

# Fabulous Foods

## Salads Make Summertime Meals Sensational!

(NAPSA)—Whether it's a holiday party, a weekend barbecue or a weeknight meal, full-flavored salads can improve a so-so dinner or become a savory main course in itself.

From potato to tuna to mixed greens, it just takes a little extra something to make the salad tease the tastebuds.

Pickles, pickled peppers and sauerkraut are a quick, inexpensive and convenient way to add flavor to salad recipes—and they have no fat, few calories, and few or no carbohydrates.

Here are two recipes to help punch up your summer meals:

### Auntie M's Deviled Egg Salad Nancy Hale, Fresno, CA (Low-Carb)

- 10 hard-boiled eggs, chopped
- $\frac{3}{4}$  cup mayonnaise
- $\frac{1}{3}$  cup sweet pickle relish
- 1 tsp. mustard
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{4}$  tsp. black pepper

Mix all ingredients thoroughly and chill. Serve on lettuce, or with crackers.

### German Pickled Potato Salad

- 1 $\frac{1}{2}$  pounds red potatoes, cut into 1-inch chunks
- 1 package (8 ounces) sliced bacon, diced
- 1 cup sliced kosher dill pickles ( $\frac{1}{2}$ -inch slices)
- 2 large scallions, sliced
- $\frac{1}{4}$  cup cider vinegar



Adding a little something extra to salad can tease the tastebuds. Try pickles.

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- 1 teaspoon sugar
  - $\frac{1}{2}$  teaspoon salt
  - $\frac{1}{4}$  teaspoon pepper

In 2-quart saucepan, cover potatoes with water. Bring to a boil over high heat. Reduce heat to low; cover and simmer 15 minutes or until potatoes are just tender. Drain and set potatoes aside.

Meanwhile, in 12-inch skillet, over medium-high heat, cook bacon until crisp, stirring occasionally. Remove bacon to paper towels to drain.

Discard all but 1 tablespoon drippings from skillet; over medium heat, add potatoes, pickles, scallions, vinegar, sugar, salt and pepper. Cook 3 to 5 minutes or until potatoes are lightly browned and mixture is heated through, stirring frequently. Add drained bacon and blend well. Serves 6