

# FOOD SECTION

## Salads add variety to holiday menu



**V**ARIETY IS the spice of life, so they say. If that holds true in the kitchen, then the most well-seasoned menus include salads. Since the days of the Caesars, salads have been crafted to please palates the world over. But whether it's an international bowl or just your garden variety, there's no end to the luscious combinations a little creativity can fashion. All it takes is an imaginative mix of fruits, vegetables and salad dressings.

From juicy peaches to crunchy lettuce, from green avocados to white potatoes, produce comes fresh from Mother Nature in all shapes, colors and flavors. Combine a host of these harvested delectables for an eye-appealing salad that tastes as good as it looks. Then transform the produce potpourri into a gourmet delight with a salad dressing. Prepared dressings provide a handy mixture of herbs and spices that blend and enhance the various flavors. They add a distinctive character all their own, too. Use them to cream a souffle, flavor a potato salad or crown a plate of greens.

These recipes display salad variety from an Ensalada Gazpacho appetizer to peach souffle dessert. As a course in a meal or a meal in itself, there's a salad to serve for every occasion. So when the menu calls for a bit of spicing up, look to salad to fill the bill.

### PANHANDLE POTATO SALAD

- 1 qt. cooked potato slices
- 2 cups cooked beef strips
- 1 cup mushroom slices
- 1 cup red onion rings
- 1/4 cup chopped parsley
- 1/2 cup Miracle Whip salad dressing
- 1/2 cup dairy sour cream
- 1/2 teaspoon garlic salt
- 1/4 teaspoon pepper

Combine potatoes, beef, mushrooms, onion and parsley. Add salad dressing blended with sour cream and seasonings; toss lightly. Chill. Add additional salad dressing and garnish with onion rings and parsley, if desired.  
4 to 6 servings.

### ENSALADA GAZPACHO

- 1 cup chopped tomato
- 1/2 cup chopped cucumber
- 1/4 cup chopped green pepper
- 2 tablespoons sliced green onion
- 1/2 cup French dressing
- 1 teaspoon lime juice
- 1/2 teaspoon oregano
- 1/8 teaspoon cracked black pepper
- 2 avocados, peeled, halved
- 1 qt. shredded lettuce

Combine tomato, cucumber, green pepper, green onion, dressing, lime juice and seasonings; mix lightly. Fill avocado halves with vegetable mixture. Serve on shredded lettuce.  
4 servings.

### PEACH SOUFFLE SALAD

- 2 3-oz. pkgs. orange flavored gelatin
- 2 cups boiling water
- 1 cup cold water
- 1 cup gingerale
- 1/2 cup mayonnaise
- 2 egg whites
- 2 cups finely chopped peaches

Dissolve gelatin in boiling water. Add cold water and gingerale. Gradually add gelatin to mayonnaise; mixing until blended. Chill until partially set.

Wrap a 2-inch collar of aluminum foil around top of six sherbet dishes. Beat egg whites until stiff peaks form. Fold peaches and egg whites into gelatin mixture. Pour gelatin mixture into dishes; chill until firm. Remove collar. Garnish with peach slices and mint, if desired.

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