



anne
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Nutrition

By ANNE WANSTALL

The way the weather has played havoc with prices for salad greens, it seems only sensible to be absolutely sure that you're going to enjoy them when they are served.

We've come to the point where they are virtually luxury items (and what isn't these days?) requiring solemn selection to be sure they are top quality, and will last more than a few days in the vegetable crisper.

Your next thought must be how best to serve them, so that not a leaf is left wasted. You know to wash them thoroughly, drain and then wrap in a clean dish towel before putting into the crisper for at least one hour before serving. This helps to get rid of excess moisture, and crisps the greens at the same time.

The next concern should be the nicest way to dress them up, and for most this means a salad dressing.

Bottled salad dressings come in a variety of forms, but even the most expensive can't match the dressing you make yourself.

Did you know, for instance, that very few restaurants serve a blue cheese dressing that actually contains blue cheese? The darned cheese has become so expensive that kitchen costs simply don't permit them to lash blue cheese into the dressing. But if you make blue cheese dressing yourself, you'll find that a little blue cheese will go a long way to make one of the finest salad dressings available.

BLUE CHEESE DRESSING

- 1 cup sour cream
- 1/2 cup crumbled blue cheese
- salt and pepper

Combine the ingredients and beat well with a fork. Makes 1 1/2 cups of dressing.

Thousand Island dressing is another dressing whose quality we appreciate, except that the promise seldom matches the finished product. It will when you make your own. First begin by making your own blender mayonnaise.

BLENDER MAYONNAISE

- 1 whole egg
 - 1/2 tsp. dry mustard
 - 1/2 tsp. salt
 - 2 tbsp. white vinegar
 - 1 cup salad oil (peanut and corn oil, mixed)
- Put the first four ingredients into the blender with a quarter cup of the oil. Turn the blender on at low speed, immediately lift the lid and pour in the remaining oil in a steady stream. Makes 1 1/2 cups.

The mayonnaise can, of course, be used exactly as it is, or spruced up with a sprinkling of curry powder or capers, combined in equal quantities with sour cream to make a fruit salad dressing, or enlarged to Thousand Island.

THOUSAND ISLAND DRESSING

- 1 1/4 cups mayonnaise
- 1/4 cup tomato ketchup
- few drops Worcestershire sauce
- 1 dill pickle chopped
- 1 hard boiled egg, chopped
- 2 tbsp. finely chopped onion
- 2 tbsp. finely chopped parsley

Simply combine all ingredients together, stirring to mix thoroughly. Makes 1 1/2 cups dressing.

Perhaps you don't want your salads slathered with a thick dressing and prefer the oil and vinegar type better known as Vinaigrette. When your greens are crisping, it's a good idea to marinate such items as tomatoes, cucumbers and green onions in this dressing before combining with the leafy vegetables.

VINAIGRETTE

- 1/4 tsp. salt
- 1/2 tsp. sugar
- 1/2 tsp. prepared mustard
- 3 tbsp. olive or salad oil
- 1 tsp. vinegar
- 1/2 tsp. freshly cut herbs
- freshly ground black pepper

The herbs you use in this dressing can be any that you have growing in the garden or kitchen window box — thyme, rosemary, savory, basil, mint, chives.

Simply mix all the ingredients (you can use lemon juice in preference to vinegar, if you wish) adding a little more or less of this and that to suit your taste. It's better not to make more than you need at one time. This makes a quarter cup, which is enough for four cups of salad greens. Another Canadian favorite is Italian dressing.

ITALIAN DRESSING

- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/2 tsp. dry mustard
- 1/2 tsp. thyme
- 1/2 tsp. to 1 tsp. sugar
- 1/4 cup water
- 2 tbsp. vinegar
- 4 to 6 tsp. oil
- 2 tbsp. finely chopped parsley

Combine the salt, pepper, mustard, thyme, water and vinegar and shake madly until the sugar is dissolved. Add the remaining ingredients and shake again. Makes 3/4 cup.

Plain yogurt can be the pleasant base for a salad dressing, and this one with mint is especially tangy.

YOGURT AND MINT DRESSING

- 1 cup plain yogurt
- 1/2 tsp. crushed dried mint
- 1 pinch cayenne pepper
- 1/2 tsp. freshly ground black pepper
- salt

Combine the ingredients with a fork. Serve over salad greens. Makes one cup of dressing.



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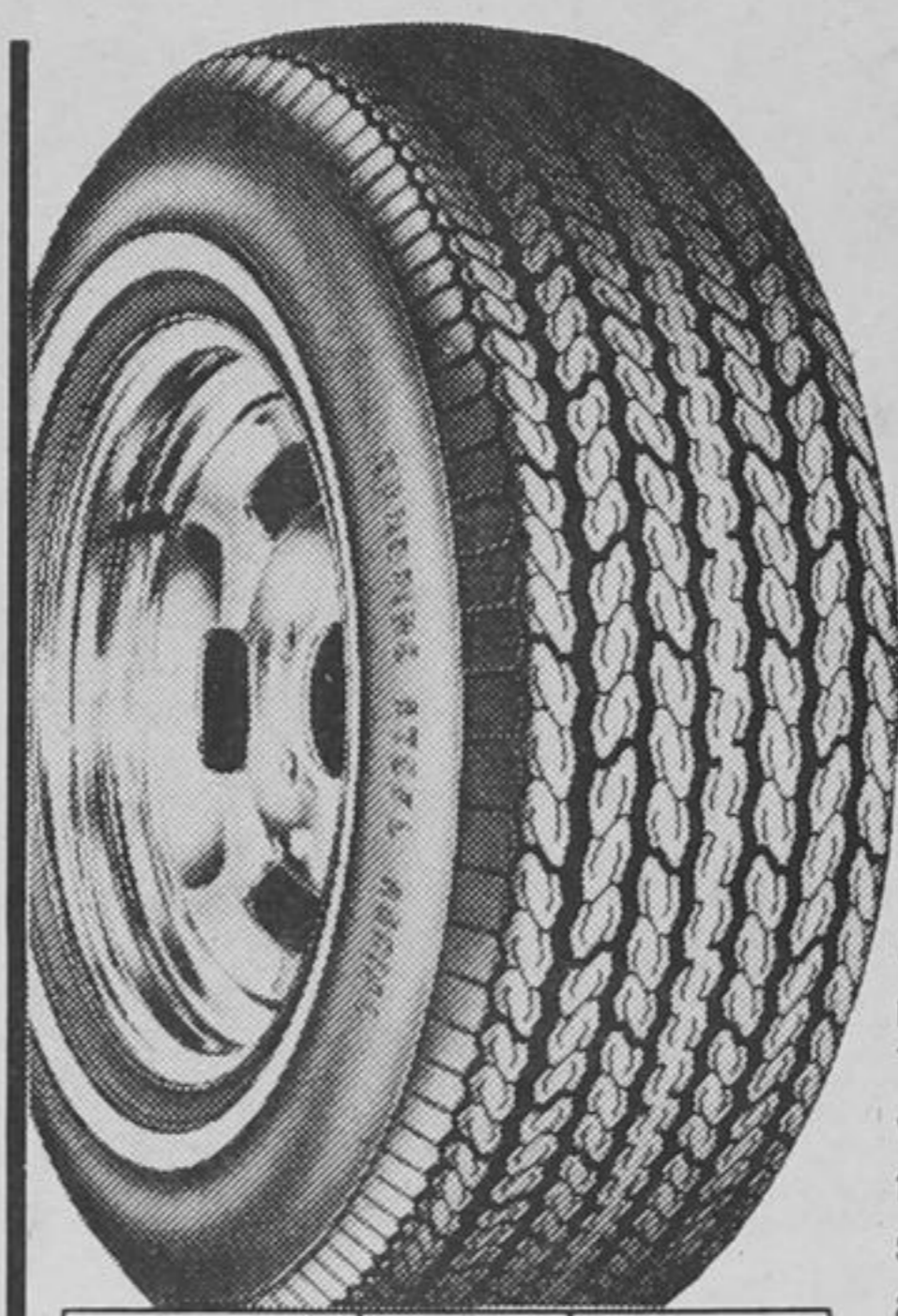
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