

Refreshing winter salads

Looking for some new and exciting ideas for winter salads? About this time of year it seems that I start thinking, "Why am I fixing the same old thing again?" It happens to me when lettuce is rising in price and the tomatoes are less than their usual bright cheery red. Or maybe it's just getting along into winter and I need a change. At any rate, there's an incentive to look for some new salad ideas.

The first thing I do is to look around the produce section for the items that are on sale or in their season right now. I ask myself, what can I do with that? It may be cabbage or turnips, carrots or avocados, broccoli or potatoes. It can be fruits that are on special, too. This may mean exploring something your family hasn't had before or something that's familiar but used in a new way.

For instance, citrus fruits are one of the best buys in winter. Think of some ways to use them in a salad. I cross-cut orange slices, arrange them on an individual salad plate (on a lettuce leaf, if it's not too expensive) and sprinkle with shredded coconut. Sectioned grapefruit looks very attractive just sprinkled with some chopped nuts.

Balance cost of items with the nutritional benefit. This time of year, I love the bright green of broccoli. I also love the fact that it's a super nutritious vegetable. It makes a lovely marinated salad.

Flexibility is the key. Be willing to try new ideas and recipes. Try serving some of the in-season items in new and creative ways. Make the most of the items you do buy. Brighten up your winter table with pretty and nutritious salads.

Here are two recipes for salads featuring winter vegetables:

MARINATED VEGETABLES WITH POPPY SEED DRESSING

- 1/2 cup salad oil
- 1/4 cup lemon juice
- 1 Tablespoon poppy seeds
- 2 teaspoons minced garlic
- 1 teaspoon prepared mustard
- 1 teaspoon salt
- pinch cayenne pepper
- 1 egg, in shell
- cauliflower
- broccoli
- carrots, sliced
- onions (green) sliced including tops

Combine oil, lemon juice, poppy seeds, garlic and other seasonings. Boil egg one minute and add to dressing. Whip to break up small pieces of egg. Steam vegetables except onions to tender crisp—5 minutes or less. Drain. Add onions, dressing and refrigerate for at least 2 hours.

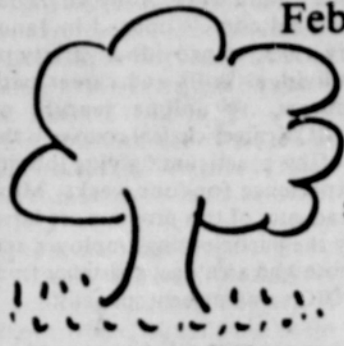
MS. NAKANO'S FAMOUS CABBAGE SALAD

- 2 Tablespoons sesame seeds
- 2 Tablespoons slivered almonds
- 1/2 head cabbage, sliced thinly

1/2 package curly oriental noodles
2 green onions, chopped, including tops
Toast seeds and almonds in 300°F. oven while slicing cabbage. Toss cabbage and broken, crisp noodles together. Just before serving, pour dressing (see below) over salad and sprinkle seeds, almonds and onions over top.
Dressing: 2 Tablespoons sugar; 1/4 cup salad oil; 1 teaspoon salt; 1/2 teaspoon ground black pepper; 3 Tablespoons white vinegar (seasoned rice vinegar, if available);

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Upside down fettucini bake

Show a different side top your cooking creativity with Upside Down Fettucini Bake.

Prepared in an oven-proof skillet, this recipe lends delicious Italian flavor with sausage, onion, tomatoes and oregano leaves mixed with natural mozzarella cheese and grated parmesan cheese. These ingredients are then topped with a cooked fettucini noodle mixture and baked.

After baking, you simply invert the skillet onto a serving platter and, in effect, actually have a pasta dish topped with a tomato sauce.

UPSIDE DOWN FETTUCINI BAKE

- 1/2 lb. Italian sausage, casing removed
- 1/4 cup chopped onion
- 1 16-oz. can dried tomatoes
- 1 teaspoon oregano leaves
- 1/2 cup (2 ozs.) shredded mozzarella cheese
- 1/4 cup (1 oz.) grated parmesan cheese
- 8 ozs. hot cooked fettucini noodles
- 1/4 cup (1 oz.) grated parmesan cheese
- 3 eggs, beaten
- 2 tablespoons margarine
- 2 tablespoons chopped parsley
- 1/4 teaspoon garlic powder

Brown meat in 10-inch oven-proof skillet; drain. Add onion; cook until tender. Stir in tomatoes and oregano; bring to boil. Simmer 20 minutes, stirring occasionally. Stir in mozzarella cheese. Sprinkle parmesan cheese over tomato mixture.

Toss noodles with combined remaining ingredients. Spread noodle mixture over parmesan cheese. Bake at 350°, 25 minutes. Invert onto serving platter. Sprinkle with additional parmesan cheese, if desired. Cut into wedges.

6 servings.



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