

A Salad For The Summer

Ham salad never tasted so good! That's what 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 texture interest while sour cream and mayonnaise pair up for the smooth, creamy dressing.

For economy and convenience, make this summer salad a bonus follow-up for a Sunday ham, suggests the National Live Stock and Meat Board. There are a variety of hams to choose from including bone-in, semi-boneless, boneless and canned. Or buy a "Fully-cooked" ham slice

and cut it into strips for the salad.

Mandarin Ham Salad

- 3 cups thin strips cooked ham
 - 1 can (13 1/2 ounces) pineapple chunks
 - 1 can (11 ounces) mandarin oranges, drained
 - 1 1/2 cups miniature marshmallows
 - 1 cup dairy sour cream
 - 1/2 cup mayonnaise
 - 2 cups cooked rice
 - Lettuce
 - Toasted coconut, if desired
- Drain pineapple, reserving juice. Combine pineapple with mandarin oranges and marshmallows. Combine 1/2 cup pineapple juice with sour cream, mayonnaise and rice. Toss together all ingredients. Serve in lettuce cups. Sprinkle with toasted coconut, if desired. 6 servings.



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

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

FIESTA ENCHILADA CASSEROLE

- 1/4 cup butter or margarine
- 1/2 cup chopped onion
- 1 large clove garlic, minced
- 1 pound zucchini, cut into 1/4-inch slices
- 2 medium tomatoes, peeled and chopped
- 1/4 cup chopped green chilies
- 1 can (8 oz.) tomato sauce
- 1 can (12 oz.) niblet corn, drained
- 1 teaspoon oregano, crushed
- 1/4 teaspoon ground coriander

- 1/4 teaspoon salt
- 1 package (15 oz.) cheese enchiladas in chili gravy, partially thawed
- 1/4 cup shredded cheddar cheese
- 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 cheese and bake for 10 minutes. Garnish with chopped parsley, if desired. Makes 4 to 6 servings.

Economical Cuts Keep Budget Under Control

It seems that budget woes follow you everywhere—including into the backyard for a barbecue. But you can enjoy a full summer of outdoor cooking without straining the food budget when you choose meat cuts wisely and prepare them carefully, says the National Live Stock and 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 cost-cutting 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.

proach to beef steaks on the grill, select chuck steaks, then tenderize them before broiling in a marinade containing an acid food such as lemon juice or vinegar. This is also true of round steak, which can be cut in strips 1/4 inch thick, marinated and woven on skewers (accordion style).

Short ribs become grill fare when browned and braised indoors, or in a heavy covered heavy pan on the grill, before being coated with barbecue sauce and cooked briefly over the coals.

Even pot-roasts can be cooked on the grill when securely wrapped in heavy-duty aluminum foil. A pot-roast can be spread with a mixture of catsup and flour before wrapping. Little, if any, liquid needs to be sealed in with the roast. Long, slow cooking is required. This should be tried only after grill skills are developed.

More Grill Variety

Other penny-saving suggestions include sausages such as Polish, brats and Italian. It is wise to choose

"fully-cooked" sausage and avoid over cooking. Lamb cuts such as shoulder chops, arm and blade, and cubes for kabobs and patties add variety. When you wish to include higher priced beef steaks, pork chops and roasts in your plans, purchase them when on sale.

Proper grilling techniques will also help you get the most for your meat dollar. Always cook meat at a low to moderate temperature, carefully following recipe recommendations for distance from heat and grilling time.

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