

ELLY'S INDIAN SPINACH RECIPE

(Rinse Before Using)

1/4 cup white wine vinegar	1 tsp. dry mustard
1/4 cup salad oil	2 tbs. sliced green onion
2 tbs. chutney, chopped	8 cups (10 oz.) fresh spinach torn into bite size pieces
2 tsp. sugar	1 1/2 cups chopped, unpeeled apples
1/2 tsp. salt	1/2 cup raisins
1 1/2 tsp. curry powder	

COOKING INSTRUCTIONS: In closed top jar, combine vinegar, oil, chutney, sugar, salt, curry powder and mustard. Cover and chill. Place torn spinach in large salad bowl, top with apples, raisins, peanuts and green onion. Shake dressing, pour over salad and toss. Makes 6 to 8 servings.

Packed by: BAER PACKING CORP., Greencastle, PA 17225

ONION-ROASTED POTATOES

1 envelope Lipton Recipe Secrets Onion or Onion-Mushroom Recipe Soup Mix
2 pounds all-purpose potatoes, cut into large chunks
1/2 cup olive or vegetable oil

Preheat oven to 450°

In large plastic bag or bowl, add all ingredients. Close bag and shake, or toss in bowl, until potatoes are evenly coated. Empty potatoes into shallow baking or roasting pan; discard bag. Bake, stirring occasionally, 40 minutes or until potatoes are tender and golden brown. Garnish, if desired, with chopped fresh parsley. Makes 8 servings.

PEPPER SALAD

Add some color! Use half of both a red and a yellow sweet pepper—

- 1 medium sweet pepper, sliced into rings
- 1/2 of a small red onion, sliced and separated into rings
- 1 cup bean sprouts
- 1 2 1/4-ounce can sliced pitted ripe olives, drained
- 1 medium plum tomato, cut into thin wedges
- Lettuce leaves
- 1/4 cup dairy sour cream
- 2 tablespoons green goddess or creamy buttermilk salad dressing
- 1 tablespoon snipped fresh basil or 1 teaspoon dried basil, crushed

For salad, on a platter arrange pepper, onion, sprouts, olives, and tomato atop lettuce. For dressing, combine sour cream, salad dressing, and basil. Cover each; chill till serving time. Pass dressing with salad. Makes 6 servings.

PLAIN AND SIMPLE

Out of the Woods and Into the Risotto

By MARIAN BURROS

I AM partial to risotto. Not just because it is a comfort food for me but because, contrary to what you may have heard, it is so easy and so quick to prepare. It does not have to be stirred every minute for 20 minutes, though it must be watched carefully and stirred often.

Rice, like pasta, is a tabula rasa, taking on the flavors of what is added. Because it is spring and asparagus spears are at their peak, crisp, uniform and reasonably priced, they are the choice for this risotto recipe. Dried mushrooms are also included, for their intensity of flavor. Porcini are perfect with asparagus, but just about any other dried mushroom will give the nice woody flavor.

For contrast, a simple mesclun salad with a honey mustard dressing provides the right sweet-acidic bite.

Risotto With Asparagus And Porcini

4 to 5 cups no-salt-added chicken stock
1/2 ounce dried porcini or other dried

dried mushrooms
2 ounces, or 1/2 cup, chopped onion
1 tablespoon olive oil
1 cup arborio rice
1/2 cup dry white wine
1 pound asparagus
2 ounces Parmigiano Reggiano (1/2 cup grated)
1/8 teaspoon salt
Freshly ground black pepper to taste.

1. Heat stock to a simmer.
2. Add the dried mushrooms to the stock to reconstitute.
3. Chop onion, and sauté in hot oil in a deep pot until the onion takes on a little color.
4. Add the rice to the onion, and stir well to coat.

5. Add wine to the rice, stir, and let wine cook away, about 2 minutes.

6. Clean the asparagus, removing stems by breaking at point where woody part meets tender part. Cut spears just below tips and cut the rest of the stems into 1/2-inch pieces.

7. Add about a cup of simmering stock to rice, and cook over medium-high heat, stirring very often, until liquid has been absorbed. (Leave mushrooms in pot to continue soaking.) Continue adding stock as it is absorbed into the rice, while stirring very often.

8. Grate cheese.

9. Five minutes before rice is ready, stir in asparagus and mushrooms that have been soaking.

10. When rice is tender and there is still enough stock left in the rice to make it slightly runny, add the cheese; stir well; season with salt and pepper, and serve.

Approximate nutritional analysis per serving: 650 calories, 17 grams fat, 22 milligrams cholesterol, 494 milligrams sodium, 28 grams protein, 98 grams carbohydrate.

Yield: 2 servings.

Mesclun And Tart-Sweet Dressing

1 teaspoon olive oil
2 teaspoons balsamic vinegar
1 teaspoon honey mustard
3 ounces mesclun or other baby salad greens.

1. Whisk oil, vinegar and mustard in a serving bowl.

2. Wash, dry and add mesclun to dressing, and mix well.

Yield: 2 servings.

Approximate nutritional analysis per serving: 36 calories, 2 grams fat, 0 milligrams cholesterol, 35 milligrams sodium, 1 gram protein, 3 grams carbohydrate.