

Cookbook

July should be 'Salad Month'

The hot, sunny days of July, delightfully long and bounding with outdoor activities take homemakers away from their culinary tasks and to the pools, golf greens or other seasonal pleasures. As a result, easy-to-prepare and light meals are the order of the day.

Perfect to prepare are light, one-dish salads into which the garden greens are used for enjoyment - often flavored with favorite cheese, marinades, fruits and tangy sauces.

Summer fare should be light and simply and salads can be made with warm weather favorites. Vegetables are collected from the gardens, placed uncooked into the salad bowl and often combined with lightly cooked meats, and served with crunchy rolls and cold drinks provide a gourmet repasts.

July should be declared by Congress as the "Month of the Salad," and most homemakers would support the declaration wholeheartedly. July - the month of auctions, bazaars, carnivals, picnics and vacations - and salads are meals in themselves.

So homemakers, turn over a new leaf, or turn over lots of them, into new tastes, new combinations, new textures. Treat your family to a new experience - serve them salad as the main course on these hot, humid summer evenings, accompanied by a light dessert and a cold beverage.

This week in The Dallas Post Cookbook column, we recommend some easy, quick and tasty salads for homemakers and their families to enjoy. The Tuna-Lima Bean Salad is great to have on hand for an impromptu lunch or cold supper. Just add crusty French or Italian bread and fresh fruit for dessert. Chutney Chicken Salad combines exotic ingredients to give it a unique, but delicious flavor and may be served with chips and crisp crackers or rolls. Dilled Cheese and Salami Salad is a hearty salad to serve as a main dish for warm weather. Tasty served with cherry tomatoes and rye bread.

Vegetable Marinade is a delightful change from ordinary tossed salad and is great for picnics or outdoor barbecues. Serve alone with a dessert and beverage or serve with barbecued chicken. Baked Bean Salad - it tastes so good! In 20 to 25 minutes, it can be prepared and ready to serve with grilled hamburgs or sausages. Swiss-Cheese Salad is a hearty main dish salad and consists of old time favorites - ham and cheese, good served with crusty bread, mineral or Perriere or chilled white wine.

Last, but by no means least, top off a meal with Fruit Salad with Maple Dressing, made with fresh peaches, melons, cherries, grapes and nectarines.

TUNA LIMA BEAN SALAD

1 10-oz. pkg. frozen lima beans, cooked, drained
2 6 1/2 oz. cans tuna in water, drained
1 c. chopped celery
1 c. sliced green onions
1/2 c. sliced black olives
1 c. Italian salad dressing
3 cloves garlic, minced
Chopped fresh parsley
Combine first five ingredients; mix Italian dressing with garlic and fold into tuna mixture. Turn into serving bowl, sprinkle with parsley. Cover and chill for two to three hours or overnight. May be served on crisp lettuce leaves.

CHUTNEY CHICKEN SALAD

2 c. diced chicken, cooked
1 pineapple, diced
1 c. finely diced celery
1/4 c. sliced green onions
1/4 c. salted cashews or peanuts
Coarsely chopped salad greens
Chutney dressing: Mix 2-3 cup mayonnaise, 2 T. lemon juice, 2 T. chopped mango or other chutney, 1 t. curry powder, 1-4 t. salt.
Toss together chicken, pineapple, celery, green onions and nuts. Add chutney dressing and mix well; chill one to two hours, serve with salad greens.

DILLED CHEESE & SALAMI SALAD

1/2 lb. Swiss cheese
6 oz. sliced salami
1 thin-skinned cucumber
2 T. red wine vinegar
2 T. Dijon-style mustard
1 t. dried dill

1 clove minced garlic, optional
1/2 t. salt
1/8 t. white pepper
2 T. olive oil
1/4 c. salad oil
Lettuce leaves

Cut Swiss cheese in match stick size strips (2 cups.) Cut salami in thin strips (1 1-2 cups); cut cucumber in half lengthwise, slice thinly. Place cheese, salami and cucumbers in large bowl; cover and chill if done ahead of time. For dressing, mix vinegar, mustard, dill, garlic, salt and pepper in small bowl. Beat in olive oil gradually, then salad oil until well-blended and slightly thick. Pour lightly over cheese mixture and mix just until salad is lightly covered with dressing. Serve on lettuce line plates or bowls.

VEGETABLE MARINADE

1/2 c. salad oil
1/4 c. vinegar
1 t. salt
1/4 t. black pepper
2 c. broccoli flowerets
1 cucumber, peeled, coarsely chopped
2 tomatoes, coarsely chopped
1/2 c. coarsely chopped red onion
1 c. shredded cheddar cheese

post cook add two

In a bowl, combine oil, vinegar, salt, black pepper. Mix all vegetables and cheese in salad bowl, pour dressing over, tossing to mix well. Cover and chill three to four hours, stirring occasionally.

BAKED BEAN SALAD

1 21-oz. can baked beans
2 small tomatoes, peeled, seeded
1/2 c. green olives, sliced
1/4 c. chopped green onion
2 T. red wine vinegar
1 T. prepared mustard
4 - 6 T. olive or salad oil
1 hard cooked egg, peeled
1 sprig fresh parsley
Drain beans and place into large bowl, cut tomatoes into 1-3 inch strips; add to bowl with beans, add olives and green onion and fold carefully. In second bowl, whisk together vinegar and mustard; slowly whisk in the oil until emulsified mixture is formed; add salt and pepper. Mix well. Pour dressing over vegetables; fold together until blended. Before serving, garnish with sliced egg and parsley.

SWISS CHEESE SALAD

1/2 lb. Swiss cheese
1/2 lb. cooked ham
8 hard-cooked eggs

Dressing:

1 c. sour cream
3 t. dry mustard
1 t. sugar
1/8 t. gr. cumin
1 t. salt
1/4 t. white pepper

Cut cheese and ham into julienne thin strips, one inch long; coarsely chop hard-cooked eggs. In large mixing bowl, toss together cheese, ham and chopped eggs. Chill. Combine all ingredients for the dressing and chill until ready to serve. Serve dressing with the salad or toss entire amount with salad at the table, coating well. Divide salad into four portion and garnish, if desired, with chopped chives.

FRUIT SALAD WITH MAPLE DRESSING

1 pineapple, cut in chunks
2 peaches or nectarines, pared, pitted and sliced
1 c. melon or cantalope, sliced
1 banana, sliced
1 c. seedless grapes, halved
1/4 c. golden raisins, optional
1/4 c. maple syrup
1/4 c. apple juice
1/2 c. fresh cherries, pitted and sliced
Romaine lettuce leaves

Combine first five ingredients in bowl; in another bowl, mix raisins, maple syrup, apple juice and cherries. Mix maple syrup mixture into the pineapple and peach mixture. Toss lightly to moisten all fruit pieces. Cover and let stand 30 minutes in refrigerator. When ready to serve, line salad bowl with lettuce leaves and arrange salad in the bowl.



Social held

The Social Club of the Meadows Apartments, Dallas, recently held an ice cream social. Residents made their own sundaes and games were played on the grounds of the complex. Shown here are members of the Ice Cream Social committee. From left, seated, Eleanor Montross, Ruth Foley, Ruth Muchler and Herb Phillips. Standing, Barbara J. Williams, manager; Betty Kunkle and Janet Mazur, assistant manager. Absent at the time of the photo was Eleanor Cragle and George Bartorillo.

Marinating insures good steak taste

Steak yourself to a sizzling barbecue that's dressed for success. It's easy and the flavor is superb. All you have to do is marinate a sirloin steak in a snappy combination of beer, chopped onion and naturally brewed soy sauce.

Marinating will also help seal in

the natural juices during grilling. Sirloin is an excellent choice because it's favorably priced and one steak will easily serve three to four avid eaters. But, it's the brewed soy sauce that blends together the diverse flavors of the beer and onion for a harmonious

and rich tasting marinade. And, for a special zesty topper, sprinkle shredded Cheddar cheese over the steak just before it comes off the grill.

BARBECUED BEER STEAK

1 1/2 lb. beef sirloin steak, about 3/4 in. thick
1 can (7 oz.) beer
1 med. onion, finely chopped
1/2 c. naturally brewed soy sauce
1/4 t. black pepper
1/4 c. shredded Cheddar cheese

Place steak in plastic bag. Combine beer, onion, soy sauce and pepper; pour over steak. Press air out of bag; tie top securely. Refrigerate 8 hours or overnight, turning over occasionally. Remove steak from marinade and place on grill 4 to 5 inches from hot coals. Cook 7 to 10 minutes on each side, or to desired degree of doneness; sprinkle cheese evenly over top side of steak during last few seconds of cooking time. To serve, cut across grain into thin slices. Makes 3 to 4 servings.

Proper food variety will give you right nutrients

Most people are interested in how to be assured that they get the proper nutrients in the amounts needed from daily meals and snacks. They probably recognize the six classes of nutrients - protein, carbohydrate, fat, vitamins, minerals and water (although it may surprise some to learn that water is considered a nutrient).

According to Dairy, Food and Nutrition Council, it is the nutrients in food, not specific foods, which are needed by the body.

The digestive system processes foods into nutrients or nutrient combinations and waste products. Blood carries these nutrients from the digestive system and oxygen from the air we breathe to every cell in

the body. Some nutrients need to be replenished every day from the foods eaten; others can be stored in the body for future use.

All nutrients are available from food, but they are found in different foods in varying amounts. Many foods play important roles on the nutrition team but no one food can do everything. All of the nutrients most of us need can be obtained by eating a variety of different types of foods.

For centuries, people in different parts of the world have lived on a wide variety of food combinations. Thus, a variety of foodstuffs is known to provide the nutrients that support life, and promote, growth and health.

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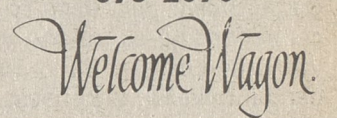
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Take food safety steps on picnic

Warm weather invites picnics. Whether your style is elegant or casual, you can help ensure these portable meals are pleasurable for everyone by taking a few steps for food safety.

Begin with a menu that features bacterial-resistant foods high in acid or sugar. Convenience foods are also reliable since they stay fresh at room temperature. They can be stored unopened on the pantry shelf for an impromptu picnic. Ready to eat as is, they also quickly transform into favorite picnic recipes with the addition of a few ingredients.

Take care to handle food properly before serving. Wash hands and kitchen utensils frequently during preparation, especially after touching raw meat, fish, poultry or any egg dishes. Keep hot foods hot and

cold foods cold and away from each other to avoid bacteria growth. Place the most perishable of pre-chilled items closest to the ice.

Serve food promptly, keep it covered to avoid contamination by insects and return it to the cooler to deter spoilage. Discard any leftovers when in doubt about their safety.

To inspire creative picnic planning, sample one or several of these quick dip ideas.

THREE CHEERS DIP

1 can (9 oz.) Nacho Cheese Flavor Cheese Dip

1/2 c. beer
1/2 t. prepared mustard
1/8 t. cayenne pepper

In medium bowl combine all ingredients; mix well. Chill. Serve with potato or corn chips, or cut-up raw vegetables. Yield: about 1 1/2 cups.

DR. KOPEN ANNOUNCES THE ASSOCIATION OF DR. DeROJAS



JUAN J. DeROJAS, M.D.

Dr. Dan F. Kopen, M.D. is pleased to announce the association of Dr. Juan J. DeRoJas, M.D., son of Dr. and Mrs. Juan F. DeRoJas of 24 Summit View Drive, Mountaintop, for the practice of Vascular and General Surgery at the New Bridge Center, 480 Pierce Street, Suite 318, in Kingston.

Dr. DeRoJas was graduated from Bishop Hoban High School in 1972, and from LaSalle University in Philadelphia in 1976. Cum Laude with a bachelor of arts degree in biology. He earned his medical degree from Temple University School of Medicine in 1980, where he was a member of the Medical Honor Society and the recipient of the W. Burnett Surgical Award, given to the outstanding surgical student by the school's faculty.

Dr. DeRoJas completed his surgical residency at Temple University Hospital in Philadelphia in 1985. He was the Chief Surgical Resident between 1984 and 1985 and was the recipient of the H.E. Caswell Surgical Award, which is given by the surgical faculty and residents to the outstanding senior surgical resident. Dr. DeRoJas has trained in the Non-Invasive Laboratory at Good Samaritan Hospital in Cincinnati, Ohio, and has completed his Vascular Surgery Fellowship at Temple University Hospital. In addition, he is the author of several articles in the fields of vascular and general surgery.

A member of the American Medical Association, the Pennsylvania Medical Society, the Luzerne County Medical Society and the Phlebology Society of America, Dr. DeRoJas is married to the former Alma E. Murphy, daughter of the late Mr. and Mrs. Edwin L. Murphy of Pittston. Dr. and Mrs. DeRoJas reside in Pittston with their two children, Alma Maria and Juan Carlos.

Dr. DeRoJas will serve on the medical staffs of the Mercy Hospital, Nesbitt Memorial Hospital, Wilkes-Barre General Hospital, Geisinger-Wyoming Valley Medical Center and the Nanticoke State General Hospital. Appointments may be made by calling 283-2223.

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