

Ann D. Allen Says:

Serve a Hearty Salad To Win All Votes

One of the classic salads which is always a winner is called a Chef's Salad. A big, hearty, handsome salad, it can be offered as a main course because it contains two or three kinds of cheese, ham and/or turkey, salami, greens and other vegetables.

Dressings for this salad may vary as much as the salad ingredients. One of the most interesting as well as easily made dressings uses yogurt as a base with simple seasonings. This may be varied, if and when desired, with crumbled Blue cheese.

CHEF'S SALAD
6 to 8 servings
(2 cups dressing)

DRESSING:

- 1 tablespoon chopped parsley
- 1 clove garlic, crushed
- 1 teaspoon salt
- Ground pepper
- 2 cartons (8-oz. each) plain yogurt

SALAD:

- 6 cups salad greens (combination of head lettuce, endive and escarole)
- 3 tablespoons wine vinegar
- 1 cup fresh sliced

- mushrooms
- 1 cup cucumber slices
- 1 cup green pepper slices
- 1/4 cup chopped green onion
- 1/4 cup sliced radishes
- Salt
- Ground pepper
- 1 cup (4 oz.) Swiss cheese
- 1 cup (4 oz.) Brick cheese
- 1 cup cooked ham OR turkey, cut in strips
- 8 slices salami
- Cherry tomatoes

For dressing, combine parsley, garlic, salt and pepper. Mix in 1/4 cup yogurt until smooth; fold in remaining yogurt. Cover and chill. For salad, tear greens into bite-size pieces; place in salad bowl. Sprinkle with vinegar; toss lightly. Add a portion of mushrooms, cucumber, green pepper, onion, radishes, salt and pepper. Toss again lightly. Cut cheeses and meat in julienne strips; arrange along with remainder of vegetables and tomatoes on top of greens. Serve salad dressing separately to spoon over salad. **BLUE CHEESE VARIATION:** Add 1/4 cup crumbled Blue cheese to dressing recipe. Omit vinegar from salad recipe.



Look to a chef for main dish salad inspiration, using greens that are available with an assortment of cheeses. Dairy sour cream and yogurt make an excellent base for the seasonings in dressing.



Mr. and Mrs. Robert L. "Bud" Cox and Staff take this opportunity to extend their Congratulations to the Dairy Farmers of Rockcastle County on a job well done.

Cox Funeral Home

Mt. Vernon, Kentucky

256-2345 256-4444