



SHRIMP AND ASPARAGUS LUNCHEON SALAD

Shape up with shrimp salad

Probably you, like many of us, are in a dilemma because the last time you looked in a mirror, the message came through loud and clear — "It's later than you think!" You have decided to lose those few extra pounds gained during the Christmas holidays, but the immediate problem is that you must entertain at a luncheon party. Most of us shudder at the thought of offering diet fare to guests, but there is a solution. Appetites cry for simplicity at this time of year.

Whether your guests are counting calories or not (and many people are, without talking about it), everyone loves shrimp. Shrimp has a reputation for excellence in taste, but not everyone knows how superior this shellfish is in the nutrition department. Shrimp has high-quality, easily-digested protein, is an excellent source of many essential minerals, and has small amounts of the B vitamin group, while being low in fat and calories.

In the easily-prepared but delicious-to-eat Shrimp and Asparagus Luncheon Salad, a tangy marinade is used to blend the flavors of the shrimp, asparagus, water chestnuts, and celery together into an out-of-this-world combination. After the marinating and chilling (about an hour's time), the vegetables and water chestnuts are arranged on crisp salad greens, and the shrimp are perched on top. Circle with hard-cooked egg slices, and garnish with pimiento. Presto — this gourmet salad is ready to serve to guests or the family. This is so

elegant, no one will ever guess that it is a shape-up salad at the same time — so enjoy!

SHRIMP AND ASPARAGUS LUNCHEON SALAD

2 cans (4½ ounces each) shrimp, rinsed and drained
1 cup sliced celery
1 can (8 ounce) water chestnuts, drained and sliced
1½ pounds fresh asparagus spears, or 2 packages (10 ounce each) frozen asparagus spears, cooked and drained
½ cup salad oil
½ cup lemon juice
2 teaspoons finely chopped onion
½ teaspoon salt
½ teaspoon crushed rosemary
½ teaspoon basil
¼ teaspoon paprika
1/8 teaspoon dry mustard
crisp salad greens
4 hard-cooked eggs, sliced
Pimiento strips

Combine shrimp, celery, and water chestnuts in bowl or refrigerator dish. Place asparagus spears in shallow dish. Combine salad oil, lemon juice, onion, salt, rosemary, basil, paprika, and dry mustard; mix well. Divide oil mixture evenly between shrimp and asparagus; cover. Chill at least 1 hour. Arrange drained asparagus on salad greens on salad plate. Top with drained shrimp salad mixture and egg slices. Garnish with pimiento strips or pieces, as desired. Makes 6 servings.

Book aids children's reading

Dr. Altee M. Anderson, assistant professor of education at Dillard University, has announced the publication of her book — "With the ABC's of Phonics I Won't Lag."

According to Dr. Anderson, a Dillard alumna and holder of the M.S. degree from Indiana University and Ed.D. from the University of Southern Mississippi, her book was born out of need "to generate to parents — simple, direct and concrete phonics skills which they must teach to their children at home."

"The contents will assist parents," she continued, "in answering their role as their children's first and most important reading teacher. Teachers who wish to form a partnership with parents for the development of reading independence will also find the book insightful."

The 200 page publication comprises 104 lessons presented so that the application of a given phonics concept evolves out of acquired sight words as well as words within the

child's speaking/listening vocabularies. Reproduction of speech sounds in isolation is encouraged and instructions for articulating these sounds are interspersed throughout the book. Also included, is a process for blending speech sounds to enhance the ability to read and spell independently.

According to Dr. Anderson, one of the unique contributions of her book is "the continuous dialogue between the teacher and the learner. Experience has taught that through active participation, children learn more, retain more, and become more enthused about that which is taught. Continuous dialogue, in contrast to teaching phonics in silence is more vibrant, more direct and more promising."

Inquiries about the book should be directed to Dr. Altee M. Anderson, Dillard University, 2601 Gentilly Blvd., New Orleans, Louisiana 70122, or (504) 944-8751, Ext. 224.

'Career to motherhood' theme

The transition of motherhood could have a dramatic effect on a woman's life, especially if that transition means putting aside a career. "From Career to Maternity", offered winter term at Marylhurst Education Center is designed to ease that transition.

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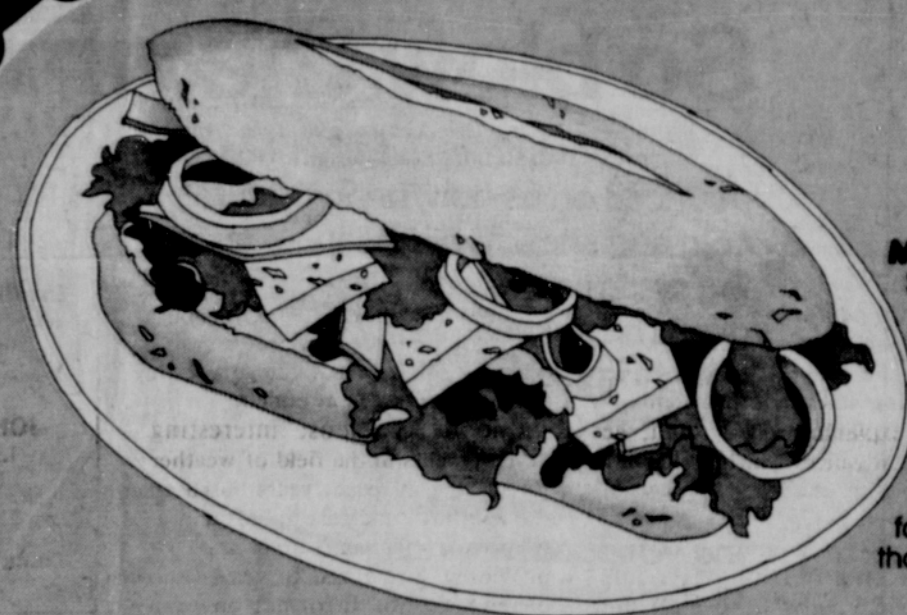
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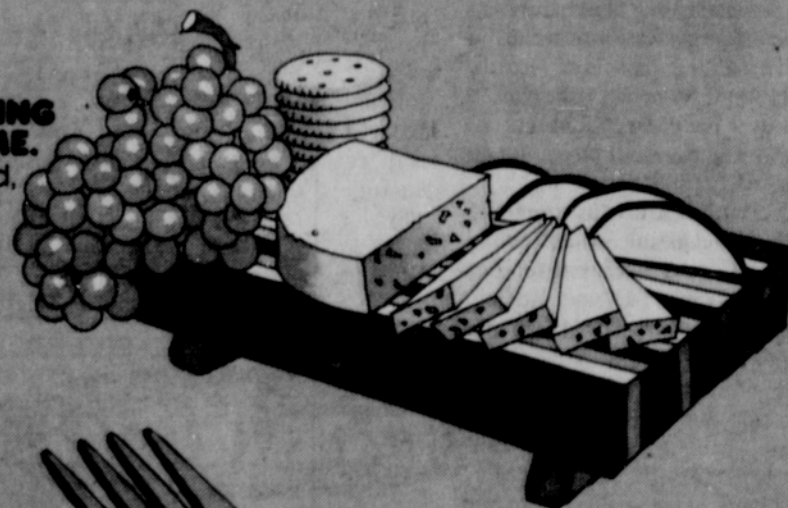


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