



Perfect Salads

I often think food tastes better when someone else prepares it. That could often depend on the person who is cooking! We plan meals, grocery shop, and cook. By the time mealtime arrives, you have dealt with it long enough.

A really tasty green salad is one of my favorite meals or accompaniments. I am often asked to bring a salad to gatherings of friends and family. My immediate family is perfectly happy with just lettuce and tomatoes. I, on the other hand, like to put everything but the kitchen sink in mine.

Restaurant-made salads are always so pretty and

tasty. I can never seem to make mine taste the same as when I dine out. Recently, I read an article about why restaurant salads are always so much better than when we make them at home.

*Restaurants always use the really good fresh ingredients.

*Restaurants use a large bowl for tossing. The metal bowl should be twice the size of the ingredients.

*Restaurants make their own dressings.

*Restaurants always salt the individual layers of ingredients before tossing.

*Restaurants wash tender ingredients, such as lettuce, just before serving. The cold

water keeps it nice and crisp.

*Restaurants understand balance. They balance the flavors and textures with a mix of ingredients. Proteins, grains, vegetables, fruits, herbs and the dressing should be considered when preparing your salad.

*Restaurants are sure to include something crisp like cucumber, something soft like goat cheese, something fatty like avocado, as well as all kinds of flavors – sweet, savory, sour, and even bitter.

These restaurant salad tips have been a big help to me as summer arrives and the possibilities for fresh salad ingredients are more abundant. I hope they will be a help to you as well. Thanks for reading.

MARINATED CHERRY TOMATO SALAD

(This is one of my favorite salads. The tomato mixture makes a terrific dressing. It is great for a crown. The original recipes called for the marinade to be poured over lettuce wedges. I pour it over a variety of salad greens.)

- 1 pint red cherry tomatoes
- 1 pint yellow cherry tomatoes
- ½ red onion, thinly sliced
- ¼ cup olive oil
- 3 Tbsp. balsamic vinegar
- 3 Tbsp. minced fresh parsley
- 1 heaping Tbsp. jarred pesto
- ¼ tsp. sugar
- 1 clove minced garlic
- Salt and Pepper to taste
- Combination of Iceberg and Romaine lettuce

Halve the tomatoes and add them to a large ZipLoc bag with the sliced red onion. Add the olive oil, balsamic, parsley, pesto, sugar, garlic and sprinkle with salt and pepper. Seal the bag, letting all the air out. Place into the fridge for several hours before serving. Put the salad greens in a large bowl and pour the tomato mixture on top; toss and serve.

HOMEMADE SALSA RANCH DRESSING

(Quick, Easy & Delicious!)

- 1 dry packet Hidden Valley Ranch dressing mix
- 1 cup milk
- 1 cup mayonnaise
- 3 Tbsp. lemon juice
- 1 (16 oz.) jar salsa (Hot or Mild according to your taste)

Prepare ranch dressing according to package; add lemon juice and salsa. Mix to combine and refrigerate for several hours or overnight. This keeps well in the fridge and is also a great dip for vegetables.

HOMEMADE BLUE CHEESE DRESSING

(I did not think I cared for blue cheese dressing. Several weeks ago, my sister-in-law ordered a wedge salad with this dressing. I tasted a bite and it was delicious.)

- 1 cup mayonnaise
- 1 cup sour cream
- ½ cup buttermilk
- ½ tsp. white pepper
- 2 Tbsp. grated onion
- 4 dashes Tabasco
- 1 Tbsp. lemon juice
- 1 tsp. Worcestershire sauce
- ½ tsp. salt

Rotary Presidential Transition



Ellis Harris, current president of the Rotary Club 2021-2022, passes on the gavel to Rev. Jack Wooten, president for 2022-2023 beginning in July.

- 1 dash Cayenne pepper
- 1 tsp. minced garlic
- 2 tsp. sugar
- 6 ounces crumbled blue cheese
- Combine mayonnaise, sour cream and buttermilk; mixing well. Add all other ingredients and mix thoroughly. Must refrigerate for at least 24 hours before serving.

HOMEMADE BALSAMIC VINAIGRETTE

(I love the flavor of balsamic. This is delicious.)

- 2 Tbsp. balsamic vinegar
- 1 Tbsp. red wine vinegar

- 1 Tbsp. Dijon mustard
- 1 tsp. light brown sugar
- 1 garlic clove, minced
- ½ tsp. salt
- ¼ tsp. pepper
- ½ cup olive oil
- Mix all ingredients, except the olive oil. Slowly add olive oil to mixture and whisk until combined. Refrigerate before using.

*Lee Ann Fleming is a Holmes County native, food columnist and has garnered fame for her recipes featured in the film, *The Help*. Fleming can be reached at lafkitchen@hughes.net.

Alcorn State Alumni Chapter Announces 2022 Scholarship Recipients



L-r: Curaya Washington, Jimmie Simpson (ASU Holmes County Alumni Chapter presenter), and Artavion Young.

On Wednesday, May 18, 2022, during the annual Baccalaureate Services, the Alcorn State University Alumni Chapter of Holmes County presented its annual 2022 Scholarship. The local ASU Alumni Chapter presented two Holmes County Central High School graduating seniors who plan to attend Alcorn State University with a \$1,000 scholarship each. The 2022 scholarship recipients were Ms. Curaya Washington and Mr. Artavion Young. Artavion graduated Holmes County Central High with a 3.4 GPA. While at Central High, Artavion was a member of the Health Occupational Student As-

sociation (HOSA). He plans to major in Marketing at Alcorn and utilize his degree to become a Digital Marketing Manager. Artavion stated that he chose Alcorn because of the family-oriented environment the beautiful campus offered. He further stated that he knows that he will be more than just a number at his dream school. Artavion was not shy about sharing that Alcorn State was his dream school and that he fell in love with the BRAVE NATION at a very young age. When asked what does he look forward to most at Alcorn, he simply stated "Graduating With Honors" as an ASU BRAVE.

Curaya also graduated as an Honor student from Holmes County Central High School. While at Central High Curaya was an active member of the Jaguar Cheer Squad and a CTE Healthcare Clinical Service Completer. During Curaya's Senior year she participated in the Career Center's Work Based Learning Program, where she interned at Mallory Pediatric Clinic. Curaya is following in her mother's footsteps by attending Alcorn State. Curaya will continue to pursue her desire of becoming one of Mississippi's Leading Medical Professionals in the field of Psychology upon graduating ASU.

Thank You
Rachel Dixon
You are My Hero

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