SALADS in a SNAP

WITH BIRDS EYE® Farm Fresh Mixtures
Here are eight recipes for some of the easiest and freshest tasting salads around. Full of crispy vegetables, they’re quick to make. In fact, they’re as easy to prepare as opening a bag—a bag of any one of the Birds Eye Farm Fresh Mixtures. All you do is thaw these vegetable mixtures under cold running water. No cooking is needed! And they will be as crispy and delicious as vegetables picked right from the garden.

Besides not needing any cooking, Birds Eye Farm Fresh Mixtures give you a headstart on salad making in other ways, too. We’ve blended all the right combinations of vegetables—like broccoli, baby carrots and water chestnuts or broccoli, French green beans, cauliflower and carrots. These unique combinations, found only in our Farm Fresh Mixtures, are chosen to compliment each other and any salad you make.

Birds Eye Farm Fresh Mixtures are just the highest quality vegetables—that’s all, nothing else—picked at their peak of freshness. So when you want a salad, you can make it almost instantly. We’ve already trimmed and cut the vegetables so they’re ready to use. Just pour out what you need from the bag, combine with a few other ingredients and you’ve got a salad in a snap.
**ANTIPASTO SALAD**

1 package (16 oz.) Birds Eye Farm Fresh broccoli, green beans, pearl onions and red peppers
2 ounces salami, cut in julienne strips (1/2 cup)
4 ounces provolone cheese, cut in julienne strips (1 cup)
1/2 cup prepared Good Seasons Italian salad dressing

Place vegetables in strainer and hold under cold running water until completely thawed; drain. Combine vegetables, salami, cheese and salad dressing; toss lightly. Chill until ready to serve. Makes 4 cups or 4 servings.

**CHICKEN SALAD VERONIQUE**

1 package Good Seasons old fashion French salad dressing mix
2 tablespoons orange juice
2 cups (1/2 package) Birds Eye Farm Fresh French green beans, cauliflower and carrots
1-3/4 (8 oz.) cooked chicken or turkey, cut into julienne strips
1/2 cup seedless green grapes, halved
2 tablespoons sliced almonds

Prepare dressing according to package directions, substituting orange juice for water. Place vegetables in strainer and hold under cold running water until completely thawed; drain. Toss vegetables, chicken, grapes and 1/2 cup of the dressing. Chill until ready to serve. To serve, arrange on salad greens and sprinkle with almonds. Makes 4 cups or 4 servings.

**VEGETABLE TWIST SALAD**

1 cup pasta twists
1 package (16 oz.) Birds Eye Farm Fresh broccoli, baby carrots and water chestnuts
1/3 cup grated Parmesan cheese
1/2 cup prepared Good Seasons classic herb salad dressing

Cook pasta as directed on package; rinse with cold water and drain well. Place vegetables in strainer and hold under cold running water until completely thawed; drain. Combine vegetables, pasta, cheese and salad dressing; toss lightly. Chill until ready to serve. Makes 4-1/2 cups or 5 servings.
VEGETABLE SALAD NICOISE

2 cups (1/2 package) Birds Eye Farm Fresh French green beans, cauliflower and carrots
1-1/4 cups cubed cooked potatoes
1 can (3-1/2 oz.) tuna, drained and flaked
1/2 cup prepared Good Seasons mild Italian salad dressing
2 endives
2 hard-cooked eggs, cut in wedges
6 pitted ripe olives

Place vegetables in a strainer and hold under cold running water until completely thawed; drain. Toss vegetables with potatoes, tuna and 1/4 cup of the salad dressing. Chill until ready to serve. Just before serving, arrange endive leaves on a plate, with points facing out to edge. Spoon salad onto endive. Garnish with egg wedges and olives. Serve with remaining dressing. Makes about 3-1/2 cups or 3 servings.

VEGETABLE-CHEESE SALAD

1 tablespoon vinegar
1/4 teaspoon crushed tarragon
1/4 teaspoon salt
1 tablespoon oil
2 cups (1/2 package) Birds Eye Farm Fresh brussels sprouts, cauliflower and carrots
5 ounces Swiss or Monterey Jack cheese, cut into 1-inch sticks
Spinach leaves
2 tablespoons (1 slice) crumbled cooked bacon

Mix vinegar, tarragon and salt in a small bowl. Whisk in oil until well blended. Place vegetables in a strainer and hold under cold running water until completely thawed; drain. Toss with tarragon dressing and cheese. Chill until ready to serve. Just before serving, spoon onto a bed of spinach leaves and sprinkle with bacon. Makes 3 cups or 3 servings.
**TACO BEEF SALAD**

2 cups (1/2 package) Birds Eye Farm Fresh broccoli, corn and red peppers  
1/2 pound cooked beef, cut into julienne strips  
1/4 cup barbecue sauce, original flavor  
1/2 teaspoon chili powder  
2 cups shredded lettuce  
1/2 cup shredded sharp cheddar cheese  
1/2 cup sour cream  
Tortilla or taco chips

Place vegetables in strainer and hold under cold running water until completely thawed; drain. Combine vegetables, beef strips, barbecue sauce and chili powder. Chill until ready to serve, at least 1 hour. To serve, arrange shredded lettuce on 4 individual salad plates. Add vegetable/beef mixture. Sprinkle with cheese and top with sour cream. Serve with chips. Makes about 5 cups or 4 servings.

**ORIENTAL VEGETABLE SALAD**

1 cup egg noodles  
1 package (16 oz.) Birds Eye Farm Fresh broccoli, baby carrots and water chestnuts  
1/2 cup sliced scallions  
1 tablespoon soy sauce  
1/2 cup prepared Good Seasons mild Italian salad dressing

Cook noodles according to package directions; rinse with cold water and drain well. Place vegetables in strainer and hold under cold running water until completely thawed; drain. Combine vegetables, pasta, scallions, soy sauce and salad dressing; toss lightly. Chill until ready to serve. Makes about 4-1/2 cups or 5 servings.

**MARINATED VEGETABLE SALAD**

1 package (16 oz.) Birds Eye Farm Fresh broccoli, cauliflower and carrots  
1/4 cup diced celery  
1/4 cup crumbled bleu cheese  
1/2 cup prepared Good Seasons classic herb salad dressing

Place vegetables in strainer and hold under cold running water until completely thawed; drain. Combine vegetables, celery, bleu cheese and salad dressing; toss lightly. Chill until ready to serve. Makes 4 cups or 4 servings.
COLD SALAD TIPS

• Always keep cold salads covered and refrigerated until ready to serve.

• Take salads along on barbecues, picnics and other outings, but make sure they are kept properly cold in an insulated container, packed with plenty of ice.

• Not using a whole package of Birds Eye Farm Fresh Mixtures? That's okay. Just pour out what's needed, then twist top of bag and tie with handy new twist tie that's part of the package.

• Use your favorite combination of Farm Fresh mixtures in any of these salads. Use what's on hand or the combination your family prefers. All the Farm Fresh Mixtures taste delicious in all of the salads.

Enjoy lots of salads with these Farm Fresh Mixtures:

BIRDS EYE Farm Fresh Broccoli, Baby Carrots & Water Chestnuts

BIRDS EYE Farm Fresh Broccoli, Cauliflower & Carrots

BIRDS EYE Farm Fresh Broccoli, Green Beans, Pearl Onions & Red Peppers

BIRDS EYE Farm Fresh Broccoli, Corn & Red Peppers

BIRDS EYE Farm Fresh French green beans, Cauliflower & Carrots

BIRDS EYE Farm Fresh Brussels Sprouts, Cauliflower & Carrots

BIRDS EYE Farm Fresh Cauliflower, Green Beans & Corn

BIRDS EYE and GOOD SEASONS are registered trademarks of General Foods Corporation.