July 16, 2008

favorite foods and lasting memories. Summer Salad Tips To me, summer just begs for simple salads for side dishes or as the main attraction. done well ahead of time when it is cooler outside. The wide range of fresh produce that is available is never better - and the prices are their lowest while the quality is usually at its highest. Here are a few of our favorite salad tips.

· Be sure to use fresh seasonal pes vegetables.

egar or lemon juice for vinaigrettes. • Use herbs to flavor the dressing, and maybe mustard, or chili's, or lowed out pepper or halved cucumgarlic to further punch up that flavor.

· When serving, most summer saldients.

BLT Salad

• 1 tsp. garlic powder

dried and shredded

Ingredients 1 pound bacon 3/4 cup mayonnaise

· 1/4 cup milk

· salt to taste

• Use extra virgin olive oil and vin- of melon, half of a pear or peach, in a decorative lettuce leaf, on half of a muffin, in a tortilla cup, in a holber, or any of a variety of decorative touches that you think will blend

ads look best on a platter rather . Add some crunch to your salad than in bowls to show off the ingre- with sesame seeds, sunflower seeds, cooked bacon, toasted nuts, • Don't be afraid to substitute low ramen noodles, chow mein noodles, fat ingredients in most salad reci- crumbled tortilla or potato chips,

> "On a hot summer afternoon this delicious

· 2 large tomatoes, chopped · 2 cups seasoned croutons

· 1 head romaine lettuce - rinsed,

· 1/8 tsp. ground black pepper

- 2 hard boiled eggs, optional
- 1/2 cup shredded cheddar cheese, optional
- · 1 large avocado, peeled, seeded, thinly sliced

Directions

1. Place bacon in a large, deep skillet. Cook over medium high heat, turning frequently, until evenly browned. Drain, crumble and set aside. 2. In a blender or food processor, combine mayonnaise, milk, garlic powder and black pepper. Blend until smooth. Season the dressing with salt

3. Combine lettuce, tomatoes, bacon and croutons in a large salad bowl. Toss with dressing, and serve immediately.

Greek Picnic Salad

"Nothing tastes more like summer than tomatoes, cukes and peppers from the garden, and this salad showcases them all to perfection! This is a summertime family favorite at our house.'

Salad

6 ripe tomatoes, chopped

salad is perfect."

before serving.

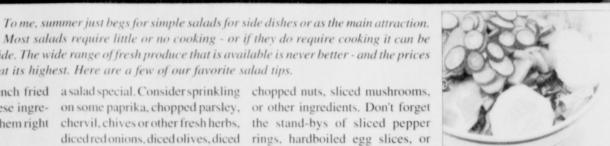
well with your salad.

• Any salad can be served in a slice onions. To make sure these ingre- on some paprika, chopped parsley, or other ingredients. Don't forget dients stay crunchy, add them right chervil, chives or other fresh herbs, the stand-bys of sliced pepper diced red onions, diced olives, diced rings, hardboiled egg slices, or · Even a simple garnish helps make meats, diced peppers, to asted sliced pickles.

SAFEWAY

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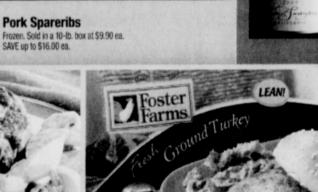
crushed croutons, or French fried a salad special. Consider sprinkling chopped nuts, sliced mushrooms,



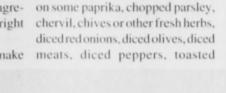


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Sizzling Summer Salads

Enjoy a bounty of healthy and delicious perfection fresh from the garden or your local farmers market. With all the barbeques, picnics and friendly get-togethers, it's a perfect time for sharing

The Hortland Observer

- 1/2 cup extra virgin olive oi 2 green bell peppers, seeded and diced 2 Tbs. lemon juice
- 1 red onion, diced
- · 2-3 cucumbers, seeded and diced
- 1/2 cup chopped fresh parsley
- 1 can black olives, sliced lengthwise
- 1/4 pound feta cheese, crumbled

Directions

1. Toss the salad ingredients in a large non-metal bowl.

2. Place all the dressing ingredients into a food processor or blender; process until well blended and toss with salad ingredients. Marinate for at least 30 minutes.

Dressing

· 2 Tbs. wine vinegar

 1/8 tsp. black pepper · 2 cloves garlic, minced

• 1 1/2 Tsp. Dijon mustard



"Throughout the Mediterranean, bread salads have long been a staple. This particular version is an excellent way to use up leftover pita bread. Serve with a glass of dry white wine."

Fattoush Salad

Ingredients

- 2 pita bread rounds, 3 to 4 days old and each 8 inches in diameter
- I cucumber, peeled, halved, seeded and diced
- · Salt for sprinkling cucumbers, plus salt to taste
- · 3 tomatoes, seeded and diced
- 6 green onions, including tender green portions, cut into slices 1/
- 4 inch thick
- · 1 green bell pepper, seeded and diced
- 1/3 cup coarsely chopped fresh mint
- 1/4 cup coarsely chopped fresh flat-leaf parsley
- 1/4 cup coarsely chopped fresh cilantro
- · Freshly ground pepper, to taste
- 2 large garlic cloves, minced
- 1/4 cup lemon juice
- 1/3 cup extra-virgin olive oil
- · 1 small red onion, diced

Directions

1. Preheat an oven to 375 degrees F.

2. Split each pita bread into 2 rounds by separating it along the outside seam; then tear the rounds into 1-inch pieces. 3. Spread the pieces out on a baking sheet. Bake until lightly golden and dry, 10 to 15 minutes. Remove from the oven and place in a bowl.

4. Meanwhile, spread the diced cucumber on paper towels in a single layer, salt lightly and let drain for 15 minutes. Transfer to a colander, place under cold running water for a few seconds and then pat dry with clean paper towels.

5. Add the cucumber, tomatoes, green onions, bell pepper, mint, parsley and cilantro to the bread. Season with salt and pepper and toss well. 6. In a small bowl, whisk together the garlic, lemon juice and olive oil. Season to taste- with salt and pepper. Drizzle over the vegetables and bread and toss well.

7. Transfer the salad to a platter and serve immediately. Serves 6.



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