

BEAN SALADS MAKE THE MEAL

From the JOURNAL Kitchens

A bean salad and cold cuts make a hearty summer evening meal. Excellent low-cost protein stretchers, beans make a great flavor when marinated. Make these salads ahead and keep them in the refrigerator for picnic or patio dining.

CALIFORNIA BEAN SALAD

This recipe serves 12, and is ideal for patio parties with either cold cuts or meats broiled on a grill. To make six servings, use half the vegetables but make all of the dressing and save half for another salad.

- (16-oz.) can cut green beans
- (16-oz.) can red kidney beans
- (10-oz.) can whole kernel corn with peppers
- 1 lb. Monterey Jack cheese
- 1 cup sliced onion
- 1 cup sweet red pepper or pimiento
- (4-oz.) can taco sauce
- 1 cup lemon juice
- 1 tsp. chopped canned green chilies
- 2 avocados
- 1 cup dairy sour cream
- 1 clove garlic
- 1 tsp. salt

Drain 1 (16-oz.) can green beans, 1 (16-oz.) can red kidney beans, and 1 (10-oz.) can whole kernel corn with peppers. Cut 1/2 lb. Monterey Jack cheese into 1/2-inch cubes. Combine beans, corn, cheese, 1/2 cup sliced onion and 1/2 cup diced sweet red pepper or pimiento. Combine 1 (4-oz.) can taco sauce, 1/4 cup of the lemon juice and 2 teaspoons chopped canned green chilies. Pour over vegetable mixture, toss until vegetables are well coated. Refrigerate to marinate and chill at least 2 hours. Just before serving, cut 6 avocados in half lengthwise; remove pits. With a teaspoon, scrape out about 3 tablespoons avocado from each half to make 2 cups avocado pulp. Brush avocado remaining in shells with remaining 1/4 cup lemon juice, set aside.

Drain vegetable mixture, making marinade. Place avocado pulp in medium bowl. Mash with fork or beat with electric mixer until smooth. Add in 1/2 cup dairy sour cream, 1 clove garlic, 1 teaspoon salt and 1/4 cup lemon juice. Mix well. Marinade. Fill avocados with vegetable mixture. Spoon avocado dressing over beans. Serves 12.

FRUIT AND SOUR BEAN SALAD

- (16-oz.) pkg. baby lima beans
- (16-oz.) can whole kernel corn
- (16-oz.) can cut green beans
- 1/4 cup dark brown sugar, firmly packed
- 1/4 cup lemon juice
- 1/4 cup tarragon

parsley. Sprinkle with 1/4 cup each dark brown sugar, firmly packed, lemon juice and tarragon vinegar, and 2 tablespoons salad oil. Toss until vegetables are coated with dressing. Refrigerate, stirring once or twice, to marinate and chill at least 1 hour.

Cook 3 cups 1/2-inch cubes potato in slightly salted water 10 to 12 minutes or just until tender. Drain. Place in a large bowl.

Combine 1/2 cup tarragon vinegar, 1/4 cup salad oil, 2 cloves garlic, crushed, 1 tablespoon of each chopped parsley and fresh dill, 1 teaspoon of the pepper and 1/2 teaspoon of each dry mustard and salt. Mix well then pour over potatoes. Toss until potatoes are well coated. Let stand at room temperature 15 minutes.

- ## SALMON SALAD IN A
- 2 env. unflavored gelatin
 - 1 1/2 cup water
 - 1 cup dry white wine
 - 1/2 cup lemon juice
 - 1/3 cup tarragon vinegar
 - 1/2 tsp. salt
 - 1/4 tsp. dried thyme
 - 1/4 tsp. black pepper
 - 1 drop yellow food color

Sprinkle 2 env. unfl. 1/2 cup water in s...

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We charcoal broil a beautiful steak, too.

You see, Gravy Master keeps steaks, chops, hamburgers and chicken from burning up and drying out. Just brush it on before barbecuing and it will seal in all the juices and flavor. It will beautifully season your meats, too. (Think what it can do for less expensive cuts). The next time your husband barbecues hand him the bottle. But, take enough out for these sauces. They're beautiful, too. Send for free Chef's Brush, Dept. B, Gravymaster Co., Long Island City, N.Y. 11101.

SWEET AND HOT BARBECUE

- 1/2 cup currant jelly
 - 2 tablespoons Gravy Master
 - Generous dash cayenne
 - Generous pinch garlic powder
 - 1/2 cup salad oil
- Combine ingredients in saucepan. Heat, stirring several times, until jelly melts. Brush on meat. Makes 1 generous cup.

FRUITY BARBECUE

- 1 cup crushed pineapple with juice (8 oz. can)
 - 3 tablespoons Gravy Master
 - 1 tablespoon prepared mustard
 - 1/4 cup wine vinegar
 - 1/4 cup water
- Combine ingredients in saucepan. Heat to blend flavors. Brush on meat. Makes 1-1/2 cups.

EXOTIC BARBECUE

- 1 cup tomato juice
 - 3 tablespoons Gravy Master
 - 1/4 cup butter or margarine
 - 1 teaspoon curry powder
 - 2 tablespoons lemon juice
- Combine ingredients in saucepan. Heat until butter melts. Brush on meat. Makes 1-1/2 cups.

BASIC BARBECUE

- Juice of 1 lemon
 - 2 tablespoons Gravy Master
 - 1/4 cup of salad oil
- Mix and brush on.



Meanwhile peel and section 4 or 5 oranges to make 2 cups. Add to bean mixture and toss to mix. Using a slotted spoon, spoon mixture into a lettuce-lined bowl. Pour marinade into a bowl to pass alongside. Serves 6.

Combine 1/2 cup dairy sour cream, 1/4 cup mayonnaise, the remaining tablespoon each chopped parsley and dill, the remaining 1/4 teaspoon pepper and 1 teaspoon dry mustard. Refrigerate covered until serving time.

Drain 2 (16-oz.) cans cut green beans

1 cup chopped green... each chopped sweet... sliced stuffed olive... combine 3/4 cup ton... each molasses, tarrag... juice and salad oil... crushed, 4 teaspoon

TWO BEAN

- 1 (10-oz.) lima bean
- 1 (16-oz.) can beans
- 1 cup chopped pepper
- 1/2 cup cho...
- 1/2 cup slic...
- 3/4 cup tom...
- 1/4 cup mo...
- 1/4 cup tarr...
- 1/4 cup lem...
- 1/4 cup sala...
- 3 cloves ga...
- 4 tsp. chili...
- 1 (.7-oz.) e...
- dressing
- 1/2 tsp. salt

Cook 1 (16-oz.) baby lima to package 1 (16-oz.) Combine