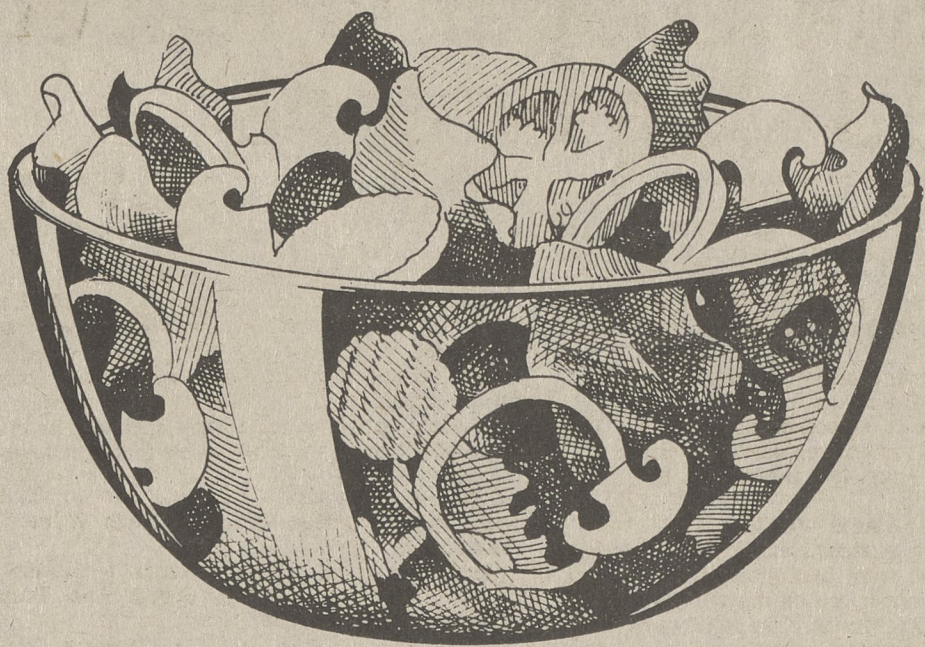


Cookbook

Summer Salads Can be Scrumptious in Hot Weather



Salt and pepper
8 anchovies, chopped
1 t. Dijon-style mustard
1/2 t. dried oregano
4 slices garlic French bread
2 tomatoes, cut in wedges
Cook sausages and slice on the diagonal. Cut salami and cheese into strips. Tear lettuce into bite-size pieces. Combine oil, vinegar, salt, pepper, anchovies, mustard and oregano. Stir to blend. Add salami, cheese and lettuce. Mix lightly. Pile onto bread slices which have been placed on four dinner plates. Surround with tomato wedges and sausage slices. Makes 4 entree servings.

1/2 c. cooked small peas
1/4 c. toasted sesame seeds or slivered almonds
Fresh pineapple or cantaloupe spears
Roast chicken until tender. Chill thoroughly. Remove meat from bones and pull into strips. Place in a salad bowl. Pour

Sesame-Soy dressing over chicken and mix well. Add lettuce, cilantro, celery, water chestnuts, onions, peas and sesame seed.

Mix lightly. Spoon onto plates and garnish with 2 to 3 pineapple or melon spears. Makes 4 entree servings.

Hot Weather Food

Since hot weather calls for light eating, Summer Salads can provide for some delicious meals.

By **JOAN KINGSBURY**
Post Correspondent

Summer is the time for salads since hot weather calls for lighter meals. The abundance of fresh fruits and vegetables makes eating salads during the summer months economical as well as enjoyable.

Of course, not only greens make the salad. The addition of tomatoes, radishes, scallions, chick peas and bean sprouts can really liven up the salad. Salads served as the entree are a perfect summer meal while fruit salads make a delicious, light, refreshing dessert or a nice breakfast addition.

Hot Spinach Salad is delicious served with dinner or buy itself for a light lunch. A sweet-sour dressing made by combining vinegar, sugar and mustard compliments the spinach. Toasted pine nuts or sesame seeds add a slight nutty crunch to Hot Spinach Salad.

When your garden produces cucumbers until you don't know what to do with them all, try Swedish-Style Pickled Cucumber Salad. Cucumbers are combined with a dressing of wine vinegar, sugar, water and finely chopped parsley then served over butter lettuce.

Italian Supper Salad combines greens with the flavors of Italian sausage, salami, cheese and anchovies. The salad ingredients are combined, dressing is added, then the salad ingredients are placed on a slice of garlic French bread. Tomato wedges and sausage slices complete the attractive, delicious salad plate.

Tossed Shredded Chicken Salad has an unusual dressing made from sesame oil, soy sauce, and safflower oil, flavored with honey, dry mustard, grated lemon peel and lemon juice.

SWEDISH-STYLE PICKLED CUCUMBER SALAD

2 lg. cucumbers
1/3 c. white wine vinegar
2 T. sugar
4 t. water
2 t. finely chopped parsley
1/4 t. salt
Freshly ground pepper
Butter lettuce
Leave the peel on half of one cucumber for color. Peel remaining cucumbers. In a bowl, mix together vinegar, water, sugar, parsley, salt and pepper to taste. Add cucumbers and mix well. Cover and chill for at least 4 hours, stirring occasionally.

HOT SPINACH AND BACON SALAD

2 bunches (about 2 lb.) spinach
8 slices bacon, diced
3 T. red wine vinegar
1/2 t. sugar
1/2 t. dry mustard
Salt and freshly ground pepper
1/4 c. toasted pine nuts or 2 T. toasted sesame seeds
Wash and dry spinach leaves. Tear into bite-size pieces, discarding the stems. Refrigerate in plastic bag until needed. Using a large frying pan, cook bacon until crisp. Remove with a slotted spoon to paper toweling to drain. Pour off all but 4 T. drippings. Using medium high heat, place about one third of the spinach in the pan. Mix gently, lifting greens from the bottom until leaves are wilted. Continue

to add greens until leaves are evenly wilted. Combine vinegar, sugar and mustard. Add to wilted spinach and mix well. Season with salt and pepper. Sprinkle with bacon and nuts. Makes 6 servings.

ITALIAN SUPPER SALAD

4 Italian sausages
12 slices salami
1/4 lb. Gruyere, Samsoe or Fontina cheese
1 head iceberg lettuce
1/4 c. olive oil
2 T. white wine vinegar

SESAME-SOY DRESSING

1/2 t. dry mustard
1/2 t. grated lemon peel
1 T. sugar
1 T. honey
2 T. soy sauce
2 T. sesame oil
2 T. lemon juice
1/4 c. safflower oil
Combine all ingredients mixing well.

TOSSED SHREDDED CHICKEN SALAD

1 (2 3/4 lb.) broiler-fryer chicken
Sesame-Soy Dressing
2 c. shredded iceberg lettuce
1 bunch Chinese parsley
1/3 c. diced celery
1/3 c. thinly sliced water chestnuts
2 green onions, cut in 2-in. slivers

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