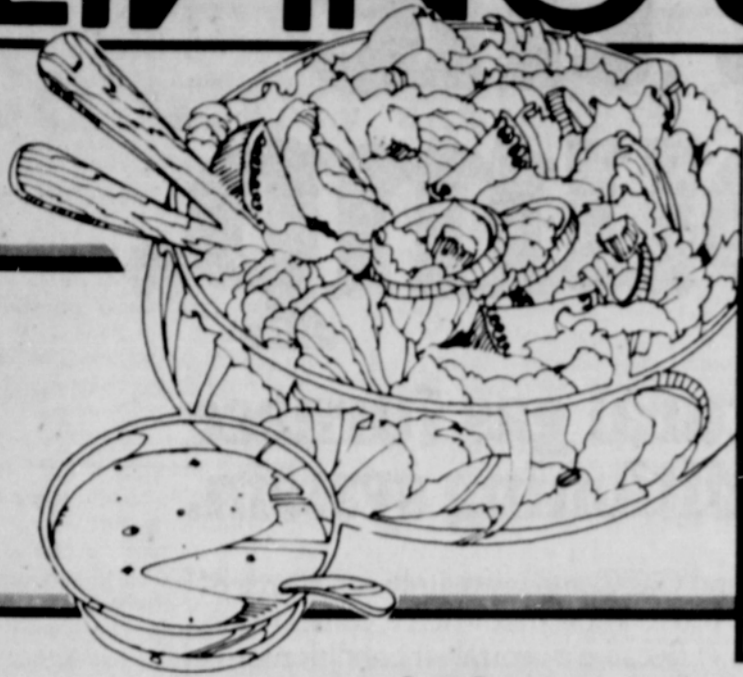


# LIVING SECTION

# SUMMER SALADS



## One sandwich, please, and hold the bread!

Who says you need bread to make a sandwich? With a Saladwich, your "bread" is a slice of iceberg lettuce. It's actually an open-faced sandwich that tops the lettuce with a slice of cheese, tomato, ham slices and green pepper rings. Since most open-faced sandwiches are topped

with a sauce, try creamy cucumber dressing to enhance your ingredients.

### SALADWICH

Iceberg lettuce slices  
Cheddar cheese slices or Swiss cheese slices

Tomato slices  
Ham or other meat slices  
Green pepper rings  
Creamy cucumber dressing

For each serving, top lettuce slice with cheese, tomato, ham and green pepper. Serve with dressing.



## Stratified Salad: Garden-Fresh "Casserole"



What is made in one dish, contains meat, vegetables, and dairy products, and doesn't have to be cooked? The answer is a main-dish "stratified" salad.

The Chef's Strata Salad or layered salad was created as a no-cook alternative to the all-American casserole. The salad is composed in steps beginning with a bed of mixed greens, followed by layers of fresh vegetables, cold meat and cheese, and crowned with salad dressing.

When it comes to nutrition and flavor, a stratified salad really stacks up against a casserole, and takes much less time and energy. A meal composed of a main-dish stratified salad and fresh bread sticks or crackers can include representatives from all the basic food groups in a way that is new, exciting, and easy to prepare. The salad may be made up to eight hours in advance when covered well with plastic wrap and refrigerated until serving time.

To make a main-dish Chef's Strata Salad, line a shallow tray or platter with your favorite lettuce variety, then arrange a layer of fresh mushroom slices and red onion rings. Top them with a circle of rolled ham slices and tomato wedges, and pour a liberal amount of herb dressing in the center. Sprinkle shredded cheddar cheese over the entire salad.

You can combine your own favorite ingredients to build a variety of salads: start with a bed of your favorite mixed greens, then be creative and generous with the fixings. We suggest you try cold, cooked, chopped chicken; avocado wedges; Swiss cheese slices; and alfalfa sprouts or a California strata salad. Or go south-of-the-border with taco meat, cheddar cheese, and hot peppers served with tortilla chips. Make a hero strata salad with pepperoni, salami, and provolone or mozzarella cheese slices and onion rings.

Now that we've got you thinking, you can start stratifying!

### CHEF'S STRATA SALAD

Torn assorted greens  
Mushroom slices  
Red onion slices  
Boiled ham slices, rolled  
Tomato wedges  
Shredded sharp cheddar cheese  
Your favorite salad dressing

Layer greens, mushrooms and onion on serving plate. Top with ham, tomato, cheese and dressing.  
Make ahead: Prepare as directed; omit dressing. Cover; refrigerate several hours. When ready to serve, remove cover; top with dressing.

## Try hearty main dish salads

### SPINACH RICE SALAD

2 cups cooked white or brown rice  
1/2 cup bottled Italian salad dressing  
1 tablespoon soy sauce  
2 cups fresh spinach, cut into thin strips  
1/2 cup sliced celery  
1/2 cup sliced green onions, including tops  
1/2 cup crumbled, crisp bacon  
1 orange, sliced thinly

Cook rice. Transfer to bowl. Cool slightly. Combine dressing, soy sauce and sugar. Stir into warm rice. Cover and chill. Fold in remaining ingredients before serving. Pile onto bed of lettuce or other greens. Garnish with orange slices. Makes 6 to 8 servings.

### HEARTY FOUR-BEAN SALAD

1 can each, drained and rinsed: Red Kidney Beans, White Kidney Beans, Chick Peas and Black Beans  
1 cup chopped scallions  
2 cloves garlic, crushed  
1 tsp. dry mustard  
3 tbsp. wine vinegar  
1/4 cup olive oil  
2 tbsp. fresh dill, chopped  
Sliced red onion rings for garnish

In a very large mixing bowl, combine beans with all remaining ingredients. Toss gently until all ingredients are well coated. Cover and chill. Garnish with sliced onion rings. Makes 8 to 10 servings.



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## INTRODUCE PASTA TO YOUR FAVORITE SALAD



While pasta has been enjoyed for years in a variety of red and white sauces served hot with meat, fish, or vegetables, cooks are now serving it cold in delicious salad combinations. One of these is Macaroni and Vegetable Salad, which uses spiral macaroni in a mixture of cheese, broccoli, tomato and cucumber slices. The salad ingredients are tossed with dressing and chilled overnight to marinate them.

### MACARONI AND VEGETABLE SALAD

2 cups (7 ozs.) spiral or shell macaroni, cooked, drained  
1 1/2 cups (6 ozs.) cubed monterey jack cheese  
2 cups 1-inch broccoli pieces  
1 cup cherry tomato halves  
1 cup cucumber slices, cut in half  
1/4 cup Italian dressing

Combine ingredients; toss lightly. Chill several hours or overnight. Toss before serving. Makes 10 servings.

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