

Salad Days

Make Your Salads Sing

(NAPS)—Here's good news about health: According to the U.S. Department of Agriculture (USDA), Americans' increased health consciousness is leading to an abiding salad craze.

More good news: You can now make stunning salads an everyday occurrence with helpful, popular fruit-and-nut blend toppings.

Here are a few more facts about salads you may find suit your taste:

- The word "salad" is based on *sal*, Latin for salt. In ancient times, salt was often an ingredient in the dressing, according to foodtimeline.org.

- Today, "salads are erasing boundaries. Liberated from a single menu category, they slip into appetizers and entrées, side dishes and starters," says Restaurant and Institutions magazine. "That fifties icon, a wedge of lettuce with French dressing, has evolved into a plate of designer greens with cheese from local producers, a bowl of leafy arrivals brimming with Asian accents and vegetable and starch combinations that trace their origins to South America."

- You can liven up your salads with a blend of great taste and the convenience of prepared foods by using Culinary Touch™ Salad Toppings from Fisher® Nuts. They



Nuts and fruit added as a topping to a sumptuous spinach salad, can help many people turn over a new leaf when it comes to healthier eating.

come in 5-6 ounce, stand-up, resealable bags, and there's even a salad recipe on the back of every package.

According to Fisher research, close to half of all consumers already use nuts as an ingredient in cooking and more than half use them in baking. More than half of those "nutty" consumers use the brand in cooking and a whopping 64 percent use it in baking.

One reason may be that the nuts meet the needs and wants of today's busy consumers—people who want taste, nutrition and enjoyment and want it now.

To help consumers eat more salad, each bag of toppings features a salad recipe that can be enjoyed any time of day, although cereal may still be the king of breakfast.

Here's one recipe:

Spinach Fruit Salad Salad:

- 1 lb. fresh spinach, washed and drained
- ½ cup celery, chopped
- 1 pint strawberries, sliced in half
- 1 kiwi fruit, peeled and sliced
- ½ cup seedless red or purple grapes, sliced in half
- 1 cup mandarin oranges (or 1 can mandarin oranges, drained)
- 1 cup Fisher Culinary Touch Almond Cranberry Blend

Dressing:

- ⅓ cup white wine vinegar
- ¾ cup sugar (less if desired)
- 1 teaspoon dry mustard
- ½ teaspoon salt
- 1½ tablespoons minced green onions
- 1 cup vegetable oil
- 1 teaspoon poppy seeds

Wash fresh vegetables and fruit before slicing/dicing. Spinach should be washed and drained well. Combine fruit/vegetable ingredients. Add Almond Cranberry Blend and dressing just before serving.

Yield: approximately 5 cups

Learn More

For more information and recipes, visit www.fishernuts.com or call (800) 323-NUTS (6887).

Food Ideas

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