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START YOUR SUMMER WITH A SALAD SUPPER

Summer has just arrived, so take the time to kick back and enjoy the longer days and warmer weather. Start your summer by connecting with family, girlfriends, old classmates, and/or coworkers by hosting a salad supper. Plan the event for outside and skip the housework and setting out the china. Simple is the goal...paper plates, canned drinks, plastic tablecloths, and lawn chairs. Play some beach music and enjoy a leisurely summer evening.

Salad suppers are easy to host with minimal prep or cleanup. Everyone brings their favorite salad. As the host you set the date and coordinate the menu to prevent having ten dishes of chicken salad. Encourage guests to bring a variety of unique salads with the recipe to share with guests. There are many types of salads using meat and seafood such as chicken salad, tuna salad, ham salad, shrimp salad, etc. Many varieties of fruit salads can be made using what is available for the season at your local farmer's market or grocery store. Fruit salads can be chopped fruit, balls of fruit, in fruit juice, yogurt or Jello and can be served in a cut-out melon! Don't forget the endless variety of pasta salads with a variety of dressings and added veggies, cheeses, etc. Try whole wheat pasta in a variety of shapes. Also look for recipes for different types of salads including rice, barley, etc.

Provided below are different salads you might enjoy. Happy summer!

BROWN DERBY COBB SALAD

Dressing

1 clove garlic, peeled
1/2 tsp salt
1/2 tsp pepper
1/3 C olive oil
2 T wine vinegar
1 T prepared brown mustard
1/2 tsp sugar

BROWN DERBY COBB SALAD (continued)

Salad

1/3 head iceberg lettuce
6 leaves romaine lettuce
10-12 sprigs watercress
2 ribs celery, thinly sliced
1/2 avocado, peeled & chopped
1 large tomato, chopped
1 boned and skinned chicken breast, cooked & chopped
1 hard-boiled egg, chopped
2 oz blue cheese, crumbled
6 slices crisp bacon, crumbled

Mix dressing ingredients & chill one hour.

Place lettuces and watercress in a large wooden bowl. Using a fork and knife, slash at leaves until they are bite-sized. Add dressing and continue slashing, until they are nearly pulverized. In a separate bowl, mix all other ingredients except bacon. Stir into lettuce. Add bacon just before serving. Makes 2 salads.

SUMMER CRAB SALAD

6 medium potatoes, cooked and chopped
1 lb bag frozen peas & carrots
1 lb crab meat or shredded cooked fish
2 hard boiled eggs, chopped
1/4 cup chopped parsley
8-10 black olives
salt & pepper to taste
olive oil
wine vinegar

Mix everything together carefully, using enough olive oil and vinegar to coat ingredients. Decorate with parsley springs, olive or egg slices. Garnish with shredded lettuce around the edges. NOTE: You can substitute green beans and sliced red onions for the peas & carrots.

BLACK BEAN SALSA SALAD

2 cups canned black beans, rinsed & drained
3 Tbsp olive oil
3-4 Tbsp lime juice
1/2 cup corn
1 large avocado, finely diced
1/2 green pepper, finely diced
1 red pepper, finely diced
1/2 red onion, finely diced
1/2 cup cilantro, chopped
1 tsp cumin

Combine all ingredients, taste for correct seasoning and add salt & pepper to taste. Chill or serve immediately.

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