



BY BETTY KAISER  
For the Sentinel

# Cook's Corner

## Simple springtime salads!

After a long, dreary winter, I am always happy to see fresh spring lettuce pop up in my husband, Chuck's, garden. He literally has a green thumb when it comes to growing lettuce. One day the garden bed is looking winter wimpy, and the next it is sprouting lovely lettuce. Of course, there are only two of us to eat it all, but he shares with friends and neighbors.

Winter green salads at our house are pretty pathetic. After all, there are only so many ways that one can combine lettuce with the variety of tasteless winter vegetables that are available. It doesn't help that I'm not very fond of the colorful packaged lettuce varieties that are available. I'm probably a minority in that mindset because there seems to be more packaged lettuce than fresh. But I digress.

I was a little slow in discovering how tasty fruit could be in a green salad. After all, I grew up in the era when a tossed salad consisted of lettuce, tomatoes, celery and green onions! But once I tasted my friend Kathe's mandarin salad, I became hooked on adding orange slices, strawberries or whatever else was handy to a bowl of lettuce.

Her candied almonds also dress up the simple ingredients. Add some cooked chicken and you've got a main dish.

In wintertime, I particularly love to add pineapple to a crisp combination of shredded cabbage and carrots. I do prefer to shred my own veggies, but in desperation I have bought the packaged variety. Toast a few sunflower seeds to add to the mixture and it will brighten up any meal. The following original recipe came off a can of Dole pineapple many years ago.

And speaking of fruit, today's final recipe is from Kraft Foods for a creamy grape salad. Yes, you heard right. Grapes. I think it might make a nice dish to take to a potluck dinner. The only fruits are grapes and pineapple chunks along with some slivered almonds and cream cheese dressing. It makes 24 servings of a half-cup each!

My salad dressings are often something that I buy off the shelf. I love the Litehouse Ranch Dressing made with buttermilk. I also like Kraft's coleslaw dressing and Newman's Own Raspberry and Walnut dressing. I think that taste-wise they do a better job



photo by Betty Kaiser

Chuck Kaiser shows off another bundle of beautiful greens.

than I do, and their products last a lot longer than mine. Just about the only salad dressing that I make from scratch is a low-calorie Italian recipe that I've had for years.

Salads tend to be a last-minute creation at my house, so I have to use whatever I have on hand. Therefore, today's recipes do not use any exotic or expensive ingredients. Give one of these a try and see how you like it. Enjoy!

### MANDARIN SALAD

(From the kitchen of Kathe McIntire)

Candied Almonds Topping  
1/2-1 cup slivered almonds  
1/3 cup sugar

Put sugar in fry pan and melt over medium heat. Add almonds and stir until coated. Cool on waxed paper and sprinkle on salad.  
Note: Make this in advance if you like and refrigerate. It keeps well.

Mix together in a large serving dish:

1 head of lettuce, chopped (any type)  
1/2 bunch green onions  
1 can mandarin oranges, drained  
1 can sliced water chestnuts  
Optional: 1 cup slivered or diced cooked chicken

Dressing  
1/3 cup oil  
1/3 cup cider vinegar  
1 cup sugar

Shake well and add to salad a few minutes before serving about 6 lucky diners.

### SUNFLOWER PINEAPPLE SLAW

1 can (20 ounce) Pineapple Tidbits  
1/2 pound shredded cabbage  
1/2 pound shredded carrots  
1/2 cup sunflower seeds, slightly toasted  
1/2 cup mayonnaise  
2 tablespoons frozen orange juice concentrated, undiluted  
Salt and pepper to taste

Drain pineapple, reserve 2 tablespoons juice.

Rinse cabbage and carrots in ice water. Drain well. Combine pineapple with them and sunflower seeds.

Stir together mayonnaise, orange juice, pineapple juice, salt and pepper. Pour over salad mixture, toss and chill. Serves 6.  
HIBERNIAN SALAD FROM IRELAND

1 bunch Romaine Lettuce cut as you desire

1/4 head red cabbage, shred, rinse and pat dry  
2 whole carrots, shredded  
1 sliced cucumber  
1 diced tomato  
Black olives  
Grated Parmesan

Combine ingredients and serve with either Italian or a buttermilk ranch dressing.

### LO-CAL ITALIAN DRESSING

1/2 cup oil  
1/2 cup vinegar  
1/4 cup water  
1 teaspoon sugar

Add to taste your choice of seasonings: celery salt, garlic salt, basil and dill weed.

Put everything in a blender and blend well. Transfer to a container with a lid suitable for shaking and refrigerate several hours.

### CREAMY GRAPE SALAD

4 cups EACH seedless green and red grapes, halved  
2 cups fresh pineapple chunks  
1/2 cup slivered almonds, toasted  
4 ounces Philadelphia cream cheese (1/2 pkg.)  
1/2 cup sour cream  
1/4 cup brown sugar, packed

Combine fruit and nuts in large bowl. Microwave cream cheese in bowl 20-30 seconds or until softened; whisk until creamy. Add sour cream and sugar; mix well. Add cream cheese mixture to fruit and mix lightly. Serve in a lettuce cup and garnish with a sprinkle of cinnamon.

Note: I thinned out the dressing with a little milk and added a sliced banana. Fresh sliced strawberries would also brighten up the visual appeal. Also, if you don't have slivered almonds, toasted walnuts or pecans work just fine. And this recipe is easily pared down to serve fewer diners.

Keep it simple and keep it seasonal! Betty Kaiser's Cook's Corner is dedicated to sharing a variety of recipes that are delicious, family oriented and easy to prepare. Contact her at 942-1317 or email [chatty@bettykaiser.com](mailto:chatty@bettykaiser.com)

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# Worship Directory

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195 N. 6th St. • 541-942-3822  
Pastor: Aaron Earlywine  
Youth & Families Pastor: Seth Bailey  
Services: 9am and 10:30am  
Christian Education  
Nursery for pre-k - 3rd Grade  
[www.6thandgibbs.com](http://www.6thandgibbs.com)

**Calvary Baptist Church**  
77873 S 6th St • 541-942-4290  
Pastor: Riley Hendricks  
Sunday School: 9:45am  
Worship: 11:00am  
The Journey: Sunday 5:00pm  
Praying Thru Life: Wednesday 6:00pm

**Calvary Chapel Cottage Grove**  
1447 Hwy 99 (Village Plaza)  
541-942-6842  
Pastor: Jeff Smith  
Two Services on Sun: 9am & 10:45am  
Youth Group Bible Study  
Child Care 10:45am Service Only  
[www.cgcalvary.org](http://www.cgcalvary.org)

**Center for Spiritual Living Cottage Grove**  
700 Gibbs Ave (Community Center)  
Rev. Bobby Lee  
Meets Sunday 3:00 p.m.  
(907) 230-5070  
[www.facebook.com/CSLCottageGrove](http://www.facebook.com/CSLCottageGrove)

**Church of Christ**  
420 Monroe St • 541-942-8565  
Sunday Service: 10:30am

**Cottage Grove Bible Church**  
1200 East Quincy Avenue  
541-942-4771  
Pastor: Bob Singer  
Worship 11am  
Sunday School: 9:45am  
AWANA age 3-8th Grade,  
Wednesdays Sept-May, 6:30pm  
[www.cgbible.org](http://www.cgbible.org)

**Cottage Grove Faith Center**  
33761 Row River Rd. • 541-942-4851  
Lead Pastor: Isaac Hovet  
[www.cg4.tv](http://www.cg4.tv)  
2 Sunday Services: 9am & 11am  
Full Children's Ministry available

**Covered Bridge Nazarene Church**  
152 S. M St.  
541-942-4422  
Pastor: Cindy Slaymaker  
Sunday School: 9:30am  
Worship 10:30am

**Delight Valley**  
Church of Christ  
33087 Saginaw Rd. East  
541-942-7711  
Pastor: Bob Friend  
Two Services:  
9am - Classic in the Chapel  
10:30am - Contemporary in the Auditorium

**First Baptist Church**  
301 S 6th St 541-942-8242  
Pastor: Steve Johnson  
Sunday School: 9:30am  
Worship: 11:00am  
Come Worship with us

**First Presbyterian Church**  
3rd and Adams St • 541-942-4479  
Pastor: Karen Hill  
Worship: 10:00am  
Sunday School: 10:00am  
[www.cgpresbynews.com](http://www.cgpresbynews.com)

**Grove Community Church**  
77820 Mosby Creek Rd.  
Cottage Grove, OR 97424  
541-942-0123  
Pastor: Bryan Parsons  
Worship: 10:30 a.m.  
Nursery: Infant - Pre-K  
Kid's Church: K to 5th grade

**Hope Fellowship**  
United Pentecostal Church  
100 S. Gateway Blvd. • 541-942-2061  
Pastor: Dave Bragg  
Worship: 11:00am Sunday  
Bible Study: 7:00pm Wednesday  
[www.hopefellowshippupc.com](http://www.hopefellowshippupc.com)  
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**Living Faith Assembly**  
467 S. 10th St. • 541-942-2612  
Pastor Rulon Combs  
Sunday School All Ages 9am  
Worship & Children's  
Church 10:30 am  
"The Bridge" Sat Evening Service 6:00pm  
Youth 180 Mondays 5:30-8pm  
Children's Breakout Class: Wed. 6:30pm

**Non-Denominational Church of Christ**  
1041 Pennoyer Ave \* 541-767-0447  
Preachers: Tony Martin & Robert Evans  
Sunday Bible Study: 10:00am  
Sunday Worship: 10:50am & 5:30pm  
[www.pennoyeravcoc.com](http://www.pennoyeravcoc.com)

**Old Time Gospel Fellowship**  
103 S. 5th Street • 541-942-4999  
Pastor: Herb Carson  
Sunday Service: 10:00am  
Sunday Bible Study: 6:00pm  
We sing the old time hymns.

**Our Lady of Perpetual Help and St. Philip Benizi**  
Catholic Churches  
1025 N. 19th St.  
541-942-3420 / 541-942-4712  
Pastor: Roy L. Antunez, S.J.  
Euch. Liturgies; Sat. 5:30pm  
Sun. 10:30am  
St. Philip Benizi, Creswell:  
552 Holbrock Lane • 541-895-8686  
Sunday: 8:30am

**St. Andrews Episcopal Church**  
1301 W. Main • 541-767-9050  
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**Seventh-day Adventist Church**  
820 South 10th Street  
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Pastor: Kevin Miller  
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Worship Service: Saturday, 10:40 am  
Mid-week Service: Wednesday, 1:00 pm

**Trinity Lutheran Church**  
6th & Quincy • 541-942-2373  
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**United Methodist Church**  
334 Washington • 541-942-3033  
Pastor: Lura Kidner-Miesen  
Worship: 10:30am  
Adult Sunday School: 9:30am  
Comm. Dinner (Adults \$5, Kids Free)  
2nd & 3rd Monday 5-6:00pm  
[cottagegroveumc.org](http://cottagegroveumc.org)

**"VICTORY" Country Church**  
913 S. 6th Street • 541-942-5913  
Pastor: Barbara Dockery  
Worship Service: 10:00am  
Message: 11:00am  
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**Our Worship Directory is a weekly feature in the newspaper. If your congregation would like to be a part of this directory, please contact the Cottage Grove Sentinel at 541-942-3325.**