

Soy Dressing

6 tablespoons olive oil
1 tablespoons soy sauce
2 teaspoons Dijon mustard
1½ tablespoons lemon juice
salt and freshly ground pepper

Whisk ingredients together until blended.

Spinach Salad Dressing

¾ cup olive oil
¼ cup red wine vinegar
¼ teaspoon pepper
¼ teaspoon dry mustard
½ teaspoon salt (optional)
1 tablespoon Worcestershire sauce
1½ teaspoon paprika
2 teaspoon sugar

Combine all ingredients and mix well.

Main Dish Salads

Salmon Niçoise

1 pound red new potatoes
salt to taste
1 pound green beans, ends trimmed
1 pint grape or cherry tomatoes or 3 red tomatoes cut into wedges
1 cup niçoise olives
1 pound salmon, smoked or cooked

For the dressing:

1 cup mayonnaise
1 bunch watercress, roughly chopped
1 bunch fresh tarragon, roughly chopped
1 bunch fresh chives, cut into 2-inch lengths
2 teaspoons freshly squeezed lemon juice, plus additional to taste
1 teaspoon Dijon-style mustard
Kosher salt and freshly ground pepper

Place the potatoes in a saucepan, add enough cold water to cover, add a pinch of salt and bring to a boil. Reduce the heat to medium-low and simmer gently until just fork-tender, 15 to 20 minutes.

Using a slotted spoon, transfer the potatoes to a colander to drain. Return the water to a boil, add the beans and cook just until bright green and slightly tender, 1 to 2 minutes. Transfer to the colander and place under cool running water to stop the cooking. Set aside with the tomatoes, olives, and salmon.

In a food processor, process the mayonnaise, watercress, tarragon, chives, lemon juice, and mustard (if using) until smooth and green, stopping to scrape down the sides as needed. Season with salt and pepper to taste and, if desired, adjust the amount of lemon juice and/or mustard.

To serve, arrange the potatoes, beans, tomatoes, olives, and salmon on each plate. Pass the dressing and plenty of pepper on the side.

Salade Niçoise

- 1 large head Boston lettuce leaves, washed and dried
- 1 pound green beans, cooked and refreshed
- 1½ tablespoons minced shallots
- ½ to ⅔ cup basic vinaigrette (preferably one with garlic and country mustard)
- salt and freshly ground pepper
- 3 or 4 ripe red tomatoes, cut into wedges
- 3 or 4 “boiling” potatoes, peeled, sliced, and cooked
- 2 3-ounce cans chunk tuna, preferably oil-packed
- 6 hard-boiled eggs, peeled and halved
- 1 freshly opened can of flat anchovy fillets
- ⅔ cup small black Niçoise-type olives
- 2 to 3 tablespoons capers
- 3 tablespoons minced fresh parsley

Arrange the lettuce leaves on a large platter or in a shallow bowl. Shortly before serving, toss the beans with the shallots, spoonfuls of vinaigrette, and salt and pepper. Baste the tomatoes with a spoonful of vinaigrette. Place the potatoes in the center of the platter and arrange a mound of beans at either end, with tomatoes and small mounds of tuna at strategic intervals. Ring the platter with halves of hard-boiled eggs, sunny side up, and curl an anchovy on top of each. Spoon more vinaigrette over all; scatter on olives, capers, and parsley, and serve. Serves 6.

Submitted in honor of Fr. James V. Johnson, Jr.

Cranberry, Feta, and Toasted Walnut Salad

- 1 bag (10 ounces) mixed salad greens
- 1 cup dried cranberries
- 6 ounces roasted chicken breast meat, cut in pieces
- 4 ounces crumbled feta cheese
- ½ cup walnut pieces, toasted

Toss greens with cranberries, chicken, cheese, and walnuts in a large salad bowl. Toss with tomato vinaigrette. (See recipe on page 31.) Serves 4.

Any salad—even the simplest garden salad—will taste better with a freshly made salad dressing. And the easiest dressing to make is the vinaigrette. At its simplest, it’s just oil, vinegar, and some fines herbes. And it’s healthier than any bottled dressing you could buy at the grocery store.

Basic Vinaigrette Dressing

- 1 teaspoon kosher salt
- ½ teaspoon freshly ground pepper
- 2 tablespoons wine vinegar
- 8 tablespoons olive oil
- 1 tablespoon chopped herbs, such as tarragon, chives, parsley, or basil (optional)

Whisk ingredients together until blended. Taste, adjust seasoning. Lemon juice may be substituted for the wine vinegar. For a “balsamic vinaigrette”, simply use balsamic vinegar instead of ordinary wine vinegar.

Tomato Vinaigrette Dressing

- ½ cup chopped tomatoes
- 2 tablespoons white wine vinegar
- ½ teaspoon dried basil
- ½ teaspoon dried thyme
- ½ teaspoon ground mustard

In a blender or small food processor, blend or process the tomatoes, vinegar, basil, thyme, and mustard on medium to high speed, about 25 seconds or until well combined. To store, transfer to a jar with a tight-fitting cover and refrigerate for up to 2 days. Shake well before serving.

Homemade mayonnaise

- 1 whole egg and 2 egg yolks
- 1 teaspoon (coarse) kosher salt
- 1/2 teaspoon Dijon Mustard
- 1 1/2 cups olive oil
- 1 tablespoon lemon juice

Place yolks, salt lemon juice and mustard in the bowl of a food-processor and turn on the processor to blend. With the motor running add the olive oil in a thin stream through the feed tube.

Mustard mayonnaise

Add 1 tablespoon Dijon mustard to each cup of mayonnaise.

Anchovy Mayonnaise

Mix the following into the mayonnaise:

- 12 chopped anchovy fillets
- 2 cloves garlic finely chopped
- 1/4 cup chopped parsley
- 1/4 cup chopped basil
- 1 tablespoon chopped capers
- 1 tablespoon Dijon mustard

Remoulade Sauce

Mix the following into 1 1/2 cups mayonnaise:

- one finely chopped hard boiled egg
- 2 T finely chopped capers
- 1 T parsley finely chopped
- 1 teaspoon lemon juice
- salt and pepper to taste.

Louis Dressing

Mix the following into 1 cup of mayonnaise:

- 1/3 cup chili sauce
- 1 tablespoon grated onion
- a dash of Tabasco sauce
- 1/3 cup whipped cream

Baltimore Crab Salad

- 1 1/2 cup backfin lump crab
- 1 cup finely chopped celery
- 2 tablespoons grated onion
- mayonnaise
- salad greens
- cherry tomatoes
- hard-boiled eggs, sliced

Toss the crab, celery, and onions together. Blend in enough mayonnaise for a light coating. Place on greens. Garnish with tomatoes and sliced eggs.

Alternatively you may dress the salad with the following:

- 6 tablespoons vinegar
- 2 tablespoons light olive oil
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons finely chopped parsley.

Caesar Salad

- 2 medium heads of romaine lettuce, outer leaves removed
- 1/3 cup Parmesan cheese, grated

For the croutons:

- 2 large garlic cloves, crushed
- pinch of salt
- 3 tablespoons virgin olive oil
- 2 cups French baguette slices cut up into 1/2 inch cubes

To prepare the croutons, combine garlic, oil, salt, and bread cubes in a bowl. Mix until cubes are coated evenly. Spread the coated cubes onto a baking sheet and bake until the croutons are golden (about 10 minutes).

Tear lettuce into 1 1/2 inch pieces. Wash and drain the lettuce, pat it dry and refrigerate for 30 minutes to crisp the leaves. In a large bowl, toss lettuce, croutons, and cheese with Caesar dressing to coat. (See recipe on page 27.)

Spicy Black Bean, Corn, and Chicken Salad

- 1 15¹/₂-ounce can no-salt-added corn, drained (about 1¹/₂ cups)
- 1 can (1-pound, 13-ounces) black beans, rinsed and drained (about 3 cups)
- 4 scallions, ends and tough green tops trimmed, thinly sliced (about ¹/₂ cup)
- 1 red, yellow, or orange bell pepper, cored, seeded and diced (about 1 cup)
- ³/₄ pound cooked white-meat chicken, cut into bite-size pieces (about 3 cups)
- juice of 2 limes (about 3 tablespoons)
- ¹/₄ cup olive oil
- 1 teaspoon ground cumin, or more to taste
- salt and ground black pepper to taste
- baked tortilla chips (optional)
- 1 avocado, peeled and diced (optional)

In a large bowl, combine the corn, black beans, scallions, bell pepper, chicken, lime juice, olive oil, and cumin, salt, and pepper to taste, stirring well. Cover and refrigerate for 30 minutes or up to 1 day ahead. (The longer the salad sets, the better the flavors will meld.) Before serving, stir to redistribute the dressing. Serve with baked tortilla chips and diced avocado, if desired. Serves 8.

Taco Salad

- 1 head lettuce
- 1 bag tortilla or taco chips
- 4 to 6 tomatoes
- ¹/₂ pound ground beef or ground turkey
- 1 onion
- 1 can chili beans
- 4 ounces cheddar cheese, shredded
- 1 package taco seasoning
- 1 bottle Thousand Island dressing

Blend all ingredients together, except oils. Add olive and salad oils. Mix well. Blend well again before mixing with salad. (The water is optional, depending upon the degree of oiliness desired in the dressing.)

Thousand Island Dressing (I)

- 1 cup mayonnaise
- ¹/₃ cup ketchup
- ¹/₄ cup pickle relish
- 1 tablespoon chopped onion
- 1 hard cooked egg, chopped

Mix all ingredients together well. Cover and chill. Makes 2 cups.

Thousand Island Dressing (II)

- 1 cup plain yogurt
- 2 tablespoons vegetable oil
- 2 tablespoons tomato sauce
- 2 teaspoons lemon juice
- 2 teaspoons mustard powder
- 2 teaspoons sugar
- 1 teaspoon salt
- ¹/₂ teaspoon ground black pepper
- ¹/₂ cup finely chopped onion
- 1 tablespoon sweet relish
- 1 tablespoon finely chopped green olives
- 1 jalapeño, finely chopped (optional)

In a bowl combine yogurt, vegetable oil, tomato sauce, lemon juice, mustard powder, sugar, salt, and pepper. Whisk together until blended. Add onion, sweet relish, olives, and jalapeño, and whisk to combine evenly. Chill 1 hour.

Greek Salad Dressing

- 1/4 cup red wine vinegar
- 1/8 cup white wine vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon fine salt, plus more as needed
- 1/2 teaspoon fresh ground black pepper
- 1/4 teaspoon crushed red pepper or dash of cayenne, optional
- 1 small clove garlic
- 1/3 cup extra-virgin olive oil
- 1/2 cup canola oil
- 1 tablespoon chopped fresh oregano leaves or 1 teaspoon dried oregano or Italian seasoning

In a blender, combine the vinegars, mustard, salt, pepper, red pepper, and garlic, and puree. With the motor running, very slowly pour in a steady stream of olive oil to make a smooth dressing. Repeat with the canola oil.

Transfer the dressing to a glass storage container and mix in the oregano. Taste the dressing and season with salt, if necessary. The dressing will keep for 2 weeks, covered in the refrigerator.

Cobb Salad Dressing

- 1/4 cup water
- 1/4 cup red wine vinegar
- 1/4 teaspoon sugar
- 1 teaspoon freshly squeezed lemon juice
- 2 teaspoons salt
- 3/4 teaspoon freshly ground black pepper
- 3/4 teaspoon Worcestershire sauce
- 1/4 teaspoon dry English mustard
- 1 small clove garlic, finely minced
- 1/4 cup full-flavored olive oil
- 3/4 cup salad oil

Chop vegetables. Toss with cheddar cheese. Add dressing. Crush and add chips. Brown turkey with taco seasoning; add chili beans. Simmer 10 minutes. Add to cold salad. Toss and serve.

Submitted by Rhae and Molly Kelley

Fresh Spinach and Shrimp Salad

- 1 pound spinach leaves
- 1 ripe avocado, peeled and sliced
- 1 tablespoon orange juice
- 1 pound medium shrimp, cooked and cleaned
- 3 oranges, sectioned

For the Orange Dressing:

- 1/3 cup canola oil
- 2 1/2 tablespoons fresh orange juice
- 1 tablespoon sugar
- 1 tablespoon red wine vinegar
- 1/4 teaspoon grated orange peel
- 1/8 teaspoon salt
- 1/4 teaspoon dry mustard
- 1/8 teaspoon hot pepper sauce (optional)

Wash spinach thoroughly. Sprinkle diced avocado with 1 tablespoon orange juice. Combine all salad ingredients in a large bowl and toss gently with dressing just before serving.

Serve with a cheese strata or souffle for a brunch or luncheon.

Submitted by Phyllis Rice

Spinach Salad

- 1 pound leaf spinach
- 1 medium sweet onion sliced thin
- 1/3 pound bacon, cooked crisp and crumbled
- 3 hard-boiled eggs, sliced (optional)

Wash spinach, removing stems and dry thoroughly. Combine with the onions in a salad bowl. Top with bacon. Dress the salad just before serving and toss thoroughly. (Use either recipe on page 32.)

Milton Inn's "Eleanora" Salad

1 bunch watercress
1/4 pound fresh mushrooms, sliced
1 14-ounce can hearts of palm
salt and pepper to taste
1/2 head Belgian endive lettuce

For the dressing:

1 tablespoons dried tarragon
1 teaspoon Dijon mustard
1/3 cup red wine vinegar
1 egg
3/4 cup vegetable oil
juice of 1/2 lemon

To prepare dressing, place all ingredients in blender or food processor and blend until well mixed. Yields 1 cup.

Wash watercress and trim away all but leafy portion; place in a salad bowl. Add drained hearts of palm, washed Belgian endive and mushrooms. Toss to combine. Add dressing, salt and pepper, and serve. Serves 4 to 6

*Submitted by Joyce Holmes
used with the kind permission of Chef Brian Boston*

Greek Salad

8 cups salad mix
1 cup sliced cucumber
1/2 cup thinly sliced red onion
8 ounces feta cheese, coarsely crumbled
2 plum tomatoes, cored and quartered
4 ounces kalamata olives (about a heaping cup) (may use any Greek or Italian marinated olives)
8 pepperoncini, plus more to taste

Arrange ingredients in serving bowl and top with Greek salad dressing. (See recipe on page 28.)

Salad Dressings

Although many of these salad dressings are associated with specific salads, there's no reason not to use them on other salads, or even on simple mixed greens.

Caesar Salad Dressing

1 coddled egg
1 teaspoon Worcestershire sauce
3 tablespoons freshly squeezed lemon juice
1 to 2 medium cloves garlic, chopped
1 anchovy fillet, mashed (optional)
1/2 teaspoon freshly ground pepper
pinch of salt
1 teaspoon Dijon mustard
1 teaspoon capers
1/3 cup extra-virgin olive oil
2 tablespoons freshly grated Parmesan cheese

Coddling causes the yolk to become slightly thickened and warm. To coddle the egg, bring a very fresh egg to room temperature by immersing it in warm water (otherwise it might crack when coddled). Place the egg in a small bowl or mug and pour boiling water around the egg until it is covered. Let stand for exactly 1 minute. Immediately run cold water into the bowl until the egg can be easily handled; set aside.

In a bowl, mix the Worcestershire sauce, lemon juice, garlic, salt and pepper, anchovy, mustard, and capers in a bowl. Whisk in the coddled egg until the mixture is thick, approximately 1 minute (this enable the lemon juice to "cook" the eggs). Slowly drizzle in the olive oil with one hand while vigorously whisking the mixture with the other. When the dressing is well combined, whisk in the Parmesan cheese.

Note that the anchovies are not only optional, they are inauthentic. Caesar Cardini's original recipe relied solely on the Worcestershire sauce for its salty tanginess.

Ham Salad

2½ cup diced cold ham
½ cup celery, finely chopped
½ cup green onions finely chopped
¼ cup chopped pickles (sweet or mustard)
mayonnaise

Blend ham, celery, onions, and pickles with mayonnaise. For a luncheon salad, arrange on greens and garnish with eggs, olives, and tomatoes. Can be mixed with cold macaroni and more mayonnaise.

Egg Salad

1 dozen hard-cooked eggs in small cubes
2 tablespoons French's yellow mustard (more if desired)
1 tablespoon ground cumin
2 tablespoons pickle relish (optional)
Hellmann's mayonnaise
salt and pepper to taste

Combine ingredients with enough mayonnaise to achieve the proper consistency.

Submitted by Brice Richardson

Tuna Salad

1 can of tuna, drained
1 can of water chestnuts, drained and chopped
½ small onion, chopped
1 to 2 stalks of celery, chopped
½ cup carrot, shredded
½ cup mayonnaise
1 tablespoon Dijon mustard
1 teaspoon soy sauce
salt and pepper to taste

Break up tuna, combine ingredients and refrigerate to set.

Cobb Salad

½ head lettuce, about 4 cups
1 bunch watercress
1 small bunch chicory, about 2½ cups
½ head romaine, about 2½ cups
2 medium peeled tomatoes
6 strips of crisp bacon
2 breasts of boiled chicken
3 hard cooked eggs
1 avocado
½ cup crumbled Roquefort cheese
2 tablespoons chopped chives

Cut lettuce, half the watercress, chicory, and romaine in fine pieces and arrange in a large salad bowl. Cut tomatoes, bacon, chicken, eggs, and avocado in small pieces and arrange, along with the crumbled Roquefort cheese, in strips on the greens. Sprinkle finely cut chives over the Cobb salad and garnish with the remaining watercress.

Just before serving mix the salad with the Cobb salad dressing. (See recipe on page 28.)

Chef's Salad

8 cups salad greens, torn
4 ounces cooked ham, cut in slices
4 ounces cooked turkey, cut in slices
4 ounces Swiss cheese, cut in slices
2 tomatoes, cut in wedges
2 eggs, hard-boiled, sliced
croutons (optional)

Arrange ingredients on bed of greens. Traditionally served with Thousand Island dressing. (See recipes on page 29.)

Garden Tuna Salad

1 can of tuna in water, drained of liquid and flaked
1 tomato, chopped
1 medium cucumber, peeled, seeded, and chopped
1 small red bell pepper, chopped
2 celery stalks, chopped
2 tablespoons wine vinegar
4 ounces small shell pasta, freshly cooked
6 ounces or more ranch dressing
3 tablespoons fresh dill chopped or 1 tablespoon dried dill

Combine first six ingredients, then mix in pasta. Add ranch dressing and dill, combine. Season to taste with salt and pepper. Add a dash of Tabasco if desired. Serve on lettuce.

Sandwich Salads

Chicken Salad (I)

4 chicken breasts, boned, skinned, poached, and diced
 $\frac{1}{4}$ to $\frac{1}{2}$ cup tarragon vinegar (begin with $\frac{1}{4}$ cup; taste after mixing all ingredients)
1 to $1\frac{1}{2}$ cups chopped celery
 $\frac{2}{3}$ cup chopped scallions (about 1 or 2 bunches)
1 cup seedless grapes halved or small pineapple chunks (optional)
mayonnaise
salt and pepper to taste

Mix ingredients with enough mayonnaise to bind mixture together. Do not overload with mayonnaise. After mixing, taste. If you feel it needs more flavor, add a bit more tarragon vinegar. Serves 8.

Submitted by Gail Meil

Chicken Salad (II)

2 cups diced cold chicken
1 cup celery, finely chopped
mayonnaise, preferably homemade (See recipe on page 30.)

For this recipe you may use chicken breasts. Combine an onion, salt, peppercorns, a carrot broken in pieces, a stalk of celery and a few sprigs of parsley with the chicken and water to cover. Bring to a boil and reduce to medium heat. Cook 15 minutes and remove a breast to test for doneness. If done remove all the chicken, if not cook another 3 to 5 minutes. Chicken should not be overcooked. Dice chicken and combine with celery and mayonnaise.

Variations:

- Add $\frac{1}{2}$ cup chopped walnuts.
- Add 1 cup green grapes and $\frac{1}{2}$ cup blanched toasted almonds.
- Add 1 cup marinated peas.

Pretzel Salad

For the first layer:

3 tablespoons sugar
3/4 cup margarine, softened
2 1/2 cups pretzels, coarsely crushed

For the second layer:

8 ounces cream cheese, softened
1 cup granulated sugar
1 small container Cool Whip

For the third layer:

6 ounces raspberry Jell-O dissolved in 2 cups boiling water
20 ounces frozen raspberries

Prepare three layers in a 9" x 13" pan.

For the bottom layer, cream together sugar and margarine. Add crushed pretzels and press into pan. Bake at 350° F for ten minutes. Cool.

For the middle layer, cream together the cream cheese, sugar, and Cool Whip. Spread over bottom layer.

For the top layer, add boiling water to Jell-O and mix thoroughly. Add frozen fruit and mix until fruit thaws and Jell-O is somewhat set. Spoon over middle layer and refrigerate until firmly set. Cut and serve on lettuce.

Note: May use strawberry Jell-O and frozen strawberries.

The raspberry version is good enough to serve as dessert. The contrast between textures, saltiness and sweet flavors is delightful.

Submitted by Joyce Holmes

Pasta/Grain Salads

Pasta Salad Supreme

1 pound pasta
1/2 cup parmesan cheese
1/2 pound sliced pepperoni

1 green pepper, sliced
1 pound broccoli
1 small can black olives
1/2 cup shredded carrots
1 pint cherry tomatoes, chopped
1 red onion, sliced

Marinate the vegetables in the following dressing:

1/2 cup vinegar
1 teaspoon salt
1/4 cup oil
1 teaspoon dill weed
1 teaspoon parsley
1 teaspoon basil
1 teaspoon oregano
1/2 teaspoon pepper
2 cloves garlic, chopped or minced

Cook pasta to the desired tenderness. Add to vegetables and dressing. Add parmesan cheese and sliced pepperoni.

Submitted by Rhae and Molly Kelley

David's Salad

1 1-pound package tortellini
1 container sun-dried tomatoes in oil (drained)
1 can marinated artichokes, cut up
1/4 cup olive oil
2 tablespoons oil from tomatoes
2 tablespoons lemon juice

salt and pepper
1/2 cup cashews

Cook tortellini as directed on package. Cool slightly. Add tomatoes and artichokes. Mix together oils and lemon juice. Pour over pasta mixture and toss. Add salt and pepper to taste. Immediately before serving, add cashews and toss gently.

Submitted by Rhae and Molly Kelley

Tabouli

1 cup dry bulgur wheat
1 1/2 cups boiling water
1 teaspoon salt
1/4 cup fresh lemon juice
1/4 cup olive oil
2 cloves garlic, crushed
fresh ground pepper
4 scallions, finely minced (both green and white portions)
1 cup (packed) minced parsley
12 fresh mint leaves, minced
2 medium ripe tomatoes, diced

Combine bulgur and boiling water in bowl. Cover and let stand at least 30 minutes. Add salt, lemon juice, olive oil, garlic, and black pepper. Mix thoroughly. Cover tightly and refrigerate until 30 minutes before serving. About 30 minutes before serving, stir in remaining ingredients and mix well. Serve cold with warm wedges of pita bread.

Submitted by Cindie Baker

Cole Slaw Soufflé Salad

1 3-ounce package lemon Jell-O
1 cup hot water
1/2 cup cold water
2 tablespoons vinegar
1/2 cup mayonnaise
1/4 teaspoon salt
dash of pepper

2 cups grated cabbage
2 tablespoons minced green pepper
1 tablespoon minced onion
1/4 teaspoon celery seed

Pour hot water over gelatin. Stir until dissolved. Add cold water, vinegar, mayonnaise, salt, and pepper. Blend with hand beater until well blended

Quick chill in freezer until firm about 1" from edges of the bowl, but soft in the center. Beat until fluffy. Fold in cabbage, peppers, onion, and celery seeds. Pour into 1-quart mold. Refrigerate until firm. Can make a day ahead. A medium head of cabbage should be enough to double the recipe.

Submitted by Phyllis Rice

Seafoam Salad

1 package each of lemon and lime Jell-O
2 cups hot water
1 cup mayonnaise
1 cup small curd cottage cheese
2 cups (1 large can) partially drained pineapple
1 cup Eagle Brand milk
1 cup chopped nuts

Soften Jell-O in hot water. Cool. Mix and add remaining ingredients.

Submitted by Melba Collier

Blueberry Jell-O Salad

- 1 6-ounce package raspberry Jell-O
- 1 15¹/₂ ounce can crushed pineapple
- 1 large can blueberry pie filling

For the topping:

- 6 ounces cream cheese
- ¹/₂ cup sugar
- 1 cup sour cream
- chopped nuts for garnish

Drain pineapple and save juice. Add enough boiling water to juice to equal 2 cups liquid. Dissolve Jell-O in liquid. Add pineapple and pie filling, and let stand overnight. (A Pyrex or glass oblong bowl is best.)

To prepare topping, beat cream cheese and sugar until smooth. Add sour cream. Spread on salad and sprinkle with chopped nuts.

Submitted by Melba Collier

Cranberry Cream Salad

- 1 package (3 ounces) cherry-flavored gelatin
- 1 pound can whole cranberry sauce
- ¹/₄ cup chopped walnuts
- 1 cup sour cream
- 1 cup hot water
- ¹/₂ cup cold water
- ¹/₂ cup diced celery

Dissolve gelatin in hot water. Add cold water. Let chill until slightly thickened. Break up cranberry sauce with a fork. Stir into gelatin with celery and walnuts. Fold in sour cream. Pour into 1-quart mold and chill until firm.

Submitted by Phyllis Rice

Fruit Salads

White Salad

- ¹/₄ cup butter
- 2 tablespoons flour
- 1 cup Pet milk (or heavy cream)
- 1 cup sugar
- ¹/₂ teaspoon vanilla
- 6 bananas, chopped
- 2 cans chunk pineapple, drained
- 2 cups miniature marshmallows
- 1 cup chopped pecans
- ¹/₃ cup Maraschino cherries, chopped

Combine melted butter and flour. Add cream, stir, and cook until thick. Add sugar, cook one minute longer. Cool slightly and add vanilla. Combine bananas, pineapple, and marshmallows, add dressing. Chill. Add pecans and cherries just before serving.

Submitted by Melba Collier

Banana Pear Salad

- 2 tablespoons mayonnaise
- 2 tablespoons commercial sour cream
- 1 tablespoon lemon juice
- 1 tablespoon honey
- ¹/₄ teaspoon ground ginger
- 1 teaspoon candied ginger, if available
- 2 bananas, peeled and sliced
- 2 pears, unpeeled, cored and diced
- ¹/₂ cup thinly sliced celery
- ¹/₄ cup chopped pecans or walnuts

Combine mayonnaise, sour cream, honey, ground ginger, and candied ginger. Mix well. Add the fruit, celery, and nuts, and mix gently. Serve in lettuce-lined bowls. Serves 4.

Submitted by Joyce Holmes

Waldorf Salad

2 apples, preferably Honeycrisp, peeled, cored and chopped
1½ teaspoons lime juice
⅓ cup chopped celery
¼ cup raisins
3 tablespoons chopped walnuts
⅓ cup nonfat vanilla yogurt
3 to 4 tablespoons nonfat half-and-half
½ teaspoon grated lime zest
⅛ teaspoon ground nutmeg

In a medium bowl, toss apples with lime juice. Add the celery, raisins, and walnuts, and mix.

In a small bowl, combine the yogurt and half-and-half, then fold in the lime zest and nutmeg. Spoon some of the dressing over the apple mixture and stir to blend, adding more as needed. Serve immediately, or cover and refrigerate 1 hour. Serves 6.

5 Cup Salad

1 cup pineapple tidbits (well drained)
1 cup mandarin orange slices (well drained)
1 cup flaked coconut
1 cup miniature marshmallows
1 small bottle Maraschino cherries (drained)
1 cup sour cream
¼ cup chopped nuts

Stir ingredients and serve.

Submitted by Melba Collier

Cool Whip Cottage Cheese Fruit Salad

1 large container Cool Whip
1 large container cottage cheese
1 can crushed pineapple, drained
1 can fruit cocktail, drained

Molded Salads

Apricot Salad

For the salad:

1 large package apricot gelatin
4 cups apricot–pineapple juice
1 can crushed pineapple (drained)
1 bag mini marshmallows

Sprinkle gelatin in 13" x 9" dish. Boil juice; pour over gelatin to dissolve. Add pineapple. Cover top with marshmallows. Refrigerate until set.

For the Custard Topping

2 cups apricot–pineapple juice
2 eggs
1 cup sugar
2 tablespoons flour
2 teaspoons vinegar
2 tablespoons cornstarch
1 16-ounce container Cool Whip

Cook all ingredients until mixture is thick; cool. Add Cool Whip to custard. Spread over Jell-O. Refrigerate until ready to serve.

Submitted by Rhae and Molly Kelley

Jellied Cucumber Salad

1 package lime Jell-O
¾ cup cold water
¼ cup lemon juice
1 teaspoon onion juice
1 cup chopped cucumbers

Dissolve lime Jell-O in cold water. Add lemon juice and onion juice. Chill until partially set. Fold in mayonnaise and cucumbers. Pour into mold and chill until set. Serves 6 to 8.

Submitted by Ethel Darrell

Herbed Tomatoes

6 tomatoes cut into wedges
2/3 cup salad oil
1/4 cup cider vinegar
1/3 cup snipped parsley
1/3 cup spring onion
1/2 teaspoon Italian seasoning
1 teaspoon salt
1/4 teaspoon pepper
1 package sugar substitute

Put tomato wedges in bowl. In a jar, put all other ingredients and shake well. Pour over tomatoes. Cover tightly and refrigerate for several hours or overnight. Occasionally stir mixture to mix well. Very tasty and simple.

Submitted by Phyllis Rice

Nine Day Slaw

3 pounds cabbage, shredded
1 green pepper, chopped
1 onion, chopped
2 cups sugar

For the dressing:

1 cup salad oil
1 cup vinegar
1/4 cup sugar
2 tablespoons celery seed
1 tablespoon salt

Mix cabbage, pepper, onion, and sugar. Allow to stand two hours. In a sauce pan, combine dressing ingredients and bring to a boil. Pour over cabbage mixture and chill.

Submitted by Helen Blomeier

1 can mandarin oranges, drained
banana slices (optional)

Mix all ingredients together. If too stiff, add some of the drained fruit juice.

Submitted by Helen Blomeier

Ambrosia

4 medium oranges, peeled and sliced
1 medium banana, peeled and sliced
1/2 cup orange juice
1/4 cup honey
2 tablespoons lemon juice
1/4 cup flaked coconut

Peel oranges, removing all pith. Combine gently with banana slices. Mix honey and juices, and pour over fruit. Sprinkle with coconut. Chill before serving.

Holiday Ambrosia

1 cup sour cream
2 cups lightly sweetened whipped cream
1 20-ounce can pineapple chunks, drained
2 11-ounce cans mandarin oranges, drained
2 bananas, peeled and sliced
2 cups sweetened flaked coconut
2 cups miniature marshmallows
2 teaspoons fresh grated orange peel (optional)

In large mixing bowl combine sour cream with the whipped cream. Add remaining ingredients and gently fold until just combined.

Pour into serving dish. Cover and refrigerate at least two hours before serving.

Vegetable Salads

Tomato Basil Salad

tomato wedges
green pepper strips
red onion rings
chopped fresh basil (or whole if you prefer)
hearts of palm
mozzarella cheese
Italian dressing

Arrange on platter with overlapping tomatoes on the outside, with basil leaves tucked in between. Put green pepper strips on top in circles. Add onion rings, hearts of palm, and cheese. Sprinkle with dressing. Makes a very attractive platter.

Submitted by Phyllis Rice

Cucumber Salad (I)

2 cucumbers, peeled and thinly sliced
1/2 red onion, thinly sliced
1 1/2 cups water
1/2 cup rice wine vinegar
1 teaspoon white sugar
1/4 teaspoon seasoning salt

Combine cucumbers and red onion in a salad bowl. In a small bowl, stir together water, rice wine vinegar, sugar, and seasoned salt. Pour over vegetables. Chill for 1 hour. Serve chilled or at room temperature.

Cucumber Salad (II)

3 large cucumbers, peeled, thinly sliced
1 cup white vinegar
3/4 cup water
3/4 cup sugar

parsley may be added immediately and the salad served warm. This salad is excellent with grilled meats and makes a great picnic salad!

Old Fashioned Potato Salad

6 to 8 medium potatoes boiled in their jackets
1 medium sweet onion, chop fine
3 ribs celery, chop fine
salt and freshly ground pepper to taste
4 hard-boiled eggs
2 tablespoons finely chopped parsley
mayonnaise to bind the salad
1 tablespoon Dijon mustard
Ripe olives

Peel and dice the potatoes. Combine with onions, celery, and parsley. Toss with salt and pepper to taste. Chop two eggs fine and add to the mixture. Bind the salad with mayonnaise mixed with the Dijon mustard. Garnish with the two remaining eggs and the olives. A boiled dressing may be substituted for the mayonnaise/Dijon mixture.

Arugula, Walnut, and Apple Salad

2 red apples, cored and sliced thinly
6 to 8 cups arugula leaves
1/3 cup toasted walnut pieces
2 ounces feta cheese, crumbled

For the dressing:

5 tablespoons walnut oil
2 tablespoons olive oil
3 tablespoons balsamic vinegar
salt and pepper to taste

Pour dressing ingredients into a jar. Screw on lid and shake to combine. Arrange apple slices over a bed of arugula. Sprinkle with walnuts and crumbled feta cheese. Drizzle with salad dressing. Serves 4.

Broccoli Cheddar Bacon Salad

1 pound bacon, browned crisp
1 bunch raw broccoli
2 cups cauliflower flowerets
1 cups sunflower seeds
1/2 sweet onion or 1 small red onion
1 cup grated Cheddar cheese

1 cup Miracle Whip salad dressing
1/4 cup sugar
2 tablespoons vinegar

Cook bacon until crisp; crumble and set aside. Wash broccoli and cauliflower, trimming off heavy stalks and keeping the flowerets. Cut onion into thin slices and separate the rings. Combine vegetables with sunflower seeds, cheese, and bacon (reserving some cheese and bacon).

Stir salad dressing, sugar, and vinegar together until creamy. Add to the vegetables toss to coat. Garnish with remaining cheese and bacon. Refrigerate and allow to chill before serving.

Potato Salad with Oil & Vinegar Dressing

6 to 9 medium potatoes
6 tablespoons olive oil
1 teaspoon salt
1 teaspoon freshly ground pepper
3 tablespoons white wine vinegar
2/3 cup finely chopped onions (use a sweet onion like Vidalia,
or use green onions including some of the green part)
4 tablespoons finely chopped Italian parsley

Prepare onions and parsley as directed and set aside.

Cook potatoes until they are just pierceable. Peel as soon as possible and slice thin. Add olive oil, salt, pepper, vinegar; combine.

Salad may be made to this point and chilled. Combine the onions and parsley with the potatoes just before serving. Or, the onions and

1 teaspoon salt
dash ground cayenne pepper
dash dried parsley flakes
1/8 teaspoon black pepper
dash dried leaf basil

Combine all ingredients except cucumbers; heat until sugar melts. Pour warm mixture over cucumbers. Store covered in refrigerator. Serves 6 to 8.

Cucumber Tomato Onion Salad

1 medium cucumber, peeled and sliced thin
2 tomatoes, peeled and sliced thick
1 large mild sweet onion, sliced very thin
1 tablespoon snipped fresh dill or 1 teaspoon dill weed
2 tablespoons oil
1 tablespoon white wine vinegar or lemon juice
2 teaspoons sugar
1/2 teaspoon salt
1/4 teaspoon white pepper
parsley

Alternate cucumber, tomato, and onion slices decoratively in shallow glass serving dish. Combine remaining ingredients, except parsley. Pour over salad. Chill 2 hours before serving to allow flavors to blend. Garnish with parsley. 6 servings.

Carrot Salad

grated carrots
raisins
slivered apple pieces
mandarin oranges (reserve liquid)
mayonnaise to taste

Mix carrots and fruit. Stir a little mandarin juice into mayonnaise and add to mixture.

Submitted by Phyllis Rice

7-Layer Salad

1 head lettuce, shredded
1/2 cup celery, thinly sliced
1/2 cup green pepper, diced
1/2 cup onion, diced
1 10-ounce package frozen peas, defrosted in boiling water, cooled.

For the dressing:

1 1/2 cup sour cream
1/2 cup mayonnaise

Topping ingredients

2 tablespoons brown sugar over dressing
6 ounces cheddar cheese, grated
8 strips of bacon, cooked and crumbled.

Place vegetables in layers in a 9" by 12" pan or large bowl, in the order listed. Combine dressing ingredients and pour over peas, but do not mix in. Sprinkle brown sugar over dressing, and top with cheese and then bacon. (Again, don't mix in.) Cover with plastic wrap and refrigerate 24 hours. Keeps well 3 days.

Submitted by Joyce Holmes

Layered Salad

1 head iceberg lettuce (bite size pieces)
1 cup celery, diced
4 hard boiled eggs, diced
1 10-ounce package frozen peas (thawed but uncooked)
1/2 green pepper, diced
1 medium sweet red onion, diced
8 slices bacon, cooked and crumbled

For the topping:

2 cups mayonnaise
2 tablespoons sugar
grated cheese

Layer main ingredients in serving dish in order given. Sprinkle with grated cheese. Mix mayonnaise and sugar, and spread evenly to cover to the edges to seal. Cover and refrigerate overnight. Toss and serve. Serves 6 to 8.

Submitted by Ethel Darrell

Pickled Beets

1 can of #2 baby beets
1/2 cup liquid reserved from beets
1/2 cup vinegar
2 tablespoons sugar
2 cloves
1/2 teaspoon salt
3 peppercorns or dash of lemon pepper
1/2 bay leaf

Combine all ingredients except baby beets and bring to a boil. Add baby beets. Cool and chill.

Submitted by Joyce Holmes

Broccoli-Mushroom Salad

2 or 3 bunches fresh broccoli
1 pound fresh mushrooms
1 large onion, diced

For the dressing:

1 cup salad oil
1/2 cup sugar
1/4 cup vinegar
1 teaspoon onion powder
1 teaspoon salt
1 teaspoon celery salt

Cut up vegetables, mix, cover, and refrigerate over night.

Mix the dressing ingredients and let set at least an hour. Pour over salad and let set half an hour before serving.

Submitted by Cindie Baker