



Home on the Range

Summertime Salads

Salads are more popular than ever. It's no wonder. Salads are light, fresh, crisp, and healthy, and above all else versatile.

Few other foods can creatively start off a meal, serve as a side dish, top off a dinner or even star as the main entree.

Wonderful green, pasta or even meat-based salads can support a nutritionally balanced diet and offer a fanciful and hearty alternative to traditional supper fare. As side dishes, salads complement all kinds of entrees. There's always a place for sensational salads on the lunch or dinner plate.

Home cooks are preparing their favorite salads with everything from turkey, chicken and beef to vegetables and fruits over a variety of lettuce. And with the surge in popularity of convenient, pre-packaged salad greens found at grocery produce counters, salad preparations are easier than ever.

Flavored and blended with tantalizing dressings and topped with taste teasers like croutons, bacon bits, and a variety of rich cheese blends, salad combinations are plentiful and diverse.

CREAM CHEESE SALAD

Dissolve 2½ tablespoons plain gelatin in ½ cup cold water. Bring to a boil 1 cup crushed pineapple and 1 cup sugar.

Add gelatin mixture to pineapple and stir until dissolved. Chill until slightly thickened. Add 8-ounces softened cream cheese and a few marachino cherries, cut in pieces.

Fold in 1 pint whipped cream and place in refrigerator until ready to serve. Serves 10-12 people.

Noreen Rouse
Sullivan Co. Dairy Princess

BEEF GARDEN SALAD

½ head iceberg lettuce
½ pound fresh mushrooms, sliced

1 cup thinly sliced celery
1 cup sliced cucumber
½ cup ripe olive halves
½ cup sliced green onions
1 pound roast beef, cut into julienne strips

18 cherry tomatoes, halved
Salt to taste
Favorite dressing

Tear lettuce into bite-sized pieces and place in salad bowl. Add all but tomatoes. Cover and refrigerate until ready to serve. Toss in tomatoes and add salt. Serve with favorite dressing. Yields: 6-8 servings.

PEAR AND GRAPE SALAD

3 cups spinach leaves, washed
2 sliced pears
1 cup seedless red grapes
½ cup sliced celery
2 tablespoons pecan pieces
½ cup plain lowfat yogurt
¼ cup apricot or raspberry spreadable fruit

Arrange spinach on platter. Place pears pinwheel-fashion on top. Dot with grapes, celery, and pecans. Combine yogurt and preserves and serve with salad. Serves four, with 140 calories and 3 grams fat per serving.

Penn State Extension

TOSSED MUSHROOM SALAD

½ pound fresh spinach
½ head iceberg lettuce
½ pound fresh mushrooms, sliced

12 cherry tomatoes, halved
8 tablespoons yogurt
3 tablespoons French dressing
¼ teaspoon crushed basil
¼ teaspoon garlic powder
Tear spinach and lettuce into bite-sized pieces and place into a salad bowl. Add sliced mushrooms and sliced tomatoes.

Whisk together yogurt, dressing, basil, and garlic powder. Pour over salad and toss gently. Yields 6 to 8 servings.

B. Light
Lebanon

FRUIT AND VEGETABLE SALAD

Dressing:
½ cup plain yogurt
1 medium orange, sectioned
1 small banana
1 tablespoon honey
1 tablespoon lemon juice
1 teaspoon finely grated orange zest
¼ teaspoon salt

Place all ingredients in a blender and process until smooth. Place in covered container until ready to serve. Yields: 1 cup.

Salad:
4 cups shredded iceberg lettuce
½ cup thinly sliced celery
1 large banana, sliced
1 large orange, sectioned
1 pink grapefruit, sectioned
1 cup strawberries, halved
1 cup seedless grapes, halved
Mix together celery and other fruit. In bottom of each salad bowl, place one-half cup shredded lettuce. Divide fruit mixture into 8 servings. Place 2 tablespoons dressing on top of each serving. Yields: 8 servings.



Salads are a rejuvenating mainstay to meals served during summer's humid temperatures.

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SEAFOOD VEGETABLE SALAD

1½ cups lowfat yogurt
2½ tablespoons Dijon-style mustard

Juice of ½ lemon
½ teaspoon lemon zest, finely grated

1 pound cooked lobster, shrimp, crab or combination, cooked
¼ head iceberg lettuce, torn into bite-sized pieces
10-ounces cooked asparagus, cut into 1-inch pieces

1 cup thinly sliced celery
½ cup red onions, chopped
Salt and pepper to taste
Whisk together yogurt, mustard, lemon juice, and zest. Place in serving container.

Cut up seafood and toss with lettuce, asparagus, celery, onion, salt and pepper to taste.

To serve, place portions in bowls and top with a spoonful of dressing. Serves 4 to 6.

GRILLED CHICKEN CAESAR SALAD

½ cup olive oil
2 tablespoons lemon juice
1 clove garlic, minced
¼ teaspoon salt
½ teaspoon freshly ground black pepper
4 boneless, skinless, chicken breast halves

2 tablespoons mayonnaise
6 cups torn or sliced romaine lettuce or salad greens
1 cup parmesan and mozzarella cheeses, divided
½ cup garlic croutons

In large bowl, whisk together oil, lemon juice, garlic, salt and pepper. Brush 2 tablespoons oil mixture on both sides of chicken breast halves. Grill chicken over medium coals 5 minutes per side or until chicken is no longer pink. Add mayonnaise to remaining oil mixture. Add lettuce, ¾ cup cheese, and croutons. Toss well.

Arrange lettuce mixture on four serving plates. Cut grilled chicken crosswise into ½-inch slices; arrange on top of salads. Top with remaining cheese.



Where's your mustache?™



Baby carrots peeled from bigger bites

How do they make those baby carrots that are already peeled?

Ah, convenience foods Aren't they wonderful? And when they help you reach your goal of eating five servings of fruits or vegetables a day — well, it just doesn't get any better than that.

As you've probably already guessed, most bite-sized carrots are not miniature varieties of your favorite crunchy orange vegetable. Although there are some carrot varieties that mature when they're tiny, it is more difficult to process those carrots to end up with a standardized size.

Most ready-to-eat carrots start out as varieties that mature when they're 6 to 8 inches long. They are grown closer together than usual to stunt their growth. Processors wash them in chlorinated water and cut them to their familiar, uniform 2-inch size, then put the pieces through a processor that spins them, massages off the rough exterior and rounds the cut edges.

The carrots are not treated with heat or chemicals, and they normally do not contain any preservatives. So, to preserve them as long as possible, they are refrigerated between 34 and 36 degrees. At that temperature, they can last 29 days. If they're mistakenly stored above 40 degrees, they'll lose a day of shelf

life for each degree above that temperature.

To further prolong their freshness, processors of "minimally processed produce" can use something called "controlled atmosphere storage," in which some of the oxygen is replaced with carbon dioxide or nitrogen or a mixture of both. This slows down the vegetable's respiration — the process in which a plant cell breaks down carbohydrates to supply energy. Believe it or not, even though this produce is out of the ground and in plastic bags, its cells continue to "breathe," as does any cut plant. Removing oxygen helps keep them in good condition.

While fresh-cut carrots are more expensive than their traditional counterparts, the convenience of just opening the bag and opening your mouth is no small consideration. And you can thoroughly enjoy them, knowing that 3.5 ounces contains only 43 calories, 3 grams of fiber, two to three times your daily dose of vitamin A, plus about 15 percent of your daily need of both vitamin C and potassium.

Chow Line is a service of The Ohio State University. Send questions to Chow Line, Communications and Technology, 2021 Coffey Road, Columbus, OH 43210-1044, or send e-mail (carroll.11@osu.edu)

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	31 - Recipes Using Corn
August	7 - Pickling Recipes
	14 - Peaches & Pears
	21 - Summer Produce