

SALAD DAYS... 7 DAYS A WEEK

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VERSATILE SALADS for any occasion

With more people on-the-go and eating light, salads have come into focus as viable alternatives to heavy meals. And what better time to try inventive salad ideas than on busy weekends?

Fresh vegetables fill the center of a unique mold featuring cooked rice, salmon, celery, and Kraft creamy cucumber dressing in this recipe for Salmon 'N Rice Salad. This is a great one-dish meal that's both appetizing and colorful.

For a special Sunday dinner, this recipe for Spinach Salad, provides just the right touch for the first course.

Italian dressing is the perfect match for fresh spinach leaves tossed with crumbled bacon, chopped hard-cooked egg, and onion rings.

Simple or elaborate, delicate or hearty, salads suit almost any occasion, meal, or position in the menu.

SALMON 'N RICE SALAD

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|---|----------------------------|
| 3 cups cooked rice | 1/4 cup chopped pimiento |
| 1 7 1/2-oz. can salmon, drained, flaked | 1/4 cup green onion slices |
| 1/2 cup celery slices | 1/4 teaspoon pepper |
| 1/2 cup creamy cucumber dressing | 1 cup cherry tomato halves |
| | 1/2 cup chopped cucumber |

Combine rice, salmon, celery, dressing, pimiento, onion and pepper; toss lightly. Pack into 4-cup ring mold; chill. Unmold. Combine tomatoes and cucumber; toss lightly. Fill center of mold with vegetable mixture. Garnish with cucumber and serve with additional dressing, if desired.

4 to 6 servings

Variation: One 6 3/4 or 7-oz. can of tuna may be substituted for salmon.

SPINACH SALAD

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| 1 qt. torn spinach | 3 hard-cooked eggs, chopped |
| 4 crisply cooked bacon slices, crumbled | 1/2 cup onion rings |
| | Italian dressing |

Combine spinach, bacon, eggs, onion and enough dressing to moisten; toss lightly.

6 to 8 servings



A Garden Variety OF SALAD IDEAS

When it comes to salads, no two are alike. They are versatile in that salads make use of different ingredients and easily take on many forms. It can be easy to transform ordinary salads into something special by using a wide variety of fruits and vegetables. Alternating dressings can play a big part in expanding the salad repertoire, too. Try a different combination of ingredients every day of the week, to prevent the family from getting the "salad blahs."

Start out the week with this interesting recipe.

It combines cherry tomato halves, cucumber chunks, celery and radish slices, and pitted ripe olives. Top it with an inventive dressing that mixes Kraft Italian dressing with plain yogurt.

There's a "garden variety" of salad ideas... there may never be a need to make the same one twice!

CHUNKY GARDEN SALAD

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|-----------------------------|-----------------------------|
| 2 cups cherry tomato halves | 1/2 cup pitted ripe olives |
| 1 1/2 cups cucumber chunks | 1 8-oz. carton plain yogurt |
| 1 cup thick celery slices | 1/2 cup Italian dressing |
| 1/2 cup radish slices | |

Combine vegetables; toss lightly. Chill. Serve with combined yogurt and dressing.

6 servings

Chase Away Midweek Blues with a Special Salad

Midweek may be the perfect time for a luncheon get-together. For a special light entree, an unusual blend of garden and ocean specialties with a natural cheese accent is Golden Gate Salad. This recipe combines tender cooked shrimp with fresh, sliced mushrooms and strips of green pepper, marinated in spicy Catalina brand french dressing to develop a full flavor.

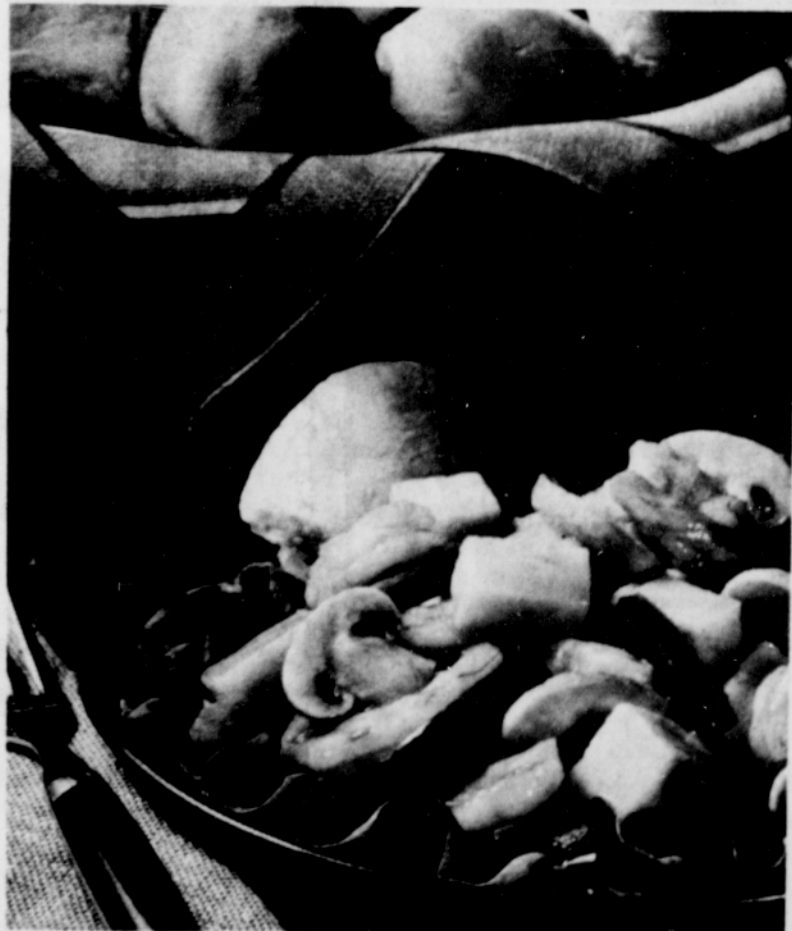
Just before serving, cubes of mild Casino natural brick cheese are folded in with the marinated ingredients, providing a flavor and texture contrast. Arranged carefully on a bed of Bibb lettuce and accompanied with warm rolls and butter, this salad makes a light, but filling luncheon.

GOLDEN GATE SALAD

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|-------------------------------------|--|
| 1 12-oz. pkg. frozen shrimp, cooked | 1/2 cup Catalina brand French dressing |
| 2 cups sliced fresh mushrooms | 2 cups (8 oz.) cubed Casino natural brick cheese |
| 1 green pepper, cut in strips | Lettuce |

Marinate shrimp, mushrooms and green pepper in dressing for several hours. Add cheese; mix lightly. Serve on lettuce.

6 servings



Kool-Aid...On A Stick

BRAND SOFT DRINK MIX

Frozen Suckers

- 1 envelope KOOL-AID® Unsweetened Soft Drink Mix, any flavor
- 2/3 cup sugar
- 1 quart water

Dissolve soft drink mix and sugar in water. Pour into plastic ice-cube trays or small paper cups. Freeze until almost firm. Insert wooden stick or spoon into each. Freeze until firm. Makes about 20.

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