

Cooking Corner Tips To Help You

Mushrooms, A New Spin On Chef's Salad



Crisp white mushrooms add appeal to this update of chef's salad.

(NAPSA)—When the weather is warm and the idea of cooking leaves you cold, stock your refrigerator with basics for main-dish salads—fresh white mushrooms, crisp cucumbers, sweet red peppers, a variety of greens, and a few ready-to-eat ingredients from the deli.

Chef's Salad Italiano combines sliced white mushrooms, smoked turkey strips, provolone cheese, tomatoes, romaine and other tasty ingredients, giving a new twist to this traditional favorite. Choose from prepared roasted garlic or Caesar salad dressing to top off this meal-in-a-bowl.

There's a nutritional bonus when you toss mushrooms into a salad. They are great sources of B-vitamins and other essentials such as heart-healthy potassium and the antioxidant selenium. Adding mushrooms also gives you full-meal satisfaction without weighing you down.

For more creative salad recipes, send a stamped, self-addressed envelope to: Mushroom Salads, P.O. Box 636, New York, NY 10159-0636.

CHEF'S SALAD ITALIANO

- 8 cups romaine lettuce in bite-sized pieces**
- 1 pound fresh white mushrooms, thickly sliced (about 6 cups)**
- 8 ounces sliced smoked turkey, cut in strips**
- 4 ounces sliced provolone cheese, cut in strips**
- 1 medium tomato, cut in 8 wedges**
- ½ cup thinly sliced red onion**
- ½ cup prepared roasted garlic or Caesar dressing**

In a large salad bowl, place lettuce, mushrooms, turkey, cheese, tomato and red onion. Add dressing; toss well.

YIELD: 4 one-cup portions