery seed
 Mix together all ingredients in blender.

The Fruitful Vine

1938 CORN OIL SALAD DRESSING RECIPE
 1/2 cup apple cider vinegar
 1/4 cup corn oil
 3 tablespoons granulated sugar or sugar substitute
 1/2 teaspoon celery salt
 1 clove garlic, mashed
 Black pepper to taste
 Whisk together all ingredients, pour into a jar with a tight lid. Refrigerate overnight. Shake vigorously before serving.
 B. Light Lebanon

BALSAMIC VINAIGRETTE
 1 tablespoon grated orange peel
 1/4 cup orange juice
 2 tablespoons vegetable oil
 2 tablespoons balsamic or red wine vinegar
 Combine ingredients.

CREAMY TARRAGON DRESSING
 1/4 cup salad oil
 1/2 teaspoon tarragon leaves, crushed
 1/2 teaspoon garlic powder
 1/2 teaspoon salt
 Ground black pepper to taste
 1/4 cup low-fat plain yogurt
 1 tablespoon grated parmesan cheese
 Combine oil, tarragon, garlic powder, salt and black pepper. Let stand one hour for flavors to blend. Add yogurt and cheese, mix well. Serve over mixed greens.

ITALIAN DRESSING
 16-ounces plain yogurt
 1/2 cup grated parmesan cheese
 1/4 cup chopped fresh parsley
 2 teaspoons grated onion
 1 clove garlic, crushed
 1/2 teaspoon salt
 1/2 teaspoon pepper
 For dressing, combine all ingredients and mix well. Chill, covered, 2 to 3 hours to allow flavors to blend.

LEMON POPPYSEED DRESSING
 1 cup lemon-flavored low fat yogurt
 1 teaspoon poppy seed
 Combine yogurt and poppy seeds. Refrigerate until ready to serve.

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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.

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