David Cassidy, who plays Keith in ABC's Partridge Family and plays himself in one of the hottest groups to hit the song scene in recent years, has been singing since he was three years old. David's real life and stage life have always been intertwined — he is the stage son of Shirley Jones as Connie Partridge in the TV series, and he is the real stepson of Shirley Jones off the set. Strangely enough, David and Shirley were cast separately for the show before the producers realized that they were related. Singing isn't the versatile David's only talent. He's been a leading actor with guest-star roles on shows like Ironside, Bonanza, and Mod Squad, and is a master on electric guitar and drums. He also alternates with Shirley on lead singing parts in the Partridge Family's hit songs. David is into health foods and eats several small meals a day rather than three big ones. One of his special vegetarian foods is a salad he often whips up in his Hollywood Hills bachelor pad in the morning and carries along to the set for lunch.

On-the-Set Salad

lettuce, two or three types
raw bean sprouts (optional)
cucumbers
radishes
raw mushrooms
spinach leaves
1 egg, chopped
shredded cabbage

Combine the ingredients, using any quantity you wish of each. You can also add carrots, tomatoes and celery if you like. Serve topped with low-calorie French or Blue cheese dressing.