

## SHADES-O'-GREEN SALAD

The influence of the Emerald Isle for color . . . your choice of convenient packaged or bottled dressings for flavor . . . and the blessings of good Saint Patrick to ye!

TO PREPARE: 25 MIN.

- 3 cups (3 oz.) spinach
- ½ head lettuce
- 4 stalks Pascal celery, coarsely chopped
- ½ green pepper, coarsely chopped
- 1 cucumber, rinsed and coarsely chopped
- 2 tablespoons chopped chives
- ½ cup French-style dressing
- 6 green olives, pitted and sliced
- 1 small avocado

1. Chill six individual salad bowls.
2. Use part of spinach to line the salad bowls.
3. Tear remaining spinach and lettuce into pieces. Toss with chopped vegetables. Add dressing; toss lightly to coat evenly.
4. Arrange a portion of salad in each chilled bowl. Rinse avocado, cut into halves; pit, peel, and slice. Garnish salads with avocado and olive slices.

6 servings

## LEMON-GINGERBREAD UPSIDE-DOWN CAKE



CONVENIENCE | GOOD FOR  
FOOD RECIPE | FREEZING

TO PREPARE: 25 MIN.

TO BAKE: 35-40 MIN.

- 16 very thin lemon slices (about 2 lemons)
- ½ cup sugar
- 4 teaspoons cornstarch
- ¼ teaspoon salt
- ¾ cup hot water
- 2 teaspoons grated lemon peel (grated through color only; white is bitter)
- 2 tablespoons lemon juice
- 1½ tablespoons butter or margarine
- 4 drops yellow food coloring
- 1 pkg. gingerbread mix

1. Grease bottom only of an 8x8x2-in. cake pan.
2. At four equal intervals, cut through each lemon slice almost to center. Put one slice in center of pan; arrange remaining slices by overlapping in a circle. Set aside.
3. Mix together in a saucepan the sugar, cornstarch, and salt. Add the hot water gradually,

blending in. Bring mixture rapidly to boiling, stirring gently and constantly. Continue to stir and cook over medium heat until mixture is thick and clear, about 3 min.

4. Remove from heat and blend in the lemon peel, lemon juice, butter, and food coloring. Spoon one-half of sauce into the pan to cover the lemon slices. Set aside.

5. Prepare gingerbread according to directions on package. Turn batter over lemon slices and spread evenly to edges of pan.

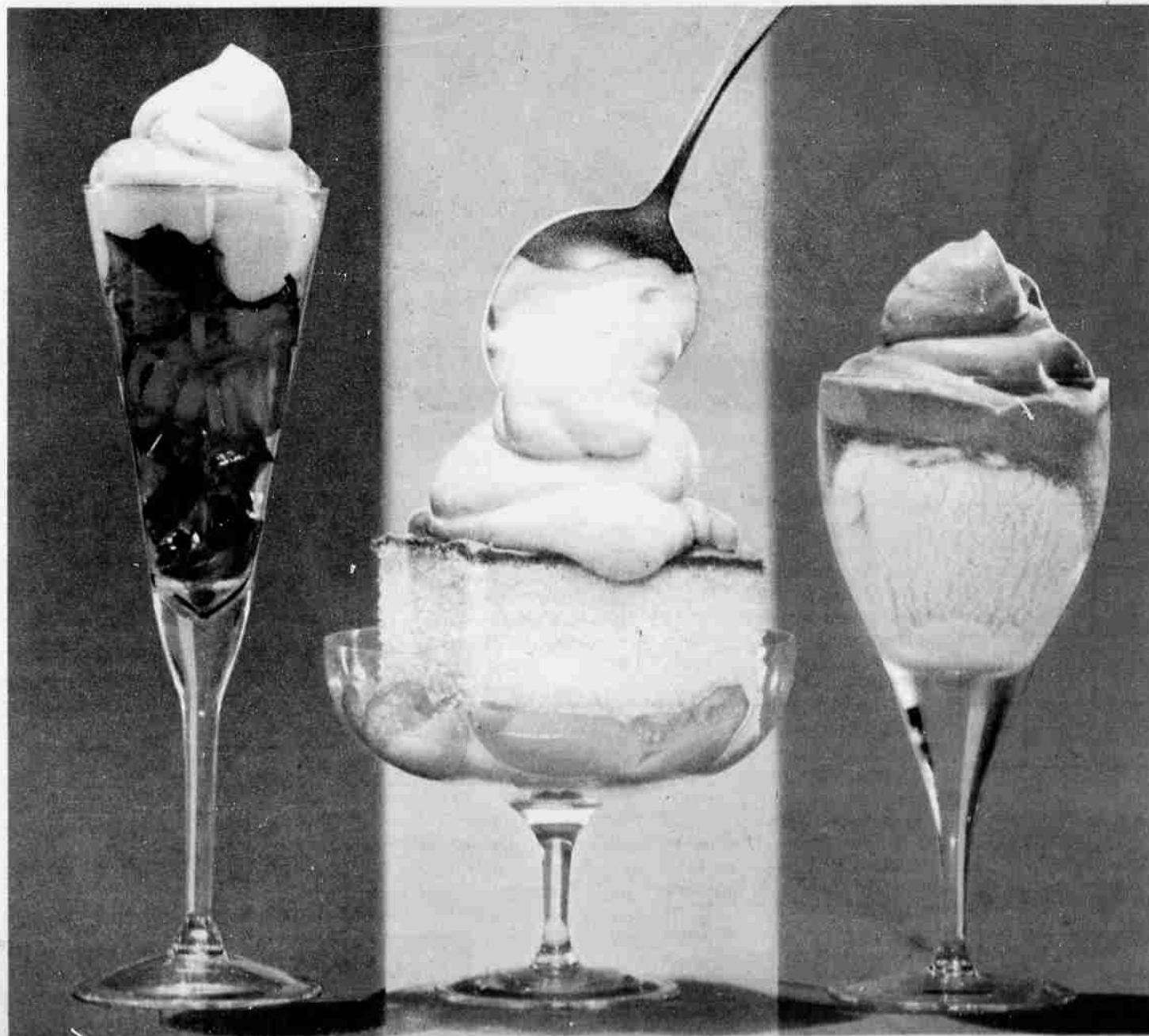
6. Bake according to directions on package.

7. Remove from oven; let stand 2 to 3 min. in pan on cooling rack. To remove from pan, run a spatula gently around sides. Cover with a serving plate and invert; allow pan to remain over cake 1 or 2 min. Lift pan off. Spoon remaining lemon sauce evenly over top of cake. Serve warm.

One 8-in. square cake

# NEWS! FIRST FRUIT FLAVOR WHIPPED TOPPINGS!

You can whip low-calorie Carnation Instant with fruit juices!



Imagine! Simply whip Carnation Instant's tiny "Magic Crystals" with fruit juice instead of water. And enjoy new *fruit flavor* whipped toppings! So new and so good — atop fruits, cake, gelatin desserts, ice cream! These delicious, pretty toppings aren't possible with whipped cream — and they are 2/3 lower in calories . . . cost only 2½¢ a serving! Carnation Instant Nonfat Dry Milk has so many uses. Delicious for drinking, perfect for cooking. Costs as little as 8¢ a quart.

NEW RECIPE FOR  
FRUIT FLAVOR WHIPPED TOPPING  
(Makes 2½ to 3 cups)

Use chilled apricot nectar, grape, cranberry, grapefruit, orange or pineapple juice.

1. Measure ½ cup chilled fruit juice into bowl. Add ½ cup Carnation Instant "Magic Crystals."
2. Whip until soft peaks form (3-4 minutes). Add 2 tablespoons lemon juice.
3. Continue to whip, while gradually adding ¼ cup sugar, until stiff peaks form (3-4 minutes longer).

Directions for new fruit flavor whipped toppings are also on Carnation Instant packages at your market.



3-QT., 8-QT., NEW 14-QT. SIZES