



Any time is salad time

Take a vacation from your typical salad fare with three imported recipe ideas. With so many fresh fruits and vegetables in bountiful supply, there's no time like the present to travel your tastes sampling salads the world over.

Begin your meal in Grecian style with a marinated Mount Olympus Salad. This recipe features feta cheese and anchovies along with ripe olives, green pepper strips, cucumbers and onions. Blend the vegetables with Golden caesar dressing and refrigerate for a few hours. When it's time to eat, serve the ingredients on a bed of shredded iceberg lettuce. As the name implies, it's a dish that's worthy of the gods.

Mediterranean magic continues with a turn toward Italy. Antipasto Napoli can be a course in a meal or a light meal itself. Marinate strips of summer sausage with tomatoes, mushroom, artichoke hearts and zucchini in Italian dressing. The dressing perks up the produce with Neapolitan zest. Just toss with assorted greens and top with grated parmesan cheese.

For dessert or an afternoon refresher, cross the Atlantic for a Caribbean treat. Santo Domingo Fruit Salad takes tropical fruits on a real culinary adventure with an enterprising dressing idea. Combine Miracle Whip salad dressing with lime juice and rind, rum flavoring and whipped cream. Spoon the chilled mixture on to fruit chunks of pineapple, banana, papaya and honeydew and toasted macadamia nuts.

Like a picture postcard, these attractive salads help you enjoy the flavors of the world from your own dining room table.

ANTIPASTO NAPOLI

- 2 cups tomato wedges
- 2 cups mushroom slices
- 8 ozs. summer sausage, cut into strips
- 1 8 1/2 oz. can artichoke hearts, drained, quartered
- 1 cup zucchini slices
- 1 cup Italian dressing
- 2 qts. torn assorted greens

Combine tomatoes, mushrooms, summer sausage, artichoke hearts

and zucchini; add dressing. Cover; marinate in refrigerator 2 hours. Drain, reserving marinade. Toss vegetables with assorted greens. Serve with reserved marinade. Sprinkle with grated parmesan cheese, if desired.
4 to 6 servings.

MOUNT OLYMPUS SALAD

- 1 6-oz. can pitted ripe olives, drained
- 2 cups cucumber slices
- 1 cup onion rings
- 1 cup green pepper strips
- 1 8-oz. bottle Caesar dressing
- 1-qt. shredded lettuce
- 1 2-oz. can rolled anchovy fillets
- 1/4 cup (2-ozs.) crumbled feta cheese

Combine olives, cucumber, onion and green peppers; add dressing. Cover; marinate in refrigerator 2 hours. Drain, reserving marinade. Arrange marinated vegetables, anchovy fillets and cheese on lettuce-covered platter. Serve with reserved marinade. Garnish with lemon wedges, if desired.
4 to 6 servings.

SANTO DOMINGO FRUIT SALAD

- 1 pineapple
- 2 bananas, sliced
- 1 papaya, peeled, chopped
- 1 cup honeydew melon balls
- 1/2 cup lime slices
- 1/2 cup toasted macadamia nuts or almonds
- 1/2 cup Miracle Whip salad dressing
- 2 teaspoons lime juice
- 1 teaspoon grated lime rind
- 1/4 teaspoon rum flavoring
- 1/2 cup heavy cream, whipped

Cut pineapple into quarters lengthwise through crown. Remove fruit, leaving shell intact. Core and chunk fruit; toss lightly with bananas, papaya, melon, lime and nuts. Chill.

Combine salad dressing, lime juice, lime rind and rum flavoring, mixing well; fold in whipped cream. Chill.

Spoon fruit into pineapple shells; top with dressing mixture. Garnish with additional grated lime rind, if desired.
4 servings.



Color your salads BEAUTIFUL!

True salad artistry depends on selecting and combining just the right ingredients for plenty of color, texture, flavor and pizzazz. But you don't have to be a kitchen Picasso. Sometimes, just a few unusual extra touches are all that's needed to turn an ordinary tossed salad into a tantalizing work of art. Start with one of the many flavors of bottled dressings available. Add these imaginative salad "fix-ups" to your palette of kitchen techniques and you'll be sure to create picture-perfect salads every time. Many of them are items you'll find ready and waiting in your pantry, cupboard or refrigerator. Tossed in or sprinkled on, they make it special.

CRUNCHY FIX-UPS

- Whole, chopped or sliced nuts
- Chow mein noodles
- Shoestring potatoes
- French fried onion rings
- Crushed potato or corn chips

COLORFUL FIX-UPS

- Grated carrots
- Black or green olives
- Hard cooked eggs
- Red pepper rings
- Crumbled bacon

CREATIVE FIX-UPS

- Flaked, shredded or toasted coconut
- Garbanzo beans
- Cheddar cheese, cubed, julienned or shredded
- Grated parmesan cheese
- Sesame or sunflower seeds
- Alfalfa or bean sprouts

Fresh fruits must be a favorite of Mother Nature. She has given each one its own sweet, natural juice, a kind of hidden ingredient that makes fruit salads so tasty and refreshing. Try this simple dish of peaches, strawberries and blueberries with toasted coconut. Top it with creamy mayonnaise, just the right touch of seasoning for a desert salad or impromptu treat. It's a delightful way to enjoy Mother Nature's generosity.

- 1 cup celery slices
- 1 cup grape halves
- Mayonnaise
- Lettuce

Combine process cheese spread, chicken, pineapple, celery, grapes and enough mayonnaise to moisten; mix lightly. Serve on lettuce-covered plates.
6 servings.

PEACHBERRY COMPOTE

- Peach slices
- Strawberry halves
- Blueberries
- Toasted coconut
- Mayonnaise

Combine peaches, strawberries, blueberries and coconut; toss lightly. Top with mayonnaise.

POTATO SALAD

Looking for a new way to combine potatoes and mayonnaise for a pleasing salad? Try a hearty mixture of crisp vegetables with a distinctive spice. Dilled Potato Salad is the tasty result.

Dill, a name derived from an old Norse word, at one time had the reputation for being a potent magic herb. It may not contain any magic powers these days, but teamed with cucumbers, carrots and green onion slices it's sure to help conjure up a flavorful potato salad that's a seasoning ahead.

DILLED POTATO SALAD

- 6 cups chopped cooked potatoes
- 1 cup quartered cucumber slices
- 1 cup shredded carrots
- 2 tablespoons green onion slices
- 2 teaspoons salt
- 1/2 teaspoon dill weed
- 1/4 teaspoon pepper
- 1 cup mayonnaise
- Lettuce

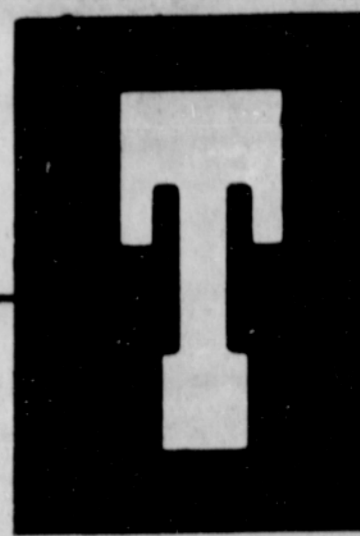
Combine potatoes, cucumbers, carrots, onion and seasonings. Add mayonnaise; mix lightly. Chill. Stir in additional salad dressing before serving, if desired. Serve in lettuce-lined bowl.
8 servings.

SUNSHINE CHICKEN SALAD

Here's a new way to serve chicken salad. Add some sunshine fruits like pineapple and seedless grapes to give a burst of freshness and flavor. Along with cubes of process cheese spread and plenty of mayonnaise to blend these savory ingredients together, Sunshine Chicken Salad sparks appetites for a main dish salad with something extra.

SUNSHINE CHICKEN SALAD

- 1/2 lb. process cheese spread, cubed
- 2 cups chopped cooked chicken
- 1 8 1/4-oz. can pineapple chunks, drained



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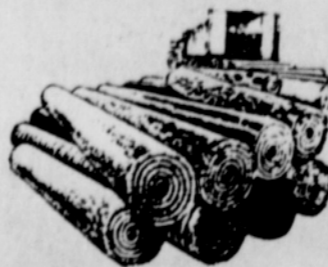
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