

SALADS

CRABMEAT SALAD

- 1 6½-oz. can crabmeat
- ¼ c. celery, chopped
- Dash salt
- ½ t. lemon juice
- 2 T. mayonnaise

Place all ingredients in a small bowl; toss well. Refrigerate until ready to serve.

CARROT SALAD

- 1 c. shredded carrots
- Few sprigs parsley
- 1 T. green pepper, chopped
- 3 T. French dressing
- Lettuce

Mix together carrots, parsley and green pepper. Toss with dressing. Serve on lettuce.

TOSSED SALAD

- ¼ small head lettuce
- 1 tomato
- 1 small cucumber, sliced
- 1 small green onion, thinly sliced
- 2 T. vegetable oil
- 1 T. wine vinegar
- ⅛ t. salt
- ⅛ t. pepper
- ½ clove garlic, pressed
- Dash Worcestershire sauce
- 1 t. crushed oregano

Break lettuce into salad bowl. Add tomato cut in eighths, cucumber and onion. Combine oil, vinegar, salt, pepper, garlic, Worcestershire sauce and oregano in a small jar with tightly fitting lid. Shake well. Toss dressing with vegetables, using two forks.

WALDORF SALAD

- 1 small pear, diced
- 1 small eating apple, diced
- 1 stalk celery, diced
- 2 T. chopped pecans
- ¼ c. salad dressing
- 1 T. orange juice
- 2 lettuce leaves

Mix together pear, apple, celery and nuts. Blend salad dressing and orange juice. Add to salad mixture; toss to mix. Serve on lettuce.

COLESLAW

- 1½ c. crisp shredded cabbage
- ¼ c. green pepper, chopped
- 1 small carrot, grated
- 1½ T. vinegar
- 1 T. water
- 1 T. vegetable oil
- 1½ T. sugar
- ½ t. celery seed
- ½ t. salt
- Dash pepper

Mix together cabbage, green pepper and carrot. Combine remaining ingredients; pour over cabbage.

TOSSED GREEN SALAD

- ½ small head lettuce
- 1 medium tomato, quartered
- ½ cucumber, thinly sliced
- 3 radishes, sliced

Wash lettuce leaves and set aside to dry. Tear lettuce into bite-size pieces and place in salad bowl. Add tomato, cucumber and radishes. Refrigerate until ready to serve. Toss salad with dressing of your choice.

SALADS

CHEF SALAD

- 1/2 head lettuce
- 1 c. spinach leaves
- 1 c. cooked ham, slivered
- 1/2 c. cooked turkey, slivered
- 1/4 lb. Swiss cheese, slivered
- 4 radishes, sliced
- 1/2 cucumber, thinly sliced
- 6 cherry tomatoes
- 1/2 c. croutons

Wash lettuce leaves; chill until ready to use. Line salad bowl with lettuce leaves. Break remaining lettuce into bite-size pieces and place in bowl. Add remaining ingredients, tossing to mix. Serve with salad dressing of your choice.

Deluxe Potato Salad

This recipe is from the summer long weekend chapter of my book Everyone Can Cook for Celebrations. I like to serve it with just about anything cooked on the barbecue, such as steaks, ribs, chicken and salmon.

Preparation time: 10 minutes

Cooking time: 10 minutes

Makes: 8 servings

1 1/2 lb. red-skinned potatoes, cut into 1/2-to 1-inch cubes

1/2 cup mayonnaise

2 Tbsps. sour cream

2 Tbsps. white wine vinegar

2 Tbsps. whole-grain Dijon mustard (see note)

6 to 8 blanched asparagus spears, thinly sliced (see Note)

1 small carrot, grated

3 large hard-boiled eggs, cut into cubes

2 green onions, sliced

salt and freshly ground black

pepper to taste

Gently boil the potatoes until just tender. Drain well and cool to room temperature. Place the mayonnaise, sour cream, vinegar and mustard in large salad bowl and whisk to combine. Add the potatoes and remaining ingredients and toss to combine. Cover and refrigerate salad until ready to serve.

TOMATO SALAD

- 2 tomatoes, peeled
- 1/2 t. salt
- 1/2 small onion, minced
- 1/2 t. lemon juice
- 1 hard-boiled egg, sliced
- Lettuce leaves
- Dash parmesan cheese

Core tomatoes, scoop out the centers and mince. Combine salt, onion, lemon juice and egg and add to tomatoes. Arrange on lettuce leaves, and top with parmesan cheese.

Tuscan Tuna Salad!

Toss drained tuna with drained canned cannellini beans, celery chunks, Italian vinaigrette and a squeeze of lemon juice.

5 Speedy Salad Niçoise!

Pick up some deli potato salad; stir in drained tuna. Garnish with cooled, cooked green beans, tomato wedges, hard-cooked egg wedges and olives.

Sweet and sour colourful coleslaw

I serve this flavourful mixed vegetable coleslaw alongside burgers, sausages, fish, fried chicken and ribs.

Preparation time: 20 minutes

Makes: 8 servings

1/4 cup cider vinegar

3 Tbsps vegetable oil

2 Tbsps sugar, or to taste

2 tsps Dijon mustard

Salt and freshly ground black pepper to taste

4 cups finely shredded green cabbage (about 1/2 small head)

3/4 cup coarsely grated carrot



Broccoli-Carrot Slaw

Turn packaged slaw into a real crowd-pleaser by adding sweet raisins and creamy dressing!

1/2 cup mayonnaise

2 Tbs. white vinegar

1 tsp. grated lemon zest

3/4 tsp. celery salt

1/4 tsp. pepper

1 pkg. (12 oz.) broccoli slaw

2 cups packaged shredded carrots, about 5 oz.

1 cup loosely packed basil leaves, thinly sliced

1/2 cup thinly sliced red onion

1/2 cup golden raisins

● In large bowl, whisk mayonnaise, vinegar, zest, celery salt and pepper. Add broccoli slaw, carrots, basil, red onion and raisins; toss until coated.

up storebought picnic salads!



1 Coleslaw

Stir a little grated lemon zest into a spoonful of sour cream. Stir into coleslaw along with shredded carrots, chopped fresh dill and golden raisins.

2 Macaroni salad

Add a little mustard, chunks of deli baked ham, diced Swiss cheese and drained canned peas to creamy macaroni salad.

3 Potato salad

Gently toss halved pitted green olives, drained chopped pimento and chopped fresh parsley into deli potato salad.

4 Pasta salad

Mix chili powder, ground cumin, grated lime zest and freshly squeezed lime juice into pasta salad. Stir in chopped fresh cilantro.

5 Fruit salad

Drain fruit salad well. In large bowl, combine it with orange yogurt and mini marshmallows until blended. Serve topped with a sprinkling of coconut.

6 Bean salad

Stir a bit of dried oregano and a pinch of smoked paprika into bean salad. Toss in crumbled feta, chopped pitted black olives and a spoonful of drained capers.

WW

WW Zesty Deviled Eggs

For updated flavor, we added a bit of curry powder and a squeeze of lime juice to the filling of these classic picnic favorites, making them more irresistible than ever!

- 8 jumbo eggs
- 1/2 cup mayonnaise
- 1 Tbs. lime juice
- 1/2 tsp. grated lime zest
- 1/2 tsp. curry powder
- 2 scallions, finely chopped
- 1/8 tsp. paprika
- Fresh parsley leaves, optional

combine eggs with enough water to cover by 1"; bring to boil. Cover and remove from heat; let stand 15 minutes. Drain. Cover eggs with cold water. When cool, peel; halve lengthwise.

der and scallions. If desired, transfer yolk mixture to pastry bag fitted with large star tip. Pipe or mound mixture with spoon into egg white halves. Just before serving, sprinkle with paprika and, if desired, garnish with parsley leaves.

● In pot over high heat,

● Place yolks in bowl; mash. Stir in mayonnaise, lime juice and zest, curry pow-

Love South-of-the-Border flavors? Use chili powder instead of curry and stir in chopped cilantro to taste

Servings: 8
Calories: 192
Protein: 8 g.
Fat: 17 g.
(3 g. saturated)
Trans fat: 0 g.
Chol.: 239 mg.
Carbs.: 1 g.
Sodium: 180 mg.
Fiber: 0 g.
Sugar: 0 g.
Kitchen time: 25 minutes.
Total time: 40 minutes.

Red Beet, Goat Cheese & Walnut Salad

- 4 medium red beets
- 4 cups baby arugula
- 1/4 cup reduced-fat balsamic vinaigrette
- 1/4 cup chopped fresh flat-leaf parsley
- 1 tbsp chopped fresh chives
- salt
- freshly ground black pepper
- 1/2 cup crumbled goat cheese
- 1/4 cup chopped walnuts, toasted
- Raw corn kernels, shaved off 1 cob



Prick the skin of the beets with a fork and microwave on high until tender, about 12 minutes. (Alternatively, you can wrap them in foil and roast them in the oven at 375 degrees for one hour.) When the beets are cool enough to handle, peel and cut them into bite-size wedges. In a large bowl, combine the beets, arugula, vinaigrette, parsley and chives, and toss thoroughly to combine. Season with salt and pepper to taste, top with crumbled goat cheese and walnuts and sprinkle a few raw corn kernels on top. Serves four; 178 calories per serving.

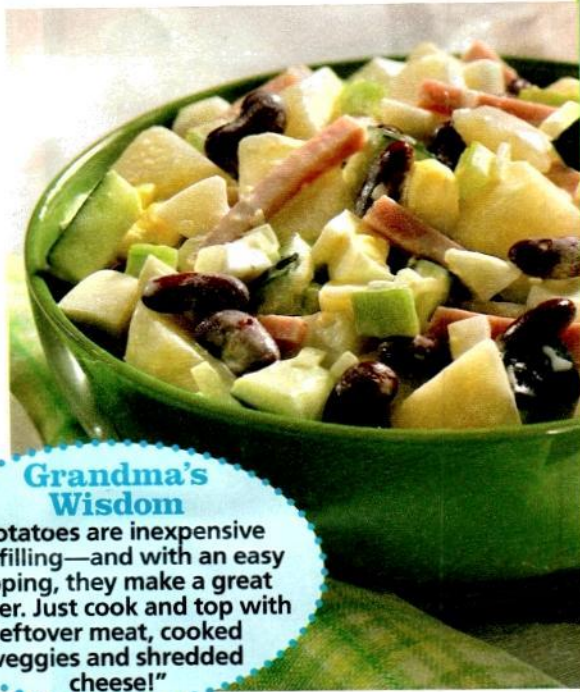
Money-saving cooking with Grandma Esora!



"My mother, Esora, was the 'hostess with the mostest,'" recalls Vicki Odell of Syracuse, New York. "She threw the best bashes—even on a budget. Barbecues always included her famous chunky potato salad, which she made into a main dish by adding bits of whatever was in her cupboard or fridge. We still make it every summer!"

Ham and Potato Salad Dinner

● Place 1 lb. potatoes (peeled, cut in 1" chunks, about 2 1/2 cups) in large pot. Add water to cover; bring to boil over medium-high heat. Simmer until tender, about 15 minutes. Drain; run under cold water to cool. In large bowl, combine 1/2 cup Italian salad dressing with 1/4 cup mayonnaise. Add potatoes, 1 can (15.5 oz.) kidney beans (rinsed, drained), 1 cup cut-up ham, 4 ribs celery (diced), 1 cucumber (diced), 4 hard-cooked eggs (peeled, chopped) and 1 small chopped onion. Toss to coat. **Makes 8 cups.**



Grandma's Wisdom

"Potatoes are inexpensive and filling—and with an easy topping, they make a great supper. Just cook and top with leftover meat, cooked veggies and shredded cheese!"

Cooking Tips to Clipboard

● Keep flour fresh!

To keep your flour bug-free during the summer months, add a bay leaf to the container—it's a natural insect repellent!

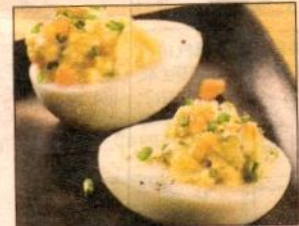


● Potato-salad helper

When boiling potatoes for salad, add a little vinegar to the water. The vinegar helps to keep the outside of the cooked potatoes firm, so they hold their shape better when cut.

You've got eggs-tra

means eggs, lots of eggs. But what to do when Easter is over? Here's a recipe where you can use hard-cooked Easter eggs that you've safely refrigerated when not on short-term display:



Use leftover eggs to make salmon devilled eggs. —MCT

Smoked salmon devilled eggs à la Jeanne

This recipe from Jeanne Ambrose's *Heartbreak Recovery Kitchen* is published in the April issue of *Organic Gardening* magazine.

Cut in half eight to 10 hard-cooked eggs. Mash yolks in a small bowl with a fork.

Stir in 3 Tbsps. Greek yogurt, 2 Tbsps. chopped smoked salmon, 1 Tbsp. each mayonnaise and mus-

tard, 2 tsps. drained capers, 2 tsps. finely chopped green onions or fresh chives.

Season with salt and pepper. Spoon yolk mixture into egg white halves. Garnish with smoked salmon, capers, chopped green onion, chives or garlic scapes.

—MCT



Plated Green Salad with Sweet and Tangy Creamy Dressing

Make like a chef and individually plate each salad for real show appeal.

- 4 cups (1 L) tightly packed organic spring mix (a mixture of baby salad greens)—about half of a 5 oz (142 g) package of spring greens mix
- 12 cherry tomatoes, washed and cut into halves
- 1/2 English cucumber, washed and cut in half and then sliced into 1/4 in (0.6 cm) slices

Dressing

- 1 Tbsp (15 mL) low-fat mayonnaise
- 1 Tbsp (15 mL) low-fat plain yogurt
- 2 Tbsp (30 mL) apple cider vinegar
- 1 Tbsp (15 mL) pure maple syrup

Toss together spring mix, tomatoes, and cucumbers in large bowl.

Whisk together mayonnaise, yogurt, vinegar, and maple syrup in small bowl. Pour over top the salad and toss well.

Divide equally among 4 plates and serve with freshly cracked pepper if desired.

Serves 4.



GOOD

Curried Deviled Eggs

ACTIVE: 15 MIN | TOTAL: 35 MIN
MAKES 24

- 12 large eggs
- 3 Tbsp plain yogurt
- 2 Tbsp mayonnaise
- 1 Tbsp fresh lime juice
- 2 tsp curry powder
- 1/4 tsp cayenne pepper
- Kosher salt
- Paprika and fresh cilantro leaves, for serving

- 1 Place the eggs in a large saucepan, add enough cold water to cover the eggs by 2 in. and bring to a boil. Remove from heat, cover the saucepan and let stand for 12 minutes.
- 2 Drain the eggs and return them to the saucepan. Gently shake the pan to crack the eggs all over. Run under cold water to cool, then peel the eggs.
- 3 Cut the eggs in half lengthwise. Transfer the yolks to a bowl and mash with the yogurt, mayonnaise, lime juice, curry, cayenne and 1/4 tsp salt. Spoon the mixture into the whites. Sprinkle each egg with paprika and top with a cilantro leaf, if desired.

Enoki Mushroom and Spinach Salad

The crisp texture and sweet flavour of enoki mushrooms make them a perfect addition to any green salad.

1/3 cup (80 mL) extra-virgin olive oil
2 Tbsp (30 mL) balsamic vinegar
2 cups (500 mL) baby spinach
2 cups (500 mL) enoki mushrooms, roots trimmed
1 cup (250 mL) carrot, grated
2 green onions, sliced thinly
1 cup (250 mL) raspberries

In small bowl mix together olive oil and balsamic vinegar until well combined. Set aside.

Place spinach, mushrooms, grated carrot, and green onions in large salad bowl and toss. Drizzle olive oil and balsamic vinegar mixture over salad. Garnish with raspberries.

Serves 4.

EACH SERVING CONTAINS:

210 calories; 2 g protein; 18 g total fat (2 g sat. fat, 0 g trans fat); 11 g carbohydrates; 4 g fibre; 35 mg sodium ▷

