

# Culinary Outlook

## Mushrooms cap off summer salads

By Alleen Claire  
NEA Food Editor

Tired of lettuce and tomato salads? Create a mushroom salad for variety. A salad's total calories will depend upon the dressing you select. Mushroom salads travel well if they're well chilled and packed in a thermal container. Serve these as main courses for two, if desired.

**MUSHROOM BLUE CAPS AND GARDEN GREENS**  
 1/2 cup crumbled blue cheese (about 3 ounces)  
 1/4 cup sour cream  
 2 tablespoons finely chopped red onion  
 12 ounces mushrooms, divided  
 Chopped parsley  
 Mushroom Dijon Dressing (recipe follows)  
 1 quart trimmed and torn salad greens, chilled

In small bowl, combine cheese, sour cream and onion; mix to blend thoroughly. Gently remove stems from two-thirds of the mushrooms. Reserve stems for dressing. Fill mushroom caps with cheese mixture.

### MOUNTAIN HOME CHOWDER

1/4 cup finely chopped onion  
 3 tablespoons butter or margarine  
 2 tablespoons flour  
 1 cup milk  
 1 cup chicken broth  
 1/4 teaspoon dried sage  
 1/4 teaspoon celery powder  
 1/4 teaspoon pepper  
 1 1/2 cups frozen diced potatoes can (16 ounces) succotash, drained  
 1 teaspoon chopped parsley

Combine onion, butter and flour in 1 1/2-quart casserole that's microwave-proof. Cook in microwave oven on High for 2 minutes; stir until smooth. Stir in milk, chicken broth, sage, celery powder, pepper and frozen potatoes. Cover with plastic wrap or waxed paper; cook 3 minutes on High. Stir, cook 2 minutes longer. Add succotash; cook 1 minute. Sprinkle with parsley before serving. This kitchen-tested recipe makes 4 servings.

Garnish with parsley. Cover and chill. Meanwhile prepare Mushroom Dijon Dressing. To serve, slice the remaining mushrooms. Toss with greens; arrange on platter with filled mushroom caps. Pass dressing separately. This kitchen-tested recipe makes 4 servings.

**Mushroom Dijon Dressing:** In container of electric blender, combine 1/4 cup vegetable oil, 2 tablespoons each distilled white vinegar and Dijon-style mustard, 1/4 teaspoon each salt and pepper, and the reserved mushroom stems. Blend until smooth. This kitchen-tested recipe makes 3/4 cup.

**LEMON MUSHROOMS WITH FRESH VEGETABLES**  
 1/2 cup vegetable oil  
 2 tablespoons chopped green onions  
 2 tablespoons lemon juice  
 1/4 teaspoon grated lemon peel  
 1/2 teaspoon sugar  
 8 Salt and pepper, to taste  
 2 ounces mushrooms, sliced  
 cups assorted shredded fresh vegetables (beets, carrots, zucchini, radishes)

In mixing bowl, whisk together oil, onion, lemon juice and peel, sugar salt and pepper. Add mushrooms tossing to mix well. Arrange your

choice of vegetables on serving plate. Spoon mushrooms and vinaigrette over vegetables. This mushroom-vinaigrette mixture may be prepared ahead and chilled for several hours before serving. This kitchen-tested recipe makes 4 servings.

### READY-TO-GO SALAD MUSHROOMS

3/4 cup vegetable oil  
 1/2 cup white wine vinegar  
 2 tablespoons sliced green onions  
 1 tablespoon Dijon-style mustard  
 Salt and pepper, to taste  
 1 pound fresh mushrooms, sliced

In container of electric blender combine oil, vinegar, onions and mustard, blend until smooth. Season with salt and pepper. Combine with mushrooms in bowl, tossing lightly to coat. Cover; refrigerate 1 to 2 hours, or up to 24 hours. Serve with sliced fresh tomatoes on lettuce-lined plates or toss onto green salads. This kitchen-tested recipe makes 6 to 8 servings.

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## Insurance Corner

By Lori Mills A.I.I.C.

Are there kids in your home who need a project to occupy their summer spare time? Why not interest them in making a photo inventory of your family's belongings. Whether they do it for the fun of using a camera or for a bonus on their allowance, a home contents inventory is invaluable if you ever have an insurance claim.

Without an inventory it may take you days after a fire or burglary to recall all that's missing and even then you still can't be sure if you've remembered it all or valued it correctly. Photos are the easiest and fastest way to start on an on-going inventory and you can keep it up-to-date just by saving the receipts of your next major purchase. What you need are: 1) at least one child who's looking for something to do this summer 2) a camera that produces instant pictures or even video movies 3) a dark towel to act as a backdrop for small items 4) note cards or labels to record details about the belongings in the finished picture.

Your child should take pictures of every room with closeups of special items and the insides of your closets. A good way to get started is to list all the rooms in your house—don't forget the basement, garage or storage shed. When the pictures are done, write down the model numbers, styles and original prices. The final step in preparing your inventory is to number each photo and write descriptions of the major items in the pictures. If you have something damaged or stolen your insurance adjuster will want to know when you purchased it, what it originally cost, the model, style, or identification number and any special features that would affect its value.

Finally, you should store your inventory in a fire proof place such as the refrigerator, a safety deposit box or your workplace.



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