

COOK'S CORNER (continued)

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Bring out the fresh side of POTATOES

Mediterranean Sun-Kissed Savory Salad

Servings: 8. Prep time: 10 minutes. Cook time: 12 minutes.

3 pounds Yukon Gold potatoes	5 cups spinach or lettuce of choice
4 sun-dried tomatoes in oil, drained and chopped	$\frac{1}{4}$ cup olive oil
$\frac{1}{4}$ cup crumbled feta cheese	2 tablespoons balsamic vinegar
1 teaspoon of salt, pepper to taste	

1. Place potatoes in a saucepan. Cover with water to 2 inches above potatoes; bring to boil.
2. Reduce heat and simmer 20 minutes or until tender. Drain.
3. Cut potatoes into quarters. Place potatoes in a large bowl.
4. Add Feta cheese, sun-dried tomatoes and spinach-lettuce.
5. Combine balsamic vinegar, olive oil, and salt and pepper: mix well and add to salad mix.

Enjoy!

Red Wine: Sip it while fixing dinner or sit and savor it when the dishes are done. Fact is, we love an end-of-day glass of a wine. The best part? Whether it's a spicy Cab or full-bodied Merlot, red wine is chockfull of polyphenols, antioxidants thought to protect against heart disease and cancer. Keep it to just one glass and think juice size, not goblet: Experts advise drinking no more than 5 ounces a day.

A mother is the only person on earth
Who can divide her love among ten children
And each child still has all her love.

Submitted by Michalina Daiuto, # 270

Where did the term "Big Wig" come from?

As incredible as it sounds, men and women took baths only twice a year, in May and October. Women kept their hair covered, while men shaved their heads because of lice and bugs, so they wore wigs. Wealthy men could afford good wigs made from wool. These wigs could not be washed, so to clean them they would carve out a loaf of bread, put the wig in the shell, and bake it for 30 minutes. The heat would make the wig big and fluffy, hence the expression "Big wig"

Submitted by Roxie Parker, #266