

# KIDS COOKING

From THE **KRAFT** KITCHENS

## MAIN EVENT SALADS

Summertime brings out the salad lover in all of us. When the weather's hot, what could be more welcome than an eye-appealing, chilled main dish salad to spark the appetite and refresh the palate? Main dish salads provide beginning cooks with an ideal opportunity to prepare the entire meal for the family or guests. Much of the preparation for an entire salad can be completed well in advance. Just before serving, simple accompaniments can be quickly prepared to complete the meal. Helping your child in the endeavor will be fun for both of you.

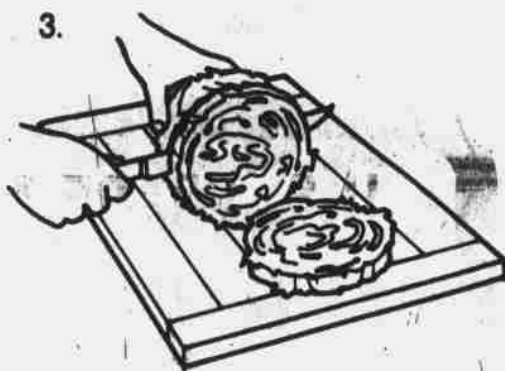
vide about 3 ounces of protein per serving. Main dish salads can be made using a variety of protein foods presented in different ways. Try these suggestions from the Kraft Kitchens: \*Cut cooked or canned meats or poultry into thin slices, strips, or chunks. \*Flake or break cooked or canned fish into chunks. \*Slice, dice, shred, or grate cheese into salads. \*Chop or slice hard-cooked eggs, or cut them into wedges. Teach your beginner how to cut salad ingredients into a variety of shapes for added eye appeal.

Children will need assistance with selecting menu accompaniments to complete a main dish salad meal. To simplify your planning, make sure the menu includes something from each of the basic food groups. Including dairy products, meat or meat alternates, fruits and vegetables, and breads or cereals is one easy way to make sure a meal has nutritional variety and value. Then, keep in mind that great meals, like great salads, provide a selection of colors, flavors, textures, and shapes.

Children will enjoy making picture-pretty Sundae Tuna Salad, which includes foods from both the meat group and the fruits and vegetables group. Tuna, hard-cooked eggs, and crunchy vegetables combine with the junior cook's choice of Kraft creamy cucumber or buttermilk dressing. Both dressings contain rich sour cream—one adding real cucumber, onion, and pepper, the other adding dairy fresh buttermilk and delicate spices. To complete the meal, even beginners can easily serve crusty French bread and ice cream with warm fudge or fresh fruit topping.

harmless) darkening of the outside of the yolk by following these steps: 1. Place eggs in a saucepan. Add enough tap water to cover eggs by at least 1 inch. 2. Bring to a boil over medium-high heat. Cover saucepan and remove from heat. Let stand 17 minutes. 3. Immediately run cold water over eggs to stop cooking and cool. When eggs are cool enough to handle, tap them gently to crack the shell. Roll the egg in your hands to loosen the shell, then peel. Small fry cooks may have difficulty controlling a large sharp knife, so an adult should plan to assist in slicing the lettuce for this salad.

### SUNDAE TUNA SALAD



#### SUNDAE TUNA SALAD

4 servings  
You will need: 2 6-1/2-ounce cans tuna  
2 hard-cooked eggs, chopped  
1/2 cup chopped celery  
1/4 cup chopped green pepper  
1/2 cup Kraft creamy cucumber or buttermilk dressing  
Head of lettuce  
1 tomato, cut into 8 wedges  
Take out: small saucepan with cover (to hard cook eggs)  
wire strainer or small colander  
small bowl

mixing bowl  
fork  
cutting board and small sharp knife  
glass and metal measuring cups  
wooden spoon  
plastic wrap, foil or bowl cover  
large sharp knife  
4 dinner plates  
ice cream scoop or large spoon  
1. Place tuna in strainer or small colander to drain into small bowl.  
• Discard liquid.  
• Place tuna in mixing bowl.  
• Break into chunks with fork.  
2. Add eggs, celery, green pepper and dressing.

• Mix lightly with wooden spoon.  
• Cover bowl with plastic wrap, foil or bowl cover.  
• Chill.  
3. On cutting board, cut four 3/4-inch slices from head of lettuce, using large sharp knife.  
4. Place 1 lettuce slice on each dinner plate.  
• Scoop tuna mixture onto lettuce slices, using ice cream scoop or large spoon.  
• Garnish with tomato wedges and serve with additional dressing, if desired.

#### Mac and Chicken Salad

Chilled pasta salads are popular warm-weather fare, and small fry cooks can learn important cooking skills by preparing them. Mac and Chicken Salad begins with a package of Kraft macaroni and

cheese dinner, a family favorite for over 40 years. The premeasured macaroni and cheese sauce mix make it possible for novice cooks to prepare it with just a bit of adult guidance. Macaroni cooks in rapidly boiling water. Explain to beginners that

the water should be steaming, and have large and fast-moving bubbles. A time range is given because people have individual preferences about how tender macaroni should be. To test macaroni for doneness, show children how to lift a piece or two

of the macaroni from the boiling water with a long-handled slotted spoon. Drain it briefly by holding it over the saucepan for a few seconds, then run cool water over it. Taste the macaroni. If it's not as tender as you prefer, cook it another minute,

then retest.

To simplify your junior cook's job, a piece of cooked chicken breast loaf may be purchased from the supermarket deli department, the easily chopped for salad.

4 to 6 servings  
You will need: 6 cups water  
1 7-1/4-ounce package Kraft macaroni and cheese dinner  
Salt  
1/4 cup (1/2 stick) Parkay margarine  
1/4 cup milk

2 cups chopped cooked chicken  
1/2 cup Miracle Whip salad dressing  
1/2 cup chopped sweet pickle or cucumber  
1/4 cup chopped onion  
Dash of salt and pepper  
Take out: glass and metal measuring

cups measuring spoons  
3-quart saucepan  
large colander  
cutting board and small sharp knife  
wooden spoon  
serving bowl  
aluminum foil or plastic wrap

1. Bring water to a rapid boil in saucepan. Add macaroni and 1 teaspoon salt; stir.

occasionally. 7 to 10 minutes or to desired doneness. Drain cooked macaroni into large colander set in kitchen sink.

3. Return macaroni to saucepan. Add margarine, milk and the cheese sauce mix, stirring to blend well.

4. Add chicken, salad dressing, sweet pickle or cucumber, onion, dash of salt and pepper. Mix lightly.

5. Transfer mixture to serving bowl. Cover with foil or plastic wrap and chill.

6. Add additional salad dressing before serving, if desired.

### cooking hints



ROSALIE SCOTT, STAFF ASSISTANT

from CARNATION FOOD SERVICE CENTER

Country Oven Stew is a hearty meal all in one dish. Evaporated milk makes the sauce rich tasting and nutritious. Carrots, green beans, and cauliflower add even more good-tasting nutrition. This delicious stew makes enough to feed a crowd.

#### COUNTRY OVEN STEW

(Makes about 14 cups)

3 pounds stew meat 4 cups (6 large) carrot

1/2 cup flour  
2 cups (1 large) sliced onion  
1/4 cup oil  
1 teaspoon salt  
1/4 teaspoon pepper  
2 1/2 cups (two 10 1/2 ounce cans) cream of mushroom soup  
1 cup water

chunks  
2 tablespoons flour  
1 cup undiluted CARNATION Evaporated Milk  
2 cups (9-ounce package) frozen cut green beans  
1 - 1 1/2 pounds cauliflower

Coat meat with 1/2 cup flour. Brown meat and onion in hot oil in Dutch oven. Stir in salt, pepper, soup, and water. Bake, covered, in moderate oven (350°F.) 1 hour. Add carrots; replace cover, bake 30 minutes longer. Combine 2 tablespoons flour and evaporated milk; stir until smooth. Stir milk mixture and beans into stew. Break cauliflower into flowerettes; place on stew. Replace cover; bake 30 minutes longer or until cauliflower is done.

# A&P

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**Fryer Leg Quarters** 4 lbs. or more **48¢** lb.

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Bone-In  
**Sirloin Steak** lb. **289**  
T-BONE lb. 2.89

**A&P QUALITY HEAVY WESTERN GRAIN FED BEEF**  
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