

Salads & Dressings

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 ❁ TAHITIAN CHICKEN SALAD ❁

- 1 1/2 cups mayonnaise
- 1 cup raisins, soaked in white wine
several hours
- 1 cup salted peanuts
- 1 cup mango chutney, cut in slivers
- 1 cup flaked coconut
- 2 lbs. cooked chicken, coarsely diced
- 2 cups ripe bananas, sliced diagonally
- Salt and pepper
- Avocado and banana slices for garnish

Mix together first five ingredients. Toss with chicken. Gently combine with bananas and season with salt and pepper. Mount the salad on big bed of greens and garnish with avocado and banana slices which you have dipped in lemon juice. Serves 12.

Judy Mealey

 ❁ MUSHROOM SALAD ❁

- 1 1/2 cups mushrooms, canned or fresh (boiled
for few minutes), finely chopped
- 1 medium onion, minced
- 3/4 cups sour cream
- 1/2 t salt
- dash pepper

Combine mushrooms with onion. Add salt and pepper to sour cream. Then add sour cream to mushrooms. Mix well. Can be made ahead and refrigerated a day or two.

Malle McKinley

 * INDIAN SPINACH SALAD *

- 1/4 cup white wine vinegar
- 1/4 cup salad oil
- 2 T chutney, chopped
- 2 t sugar
- 1/2 t salt
- 1 1/2 t curry powder
- 1 t dry mustard
- 2 T sliced green onion
- 10 oz fresh spinach, torn
- 1 1/2 cups apples, chopped (unpared)
- 1/2 cup raisins
- 1/2 cup peanuts or walnuts

In closed jar, combine vinegar, oil, chutney, sugar, and spices. Cover and chill. Place spinach in large salad bowl. Top with remaining ingredients. Shake dressing, pour over salad, and toss. Makes 6 to 8 servings.

Alice Swalm

 * COLE SLAW *
 (Like Pepper Hash)

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- 1 head cabbage, shredded
- 4 carrots, 1 pepper, small onion, shredded
- 1 cup sugar
- 3/4 cups oil
- 1 cup white vinegar
- 1 t dry mustard
- 1 t celery seed
- 1 t salt
- 2 t sugar
- 1/4 t garlic salt

Pour sugar over shredded vegetables. Heat remaining ingredients; pour over vegetables. Let stay covered one hour until cool. Stir and refrigerate.

Mary Engleman

 * RICE AND BEET SALAD *

- 2 cups cooked rice
- 2 cups sliced canned beets
- 4 T minced shallots or green onions
- 3 T chopped fresh parsley

Add vinaigrette dressing* to first three ingredients, cover and refrigerate 12-24 hours. Shortly before serving add parsley and mix. Season to taste and place in serving bowl. Cover top with mixture of cooked peas and raw carrots.

Vinaigrette Dressing:

- 1/2-2 T wine vinegar or
wine vinegar and lemon juice
- 1/8 t salt
- 1/4 t dry mustard
- 6 T salad oil
- pepper

Bette Walker

 * CARROT SALAD *

4 lbs carrots, sliced and cooked 10-15min
Sauce:

- 1 can tomato soup
- 1 jar cocktail onions, sliced
- 1-2 large green peppers, chopped
- 1/2 t dry mustard
- 1 T sugar, heaping
- 1/4 cup vegetable oil
- Juice from onions to taste

Cook sauce 15 min. Add drained carrots and cook 5 min longer. Refrigerate. Can also be served hot.

Aina Thomas

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 SINFUL SALAD

- 1 6-oz pkg strawberry jello
- 1 cup boiling water
- 3 medium bananas, mashed (1 cup)
- 1 cup chopped pecans
- 2 10-oz pkgs frozen strawberries,
thawed and drained
- 1 20-oz can crushed pineapple, drained
- 1 pt sour cream

In medium bowl combine gelatin and boiling water. Stir until gelatin is completely dissolved. Cool. Add bananas, pecans, strawberries, and pineapple to gelatin and stir. Divide in half. Pour half of the mixture into 12 x 8" pan. Refrigerate until set; about 1 hour. Keep remaining mixture at room temperature. Spread sour cream evenly over partially set gelatin in pan. Pour remaining gelatin to cover sour cream. Cover and refrigerate until set, about 1 1/2 hours or overnight. Makes 12 servings.

Mary Engleman

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 ZUCCHINI SALAD

- 1/2 cup green pepper, chopped
- 1/2 cup celery, chopped
- 7 small zucchini, sliced thin
- 1/2 cup sugar
- 1 t salt
- 1 t pepper
- 1/3 cup vegetable oil
- 2/3 cup white vinegar
- green onions, thinly sliced

Mix ingredients and let stand minimum of 4 hours, preferably overnight. Refrigerate in covered dish. Serve on lettuce. Salad keeps well.

Alice Swalm

 MANDARIN ORANGE MOLD

1 11-oz can mandarin oranges
 1 6-oz pkg orange-flavored gelatin
 1 pt orange sherbet
 1 13 1/2-oz can crushed pineapple,
 undrained
 lettuce or watercress
 strawberries (optional)

Drain mandarin oranges and reserve syrup. Add enough water to syrup to make 1 1/2 cups liquid; pour into saucepan and bring to boil. Remove from heat and add jello. Stir until dissolved. Add sherbet and stir until melted. Chill. Then fold in orange segments and pineapple. Use 2-qt mold. Garnish with lettuce and strawberries. Makes a nice ring mold.

Gail Gell

 JELLIED PINEAPPLE SALAD

1 3-oz lime jello
 1 3-oz lemon jello
 2 cups boiling water
 1 small pkg cream cheese
 1 small can crushed pineapple
 1 can evaporated milk
 1/2 cup chopped nuts

Beat jello and water. Add milk, pineapple, cream cheese. Then add nuts. Chill in a mold.



Gail Gell

 FROZEN FRUIT SALAD 

- 1 pkg cream cheese (3 oz)
- 1 cup mayonnaise
- 1 cup chopped nuts
- 1 large can sliced pineapple, cut fine
- 1 sliced banana
- 1 cup miscellaneous fruits (grapes,
peaches, pears, cut fine)
- 1/2 pt whipping cream

Cream cheese and mayonnaise until thoroughly mixed. Add nuts and fruit and then fold in whipped cream. Chill at least four hours. Serve on lettuce. Can be served as a salad or dessert.



Bette Walker

 APPLESAUCE JELLO MOLD 

- 1 large pkg lime jello
- 1 can (med) applesauce
- chopped nuts

Add applesauce to jello when it is slightly firm. Sprinkle chopped nuts on top. Put in any shape container.

Mary McCalla

 HOT GERMAN POTATO SALAD 

6 medium to large potatoes, boiled in
their skins, then peeled
6 slices of bacon, diced
3/4 cup chopped or thinly sliced onions
2 T flour
3T sugar
1 1/2 t salt, dash of pepper
1/2 cup chopped celery or 1/2 t
celery seed (or both)
1/2 cup water
3/4 cup vinegar
2 dill pickles (if desired) chopped

Fry bacon until crisp. Remove from pan and reserve about 1/3 cup fat. Cook onions in fat until yellow. Mix in flour, sugar, salt, celery seed and a dash of pepper. Stir in water and vinegar gradually. Pour over sliced potatoes, and add chopped celery and bacon. Mix thoroughly. Keep warm over hot water until ready to serve. May be made ahead and reheated over hot water or in covered casserole in oven at low heat.

If you use 5 lbs. of potatoes, double the other ingredients for the sauce. This would be ample for 12 to 16 persons, depending upon their appetites.

Janet Marx

 * RICE SALAD *

- 1 cup carrots, diced and cooked
- 1 cup celery, diced
- 1/2 cup green beans, cut and cooked
- 1/2 cup peas, cooked
- 1 cup rice, cooked
- 1/2 cup vinaigrette (olive oil, vinegar,
lemon juice and dill)
- 1/2 to 3/4 cup mayonnaise

Combine all vegetables and rice. Marinate in vinaigrette for several hours or overnight. Drain excess dressing and mix in mayonnaise lightly. Season with salt and pepper. Surround with watercress and serve.

Bette Walker

 * ICELANDIC BEET SALAD *

- 1 1/2 cups apple, diced
- 1 8-oz jar pickled herring, drained and
cut
- 1/2 cup Harvard-style beets, diced
- 1/3 cup onion, chopped
- 2 eggs, hard-cooked and chopped
- 3/4 cup mayonnaise
- 3/4 cup whipping cream, whipped

Combine apple, herring, beets (with liquid), onion and eggs. Fold mayonnaise, then apple-herring mixture into whipped cream. Chill 2 hours. Serve with thin slices of pumpernickel bread for appetizers or on lettuce as a salad. Makes 4 cups.

Janet Marx

 FRENCH DRESSING

- 1 cup catsup
- 1/2 cup salad oil
- 1/2 cup vinegar
- 1 cup sugar
- 1 t paprika
- 2 T garlic juice

Mix well in blender. Chill.

Gail Gell

 GREEN GODDESS SALAD DRESSING

- 1/2 cup sour cream
- 1 cup mayonnaise
- 2 T anchovies, chopped fine
- 2 T green onion, chopped fine
- 1/3 cup parsley, chopped fine

Combine all ingredients. Serve over hearts of lettuce, as a dip for vegetables, or with steamed shrimp.

Bette Walker

 SOUR CREAM DRESSING

- 1/4 cup sugar
- 1/2 t dry mustard
- 1/4 t salt
- 1/2 cup sour cream
- 3 t vinegar
- 2-3 t horseradish

Mix first 3 ingredients. Add to sour cream, vinegar, and horse radish. Mix well. Refrigerate. Serve over lettuce and spinach.

Lois Rose