A Salad For The Summer

Ham salad never tasted and cut it into strips for the So good! That's what salad. they'll be saying after the first bite of Mandarin Ham Salad. This deluxe version, fit for a party or dressed up family meal, combines strips of ham with pineapple chunks and mandarin orange segments. Miniature marshmallows and cooked rice add flavor and 1 cup dairy sour cream texture interest while sour 1/3 cup mayonnaise cream and mayonnaise pair 2 cups cooked rice up for the smooth, creamy dressing.

from including bone-in, gether all ingredients. semi-boneless, boneless Serve in lettuce cups. and canned. Or buy a Sprinkle with toasted coco-"Fully-cooked" ham slice nut, if desired. 6 servings.

- Mandarin Ham Salad 3 cups thin strips cooked
- 1 can (131/2 ounces) pine-
- apple chunks 1 can (11 ounces) mandarin oranges, drained
- 11/2 cups miniature marshmallows

desired

Lettuce Toasted coconut, if

For economy and conven- Drain pineapple, reservience, make this summer ingjuice. Combine pineapsalad a bonus follow-up for ple with mandarin oranges a Sunday ham, suggests and marshmallows. Comthe National Live Stock and bine 1/4 cup pineapple juice Meat Board. There are a with sour cream, mayonvariety of hams to choose naise and rice. Toss to-



From South

Of Border

For a meal that Mexican food lovers will long remember, serve a Fiesta Enchilada Casserole. Garden vegeta-

bles are wrapped in cheese enchiladas for an easy-to-prepare main dish.

Taste Teaser From Mexico

food lovers dream. Zucchini, corn, tomatoes and onion slivers are snuggly wrapped in cheese enchiladas. Served hot from the oven and sprinkled with shredded cheddar cheese, this is a dish to remember.

Here is the recipe: FIESTA ENCHILADA

CASSEROLE 1/4 cup butter or margarine ½ cup chopped onion largeclove garlic, minced 1 pound zucchini, cut into 1/4-inch slices

2 medium tomatoes, peeled and chopped 4 cup chopped green

1 can (8 oz.) tomato sauce 1 can (12 oz.) niblet corn,

drained crushed

· o coriander

3/4 teaspoon salt

The Fiesta Enchilada 1 package (15 oz.) cheese Casserole is the Mexican enchiladas in chili gravy. partially thawed 3/4 cup shredded cheddar

> 2 tablespoons chopped parsley (optional)

> In large skillet or saucepan, melt butter. Saute onion and garlic for about 5 minutes. Add zucchini, tomatoes, chilies and tomato sauce. Cover and simmer for 10 to 15 minutes or until zucchini is tender.

Add corn and seasoning. Pour into a buttered 2-quart shallow baking dish. Top with cheese enchiladas, pressing down into mixture lightly. Cover and bake in a preheated 400° F. oven for 25 minutes. Uncover sprinkle with shredded teaspoon oregano, cheese and bake for 10 minutes. Garnish with 3/4 teaspoon ground chopped parsley, if desired. Makes 4 to 6 servings.

Economical Cuts Keep Budget Under Control

budget when you choose steak, which can be cut in Little, if any, liquid needs priced beef steaks, pork the National Live Stock and skewers (accordion style). is required. This should be on sale. Meat Board.

Of course, hamburgers and hot dogs top the list for barbecuing on a budget. but they can be just the beginning of the costcutting cookout fun. There are a variety of economical beef cuts that are all the more delicious when they are cooked over the coals. But since less costly cuts are often less tender, some special techniques need to be used to assure tender, tasty results.

> Beef Up the Grill For the economical ap-

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It seems that budget proach to beef steaks on the Even pot-roasts can be "fully-cooked" sausage woes follow you every- grill, select chuck steaks, cooked on the grill when and avoid over cooking. where--including into the then tenderize them before securely wrapped in heavy- Lamb cuts such as shoulder backyard for a barbecue. broiling in a marinade con- duty aluminum foil. A chops, arm and blade, and But you can enjoy a full taining an acid food such as pot-roast can be spread cubes for kabobs and patsummer of outdoor cooking lemon juice or vinegar. with a mixture of catsup ties add variety. When you without straining the food This is also true of round and flour before wrapping. wish to include higher meat cuts wisely and pre- strips 1/4 inch thick, mari- to be sealed in with the chops and roasts in your pare them carefully, says nated and woven on roast. Long, slow cooking plans, purchase them when

> Short ribs become grill are developed. fare when browned and braised indoors, or in a heavy convered heavy pan on the grill, before being

tried only after grill skills

More Grill Variety

coated with barbecue sauce gestions include sausages ing recipe recommendaand cooked briefly over the such as Polish, brats and tions for distance from heat Italian. It is wise to choose and grilling time.

Proper grilling tech-

niques will also help you get the most for your meat dollar. Always cook meat at a low to moderate tem-Other penny-saving sug- perature, carefully follow-

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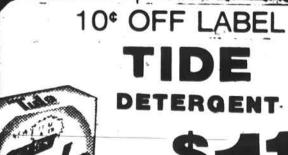
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