

Cook macaroni in large saucepan as directed on package, omitting salt and adding green bean to the boiling water for the last 2 min.; drain. Rinse with cold water; drain again.

Place macaroni mixture in large bowl. Add remaining beans, peppers and onion; mix lightly.

Mix remaining ingredients until blended. Add to salad; toss to coat.

Substitute: Substitute 1 can (15 oz.) chickpeas (garbanzo beans) for the great Northern beans.

Special Extra: Stir 1 tsp. lemon zest into mayo mixture before tossing with salad.

Nutrition bonus: The peppers in this low sodium side salad provide vitamin C. Serves 16, 1/2 cup each.

INDOOR TIPS

KITCHEN

- #1 There are a number of ways to save water, and they all start with you.
- #2 When washing dishes by hand, don't let the water run. Fill one basin with wash water and the other with rinse water.
- #3 Dishwashers typically use less water than washing dishes by hand. Now, Energy Star dishwashers save even more water and energy.
- #4 If your dishwasher is new, cut back on rinsing. Newer models clean more thoroughly than older ones.
- #5 Designate one glass for your drinking water each day, or refill a water bottle. This will cut down on the number of glasses to wash.
- #6 Soak pots and pans instead of letting the water run while you scrape them clean.
- #7 Use the garbage disposal sparingly. Instead, compost vegetable food waste and save gallons every time.
- #8 Wash your fruits and vegetables in a pan of water instead of running water from the tap.
- #9 Don't use running water to thaw food. For water efficiency and food safety, defrost food in the refrigerator.
- #10 Install an instant water heater near your kitchen sink so you don't have to run the water while it heats up. This also reduces energy costs.
- #11 Keep a pitcher of drinking water in the refrigerator instead of running the tap. This way, every drop goes down you and not the drain.
- #12 Reuse leftover water from cooked or steamed foods to start a nutritious soup, it's one more way to get eight glasses of water a day.
- #13 Cook food in as little water as possible. This also helps it retain more nutrients.
- #14 Select the proper pan size for cooking. Large pans may require more cooking water than necessary.
- #15 If you accidentally drop ice cubes, don't throw them in the sink. Drop them in a house plant instead.
- #16 Collect the water you use while rinsing fruit and vegetables. Use it to water house plants.
- #17 When shopping for a new dishwasher, use the Consortium for Energy Efficiency website to compare water use between models.

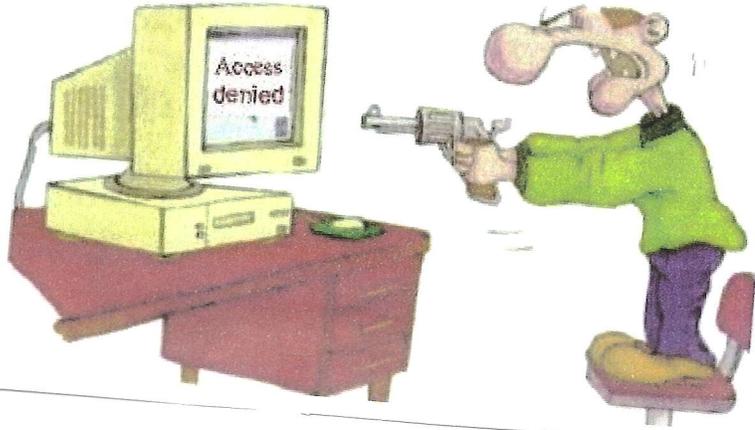
LAUNDRY ROOM

- #18 When doing laundry, match the water level to the size of the load.
- #19 Washing dark clothes in cold water saves water and energy, and helps your clothes retain their color.
- #20 When shopping for a new washing machine, compare resource savings among Energy Star models. Some can save up to 20 gallons of water per load.
- #21 Have a plumber re-route your greywater to trees and plants rather than the sewer line. Check with your city and county for codes.
- #22 When buying a washer, check the Consortium for Energy Efficiency website to compare water use between models.



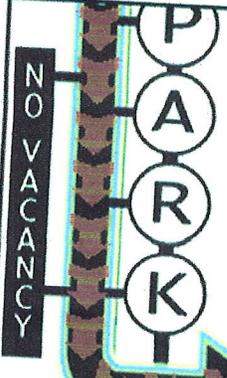
"I'm sorry dinner took so long.
Your pork chop got stuck in the toaster."

O.k., and now you'll do
exactly what I'm telling you!



Crabby Road

7-15-06

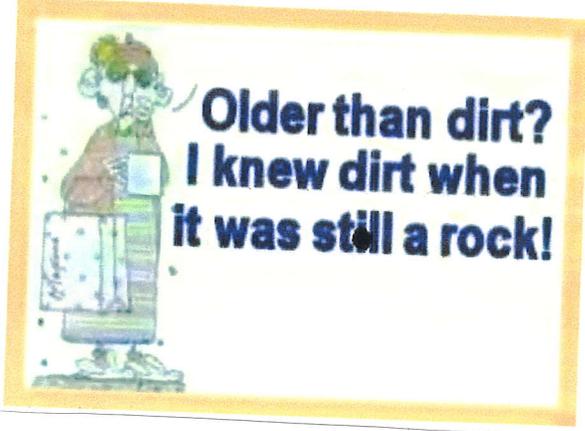


Pitching a tent
is no problem.
I pitched mine
in the trash
and
booked a hotel.



J. Wagner
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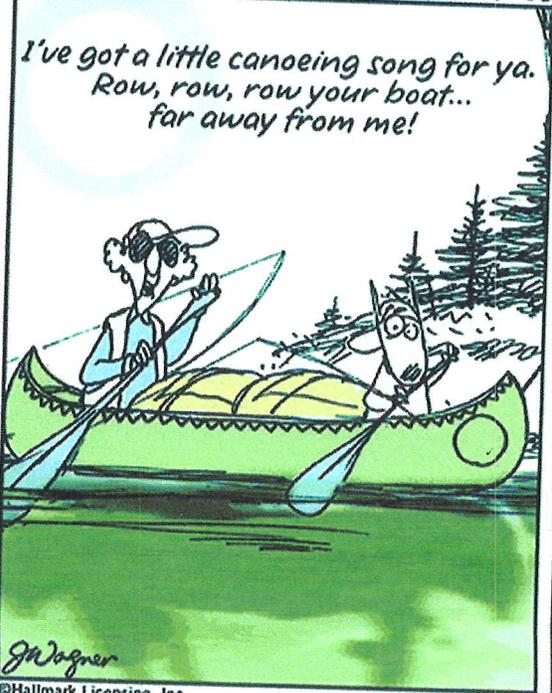
Maxine.com



Older than dirt?
I knew dirt when
it was still a rock!

Crabby Road

7-14-06 Crabby Road

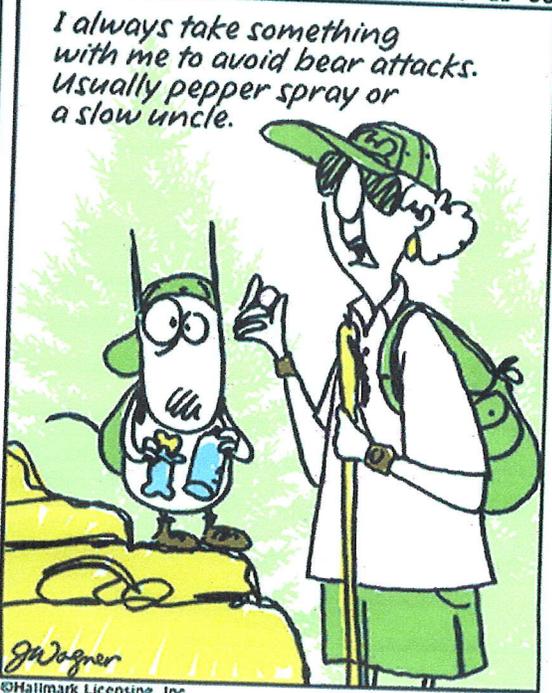


I've got a little canoeing song for ya.
Row, row, row your boat...
far away from me!

J. Wagner
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7-11-06



I always take something
with me to avoid bear attacks.
Usually pepper spray or
a slow uncle.

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