FOOD FOR THOUGHT

Spicing Up Spring Vegetables

he change of seasons is a good time to switch from serving those tired salads with the same old dressing to fresh crunchy spring vegetables with a choice of spicy seasonings.

Most of us, for example, have our own well-tried version of potato salad, but how about a daffodil - yellow one (photo upper right)? It's dressed with yogurt and spiked with curry and garlic powders and added tumeric. Green beans provide color and texture.

Using both the florets and the medallions (sliced stems) of the broccoli makes good economical sense, and along with carrot pennies, form another intriguing vegetable salad. It's a combination that's particularly appetizing when dressed with a garlic basil vinaigrette.

A variation on salad nicoise (Photo left) is created simply by tossing together tuna chunks, cubed, uncooked zucchini and tomato cubes with a zesty lemon dressing sparked with dillweed, garlic and onion powders and ground black pepper. Quite the bright choice for luncheon or light supper with pumpernickel bread or rolls.

DILLY TUNA AND VEGETABLE TOSS

2 cups zucchini cubes

2 cups tomato cubes

I can (7 oz.) tuna, drained and flaked

I teaspoon salt

3/4 teaspoon dill weed, crushed

1/2 teaspoon onion powder

1/4 teaspoon garlic powder

1/8 teaspoon ground black pepper

2 tablespoons lemon juice

In a medium bowl combine zucchini,



tomatoes and tuna. Sprinkle with salt, dill, onion and garlic powders, black pepper and lemon juice; toss well. Refrigerate until ready to serve, at least 30 minutes. Serve on lettuce leaves, if desired. YIELD: 5 cups.

CURRIED POTATO SALAD

5 medium potatoes (2 lbs.), cooked 1½ cups cooked, cut green beans

I container (8 oz.) plain yogurt

11/2 teaspoons salt

3/4 teaspoon curry powder

1/4 teaspoon garlic powder

1/16 teaspoon ground white pepper 1/2 teaspoon tumeric

Peel potatoes; cut into ½ inch cubes (makes about 5 cups). Place in small bowl with green beans. Combine yogurt, salt, curry powder, garlic powder, white pepper and tumeric. Pour over potaoes; toss to coat. Refrigerate until ready to serve, at least 30 minutes. YIELD: 7 cups.

HERBED BROCCOLI SALAD

1/3 cup salad oil

2 tablespoons white vinegar

1/2 teaspoon salt

1/2 teaspoon basil leaves, crushed

1/8 teaspoon garlic powder

1/16 teaspoon ground black pepper

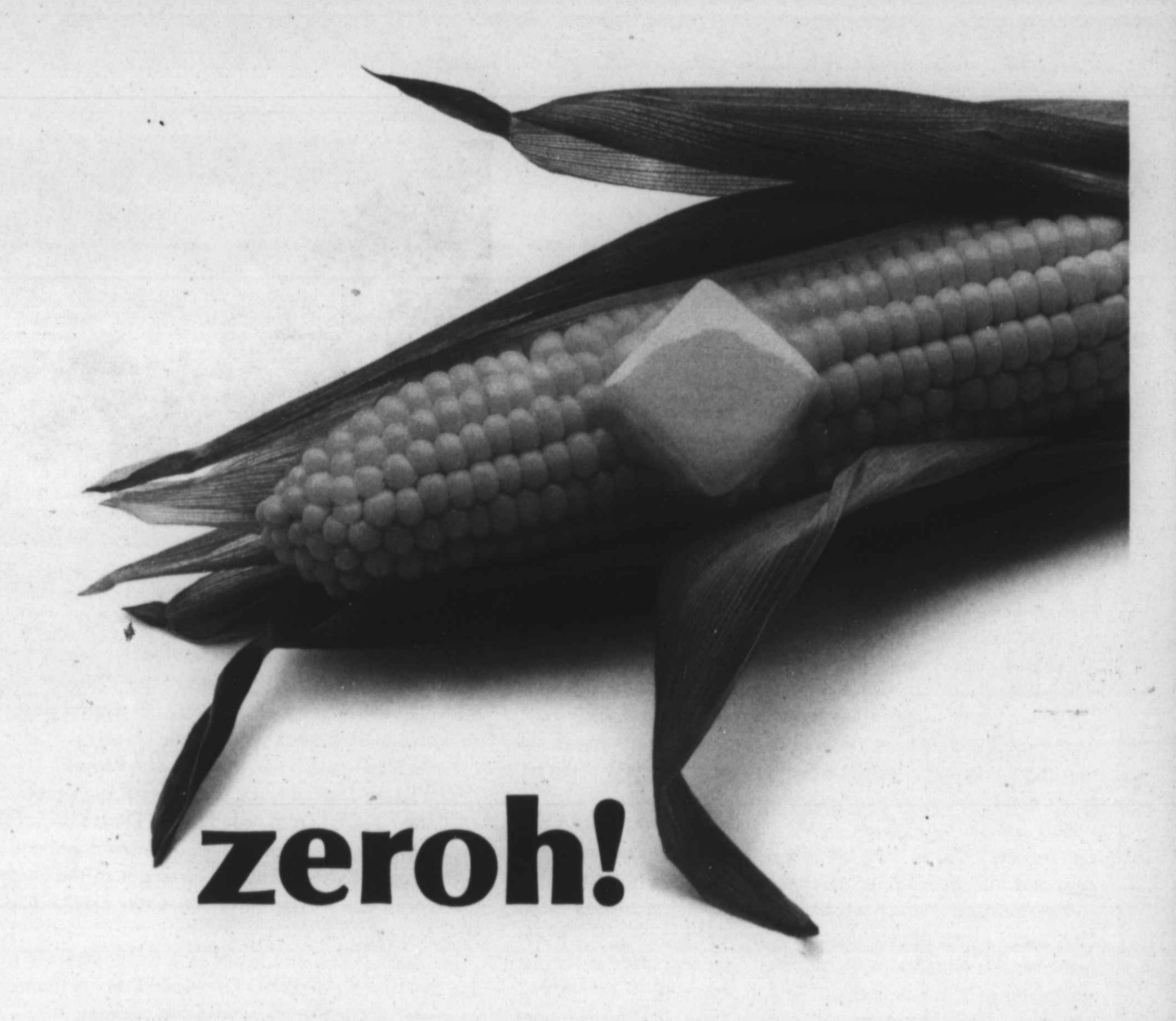
2 cups sliced carrots

11/2 cups broccoli medallions*

2½ cups broccoli florets

Combine oil, vinegar, salt, basil, garlic powder and black pepper; set aside. In a medium saucepan bring 2-inches salted water to a boil. Add carrots and medallions, simmer 2 minutes. Add broccoli florets; simmer 1 minute. Drain and place in a bowl; toss with reserved dressing. Cover and refrigerate until chilled or overnight. Serve garnished with lettuce leaves, if desired.

* To make medallions, slice broccoli stems crosswise, ¼ inch thick. YIELD: 6 cups.



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