DAWN RECIPES

BANANA SPLIT SALAD

Lettuce leaves
4 bananas
2 cups (1 pound) cottage cheese
1 nectarine or peach, sliced
1 cup sliced strawberries

Line 4 banana split dishes with lettuce leaves. Cut bananas in half lengthwise and place 2 halves in each dish. Place 1 scoop (½ cup) cottage cheese in center of each split banana; arrange sliced nectarine and strawberries around cottage cheese.

YIELD: 4 servings.

Variations:

Yogurt Banana Split Salad — Top banana with sliced peaches, blueberries, and diced pineapple. Spoon ½ cup vanilla or fruit yogurt over fruit and sprinkle with sunflower seeds.

Double-Dip Banana Split Salad — Use 3 cups cottage cheese for 4 servings. Stir diced banana into half of cottage cheese; chopped peach into remaining cottage cheese. Place 1 small scoop of each "flavor" on split banana. Sprinkle with chopped nuts, if desired, and garnish with fresh cherries.

Tuna Banana Split Salad — Substitute a mound of tuna salad for cottage cheese. Garnish with green grapes and pineapple chunks.

BANANA TEA BREAD

½ cup soft butter or margarine
1 cup sugar
1⅓ cup mashed ripe bananas (3 large or 4 medium)
1 tablespoon milk
1 teaspoon vanilla
2 cups unsifted all-purpose flour
1 teaspoon baking soda
¼ teaspoon salt
1 teaspoon instant tea powder
1 teaspoon grated lemon rind

In large bowl cream butter and sugar until light and fluffy. Beat in eggs. Combine bananas, milk and vanilla. Mix flour, baking soda, salt, instant tea and lemon rind. Blend into creamed mixture alternately with bananas. Turn into greased 9 x 5 x 3-inch loaf pan.

Bake in 350° F. oven 1 hour to 1 hour and 10 minutes or until cake tester inserted in center comes out clean. Cool 10 minutes, turn out of pan and cool completely.

YIELD: 1 loaf.

BANANA CHICKEN SALAD

3 cups cut-up cooked chicken
1 can (15¼ ounces) red kidney beans, drained
1 cup pineapple chunks or cantaloupe balls
3 bananas, sliced
Lettuce leaves

In large bowl combine chicken, kidney beans and pineapple. Peel bananas, slice and add to salad; toss with Green Chili Dressing *. Serve on lettuce.

YIELD: 6 servings.

*** Green Chili Dressing**

¼ cup lemon juice
¼ cup salad oil
1 tablespoon chopped canned green chilies
1 tablespoon chopped pimiento
2 tablespoons chopped parsley
¾ teaspoon salt
¼ teaspoon dry mustard

Mix all ingredients in small bowl; let stand 1 hour or longer for flavors to blend.