



Bean salad is a good contribution when you are asked to bring a dish to a picnic or summer barbecue. This four-bean version combines wax beans, green beans, kidney beans and black-eyed peas with chopped onions and green peppers, all covered with a tangy dressing (photo by James Parker).

### Chronicle Kitchen

## Beat summer's heat with classic salads

By YVONNE H.B. TRUHN  
Chronicle Staff Writer

From Caesar to Waldorf, we all like salads, especially in the hot summer, when a chef's salad is a good choice for a meal.

For those of us who planted lettuce, spinach or other greens back in March, when spring was just a breath of hope, it's now time to gather in our harvest. In the grocery store, too, a greater variety of lettuce, spinach and other salad makings is now available -- at a good price, too.

A salad can serve as the prelude to a meal, an accompaniment to the meal (as bean salad or potato salad at a picnic) or a meal in itself. The difference mainly lies in the ingredients. A first-course salad will be lighter and served in smaller portions than a salad intended for a meal, which will probably include protein in the form of meat, eggs or cheese as well as greens.

There are many kinds of greens. Probably the most common is iceberg lettuce, but now is the time to try others. If family members are reluctant to try new things, mix the "experimental" ingredients with iceberg. This method works so well that I have brought my husband from a man who never had salad unless he went out, through eating salads with iceberg lettuce, to a man who now eats any kind of lettuce, as long as it's grown in our garden!

Greens are only the beginning of the salad. Other ingredients to add are mushrooms, green or red peppers, onions or scallions, radishes and tomatoes, regular or cherry. Salad gardeners should try growing nasturtiums and adding the spicy flowers to their salads. The flowers add to both the appearance and taste of a salad.

Other perks to add to salads are croutons (you can make your own), sliced hard-cooked egg, cereals (it's the only time I'll eat Grape-Nuts), sunflower nuts or chopped walnuts, almonds or pecans.

Our favorite salad perk is "salad cheese," which can be any kind of crumbly cheese. We usually use Gorgonzola, blue cheese or feta cheese.

Of course, no salad is complete without dressing. While bottled dressings are very convenient, making your own can be more economical, more flavorful and give a wider variety of dressing choices. Another advantage to making your own dressing is that you can limit salt or sugar to your own tastes and needs. Also, there are no chemicals, no preservatives, no dyes, nothing but natural ingredients prepared by your own hands.

One of my first tasks in the kitchen when I was younger was to prepare the salad dressing. "Bichsel dressing" is a simple vinaigrette that goes well with any type of salad. My husband's new love for salad extends to dressing as well, and he likes to prepare different ones, making me guess the ingredients when I eat the salad.

Whatever kind of salad you prepare, use your imagination to make it extra-special, and most of all, enjoy!

#### BICHSEL DRESSING

- 1/2 cup oil
- 1/4 cup vinegar
- 1 tsp. sugar
- 1/2 tsp. salt
- 1 clove of garlic
- 1/4 tsp. paprika

Combine oil, vinegar, sugar and salt in cruet. Peel and press garlic clove into cruet, adding crushed garlic afterward. Add paprika and shake well. (The salt can be reduced or eliminated entirely; the sugar can be reduced to 1/2 tsp.) This basic dressing can be enhanced by the addition of chives, pepper (fresh-ground is best) or other spices.

#### THREE-BEAN SALAD

- 1 can green beans
- 1 can kidney beans

- 1 can chick peas (garbanzo beans)
- 1 medium onion, chopped
- 1/2 green pepper, chopped (optional)
- 3 Tbsp. Bichsel Dressing

Drain beans. Mix all ingredients together in large bowl, tossing lightly to coat with dressing. Chill. (For 4-bean salad, add 1 can of wax beans.)

For variety, substitute black-eyed peas for the garbanzo beans. Use your imagination and your family's tastes to come up with other variations.

#### GREEK SALAD

- feta cheese
- Greek olives
- tomatoes, chopped
- cucumbers, chopped
- onions, chopped
- green peppers, chopped
- anchovies (optional)
- olive oil

Prepare enough of each ingredient to serve all of your guests. Place ingredients, separately, in serving bowls. Allow guests to build their own salads by helping themselves to whatever ingredients they choose and then pouring olive oil over all. (You may use other dressings if you choose.) Soak up remaining olive oil in the bottom of the plates with bread (French or Italian is best.) This is one of those salads that can serve as a meal, especially with the addition of the anchovies. You may serve this over lettuce, but to be really Greek, leave the lettuce out.

#### STEPHEN'S ITALIAN DRESSING

- 6 Tbsp. salad oil
- 2 Tbsp. vinegar
- 2 Tbsp. lemon juice
- 1 clove garlic, pressed
- 1/4 tsp. each of dry mustard, oregano, basil, chervil and parsley

Mix oil, vinegar and lemon juice. Add garlic clove and spices. Shake well.

## Short

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cerns ranging from dating and premarital sex to jobs and money.

Sometimes students and others who know him seek spiritual comfort from the minister while he's behind the wheel. "It's not uncommon for people to ride the bus with me for counseling and discussion," he says.

The 43-year-old minister often meets with people seeking a blessing during route layovers that on the night shift are frequently solitary. He prays with them, sometimes "laying on hands."

On one occasion, he met with a frustrated law school graduate

who was experiencing difficulties passing the Virginia bar examination.

Then there was the young minister on his bus who demanded, "I want you to pray for me. Pray for me now!" Short recalls. So the chaplain and the young minister prayed aloud during a layover while four other passengers looked on. One of the other riders asked to be blessed, too.

On another occasion, a New Zealand minister, whom Short had met while a guest speaker in that country, paid him a surprise visit. Short invited the clergyman

to ride with him and introduced his guest to the passengers.

In 1980, Short remembers praying for an ill co-worker at a Metrobus garage -- right in the middle of the operators' room, surrounded by drivers engaged in locker-room banter, playing cards and eating lunch. The other operators looked on with "a deafening silence."

At the wheel, Short has the lives of his passengers in his hands. But on the Howard campus, young souls are his charge.

The chaplain says he works 40 or more hours a week at Howard. Please see page B11

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