The Ultimate Salad Recipe Collection
24-Hour Slaw

3/4 cup sugar
1 lg. head cabbage -- shredded/not chopped
2 lg red onions -- thinly sliced
Hot Dressing -- see below

Stir sugar into cabbage. Place half of the cabbage in a large bowl. Cover with onion slices. Top with the remaining cabbage. Pour boiling hot dressing over slowly. Do not stir. Cover and refrigerate at once. Chill 24 hours. Stir well before serving.

HOT DRESSING

1 teaspoon celery seeds 1 1/2 teaspoons salt
1 teaspoon sugar 1 cup cider vinegar
1 teaspoon dry mustard 1 cup oil

Combine celery seeds, sugar, mustard, salt, and vinegar in saucepan. Bring to a rolling boil. Add oil, stirring, and return to rolling boil. Makes about two cups.
Adreana's Greek Pasta Salad

1 pound rotini
1 pound boneless skinless chicken breasts
3 stalks celery -- chopped
1 red bell pepper -- chopped
2 1/4 ounces black olives -- sliced
4 ounces feta cheese -- drained & crumbled
3 green onions -- finely sliced
16 ounces Italian salad dressing

Cook chicken in water to cover with 1 bay leaf. Bring to boil and cook for 30 min. or until juices run clear. Cool and remove skins. Or, you can cook chicken in frying pan until cooked through. Cut into bite size pieces. Cook noodles and drain. Add all ingredients and mix well. I use only about half the bottle of dressing and then put the rest on the table if someone wants more. Serve warm or cold. Serves 6
**Aegean Artichoke & Penne Pasta Salad**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh baby artichokes</td>
<td>6</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Penne pasta</td>
<td>1/2 pound</td>
</tr>
<tr>
<td>Tomato juice</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Olive oil</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Juice of one lemon</td>
<td>2 cloves</td>
</tr>
<tr>
<td>Garlic -- minced</td>
<td>3 tablespoons</td>
</tr>
<tr>
<td>Fresh parsley</td>
<td>3 tablespoons</td>
</tr>
<tr>
<td>Fresh basil -- or 1 tsp. dried</td>
<td>1/2 teaspoon</td>
</tr>
<tr>
<td>Salt</td>
<td>1/4 teaspoon</td>
</tr>
<tr>
<td>Black pepper</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Fresh tomato -- chopped</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Kalamata olives</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Capers</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Feta cheese -- optional</td>
<td></td>
</tr>
</tbody>
</table>


2. In a large pot, bring 2 quarts water to a rapid boil. Add 1 teaspoon salt and penne. Cook penne until al dente, about 10 minutes. Drain and rinse with cold water.

3. To make salad dressing: combine tomato juice, olive oil, lemon juice, garlic, parsley, basil, salt and pepper in a food processor or blender and puree for 30 seconds.

4. Toss together artichokes, penne, capers, olives and feta cheese in a large bowl salad bowl. Pour dressing over and toss well.
ANOTHER BEAN SALAD

1 cup Sugar
1/2 teaspoon Salt
1 cup Vinegar
16 ounces Green beans, can -- drained
16 ounces Yellow beans, can -- drained
16 ounces Lima beans, can -- drained
16 ounces Garbanzo beans, can -- drained
16 ounces Red kidney beans -- drained
1 each Green pepper -- slivered
4 each Celery -- sliced
3 each Onions, medium -- sliced thin

Combine sugar, salt vinegar in pan, bring to boil for 1 min. Cool. Toss all other ingredients together and pour the vinegar mixture over them. Marinate for 24 hrs in refrigerator, stirring occasionally. Cal: 313.
## Antipasto Salad

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>16 oz. pkg</td>
<td>fresh/frozen cheese tortellini</td>
</tr>
<tr>
<td>4 ounces</td>
<td>chopped salami</td>
</tr>
<tr>
<td>4 ounces</td>
<td>provolone cheese, cut into -- 2 x 1/4&quot; strips</td>
</tr>
<tr>
<td>11 oz. can</td>
<td>corn -- drained</td>
</tr>
<tr>
<td>9 oz. package</td>
<td>frozen spinach, thawed -- squeezed to drain</td>
</tr>
<tr>
<td>6 oz. jar</td>
<td>marinated artichoke hearts -- drained/chopped</td>
</tr>
<tr>
<td>6 ounce can</td>
<td>pitted ripe olives -- drained/sliced</td>
</tr>
<tr>
<td>1 1/2 cups</td>
<td>prepared creamy Italian salad dressing</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>Dijon mustard</td>
</tr>
<tr>
<td>1 1/2 cup</td>
<td>grated Parmesan cheese</td>
</tr>
<tr>
<td>2 ounce jar</td>
<td>diced pimiento, drained -- if desired</td>
</tr>
</tbody>
</table>

Cook tortellini to desired doneness as directed on package; drain, rinse with cold water. In very large bowl, combine tortellini, salami, provolone cheese, corn, spinach, artichoke hearts and 1 cup of the olives. In small bowl, combine salad dressing, mustard and 1/4 cup of the Parmesan cheese; blend well. Pour dressing over salad; toss gently. Top with remaining olives and Parmesan cheese. Cover; refrigerate 1 - 2 hours to blend flavors. Just before serving, garnish with pimiento.
Apple and Fennel Salad

5 ounces Fresh Spinach
1 each Small Fennel Head -- sliced
2 each Medium Granny Smith Apples
1 each Small Red Onion -- sliced

* The Granny Smith apples should be peeled and cubed. Kuwait has been liberated. Thoroughly wash spinach, removing fibrous stems. Dry and place in salad bowl. Add fennel, apples and onions. Toss with Celery Seed Dressing. Trim with fennel tops. 6 servings.
### Apple Cider Salad

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>packages gelatin powder</td>
<td>unflavored</td>
</tr>
<tr>
<td>2 cups</td>
<td>apple cider</td>
<td></td>
</tr>
<tr>
<td>1/4 tsp</td>
<td>salt</td>
<td></td>
</tr>
<tr>
<td>2 cups</td>
<td>apples -- diced</td>
<td></td>
</tr>
<tr>
<td>1/4 cup</td>
<td>black walnuts -- chopped</td>
<td></td>
</tr>
<tr>
<td>1 tbs</td>
<td>chopped parsley</td>
<td></td>
</tr>
<tr>
<td></td>
<td>cooking oil</td>
<td></td>
</tr>
<tr>
<td></td>
<td>lettuce leaves -- for decoration</td>
<td></td>
</tr>
</tbody>
</table>

1. Put 1/2 cup cold water into a small bowl. Sprinkle two envelopes (2 tablespoons) of unflavored gelatin on water. Let stand 5-10 minutes to soften.

2. Heat 2 cups apple cider until very hot; add salt. Remove from heat and immediately add softened gelatin. Stir until gelatin is completely dissolved. Have a 1 quart mold lightly greased with cooking oil. Do not use olive oil. Spoon about 1/2 cup of gelatin mixture into mold and place in refrigerator.

3. Chill remaining mixture until slightly thicker than consistency of unbeaten egg white. Just before large bowl of gelatin is desired consistency, dice apples and chop walnuts and parsley. Add this to the gelatin and place into the mold which already has thin bottom layer of gelatin. Chill until set.

4. Unmold onto serving plate which has been decorated with lettuce leaves; curly endive is a good choice.
Apricot Salad

STEP 1:
2 small or 1 large box of apricot jello
1 large jar apricot baby food (8-10 oz)
1 can crushed pineapple -- (16 oz) drained
(retain juice!)

STEP 2:
1 pkg cream cheese -- (8 oz)
1 pkg dreamwhip (1 envelope)

STEP 3:
3/4 c sugar
1 Tbsp flour (heaping)
1 egg
1 Tbsp butter
1 c pineapple juice (add water to juice
retained to make a full cup)

Step 1: Mix jello with only 3 1/2 cups of water. Add baby food and pineapple. Chill until FIRM in an 11x14 inch pan.

Step 2: Prepare dream whip as directed. Beat in cream cheese. Spread on jello and chill until FIRM.

Step 3: Combine and cook until thick. Cool. Spread on top and chill. ***pineapple in own juice works the best!
Artichoke Salad

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Unit</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>Each</td>
<td>Fresh artichoke hearts</td>
</tr>
<tr>
<td>1</td>
<td>Tablespoon</td>
<td>Wine vinegar</td>
</tr>
<tr>
<td>2</td>
<td>Cups</td>
<td>Artichoke hearts, quartered</td>
</tr>
<tr>
<td>1</td>
<td>Teaspoon</td>
<td>Louisiana hot sauce</td>
</tr>
<tr>
<td>1</td>
<td>Each</td>
<td>Small garlic clove</td>
</tr>
<tr>
<td>2</td>
<td>Teaspoons</td>
<td>Salt</td>
</tr>
<tr>
<td>1</td>
<td>Teaspoon</td>
<td>Lea &amp; Perrins</td>
</tr>
<tr>
<td>3</td>
<td>Tablespoons</td>
<td>Olive oil</td>
</tr>
<tr>
<td>1</td>
<td>Tablespoon</td>
<td>Lemon juice</td>
</tr>
</tbody>
</table>

In a wooden salad bowl, mash garlic and salt with a strong fork. Add fresh artichoke hearts, and mash with the garlic and salt. Add olive oil, stir, add lemon juice, stir, add wine vinegar, stir, stir, add hot sauce, stir, add Lea & Perrins Worcestershire sauce, Mix well. Put canned artichoke hearts in dressing and let marinate for 1 hour, then eat as is or serve on a bed of greens.
Autumn Fruit Salad

2                    red delicious apples
1                    sliced bananas
1                    Granny Smith apple
2                    Bartlett pears
1/2  pound         red grapes
1/2  cup           almond slivers -- toasted
1      cup           vanilla yogurt
1      teaspoon      cinnamon
1/4  teaspoon      ground ginger
1/2  teaspoon      nutmeg
1      tablespoon    apple cider

Wash and core apples and pears, peeling if desired. Cut into one inch chunks. Slice bananas 1/2" thick. Wash grapes and cut in half. Combine fruits and almonds in salad bowl. Mix yogurt with spices and cider. Pour over fruit salad and stir to coat fruits evenly. Chill.
## Autumn Jewels Gelatin Salad

<p>| | | |</p>
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<thead>
<tr>
<th></th>
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<th></th>
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</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
<td>cup cranberries</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>apples</td>
</tr>
<tr>
<td></td>
<td>1/2</td>
<td>cup sugar</td>
</tr>
<tr>
<td></td>
<td>6</td>
<td>ounces red gelatin</td>
</tr>
<tr>
<td></td>
<td>15</td>
<td>ounces crushed pineapple</td>
</tr>
<tr>
<td></td>
<td>1</td>
<td>cup celery -- diced</td>
</tr>
<tr>
<td></td>
<td>1/2</td>
<td>cup nuts -- chopped</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>cups boiling water</td>
</tr>
</tbody>
</table>

* Use pecans, walnuts, or a mixture of both.

Chop the cranberries, apples and celery into small pieces. Drain the pineapple and save juice. Combine cranberries, apples and sugar; cover and refrigerate while preparing rest of salad.

Combine gelatin with boiling water and stir until dissolved. Add enough water or fruit juice (apricot nectar, strawberry nectar etc.) to pineapple juice to equal 1 cup. Add this to the gelatin mixture. Chill in refrigerator until slightly thickened.

Combine the cranberry-apple mixture with celery, drained pineapple and nuts. Stir into gelatin mixture. Pour into lightly greased mold or into individual serving molds. Chill until firm. Unmold and serve on a bed of lettuce or garnish with sour cream or slightly sweetened whipped cream and a very light sprinkling of cinnamon.

Serving Ideas: Serve with your Thanksgiving meal.
Avocado with Groundnut Dressing

2 avocados -- ripe
1 tablespoon lemon juice
2 tablespoons peanuts -- shelled
1/2 teaspoon paprika
1/2 teaspoon cinnamon
cayenne -- to taste
salt -- to taste
fresh chives -- to garnish

Peel the avocados; cut out the stone and cut into cubes. Sprinkle with lemon juice and set aside. Grind the peanuts roughly with a rolling pin or in a grinder for a few seconds. Mix the peanuts and spices well. Sprinkle over the avocados with finely chopped chives.

Refrigerate until ready to serve.
Bacon-Avocado Potato Salad

6 medium boiling potatoes
2 avocados -- cubed
8 slices bacon
1/2 cup chopped onions -- chopped
1 tablespoon fresh lime juice
1/2 cup white wine
1/4 cup cider vinegar
salt
black pepper
paprika
1/4 teaspoon mustard powder
2 tablespoons fresh parsley -- chopped
1 tablespoon fresh cilantro -- chopped

Boil potatoes in their skins. While potatoes boil, cube avocados and toss with lime juice. Chop bacon into one inch pieces and fry until crisp in a large skillet. Remove bacon to paper towels to drain. In bacon fat, saute onions until golden. Remove pan from heat and stir in wine, vinegar, mustard, and salt, pepper, and paprika to taste.

When potatoes are tender, drain, peel, and dice. While still warm, pour dressing over potatoes and toss. Allow to cool to room temperature. Fold in avocado, bacon, parsley, and cilantro. Serve at room temperature or chill one hour or longer.
BAJA CHICKEN PASTA SALAD

3/4 pound Chicken Breast -- *
6 ounces Dried Mixed Fruit -- **
1 cup Ring Macaroni Or Orzo -- Raw
1 cup Jicama -- Cubed
2 Green Onions/Tops -- Sliced
1/2 cup Mayonnaise Or Salad Dressing
2 tablespoons Sour Cream Or Plain Yogurt
1 teaspoon Red Chiles -- Ground
1/4 teaspoon Salt

* The chicken breast should be boneless, skinless and weigh about
3/4
** You should use 1 6-oz package of diced mixed fruit.

Heat enough salted water to cover the chicken breast (1/4 tsp salt to 1
cup of water) to boiling in a 4 quart Dutch oven. Add the chicken
breast. Cover and heat to boiling, reduce the heat and simmer until the
chicken is done, about 15 to 20 minutes. Remove the chicken with a
slotted spoon.

Heat the water to boiling and add the fruit and ring macaroni or orzo
gradually so that the water continues to boil. Boil, uncovered,
stirring occasionally, just until the ring macaroni is tender, about 6
to 8 minutes or 10 minutes for the orzo, then drain. Rinse with cold
water and drain again. Cut the chicken into 1/2-inch pieces and mix
with the fruit, macaroni, jicama and onions. Mix the remaining
ingredients and toss with the chicken mixture. Cover and refrigerate
until chilled, at least 2 hours.
Balsamic Dressing

3/4 cup Water
1/4 cup Balsamic vinegar
3 teaspoons Capers
2 teaspoons Dijon mustard
1 1/2 teaspoons Dried basil
1 tablespoon Fresh parsley -- chopped (opt)

-----PER TBLSPOON-----
*cals
*mg sodium

Combine the ingredients. Adjust vinegar to taste, since it has a strong flavor. Store in a covered container in the refrigerator. Makes about 1 cup.

Note: If you don't have balsamic vinegar, you may substitute another kind. But, if this be the case, start with water and vinegar in equal proportions.
### Barbecue Cubes

<table>
<thead>
<tr>
<th>Units</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>ounces Lemon Jell-O</td>
</tr>
<tr>
<td>3/4</td>
<td>cup Boiling Water</td>
</tr>
<tr>
<td>8</td>
<td>ounces Tomato Sauce</td>
</tr>
<tr>
<td>1 1/2</td>
<td>teaspoons Vinegar</td>
</tr>
<tr>
<td>1/2</td>
<td>teaspoon Salt</td>
</tr>
<tr>
<td>1</td>
<td>tablespoon Horseradish</td>
</tr>
</tbody>
</table>

Dissolve Jell-O in boiling water. Mix all other ingredients, and when Jell-O is at room temperature, add and mix well. Pour into oiled 8-inch square pan.

Chill until firm. Cut into cubes and serve atop salad to go with your barbecue.
Basic Potato Salad

2 pounds new potatoes
1/2 pound mushrooms
3 green onions
3 stalks celery
3 tablespoons vinegar
2 hard-boiled eggs
2 tablespoons Dijon mustard
1/4 cup mayonnaise
Salt, pepper

Cover potatoes in pan with cold water and bring to boil over high heat. Cook until potatoes are tender. Meanwhile, thinly slice mushrooms, onions and celery and combine in mixing bowl. When potatoes are tender, drain and halve or quarter potatoes, depending on size and add to bowl. Sprinkle with vinegar. Cover and refrigerate. When cool, chop eggs and add to bowl.

Add mustard and mayonnaise, and season to taste with salt and pepper, mixing everything together gently.
Bavarian Potato Salad

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 cups</td>
<td>Potatoes -- *</td>
<td>*Potatoes should be peeled and sliced 1/4-inch thick.</td>
</tr>
<tr>
<td>2 cups</td>
<td>Chicken broth -- **</td>
<td>** Chicken broth may be either home made or commercial.</td>
</tr>
<tr>
<td>1/2 tsp</td>
<td>Salt</td>
<td></td>
</tr>
<tr>
<td>1/4 cup</td>
<td>Vegetable oil</td>
<td></td>
</tr>
<tr>
<td>1/3 cup</td>
<td>Onion -- chopped</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp</td>
<td>Sugar</td>
<td></td>
</tr>
<tr>
<td>2 tbsp</td>
<td>Lemon juice</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pepper -- as desired</td>
<td></td>
</tr>
</tbody>
</table>

Boil potatoes in broth with 1/4 t salt for 5 to 8 minutes, until tender. Drain. Toss warm potatoes with vegetable oil and onions. Dissolve remaining 1/4 t salt and the sugar in lemon juice. Pour over potatoes. Marinate salad 1 to 2 hours before serving. Serve at room temperature.
**Bavarian Sausage Salad**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 pound</td>
<td>Knockwurst -- cooked / cooled</td>
</tr>
<tr>
<td>2 each</td>
<td>Pickles -- small</td>
</tr>
<tr>
<td>1 each</td>
<td>Onion -- medium</td>
</tr>
<tr>
<td>3 tablespoons</td>
<td>Vinegar</td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>Mustard -- prepared *</td>
</tr>
<tr>
<td>2 tablespoons</td>
<td>Vegetable oil</td>
</tr>
<tr>
<td>1/2 teaspoon</td>
<td>Salt</td>
</tr>
<tr>
<td>1/4 teaspoon</td>
<td>Pepper</td>
</tr>
<tr>
<td>1/4 teaspoon</td>
<td>Paprika</td>
</tr>
<tr>
<td>1/4 teaspoon</td>
<td>Sugar</td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>Capers</td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>Parsley -- chopped</td>
</tr>
</tbody>
</table>

* Mustard must be the strong Djon or Gulden Type.

Cut the knockwurst into small cubes. Mince the pickles and onion. Mix together the vinegar, mustard and oil. Add salt, pepper, paprika and sugar. Adjust seasonings if desired. Add the capers; mix well. Stir in the chopped knockwurst, pickles, and onions. Just before serving, garnish with chopped parsley.
Bean and Tuna Salad

3 cups Water
2 cans Cannellini beans
1/3 cup Olive oil
3 teaspoons Red wine vinegar
1 teaspoon Salt
Fresh pepper to taste
1 medium Red onion
12 ounces Tuna -- drained

Directions: Mix together oil, vinegar, salt and pepper. Pour over beans and onion in a shallow bowl. Cover and refrigerate at least 1 hour. Transfer bean mixture to serving platter with slotted spoon. Break tuna into chunks and arrange on bean mixture.
Bean Salad

1 cup kidney beans -- dry
1 cup lima beans -- dry
1 cup pinto beans -- dry
1 cup garbanzo beans -- dry
1 cup green beans
1 red onion -- chopped
3 tablespoons fresh chopped parsley
freshly ground black pepper -- to taste

-VINAIGRETTE-

1/3 cup virgin olive oil
3/4 cup red wine vinegar
1 teaspoon dry mustard
3 cloves garlic -- minced
2 teaspoons oregano

Soak all dry beans overnight in water to cover. Rinse and place in a large pot and fill with water to cover. Cook for 1 hour, or until done, then turn heat off and add green beans. Let sit in the hot water for 30 minutes. Drain. Mix in the onion, parsley, pepper and vinaigrette. Refrigerate overnight.

Vinaigrette: Whisk all ingredients together and pour over salad.
Berried Avocado Grapefruit Salad

Bibb lettuce
Watercress
2 avocados -- seed, peel, slice
2 cups grapefruit sections
1 cup fresh raspberries
Prepared sweet vinegar and oil dressing

Line serving platter or individual salad plates with lettuce and watercress. Arrange avocado, grapefruit and raspberries over and sprinkle with dressing.
BLACK & WHITE BEAN SALAD

2 cups Red onions -- finely chopped
2 tablespoons Olive or Vegetable Oil
1/3 cup Red Wind Vinegar
1/4 cup Chopped Red Pepper
2 tablespoons Minced Parsley
20 milliliters Garlic -- Minced
2 tablespoons NutraSweet (or) Spoonful (tm)
1/4 teaspoon Salt
1/4 teaspoon Pepper
1 cup 15 oz. Great Northern Beans -- Rinsed and Drained
1 cup 15 oz, Black Beans -- Rinsed and Drained

Saute Onions in oil until crisp-tender in a medium skillet; Remove from heat and cool until warm. Stir in vinegar, red pepper, parsley, garlic, NutraSweet (or) Spoonfull (tm), salt and pepper.

In a serving bowl put the beans, (both types) and pour the onion mixture over them. Mix well and serve.

Makes 8 servings
BLACK BEAN & RICE SALAD

2 cups Cooked rice -- cooled to room temperature
1 cup Cooked black beans
1 cup Chopped fresh tomato
2 ounces Cheddar cheese (optional) -- shredded
1 tablespoon Snipped fresh parsley
1/4 cup Light Italian dressing
1 tablespoon Fresh lime juice

Combine rice, beans, tomato, cheese (if desired), and parsley in large bowl. Pour dressing and lime juice over rice mixture; toss. Serve on lettuce leaves.
BLACK BEAN AND CORN SALAD

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dried black beans</td>
<td>2 cups</td>
<td>(picked over and rinsed)</td>
</tr>
<tr>
<td>Canned black beans</td>
<td>30 oz</td>
<td>(rinsed and drained)</td>
</tr>
<tr>
<td>Freshly squeezed lime juice</td>
<td>1/3 cup</td>
<td></td>
</tr>
<tr>
<td>Olive oil</td>
<td>1/2 cup</td>
<td></td>
</tr>
<tr>
<td>Garlic clove</td>
<td>1 tsp</td>
<td>(minced)</td>
</tr>
<tr>
<td>Fine sea salt</td>
<td>1/8 tsp</td>
<td></td>
</tr>
<tr>
<td>Cayenne pepper</td>
<td>1</td>
<td>(kernals cut off)</td>
</tr>
<tr>
<td>Ears corn</td>
<td>1 1/2 cups</td>
<td>(thawed) Frozen corn</td>
</tr>
<tr>
<td>Avocado</td>
<td>1</td>
<td>(peeled, stone removed)</td>
</tr>
<tr>
<td>Red bell pepper</td>
<td>1 small</td>
<td>(seeded and cut into 1/2&quot; pieces)</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>2 medium</td>
<td>(cut into 1/2-inch)</td>
</tr>
<tr>
<td>Green onions</td>
<td>6</td>
<td>(finely chopped)</td>
</tr>
<tr>
<td>Fresh hot chile pepper</td>
<td>1</td>
<td>(seeded and minced)</td>
</tr>
<tr>
<td>Coarsely chopped cilantro</td>
<td>1/2 cup</td>
<td>(optional)</td>
</tr>
</tbody>
</table>

If using dried beans, place the beans in a large bowl and add enough water to cover by 2 inches. Place the bowl in a cool place and let the beans soak for 6 to 12 hours. Drain and rinse the beans.

Put the beans into a large pot and add enough fresh water to cover the beans by 1 inch. Bring to a simmer over medium high heat, reduce the heat, cover, and simmer until the beans are barely tender. 1-1/2 to 2 hours (depending on the age of the beans). Thoroughly drain the beans and let them cool.

Put the lime juice, olive oil, garlic, salt, and cayenne in a small jar. Cover with the lid and shake until the ingredients are well mixed.

In a salad bowl, combine the cooked or canned beans, corn, avocado, bell pepper, tomatoes, green onions, chile pepper, and cilantro. Shake the Lime Dressing and pour it over the salad. Stir until well coated. (The salad can be prepared a few hours ahead, but don't add the avocado until serving time. Refrigerate, and adjust the seasonings before serving.)

Makes 4 to 5 main-course servings or 8 to 10 side-dish servings.
BLACK BEAN AND RICE SALAD

| 2 cups          | Cooked or canned black beans -- -- (rinse & drained c) |
| 2 cups          | Cooked rice                                           |
| 1 1/2 cups      | Fresh cilantro                                        |
| 1/4 cup         | Lime juice                                            |
| 3/4 cup         | Oil                                                   |
| 1/2 cup         | Chopped onion                                          |
| 2               | Garlic cloves -- crushed                               |
|                 | Salt                                                  |
|                 | Freshly ground black pepper                           |

Mix the beans, rice, and cilantro together in a bowl. Place the lime juice in a small bowl and whisk in the oil. Add the onion and garlic and toss with the rice and beans. Add salt and pepper to taste.
BLACK BEAN AND RICE SALAD (VEGAN)

2 cups Cooked rice -- cooled
1 cup Cooked black beans
1 cup Chopped tomatoes
1/2 cup Cheddar cheese, shredded -- op
1 tablespoon Fresh parsley -- snipped
1/4 cup Low calorie italian salad dr
1 tablespoon Fresh lime juice
Lettuce leaves

Leftover black beans and rice combine to make a great lowfat, low cholesterol salad. Combine rice, beans, tomato, cheese (if desired), and parsley in large bowl. Pour dressing and lime juice over rice mixture; toss. Serve on lettuce leaves.
## BLACK BEAN AND SALSA SALAD

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 can (15 oz) corn</td>
<td>drained</td>
</tr>
<tr>
<td>1/2 can (15 oz) Black beans</td>
<td>drained</td>
</tr>
<tr>
<td>3/4 cup Celery</td>
<td>chopped</td>
</tr>
<tr>
<td>1/4 cup Green onion</td>
<td>chopped</td>
</tr>
<tr>
<td>1/8 cup Cilantro</td>
<td>chopped</td>
</tr>
<tr>
<td>6 ounces Salsa</td>
<td></td>
</tr>
<tr>
<td>1/8 cup Red wine vinegar</td>
<td></td>
</tr>
</tbody>
</table>

In a large bowl, combine first five ingredients; mix well. Blend salsa and vinegar. Pour over salad and toss well. Cover and chill. Spoon onto lettuce leaves.
BLACK BEAN RELISH II

2/3 cup Black beans -- cooked until tender and drained
1/2 bn Cilantro -- chopped
1/2 cup Corn
1/3 cup Red bell peppers; seeded -- and diced the size of the beans
2 tablespoons Olive oil
1 Lime -- juiced
2 dashes Tabasco sauce (or to taste)
Salt (to taste)
Pepper (to taste)

In a medium bowl place all of the ingredients and stir them together. Let the relish sit for 1 hour before serving it.
Black Bean Salad

2 can 15 oz black beans -- rinsed and drained
6 scallions -- thinly sliced
1 cup cherry tomatoes -- quartered
1 small yellow bell pepper -- seeded and diced
2 jalapeno peppers -- seeded and chopped
1/4 cup cilantro -- finely chopped
1/4 cup sherry vinegar
2 tablespoons olive oil
1 teaspoon dijon mustard
1 teaspoon cumin -- ground
1/2 teaspoon oregano -- dried
salt and pepper -- to taste

Toss all together and chill for at least an hour.
BLACK BEAN SALAD WITH ORANGES

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>Garlic cloves</td>
<td>minced</td>
</tr>
<tr>
<td>1/2 each</td>
<td>Red onion</td>
<td>chopped</td>
</tr>
<tr>
<td>1/2 each</td>
<td>Red bell pepper</td>
<td>diced</td>
</tr>
<tr>
<td>1/2 each</td>
<td>Yellow bell pepper</td>
<td>diced</td>
</tr>
<tr>
<td>1</td>
<td>Cumin</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Coriander</td>
<td></td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Olive oil</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Jalapeno pepper</td>
<td>minced</td>
</tr>
<tr>
<td>2</td>
<td>Cooked black beans</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Cilantro</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Oranges, peeled</td>
<td>sectioned</td>
</tr>
</tbody>
</table>

Combine first nine ingredients in order in large bowl. Toss on beans & oranges. Mix to coat. Season to taste with salt & pepper.
### BLACK BEAN WITH PEPPERS & CUMIN VINAIGRETTE

| 1 1/4 cups | Dried black beans -- soaked |
| 4 cups     | Water                       |
| 1 each     | Bay leaf                    |
| 1/2 teaspoon | Salt                       |
| 1 tablespoon | Red wine vinegar           |
| 1 each     | Clove garlic -- minced      |
| 1/4 teaspoon | Cumin                      |
| 1 teaspoon | Hot pepper sauce           |
| 1 tablespoon | Chopped cilantro           |
| 2 tablespoons | Olive oil                  |
| 1/2 each   | Red pepper -- diced        |
| 1/2 each   | Yellow pepper -- diced     |
| 1/2 each   | Green pepper -- diced      |
| 1 each     | Red onion -- diced         |
| 4 each     | Scallion -- thinly sliced  |

Drain beans & rinse well. Put in a large pot with the water & bay leaf. Bring to a boil & simmer for 1 to 1 1/2 hours. Drain.

Combine salt, vinegar, garlic, cumin, hot pepper sauce, cilantro & olive oil in a small bowl. Pour over warm beans. Toss well. Add remaining ingredients. Toss gently, garnish with fresh cilantro & serve at room temperature.
BLACKENED CHICKEN WITH CAESAR SALAD

-----FOR CHICKEN-----
1 Bottle prepared Italian Dressing (8oz)
1/2 cup Dry white wine
4 Chicken breasts halves Skinned and de-boned
1 tablespoon Dried marjoram leaves
1 tablespoon Dried oregano leaves
1 tablespoon Dried thyme leaves
1 teaspoon Salt
1 teaspoon Black pepper -- freshly ground
1/2 teaspoon Ground red cayenne pepper
1/2 cup Butter or margarine -- melted

-----FOR SALAD-----
1 can 2 oz Anchovies
3 tablespoons Fresh lemon juice
1 tablespoon Worcestershire sauce
1 tablespoon Fresh parsley -- chopped
1 teaspoon Dijon style mustard
1/2 teaspoon Freshly ground black pepper
1 Garlic clove -- crushed
1/4 cup Olive oil
2 tablespoons Parmesan cheese -- grated fresh
10 cups Salad greens -- mixed

BLACKENED CHICKEN Stir dressing and wine in shallow dish to blend; add chicken; marinate 1 hour, turning several times. Grind marjoram, oregano, thyme, salt, black pepper and ground red pepper to fine powder in coffee or spice grinder or mini chop food processor. Spread mixture on plate. Heat 12 inch cast iron skillet over high heat until smoking, 5 to 10 minutes.

Drain chicken; dip into seasoning mixture to coat both sides, shaking off excess. Place in hot skillet; pour 2 T butter over each piece. Reduce heat to medium; cook chicken 3 to 5 minutes on each side until cooked through. Serve chicken, sliced, on top of caesar salad. CAESAR SALAD: Use a fork to mash the anchovies into a paste in a small bowl; stir in the lemon juice, worcestershire sauce, chopped fresh parsley, dijon style mustard, freshly ground black pepper and the crushed garlic. Whisk in the cup olive oil, slowly; stir in the freshly grated parmesan cheese. Pour the dressing over mixed salad greens in a large bowl; toss thoroughly to coat.
Blue Cheese Potato Salad

-----Mix together-----

2 bunches green onions -- washed and chopped
5 stalks celery -- chopped
1/2 cup fresh dill -- chopped
1 cup mayonnaise
1 cup sour cream
2 teaspoons lemon juice
Salt and pepper to taste

---Add about-----

1/2 cup crumbled blue cheese -- to 3/4, and mix well

Let mixture sit overnight (very important), as the blue cheese needs to blend with the dressing. Then, toss dressing with about 5 pounds of cooked, cut potatoes, more salt, and a little vinegar. I use small red potatoes, and then cut them into quarters or sixths if they are larger. I cut them first and then cook them, just until they are done, and then rinse them in cold water to stop cooking. Then I usually toss them with a little vinegar and salt -- remember, potatoes SOAK up salt.
Blue Cheese Salad

1 cup Sour cream
1 cup Mayonnaise
1 tablespoon Dry mustard
1 tablespoon Oregano
1 tablespoon Fresh ground black pepper
4 ounces Blue cheese
1/2 tablespoon Garlic oil
1 tablespoon Lemon juice
1 each Package fresh spinach

Blend the sour cream and mayonnaise together in a bowl. Stir in the mustard, oregano and black pepper. Crumble the blue cheese and stir into the dressing.

Add the garlic oil and lemon juice and whisk into the dressing. Pour some of the dressing over the spinach and serve. When we are off our collective diet, we can add other garnishes such as cheese, sprouts, croutons, bacon ....the list of fattening goodies will be endless.
Yield 6-8 portions
BONNIE'S POTATO SALAD

1/2 cup Salad oil
1 cup Salad dressing
1 tablespoon Mustard
2 tablespoons Vinegar
2 tablespoons Sugar
8 each Potatoes cooked, peeled -- and
1/2 cup Onion-chopped
1/4 cup Pickles-chopped
2 each Celery-chopped
3 each Eggs -- hard-cooked and chop
1 teaspoon Celery seed
Salt -- to taste
Pepper -- to taste

In bowl, mix together oil, salad dressing, mustard, vinegar, and sugar.
In large bowl, place diced potatoes. Add onions, pickles, celery, celery seed, and eggs. Salt and pepper to taste. Add dressing. Toss lightly to coat.
**BOSTON BEAN SALAD**

1 15 oz can navy beans
   Drained and rinsed
1 15 oz can red beans -- drained
   And rinsed
1 15 oz can black beans
   Drained and rinsed
2 Stalks celery -- sliced (about 1 Cup)
1/2 cup Thinly sliced green onion
1/2 cup Vinegar [or more]
1/4 cup Molasses
1 tablespoon Dijon-style mustard
1/4 teaspoon Pepper
2 cups Torn curly endive

In a large bowl, combine beans, celery, and green onion. For dressing, combine vinegar, molasses, mustard and pepper, and mix well. Pour over bean mixture, stir to coat. Cover and chill for 4 to 24 hours (the longer the better!), stirring occasionally. Just before serving, stir in endive.
Broccoli Sesame Salad

1 head broccoli
2 tablespoons olive oil
1/4 cup rice wine vinegar
1/4 cup soy sauce
2 tablespoons sesame oil
4 tablespoons sesame seeds -- toasted

Wash broccoli, discarding leaves and toughest part of stem. Blanch entire head in boiling water for one minute. Rinse under cold water. Break off florets and cut remaining stem (peeled, if desired) into 2" pieces.

Preheat oven to 450 degrees. Pour olive oil onto a baking sheet. Spread broccoli pieces in one layer, turning to coat with olive oil. Roast at 450 degrees for 5 minutes, turn broccoli pieces over, and continue roasting until broccoli begins to brown, about 5 minute more.

Whisk together soy sauce, vinegar, and sesame oil. Stir in 3 tablespoons sesame seeds. When broccoli is done, transfer to a bowl and pour dressing over it, stirring gently to coat. Sprinkle with remaining tablespoon sesame seeds. Serve warm or at room temperature.
**Broccoli Salad**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Unit</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>each</td>
<td>Head of broccoli flowerets</td>
</tr>
<tr>
<td>3/4</td>
<td>cup</td>
<td>Shredded cheddar cheese</td>
</tr>
<tr>
<td>1/2</td>
<td>cup</td>
<td>Drained kidney beans</td>
</tr>
<tr>
<td>1/2</td>
<td>each</td>
<td>Basket of 1/2'd cherry tom</td>
</tr>
<tr>
<td>1</td>
<td>each</td>
<td>Small onion (cut thin)</td>
</tr>
<tr>
<td>3/4</td>
<td>cup</td>
<td>Sliced fresh mushrooms</td>
</tr>
<tr>
<td>1</td>
<td>package</td>
<td>Good Seasons Italian salad mix</td>
</tr>
</tbody>
</table>

Toss and marinate 4 hours or overnight.
Buffet Make-Your-Own Salad

2 chickens -- cooked, * see note
4 cups cooked rice
3 cans chow mein noodles -- large cans
5 cups gravy -- ** see note
3 cups celery -- diced
10 green onions -- sliced
16 ounces pineapple chunks in juice -- drained
2 cups cheddar cheese -- shredded
1 cup toasted almonds -- slivered
1 1/2 cups toasted coconut
1 cup black olives -- chopped

* Broiler-fryer chickens. Cook, skin, bone and cut into bite-sized pieces.
** Use chicken gravy or combination of broth, chicken soup and gravy.

Heat chicken and gravy together. Place in pretty serving or chafing dish. Place other items in a decorative fashion on buffet table. Guests can build their own salads using these ingredients.

This can be made in advance and stored separately, ready to assemble when needed.
**Cabbage Fruit Salad With Sour-cream**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cabbage</td>
<td>2 cups</td>
<td>raw -- shredded</td>
</tr>
<tr>
<td>Apple</td>
<td>1 each</td>
<td>med., diced -- unpeeled</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>1 tablespoon</td>
<td></td>
</tr>
<tr>
<td>Raisins</td>
<td>1/4 cup</td>
<td></td>
</tr>
<tr>
<td>Pineapple juice</td>
<td>1 1/2 teaspoons</td>
<td></td>
</tr>
<tr>
<td>Salt</td>
<td>1/4 teaspoon</td>
<td></td>
</tr>
<tr>
<td>Sugar</td>
<td>1 tablespoon</td>
<td></td>
</tr>
<tr>
<td>Sour cream</td>
<td>1/2 cup</td>
<td></td>
</tr>
</tbody>
</table>

Prepare cabbage and apple. Use 1 T lemon juice to wet diced apple to prevent darkening. Toss cabbage, raisins, and apple. Mix fruit juices, salt, and sugar. Add sour cream, stir until smooth; add to salad and chill.
Caesar Salad Dressing, Low cal

1/3 cup Tofu
2 tablespoons Lemon juice
1 1/2 teaspoons Dijon mustard
1 each Garlic clove -- minced
1 teaspoon Anchovy paste -- or anchovy
1/4 teaspoon Salt
1 pinch Sugar -- pinch
1 pinch Pepper
2 tablespoons Parmesan cheese -- grated
1 tablespoon Olive oil

In small saucepan of simmering water, poach tofu for 2 minutes; drain, chop coarsely and let cool. In blender, blend lemon juice, mustard, garlic, anchovy, salt, sugar and pepper. With blender running, gradually add tofu, cheese and oil. Transfer to small jar and refrigerate, covered, for up to 2 days. Makes 1/2 cup.
Cajun Coleslaw

5 tablespoons Mayonnaise -- (heaping)
1 teaspoon Louisiana hot sauce
2 tablespoons Yellow mustard (heaping)
2 tablespoons Ketchup
2 tablespoons Olive oil
1 tablespoon Wine vinegar
1 teaspoon Garlic salt
1 tablespoon Lea & perrins
1 each Juice of mediums size lemon
3 teaspoons Salt (to taste)
4 each Bell peppers -- sliced
2 each Onions, medium -- shredded
1 each Large cabbage -- shredded

Put mayonnaise and mustard in a bowl large enough to hold complete mixture, but shaped so that the mixture can be beaten with a fork. Beat mayonnaise and mustard until combined. Add olive oil slowly, beating all the time. Beat until mixture has returned to the thickness of original mayonnaise. Add Louisiana hot sauce, continuing to beat. Add ketchup and keep beating. Add salt and garlic salt, beating all the time. Add wine vinegar (this will thin the sauce down). Beat this thoroughly, adding the lemon juice as you do so.

Taste for salt and pepper. Place shredded cabbage, peppers, and onions in a large salad bowl. Pour sauce over and toss well. This should be done about an hour before serving. Tastes even better the next day.
### Calico Salad

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup</td>
<td>Sugar</td>
</tr>
<tr>
<td>1/2 each</td>
<td>Green pepper -- chopped</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Salad oil</td>
</tr>
<tr>
<td>1 each</td>
<td>Med. onion -- chopped or rings</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Vinegar</td>
</tr>
<tr>
<td>1 can</td>
<td>Cut green beans</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>Salt</td>
</tr>
<tr>
<td>1 can</td>
<td>Red kidney beans</td>
</tr>
<tr>
<td>1/2 teaspoon</td>
<td>Pepper</td>
</tr>
<tr>
<td>1 can</td>
<td>Yellow wax beans</td>
</tr>
</tbody>
</table>

Wash and drain kidney, green, and wax beans. Add chopped pepper and onion. Mix sugar, oil, vinegar, salt and pepper. Pour over salad. Chill.
# California Bean Sprout Salad

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>head Romaine</td>
<td>1</td>
<td>lettuce -- small head</td>
</tr>
<tr>
<td>head leaf</td>
<td>1</td>
<td>lettuce -- small head</td>
</tr>
<tr>
<td>cup jicama</td>
<td>1</td>
<td>-- cut in 2-inch strips</td>
</tr>
<tr>
<td>cups bean</td>
<td>2</td>
<td>sprouts -- cooked</td>
</tr>
<tr>
<td>cup cider vinegar</td>
<td>1/4</td>
<td></td>
</tr>
<tr>
<td>teaspoon sugar</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>tablespoon salt</td>
<td>1/4</td>
<td></td>
</tr>
<tr>
<td>cup cucumber</td>
<td>1/2</td>
<td>-- diced</td>
</tr>
<tr>
<td>red pepper</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>cup avocado</td>
<td>1</td>
<td>-- cubed</td>
</tr>
<tr>
<td>hard-boiled egg</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>teaspoon sesame oil</td>
<td>1</td>
<td>-- optional</td>
</tr>
</tbody>
</table>

Prepare the red pepper by washing, cut in half and remove seeds and membranes, cut into small strips.

Wash lettuce, spin or blot dry and place in plastic bag with a paper towel; seal bag and refrigerate.

Cut peeled jicama into strips such as French fry-size and refrigerate until serving time.

In saucepan, bring 1 quart water to a boil. Add the bean sprouts and blanch for two minutes. Remove and run under cold water briefly. Immerse in a bowl of ice water for one minute, drain well. Mash boiled egg or put through a sieve. Refrigerate.

In a small bowl, blend vinegar, sugar and salt. In a large bowl, combine bean sprouts, diced cucumbers, strips of red pepper and avocado cubes. Add 1 teaspoon of sesame oil if desired and blend this mixture well.

Add the vinegar mixture to the bean sprout mixture and toss to combine. Cover bowl tightly and refrigerate 1 hour.

To serve, tear lettuce into bite sized pieces and divide equally among 4-6 salad plates. Top with the sprout mixture, sprinkle with the chopped egg, and arrange the jicama strips on one side of salad. Needs no further dressing to be a delicious and healthy dish.
**California Chicken Salad**

2 cups cooked chicken -- chopped
1/2 cup Monterey jack cheese -- shredded
1/2 cup cheddar cheese -- shredded
1 avocado -- diced
1/2 cup olives -- chopped
1 tomatillos -- chopped
1/2 teaspoon chili powder
1/4 teaspoon garlic powder
1 teaspoon onions -- chopped
black pepper
2 tablespoons mayonnaise
1 teaspoon green chiles -- minced
2 teaspoons sun-dried tomatoes, oil-packed -- minced

* A tomatillo is also known as a Mexican Cherry tomato.
** Use a dash of onion juice instead of minced onions if preferred.

Lightly mix the first 10 ingredients together. Moisten with mayonnaise, using more or less as desired. Mound in 4 decorative serving dishes, sprinkle the minced green chilies and minced sun-dried tomatoes on top. Chill for 1 hour.

Serve with corn chips or crisp-fried tortillas as a light lunch.
Carrot Raisin Salad

2 Tbsp Raisins
1 Tbsp Cider Vinegar
1 C Carrots -- coarsely shredded
1/2 C Pineapple Chunks In Juice -- drained
2 Tbsp Pineapple Juice -- unsweetened
dash Ground Cinnamon
dash Ground Nutmeg

Combine raisins and vinegar in a med. bowl; let stand 15 min. Add carrot and pineapple tidbits; stir well. Combine pineapple juice, cinnamon, and nutmeg; pour over carrot mixture, and toss well. Cover and chill.
Catfish and Crawfish Mold

1 Cup Chopped parsley
1 Cup Cream cheese
1/2 Cup Dry white wine
Salt, to taste
1 Tablespoon Lemon juice
1 Pound Catfish meat, cooked
1 Teaspoon Louisiana hot sauce
1 Pound Crawfish meat, cooked
1 Tablespoon Lea & Perrins

Chop catfish and crawfish in food processor. Add wine, parsley, lemon juice, and salt. Mix real well. Add hot sauce and Lea & Perrins Worcestershire sauce. Mix well. Add cream cheese. Mix well. Refrigerate overnight in a mold. Serve with crackers or on a bed of lettuce. You can use shrimp if crawfish aren't available.
## Caesar for Two

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>each Clove garlic -- minced</td>
</tr>
<tr>
<td>1</td>
<td>each Head romaine lettuce</td>
</tr>
<tr>
<td>1</td>
<td>each Tin Anchovies (Millionaires)</td>
</tr>
<tr>
<td></td>
<td>Croutons</td>
</tr>
<tr>
<td>4</td>
<td>each Bacon chopped</td>
</tr>
<tr>
<td>2</td>
<td>tablespoons Olive oil</td>
</tr>
<tr>
<td>2</td>
<td>tablespoons White vinegar</td>
</tr>
<tr>
<td>2</td>
<td>tablespoons Worcestershire</td>
</tr>
<tr>
<td></td>
<td>Dash tobasco</td>
</tr>
<tr>
<td></td>
<td>Lemon</td>
</tr>
<tr>
<td>2</td>
<td>each Egg yolks</td>
</tr>
<tr>
<td></td>
<td>Cappers</td>
</tr>
<tr>
<td>3</td>
<td>tablespoons Parmasean cheese</td>
</tr>
</tbody>
</table>

Crush garlic in oil with fork in bowl. Add 1/2 can anchovies, capers & chop mince with oil. Separate egg yolks in small bowl and add to mixing bowl. Add worcestershire sauce, lemon, tobasco, vinegar and bacon bits mix well. Let stand for 5 minutes. Toss salad and add croutons and cheese.
Caesar Salad

20  each  Large romaine leaves
1   each  Head lettuce
1   cup   French bread cut 1/2 in cube
1   each  Large garlic clove
1   each  Egg
1/4 teaspoon  Salt
1/2 each  Juice of one lemon
1/4 cup   Olive oil
1/2 teaspoon  Worcestershire sauce
1/4 cup   Grated romano cheese
1   each  Fresh ground pepper to taste

### Celery Seed Dressing

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sugar</td>
<td>1/2 cup</td>
<td></td>
</tr>
<tr>
<td>Lemon Juice</td>
<td>1/4 cup</td>
<td></td>
</tr>
<tr>
<td>Cider Vinegar</td>
<td>2 teaspoons</td>
<td></td>
</tr>
<tr>
<td>Dry Mustard</td>
<td>1 teaspoon</td>
<td></td>
</tr>
<tr>
<td>Salt</td>
<td>1/2 teaspoon</td>
<td></td>
</tr>
<tr>
<td>Vegetable Oil</td>
<td>1/2 cup</td>
<td></td>
</tr>
<tr>
<td>Celery Seed OR Poppy Seed</td>
<td>1 teaspoon</td>
<td></td>
</tr>
</tbody>
</table>

In blender container, combine all ingredients except oil and seed; blend until smooth. On low speed, continue blending, slowly adding oil. Stir in seed.

Chill to blend flavors. Makes about 1 cup. Suggested Serving is to serve with all types of fresh fruit salads.
Cherry Coke Salad

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>40</td>
<td>ounces</td>
<td>Cherries; Dark, Pitted -- 2 cn</td>
</tr>
<tr>
<td>3</td>
<td>ounces</td>
<td>Jello -- Cherry Gelatin (1 pk)</td>
</tr>
<tr>
<td>20</td>
<td>ounces</td>
<td>Pineapple; Crushed -- (1 Cn)</td>
</tr>
<tr>
<td>1</td>
<td>cup</td>
<td>Coca-Cola</td>
</tr>
<tr>
<td>1/2</td>
<td>cup</td>
<td>Chopped Pecans</td>
</tr>
</tbody>
</table>

Heat cherries and their juice to boiling. Remove from heat and add Jello. Stir. Add pineapple, juice and all. Pour in coke and nuts. Pour into an oiled 6-cup mold. Let cool, then refrigerate at least 2 hours or until set. Serve cold.
Cherry Tomato Salad

- 1 pint cherry tomatoes
- 6 bacon slices
- 1/4 cup mayonnaise
- 1 tablespoon tarragon vinegar
- 2 tablespoons olive oil
- 1/4 teaspoon salt
- 1 tablespoon fresh basil -- chopped
- 6 leaves romaine lettuce
- 2 tablespoons chives -- chopped

Wash and stem tomatoes. Dry completely. Cook bacon until very crisp; drain thoroughly on paper towels.

Mix mayonnaise, vinegar, olive oil, salt, and basil. Pour over tomatoes, crumble bacon over all, and stir to coat tomatoes with dressing. Serve on lettuce leaves, sprinkled with chives.

Serve at once or refrigerate until ready to serve.
Cherry Waldorf Gelatin

| 2 cups | Boiling Water |
| 6 ounces | (1 pk) Cerry Flavor Gelatin |
| 1 cup | Cold Water |
| 1/4 cup | Lemon Juice |
| 1 1/2 cups | Chopped Cored Apples |
| 1 cup | Chopped Celery |
| 1 cup | Chopped Walnuts Or Pecans |
| Lettuce Leaves |
| Garnishes* |

* Garnishes to include Apple slices and/or celery leaves.

In medium bowl, pour boiling water over gelatin; stir until dissolved. Add cold water and lemon juice; chill until partially set. Fold in apples, celery and nuts. Pour into lightly oiled 6-cup mold or 9-inch square baking pan. Chill until set, 4 to 6 hours or overnight. Unmold on lettuce leaves and garnish as desired.
**CHICKEN AND BLACK BEAN SALAD**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black beans</td>
<td>30 ounces</td>
<td>Drained and rinsed</td>
</tr>
<tr>
<td>Chicken</td>
<td>3 cups</td>
<td>Cooked and cubed</td>
</tr>
<tr>
<td>Green onions</td>
<td>6</td>
<td>Sliced</td>
</tr>
<tr>
<td>Sweet red pepper</td>
<td>1</td>
<td>Chopped</td>
</tr>
<tr>
<td>Sweet yellow pepper</td>
<td>1</td>
<td>Chopped</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>2</td>
<td>Coarsely chopped</td>
</tr>
<tr>
<td>Coriander</td>
<td>1/4 cup</td>
<td>Fresh</td>
</tr>
<tr>
<td>Jalapeno pepper</td>
<td>1</td>
<td>Minced</td>
</tr>
<tr>
<td>Grated lime rind</td>
<td>1/4 cup</td>
<td></td>
</tr>
<tr>
<td>Lime juice</td>
<td>10 ml</td>
<td></td>
</tr>
<tr>
<td>Garlic</td>
<td>1/4 tsp</td>
<td>Minced</td>
</tr>
<tr>
<td>Salt</td>
<td>1/4 tsp</td>
<td></td>
</tr>
<tr>
<td>Pepper</td>
<td>1/4 tsp</td>
<td></td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>1/4 cup</td>
<td></td>
</tr>
</tbody>
</table>

Use canned black beans (15oz (425mL) per can) in large bowl, gently stir together black beans, chicken, onions, red and yellow peppers and tomatoes.

Dressing: in small bowl, whisk together jalapeno pepper, lime rind and juice, garlic, salt and pepper; gradually whisk in oil. Pour over salad; add coriander and toss gently.
CHICKEN BROCCOLI SALAD

1/3 cup Uncooked Bulgur
(1 C. Cooked Brown Rice
May Be Substituted For
Bulgur.)
2 2/3 cups Boiling Water Divided
1 teaspoon Chicken Bouillon Granules
10 milliliters Garlic Crushed
1 (10 Oz.) Chicken Breast
Skinned
1/2 cup Broccoli Flowerets
2 tablespoons Minced Green Onions
1 teaspoon Lime Juice
1/4 teaspoon Pepper
1/4 teaspoon Crushed Red Pepper Flakes
1 teaspoon Minced Gingerroot

Combine Bulgur & 2/3 C. Boiling Water in A Large Bowl; Let Stand 30 To
45 Min. OR Until Liquid Is Absorbed. Set Aside.

Combine Bouillon Granules, Garlic, & Remaining 2 C. Boiling Water in A
Medium Saucepan. Bring To A Boil Over High Heat; Add Chicken. Cover,
Reduce Heat & Simmer 20 Min. OR Until Chicken Is Tender. Remove Chicken
& Let Cool. Discard Broth. Bone Chicken & Cut Into Bite Side Pieces,
Combine With Reserved Bulgur. Steam Broccoli 5 Min. OR Until Crisp
Tender.

Add To Chicken Mixture. Add Green Onions, Lime Juice Pepper, Red
Pepperflakes & Gingerroot To Chicken Mixture, Tossing Well. Cover &
Chill 2 To 3 Hours.
CHICKEN CAESAR SALAD

4 1 oz. slices French bread
1/2 teaspoon Vegetable cooking spray
2 cloves Garlic powder
1 1/3 cups Boneless chicken breasts
1/4 cup Fresh lemon juice
1 cup Red wine vinegar
1 tablespoon Olive oil
1/4 teaspoon Anchovy paste
1/4 teaspoon Fresh ground pepper
50 milliliters Garlic
9 cups Romaine lettuce
1/4 cup Grated parmesan cheese

1. Trim bread crusts and discard. Cut bread into 1 inch cubes. Place cubes in a single layer on a baking sheet. Coat cubes with cooking spray; sprinkle with garlic powder; toss well. Bake at 350°F for 15 minutes or until lightly browned and set aside.

2. Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot. Add chicken halves; sauté 6 minutes on each side or until well done. Remove chicken from skillet; let cool. Cut chicken across the grain into thin slices; set aside.

3. Combine lemon juice and next 5 ingredients in container of an electric blender. Cover and process until smooth. Add 1/4 cup of the lemon juice mixture to the chicken; toss gently to coat.

4. In a large salad bowl, place the lettuce. Drizzle remaining lemon juice mixture over lettuce and toss well. Add the chicken mixture and cheese, and toss gently to coat. Serve with croutons.
# CHICKEN CURRY RICE SALAD

1/2 cup Plain yogurt  
3 tablespoons Curry powder -- divided  
1 Garlic clove -- minced  
1/2 teaspoon Salt  
1/4 teaspoon Ground red pepper  
4 Chicken breasts -- (boneless, skinless  
3 cups Cooked rice -- cooled  
(red cooked in chicken broth)  
1 medium Red pepper -- julienned  
1/2 medium Red onion -- sliced  
1 cup Snow peas -- julienned  
2 Green onions -- sliced  
1/3 cup Raisins  
1/4 cup Unsalted peanuts -- chopped  
1/4 cup Light Italian dressing

Combine yogurt, 2 tablespoons curry powder, garlic, salt and ground red pepper in medium bowl; mix well. Place chicken in mixture; stir to coat.

Cover and marinate 4 to 6 hours in refrigerator. Grill or broil chicken and cut into strips; refrigerate. Combine rice, remaining 1 tablespoon curry powder, red pepper, red onion, snow peas, green onions, raisins and peanuts; mix well. Cover and refrigerate one hour. Pour dressing over salad; toss. To serve, place chicken strips over salad.
## Chicken Salad

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>each</td>
<td>Small sweet pickle</td>
</tr>
<tr>
<td>1</td>
<td>each</td>
<td>1-inch piece onion</td>
</tr>
<tr>
<td>1</td>
<td>each</td>
<td>Cooked chicken breast -- cubed</td>
</tr>
<tr>
<td>1/3 cup</td>
<td>Mayonnaise</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp</td>
<td>Sugar</td>
<td></td>
</tr>
<tr>
<td>1 dash</td>
<td>Salt</td>
<td></td>
</tr>
<tr>
<td>1 dash</td>
<td>Pepper</td>
<td></td>
</tr>
</tbody>
</table>

Place pickle and onion in blender or food processor. Process until finely chopped. Add chicken and process 3 fast pulses. Add remaining ingredients and process 2 fast pulses. Yield: 1 Cup
CHICKEN SALAD ASIAN-STYLE

4 Chicken breast halves -- cooked, skinned, boneless broken into small pieces
1 can Water chestnuts (8 oz can) -- drained, sliced
3 Green onions with tops -- chopped
1/4 cup Sesame seeds -- toasted
1/3 cup Sliced almonds -- toasted
1 tablespoon Poppy seeds

In large bowl, mix together chicken, water chestnuts, green onions, sesame seeds, almonds and poppy seeds. Pour Dressing over chicken mixture; toss gently to mix well. Refrigerate salad until chilled, about 2 hours.

At serving time, mix chicken mixture with noodles and lettuce. Makes 6 servings.

DRESSING: In a 1-pint jar, mix together 4 tablespoons sugar, 4 tablespoons cider vinegar, 1 teaspoon salt and 1/2 teaspoon pepper. Add 1/2 cup salad oil; shake to mix well.
**Chicken Salad Mari**

<p>| | |</p>
<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>--- Dressing: -----</strong></td>
<td></td>
</tr>
<tr>
<td>3/4 cup</td>
<td>mayonnaise</td>
</tr>
<tr>
<td>2 teaspoons</td>
<td>Worcestershire sauce</td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>fresh parsley -- chopped</td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>chives -- chopped</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>fresh basil</td>
</tr>
<tr>
<td>2 tablespoons</td>
<td>black olives -- chopped</td>
</tr>
<tr>
<td>1/4 teaspoon</td>
<td>black pepper</td>
</tr>
<tr>
<td></td>
<td>salt -- to taste</td>
</tr>
<tr>
<td><strong>--- Salad: -----</strong></td>
<td></td>
</tr>
<tr>
<td>3 cups</td>
<td>chicken, light meat -- cubed</td>
</tr>
<tr>
<td>1 pint</td>
<td>cherry tomatoes</td>
</tr>
<tr>
<td></td>
<td>Romaine lettuce leaves -- chopped</td>
</tr>
</tbody>
</table>

To prepare dressing, combine the dressing ingredients, blend well and refrigerate at least 30 minutes.

To assemble salad, tear romaine lettuce into bite sized pieces and place on individual serving plates. Mix cubed cooked chicken with chilled dressing; divide evenly on the lettuce. Cut cherry tomatoes in half and place around edges of salad. Serve with crisp croutons sprinkled on salad if desired.

If you wish to prepare the salad ahead of time, refrigerate the chicken, lettuce, tomatoes and dressing in separate covered containers and assemble just before serving.
Chicken Salad Supreme

1 cup Mayo Or Salad Dressing
1/4 cup Lime Juice
1 teaspoon Salt
1/4 teaspoon Ground Nutmeg
4 cups Cubed Chicken Or Turkey
11 ounces (1 cn) Mandarin Oranges *
1 cup Seedless Green Grape Halves
3/4 cup Chopped Celery
1/2 cup Slivered Almonds -- Toasted

CHICKEN SALAD WITH BLACK BEANS

1/4 cup Fermented Chinese blk. beans
1 pound Snow peas
1/4 cup Dry sherry
1 cup Low-sodium chicken broth
2 tablespoons Finely minced garlic
2 teaspoons Finely minced fresh ginger -- =OR=--
1 tablespoon -Powdered ginger
4 Chicken breast halves -- (boned)
3 tablespoons Salad oil
2 tablespoons Dark sesame oil (optional)
1/4 bn Cilantro

SOAK THE BLACK BEANS IN WATER for 15 minutes. Drain and discard water. Meanwhile, cook the snow peas in boiling salted water for 30 seconds. Immediately drain and plunge into ice water to chill. Drain again, dry on a towel, cut lengthwise into thin julienne strips and set aside. In a 2-quart saucepan, combine the black beans with the sherry and cook for 1 minute over high heat. Add broth, garlic and ginger and bring almost to a boil.

Reduce heat to low, add the chicken breasts, cover and simmer 4 minutes. Remove from heat and let the contents of the pan steep, covered, for 5 minutes. Remove the chicken breasts to a plate and return the pan to the stove. Place over medium heat and cook uncovered for 5 minutes, reducing the liquid by 1/3. Pour the mixture into a mixing bowl, let cool for 10 minutes, then transfer the mixture to a blender. Running the blender on medium, slowly add both oils.

When it's time to put dinner on the table, pour the sauce onto a platter, and place a pile of snow peas in the center of the plate. Slice the chicken diagonally across the grain into thin strips. Fan chicken breasts around the snow peas. Arrange vegetables around the chicken and sprinkle with cilantro.
CHICKEN SALAD WITH LEMON, RAISINS AND CROUTONS

-----CROUTONS-----
1 1/2 cups French bread cubes -- about 1/2-inch cubes
Olive oil spray -- or nonstick cooking

-----SALAD-----
1 pound Chicken breasts -- boneless and skinless
2 Stalks celery -- minced
1/3 cup Golden raisins
Peel of 1 lemon -- finely grated
6 Romaine leaves
6 Radicchio leaves -- (see note)
2 teaspoons Lemon juice
1 teaspoon Olive oil

-----DRESSING-----
1/2 cup Plain nonfat yogurt
1/3 cup Light mayonnaise
2 tablespoons Lemon juice
2 teaspoons Dijon-style country mustard -- or grainy mustard
2 teaspoons Honey
1 tablespoon Minced fresh rosemary leaves
1/8 teaspoon Salt -- to 1/4 ts
Freshly ground black pepper -- to taste

1. TO PREPARE THE CROUTONS: Spray a baking sheet with 3 sprays of the
   olive oil spray or nonstick cooking spray. Spread the bread cubes on
   the sheet and spray lightly again 3 times. Place in a preheated 350-
   degree F oven about 20 minutes, or until golden. Remove from the oven
   and cool.

2. TO PREPARE THE SALAD: Place the chicken in a pan and cover with
   water. Bring just to a boil, cover and reduce the heat to medium-low.
   Cook 10 minutes, or until chicken is cooked through. Remove from the
   liquid and cool. Cut into small chunks or pull into shreds.

3. Combine the chicken with the celery, raisins and lemon peel.

4. TO PREPARE THE DRESSING: In a bowl, stir together the yogurt,
   mayonnaise, lemon juice, mustard, honey, rosemary, salt and pepper.
   Stir into the salad, cover and refrigerate until ready to serve.

5. Wash the romaine and radicchio, pat dry and wrap in paper towels.
   Refrigerate.

6. When ready to serve, stir together 2 teaspoons lemon juice and 1
   teaspoon olive oil. Tear the lettuce into small pieces and toss with
   the lemon-oil mixture. Divide between plates and top with the chicken
   salad. Garnish with the croutons.

Note: If radicchio is unavailable or too expensive, substitute red leaf
lettuce.
# Chicken Taco Salad, Low Fat

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pound</td>
<td>Chicken meat -- white skinless</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Lettuce -- torn into pieces</td>
</tr>
<tr>
<td>2 medium</td>
<td>Tomatoes -- cut into pieces</td>
</tr>
<tr>
<td>1 can</td>
<td>Kidney beans -- rinsed and Drained (15 oz. size)</td>
</tr>
<tr>
<td>1 package</td>
<td>Taco seasoning mix</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Cheddar cheese -- non fat</td>
</tr>
<tr>
<td>1/2 package</td>
<td>Tortilla chips -- <em>baked</em> (1 GM fat per 20 chips)</td>
</tr>
<tr>
<td></td>
<td>Bottle Kraft fat free salad</td>
</tr>
<tr>
<td></td>
<td>Dressing -- Catalina</td>
</tr>
</tbody>
</table>

Place chicken in a bowl and cover with waxed paper. Cook in microwave about 5 minutes. Remove and drain chicken to remove any fat. Prepare taco mix as directed, substituting chicken for beef. Place lettuce, tomatoes, and chips in a large bowl. Add drained beans, grated cheese, and salad dressing. Mix well. Serve immediately.
Chicken-Pasta Salad With Blueberries

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>Oz. Pckg Frozen French Cut Green Beans</td>
<td>thawed</td>
</tr>
<tr>
<td>3</td>
<td>Cups Chicken Breast</td>
<td>cooked &amp; shredded</td>
</tr>
<tr>
<td>3</td>
<td>Cups Fusilli Pasta</td>
<td>cooked w/o salt or f</td>
</tr>
<tr>
<td>1</td>
<td>Cup Fresh Blueberries</td>
<td></td>
</tr>
<tr>
<td>3/4 cup</td>
<td>Cup Celery</td>
<td>thinly sliced</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>Cup Green Onion</td>
<td>thinly sliced</td>
</tr>
<tr>
<td>2</td>
<td>Tablespoons Fresh Oregano</td>
<td>finely chopped</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Cup Plain Low-Fat Yogurt</td>
<td>(plus 2 Tbsp.)</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>Cup Mayonnaise</td>
<td>(plus 1 Tbsp.)</td>
</tr>
<tr>
<td>3</td>
<td>Tablespoons Blueberry Vinegar</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp</td>
<td>Teaspoon Salt</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp</td>
<td>Teaspoon Black Pepper</td>
<td>coarsely ground</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Lettuce Leaves -- (optional)</td>
</tr>
</tbody>
</table>

Place green beans between paper towels and squeeze until barely moist. Combine green beans and next 6 ingredients in a large bowl. Combine yogurt and next 4 ingredients in a bowl; stir well. Pour over chicken mixture, toss gently. Cover and chill 2 hours. Serve on a lettuce-lined serving plate.

Yield: 6 servings
Chicken-Pasta Salad With Blueberries #2

9 Oz. Pckg  Frozen French Cut Green Beans -- thawed
3 Cups  Chicken Breast -- cooked & shredded
3 Cups  Fusilli Pasta -- cooked w/o salt or f
1 Cup  Fresh Blueberries
3/4 Cup  Celery -- thinly sliced
1/4 Cup  Green Onion -- thinly sliced
2 Tablespoons  Fresh Oregano -- finely chopped
1/2 Cup  Plain Low-Fat Yogurt -- (plus 2 Tbsp.)
1/4 Cup  Mayonnaise -- (plus 1 Tbsp.)
3 Tablespoons  Blueberry Vinegar
1/2 Teaspoon  Salt
1/2 Teaspoon  Black Pepper -- coarsely ground
Lettuce Leaves -- (optional)

Place green beans between paper towels and squeeze until barely moist. Combine green beans and next 6 ingredients in a large bowl. Combine yogurt and next 4 ingredients in a bowl; stir well. Pour over chicken mixture, toss gently. Cover and chill 2 hours. Serve on a lettuce-lined serving plate.

Yield: 6 servings
Chili-Spiced Beef And Rice Salad

<table>
<thead>
<tr>
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<th>Unit</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Lb</td>
<td>Boneless Beef Top Sirloin Steak</td>
</tr>
<tr>
<td>2</td>
<td>Tsp</td>
<td>Spicy Seasoning Mix -- divided</td>
</tr>
<tr>
<td>2/3</td>
<td>C</td>
<td>Rice</td>
</tr>
<tr>
<td>1</td>
<td>Med</td>
<td>Orange (Or Apple) -- cut in pieces</td>
</tr>
<tr>
<td>3</td>
<td></td>
<td>Green Onions -- thinly sliced</td>
</tr>
<tr>
<td>1/4</td>
<td>C</td>
<td>Toasted Walnuts -- chopped</td>
</tr>
</tbody>
</table>

Cook rice according to package directions, adding 1 tsp Spicy Seasoning Mix to the water. Should yield about 2 cups.

Heat 10-inch nonstick frying pan over medium heat 5 minutes. Meanwhile rub 1 tsp seasoning into both sides of steak. Pan broil steak 12 - 14 minutes for rare to medium, turning once. Season with salt if desired. Meanwhile combine rice, fruit, onions, and walnuts. Carve steak into 1/4 inch thick slices. Arrange beef and rice mixture on individual plates or serving platter.
CHINESE CHICKEN SALAD IN WUN TUN BASKETS

1/4 cup Sugar
1/4 cup Vinegar
1/4 cup Salad oil
2 1/2 teaspoons Salt
1/2 teaspoon Brown sugar
2 pounds Chicken breasts or thighs -- cooked and shredded
6 ounces Wun tun wrappers (about 30)
Salad oil for frying
1 Head lettuce -- shredded
1 Green onion -- sliced
1/2 cup Slivered almonds -- toasted

Combine sugar, vinegar, the 1/4 cup oil, the salt, and brown sugar; mix well. Pour over chicken, marinate for at least 20 minutes or longer. Heat oil to 375 F. Place one wun tun wrapper in basket ladle, fit another ladle on top wrapper to hold in place. Deep fry in hot oil until golden brown; drain. Repeat until all wrappers are made into mini baskets. Place baskets on a platter lined with lettuce. Fill each basket with lettuce, chicken, green onion and almonds. Serve immediately. Makes 10 servings.
Chinese Chicken-Noodle Salad #2

4 Ounces angel hair pasta -- uncooked
1 Cup (1/2-in) diagonally sliced fresh snow peas
2 Cups shredded cooked chicken breast -- approx 3/4# 
1/2 Cup diced red bell pepper
1/4 Cup sliced green onions
1 medium cucumber, peeled, halved lengthwise, and sliced -- about 3/4 cup
3 Tablespoons low-sodium teriyaki sauce
2 tablespoons rice vinegar
2 teaspoons sesame seeds -- toasted
1 teaspoon dark sesame oil
1/2 teaspoon salt
1/4 teaspoon pepper

Break pasta into 5-inch pieces. Cook in boiling water 2 minutes. Add snow peas; cook an additional minute. Drain and rinse under cold, running water; drain well. Combine pasta mixture, chicken, and next 3 ingredients in a bowl; set aside.

Combine teriyaki sauce and next 5 ingredients in a bowl; stir well. Pour over pasta mixture, and toss well. Serve at room temperature or chilled.

Yield 4 1-1/2 cup servings.
**Chinese Coleslaw**

- 4 cups Chinese cabbage -- shredded
- 8 1/4 ounces Pineapple, crushed -- drained*
- 8 ounces Water chestnuts -- sliced **
- 1 cup Parsley, fresh -- snipped
- 1/4 cup Green onions -- sliced
- 1/4 cup Mayonnaise -- reduced calor.
- 1 tablespoon Mustard -- prepared
- 1 teaspoon Gingerroot -- grated

* packed in its own juice ** drained

Combine cabbage, pineapple, water chestnuts, parsley, and onion. Cover and chill. For dressing, combine mayonnaise, mustard, and gingerroot. Cover and chill.

Spoon dressing over the cabbage mixture; toss to coat.
Chinese Cucumber Salad

3 cucumbers
1 teaspoon salt
3 tablespoons soy sauce
2 quarts rice wine vinegar
1 tablespoon sugar
1 teaspoon sesame oil
2 tablespoons scallions -- finely chopped
1 tablespoon fresh ginger root -- finely chopped

Chinese Noodle Salad w/ Roasted Eggplant

The Noodles & The Marinade

7 tablespoons low sodium soy sauce
3 tablespoons balsamic vinegar
3 tablespoons sugar -- or more to taste
2 1/2 teaspoons red pepper oil
8 each scallions -- mostly white part, -- thinly sliced
3 tablespoons cilantro -- chopped
14 ounces Chinese noodles

The Eggplant & The Vegetable Garnish

1 pound Japanese eggplant
1 tablespoon ginger root -- 1 1/2 oz. peeled & -- minced
1 clove garlic -- finely chopped
4 ounces snow peas -- strings removed, cut -- in narrow strips
1/2 pound mung bean sprouts
3 tablespoons sesame seeds
1 each carrot -- medium size, cut in -- julienne
Cilantro leaves -- for garnish

Begin by making the marinade. Combine all the ingredients (except the noodles) in a bowl, stir them together until the sugar is dissolved. Next, bring a large pot of water to a boil for the noodles. While it is heating, gently pull apart the strands of noodles with your fingers, loosening and fluffing them as you do so. Add the noodles to the boiling water without any salt, and give them a quick stir with a fork or a pair of chopsticks. Cook briefly until they are done but not overly soft, a few minutes at most. Immediately pour them into a colander and rinse them in cold water to stop the cooking. Shake the colander vigorously to get rid of as much water as possible, and put the noodles into a bowl. Stir the marinade again; then pour half of it over the noodles and toss them with your hands to distribute the marinade. Set the remaining marinade aside. If the noodles aren't to be used for a while, cover them with plastic and refrigerate them. The flavors, as well as the heat in the red pepper oil, will develop as the noodles sit.

Preheat the oven to 400°F. Pierce the eggplants in several places and bake them until they are soft and their skins have shriveled, about 20 minutes, depending on their size. Turn them over after 10 minutes so they will bake evenly. When the eggplants are done, remove them to a cutting board and slice them in half lengthwise. When they are cool enough to handle, peel the skin away from the flesh. Don't worry about any small pieces of skin that are difficult to remove -- the flecks of dark purple -- brown are pretty. Shred the eggplants, gently tearing them into 1/4 - inch strips. Add the ginger and garlic to the reserved marinade, then the eggplant strips. Turn the pieces over several times to make sure all the surfaces are well coated, and set them aside. Bring a quart of water to a boil with a teaspoon of salt. Blanch the snow peas until they are bright green; then remove them with a strainer and rinse them in cool water. Cut them into long, narrow strips and set them aside.

Next, put the sprouts in the water and cook them for about 30 seconds.
Pour them into a colander, rinse them with cold water, and lay them on a clean kitchen towel to dry. Roast the sesame seeds in a pan until they are lightly colored and smell toasty.

If the noodles have been refrigerated, allow them to come to room temperature; then toss them with the eggplant strips and half the sesame seeds. Mound them on a platter, distribute the carrots, snow peas, and mung bean sprouts over the noodles, and garnish with the remaining sesame seeds and the leafy branches of cilantro.

Present the salad like this, layered and laced with the colorful garnishes, either on a single large platter or on individual plates. Once served, guests can toss the noodles and vegetables together to thoroughly mingle the different colors, textures, and tastes.
Chinese pasta salad

1 1/2 cups  Snow peas
250 grams  Rice vermicelli
           Red pepper sliced thin
1/2 each   English cucumber sliced thin
6 ounces   Cooked shrimp
130 grams  Crabmeat
1 tablespoon Fine chopped fresh ginger
1 each     Chopped garlic clove
2 tablespoons Sesame oil
1/2 teaspoon Black pepper
1 1/2 teaspoons Salt
2 tablespoons Lemon juice
3 teaspoons Vegetable oil
1 teaspoon  Red wine vinegar

Wash and trim snow peas. Place them in a bowl and pour in enough boiling water to cover them. Let stand 10 minutes; drain and set aside. Cook the noodles in plenty of boiling water for 3 to 4 minutes. Drain in colander, rinse with cold water and set aside. In large bowl, combine noodles, snow peas, red pepper, cucumber, shrimp and crabmeat. In a small bowl, combine ginger, garlic, sesame oil, pepper, salt, vegetable oil, lemon juice and vinegar. Pour this dressing over the other ingredients and mix thoroughly. Chill before serving.
### Chinese Pasta Salad with Creamy Ginger Dressing

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Precooked shanghai noodles</td>
<td>1 pound</td>
</tr>
<tr>
<td>Dash sesame oil for noodles</td>
<td>1 each</td>
</tr>
<tr>
<td>Snow peas</td>
<td>1/2 pound</td>
</tr>
<tr>
<td>Shrimp -- shelled deveined</td>
<td>1/2 pound</td>
</tr>
<tr>
<td>Coriander -- chopped</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Scallions -- minced</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Oil</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>Shrimp marinade</td>
<td>--------------</td>
</tr>
<tr>
<td>Salt</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>White pepper</td>
<td>1/4 teaspoon</td>
</tr>
<tr>
<td>Chinese cooking wine</td>
<td>1/2 teaspoon</td>
</tr>
<tr>
<td>Fresh ginger -- grated</td>
<td>3 tablespoons</td>
</tr>
<tr>
<td>Small garlic clove -- crushed</td>
<td>1 each</td>
</tr>
<tr>
<td>Egg yolk</td>
<td>1 each</td>
</tr>
<tr>
<td>Egg white</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>2 teaspoons</td>
</tr>
<tr>
<td>Vegetable oil (not olive)</td>
<td>2/3 cup</td>
</tr>
<tr>
<td>Soy sauce</td>
<td>1 1/2 teaspoons</td>
</tr>
<tr>
<td>Sesame oil</td>
<td>2 1 1/2 tablespoons</td>
</tr>
<tr>
<td>Cream</td>
<td>1 tablespoon</td>
</tr>
</tbody>
</table>

Mix the marinade ingredients in a small bowl and add shrimp. Blanch the noodles, rinse under cool water and sprinkle with sesame seed oil, toss, and set aside. (You may want to trim noodles with scissors to about 4 inches in length, to make serving easier.) Blanch whole snow peas and set aside. Heat wok, add 1 tablespoon oil, when oil is hot, add shrimp and stir-fry until pink. Set aside. DRESSING: In a blender or food processor, mix ginger, garlic, egg yolk, egg white, and lemon. Slowly drizzle in oil. Mix in soy and cream. Set aside. Toss noodles, shrimps, and snow peas. Mix in dressing to taste. Garnish with scallions and coriander. Serve at room temperature.
**Cilantro Slaw**

1 Small Head Of Cabbage -- finely shredded
1 Small Onion -- minced
2 Tablespoons Fresh Cilantro -- minced
1 European Cucumber -- about 1 pound

Lime And Garlic Dressing:

1/2 Cup Salad Oil
1/3 Cup Lime Juice
2 Cloves Fresh Garlic -- minced, or pressed

Mix cabbage, onion, and cilantro. Peel and seed cucumber; cut into 3-inch-long sticks. (At this point, you may cover and refrigerate cabbage mixture and cucumber separately for up to 1 day.)

Dressing: Whisk together 1/2 cup salad oil, 1/3 cup lime juice, and 2 cloves of minced or pressed garlic. If made ahead, cover and refrigerate for up to 2 days; stir to reblend before using. Stir dressing into cabbage mixture; pile into a bowl or onto a platter. Garnish with cucumber; season to taste with salt and pepper.
CLASSIC MACARONI SALAD

1    ounces    Recipe Old-Fashioned Egg
7    ounces    Elbow macaroni -- cooked and
1/2    cup    Chopped green pepper
1/2    cup    Mayonnaise
2    ounces    Jar chopped pimientos -- drained

Lettuce leaves Paprika, optional

In a bowl, combine egg salad, macaroni, green pepper, mayonnaise and pimientos. Cover and chill. For each serving, spoon about 3/4 cup onto a lettuce leaf.

Sprinkle with paprika, if desired.
Cobb Salad

1/2 head iceberg lettuce
1/2 bunch watercress
1 bunch curly endive -- small bunch
1/2 head romaine lettuce
2 tablespoons chives -- minced
2 medium tomatoes -- peeled, seeded, dice
1 whole boneless skinless chicken breasts -- cooked, diced
6 bacon slices -- cooked, diced
1 avocado -- peeled and diced
3 hard-boiled eggs -- diced
1/2 cup Roquefort cheese -- crumbled

French Dressing

1/4 cup water
1/4 cup red wine vinegar
1/4 teaspoon sugar
1 1/2 teaspoons lemon juice
1/2 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon Worcestershire sauce
3/4 teaspoon dry mustard
1/2 garlic clove -- minced
1/4 cup olive oil
3/4 cup vegetable oil

Chop lettuce, watercress, endive and romaine in very fine pieces. Mix in 1 large wide bowl or 6 individual wide shallow bowls. Add chives. Arrange tomatoes, chicken, bacon, avocado and eggs in narrow strips or wedges across top of greens. Sprinkle with cheese. Chill. Meanwhile, to make dressing, combine water, vinegar, sugar, lemon juice, salt, pepper, Worcestershire, mustard, garlic and oils. Chill. At serving time, shake dressing well. At table, pour 1/2 cup dressing over salad and toss. Pass remaining dressing at table.
**Coconut Cream Dressing**

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2</td>
<td>cup</td>
<td>Sour Cream</td>
</tr>
<tr>
<td>3</td>
<td>tablespoons</td>
<td>Flaked Coconut</td>
</tr>
<tr>
<td>1</td>
<td>tablespoon</td>
<td>Honey</td>
</tr>
<tr>
<td>1</td>
<td>tablespoon</td>
<td>Lime Juice</td>
</tr>
</tbody>
</table>

In small bowl, combine all ingredients, mix well.
Chill before serving. Refrigerate leftovers. Makes about 1/2 cup Dressing.
Cold Noodles With Tahini Dressing

1 Pound Vermicelli
3 Tablespoons Tahini
2 Cloves Garlic -- finely minced
2 Tablespoons Lemon Juice
Salt And Pepper
1 Tablespoon Water
1/2 To 3/4 Cup Olive Oil

Mix tahini, garlic, lemon juice, salt, pepper, and water. Blend until smooth. Gradually add the olive oil, while whisking until smooth and medium thick. Boil the vermicelli and drain. Cool under water and toss with sauce. Add fresh vegetables if desired.
Cold Potato Salad

6 each Potatoes -- large
-- boiling water
1/2 teaspoon Salt
1 each Onion; medium -- minced
3 tablespoons Vinegar
1/2 teaspoon Mustard -- prepared
1 teaspoon Sugar
2 teaspoons Dillseed

* Potatoes should be peeled and quartered.
In medium saucepan cook potatoes in boiling salted water until tender. Drain, reserving 3/4 cup of potato water.

Dice potatoes. Add oil and minced onion; toss gently. In small saucepan bring the 3/4 cup potato water to a boil; pour over potatoes and onion. Keep at room temperature for 2 to 3 hours.

Stir in vinegar, mustard, sugar, and dillseed.
Potato salad will be creamy. Serve at room temperature.
### Cole Slaw

| 5   | tablespoons Mayonnaise -- (heaping) |
| 1   | teaspoon Louisiana hot sauce       |
| 2   | tablespoons Yellow mustard (heaping) |
| 2   | tablespoons Ketchup                |
| 2   | tablespoons Olive oil              |
| 1   | tablespoon Wine vinegar            |
| 1   | teaspoon Garlic salt               |
| 1   | tablespoon Lea & Perrins           |
| 1   | each Juice of mediums size lemon   |
| 3   | teaspoons Salt (to taste)          |
| 4   | each Bell peppers -- sliced        |
| 2   | each Onions, medium -- shredded    |
| 1   | each Large cabbage -- shredded     |

Put mayonnaise and mustard in a bowl large enough to hold complete mixture, but shaped so that the mixture can be beaten with a fork. Beat mayonnaise and mustard until combined. Add olive oil slowly, beating all the time. Beat until mixture has returned to the thickness of original mayonnaise. Add Louisiana hot sauce, continuing to beat. Add ketchup and keep beating. Add salt and garlic salt, beating all the time. Add wine vinegar (this will thin the sauce down). Beat this thoroughly, adding the lemon juice as you do so.

Taste for salt and pepper. Place shredded cabbage, peppers, and onions in a large salad bowl. Pour sauce over and toss well. This should be done about an hour before serving. Tastes even better the next day.
Coleslaw 2

2 1/2 pounds cabbage -- green
2 large carrots -- (3/4 Pound)
1 cup Mayonnaise -- Hellmann's Preferred
1/4 cup white vinegar -- serve to taste
3 tablespoons sugar
1 tablespoon mustard -- prepared
1 cup raisins

1) Trim the tough outer leaves from the cabbage. Cut the cabbage into quarters and cut away the core from the cabbage pieces. Finely shred the cabbage. There should be about 8 cups. Peel the carrots and trim the ends. Grate them on the coarse side of a grater.

2) Stir the mayonnaise, vinegar, sugar, and mustard together in a large bowl until blended. Add the cabbage, carrots, and raisins and toss to coat with the dressing. Let stand, tossing occasionally, about 15 minutes. Store, covered, in the refrigerator for at least a few hours and toss well before serving.
Confetti Chicken Salad

1/4 cup fresh lime juice
3 tablespoons olive oil
1 clove garlic -- crushed
1 teaspoon chili powder
1/4 teaspoon salt
2 cups chicken -- cooked and cubed
1 red bell pepper -- cut into thin strips
1/3 cup green onions -- sliced
2 tablespoons fresh cilantro -- or parsley, chopped
2 jalapeno peppers -- stemmed, seeded, min
3 cups cooked rice -- cooled
2 avocados -- seed, peel, cut in chunks

Blend lime juice, oil, garlic, chili powder and salt in large bowl. Add chicken, red pepper, onions, cilantro and hot peppers. Cover and refrigerate 2 to 3 hours. Add rice and avocado chunks; toss lightly, and serve.
**Confetti Vegetable Relish**

- **3** cups corn --- * see note
- **1/2** red bell peppers --- seeded and chopped
- **1/2** green bell peppers --- seeded and chopped
- **4** scallions --- thinly sliced
- **1/2** teaspoon ground cumin
- **3** tablespoons vegetable oil
- **1 1/2** tablespoons white wine vinegar
- **black pepper** --- to taste

* Use freshly cooked corn-on-the cob; scrape kernels from cob to measure 3 cups.

Place the corn in serving bowl; add rest of ingredients and mix well.

**Yield:** about 3-1/2 cups.
Copper Pennies

2 pounds carrots -- sliced crosswise
1 small onion -- chopped
3 celery stalks -- chopped
1 sweet pepper -- chopped
1 can tomato soup, condensed
3/4 cup sugar
1/4 cup oil
1 teaspoon dry mustard
1 tablespoon Worcestershire sauce

Cook carrots in salted water until tender. Drain. Add onion, pepper, and celery to drained carrots. Mix remaining ingredients in a saucepan and bring to a boil. Pour over carrots. Refrigerate overnight.
CORIANDER CHICKEN SALAD

Cut chicken into strips (optional: soak in soy sauce for one hour).

Fry chicken in butter and garlic until brown. Reduce heat and simmer until done. Cool in the refrigerator. Toss cooled chicken with coriander, sesame seeds and scallions. Toss in sesame dressing (see below). Serve over a bed of shredded lettuce.

DRESSING: Make a paste of mustard and water. Blend in other ingredients until homogeneous. Optional: let dressing sit at room temperature over night to get well-blended mixture (but it tastes fine freshly made, too)
**CORN, BLACK, BEAN AND RED PEPPER SALAD**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Measurement</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corn Kernels</td>
<td>2 cups</td>
<td></td>
<td>cooked</td>
</tr>
<tr>
<td>Black Beans</td>
<td>16 oz</td>
<td>Can, rinsed</td>
<td>drained</td>
</tr>
<tr>
<td>Red pepper</td>
<td>1</td>
<td>diced</td>
<td></td>
</tr>
<tr>
<td>Olive oil</td>
<td>4 tbs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wine vinegar</td>
<td>2 tbs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cumin</td>
<td>1/2 tsp</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salt</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pepper</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coriander</td>
<td>2 tbs</td>
<td></td>
<td>sprinkle chopped</td>
</tr>
</tbody>
</table>

Combine 2 cups cooked corn kernels, 16 ounce can rinsed and drained black beans, 1 diced red pepper, 4 teaspoons olive oil, 2 tablespoons wine vinegar, 1/2 teaspoon cumin and salt and pepper to taste. Mix well, sprinkle with 2 tablespoons chopped coriander.
## Cottage Cheese Salad

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>package cherry jello</td>
<td>-- large</td>
</tr>
<tr>
<td>1</td>
<td>c</td>
<td>crushed pineapple</td>
</tr>
<tr>
<td>1</td>
<td>carton cool whip</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>container cottage cheese</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>slliceds cherries</td>
<td></td>
</tr>
</tbody>
</table>

Mix dry jello with drained pineapple  
Add cottage cheese and cherries  
Fold in cool whip  
Chill and serve.
Counterfeit Tuna Salad

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrots</td>
<td>2 cups</td>
<td>Carrots -- finely shredded</td>
</tr>
<tr>
<td>Onion</td>
<td>1/2 small</td>
<td>Onion -- grated (1 tb)</td>
</tr>
<tr>
<td>Celery</td>
<td>1/2 cup</td>
<td>Celery -- chopped fine</td>
</tr>
<tr>
<td>Sweet pickle relish</td>
<td>2 tablespoons</td>
<td></td>
</tr>
<tr>
<td>Lemon juice</td>
<td>1 tablespoon</td>
<td></td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>1/4 cup</td>
<td>Mayonnaise</td>
</tr>
<tr>
<td>Salt &amp; Pepper</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

In a medium bowl, combine carrots, onion, celery and relish. In a small bowl, combine remaining ingredients. Add to carrot mixture, mixing well.

Chill several hours or overnight to blend flavors.
### Crawfish and Egg Salad

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Unit</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>Each</td>
<td>Eggs, hard boiled</td>
</tr>
<tr>
<td>1</td>
<td>Tablespoon</td>
<td>Durkee's famous sauce</td>
</tr>
<tr>
<td>1</td>
<td>Pound</td>
<td>Chopped crawfish or shrimp</td>
</tr>
<tr>
<td>2</td>
<td>Tablespoons</td>
<td>Mayonnaise</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Salt, if needed</td>
</tr>
<tr>
<td>2</td>
<td>Tablespoons</td>
<td>Dill pickles, finely chopped</td>
</tr>
<tr>
<td>1</td>
<td>Teaspoon</td>
<td>Red cayenne pepper</td>
</tr>
<tr>
<td>1</td>
<td>Teaspoon</td>
<td>Poupon mustard</td>
</tr>
</tbody>
</table>

To cook crawfish: In a saucepan bring 2 quarts water to boil with 2 tsp salt and 1/2 tsp of red pepper. Add peeled crawfish tails to water. Bring to boil and remove from heat immediately. Drain and cool. Chop hard-boiled eggs.

Chop crawfish and mix with eggs. Add pickles. Mix mustard, Durkee's, and mayonnaise and add to egg mixture. If needed, add more pepper and salt.
CREAMY CHICKEN SALAD WITH MANGO DRESSING

3                    Chicken breast -- whole
                      boneless
1      cup           Chicken broth
3/4  cup           Rice
2                    Mangoes
3                    Green onions -- chopped
3      tablespoons   French dressing

-----MANGO DRESSING-----
1                    Mango
1/2  cup           Light cream
1/4  cup           Thousand island dressing
1      tablespoon    Mint -- chopped
1      tablespoon    Mango chutney

Place chicken stock in pan, add chicken; cover and bring to a boil, reduce heat and simmer 10 minutes or until chicken is tender; drain and cool. Add rice gradually to a large pan of boiling water. Boil rapidly, uncovered, for 10 minutes or until rice is tender; drain and cool. Cut mango into thin strips. Cut chicken into slices. Make dressing by combining all ingredients in a blender. Combine rice, onions and French dressing in a bowl. Place on plates; top with chicken and mango dressing.
# Creamy Fruit Salad

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup</td>
<td>Strawberries</td>
<td>-- quartered</td>
</tr>
<tr>
<td>1 cup</td>
<td>Cantaloupe</td>
<td>-- chunked</td>
</tr>
<tr>
<td>6 each</td>
<td>Strawberries</td>
<td>-- whole</td>
</tr>
<tr>
<td>1 each</td>
<td>Apple</td>
<td>-- cored and chopped</td>
</tr>
<tr>
<td>20 each</td>
<td>Grapes</td>
<td>-- seedless green</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Pineapple</td>
<td>-- chunked</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Mandarin orange sections*</td>
<td></td>
</tr>
<tr>
<td>1 1/2 cups</td>
<td>Topping*</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons</td>
<td>Coconut*</td>
<td>-- shredded &amp; toasted</td>
</tr>
</tbody>
</table>

In a 2 quart bowl combine fruits except whole berries; cover with plastic wrap and refrigerate until well chilled, at least 2 hours. To serve: into each of 6 parfait or sundae glasses spoon 2 T whipped topping* (thawed frozen non-dairy) and top each portion with 1/4 c. fruit mixture. Top each portion of fruit with 1 T whipped topping, then an equal amount of remaining fruit mixture. Spoon 1 T whipped topping onto each portion of fruit, sprinkle with 1 t coconut, and garnish with 1 berry.
Creamy Kidney Bean Salad

2 cans Light Red Kidney Beans
1/4 cup Onion -- chopped fine
1/4 cup Celery -- chopped fine
1/4 cup Carrot -- chopped fine
2 teaspoons Vinegar
1/8 cup Mayonnaise
3/8 cup mayonnaise-type salad dressing
1 teaspoon Mustard
1 teaspoon relish

Place beans in a saucepan, bring to a boil, reduce heat and simmer for five min. or until desired doneness. Place chopped vegetables in a microwave safe dish and nuke for two min. Drain beans, reserving liquid.

Let beans and veggies cool to room temperature. Combine mayo, salad dressing, vinegar, mustard, and 6 T. reserved liquid, and mix well.

Combine beans, chopped vegetables, relish and sauce and mix. Chill before serving.
**Crunchy Refrigerator Coleslaw**

1. Shred the cabbage very thin. Combine with pepper, minced onion, and carrots. Sprinkle with sugar, being sure to stir and sprinkle so sugar reaches all the cabbage.

2. In a saucepan, combine all the dressing ingredients. Bring to a boil; remove from heat. While still hot, pour this over the cabbage mixture, blending well.

3. Cover and refrigerate 8 hours or overnight. Add jicama and stir again before serving.

* Add julienned or chopped jicama just before serving.
Cucumber and Avocado Salad

1 each English Seedless Cucumber
    Salt
    Chili Pepper
1 tablespoon Fresh Lime Juice
1 teaspoon Minced Onion
    Slices -- Sweet Red Pepper
    Lettuce
1 each Ripe Avocado -- sliced
    Fresh Parsley

Peel and slice the cucumber paper-thin. Season with salt, chili pepper and lime juice. Sprinkle with onion and red pepper slices. Arrange lettuce on 6 serving plates. Pile cucumber mixture in center of each plate. Add avocado slices and parsley. 6 servings.
Cucumber and Onion Salad

1 medium cucumber -- sliced
1 medium onion -- sliced
2 teaspoons salt
2 tablespoons sugar
2 tablespoons vinegar
1 cup cold water
1/4 teaspoon pepper

Mix together and chill before serving.
Cucumber In Sour Cream Salad

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>each Med cucumber thin sl 3 cups</td>
</tr>
<tr>
<td>1</td>
<td>teaspoon Salt</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Sour cream</td>
</tr>
<tr>
<td>1</td>
<td>tablespoon White vinegar</td>
</tr>
<tr>
<td>2</td>
<td>each Drops of tabasco</td>
</tr>
<tr>
<td>2</td>
<td>tablespoons Chopped chives</td>
</tr>
<tr>
<td>1</td>
<td>teaspoon Dill seed or fresh chop dill</td>
</tr>
<tr>
<td>1</td>
<td>each Dash of pepper</td>
</tr>
</tbody>
</table>

Sprinkle the cucumber with salt. Let stand 30 minutes. Drain thoroughly. Dry on paper towel.

Combine sour cream, vinegar, tabasco, chives, dill seed and pepper. Pour over cucumber. Chill well before using. Garnish with fresh dill.
Cucumber Relish Salad

2 each Cucumbers -- medium
1 1/2 tablespoons Sugar
1 1/2 tablespoons Cider vinegar
1/2 teaspoon Salt
1/8 teaspoon Pepper
1/2 cup Sour cream
1 tablespoon Parsley; fresh -- minced

Slice cucumbers paper-thin. Sprinkle slices with sugar, vinegar, salt and pepper. Marinate for 20 minutes, drain off liquid, and toss lightly with sour cream. Top with minced parsley.
## Cucumber Salad

<table>
<thead>
<tr>
<th>1</th>
<th>package</th>
<th>Lime gelatin (3 oz.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>cup</td>
<td>Hot water</td>
</tr>
<tr>
<td>1</td>
<td>cup</td>
<td>Cucumber — scrubbed &amp; grated</td>
</tr>
<tr>
<td>1/2</td>
<td>cup</td>
<td>Onion — grated</td>
</tr>
<tr>
<td>1</td>
<td>cup</td>
<td>Sour cream</td>
</tr>
<tr>
<td>1</td>
<td>cup</td>
<td>Cottage cheese</td>
</tr>
<tr>
<td>1</td>
<td>cup</td>
<td>Mayonnaise</td>
</tr>
</tbody>
</table>

Dissolve gelatin in hot water. Let cool. Add cucumber and onion to gelatin. Fold in sour cream, cottage cheese, and mayonnaise. Pour into 6 cup mold and refrigerate at least four hours before serving.
Cucumber-Mint Salad

1 large cucumber
1 small onion -- chopped fine
1 tablespoon fresh mint -- chopped
1/4 cup white vinegar
1 teaspoon sugar
1/2 teaspoon salt
1/2 teaspoon lemon pepper seasoning

Peel cucumber and chop into 1/4-inch cubes. Combine all ingredients in bowl and mix. Serve at room temperature. Serves 4.
Cucumbers With Yogurt Dressing

In small bowl, combine the yogurt, scallions, salt, pepper and mustard. Blend. Add thinly sliced cucumbers and mix well to coat with dressing. Lay about 2 or 3 dill sprigs on top but do not mix in. Cover tightly and refrigerate for one hour.
CUMIN CRUSTED CHICKEN SALAD

1/4 cup Chopped Tomato
3 tablespoons Peeled -- Chopped Cucumber
3 tablespoons Chopped Green Pepper
1 tablespoon Chopped Purple Onion
1 small Jalapeno Pepper Chopped
1 tablespoon Ground Cumin
1 teaspoon Pepper
4 (4 Oz. ) Chicken Breasts
Boned And Skinned
1 tablespoon Red Wine Vinegar
Cherry Tomatoes (Optional)
Fresh Basil (Optional)


CURRIED CHICKEN & MANGO SALAD

2 quarts Water
4 (4 Oz.) Boneless -- Skinned Chicken Breasts
3/4 cup Plain Yogurt
1 tablespoon Lime Juice
1 tablespoon Honey
1 teaspoon Curry Powder
1/8 teaspoon Salt
1/2 teaspoon Pepper
1 cup Peeled Cubed Mango -- Papaya
OR Pineapple
4 Lettuce Leaves


Curried Chicken and Bow Tie Pasta Salad

3 pounds Chicken
----poaching ingredients----
6 each *peppercorns
1 each *bay leaf
1 each *parsley stalk
1 each *sprig of fresh thyme
1 each *onion
1 each *carrot
1 each *celery stalk
Green pepper -- finely shred
Red pepper -- finely shred
Yellow pepper -- finely shred
8 ounces Bow tie pasta -- cooked
1 each Salt
1 each Pepper
-----curry flavoring------
*small onion finely diced
2 teaspoons *vegetable oil
1 tablespoon *curry powder
1/2 cup *white wine
2 tablespoons *water
-----curry mayonnaise------
1 1/2 cups Mayonnaise
2 tablespoons Warm water
3 tablespoons Curry flavoring (above)
1 each Pepper
1 each Salt

Poach chicken by placing in a large pot with enough cold water to barely cover. Add peppercorns, bay leaf, parsley, thyme and one each: onion, carrot and celery cut into quarters. Bring to a bare boil with lid on; reduce heat to low and simmer for 50 minutes.

Cool in poaching liquid, then drain, skin and shred. To make curry flavoring, soften diced onion in hot oil, then add curry powder and cook over medium-high heat for a further 3 minutes. Add wine and water. Boil rapidly until reduced to about 3 tablespoons.

Strain and let cool. Prepare curry mayonnaise by combining all ingredients until smooth. Place peppers in a large bowl (reserving a little for garnish), with chicken, pasta, salt, pepper and curry mayonnaise.

Mix gently until well-coated. If mayonnaise mixture is too thick, add warm water gradually until a smooth consistency is attained. Place a portion of salad on bed of spinach and sprinkle reserved peppers on top. Assemble just before serving, as the mayonnaise quickly loses its fresh look.
Curried Chicken Salad

1/2 cup mayonnaise
1 teaspoon fresh lemon juice
2 tablespoons curry powder
2 cups cooked chicken -- chopped
1/4 cup diced celery
1/2 cup Thompson seedless grapes -- halved
1/4 cup almond slivers

Blend mayonnaise, lemon juice, and curry powder. Mix into remaining ingredients. Chill at least one hour before serving.
## Curried Orzo And Chicken Salad

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Whole Boneless Skinless Chicken Breasts</td>
<td>-- cooked and chopped</td>
</tr>
<tr>
<td>1 1/2</td>
<td>Cups Orzo</td>
<td>-- raw</td>
</tr>
<tr>
<td>1</td>
<td>Tablespoon Unsalted Butter</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Teaspoons Curry</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Cups Chicken Broth</td>
<td></td>
</tr>
<tr>
<td>1/2</td>
<td>Cup Cucumber -- peel/seed/dice</td>
<td></td>
</tr>
<tr>
<td>1/2</td>
<td>Cup Green Pepper -- diced</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Cup Scallions -- sliced</td>
<td></td>
</tr>
<tr>
<td>1/3</td>
<td>Cup Raw Peas</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Oz. Jar Marinated Artichoke Hearts</td>
<td>-- undrained</td>
</tr>
<tr>
<td>1/4</td>
<td>Cup Mayonnaise</td>
<td></td>
</tr>
</tbody>
</table>

Brown the orzo in the butter. Add the curry powder and the broth and boil until the pasta is cooked. Drain (if necessary) and chill. Mix the vegetables and the pasta together. Combine the mayonnaise and the artichoke liquid together to make a dressing. Toss the pasta and the dressing together. Add the chicken and serve.
CURRIED SPINACH SALAD

2 Chicken breasts; raw, whole -- cut into thin strips
2 tablespoons Oil
2 tablespoons Soy sauce

-----SALAD-----
6 cups Spinach -- torn
1 cup Apple; tart -- chopped
1/4 cup Peanuts
1/4 cup Raisins

-----DRESSING-----
2/3 cup Oil
1/2 cup Maple-flavored syrup
1/2 cup Cider vinegar
1 tablespoon Instant minced onion
1 teaspoon Curry powder
1 teaspoon Prepared mustard
1/4 teaspoon Salt

For Dressing: Combine all in blender. Blend 15 seconds. Chill 4 hours or overnight. Makes 1-2/3 cups dressing. 60 calories per tablespoon. Saute chicken in oil after marinating in soy sauce. Drain and chill 4 hours or overnight.

For Salad: Combine spinach with 1 cup dressing or less if desired and toss. Divide into 4 plates. Divide chicken, apple, peanuts, raisins and place on top of spinach. Serve immediately with additional dressing if desired.
CURRY CHICKEN WITH GRAPES

8 Chicken breast -- halves (boned)
6 cups Grapes -- seedless
less -- vary amount
  taste)
2 cups Mayonnaise
4 teaspoons Curry powder
3 teaspoons Olive oil
1 teaspoon Cayenne pepper
1/2 teaspoon Black pepper -- ground
1 teaspoon Fruit vinegar

Make the sauce by mixing together all ingredients except the chicken and the grapes. Season to taste (sample by dipping a grape into the sauce and then eating it).

Broil the chicken breasts (3-5 minutes on each side in a preheated broiler), then dice or shred into small bite-sized pieces.

Mix chopped chicken with about 2 cups of whole grapes. Cover with the sauce. Add more grapes to taste. My taste is to add vast quantities of grapes.
Date, Goat Cheese and Mesclun Salad

For vinaigrette
2 tbsp red wine vinegar
1 tbsp. s soy sauce
freshly ground pepper
1/2 cup extra virgin olive oil
8 cups mesclun(mixed bay greens, 3/4 lb.) -- rinsed/spun dry
8 dried dates (preferably Medjool) -- pitted
cut lengthwise into thin stripes
6 oz soft goat cheese, cut into pieces -- room temp

In a small bowl, whisk together vinegar, soy sauce, pepper and salt to taste and add oil in a stream, whisking until emulsified. May be made 1 day ahead and chilled, covered. Bring to room temp. before serving.
In bowl, toss mesclun with vinaigrette and divide among 8 salad plates. Top salads with dates and goat cheese.
David Vano's Caesar Salad

Start with a medium head of romaine lettuce. Holding head firmly, cut 1/2" off bottom and then cut entire head in 1" slices. Put in cold water. Let sit while preparing dressing. In a very large wooden bowl add the following: 3" strip of anchovies paste; 1 coddled egg (a must); the juice of 1/2 lemon; 4 T balsamic vinegar; 5 T olive oil (I do not use extra virgin because it does not have the taste; the less expensive, more pressed olive oil is my choice); 1-2 cloves or garlic pressed; 1/2 t seasoned salt; 1 T Lea and Perrin; Tobasco to taste, 4-5 drops; 2-3 T parmasan cheese fresh grated (never out of a box); your favorite croutons. Start with the garlic and anchovy paste. Mix in bowl with all liquids; add remaining ingredients; put in croutons to let sit in liquid for a few seconds. Thoroughly dry lettuce (use spinner if you have one) and put in bowl. Toss until all lettuce is coated. Add fresh ground pepper (I like a lot) and a few more croutons. Serve immediately. Offer more pepper.

Please note that you cannot make this ahead; it will be no good in 1-2 hours. Also, if you do not eat all salad throw out remaining. Romane lettuce gets very bitter and cannot be left over.
# Diakon and Tuna Salad

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daikon</td>
<td>3 cups</td>
<td>Cut into 1 1/2&quot;</td>
</tr>
<tr>
<td>Rub in 1/2 tbls</td>
<td></td>
<td>-- of salt and drain</td>
</tr>
<tr>
<td>Onion</td>
<td>1/2 cup</td>
<td>Thinly sliced -- soak water</td>
</tr>
<tr>
<td>Okura</td>
<td>10</td>
<td>Rub in 1/2 tb salt cook, drain</td>
</tr>
<tr>
<td>Tuna</td>
<td>1 can</td>
<td>Drained (keep 1 tb o from tuna for dressing *)</td>
</tr>
</tbody>
</table>

### Dressing

- 1 1/2 tablespoons Rice vinegar
- 1 1/2 tablespoons Soy sauce
- 1 tablespoon Juice from tuna* -- mix well

Put well-drained tuna flakes into a bowl and add daikon, onion and okura; mix well. Pour in dressing to the tuna mixture and mix. Toss and put into a serving platter and serve.
Diane's Bean Salad

1 pound Pinto beans
1/2 pound Grated cheddar cheese
1 each Med onion
1 each Bottle Catalina dressing
1 each Small pkg. large fritos
1/2 each Head of lettuce
1 each Large tomato

Mix all together. Top with lettuce and tomato.
Dieter's Taco Salad

1 pound Ground beef -- lean
   Onion -- medium
   Green pepper, large -- chopped
8 ounces Tomato sauce -- no-salt
1 tablespoon Vinegar
1 teaspoon Mustard -- dry
1/2 teaspoon Pepper, red -- crushed
1/2 teaspoon Basil, dried -- crushed
1/4 teaspoon Garlic powder
1 tablespoon Water
   Tortillas -- 8-inch
4 cups Lettuce -- shredded
   Tomatoes, cherry -- halved
   Carrot, medium -- shredded
1/4 cup Parmesan cheese -- grated

Cook beef, onion, and 1/4 cup of green pepper till beef is brown; drain. Add next 7 ingredients. Bring to boil; reduce heat. Simmer 15 minutes. Warm foil-wrapped tortillas in a 350F oven for 10 minutes. Spray 4 10-ounce casseroles with nonstick spray coating; press 1 tortilla into each. Bake in a 350F oven for 15 minutes. Divide lettuce among 4 plates. Place a tortilla on each plate. Spoon beef mixture into tortillas. Top with remaining green pepper, tomatoes, carrot, and cheese.
Dilled Cucumber Salad

1 cup cucumber -- peeled seeded, dice
1 pint sour cream
1 tablespoon white wine vinegar
1/2 teaspoon salt
1/8 teaspoon cayenne
1 tablespoon onion -- grated
3 tablespoons fresh dill -- chopped

Mix sour cream, vinegar, salt, cayenne, and grated onion. Stir in chopped dill and diced cucumber. Refrigerate two hours before serving.
Donna's Marinated Broccoli Salad

2 boxes  frozen broccoli spears
8 ounces  Italian salad dressing
3/4 cup  mayonnaise
1/3 cup  sour cream
2  hard-boiled eggs -- chopped
3/4 tablespoon  chives -- chopped

Cook broccoli according to directions on package. Drain well. Marinate the spears in Italian Dressing at room temperature for 4-7 hours. Meanwhile, make a mixture of the mayo, sour cream, chopped eggs and chopped chives and refrigerate till spears are thru marinating. Drain spears well, and add the mayo mixture, stirring in gently so as not to break spears. Serve cold. Serves about 4 comfortably.
Double Raspberry Salad

1 package Raspberry Jello
1 cup Boiling water
1 package Frozen raspberries
1 can Whole cranberries

Dissolve Jello in boiling water. Mix in raspberries and cranberries. Chill until firm.
## Dressing for Fruit Salads

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>flour</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>sugar</td>
<td>1/3 cup</td>
</tr>
<tr>
<td>egg -- lightly beaten</td>
<td>1 egg</td>
</tr>
<tr>
<td>lemon juice</td>
<td>1 1/2 tablespoons</td>
</tr>
<tr>
<td>orange juice</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>pineapple juice</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>whipping cream</td>
<td>1/2 cup</td>
</tr>
</tbody>
</table>

Mix flour and sugar in top of double boiler. Stir in egg. Add fruit juices and cook over medium heat, stirring, until thick. CHILL. Whip cream and fold into chilled fruit salad, especially those made with fruit juice and gelatin.
## DRUNKEN CHICKEN SALAD

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
<th>Description</th>
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<tbody>
<tr>
<td>4</td>
<td>Boned chicken breasts</td>
<td>-- cook</td>
</tr>
<tr>
<td>1</td>
<td>cup</td>
<td>Sherry</td>
</tr>
<tr>
<td>1</td>
<td>teaspoon</td>
<td>Salt</td>
</tr>
<tr>
<td>1/2</td>
<td>teaspoon</td>
<td>Sugar</td>
</tr>
<tr>
<td>1</td>
<td>Head red leaf lettuce</td>
<td></td>
</tr>
<tr>
<td>1/2</td>
<td>cup</td>
<td>Cilantro -- (leaves) optional</td>
</tr>
<tr>
<td>3</td>
<td>tablespoons</td>
<td>Sesame seeds -- toasted golden</td>
</tr>
<tr>
<td>4</td>
<td>Scallions; w/green</td>
<td>-- chopped</td>
</tr>
</tbody>
</table>

Cut cooked chicken breasts in half. Put in large bowl with wine, salt and sugar. Toss, cover and marinate for 24 hours in the refrigerator. Next day drain off marinade. Arrange lettuce leaves on serving platter; place chicken pieces in the center. Sprinkle with sesame seed, cilantro leaves, and scallions.
ELEGANT CHICKEN SALAD

1/4 cup Olive oil
2 Chicken breasts
3 cups Chicken broth or water
1/4 cup Balsamic vinegar
2 tablespoons Orange juice
1 tablespoon Dijon mustard
1/4 cup Chives
2 tablespoons Tarragon -- chopped
Salt and pepper
3 cups Rice (wild or white)

Poach chicken in broth or water for about 20 minutes. In salad bowl combine vinegar, juice, and mustard. Gradually whisk in oil. Stir in chives and tarragon and season with salt and pepper. Cut chicken into bite sized pieces. Add chicken and rice to dressing. Toss well.
Endive, Beet and Red-Onion Salad

1/2 pound         Raw Beets -- trimmed
3 each          Heads of Belgian Endives -- md
1 each          Red onion
1 tablespoon   Dijon Mustard
1 tablespoon   Red Wine Vinegar
3 tablespoons   Vegetable oil
4 tablespoons   Finely Chopped Parsley

Place the beets in a saucepan and add water to cover with salt. Bring to a boil until the beets are tender, about 30 minutes, depending on the size or age of the beets. Drain and let cool. Remove the skins and slice the beets. Trim off the bottom of the endives and cut them into 1 1/2 inch strips. Drop the pieces into cold water. Drain and pat dry. Peel and slice the onion. Combine the mustard, vinegar, salt and pepper in a salad bowl. Add the oil and blend well with a wire whisk. Add the beets, endive, onion and parsley. Toss well and serve.

Serves 4.
Endive-Radicchio Salad

1 head curl endive
1 radicchio
1 head Belgian endive
3 tablespoons sesame seeds
1 tablespoon sesame oil
3 tablespoons peanut oil
2 tablespoons white wine vinegar
4 tablespoons honey
1 tablespoon soy sauce
salt -- to taste
black pepper

1. Prepare curly endive; remove stems and tear into small pieces. Prepare radicchio; shred. Prepare Belgian endive; julienne.
2. Combine in a large bowl all the greens and sesame seeds. Toss well and set aside.
3. In a small bowl combine the remaining ingredients; blend thoroughly.
4. Pour the dressing over the greens mixture and serve immediately or refrigerate, tightly covered, for a few hours.
ENSALADA GUANAJUATO (FIVE BEAN SALAD GUANAJUATO STYLE)

1 cup Drained OR canned cooked -- pinto beans
1 cup Drained cooked black beans
1 can (8-3/4 oz) garbanzo beans -- drained
1 can (8 oz) cut green beans -- drained
1 cup Drained canned wax beans
1/2 Green pepper -- cut in thin
1/4 Red onion -- thinly sliced
6 tablespoons Vegetable oil
3 tablespoons Vinegar [I increased vinegar -- by 50 percent.
K.B.]
1/2 teaspoon Salt
1/4 teaspoon Dried leaf oregano -- crushed
1/8 teaspoon Garlic powder
Freshly ground black pepper
1 Tomato, chopped -- drained
3 tablespoons Mayonnaise

If cooking your own pinto and black beans, cook until firm-tender and not mushy. Combine pinto beans, black beans, garbanzo beans, green beans and wax beans in a large bowl. Add green pepper and red onion. In a small bowl, mix oil, vinegar, salt, oregano, garlic powder and black pepper to taste. Pour over salad and toss gently but thoroughly. Cover and refrigerate overnight. Just before serving, add tomatoes and mayonnaise.

Toss until well blended.
Essig Krautersauce

1 tablespoon Shallots -- chopped
1 tablespoon Capers -- chopped
1 tablespoon Parsley -- chopped
1 tablespoon Chervil -- chopped
1 tablespoon Chives -- chopped
1 cup Olive oil
1/2 cup Tarragon vinegar
1 teaspoon Salt
1/2 teaspoon Pepper

Mix the first five ingredients with the oil and let stand for at least 1 hour. Add the vinegar, salt and pepper. This dressing may be used with meat, fish, vegetables or salad. Rice one hard-cooked egg over the dish if desired, or egg may be added to the dressing. 2 Tb. green onion, chopped may be substituted for the shallots. Great over fresh chopped tomato! It may be served hot or cold.
**Favorite Bean Recipe**

<table>
<thead>
<tr>
<th>Amount</th>
<th>Measure</th>
<th>Ingredient -- Preparation Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>cans</td>
<td>dark red kidney beans -- drained</td>
</tr>
<tr>
<td>3/4</td>
<td>cup</td>
<td>diced onions</td>
</tr>
<tr>
<td>3/4</td>
<td>cup</td>
<td>sliced celery -- OR</td>
</tr>
<tr>
<td>1/2</td>
<td>cup</td>
<td>sliced tender stalks of Lovage</td>
</tr>
<tr>
<td>3/4</td>
<td>cup</td>
<td>green pimiento stuffed olives -- chopped</td>
</tr>
<tr>
<td>1/2</td>
<td>cup</td>
<td>Vlasic's Hot Piccalili relish -- to to taste</td>
</tr>
</tbody>
</table>

ground white pepper
Lowfat mayonnaise -- to moisten

Combine all vegetables and piccalili. Season with pepper. Add mayonnaise to moisten. Mix well. Chill and serve.
**FLUFFY FRUIT SALAD**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cans crushed pineapple</td>
<td>2</td>
<td>(20 oz. ea.)</td>
</tr>
<tr>
<td>Cup Sugar</td>
<td>2/3</td>
<td></td>
</tr>
<tr>
<td>Tablespoons Flour</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Eggs -- lightly beaten</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Cup Orange juice</td>
<td>1/4</td>
<td></td>
</tr>
<tr>
<td>Tablespoons Lemon juice</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Tablespoon Vegetable oil</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Cans fruit cocktail -- drained</td>
<td>2</td>
<td>(17 oz. ea.)</td>
</tr>
<tr>
<td>Cans mandarin -- oranges</td>
<td>2</td>
<td>(11 oz. ea.)</td>
</tr>
<tr>
<td>Cups Bananas -- sliced</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Cup Heavy cream -- whipped</td>
<td>1</td>
<td></td>
</tr>
</tbody>
</table>

Drain pineapple, reserving 1 cup juice in a small saucepan. Set pineapple aside. To saucepan, add sugar, flour, eggs, orange juice, lemon juice and oil.

Bring to a boil, stirring constantly. Boil for 1 minute; remove from the heat and let cool. In a salad bowl, combine the pineapple, fruit cocktail, oranges and bananas. Fold in whipped cream and cooled sauce. Chill for several hours.
French Potato Salad with Tarragon Vinaigrette

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>2 1/2 pounds</td>
<td>red potatoes</td>
<td>-- small, unpeeled</td>
</tr>
<tr>
<td>1 cup</td>
<td>fresh parsley</td>
<td>-- chopped</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>red onion</td>
<td>-- chopped</td>
</tr>
<tr>
<td></td>
<td>Pepper</td>
<td></td>
</tr>
</tbody>
</table>

-----Tarragon Vinaigrette-----

| 1/3 cup | wine vinegar |
| 2 tablespoons | olive oil | |
| 1 tablespoon  | Dijon mustard | |
| 1/2 teaspoon | dried tarragon | |
|          | Pepper | |

Scrub potatoes. In a large pot of boiling water, cook potatoes until fork-tender; drain. Shake pan over medium heat for a minute to dry potatoes. Cut into 1/4-inch (5 mm) thick slices. In salad bowl, combine potatoes, parsley and onion. Tarragon vinaigrette: In a small bowl whisk together vinegar, oil, mustard and tarragon; mix well. Pour over warm potatoes and toss to mix. Season with pepper to taste. Cover and let stand at room temperature for at least 1 hour or refrigerate up to 3 days.
French Style Potato Salad

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
<th>Measurement</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>medium</td>
<td>potatoes</td>
<td>-- about 2 lb.</td>
</tr>
<tr>
<td>1</td>
<td>clove</td>
<td>garlic</td>
<td>-- cut into halves</td>
</tr>
<tr>
<td>1/4 tsp</td>
<td>instant beef bouillon</td>
<td>-- or chicken</td>
<td></td>
</tr>
<tr>
<td>1/3 cup</td>
<td>hot water</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/3 cup</td>
<td>dry white wine</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>tablespoons</td>
<td>parsley</td>
<td>-- snipped</td>
</tr>
<tr>
<td>3</td>
<td>tablespoons</td>
<td>olive oil</td>
<td>-- or vegetable oil</td>
</tr>
<tr>
<td>2</td>
<td>tablespoons</td>
<td>tarragon vinegar</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>teaspoons</td>
<td>chives</td>
<td>-- snipped</td>
</tr>
<tr>
<td>1</td>
<td>teaspoon</td>
<td>salt</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp</td>
<td>teaspoon</td>
<td>Dijon mustard</td>
<td></td>
</tr>
<tr>
<td>1/8 tsp</td>
<td>teaspoon</td>
<td>dried tarragon</td>
<td></td>
</tr>
</tbody>
</table>


To Prepare Dressing: Shake all ingredients in tightly covered jar and gently toss with potatoes. Sprinkle with parsley. Garnish with tomato wedges if desired.
**Fresh Marinated Vegetables**

4 cups mixed vegetables  
2/3 cup olive oil  
1/3 cup white wine  
1/4 cup white wine vinegar  
1/2 cup chopped onions  
3 garlic cloves -- minced  
1/4 teaspoon thyme  
1/8 teaspoon cayenne pepper  
black pepper -- to taste  
1 cup fresh parsley -- finely chopped

* You will need a total of 4 cups fresh vegetables cut into bite-sized pieces. Some good choices are: green beans, broccoli flowerettes, cauliflower, red and green bell peppers, whole baby carrots, zucchini and hearts of celery.

1. Combine all ingredients except 1/2 cup parsley in a large, heavy pot. Add enough water to cover vegetables. Cover tightly and cook over medium heat until vegetables are just tender but still crisp. This will take 10-12 minutes.

2. Remove from heat, remove cover, and let vegetables cool in the pot. When cool, transfer to serving dish. Cover; chill to allow flavors to blend. Bring to room temperature to serve; top with remaining parsley.
**Fresh Spinach Salad**

2 tablespoons Caesar salad dressing
4 tablespoons Cottage cheese
Fresh spinach

Two hours before serving, marinate Caesar salad dressing with cottage cheese. Prepare fresh spinach by washing, cutting out large vein in center of leaves, and tearing into desired size pieces. Drain. Pour dressing over spinach, toss, and serve.
Frosty Fruit Salad

2 C sugar
1/8 tsp salt
1 quart buttermilk -- 4 cups
1 tsp vanilla
1 can crushed pineapple -- (20 oz) drained
1 can fruit cocktail -- (17 oz) drained

In large bowl, combine sugar, salt, buttermilk and vanilla until well mixed. Gently stir in drained fruits. Pour into 9" square pan. Freeze until firm.
## Frozen Cranberry Salad

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>oz.pkgs cream cheese -- softened</td>
</tr>
<tr>
<td>2</td>
<td>tbsp sugar</td>
</tr>
<tr>
<td>2</td>
<td>tbsp mayonnaise or salad dressing</td>
</tr>
<tr>
<td>16</td>
<td>oz can jellied whole cranberry sauce</td>
</tr>
<tr>
<td>8</td>
<td>oz can crushed pineapple -- drained</td>
</tr>
<tr>
<td>1/2</td>
<td>cup chopped pecans</td>
</tr>
<tr>
<td>1</td>
<td>cup whipping cream</td>
</tr>
<tr>
<td>1/2</td>
<td>cup powdered sugar</td>
</tr>
<tr>
<td>1</td>
<td>tsp vanilla extract</td>
</tr>
</tbody>
</table>

**Garnish**
- Fresh mint leaves, fresh cranberries -- to

Combine first 3 ingredients, stirring until smooth. Stir in cranberry sauce, pineapple and pecans.

Beat whipping cream until foamy; gradually add powdered sugar, beating until soft peaks form. Stir in 1 tsp. vanilla.

Fold whipped cream mixture into cranberry mixture; spoon into 8" square dish.

Cover and freeze until firm.

Cut into squares and serve on lettuce leaves. Garnish with mint and cranberries.
**Frozen Pineapple-Almond Salad**

1/2 cup blanched almonds
1 1/2 cups crushed pineapple -- drained
1/2 cup maraschino cherries -- drained
1/2 cup chopped dates
24 marshmallows
8 ounces cream cheese -- softened
1/4 cup mayonnaise
1 cup whipping cream

*Buy blanched, toasted salted almonds or blanch your own by dropping 1/2 cup almonds into boiling water. Turn off heat and let almonds stay in water only one minute. Remove to paper towels to drain thoroughly. With fingers, rub almonds until peel comes off.*

1. Coarsely chop almonds, set aside.
2. Drain pineapple and reserve syrup.
3. Cut drained cherries into quarters and set aside.
4. Cut dates (about 3 ounces) into slivers and set aside.
5. Cut marshmallows into eighths and set aside.
7. Chill bowl and beaters then whip the cream until it piles softly. Gently fold the cream into the fruit mixture.
8. Turn into mold and freeze until firm, about 3-4 hours.
Fruchtsalat mit Nussen (Fruit Salad With Nuts)

- 1 each Honeydew Melon -- Small
- 2 each Oranges
- 1 cup Blue Grapes
- Lettuce Leaves
- 12 each Walnut Halves

-----DRESSING-----
- 8 ounces Yogurt -- (1 Container)
- 1 tablespoon Lemon Juice
- 1 tablespoon Orange Juice
- 1 tablespoon Tomato Catsup
- 2 tablespoons Evaporated Milk
- Salt -- Dash
- White Pepper -- Dash

Scoop out melon with melon baller. Cut peel from oranges, remove white membrane, and slice crosswise.

Cut grapes in half and remove seeds. Line a glass bowl with lettuce leaves; arrange melon balls, orange slices, grapes, and walnuts in layers on top of lettuce. Mix and blend well all ingredients for the dressing. Adjust seasonings. Pour dressing over fruit. Let salad ingredients marinate for 30 minutes.

Toss salad just before serving.
Fruit and Sour Cream Coleslaw

4 cups shredded cabbage
2 apples -- sliced thinly
1 can pineapple chunks in juice -- drained
1/2 cup green grapes
1/2 cup red grapes

--- Dressing: -----
1 cup mayonnaise
1/2 cup sour cream
4 teaspoons lemon juice
1 teaspoon sugar -- to taste
1 dash salt
1 dash pepper
1 dash ground cinnamon -- to taste

1. Shred cabbage very fine, place into covered bowl or plastic bag and chill.
2. Dressing: Blend together the mayonnaise, sour cream, sugar, lemon juice, salt, pepper and cinnamon. Chill.
3. Drain pineapple very well, wash grapes and add to pineapple; chill. Just before serving, wash, core and slice apples into thin slices, then in half again. Mix apples along with grapes and pineapple into cabbage. Toss to blend well.
4. Add dressing and toss to coat. Don't add dressing all at once in case you don't need it all. This is a little different than the usual coleslaw, but very good and easy to prepare. Prepare ingredients ahead of time, then put salad together whenever you wish.
Fruit Salad

2 cups fresh seedless grapes -- whole or cut depending on size
4 cups melon balls
cantaloupe or honeydew
4 cups nectarines -- peeled & sliced
or peaches
2 cups fresh blueberries
2 cups fresh strawberries
1 can sliced peaches -- (16 oz) drained
1 can pineapple spears or chunks -- (16 oz) drained
2 cans pear halves -- (16 oz) drained

--Day before-- Combine fruit and chill.
--Day of brunch-- arrange in a large bowl lined with romaine lettuce.
Garnish with mint sprigs, edible flowers.
Fruit Salad Carousel

16  Red lettuce leaves
8   Watermelon slices -- 1/4"thick
8   Cantaloupe slices -- 1/4"thick
4   Kiwis -- peeled and sliced
3   Oranges; peeled -- sectioned
8   Apples -- center core removed
8   Scoops sherbet (1/3 c each)
8   small Bunches grapes
8   Fresh strawberries -- sliced
-----HONEY-LIME DRESSING-----
8   ounces Low-fat plain yogurt
2   tablespoons Honey
2   teaspoons Lime juice
          Pinch of ginger

Place red lettuce leaves on individual salad plates and arrange the following in a pinwheel pattern; watermelon, cantaloupe, honeydew, diwi. In the center of the pinwheel place cored apple.

Place sherbet scoop on apple. Put grapes beside the apple. Top with Honey-Lime Dressing (recipe follows) and garnish with sliced strawberries.

Honey-Lime Dressing: Combine yogurt with honey, lime juice and ginger. Whip and chill. Makes 1 cup; 1 serving = 2 Tablespoons.
# Fruit Salad With Nuts

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>each</td>
<td>Honeydew melon -- small</td>
</tr>
<tr>
<td>2</td>
<td>each</td>
<td>Oranges</td>
</tr>
<tr>
<td>1</td>
<td>cup</td>
<td>Blue grapes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Lettuce leaves</td>
</tr>
<tr>
<td>12</td>
<td>each</td>
<td>Walnut halves</td>
</tr>
<tr>
<td>8</td>
<td>ounces</td>
<td>Yogurt -- (1 container)</td>
</tr>
<tr>
<td>1</td>
<td>tablespoon</td>
<td>Lemon juice</td>
</tr>
<tr>
<td>1</td>
<td>tablespoon</td>
<td>Orange juice</td>
</tr>
<tr>
<td>1</td>
<td>tablespoon</td>
<td>Tomato catsup</td>
</tr>
<tr>
<td>2</td>
<td>tablespoons</td>
<td>Evaporated milk</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Salt -- dash</td>
</tr>
<tr>
<td></td>
<td></td>
<td>White pepper -- dash</td>
</tr>
</tbody>
</table>

Scoop out melon with melon baller. Cut peel from oranges, remove white membrane, and slice crosswise.

Cut grapes in half and remove seeds. Line a glass bowl with lettuce leaves; arrange melon balls, orange slices, grapes, and walnuts in layers on top of lettuce. Mix and blend well all ingredients for the dressing. Adjust seasonings. Pour dressing over fruit. Let salad ingredients marinate for 30 minutes.

Toss salad just before serving.
**Fruit salad with Nuts 2**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Unit</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>cup</td>
<td>Blue Grapes</td>
</tr>
<tr>
<td>1</td>
<td></td>
<td>Honeydew Melon -- Small</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Lettuce Leaves</td>
</tr>
<tr>
<td>2</td>
<td></td>
<td>Oranges</td>
</tr>
<tr>
<td>12</td>
<td></td>
<td>Walnut Halves</td>
</tr>
<tr>
<td>8</td>
<td>ounces</td>
<td>Yogurt -- (1 Container)</td>
</tr>
<tr>
<td>2</td>
<td>tablespoons</td>
<td>Evaporated Milk</td>
</tr>
<tr>
<td>1</td>
<td>tablespoon</td>
<td>Lemon Juice</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Salt -- Dash</td>
</tr>
<tr>
<td>1</td>
<td>tablespoon</td>
<td>Orange Juice</td>
</tr>
<tr>
<td></td>
<td></td>
<td>White Pepper -- Dash</td>
</tr>
<tr>
<td>1</td>
<td>tablespoon</td>
<td>Tomato Catsup</td>
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</table>

Scoop out melon with melon baller. Cut peel from oranges, remove white membrane, and slice crosswise. Cut grapes in half and remove seeds. Line a glass bowl with lettuce leaves; arrange melon balls, orange slices, grapes, and walnuts in layers on top of lettuce. Mix and blend well all ingredients for the dressing. Adjust seasonings. Pour dressing over fruit. Let salad ingredients marinate for 30 minutes. Toss salad just before serving.
Fruited Rice Salad on the Half

4 cups brown rice, cooked
1/4 cup raisins
1/2 cup dried apricots -- chopped
1/2 cup pecans -- chopped
2 avocados

-----Vinaigrette-----
1/4 cup safflower oil -- or veg oil
1 tablespoon lemon juice
1 tablespoon red wine vinegar
1 teaspoon honey
1/4 teaspoon coriander -- ground
1/4 teaspoon Dijon mustard
Salt and pepper to taste

Chill rice. Pour boiling water over raisins and apricots in small bowl. Let stand 10 minutes, drain and cool. Heat oven to 350°F. Place pecans on shallow baking pan; bake 5 to 8 minutes. Remove from oven, set aside. Prepare Vinaigrette Shake all ingredients together in tightly covered container). Toss rice, raisins, apricots, and pecans with Vinaigrette, refrigerate 1 hour.

Just before serving, halve, seed and peel avocados. Fill each half with rice salad and serve.
Fruited Spinach Salad

1/4 cup Vinegar -- white wine
2 tablespoons Honey
3 tablespoons Oil -- salad
1 teaspoon Poppy seed
1/2 teaspoon Mustard -- dry
8 cups Spinach, fresh -- torn
1 1/2 cups Papaya -- medium *
1 1/2 cups Grapes, seedless -- halved

* papaya, seeded, peeled, and cubed, or 2 medium pears, cored, peeled and cubed.

In a screw top jar combine vinegar, oil, honey, poppy seed, and dry mustard Cover; shake well to mix. Combine spinach, papaya or pears, and grapes. Shake dressing again and pour over salad. Toss to coat. Serve immediately.
Garlicky Pasta Chicken Salad

<table>
<thead>
<tr>
<th>Amount</th>
<th>Ingredient</th>
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<tbody>
<tr>
<td>6 heads</td>
<td>garlic</td>
</tr>
<tr>
<td>3/4 cup</td>
<td>olive oil</td>
</tr>
<tr>
<td>4 sprigs</td>
<td>rosemary -- optional</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>fresh basil leaves</td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>fresh rosemary leaves -- or 1 tsp. dried</td>
</tr>
<tr>
<td>8 ounces</td>
<td>corkscrew pasta -- cooked and drained</td>
</tr>
<tr>
<td>2 cups</td>
<td>chicken -- cooked, cut in strip</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>green onion -- sliced</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>parmesan cheese -- freshly grated</td>
</tr>
<tr>
<td>2/3 cup</td>
<td>walnuts -- chopped, optional</td>
</tr>
<tr>
<td></td>
<td>salt and pepper to taste</td>
</tr>
<tr>
<td></td>
<td>lettuce leaves</td>
</tr>
</tbody>
</table>

Separate cloves of garlic and drop into boiling water for 1 minute. Drain and peel. Place peeled cloves in small saucepan with oil and optional rosemary sprigs. Cook gently, covered, stirring occasionally, for about 25 minutes or until garlic is tender. Discard rosemary sprigs and puree garlic with 1/2 cup of the olive oil, basil, and the rosemary leaves. Place pasta in large bowl and add garlic puree, chicken, onion, Parmesan, salt and pepper. Mix thoroughly. Add more olive oil if needed to moisten salad. Let salad sit for 1 hour at room temperature (provided its not a hot room that will invite bacteria to go nuts!) or refrigerate, returning mixture to room temperature before serving. Toast walnuts in 375-degree oven for 10 minutes. Stir into the salad and serve over a mix of crisp, chilled lettuces.
**German Potato Salad**

1 pound  bacon
2 teaspoons  celery seed
1 cup  onion  -- chopped
1/2 cup  celery  -- chopped
4 teaspoons  flour
1 cup  vinegar
4 teaspoons  sugar
1 cup  water
3 teaspoons  salt
12 cups  potatoes  -- cooked, chopped
      pepper
      parsley

Cook bacon til crisp; drain (reserving 1/2 cup fat), and crumble. Cook onion and celery in fat til just tender. Blend in flour, sugar, salt, celery seed, and pepper to taste. Add vinegar and water. Cook and stir until thickened and bubbly. Add bacon and potatoes; heat thoroughly, tossing lightly so as not to break up the potato slices. Garnish with parsley. Can be served warm or chilled, but you taste the bacon fat a bit more when it's chilled.
German Slaw

1 lg head cabbage -- chopped
1 large bell pepper
3/4 cup oil
1/2 teaspoon mustard seed
1/2 teaspoon salt
1 lg chopped onion
1/2 cup sugar
1 cup wine vinegar
1/8 teaspoon pepper
tea spoon celery seed

1. Bring to boil, vinegar, oil, mustard seed, celery seed, salt & pepper

2. Layer cabbage, onion, green pepper, then add half the sugar on top. Make another layer and add the rest of sugar. 3. Pour BOILING mixture over the slaw mixture.

4. Put in a sealed container in the refrigerator for at least 5 hours. DO NOT MIX! Just before serving, toss the salad. Make the day before.
GINGERED CHICKEN SALAD

2 cups Cubed Cooked Chicken Breast
1/2 cup Sliced Scallions
1 cup Snow Peas -- Julienned
1 cup Bean Sprouts
1 cup Thinly Sliced Mushrooms
2 tablespoons Low Sodium Soy Sauce
2 tablespoons Finely Minced Ginger
1 tablespoon Oil
1/2 teaspoon Oriental Sesame Oil (Opt)
1/3 cup Lemon Juice
10 milliliters Garlic Finely Minced
1 bn Watercress (Garnish)

Place The Chicken, Scallions, Peas, Bean Sprouts & Mushrooms in A Large Bowl. Combine The Soy Sauce, Ginger, Oil, Sesame Oil, Lemon Juice & Garlic And Toss With The Chicken Mixture. If Desired, Transfer To A Bed Of Lettuce On A Serving Platter And Arrange Watercress Around It.
Gingered Fruit Salad

2 fresh peaches
3 medium plums
1 whole cantaloupe
1/2 whole honeydew melon
1/2 pound green and red grapes
1/2 cup fresh lime juice
1 teaspoon lime rind -- grated
1/4 cup honey
1/2 cup candied ginger root -- chopped finely

Prepare all fruit by washing, peeling if desired, removing pits and slicing into bite-size pieces. Melons may be scooped out with a melon baller, if desired. Combine all fruit in a large ceramic bowl. Mix lime juice, rind, honey, and ginger together. Pour over fruit, toss, and marinate for at least six hours. Serve chilled or at room temperature.
GLASS-NOODLE SALAD WITH CHICKEN

4 ounces Mung bean noodles
6 ounces Med shrimp -- shelled and deveined
1 tablespoon Vegetable oil
1 Whole chicken breast -- boned, skinned, chop
Salt
Fresh ground black pepper
1 Red fresh serrano chile -- chopped
1 Green fresh serrano chile -- chopped
3 tablespoons Lime juice
2 tablespoons Nam pla (Thai fish sauce)
1 teaspoon Sugar
3 Shallots -- peeled and thinly sl
1/4 cup Fresh coriander leaves
Lettuce for garnish
Crisp fried shallots (opt.) -- for garnish

COVER NOODLES WITH WATER until soft and pliable, about 15 minutes. Drain. Add noodles to a large pot of boiling water. Reduce to medium heat and cook until noodles are plump and glass-like (2 minutes). For a crunchy texture, just dip them in boiling water for 5 to 10 seconds. Drain and rinse with cold water. Chill. In a large pot of water blanch the shrimp for 5 seconds until they curl and turn pink. Remove and cool. Add oil to a wok or skillet. Add chicken; saute until it loses its pink color. Break into small morsels. Season with salt and pepper to taste. Cool. Mix together chiles, lime juice, nam pla, sugar, shallots and coriander. Add chicken, shrimp and chilled noodles; mix well. Serve over a bed of shredded lettuce. Garnish with crisp fried shallots.
Golden Glow Salad

<p>| | | |</p>
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<th></th>
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<tbody>
<tr>
<td>3</td>
<td>ounces</td>
<td>lemon gelatin</td>
</tr>
<tr>
<td>3/4</td>
<td>teaspoon</td>
<td>salt</td>
</tr>
<tr>
<td>1</td>
<td>dash</td>
<td>cayenne pepper</td>
</tr>
<tr>
<td>1</td>
<td>tablespoon</td>
<td>vinegar</td>
</tr>
<tr>
<td>1 1/2</td>
<td>cups</td>
<td>crushed pineapple -- drained</td>
</tr>
<tr>
<td>1</td>
<td>cup</td>
<td>carrots -- shredded</td>
</tr>
<tr>
<td>1/3</td>
<td>cup</td>
<td>pecans -- chopped</td>
</tr>
<tr>
<td></td>
<td>lettuce</td>
<td></td>
</tr>
</tbody>
</table>

1. Dissolve gelatin in 1 cup boiling water. Add 1 cup cold water, salt, cayenne and a scant tablespoon of vinegar. Refrigerate until partially set.

2. Add crushed pineapple which has been well-drained, grated carrots and chopped pecans. Blend well.

3. Refrigerate at least 3 hours until firmly set. Cut into squares and serve on lettuce leaves.
Greek Orzo Salad

-----Dressing-----

2 Teaspoons Dill
2 Cloves Garlic -- minced
1/4 Cup Olive Oil
3 Tablespoons Lemon Juice
2 Tablespoons Red Wine Vinegar
Pepper -- to taste

-----Salad-----

1 Cup Orzo
4 Roma Tomatoes -- seeded and diced
1 Cucumber -- peel/seed/dice
3 Green Onions -- sliced
8 Ounces Feta Cheese -- crumbled

Whisk all ingredients together, then chill.

Boil orzo in water until barely done.
**Green and Gold Bean Salad**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 can</td>
<td>(1lb)</td>
<td>cut green beans -- drained</td>
</tr>
<tr>
<td>1 can</td>
<td>(1lb)</td>
<td>cut wax beans -- drained</td>
</tr>
<tr>
<td>1 cup</td>
<td></td>
<td>diced celery</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td></td>
<td>dillweed</td>
</tr>
<tr>
<td>1/2 cup</td>
<td></td>
<td>bottled creamy onion dressing</td>
</tr>
<tr>
<td>1/4 cup</td>
<td></td>
<td>slivered almonds (optional)</td>
</tr>
<tr>
<td>1/2 cup</td>
<td></td>
<td>salad croutons</td>
</tr>
</tbody>
</table>

Mix drained beans, celery and dill, and chill. Just before serving add nuts, croutons and dressing.
Green-Bean Salad

1 pound  Green beans -- fresh *
1/4 cup  Stock -- **
3 tablespoons  Vinegar
3 tablespoons  Vegetable oil
2 each  Onions; med. -- thinly sliced
1/2 teaspoon  Dried dillseed
1 teaspoon  Sugar

*  Green beans should be sliced lengthwise (French Cut). ** Stock is the water that the green beans were cooked in.

Cook beans in boiling salted water until just tender. Reserve 1/4 cup of the cooking liquid and drain off the rest.

Prepare sauce by combining vinegar, oil, reserved vegetable stock, onions, dill, and sugar; stir until blended. Pour mixture over beans; marinate several hours before serving.
**GRILLED CHICKEN BREAST AND BEAN SALAD**

<table>
<thead>
<tr>
<th>Tablespoons</th>
<th>Ingredient Description</th>
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<tbody>
<tr>
<td>2</td>
<td>Well-seasoned mustard -- to 3 tablespoons</td>
</tr>
<tr>
<td>4</td>
<td>Chicken breast halves -- skinned and boned</td>
</tr>
<tr>
<td>1</td>
<td>Frozen black-eyed peas -- 10-ounce package</td>
</tr>
<tr>
<td>32</td>
<td>Canned beans combined -- kidney, garbanzos, w</td>
</tr>
<tr>
<td>1</td>
<td>Medium-large red onion -- finely chopped</td>
</tr>
<tr>
<td>2</td>
<td>Medium-large ripe tomatoes -- coarsely chopped</td>
</tr>
<tr>
<td>2</td>
<td>Fresh thyme -- chopped</td>
</tr>
<tr>
<td>to</td>
<td>3 tablespoons</td>
</tr>
<tr>
<td>2</td>
<td>Fresh oregano -- chopped</td>
</tr>
<tr>
<td>to</td>
<td>3 tablespoons</td>
</tr>
<tr>
<td>4</td>
<td>Sun-dried tomato halves -- in oil, finely chopp</td>
</tr>
<tr>
<td>3</td>
<td>Extra-virgin olive oil</td>
</tr>
<tr>
<td>3</td>
<td>Balsamic vinegar</td>
</tr>
<tr>
<td></td>
<td>Black pepper to taste -- freshly ground</td>
</tr>
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Heat broiler or prepare outdoor grill. Spread mustard on one side of chicken breasts and broil or grill until they begin to brown. Turn and spread on additional mustard. Cook until done, then cut into narrow strips and place in serving bowl.

Cook peas according to package directions, not more than 15 minutes. Drain. Drain liquid from canned beans and rinse thoroughly. Add to bowl with black-eyed peas, onion, fresh tomatoes, herbs and dried tomatoes. Beat oil and vinegar and mix with salad ingredients. Season with pepper and serve at room temperature. Makes 6 servings.
**Grilled Chicken Dijon Salad**

1/4 cup Dijon mustard  
2 teaspoons Dried tarragon leaves -- crushed  
1/4 teaspoon Cracked black pepper  
3 tablespoons Tarragon vinegar  
1 tablespoon Sugar  
1/3 cup Water  
8 teaspoons Olive oil  
2 Whole chicken breasts -- skinned, boned, and fat removed  
1/2 pound Fresh mushrooms -- halved  
2 cups Broccoli flowerettes  
5 cups Boston lettuce  
8 ounces Fat-free Muenster Cheese -- H.C., cubed  
1/2 cup Red onion rings

Mix together mustard, tarragon and pepper; stir in vinegar and water. Gradually add oil, beating until well blended. Pour 1/3 c. of dressing mixture over chicken. Marinate mushrooms and broccoli in remaining dressing. Drain chicken, reserving marinade. Grill chicken over medium coals, 4 minutes on each side or to desired doneness, brushing with reserved marinade mixture. Cut chicken into 8 strips. Combine mushrooms, broccoli and marinade *** (see my note) with torn greens and cheese in serving bowl; toss lightly.

Arrange lettuce mixture on large platter; top with chicken and onion rings.
GRILLED SZECHUAN CHICKEN SALAD

1 pound Chicken Breast -- boneless, skinned
1/4 teaspoon Seasoned Pepper -- to taste
1 can Pineapple, sliced -- drained
juice -- reserved
Lettuce leaves
Red onion -- sliced
Red Bell Pepper

-----SALAD DRESSING-----
3 tablespoons Oil -- vegetable
2 tablespoons Hot Soy Sauce -- CHUN KING
2 tablespoons Pineapple juice -- from reserv
1 tablespoon White vinegar
1 tablespoon Honey
1/4 teaspoon Ginger -- ground

Lightly sprinkle both sides of boneless, skinned, chicken breasts with seasoned pepper. Grill; slice into strips. Reserve 2 tablespoons juice from can of pineapple slices. Prepare Salad Dressing (directions follows). Brush pineapple slices with some Salad Dressing, grill 2-3 minutes. Arrange chicken and pineapple over lettuce and vegetables. Top with Salad Dressing.

SALAD DRESSING: In a covered jar, combine oil, hot soy sauce, 2 tb pineapple juice, white vinegar, honey and ground ginger. Shake well.
Guacamole Salad

<table>
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<tr>
<th>Quantity</th>
<th>Ingredient</th>
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<tbody>
<tr>
<td>5 each</td>
<td>Large avocados</td>
</tr>
<tr>
<td>1 each</td>
<td>Medium garlic clove -- minced</td>
</tr>
<tr>
<td>1 each</td>
<td>Medium tomato -- chopped</td>
</tr>
<tr>
<td>4 ounces</td>
<td>Can chopped green chili</td>
</tr>
<tr>
<td>2 1/2 tablespoons</td>
<td>Lemon or lime juice</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>Salt</td>
</tr>
</tbody>
</table>

Peel and chop avocados into a bowl. Mash with garlic and lemon juice. Add remaining ingredients, mixture will be chunky. To prepare individual salads, spoon mixture on shredded or whole lettuce leaves. Top with diced tomato for garnish and serve with tortilla chips. If made ahead of time, save pit and put in dip until time to serve to prevent darkening.
Gurkensalat (Cucumber Relish Salad)

2 each Cucumbers -- Medium
1 1/2 tablespoons Sugar
1 1/2 tablespoons Cider Vinegar
1/2 teaspoon Salt
1/8 teaspoon Pepper
1/2 cup Sour Cream
1 tablespoon Parsley; Fresh -- Minced

Slice cucumbers paper-thin. Sprinkle slices with sugar, vinegar, salt and pepper. Marinate for 20 minutes, drain off liquid, and toss lightly with sour cream. Top with minced parsley.
**HAM AND BLACK BEAN SALAD**

<table>
<thead>
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<th>Quantity</th>
<th>Item</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 cups</td>
<td>Cooked rice -- cooled to room temperature</td>
<td></td>
</tr>
<tr>
<td>2 cups</td>
<td>Canned black beans -- rinsed and drained</td>
<td></td>
</tr>
<tr>
<td>1 medium</td>
<td>Red onion -- chopped</td>
<td></td>
</tr>
<tr>
<td>1 cup</td>
<td>Cubed jicama -- cut into 1/8-inch</td>
<td></td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Sliced black olives</td>
<td></td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Diced red pepper</td>
<td></td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Diced green pepper</td>
<td></td>
</tr>
<tr>
<td>1/4 cup</td>
<td>Olive oil -- divided</td>
<td></td>
</tr>
<tr>
<td>4 ounces</td>
<td>Cubed cooked ham</td>
<td></td>
</tr>
<tr>
<td>3 tbsp</td>
<td>Red wine vinegar</td>
<td></td>
</tr>
<tr>
<td>1 garlic</td>
<td>Garlic clove -- minced</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp</td>
<td>Ground cumin</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp</td>
<td>Chili powder</td>
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<tr>
<td>1/2 tsp</td>
<td>Salt</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp</td>
<td>Ground black pepper</td>
<td></td>
</tr>
</tbody>
</table>

Combine rice, onion, jicama, olives, and peppers in large bowl; set aside. Heat 1 tablespoon oil in large skillet over medium heat. Add ham; cook 2 to 3 minutes stirring constantly. Add to rice mixture. Combine remaining oil, vinegar, garlic, cumin, chili powder, salt and pepper in small jar with lid. Shake to blend. Drizzle dressing over salad.
Ham Salad

2 cups mayonnaise
1 cup sweet pickle relish
2 teaspoons salt
1/2 teaspoon black pepper -- freshly ground
2 pounds ham -- smoked boneless
- about 6 cups -- finely diced
1 medium onion -- finely diced
- about 1/2 cup
1 small green bell pepper -- cored seeded
- about 1 cup -- finely diced
2 stalks celery -- finely diced
- about 1 cup

Stir the mayonnaise, relish, salt, and pepper in a large mixing bowl until blended. Add the remaining ingredients and toss until coated. Store the salad, covered, in the refrigerator.
Harvest Salad with Honey Dressing

--- Fruit: -----
navel oranges
grapefruit sections
avocados -- sliced
green grapes -- seedless
red grapes -- seedless
berries -- * see note
--- Dressing: ----- 
3 tablespoons honey
3 tablespoons orange juice -- or lime juice
1/2 cup light whipping cream

* Use berries of your choice. Some good ones to use in this salad are strawberries, raspberries, blackberries.

1. Prepare fruit by peeling oranges and grapefruits, then slice into thin slices, removing all white pith. Arrange decoratively on a large platter, leaving center free for dressing container.
2. Scatter green and red grapes on oranges and grapefruit. Place berries, a few in each group, around edges of salad. Tuck in slices of avocado here and there. Kiwi fruit can be used here for a colorful and delicious addition.

DRESSING: Chill bowl and beaters, then whip chilled cream until it piles softly. Blend honey and orange juice or lime juice. Beat the two mixtures together, only enough to combine well.

Pour dressing into a serving container and set in middle of fruit platter, or serve on the side.
**HAWAIIAN CHICKEN SALAD**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>Whole chicken breasts -- skinned and boned</td>
<td></td>
</tr>
<tr>
<td>1 1/2 cups</td>
<td>Sour cream</td>
<td></td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Chutney -- finely chopped</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>Curry powder (more to taste)</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon</td>
<td>Ground ginger</td>
<td></td>
</tr>
<tr>
<td>1/4 cup</td>
<td>Toasted shredded coconut</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Cantaloupes -- OR=-- honeydew melons=OR=-- Large papayas</td>
<td></td>
</tr>
<tr>
<td>4 cups</td>
<td>Shredded lettuce (optional)</td>
<td></td>
</tr>
</tbody>
</table>

Place chicken on steamer rack over 1 cup boiling water. Cover and steam 15 minutes or until cooked through, but still moist. Dice or shred meat. Combine sour cream, chutney, curry powder and ginger until mixed. Mix dressing with chicken and coconut. Chill. Cut cantaloupes, honeydew melons or papayas in halves, remove seeds and fill cavities with chicken salad. Or, spoon chicken salad on shredded lettuce and garnish with slices of fruit.
HERB GARDEN COUSCOUS SALAD

1 cup Couscous
1 cup Boiling water
2 cups Black beans -- cooked
1 large Celery rib -- diced
1 small Red bell pepper -- diced
2 medium Tomatoes -- diced
1/4 cup Green olives -- chopped
1/2 cup Parsley -- chopped
2 tablespoons Dill -- chopped
2 tablespoons Mint -- chopped
2 each Scallions -- finely chopped
2 tablespoons Lemon juice
2 tablespoons Olive oil
Salt & pepper -- to taste

In a large heatproof container, combine the couscous & water. Cover & let stand for 15 minutes. Uncover & fluff with a fork. Let cool until it is just warm. Mix in the remaining ingredients. Cover & refrigerate for 1 hour before serving.

VARIATION: In place of dill & mint, try a combination of fresh herbs such as oregano, thyme & basil.
# Heringsalat (Herring Salad)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pickled Herring</td>
<td>8 Ounces</td>
</tr>
<tr>
<td>Green Pepper</td>
<td>1/2 Each</td>
</tr>
<tr>
<td>Apple</td>
<td>1 Each</td>
</tr>
<tr>
<td>Orange</td>
<td>1 Each</td>
</tr>
<tr>
<td>Onion</td>
<td>2 Teaspoons</td>
</tr>
<tr>
<td>Vegetable Oil</td>
<td>2 Tablespoons</td>
</tr>
<tr>
<td>Vinegar</td>
<td>1 Tablespoon</td>
</tr>
<tr>
<td>Lettuce Leaves</td>
<td>4 Each</td>
</tr>
</tbody>
</table>

Combine ingredients and marinate in refrigerator for at least 1 hour. Serve on inner tightly cupped lettuce leaves.
Herring Salad With Sour Cream Sauce

---sour-cream sauce------
1 cup Sour cream
1/2 cup Yogurt
1/4 teaspoon Sugar

----------salad----------
2 each Onions -- small
2 each Apples; medium -- tart
8 each Herring fillets -- marinated
2 teaspoons Dill -- fresh or
1/2 teaspoon Dillweed -- dried

Sauce: Blend thoroughly sour cream, yogurt, lemon juice and sugar.
Salad: Peel onions and cut into thin slices. Peel and quarter apples, remove cores and but into thin wedges. Blend onions and apples with sauce.

In a dish arrange herring and apple-onion mixture in layers. Cover tightly and marinate in refrigerator for 5 hours. Sprinkle with dill before serving.
HOLY GUACAMOLE!

2  medium       Avocados
1  medium       Onion -- chopped
1  package      Taco seasoning
2  Garlic cloves -- minced
2  Celery stalk -- chopped
2  tablespoons  Lemon juice
1  medium       Tomato -- chopped
2  Jalapenos -- seeded & chopped
1/2 teaspoon    Cayenne pepper
1/2 teaspoon    Worcestershire sauce
1/2 teaspoon    Tabasco hot sauce
1  teaspoon     Horseradish

Peel and cut avocados in half lengthwise. Quarter one avocado half and place in food processor. Coarsely process with remaining ingredients.

Quarter and coarsely chop or mash remaining avocado. Combine with processor mix, stirring only to mix. Sprinkle top with lemon juice, cover and chill.
## Homemade Croutons

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>tablespoon Butter</td>
</tr>
<tr>
<td>5</td>
<td>tablespoons Light Oil</td>
</tr>
<tr>
<td>2</td>
<td>each Garlic cloves minced</td>
</tr>
<tr>
<td>1</td>
<td>teaspoon Oregano</td>
</tr>
<tr>
<td>1</td>
<td>teaspoon Thyme</td>
</tr>
<tr>
<td>5</td>
<td>each Day old bread</td>
</tr>
</tbody>
</table>

Melt butter in skillet then add oil. Mix in remaining ingredients. Cut 5 slices of day old bread and remove crusts. Cut into 1/2" cubes. Fry slowly until lightly brown.
Honey and Garlic Dressing 2

1 1/2 cups  Mayonnaise
1/4 cup  Red wine vinegar
3 tablespoons  Liquid honey
2 each  Garlic cloves -- crushed
1 tablespoon  Dijon mustard
1 tablespoon  Worcestershire sauce
1 teaspoon  Tabasco
1 each  Salt and pepper to taste

Mix all the ingredients together with a wire whisk and allow to sit in the fridge overnight. Pour the dressing over a salad composed of iceberg lettuce, red and green pepper strips, sliced radishes, cucumber and chopped parsley. Yield 6-8 portions.
Honey garlic dressing

3 each Egg yolks
4 cups Olive oil
1 tablespoon Paprika
1 tablespoon Crushed black pepper
1 1/2 tablespoons Salt
1 tablespoon Fresh purred garlic
1/2 cup Honey
3/4 cup Tarragon
3/4 cup Red wine vinegar

In a large bowl, beat the egg yolks. Slowly add the oil while whisking to make a basic mayonnaise. It will work only if you add the oil very, very slowly at first. You can also use a food processor to make this dressing, but again, you must add the oil ever so slowly to get the desired consistency. Once the mayonnaise is made, add all the ingredients except the vinegars. Make sure the the dressing is well mixed and ingredients are evenly distributed throughout. Slowly stir in the tarragon vinegar and then the red wine vinegar, making sure that they are evenly blended.

This dressing must be stored in the fridge or it will spoil. Yield 5 cups
HOT CHICKEN & APPLE SALAD

1/2 teaspoon Paprika
1/4 teaspoon Pepper
4 (4 Oz.) Boned -- Skinned Chicken Breast Halves -- Cut Into Bite Size
3 tablespoons Unsweetened Apple Cider
1 cup Diagonally Sliced Carrots
3 cups (1/2 in.) Cubes Unpeeled Granny Smith Apples (1 Lb.)
1/2 cup (2 Oz.) Gorgonzola Cheese Divided
2 teaspoons Minched Shallots
2 tablespoons White Wine Vinegar
4 cups Torn Fresh Spinach


Place Cider in An 8 Inch Square Baking Dish; Microwave At High 30-45 Seconds.

Add Chicken; Cover With Wax Paper & Microwave At Medium-High 6 To 7 Min., Stirring Every 3 Min.

Drain Chicken & Set Aside.

In Reserved Apple Cider Mixture, Add Carrots; Cover With Plastic & Vent. Microwave At High 2 Min. Stir in Apples; Microwave At High 1 1/2 To 2 1/2 Min. OR Until Apples Are Tender. Drain, Reserving 2 T. Apple Cider Mixture in Baking Dish.

Combine Apples, Carrots, Chicken & 1/4 C. Cheese in A Bowl; Toss & Set Aside.

Add Vinegar & Shallots To Reserved Apple Cider Mixture in Baking Dish; Microwave At High 1 Min. Drizzle Over Chicken Mixture With Remaining 1/4 C. Cheese & Serve Warm.
# HOT POTATO AND BROCCOLI SALAD

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>Potatoes, medium</td>
<td>-- peeled</td>
</tr>
<tr>
<td>1</td>
<td>Bunch broccoli</td>
<td>-- broken flore</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>Vegetable or salad oil</td>
<td></td>
</tr>
<tr>
<td>1/4 cup</td>
<td>Lemon juice</td>
<td></td>
</tr>
<tr>
<td>1/4 tsp</td>
<td>Garlic powder</td>
<td></td>
</tr>
<tr>
<td>3/4 tsp</td>
<td>Salt</td>
<td></td>
</tr>
<tr>
<td>1 tsp</td>
<td>Basil</td>
<td></td>
</tr>
<tr>
<td>1/4 tsp</td>
<td>Liquid hot pepper sauce</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Green onions</td>
<td>-- sliced</td>
</tr>
</tbody>
</table>

Cook potatoes until tender, then dice; cook broccoli until tender. Keep both hot. Combine remaining ingredients. Bring to boil, stirring. Pour over the vegetables and toss gently. (May be served hot or cold.)
Hot Potato Salad With Bacon

6 potatoes -- 2 pounds
1 cup chopped onions
3 tablespoons fresh parsley -- chopped
1 teaspoon salt
1/4 teaspoon black pepper
2/3 cup vinegar
1/3 cup water
1 1/2 teaspoons sugar
1 egg
1/3 cup salad oil
bacon -- cooked to crisp

1. Scrub potatoes and cook with skin on in enough water to cover. Cover pan and cook until tender, about 25-30 minutes. Drain potatoes and shake pan over low heat to dry potatoes. Peel and cut into about 1/4-inch pieces.

2. Place in a large bowl and toss with the 1 cup chopped onions, chopped parsley, salt and black pepper.

3. Combine 2/3 cup vinegar, 1/3 cup water and 1-1/2 teaspoon sugar in a small pan; heat to boiling.

4. Place the egg into a small bowl and beat slightly with a wire whisk. Continue beating while slowly pouring in the vinegar mixture. Slowly pour in the salad oil, whisking constantly.

5. Immediately pour this mixture over the warm potatoes and stir to coat evenly. Place the potatoes into a large skillet over low heat until heated throughout. Cook the bacon until crisp; drain, crumble and sprinkle over potatoes. Serve immediately.
Hot Spinach and Mushroom Salad

1 1/2 pounds spinach
2 tablespoons corn oil
4 ounces mushrooms -- slice thin
1 cup onions -- diced
4 teaspoons lemon juice -- fresh
4 teaspoons white vinegar
2 teaspoons sugar
black pepper -- fresh ground
2 tablespoons yogurt -- plain, low-fat

Wash fresh spinach and remove all tough stems; drain well. In hot oil, saute mushrooms and onions until onions are wilted. Add lemon juice, vinegar, sugar and pepper; mix well. Stir in spinach and cook only until spinach begins to wilt. Remove from heat and stir in yogurt. Serve immediately.
Imperial Valley Salad Bowl

1 head Romaine lettuce
1/2 cup cheddar cheese, shredded
2 tomatoes
3 green onions
1/2 cup black olives -- chopped
1/2 cup jicama
1/2 cup alfalfa sprouts
1/2 cup beets -- sliced

1. Wash, dry and tear romaine into bite-size pieces. Put into a salad bowl. Sprinkle half the shredded cheese evenly over greens.

2. Prepare vegetables: chop tomatoes into bite-size pieces; slice green onions, using part of the green tops; cut jicama into thin strips; drain beets very thoroughly and cut into thin strips.

3. Layer all the vegetables and then black olives and alfalfa sprouts. Sprinkle remaining cheese over top.

Optional: 1/2 cup drained red kidney beans, chopped hard-boiled egg and some crisp croutons or broken corn chips placed on top of salad.
Indian Salad

-----Vinaigrette Dressing-----

1/4 Cup Olive Oil
2 Tablespoons White Wine Vinegar
2 Tablespoons Chives -- minced
1 Teaspoon Dry Mustard
Pepper

-----Salad-----

1 Pound Lean Pork -- cooked (in shreds)
1 Teaspoon Salt
1 Cup Macaroni -- uncooked
1/4 Cup Mayonnaise -- (Plus 2 Tbsp.)
1 1/4 Teaspoons Curry Powder

* peeled, cut lengthwise, seeded, and julienned.

Mix the dressing ingredients and marinate the pork in them for 1 hour.

Cook macaroni al dente, drain and cool.

Combine cucumber with salt and set aside for 30 minutes. Rinse, drain and pat dry, then combine with the pork, macaroni, mayonnaise, and curry powder.
Indian Wells Lodge Salad Dressing

1/2 pound blue cheese -- crumbled
1/2 teaspoon salt
1 quart Wesson oil
1 tablespoon paprika -- heaping
1 1/2 teaspoons vinegar
2 tablespoons whole oregano

Stir well and serve at room temperature. Makes one quart.
ITALIAN ASPARAGUS RICE SALAD

1/4 cup Parmesan cheese
1/4 cup Italian-style breadcrumbs
4 Chicken breast halves -- - (boneless, skinless
1 tablespoon Olive oil
6 cups Torn spinach leaves -- - stems removed
3 cups Cooked rice -- cooled
(cooked in chicken broth)
1 pound Asparagus -- blanched
and cut into 1" pieces
2 Plum tomatoes -- sliced
1/2 cup Sliced red onion
1/3 cup Walnuts -- toasted
2 tablespoons Chopped fresh basil
2/3 cup Vinaigrette salad dressing

Combine cheese and breadcrumbs in a medium bowl. Coat each chicken breast with breadcrumb mixture. Heat olive oil in skillet over medium-high heat until hot. Add chicken; cook and stir about 5 minutes until brown. Remove chicken; place in large bowl. Add spinach, rice, asparagus, tomatoes, onion, walnuts, and basil; toss well. Just before serving pour dressing over salad; toss to coat.
Italian Bean-And-Tomato Salad

1 1/2 cups romaine lettuce -- shredded
1/2 cup tomato -- seeded, coarsely
-- chopped, unpeeled
1/2 cup great northern beans, canned -- drained
1/4 teaspoon dried rosemary -- crushed
1/4 teaspoon pepper -- fresh-ground
2 tablespoons low sodium chicken broth
2 tablespoons balsamic vinegar
1 teaspoon olive oil

Combine first 3 ingredients in a bowl; toss gently. Combine rosemary and next 4 ingredients; stir well. Pour over lettuce mixture, and toss gently.
## Jambalaya Salad

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/4 Cup</td>
<td>Salad dressing, Italian</td>
<td></td>
</tr>
<tr>
<td>1/2 Cup</td>
<td>Celery -- sliced</td>
<td></td>
</tr>
<tr>
<td>1/2 Cup</td>
<td>Green pepper -- chopped</td>
<td></td>
</tr>
<tr>
<td>1/4 Cup</td>
<td>Onion -- chopped</td>
<td></td>
</tr>
<tr>
<td>1 Teaspoon</td>
<td>Thyme</td>
<td></td>
</tr>
<tr>
<td>1/4 Teaspoon</td>
<td>Pepper, red -- ground</td>
<td></td>
</tr>
<tr>
<td>1/4 Teaspoon</td>
<td>Salt</td>
<td></td>
</tr>
<tr>
<td>1 Each</td>
<td>Garlic clove -- minced</td>
<td></td>
</tr>
<tr>
<td>2 Cups</td>
<td>Rice -- cooked</td>
<td></td>
</tr>
<tr>
<td>1/2 Cup</td>
<td>Ham -- cubed</td>
<td></td>
</tr>
<tr>
<td>6 Ounces</td>
<td>Shrimp, tiny -- cooked</td>
<td></td>
</tr>
<tr>
<td>1 Cup</td>
<td>Tomato -- chopped</td>
<td></td>
</tr>
<tr>
<td>6 Each</td>
<td>Bacon slices -- crumbled</td>
<td></td>
</tr>
</tbody>
</table>

Combine first eight ingredients. Add remaining ingredients except bacon. Chill and add bacon just before serving.
Janet's French Salad Dressing

1/2 cup vinegar
3/4 cup salad oil
1/2 cup sugar -- more or less
1 can tomato soup
1 teaspoon celery seed
1/2 teaspoon salt
2 garlic cloves
    - minced or mashed
parsley -- optional

Whisk together until thick!
**Jayne's Sesame Cucumber Salad**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>toasted sesame seeds</td>
<td>350°-5 minutes</td>
</tr>
<tr>
<td>sugar</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>salt</td>
<td>1/4 teaspoon</td>
</tr>
<tr>
<td>cornstarch</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>water</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>rice wine vinegar</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>cucumbers -- sliced thin or diced</td>
<td>2 medium</td>
</tr>
<tr>
<td>finely chopped celery</td>
<td>1/2 cup</td>
</tr>
</tbody>
</table>

Blend liquids and cook until mixture comes to a boil, cook one minute more.

Add sesame seeds and cool. Sprinkle dressing over cucumbers and celery, chill well.
Jeanette's Strawberry Jello Mold

Soften 1 envelope plain gelatine in 1/4 cup water. Dissolve it and 2 packages (3 oz) strawberry jello in 2 cups boiling water.

ADD:
1 large or 2 small packages frozen strawberries
1 small can crushed strawberries
1-2 diced bananas
1 cup fine chopped nuts (optional—daughter disliked them so I left them out.)

FILLING:
1 cup sour cream (will use LandoLakes nofat)
1 package Dream Whip made up
Combine well.

METHOD:
Pour half of jello mix into mold and chill to allow to become fairly firm. Spread filling over jello and pour over that the rest of the jello. Allow to become very firm before unmolding—like overnight.
Jeff's Potato Salad With Beer Dressing

6 potatoes
1 teaspoon mustard -- or brown
1 bacon slices
1 tablespoon chopped onions
1 celery stalks -- chopped
2 teaspoons salt
1 tablespoon margarine
2 teaspoons flour
1 tablespoon sugar
1 cup beer
1/2 teaspoon Tabasco sauce
2 tablespoons fresh parsley -- chopped

Boil potatoes until just tender. Peel and slice.

Fry bacon until crisp. Break into small pieces and mix with onion, celery and salt; set aside. Stir melted butter and flour in a small saucepan until blended. Add mustard and sugar. Slowly stir in beer and Tabasco sauce. Bring to a boil, stirring constantly. Pour over potatoes. Sprinkle with parsley. Toss lightly and let stand 1 hour. Add bacon mixture; toss gently and serve.
Justin's Tuna Salad

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>each</td>
<td>Eggs, hard-boiled -- chopped</td>
</tr>
<tr>
<td>2</td>
<td>tablespoons</td>
<td>Mayonnaise</td>
</tr>
<tr>
<td>2</td>
<td>tablespoons</td>
<td>Dill relish (heaping)</td>
</tr>
<tr>
<td>1</td>
<td>teaspoon</td>
<td>Louisiana hot sauce</td>
</tr>
<tr>
<td>2</td>
<td>teaspoons</td>
<td>Poupon mustard</td>
</tr>
<tr>
<td>1</td>
<td>each</td>
<td>6 1/2 oz can tuna -- drained</td>
</tr>
</tbody>
</table>

Combine eggs and dill relish. Add the rest of the ingredients, except tuna, and mix really well. Then add tuna. If the mixture is dry, add some more mayonnaise. This is fine for a sandwich. "Sneak a little on crackers before dinner."
Kalter Kartoffelsalat (Cold Potato Salad)

6 each Potatoes -- Large *
--- Boiling Water
1/2 teaspoon Salt
1 each Onion; Medium -- Minced
3 tablespoons Vinegar
1/2 teaspoon Mustard -- Prepared
1 teaspoon Sugar
2 teaspoons Dillseed

* Potatoes should be peeled and quartered.

In medium saucepan cook potatoes in boiling salted water until tender. Drain, reserving 3/4 cup of potato water. Dice potatoes. Add oil and minced onion; toss gently. In small saucepan bring the 3/4 cup potato water to a boil; pour over potatoes and onion. Keep at room temperature for 2 to 3 hours.

Stir in vinegar, mustard, sugar, and dillseed.

Potato salad will be creamy. Serve at room temperature.
KFC COLESLAW

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cabbage</td>
<td>1</td>
<td>shredded</td>
</tr>
<tr>
<td>Sugar</td>
<td>1/4 cup</td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td>1 cup</td>
<td>shredded</td>
</tr>
<tr>
<td>Salt</td>
<td>1/2 teaspoon</td>
<td></td>
</tr>
<tr>
<td>Pepper</td>
<td>1/4 teaspoon</td>
<td></td>
</tr>
<tr>
<td>Milk</td>
<td>1/2 cup</td>
<td></td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>1 cup</td>
<td></td>
</tr>
<tr>
<td>Buttermilk</td>
<td>1/2 cup</td>
<td></td>
</tr>
<tr>
<td>Celery seed</td>
<td>1/2 teaspoon</td>
<td></td>
</tr>
<tr>
<td>Tabasco</td>
<td>2 drops</td>
<td>or to taste</td>
</tr>
<tr>
<td>Onions</td>
<td>3 tablespoons</td>
<td>dry minced</td>
</tr>
</tbody>
</table>

Slice cabbage paper thin, and toss lightly with sugar, shredded carrots.

Sprinkle with salt and pepper and drench it all with milk. Cover and refrigerate for about 15 minutes. Meanwhile, combine mayonnaise (not salad dressing), buttermilk, celery seed, Tabasco and minced onion.

Mix well with cabbage mixture.

Refrigerate again at least an hour before serving.

Drain some of the dressing first and serve it separately at the table. It keeps for 24 hours only!!
LEMON CHICKEN ASPARAGUS

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>Boneless chicken breasts</td>
</tr>
<tr>
<td>1</td>
<td>tablespoon Fresh lemon juice</td>
</tr>
<tr>
<td>1</td>
<td>teaspoon Salt -- optional</td>
</tr>
<tr>
<td>1/2</td>
<td>teaspoon Pepper -- fresh ground</td>
</tr>
<tr>
<td>1/2</td>
<td>teaspoon Grated lemon zest</td>
</tr>
<tr>
<td>3/4</td>
<td>pound Fresh asparagus -- trimmed</td>
</tr>
<tr>
<td>1</td>
<td>tablespoon Olive oil</td>
</tr>
<tr>
<td>2</td>
<td>teaspoons Seasoned dry bread crumbs</td>
</tr>
<tr>
<td>4</td>
<td>Slices low-fat turkey ham</td>
</tr>
<tr>
<td>8</td>
<td>Lemon slices -- for garnish</td>
</tr>
</tbody>
</table>

In med. bowl, combine chicken, lemon juice, 1/2 of the salt, pepper and lemon zest. Toss to mix. On a large flat plate, coat the chicken with the seasoned bread crumbs. Spray Pam on a non-stick skillet and heat over medium-high heat. Add the chicken and cook, turning once, until golden brown outside and white throughout (but still juicy--about 5-7 minutes).

Place chicken on a serving platter. Meanwhile, steam the fresh asparagus for approx. 5-7 minutes. When done, season the asparagus with the remaining lemon zest and salt and pepper. Divide asparagus into 4 bundles. Wrap each asparagus bundle with a slice of the turkey "ham" and place on top of chicken. Garnish with lemon slices.
Lemon Coleslaw

1/2 cup Mayonnaise
1/2 cup Sour cream
1/4 cup Fresh lemon juice
2 tablespoons Dijon mustard
2 tablespoons Olive oil
2 tablespoons Sugar
1 tablespoon White wine vinegar
1 tablespoon Prepared horseradish
1 teaspoon Salt
1/2 teaspoon Celery seeds
1/2 teaspoon Pepper
8 cups Shredded cabbage (about 1 1/2 each Red bell pepper (cut into matchsticks)
1/2 each Green bell pepper (cut into matchsticks)
1/4 each Red onion (cut into matchsticks)
1 each Carrot -- shredded
2 tablespoons Chopped fresh parsley
2 teaspoons Grated lemon peel

Combine first 11 ingredients in bowl; whisk to blend. Refrigerate dressing until cold. (Can be prepared 1 day ahead). Combine cabbage, bell peppers, onion, carrot, parsley and lemon peel in large bowl. Toss with enough dressing to season to taste and serve.
Lemon-Cherry Layered Salad

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cherry or raspberry gelatin mix</td>
<td>3 ounces</td>
</tr>
<tr>
<td>Boiling water</td>
<td>1 cup</td>
</tr>
<tr>
<td>Cherry pie filling</td>
<td>21 ounces</td>
</tr>
<tr>
<td>Gelatin -- lemon</td>
<td>3 ounces</td>
</tr>
<tr>
<td>Boiling water</td>
<td>1 cup</td>
</tr>
<tr>
<td>Cream cheese</td>
<td>3 ounces</td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>1/3 cup</td>
</tr>
<tr>
<td>Crushed pineapple</td>
<td>8 ounces</td>
</tr>
<tr>
<td>Marshmallows -- optional</td>
<td>1 cup</td>
</tr>
<tr>
<td>Nuts -- chopped</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Heavy whipping cream</td>
<td>1/2 cup</td>
</tr>
</tbody>
</table>

Dissolve raspberry or cherry gelatin in 1 cup boiling water. Stir in the cherry pie filling. Pour into a 10-inch deep-dish pie plate. Chill until thickened partially. Dissolve lemon gelatin in 1 cup boiling water.

Beat the cream cheese and mayonnaise together and stir in the unchilled lemon gelatin mixture to this. Blend in the undrained pineapple.

Whip 1/2 cup whipping cream until soft peaks form. Fold into lemon mixture and add the marshmallows if desired. Spread this mixture on top of the cherry pie mixture that has been chilling. Sprinkle the chopped nuts over top and let chill until completely set.
LEMONY CHICKEN SALAD

1 can Low-sodium chicken broth
(13 3/4 oz)
2 each Pkg of Jell-O Lemon gelatin
(sugar free -- 4 serving size)
1 cup Cold water
1 can Crushed pineapple -- undrained
(in unsweetened juice)
2 tablespoons Lemon juice
1/2 teaspoon Dried tarragon leaves
(crushed)
Dash of white pepper
1 1/2 cups Cubed cooked chicken breast
1/2 cup Chopped parsley
1/4 cup Chopped red pepper

Bring chicken broth to a boil in small saucepan. Completely dissolve gelatin in boiling broth. Add water, pineapple, lemon juice, tarragon and white pepper. Refrigerate until slightly thickened.

Stir in chicken, celery and red pepper. Spoon into 4 individual plastic containers or serving dishes. Refrigerate until firm, about 2 hours.
Lentil Salad

1/4 cup fresh lemon juice
2/3 cup olive oil
1 teaspoon Italian seasoning
1 clove garlic -- mashed
2 cups dried lentils
1/2 cup diced celery
2 whole red ripe tomatoes -- chopped

Whisk together lemon juice and olive oil. Beat in Italian seasoning and garlic.

Wash lentils and boil in a quart of water until barely tender, about 30 minutes. Drain. While warm, toss with lemon dressing. Cool to room temperature. Add celery and tomatoes. Serve immediately or chill and serve cold.
Leslie's Cranberry Salad

1      bag           fresh cranberries -- chopped
2      cups          sugar
2      envelopes     plain gelatin
1      large         container Cool Whip
1      can           crushed pineapple -- drained

Chop berries in food processor, but do not pulverize them. Mix berries with sugar, 1 1/2 envelopes gelatin and drained pineapple. Combine well and let stand at least an hour to allow for the juices to mellow, sugar to dissolve and gelatin to thicken. Fold in Cool Whip gently but thoroughly. If fruit settles to bottom of the bowl, add remaining gelatin. Judge the amount of sugar by the tartness of the berries.
Lettuce Wedge With Poppy Seed Dressing

| 1/3 cup  | Vinegar -- White |
| 1 1/2 tablespoons | Onion Juice |
| 1/2 cup | Sugar |
| 1 teaspoon | Mustard -- Dry |
| 1 teaspoon | Salt |
| 1 cup | Vegetable Oil |
| 2 tablespoons | Poppy Seeds |
| Iceberg Lettuce -- Head Of |

In a small mixing bowl, combine vinegar, onion juice, sugar, mustard, and salt. Stir vigorously by hand or with electric mixer set on low. Whisking constantly, pour in oil in a slow thin stream, and continue to beat until dressing is smooth and thick. Stir in poppy seeds. Cut lettuce into 6 wedges and lay each on a chilled salad plate. Ladle on 2 or 3 T of the dressing or to taste.
LIGHTER CHICKEN WALDORF SALAD

3/4 pound Roasted chicken breast (2 Boneless -- skinless halves)
1 medium Granny Smith apples -- cored And diced in 1/2-inch pieces
1 Rib celery -- finely minced
1 Ripe mango -- peeled and diced
2 tablespoons Minced -- candied ginger *
1/3 cup Light mayonnaise
1/3 cup Nonfat sour cream
2 tablespoons Lime juice
2 tablespoons Mango chutney
1 teaspoon Grainy mustard
3 tablespoons Coarsely chopped walnuts
2 tablespoons Minced fresh mint

1. Dice the cooked chicken. Combine with the apple, celery, mango and candied ginger.

2. In a medium bowl, combine the mayonnaise, sour cream, lime juice, chutney and mustard; mix well. Add to the salad, mixing well. Cover and refrigerate until ready to serve.

3. Just before serving, stir in the chopped walnuts and mint.
Lime Velvet Salad

1 package Lime Jello
1 cup Boiling water
3 ounces Pkg cream cheese
2/3 cup Crushed pineapple -- w/ juice
1/2 cup Celery -- chopped fine
1/4 cup Chopped nuts
1/2 cup Heavy cream -- whipped
Cherries (optional garnish)

Lime-Cilantro Dressing

1/2 cup olive oil
juice of 1 lime
4 garlic cloves
-peeled, ends removed
1/2 cup cilantro -- wash, dry
fresh ground black pepper
1/4 teaspoon sugar -- to taste
1/8 teaspoon salt -- to taste

In a food processor fitted with a metal blade, combine the olive oil, lime juice, garlic, cilantro leaves, and black pepper. Process until smooth. Add sugar and salt to taste. Makes 1/2 cup.
**Liza Minnelli's Salade de Provence**

- 2 cups Frozen corn
- 1 medium Pink grapefruit
- 1 cup Hearts of palm
- 1/2 pound Fresh mushrooms
- 1 teaspoon Dijon mustard
- 1/2 teaspoon Salt
- 1/4 teaspoon Fresh ground black pepper
- 2 tablespoons Red wine vinegar
- 1/3 cup Safflower oil

Thaw corn to room temperature. Over moderate heat, cook corn until tender. Drain and set aside. Peel and remove white pith from the grapefruit. Separate sections; cut each section in half and pat dry with paper towels. Cut the hearts of palm into thin slices.

Wipe the mushrooms clean. Trim the ends and slice very thinly. In a large salad bowl, combine mustard, salt, pepper and vinegar; stir until everything has dissolved. Slowly pour in the oil, whisking constantly until smooth. Attractively arrange the grapefruit and veggies in the bowl. Bring to table and toss just before serving.
Louise's Potato Salad

9 new red potatoes, in bite sized pieces. Wash well but leave unpeeled. Take out little black dirt spots.

2 medium sized white onions chopped small. (Buy flat onions, sweeter)

8 slices cooked and crumbled bacon

1 whole package chopped fresh chives (1/2 cup chopped)

1 whole package fresh dill (about 1/2 cup chopped)

DRESSING [ make separately 3/4 cup good mayonnaise
3/4 cup sour cream (low fat is okay)
3 eggs hardboiled
8 dashes of Worcestershire sauce
1 level teaspoon Allspice
1/4 teaspoon chili powder
1/2 teaspoon dried dill
1 tablespoon dried chives
Sweet hungarian paprika to sprinkle over top

1. Prepare and cook the potatoes until just tender, drain & set aside to cool.

2. Place the cooled potatoes in a large mixing bowl and add the crumbled bacon, onions, fresh chives and fresh dill.

3. Mix the mayo and sour cream in food processor or blender. Add the Worcestershire, allspice and chili powder dried dill and dried chives. Add the hardboiled eggs and whip together at high speed for a fluffy dressing. Add freshly ground pepper and salt to taste.

4. Fold into the potatoes. Put into a serving dish and sprinkle with paprika. I serve lots of thinly sliced radishes around the side of the dish.
Low-Calorie Buttermilk Dressing

2 cups Lowfat cottage cheese
1 cup Buttermilk
1 tablespoon Red wine vinegar
2 tablespoons Parsley -- chopped
10 milliliters Garlic -- chopped
1/4 teaspoon Salt

In blender or food processor, mix cottage cheese until smooth. Add remaining ingredients and blend.

Makes about 3 cups dressing for green salads. Will keep in refrigerator for 2 weeks.
### Macaroni Medley Salad

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buttermilk</td>
<td>3/4 cup</td>
<td></td>
</tr>
<tr>
<td>Fat-free mayonnaise</td>
<td>3/4 cup</td>
<td></td>
</tr>
<tr>
<td>Fresh dill, chopped - or 1 ts dill</td>
<td>2 tablespoons</td>
<td></td>
</tr>
<tr>
<td>Cooked rotini pasta</td>
<td>4 cups</td>
<td></td>
</tr>
<tr>
<td>Canned kidney beans</td>
<td>15 ounces</td>
<td></td>
</tr>
<tr>
<td>Frozen green beans</td>
<td>10 ounces</td>
<td></td>
</tr>
<tr>
<td>Fat-free cheddar cheese</td>
<td>8 ounces</td>
<td></td>
</tr>
</tbody>
</table>

Mix together buttermilk, mayonnaise and dill. Pour over combined pasta, beans and cheese; mix lightly.

Chill. 16 Servings
**MACARONI SALAD FOR 100**

5 To 6 lbs. fully cooked ham -- cubed
5 To 6 lbs. macaroni -- cooked drained
3 pounds Shredded cheddar cheese
2 Bags (20 oz. ea.) frozen -- peas, thawed
2 bn Celery -- chopped (about 12
2 large Onions -- chopped (2 to 2 1/2
2 cans (5 3/4 oz. ea.) pitted ripe -- olives, Drained and sliced

**DRESSING:**

2 quarts Mayonnaise
8 ounces Western or French salad -- dressing
1/4 cup Vinegar
1/4 cup Sugar
1 cup Light cream
1 1/2 teaspoons Onion salt
1 1/2 teaspoons Garlic salt
1 teaspoon Salt
1 teaspoon Pepper

**SALAD:**

Combine all salad ingredients. Combine all dressing ingredients; pour over the salad mixture and toss.

Refrigerate.
MAI FUN CHICKEN SALAD WITH HOISIN DRESSING

-----HOISIN DRESSING-----
3 tablespoons Rice vinegar
1/4 cup Salad oil
1 tablespoon Hoisin sauce
2 teaspoons Sesame seeds
2 teaspoons Minced fresh gingerroot

-----SALAD-----
Napa/Savoy cabbage leaves
2 cups Mai fun *
1 cup Finely shredded carrots
2 Lg cooked chicken breasts*
1/2 cup Sugar snap peas **
Vegetable garnishes ***

*Note: Mai fun should be prepared according to package directions.
*Chicken breasts should be skinned, boned and cut into thin slices.

**Snap peas should be blanched and chilled.

***Suggested vegetable garnishes: Japanese or regular cucumber slices, straw mushrooms, carrot flowers.

Combine vinegar, oil, hoisin sauce, sesame seeds and gingerroot in jar with lid. Cover and shake well. Chill. Meanwhile, to make salad, for each serving, line plate with cabbage leaves and over them arrange layer of mai fun. Then arrange shredded carrots, chicken slices, sugar snap peas and vegetable garnishes on plates as desired. Shake dressing again and pass at table.
## Mandrin orange and green salad

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>each Med bowl of mixed greens</td>
</tr>
<tr>
<td>1</td>
<td>each Large can of mandrin oranges</td>
</tr>
<tr>
<td>1/2</td>
<td>cup Chopped pecans</td>
</tr>
<tr>
<td>1</td>
<td>each Purple onion rings</td>
</tr>
<tr>
<td>1/3</td>
<td>cup Wine vinegar</td>
</tr>
<tr>
<td>1/2</td>
<td>cup Sugar</td>
</tr>
<tr>
<td>1</td>
<td>cup Salad oil</td>
</tr>
<tr>
<td>1</td>
<td>teaspoon Salt</td>
</tr>
<tr>
<td>1</td>
<td>teaspoon Dry mustard</td>
</tr>
<tr>
<td>2</td>
<td>tablespoons Water</td>
</tr>
</tbody>
</table>

For mixed greens use leaf romaine and regular.
Maple Leaf Dressing

3/4 cup vinegar
1 1/2 cups oil
2 tablespoons worcestershire sauce
1 teaspoon salt
1 1/2 teaspoons pepper -- crushed
1 tablespoon dry mustard
1/2 cup sugar
1 can tomato soup
1 piece garlic -- diced

Mix together and let stand for 1 day before using
Marinated Three-Bean Salad

1 pound green beans -- Blanched
1 pound wax beans -- Blanched
2/3 cup salad oil
1/3 cup red wine vinegar
1 tablespoon sugar
1 1/2 teaspoons salt
1 teaspoon rosemary
1 teaspoon dry mustard
1/4 teaspoon pepper -- grated
2 cans red kidney beans -- 15 oz cans

blanch beans, in bowl whisk oil, vinegar and spices. add beans and cover, refrigerate for at least 6 hours.
## Marinated Veggies

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>can</td>
<td>French Style Green Beans -- drained</td>
</tr>
<tr>
<td>1</td>
<td>can</td>
<td>Shoepeg Corn-drained</td>
</tr>
<tr>
<td>1</td>
<td>can</td>
<td>Baby Peas -- drained</td>
</tr>
<tr>
<td>1</td>
<td>cup</td>
<td>chopped celery</td>
</tr>
<tr>
<td>1</td>
<td>cup</td>
<td>diced onion</td>
</tr>
<tr>
<td>1</td>
<td>cup</td>
<td>diced bell peppers</td>
</tr>
<tr>
<td>1</td>
<td>small jar</td>
<td>pimentos</td>
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### MARINADE

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<tr>
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<th>Item</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>2/3 cup</td>
<td>sugar or artificial -- sweetener</td>
<td></td>
</tr>
<tr>
<td>2/3 cup</td>
<td>white vinegar</td>
<td></td>
</tr>
<tr>
<td>1/3 cup</td>
<td>lite oil -- (your choice)</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>tsp</td>
<td>salt</td>
</tr>
<tr>
<td>1</td>
<td>tsp</td>
<td>celery seed</td>
</tr>
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</table>

Mix marinade and add veggies, let set at least four hours, overnight is best.
# Market Salad With Capers

<table>
<thead>
<tr>
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<th>Item</th>
<th>Quantity</th>
<th>Item</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Sm Tomato</td>
<td>1</td>
<td>Ear Corn</td>
</tr>
<tr>
<td>2</td>
<td>Med Red Potatoes</td>
<td>2</td>
<td>Tsp Capers</td>
</tr>
<tr>
<td>1/4 Tsp</td>
<td>Paprika</td>
<td>2</td>
<td>Tbsp Olive Oil</td>
</tr>
<tr>
<td>1/2 Tbsp</td>
<td>Red Wine Vinegar</td>
<td></td>
<td>Salt And Pepper</td>
</tr>
</tbody>
</table>

Peel potatoes if desired. Dice. Cook corn and remove from cob. Combine tomato, corn, potatoes, and capers in salad bowl. Stir together paprika, oil, vinegar, salt, and pepper in small bowl. Pour over vegetables and toss well. Let stand 5 minutes for flavors to blend.
**MARLBORO COUNTRY GUACAMOLE**

| 1 each | Large ripe avocado (about 8 oz) |
| 1/4 cup | Finely chopped onion |
| 1 tablespoon | Seeded and finely chopped piñalone |
| 1 tablespoon | Lemon juice |
| 1/4 teaspoon | Salt |

Peel, pit and mash avocado; add remaining ingredients and mix thoroughly. Makes about a cup.
Mayfair Dressing

3                  to 4 cloves garlic
1/2 medium        onion
1 stalk           celery
2 cups            oil
1/4 cup           prepared mustard
1/2                whole black peppercorns -- or more
3                  eggs
1 ounce           anchovies -- or 2 oz
1 tablespoon  Accent seasoning mix

Blend in Blender  makes 4C  Every St. Louis cook has this recipe. It's the best!
MEDITERRANEAN GRILLED CHICKEN SALAD

2/3 pound (2 medium) potatoes -- cut into 3/4-inch
4 ounces Mushrooms -- halved
4 ounces Green beans; halved -- steamed until crisp-

-----VINAIGRETTE-----
1/4 cup Olive oil
2 tablespoons White wine vinegar
1 Garlic clove -- minced
2 teaspoons Minced fresh tarragon -- OR..
3/4 teaspoon Dried tarragon
2 teaspoons Dijon-style mustard
1/4 teaspoon Sugar
1/4 teaspoon Salt
1/8 teaspoon Pepper
2 Chicken breast halves -- (boned and skinned
(about 6 ounces each)
1/4 cup Chopped red onion
Halved cherry tomatoes -- for garnish

In 1-quart saucepan over medium heat cook potatoes, covered, in 2 inches boiling water until tender, about 15 minutes; drain.

Meanwhile, make vinaigrette: In bowl whisk together all vinaigrette ingredients. Place potatoes, mushrooms and beans in separate piles in large shallow dish; drizzle with 1/3 cup of the vinaigrette to coat. Cover; let stand 15 minutes. Heat broiler. Meanwhile, in bowl add chicken to the remaining vinaigrette; cover and let stand 15 minutes. Remove chicken from vinaigrette (discard vinaigrette); broil 4 to 5 inches from heat source about 8 minutes until juices run clear when chicken is pierced, turning once. To serve, slice chicken breasts and arrange on 4 plates with potatoes, mushrooms and beans, dividing equally. Sprinkle with onion and garnish with cherry tomatoes.
MEXICAN BEEF SALAD

3/4 pound Beef top round steak
1/2 teaspoon Unseasoned meat tenderizer -- instant
3 tablespoons Vegetable oil
3 tablespoons Vinegar
1/2 teaspoon Salt
1/4 teaspoon Ground cumin
1/4 teaspoon Dried oregano -- crushed
1/8 teaspoon Garlic powder
1/8 teaspoon Ground red pepper
1 can Yellow hominy -- drained
16 ounce can
1 Small onion -- sliced
separated into rings
1 Green pepper -- sliced into rings
1/3 cup Sliced pitted ripe olives
4 cups Torn lettuce
1/2 cup Halved cherry tomatoes
Lettuce leaves
1/2 cup Monterey Jack cheese (2 oz) -- finely grated

Partially freeze meat. Slice meat across the grain into bite-size strips.

Sprinkle meat tenderizer over meat. In a 1 1/2-quart microwave-safe casserole, combine beef and 1 tablespoon oil. Cover with waxed paper. Cook on high (100 percent) power 3 to 5 minutes or until meat is done, stirring every 2 minutes. Remove meat, reserving drippings in dish. Add remaining 2 tablespoons oil to drippings. Stir in vinegar, salt, cumin, oregano, garlic powder and red pepper. Cook, uncovered, on high power about 30 seconds or until bubbly. Add meat, hominy, onions, green pepper and olives. Toss gently to coat.

In a large mixing bowl, combine meat mixture, torn lettuce and tomatoes. Toss gently to coat. Spoon mixture onto lettuce-lined plates. Sprinkle with cheese. Makes 4 to 6 servings.
**Mexican Green Bean Salad**

<table>
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<th>Ingredient</th>
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</tr>
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<tbody>
<tr>
<td>green beans</td>
<td>1 pound</td>
</tr>
<tr>
<td>olive oil</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>jalapeno peppers -- seeded and chopped</td>
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</tr>
<tr>
<td>vinegar</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>lemon juice</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>onion -- minced</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>parsley -- minced</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>fresh cilantro -- minced</td>
<td>1 tablespoon</td>
</tr>
</tbody>
</table>

Steam green beans until tender-crisp, about 15 minutes. Drain. Whisk together other ingredients and pour over warm green beans. Allow to marinate at least 1/2 hour. Serve at room temperature or chilled.
MEXICAN PASTA SALAD

4 (3 Oz.) Boneless Skinned Chicken Breasts
1 teaspoon Ground Cumin
1 teaspoon Vegetable Oil
1/2 cup Water
1/4 tablespoon Chili Powder
1/2 teaspoon Chicken Bouillon Granules
1 small Ripe Avocado Chopped
1 cup Fresh Cilantro
3 tablespoons Lime Juice
1/4 cup Green Onions
1 large Jalapeno Pepper Chopped
10 milliliters Garlic
6 ounces Uncooked Fettuccine
1/2 cup Shredded Zucchini
1/4 cup Sliced Black Olives
2 tablespoons Chopped Tomatoes
Fresh Cilantro Leaves (Optional)

Sprinkle Chicken With Cumin & Chili Powder. Heat Oil in A Medium Skillet; Add Chicken & Cook Over Medium Heat 3 To 4 Min. On Each Side. Add Water & Bouillon Granules; Reduce Heat & Simmer 15 Min. OR Until Chicken Is Done.

Remove Chicken From Broth, Reserving Broth in Skillet. Cover & Chill Chicken.


Minted Cucumber Salad

3 large cucumbers
1/2 teaspoon salt
2 cups plain yogurt
2 teaspoons rice wine vinegar
1/8 teaspoon white pepper
1/2 teaspoon sugar
1/4 cup fresh mint -- chopped
2 tablespoons fresh parsley -- chopped

Peel, seed, and chop cucumbers. Sprinkle with salt and allow to drain for half an hour.

Line a sieve with a coffee filter. Pour yogurt in and allow to drain for half an hour. In a glass or pottery serving bowl, combine yogurt with remaining ingredients. Stir in cucumber. Cover and refrigerate if not served at once.
## Minted Melon Mold

| 1 1/2 cups | Boiling Water |
| 3 ounces   | (1 pk) Lemon Flavor Gelatin |
| 3 ounces   | (1 pk) Lime Flavor Gelatin |
| 3/4 cup    | Lime Juice |
| 1/2 cup    | Cold Water |
| 1/8 teaspoon | Peppermint Extract |
| 2 cups     | Melon Balls * |
|            | Lettuce Leaves |
|            | Coconut Cream Dressing |
|            | Garnishes ** |

* Melon balls can include things like Cantaloupe, or Honeydews, etc.
** Garnishes can be mint leaves and more melon balls.

In medium bowl, pour boiling water over gelatins; stir until dissolved. Add lime juice, cold water, and extract; chill until partially set. Fold in melon. Pour into lightly oiled 5-cup ring mold. Chill until set, about 3 hours or overnight. Unmold onto lettuce. Serve with Coconut Cream Dressing; garnish with mint leaves and/or melon balls, if desired.
Minted Pasta Salad

2 cups pasta -- small: orzo, shells, ziti
Salt
1/3 cup olive oil -- light
2 tablespoons red wine vinegar
1/2 cup fresh mint leaves -- chopped
1 teaspoon fresh oregano -- chopped
2 cloves garlic -- minced
Freshly ground pepper to taste

1. Cook pasta in boiling salted water according to package directions until al dente; drain well.

2. Mix oil, vinegar, herbs, garlic, salt and pepper in a serving bowl. Add pasta and toss gently. Serve warm or at room temperature.
Mixed Green Salad

12 C Assorted Salad Greens -- to 14 C, Boston, red -- leaf, romaine, etc.
2 Nectarines -- slic in wedges
1/3 C Walnuts -- toasted, *

Balsamic Vinaigrette:
2/3 C Olive Oil
2 Tbsp Balsamic Vinegar
1/4 C Orange Juice
1 Tbsp Dijon Mustard
1 Clove Garlic -- mashed
1/4 Tsp Salt
Black Pepper -- to taste

A colorful array of greenery tossed with a savory balsamic vinaigrette. Whenever nectarines are available, especially during the summer season, I slice up 2 of the succulent fruits and add them to the salad. They lend a delightfully refreshing touch. This recipe won 1st prize in a salad contest run by a Boston area newspaper.

1. Choose at least three of the varied salad greens - I usually select Boston and red leaf as my base and add two other types for their color and flavor.

2. Wash the greens, pat dry, and pile them into a large salad bowl. Adorn the greenery with the fruit and toasted walnuts.

3. Beat together the oil, vinegar, orange juice, mustard, garlic, salt, and pepper in a bowl.

4. Pour the dressing over the greenery and toss well to coat evenly. Present at once.

6 portions
Mock Hard-Cooked Eggs

8 Oz Egg Beaters. 99% Egg Substitute -- or substitute

In an 8" skillet, pour Egg Beaters, or substitute. Cover tightly; cook over low heat 10 min or until just set. Remove from heat; let stand, covered for 10 min. Remove from skillet and cool completely. Chop and use in your favorite egg salad recipe or sprinkle over salads or casseroles.

NOTES: MAKES: 1 Cup chopped mock eggs
### Mos' Nilly Guacamole

<table>
<thead>
<tr>
<th>1</th>
<th>each</th>
<th>Large avocado</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>teaspoons</td>
<td>Lea &amp; Perrins</td>
</tr>
<tr>
<td>1</td>
<td>each</td>
<td>Clove garlic</td>
</tr>
<tr>
<td>1</td>
<td>tablespoon</td>
<td>Salt</td>
</tr>
<tr>
<td>4</td>
<td>ounces</td>
<td>Feta cheese</td>
</tr>
<tr>
<td>2</td>
<td>tablespoons</td>
<td>Olive oil</td>
</tr>
<tr>
<td>1</td>
<td>tablespoon</td>
<td>Poupon or creole mustard</td>
</tr>
<tr>
<td>1</td>
<td>tablespoon</td>
<td>Lemon juice</td>
</tr>
<tr>
<td>2</td>
<td>tablespoons</td>
<td>Wine vinegar</td>
</tr>
<tr>
<td>3/4</td>
<td>cup</td>
<td>Chopped parsley or cilantro</td>
</tr>
<tr>
<td>2</td>
<td>teaspoons</td>
<td>Louisiana hot sauce</td>
</tr>
<tr>
<td>1</td>
<td>cup</td>
<td>Chopped tomatoes</td>
</tr>
</tbody>
</table>

Lettuce -- as bed for serving

Mash garlic with salt to make a gritty paste, Add avocado and mash some more. Pour lemon juice over avocado so that it will keep its color. Stir well.

Add olive oil, add Louisiana hot sauce, stir, add Lea & Perrins Worcestershire sauce, stir, and add wine vinegar. Stir. Add Mustard. Stir. Crumble a good quantity of feta cheese in the dressing. Add chopped tomatoes and parsley. Stir well and serve over lettuce. This is also good for dipping. Makes about 3 cups.
**Mr. Food's British Pepper Salad**

4 green bell peppers -- cored/in 8 chunks
4 red bell peppers -- cored/in 8 chunks
1/8 cup Worcestershire sauce
1 1/4 cups ketchup
1 can (6oz) black olives -- (pitted), drained
1 clove garlic -- crushed

Fill a 2-quart saucepan three quarters full with water; bring to a boil then reduce the heat to medium. Add the peppers and stir gently once. After 2-3 minutes, when the peppers are still quite firm and just beginning to soften, remove them from the saucepan, draining any excess water. In a medium-sized bowl, combine the remaining ingredients. Add the peppers and toss to coat. Cover and chill for 1 hour or until ready to serve.
## Mr. Food's Taco Salad

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>ground beef</td>
</tr>
<tr>
<td>1</td>
<td>taco seasoning mix -- (1 1/4 oz.)</td>
</tr>
<tr>
<td>1</td>
<td>iceberg lettuce -- chopped (about 8 C.)</td>
</tr>
<tr>
<td>2</td>
<td>shredded cheddar cheese -- (8 oz.)</td>
</tr>
<tr>
<td>1</td>
<td>kidney beans -- rinsed and drained</td>
</tr>
<tr>
<td>2</td>
<td>tomatoes -- diced (about 2 C.)</td>
</tr>
<tr>
<td>2</td>
<td>sliced black olives -- (2.25oz ea);drained</td>
</tr>
<tr>
<td>1</td>
<td>tortilla chips -- (ranch); crushed</td>
</tr>
<tr>
<td>1</td>
<td>french salad dressing -- (sweet &amp; spicy)</td>
</tr>
</tbody>
</table>

In a medium-sized skillet, brown the ground beef with the taco seasoning mix, stirring to break up the meat; drain and cool. In an extra-large salad bowl, layer half of the lettuce, then half of the cheese, beans, ground beef, tomatoes, and olives. Repeat the layers once more, then top with crushed tortilla chips. Before serving, add the dressing and toss well to coat. Yield: 12 servings
# MUSTARD POTATO SALAD

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups</td>
<td>Diced peeled potatoes (about -- 1 lb.)</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Recipe Old-Fashioned Egg -- Salad (see previous Recipe)</td>
<td></td>
</tr>
<tr>
<td>1/4 cup</td>
<td>Mayonnaise</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon</td>
<td>Prepared mustard</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon</td>
<td>Dried minced onion</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon</td>
<td>Salt</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lettuce leaves</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sliced radishes -- optional</td>
<td></td>
</tr>
</tbody>
</table>

In a saucepan, cover potatoes with water and cook until tender but firm. Drain and cool. In a bowl, combine egg salad, mayonnaise, mustard, onion and salt. Stir in cooled potatoes. Cover and chill. Serve on lettuce leaves; garnish with radishes, if desired.
My Favorite Coleslaw

1                      cabbage head
1                      onion -- minced
2             tablespoons  salad vinegar
1/4                cup       sour cream
1/4                cup       mayonnaise -- * see note
1            tablespoon  sugar
1/2              teaspoon  salt
1/4              teaspoon  black pepper
                  paprika -- optional
                  green bell peppers, slivered -- optional
                  red bell peppers, slivered -- optional
1/2              teaspoon  dry mustard -- optional
1/4              teaspoon  celery seed -- optional

* Use only real mayonnaise, not salad dressing. This coleslaw must be allowed to blend flavors in refrigerator for 2 hours or more (overnight is best) for best taste.

Shred cabbage in VERY thin strands. Sprinkle evenly with vinegar, minced onion, fresh ground black pepper and sugar. Put into airtight bowl or plastic bag and refrigerator for 1 hour or more.

Mix sour cream, mayonnaise, dry mustard (if desired) and salt. If using green and red sweet peppers, sliver them before adding to sour cream mixture. Add celery seeds at this time also if you are using them. Add this mixture to chilled cabbage and shake in plastic bags or stir gently to mix thoroughly. Place back in refrigerator for 2 hours or more.
New England Style Potato Salad

3 pounds potatoes -- cooked
1 cup celery -- diced
5 tablespoons vinegar
2 teaspoons salt
4 eggs -- hard-cooked, sieved
1 pint sour cream
1 teaspoon pepper
1 1/2 tablespoons mustard
1/2 clove garlic -- crushed
1 n -- chopped
1/2 cup olives -- sliced

Peel potatoes, cut into 1/2 inch cubes and chill. Add celery, 3 tbs. vinegar and salt. Fold eggs into sour cream, add remaining vinegar, pepper, mustard, garlic and onion. Place potato mixture in salad bowl, add dressing and toss well. Garnish with olives.
New Potato Salad

2 pounds Potatoes -- new (approximately)
1 each Dill cream dressing recipe
5 each Green onions -- finely chopped
Salt & pepper to taste

A local restaurant serves a simple, but elegant, potato salad as part of their Sunday Brunch menu.

This is my own attempt at duplicating it. Stir the chopped green onions into the Dill Cream Dressing.

Add salt and pepper to taste. You may also want to add more lemon juice or Dijon mustard at this point, as this produces a fairly bland dressing. Slice potatoes (leave skins on) about 1/4 inch thick. Place in a large bowl and fold in the dressing. Serve chilled. Best made the day before so the flavors have a chance to mingle.
No-Fat Italian Dressing

1/4 cup Lemon juice
1/4 cup Cider vinegar
1/4 cup Apple juice -- unsweetened
1/2 teaspoon Oregano
1/2 teaspoon Dry mustard
1/2 teaspoon Onion powder
10 milliliters Garlic -- cut in half
1/2 teaspoon Paprika
1/4 teaspoon Basil
1/8 teaspoon Thyme
1/8 teaspoon Rosemary

-----PER 2 TBLSPOONS-----
*cals
*mg sodium

Combine all ingredients. Chill for an hour or two at least to allow herbs to blend. Remove garlic clove pieces before serving. Makes 12 tablespoons.
### No-Name-Yet Salad

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>16 oz can peeled tomatoes</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Chopped onion</td>
<td>1/2 cup</td>
<td></td>
</tr>
<tr>
<td>Celery seed</td>
<td>1/2 tsp</td>
<td></td>
</tr>
<tr>
<td>Eggs -- hard boiled</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>Juice from peeled tomatoes</td>
<td>2 Tbs</td>
<td></td>
</tr>
<tr>
<td>6 1/2 oz can tuna -- mashed</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Dill relish</td>
<td>2 Tbs</td>
<td></td>
</tr>
<tr>
<td>Mayonnaise (heaping)</td>
<td>2 Tbs</td>
<td></td>
</tr>
<tr>
<td>Lea &amp; Perrins</td>
<td>1 Tbs</td>
<td></td>
</tr>
<tr>
<td>Poupon or creole mustard</td>
<td>1/4 tsp</td>
<td></td>
</tr>
<tr>
<td>Olive oil</td>
<td>1 Tbs</td>
<td></td>
</tr>
<tr>
<td>Salt -- to taste</td>
<td>2 Tbs</td>
<td></td>
</tr>
<tr>
<td>Louisiana hot sauce</td>
<td>2 Tbs</td>
<td></td>
</tr>
<tr>
<td>Wine vinegar</td>
<td>2 Tbs</td>
<td></td>
</tr>
</tbody>
</table>

Chop tomatoes, Mix the 1/2 cup onion, 1/2 tsp celery seed, 4 chopped hard boiled eggs, 2 Tbs juice from drained tomatoes, and 2 Tbs dill relish. Add sauce (directions follow). If it is too soupy, add some crushed saltine crackers. SAUCE: Beat mayonnaise and mustard really well, adding olive oil. Every time you add something, beat. Add all ingredients, beat the hell out of them. Add to salad.
Noodles in Sesame Sauce

10 ounces Fresh chinese noodles
Oil
-----spicy sesame sauce-----
1 1/2 tablespoons Vegetable oil
3 each Green onions white minced
3 each Cloves of garlic -- minced
Piece of giner -- minced
2 each Small asian chilli peppers
3 1/2 teaspoons Rice vinegar
2 tablespoons Soya sauce
2 tablespoons Sugar
1 1/2 tablespoons Chinese sesame paste
1/2 cup Chicken stock or broth
1 teaspoon Sesame oil
----------garnish----------
1 tablespoon Roasted sesame seeds
Fresh coriander leaves chop
1/2 cup Julienned carrots/cucumbers

Cook noodles, fresh or fried, until al dente. Drain and rinse in cool, then cold, water. Drain well.

Sprinkle with vegetable, peanut or sesame oil.

(Cold, oiled cooked noodles can be stored in the fridge for several days).

SAUCE: In a small skillet, heat vegetable oil and saute onions, garlic, ginger and chili peppers until garlic is soft but not brown. Turn off heat and add vinegar, soy sauce, sugar, sesame paste and chicken stock. Heat and simmer sauce, stirring for 2 minutes. Stir in sesame oil. Cool to room temperature. Pour sauce over chilled noodles and mix well. Heap noodles on s platter and garnish with sesame seeds, coriander and julienned vegetables.
OK Corral Salad

4 cups Cooked Pasta wheels
Raw Carrot *
Med onion -- chopped
Rib Celery -- sliced thin
Green pepper -- chopped
Radishes -- sliced thin

6 1/2 ounces Can drained Tuna -- water pack
3/4 cup Dressing (see recipe)

* Scrubbed and sliced into thin matchsticks.

This pasta salad gets its name from the shape of the pasta, but you could just as easily use shells and rename it Seashell Salad, etc. Toss all the ingredients in a large salad bowl and chill. The salad can be made the night before and refrigerated. If you want to take it easy, just slice all the veggies with a food processor.

BASIC DRESSING 1 c extra-virgin olive oil 2t Honey 2/3 c brown rice vinegar freshly ground black or Salt 1 garlic clove, mashed

Combine all ingredients and shake well or blend. Refrigerate. Keeps for up to a week. Makes a little less than 2 cups.
OLD-FASHIONED EGG SALAD

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mayonnaise</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>2 tsp</td>
</tr>
<tr>
<td>Dried minced onion</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Salt</td>
<td>1/4 tsp</td>
</tr>
<tr>
<td>Pepper</td>
<td>1/4 tsp</td>
</tr>
<tr>
<td>Hard-cooked eggs -- chopped</td>
<td>6</td>
</tr>
<tr>
<td>Finely chopped celery</td>
<td>1/2 cup</td>
</tr>
</tbody>
</table>

In a bowl, combine mayonnaise, lemon juice, onion, salt and pepper. Stir in eggs and celery. Cover and chill. For each serving, spoon about 1/2 cup onto a lettuce leaf or spread on bread.
### Olive Garden Salad Dressing

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 c</td>
<td>Bottled italian dressing</td>
</tr>
<tr>
<td>2 TB</td>
<td>Parmesan -- grated</td>
</tr>
<tr>
<td>2 TB</td>
<td>Sugar or equivalent in -- equa</td>
</tr>
<tr>
<td>1 LG</td>
<td>Raw egg -- or egg beaters</td>
</tr>
<tr>
<td>1 egg</td>
<td>or</td>
</tr>
<tr>
<td>2 TB</td>
<td>Mayonnaise</td>
</tr>
</tbody>
</table>

Blend in blender on high speed 1/2 minute or until smooth. Pour this mixture into the top of a double boiler and add 1/4 c oil. Stir gently with a whisk over gently boiling water until it begins to thicken and egg is completely cooked. Chill several hours or overnight before using. If the dressing is too thick, add more Italian dressing as needed. Mix together equal amounts of fresh spinach, iceberg and romaine lettuce. Allow 2 C for each salad. Moisten leaves in dressing, do not saturate; let stand 5 minutes. Add onion rings, radish, etc.
Oprah's Chicken Salad with Dressing

1 1/2 cups Chicken breast -- skinless, boneless
1/4 cup Peas
1 tablespoon Golden raisins
1/4 cup Carrots -- shredded
1 cup Red cabbage -- shredded
1/4 cup Apples -- diced
1/4 cup Scallions -- sliced
1/4 cup Celery -- diced

-----DRESSING-----
1/8 teaspoon Celery seed
1 cup Nonfat yogurt
3 teaspoons Curry powder -- optional
3 tablespoons Lemon juice
1 tablespoon Dijon mustard
2 tablespoons Shallots -- diced
Black pepper

Toss salad ingredients. Put dressing ingredients in blender and blend.
Serve over salad.
Oprah's Mock Caesar Salad

20 milliliters Garlic -- minced
1/4 cup Lemon juice
1/4 cup Low-sodium soy sauce
Fresh cracked black pepper
3 cups Romaine lettuce -- torn
3 cups Endive -- torn
1 large Tomato -- chunked
1 tb Parmesan

Mix garlic, lemon juice, soy sauce and pepper for the dressing. Toss with lettuces and tomatoes.
Orange and Onion Salad

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Unit</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>each</td>
<td>Head romaine lettuce</td>
</tr>
<tr>
<td>7</td>
<td>ounces</td>
<td>Mandarin oranges -- drained</td>
</tr>
<tr>
<td>1</td>
<td>each</td>
<td>Toasted sliced almonds</td>
</tr>
<tr>
<td>2</td>
<td>tablespoons</td>
<td>Sugar</td>
</tr>
<tr>
<td>1/2</td>
<td>tablespoon</td>
<td>Salt</td>
</tr>
<tr>
<td>1</td>
<td>teaspoon</td>
<td>Tarragon</td>
</tr>
<tr>
<td>1/4</td>
<td>teaspoon</td>
<td>Pepper</td>
</tr>
<tr>
<td>2</td>
<td>each</td>
<td>Dashes tabasco sauce</td>
</tr>
<tr>
<td>1/3</td>
<td>cup</td>
<td>Vinegar</td>
</tr>
<tr>
<td>1</td>
<td>each</td>
<td>Egg yolk</td>
</tr>
<tr>
<td>3/4</td>
<td>cup</td>
<td>Vegetable oil</td>
</tr>
<tr>
<td>1/2</td>
<td>teaspoon</td>
<td>Dijon mustard</td>
</tr>
</tbody>
</table>

Place sugar, salt, tarragon, pepper, tabasco, mustard in blender. Slowly add vinegar and blend well. Add egg yolk, and with blender running, slowly add oil.

Blend until desired consistency. Let dressing sit in a jar for 1 hour before using, to blend flavours. Shake well before using.
Orange Jello Salad

1 package Orange Jello -- large
1 package Small curd cott cheese -- large
1 package Cool whip -- large

In a serving dish (casserole), mix a large box of dry Jello mix with a large container of SMALL curd cottage cheese. Mix thoroughly until jello is dissolved.

Fold in large container of Cool Whip. Blend thoroughly. Chill thoroughly. Garnish with mint leaves or mandarine orange slices. This recipe is also great with PEACH jello. A combination of peach and orange is also another alternative (a small box of each). If you make the peach salad, you can add a can of crushed pineapple (DRAINED) for a fruity salad.
Orange Jicama Salad

2 romaine lettuce
- or butter lettuce heads
- tear into long shreds

1/4 large jicama -- julienned

4 navel oranges
- peeled and sectioned

1 medium red onion -- chopped

8 radishes -- sliced
- or cut into flowers

6 tablespoons vegetable oil

2 tablespoons fresh orange juice

1/2 teaspoon chili powder

1 teaspoon white vinegar

1/4 teaspoon salt
- fresh ground pepper -- to taste

On 8 individual salad plates, arrange a bed of shredded lettuce. Sprinkle the jicama on top. Arrange about 5 orange sections in a flower pattern on top of each. Sprinkle with the chopped red onion. Put a radish in the center of each salad. In a small, tightly lidded jar, combine the oil, orange juice, chili powder, vinegar, salt and pepper. Shake to blend well. Sprinkle about 1 tablespoon over each salad just before serving.
Orange Poppyseed Dressing

| 2/3 cup           | Safflower or corn oil |
| 1/4 cup           | Lime juice           |
| 2 tablespoons     | Orange juice         |
| 2 tablespoons     | Orange rind -- grated|
| 2 tablespoons     | Honey                |
| 2 tablespoons     | Onion -- minced      |
| 1 tablespoon      | Poppy seeds          |
|                   | Salt & pepper to taste|

** I used peanut oil and minced green onions when I made this. I served it on a salad of Boston lettuce with melon and chopped prosciutto. Slightly toast the poppy seeds (method below). Place all ingredients in a screw-top jar. Shake vigorously. Chill until serving. This dressing complements any green salad, but the addition of some small chunks of cantelope, honeydew, or star fruit to your greens will enhance the orange-honey flavor of the dressing. Or try it over slices of cold roast pork with nectarine wedges on watercress. Poppy Seeds: Did you know that it takes almost a million seeds to make a pound? These tiny bluish-black gems come from the opium poppy plant. But even if you eat a million, you won't experience any narcotic effect. Connoisseurs say those imported from Holland taste best. For even better flavor, seeds should be slightly toasted in a 350 degree oven for about 5 minutes.
Orange-Jicama Salad

Butter lettuce leaves
1 tablespoon Fresh orange juice
1 each Large orange -- peeled/sliced
1 teaspoon White wine vinegar
1 cup Julienne of peeled jicama
1/2 cup Salt & freshly ground pepper
1 cup Chopped red onion
1 tablespoon Minced fresh cilantro
3 tablespoons Olive oil


Whisk in oil in thin stream. Spoon over salads. Garnish with minced cilantro.
**ORIENTAL CABBAGE SALAD**

<table>
<thead>
<tr>
<th>Amount</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>ounces Ramen w/ chicken flavor</td>
</tr>
<tr>
<td>4</td>
<td>cups Cabbage -- shredded</td>
</tr>
<tr>
<td>4</td>
<td>each Green onions -- sliced (1/4 c)</td>
</tr>
<tr>
<td>2</td>
<td>tablespoons Sesame seed</td>
</tr>
<tr>
<td>3</td>
<td>tablespoons Vinegar</td>
</tr>
<tr>
<td>2</td>
<td>tablespoons Sugar</td>
</tr>
<tr>
<td>2</td>
<td>tablespoons Salad oil</td>
</tr>
<tr>
<td>1/2</td>
<td>teaspoon Ground white pepper</td>
</tr>
<tr>
<td>1/4</td>
<td>teaspoon Salt</td>
</tr>
<tr>
<td>1/2</td>
<td>cup Almonds -- toasted slivered</td>
</tr>
</tbody>
</table>

This is from Better Homes & Gardens for someone that had asked for this type of salad. Crush noodles slightly; Pour boiling water over noodles in a colander to soften slightly, drain well, combine noodles, cabbage, onions and sesame seed. Dressing: in a screw-top jar combine seasoning packet from noodles, vinegar, sugar, oil, pepper and salt; shake to mix well. Pour over cabbage mixture and toss.

Cover and chill several hours or overnight. Before serving, stir in almonds.
Oriental Flavored Cucumber Salad

1 each English cucumber
1 tablespoon Rice vinegar
1 tablespoon Soy sauce
1 tablespoon Vegetable oil
1/2 teaspoon Oriental sesame oil
1/2 teaspoon Salt
1/2 teaspoon Sugar
1/4 teaspoon Hot chinese chili paste
1 each Small clove garlic -- minced

Trim ends off cucumber and cut into 1 inch chunks.

Combine rice vinegar with soya sauce, vegetable oil, sesame oil, salt, sugar, hot chili paste and garlic.

Mix dressing with cucumbers and serve at room temperature.
# Oriental Green Salad

| 1 cup | Leaf lettuce -- torn |
| 1 cup | Chinese cabbage -- torn |
| 1 cup | Mung bean sprouts |
| 1/2 cup | Bamboo shoots; sliced -- cannd |
| 1/4 cup | Carrots -- thinly sliced |
| 1/4 cup | Celery -- thinly sliced |
| 1/4 cup | Broccoli -- chopped |
| 3 tablespoons | Low-sodium soy sauce |
| 3 tablespoons | Rice vinegar |
| 2 tablespoons | -- water |
| 1/4 teaspoon | Fresh garlic -- minced |
| 1/4 teaspoon | Fresh ginger root -- minced |

**cals**

**gm protein**

**gm fat**

**gm carbo**

**mg sodium**

**gm fiber**

Salad: Combine all vegetables in a large bowl. Toss to mix. Set aside. Dressing: Combine all dressing ingredients in a blender or small jar. Process briefly or shake well to combine ingredients. Pour over salad and toss to coat. Serve at once. Serves 4.
Oriental Spinach Salad

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>each Bunch of spinach</td>
</tr>
<tr>
<td>1</td>
<td>can Watercrestnus(sliced)</td>
</tr>
<tr>
<td>1</td>
<td>can Bean sprouts(drained)</td>
</tr>
<tr>
<td>2</td>
<td>each Hard boiled eggs</td>
</tr>
<tr>
<td>1/4</td>
<td>pound Bacon (fried and crumbled)</td>
</tr>
</tbody>
</table>

-----DRESSING-----

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2</td>
<td>cup Oil</td>
</tr>
<tr>
<td>1/8</td>
<td>cup White vinegar</td>
</tr>
<tr>
<td>1/2</td>
<td>cup Med. onion</td>
</tr>
<tr>
<td>1/4</td>
<td>cup Sugar</td>
</tr>
<tr>
<td>1</td>
<td>teaspoon Salt</td>
</tr>
<tr>
<td>3</td>
<td>teaspoons Ketchup</td>
</tr>
</tbody>
</table>

Blend dressing one day in advance.
Orzo and Artichoke Salad with Prosciutto

- 3/4 cup orzo
- 3 tablespoons olive oil
- 1/4 cup chicken broth -- canned or fresh
- 1/2 package frozen artichoke hearts (9 oz. pkg.) -- thawed
- 1 tablespoon white wine vinegar
- 1 tablespoon fresh lemon juice
- 2 teaspoons Dijon mustard
- 2 tablespoons fresh basil -- minced
- 2 each green onions -- finely chopped
- 1/3 cup prosciutto -- sliced, chopped
- 1/3 cup fresh parmesan (about 1 oz.) -- grated
- 2 tablespoons fresh parsley -- chopped

Cook orzo in large saucepan of boiling salted water until aldente. Drain. Rinse under cold water and drain again. Transfer orzo to large bowl. Add 1 tablespoon olive oil and toss to combine.

Bring chicken broth to simmer in heavy medium saucepan. Add artichokes and simmer 3 minutes. Drain. Mix artichokes into orzo.

Whisk vinegar, lemon juice and mustard in small bowl. Whisk in remaining 2 tablespoons oil. Stir in basil. Pour dressing over orzo. Add all remaining ingredients and toss well. Season to taste with salt and pepper. Cover and refrigerate. (Can be prepared 1 day ahead.) Serve chilled.
Overnight Layered Salad

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Unit</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>cups</td>
<td>Shredded lettuce</td>
</tr>
<tr>
<td>2</td>
<td>cups</td>
<td>Shredded spinach</td>
</tr>
<tr>
<td>1/2</td>
<td>cup</td>
<td>Sliced radishes</td>
</tr>
<tr>
<td>2</td>
<td>cups</td>
<td>Cooked cubed chicken</td>
</tr>
<tr>
<td>1/2</td>
<td>cup</td>
<td>Celery cut diagonally</td>
</tr>
<tr>
<td>1</td>
<td>cup</td>
<td>Shredded cheddar cheese</td>
</tr>
<tr>
<td>2/3</td>
<td>cup</td>
<td>Mayonnaise</td>
</tr>
<tr>
<td>1/2</td>
<td>teaspoon</td>
<td>Worcestershore sauce</td>
</tr>
<tr>
<td>1/4</td>
<td>teaspoon</td>
<td>Dry Mustard</td>
</tr>
<tr>
<td>2</td>
<td>tablespoons</td>
<td>Sliced green onions</td>
</tr>
</tbody>
</table>

In salad bowl, layer ingredients in following order; half lettuce, half spinach, radishes, chicken, celery, remaining lettuce remaining spinach and cheese.

Combine mayonnaise, worcestershore sauce and dry mustard. Spread evenly over top of salad. Cover and chill several hours or overnight. Garnish with sliced green onions. Toss just before serving.
PARMESAN CHEESE DRESSING

1/4 cup Milk
1/2 cup Mayonnaise
1/4 cup Grated Parmesan cheese
1 teaspoon White wine vinegar
1/4 teaspoon Worcestershire sauce

Pasta Salad

1 pound Pasta -- spirals
1 package Viva Italian dressing
1 each Cucumber -- cubed
1 each Fresh Broccoli -- cut up
1 can Cici beans -- optional
1 each Carrots -- cut up
1 each Celery -- cut up

Cook pasta as directed on the box. Drain. Add a little Italian dressing to prevent sticking together.

Cool. While pasta is cooling, cut up all fresh vegetables into bite size pieces. Add any vegetables that you prefer. In a large bowl, add vegetables to pasta. Add Italian dressing and mix thoroughly. Chill salad. Prior to serving, add remaining Italian dressing and mix again. Salad is excellent when cold.

The longer you chill it, the better it is.
## Pasta Salad #2

<table>
<thead>
<tr>
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<th>Notes</th>
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<tbody>
<tr>
<td>12</td>
<td>Ounces Colored Rotini Pasta</td>
<td>cook/drain/cool</td>
</tr>
<tr>
<td>8</td>
<td>Ounces Feta Cheese</td>
<td>chunked</td>
</tr>
<tr>
<td>1</td>
<td>Tomato</td>
<td>cut up</td>
</tr>
<tr>
<td>1</td>
<td>Green Pepper</td>
<td>cut up</td>
</tr>
<tr>
<td>1</td>
<td>Red Pepper</td>
<td>cut up</td>
</tr>
<tr>
<td>2</td>
<td>Tablespoons Green Onion</td>
<td>chopped</td>
</tr>
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</table>

-----Dressing-----

<table>
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<tr>
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<th>Ingredient</th>
<th>Notes</th>
</tr>
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<tbody>
<tr>
<td>2/3</td>
<td>Cup Olive Oil</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Tablespoons Red Wine Vinegar</td>
<td></td>
</tr>
<tr>
<td>1/4</td>
<td>Cup Fresh Basil -- chopped</td>
<td>-or-</td>
</tr>
<tr>
<td>2 1/2</td>
<td>Teaspoons Dried Basil</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Teaspoon Dried Oregano</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Salt And Pepper -- to taste</td>
<td></td>
</tr>
</tbody>
</table>
Pasta Salad (Good For Picnics)

-----Salad Makings-----
1 Pkg Cheese Tortellini
1 Can Artichoke Hearts
1 Carrot Thinly Sliced
Broccoli Florets -- (or asparagus)
1 Red -- sliced into strips
3 Green Onions -- sliced thinly
Parmesan Cheese

-----Dressing-----
1 Clove Garlic
Salt And Pepper
1 Tsp Mustard
1/3 C Balsamic Vinegar
2/3 C Olive Oil
Basil

Cook the tortellini according to package directions. Drain and rinse the artichoke hearts and cut them into quarters. Add the remaining salad makings (except the parmesan) and toss with the dressing. Give it a generous sprinkling of parmesan and refrigerate. You might want to be a little easy on the salt in the dressing because of the parmesan and the cheese in the tortellini.
Pasta Salad Primavera

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<thead>
<tr>
<th>Ingredient</th>
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<tbody>
<tr>
<td>20 milliliters</td>
<td>Garlic</td>
<td>-- minced</td>
</tr>
<tr>
<td>2 cups</td>
<td>Broccoli</td>
<td>flowerettes -- blanch</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Red pepper</td>
<td>-- thinly sliced &amp;</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Carrot</td>
<td>-- shaved</td>
</tr>
<tr>
<td>1 Tomato, peeled</td>
<td></td>
<td>-- seeded and</td>
</tr>
<tr>
<td>1/2 teaspoon</td>
<td>Basil</td>
<td></td>
</tr>
<tr>
<td>1/2 pound</td>
<td>Corkscrew pasta</td>
<td>-- cook &amp; drain</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>Olive oil</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>Red wine vinegar</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Salt and pepper</td>
<td></td>
</tr>
</tbody>
</table>

Spray large skillet with vegetable cooking spray, according to directions. Saute garlic. Add broccoli, red pepper, carrot, tomato and basil; stir to heat through. Add sauteed vegetables to cooked macaroni and toss well. Pour on olive oil and vinegar. Season with salt and pepper; toss well. Serve warm or cold.
Pasta Salad with Chicken and Artichokes

1 pound Pasta shells
2 tablespoons Oil
1 1/2 cups Mayonnaise
3 tablespoons Lemon juice
3 tablespoons Chopped parsley
1 teaspoon Dried parsley
3 cups Dice cooked chicken
6 ounces Jar artichokes chopped and
1 each Dash of tabasco
1 each Toasted almonds

Cook pasta in large pot of boiling, salted water until tender, but firm, 8 to 12 minutes, stirring often.

Drain well and rinse with cold water. Shake out excess water and toss pasta with oil. Combine mayonnaise, lemon juice, parsley and basil. Place pasta in large bowl. Add mayonnaise mixture, chicken, artichokes and tabasco. Toss well. Garnish with almonds. For a decorative presentation, serve in avocado halves, in tomato cups or on lettuce leaves. Yields 6-8 servings.
Pasta with Asparagus Salad

1 lb asparagus, blanched & cut in 1" pcs.
6 tablespoons olive oil
1 clove garlic, minced
1 lb pasta (linguini or fettucini)
1 cup tuna chunks
1/2 cup ham, sliced in thin strips
8 to 10 black olives, sliced
2 tablespoons lemon juice (or wine vinegar)
salt and pepper

Heat olive oil and cook garlic 1 min. Cook pasta until al dente and drain.

Combine pasta with oil and garlic in large bowl. Add remaining ingredients and toss well. Serve at room temp. or refrigerate until cold if desired.
Patriots Salad

2 packages raspberry gelatin powder
2 cups water -- boiling
1 packet gelatin powder
1 cup cold water
1 cup half and half
1 cup sugar
8 ounces cream cheese
1 teaspoon vanilla extract
1/2 cup mixed nuts -- chopped
1 1/2 cups blueberries

1. Dissolve 1 package raspberry gelatin in boiling water. Pour into 9 x 13 x 2-inch pan. Chill until firm.

2. Combine packet of unflavored gelatin with cold water; set aside.

3. Mix half and half in saucepan; bring to a boil. Remove from heat. Add softened cream cheese and beat until very smooth. Add vanilla extract, nuts and unflavored gelatin mixture. Stir until gelatin is dissolved. Cool, then pour over the chilled layer. Chill until firm.

4. Drain blueberries (if using canned); add enough water to blueberry juice to make 2 cups liquid. Bring this to a boil. Add remaining raspberry gelatin package; stir until dissolved. Cool this mixture then stir in blueberries.

5. Pour this mixture over cheese layer and chill until firm. Decorate with sliced strawberries and a few reserved blueberries if desired.
Peach Salad

6 each Peaches sliced 1/3 segments
5 each Kiwi fruit peeled sliced
3 each Juice of 3 oranges
1 each Juice of 1 lemon
1 1/2 tablespoons Sugar
4 each Fresh mint leaves

Place peach and kiwi slices in a medium bowl. Add citrus juices and sugar to taste. Stir very gently to blend. Place mint leaves on top of fruit and chill several hours.
# PEACHTREE STREET CHICKEN SALAD

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Description</th>
</tr>
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<tbody>
<tr>
<td>Chicken breasts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 cup</td>
<td></td>
<td>Pecans</td>
</tr>
<tr>
<td>Med peaches -- ripe</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>tablespoons</td>
<td>Mayonnaise</td>
</tr>
<tr>
<td>2</td>
<td>tablespoons</td>
<td>Sour cream</td>
</tr>
<tr>
<td>2</td>
<td>teaspoons</td>
<td>Lemon juice</td>
</tr>
<tr>
<td>3/4</td>
<td>teaspoon</td>
<td>Salt</td>
</tr>
<tr>
<td>1/4</td>
<td>teaspoon</td>
<td>Pepper</td>
</tr>
<tr>
<td>1</td>
<td>teaspoon</td>
<td>Brown sugar</td>
</tr>
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</table>

Place chicken in a saucepan, breast side down, in 1-1/2 in of water. Cover. Simmer for 20 mins until chicken is fork-tender. Cool. Cut into bite-size pieces. During this time, toast pecans at 350 for 10 mins. Remove. Coarsely break up. Pare peaches, if desired. Cut into 3/4in pieces. In a small bowl, combine the mayonnaise, sour cream, lemon juice, salt, pepper and brown sugar. Toss gently with the chicken, pecans and peaches. Serve on a green leaf lettuce.
**Peanut Butter Noodles**

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<tr>
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<th>Description</th>
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<tbody>
<tr>
<td>Pasta -- linguine</td>
<td>8 ounces</td>
<td>(1 package)</td>
</tr>
<tr>
<td>Peanut butter</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Salt</td>
<td>1/2</td>
<td>teaspoon</td>
</tr>
<tr>
<td>Soy sauce</td>
<td>2</td>
<td>tablespoons</td>
</tr>
<tr>
<td>Sesame oil</td>
<td>1</td>
<td>(can substitute o)</td>
</tr>
<tr>
<td>Sugar</td>
<td>1</td>
<td>teaspoon</td>
</tr>
<tr>
<td>Vinegar</td>
<td>1/2</td>
<td>teaspoon</td>
</tr>
<tr>
<td>Garlic cloves</td>
<td>2</td>
<td>-- minced</td>
</tr>
<tr>
<td>Onion</td>
<td>1</td>
<td>-- grated or minced</td>
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Cook linguine according to package instructions in boiling water; drain. In large bowl, mix all the remaining ingredients together. Add linguine to sauce and toss to coat well. Refrigerate.
**PEPPERCORN SAUCE**

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<th>Measurement</th>
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<tr>
<td>4</td>
<td>Rib eye steaks</td>
<td>1&quot;</td>
</tr>
<tr>
<td>1</td>
<td>Heavy cream</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Butter</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Peppercorns</td>
<td></td>
</tr>
<tr>
<td>1/2</td>
<td>Sherry</td>
<td></td>
</tr>
</tbody>
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*Drained canned and mashed* The following green peppercorn sauce can be made many good cuts of steak but I prefer a rib eye or New York cut: Pat steaks dry and season with salt and pepper. In a heavy skillet, heat the butter over moderately high heat until it is hot. Saute the steaks for 3 minutes on each each side for medium rare. Transfer the steaks to a warm platter and keep warm, covered loosely in the oven. Add sherry to the skillet, and deglaze it, scraping up the brown bits and boil the sherry, stirring, until it is reduced by half. Add cream and peppercorns and boil the sauce, stirring, until it is thickened slightly. Add the steaks, simmer the mixture, turning the steaks to coat them with the sauce for 1 minute. Transfer the steaks to a heated platter.
**Perfection Salad**

2 each Envelopes Unflavored Gelatin
1/3 cup Lemon Juice
2 3/4 cups Water
1/2 cup Sugar
1/4 cup Cider Vinegar
1/2 teaspoon Salt
2 cups Finely Shredded Cabbage
1 cup Chopped Celery
1/2 cup Chopped Green Pepper
2 ounces (1 jar) Slice Pimientos *

* Drain and chop the jar of pimientos.

In medium saucepan, soften gelatine in lemon juice; to stand 1 minute. Over low heat, cook until gelatine dissolves. Add water, sugar, vinegar and salt; stir until sugar dissolves.

Chill until partially set. Fold in remaining ingredients; pour into lightly oiled 6-cup mold.

Chill until set, about 3 hours or overnight. Refrigerate leftovers.
Picnic Potato Salad

10 pounds Potatoes
1 cup Celery -- finely chopped
8 each Eggs -- hard-boiled
1 cup Fresh parsley -- finely chopped
2 cups Dill relish
1 1/2 pints Mayonnaise
1 cup Sweet relish
1/2 cup Yellow mustard
2 cups Salad olives -- chopped
2 cups Onions -- finely chopped
Salt -- to taste
Louisiana hot sauce

Boil potatoes in their jackets. Let cool, then peel and chop into large chunks. Mix mayonnaise, yellow mustard, Louisiana hot sauce, and salt together. Add potatoes, along with the rest of the ingredients, and mix well. You can make this the day before and refrigerate it overnight. You may need to put a little more dressing on it if it is a little dry.
## Pineapple Coleslaw

<p>| | | |</p>
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<tbody>
<tr>
<td>1</td>
<td>can</td>
<td>chunk pineapple -- reserve juice</td>
</tr>
<tr>
<td>1/4</td>
<td>pound</td>
<td>green cabbage -- shredded</td>
</tr>
<tr>
<td>1/2</td>
<td>pound</td>
<td>carrots -- shredded</td>
</tr>
<tr>
<td>1/4</td>
<td>pound</td>
<td>red cabbage -- shredded</td>
</tr>
<tr>
<td>1/2</td>
<td>cup</td>
<td>sunflower seeds -- lightly toasted</td>
</tr>
<tr>
<td>2</td>
<td>tablespoons</td>
<td>frozen orange juice concentrate -- undiluted</td>
</tr>
<tr>
<td>1/4</td>
<td>teaspoon</td>
<td>salt</td>
</tr>
</tbody>
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Drain pineapple, saving 2 tablespoons juice. In a bowl, combine pineapple cabbage, carrots, and sunflower seeds. In separate bowl mix fat-free mayonnaise, orange juice, pineapple juice and salt. Pour over salad mixture, toss, and chill.
Pistachio Salad

1 lg. pkg pistachio pudding mix -- dry
1 lg. cont Cool Whip -- thawed
1 large can fruit cocktail
1 cup nuts
1 cup chopped cherries
  cherries halves
  pecan halves

Mix pistachio, cool whip, and fruit cocktail, and nuts and cherries. Put in a 9 x13x2 inch baking dish. Chill. Cut into desired size. Put a cherry half or a pecan half on every other.
**Pizza salad**

1 pound macaroni, whole-wheat -- Spirals
1 can black olives -- drained
1 large green pepper -- diced
1 large tomato -- diced
1 large onion -- diced
1 small pepperoni slices
1 package Cheddar cheese -- Cracker Barrel
16 ounces Italian salad dressing, low calorie -- Good Seasons

Mix all ingredients together.
Eat.
Pizzalinni Greek Salad Dressing

1/2 teaspoon Dry Mustard
1/2 teaspoon Salt
1 each Large Egg
1 1/4 cups Salad Oil
1 tablespoon White Vinegar
2 tablespoons Lemon Juice
6 each Cloves Garlic -- finely minced
1 teaspoon Dried Oregano
1/2 teaspoon Worcestershire sauce
1 dash Pepper (to taste)

In a small but deep bowl, mix mustard, salt, egg and vinegar. Add oil one drop at a time, beating constantly, until about one-third of the oil have been added. (Once the mixture begins to thicken, oil can be added several drops at a time). Slowly beat in remaining oil and lemon juice. Stir in minced garlic, oregano, worcestershire sauce. Add pepper. Refrigerate mixture. Makes about 1 1/4 cups.
Potato Salad

2 1/2 pounds maine potatoes
2 tablespoons sweet pickle relish
8 ounces Mayonnaise -- Hellmann's Brand
1 stalk celery -- finely chopped
1 medium onion -- finely chopped
1 green bell pepper -- cored, seeded, chop
1 tablespoon sugar
1 teaspoon salt
1/2 teaspoon Black pepper -- freshly ground
pinch cayenne pepper
- Large pinch, plus more for garnish

1) Wash the potatoes but don't peel them. Place the potatoes in a large pot with enough water to cover them. Heat to boiling, then reduce the heat to a simmer. Cook the potatoes until they are tender but not mushy, about 30 minutes. Drain them and cool.

2) Peel the potatoes - a butter knife works well. Finely chop the potatoes and place them in a large bowl. Add the remaining ingredients and beat well until blended. The potato salad should be the consistency of a chunky puree. Taste it and add more cayenne, salt, or pepper if necessary. Transfer to a serving bowl and sprinkle lightly with cayenne pepper.
Potato Salad With Beer Dressing

6 each Potatoes -- medium
4 each Bacon -- slices
1 tablespoon Onion -- chopped
1 each Celery; stalk -- chopped
1 teaspoon Salt
2 tablespoons Butter
2 tablespoons Unbleached flour
1/2 teaspoon Mustard -- dry
1 tablespoon Sugar
1 cup Beer -- any brand
1/2 teaspoon Tabasco sauce
2 tablespoons Parsley -- chopped fresh

Boil potatoes in medium-size saucepan until just tender. Peel and slice. Fry bacon until crisp. Break into small pieces and mix with onion, celery and salt; set aside. Stir melted butter and flour in a small saucepan until blended. Add mustard and sugar.

Slowly stir in beer and Tabasco sauce. Bring to boil, stirring constantly. Pour over potatoes. Sprinkle with parsley. Toss lightly and let stand 1 hour. Add bacon mixture; toss gently and serve.
QUICK CHINESE CHICKEN SALAD

3/4 pound  Skinless chicken breasts
2 teaspoons  Salt

-----SAUCE-----
1 garlic clove -- peeled
1 slice  Fresh ginger -- peeled
2 scallions -- with green tops trim
2 teaspoons  Chili bean sauce
2 teaspoons  Dark soy sauce
1 teaspoon  Sugar
2 teaspoons  White rice vinegar
2 teaspoons  Sesame paste -- =OR=- peanut butter
1/2 teaspoon  Salt
1/2 teaspoon  Freshly ground black pepper
2 teaspoons  Sesame oil
1/2 pound  Iceberg lettuce -- finely shredded
2 tablespoons  White rice vinegar

REMOVE THE SKIN FROM THE CHICKEN BREASTS and place breasts in a pot. Put in enough cold water to cover the chicken, add the salt. Bring the mixture to a simmer, cook for 5 minutes. Turn off the heat and cover tightly. Let the chicken sit in the hot water for 10 minutes. While the chicken is sitting, combine the sauce mixture ingredients together in a blender and set aside.

Toss the lettuce with the white rice vinegar and place on a platter. Remove the chicken and allow to cool. Pull off the meat, finely shred and toss with the sauce. Place the chicken with sauce on top of the lettuce and serve at once.
Quick Spinach Salad With Sprouts

1 pound Spinach
1/2 cup Alfalfa Sprouts
1/4 cup Feta Cheese -- crumbled
2 tablespoons Sunflower Seeds
2 tablespoons Olive Oil
2 tablespoons Lemon Juice
2 tablespoons Water
1 each Garlic Clove, small -- minced
1 teaspoon Dijon Mustard
Salt
Freshly Ground Black Pepper

EVERYDAY VINAIGRETTE

* Cubed skim-milk mozzarella cheese can be used instead of crumbled Feta cheese. Rice vinegar, cider vinegar or balsamic vinegar can be used instead of lemon juice. Trim, wash and dry spinach. Tear into bite-sized pieces to make about 10 cups, lightly packed. Place in salad bowl. Add alfalfa sprouts, cheese and sunflower seeds. In small measuring cup, bowl or jar with screw top, combine oil, lemon juice, water, garlic, mustard, salt and pepper.

Mix well.
### Quinoa Super Salad

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<tr>
<td>quinoa</td>
<td>5 ups</td>
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<tr>
<td>carrots</td>
<td>1 cup</td>
<td>chopped</td>
</tr>
<tr>
<td>parsley</td>
<td>3/4 cup</td>
<td>minced</td>
</tr>
<tr>
<td>sunflower seeds</td>
<td>1 cup</td>
<td></td>
</tr>
<tr>
<td>garlic</td>
<td>4 cloves</td>
<td>minced -- or to taste</td>
</tr>
<tr>
<td>olive oil</td>
<td>1/4 cup</td>
<td>-- or less</td>
</tr>
<tr>
<td>soy sauce</td>
<td>1/4 cup</td>
<td>or tamari -- Try braggs aminos</td>
</tr>
<tr>
<td>lemon juice</td>
<td>1/2 cup</td>
<td>tomatoes</td>
</tr>
<tr>
<td>tomatoes</td>
<td></td>
<td>black olives</td>
</tr>
</tbody>
</table>

Cook quinoa. Let cool. Add carrots, parsley sunflower seed and garlic to quinoa. Mix thoroughly. Combine liquids, pour over quinoa and toss well. Garnish with tomato wedges and olives.
Ramen Salad

1/2 head green cabbage -- chopped
(as for slaw -- or buy a bag of pre-shredded slaw veggies)
1/2 carrot -- shredded
4 green onions -- chopped
1 package ramen noodles (Oriental flavor)
2 Tablespoons slivered almonds -- sunflower seeds, and sesame seeds
Dressing -- whisk or shake together:
1/2 cup salad oil
3 tablespoons balsamic vinegar
3 tablespoons sugar
1 teaspoon salt
1/2 teaspoon pepper
Flavor packet from ramen noodles

Toast the nuts & seeds in a warm oven for 6-8 minutes, watching carefully to prevent over-toasting. Cool.

Combine veggies. Break up noodles and add to veggies. Shortly before serving, add nuts & seeds & dressing, and toss well (don't dress too far ahead, because you want the nuts, seeds & noodles to stay crunchy).
Red and White Salad

--- First Layer: -----

1/4 cup cold water
1 tablespoon gelatin
4 cups cranberry sauce -- 2 cans
1 cup crushed pineapple
1/2 cup black walnuts -- chopped

--- Second Layer: -----

2 cups cooked chicken -- cubed
1 cup celery -- finely chopped
1/4 cup fresh parsley -- chopped
1/4 cup cold water
1 tablespoon gelatin
1 cup mayonnaise
1 1/2 cup evaporated milk
1/2 teaspoon salt
1/8 teaspoon black pepper -- or white

Cranberry layer:
1. Put into a small bowl the 1/4 cup cold water and sprinkle in 1 envelope gelatin. Let soften for 5 minutes.
2. Blend in large bowl 4 cups whole cranberry sauce (two 16-ounce cans), drained crushed pineapple and the walnuts.
3. Dissolve gelatin thoroughly by placing bowl in very hot water. When gelatin is dissolved, stir it and then blend into the cranberry mixture. Put mixture into a mold. You will need a 3-quart mold that has been lightly oiled for this recipe. Do not use olive oil. Chill mixture until slightly set.

Chicken layer:
4. Repeat for gelatin as in first layer. Blend together the mayonnaise, evaporated milk, salt and pepper. Stir in the dissolved gelatin. Fold in the chicken, celery and parsley.
5. When first layer is slightly set (the consistency of unbeaten egg whites) turn the chicken mixture onto the cranberry layer.
6. Refrigerate until firm. Unmold onto chilled serving platter, decorated with curly lettuce if you prefer. Serve with additional mayonnaise.
Red Cabbage and Apple Salad

1 head red cabbage
2 carrots -- peel, grate
2 celery ribs -- peel, dice
2 Granny Smith apples -- core, dice
6 tablespoons peanut oil
6 tablespoons cider vinegar
2 tablespoons sugar
2 teaspoons caraway seed
salt -- to taste
black pepper -- to taste

1. Core cabbage and cut in half from top downward through stem end. Shred or slice in very thin slices. Place the cabbage in a large bowl and toss with grated carrot, diced celery and apple.
   2. In another bowl, mix oil, vinegar, sugar and caraway seeds. Season liberally with salt and pepper.
   3. Toss cabbage mixture and dressing then serve immediately or refrigerate (covered tightly) up to 24 hours.
Red Cabbage Salad

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<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>5</td>
<td>Each Bacon; Slices</td>
</tr>
<tr>
<td>1</td>
<td>Teaspoon Sugar</td>
</tr>
<tr>
<td>2</td>
<td>Tablespoons Vinegar</td>
</tr>
<tr>
<td>1/4 Cup</td>
<td>Wine; Red or White</td>
</tr>
<tr>
<td>1/2 Each</td>
<td>Red Cabbage -- shredded</td>
</tr>
<tr>
<td>2</td>
<td>Tablespoons Vegetable Oil</td>
</tr>
<tr>
<td>1/2 Teaspoon</td>
<td>Salt</td>
</tr>
<tr>
<td>1/4 Teaspoon</td>
<td>Pepper</td>
</tr>
<tr>
<td>1</td>
<td>Tablespoon Caraway Seeds</td>
</tr>
</tbody>
</table>

Fry bacon in medium-size fry pan until crisp. Remove and reserve bacon. Add sugar, vinegar, and wine to bacon fat; stir and cook until sugar is dissolved. Pour this hot mixture over the cabbage. Toss with vegetable oil, salt, pepper, and caraway seeds. Sprinkle crumbled bacon over mixture. Serve at room temperature.
Red Kidney Bean Salad

Recipe By : 
Serving Size : 4    Preparation Time :0:00
Categories : Salads                           Side Dish

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<th>Measure</th>
<th>Ingredient -- Preparation Method</th>
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<td>cups</td>
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</tr>
<tr>
<td>4</td>
<td>tablespoons</td>
<td>red wine vinegar</td>
</tr>
<tr>
<td>3</td>
<td>tablespoons</td>
<td>olive oil</td>
</tr>
<tr>
<td>1/4</td>
<td>teaspoon</td>
<td>Oregano</td>
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<td>1/4</td>
<td>teaspoon</td>
<td>Salt</td>
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<tr>
<td>2</td>
<td>dashes</td>
<td>Pepper</td>
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<tr>
<td>4</td>
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<td>Celery -- diced</td>
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<td>2</td>
<td>tablespoons</td>
<td>Onion -- chopped</td>
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</tbody>
</table>

Drain kidney beans, combine beans with a mixture of wine vinegar, olive oil, oregano, salt and pepper. Blend in celery and onion.

Chill in refrigerator, serve in crisp lettuce cups.
# Red-beet Salad

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Unit</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Each</td>
<td>Red Beets; Bunches</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>----------MARINADE----------</strong></td>
</tr>
<tr>
<td>2</td>
<td>Tablespoons</td>
<td>Water</td>
</tr>
<tr>
<td>1/4</td>
<td>Cup</td>
<td>Vinegar</td>
</tr>
<tr>
<td>2</td>
<td>Tablespoons</td>
<td>Caraway Seeds</td>
</tr>
<tr>
<td>1</td>
<td>Teaspoon</td>
<td>Sugar</td>
</tr>
<tr>
<td>2</td>
<td>Tablespoons</td>
<td>Onion; Minced</td>
</tr>
<tr>
<td>1</td>
<td>Teaspoon</td>
<td>Horseradish</td>
</tr>
<tr>
<td>1/4</td>
<td>Teaspoon</td>
<td>Cloves; Ground</td>
</tr>
<tr>
<td>1/2</td>
<td>Teaspoon</td>
<td>Salt</td>
</tr>
<tr>
<td>1/4</td>
<td>Teaspoon</td>
<td>Pepper</td>
</tr>
<tr>
<td>5</td>
<td>Tablespoons</td>
<td>Vegetable Oil</td>
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Wash beets, trim off greens, place in medium saucepan, and cook, without peeling, in salted water to cover, until beets are tender. Peel and slice. Prepare marinade dressing by combining remaining ingredients. Pour over beets and let stand for several hours before serving. Stir beets occasionally.
**Rice Salad Mold**

1 cup long-grain rice  
salt  
black pepper  
1/4 cup olive oil  
2 teaspoons Dijon mustard  
2 cups mixed vegetables -- cooked  
1/2 green bell pepper -- finely diced  
1 cucumber -- peeled and diced

1. Place rice, salt and pepper in small heavy pan with tight fitting lid. Add 2 cups water; bring to a boil, cover, then simmer for 20 minutes without lifting lid.
2. Put cooked rice in mixing bowl, add oil, vinegar and mustard. Toss with a fork to mix well.
3. Gently fold in cooked vegetables. You will need 2 cups total so use your choice of green peas, carrots, corn, green beans, etc. Add the diced green pepper and cucumber.
4. Lightly oil a decorative mold; do not use olive oil for this. Pack rice mixture into mold and refrigerate until thoroughly chilled. Unmold just before serving.
Rich and Charles Salad

<table>
<thead>
<tr>
<th>1</th>
<th>head</th>
<th>romaine lettuce, washed/torn -- bite-size pieces</th>
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<tbody>
<tr>
<td>1</td>
<td>head</td>
<td>iceberg lettuce, washed/torn -- bite-size pieces</td>
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<tr>
<td>1</td>
<td>jar</td>
<td>artichokes -- (10 oz) drained/cut</td>
</tr>
<tr>
<td>1</td>
<td>jar</td>
<td>heart of palm -- (10 oz) drained</td>
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<tr>
<td>1</td>
<td>jar</td>
<td>diced pimento -- (4 oz)</td>
</tr>
<tr>
<td>1</td>
<td>large</td>
<td>red onion -- cut into rings</td>
</tr>
<tr>
<td>3/4</td>
<td>cup</td>
<td>grated Parmesan cheese</td>
</tr>
<tr>
<td>1/2</td>
<td>cup</td>
<td>olive oil</td>
</tr>
<tr>
<td>1/3</td>
<td>cup</td>
<td>vinegar</td>
</tr>
</tbody>
</table>

Combine 1st 6 ingredients in large bowl. Sprinkle with Parmesan cheese. Mix olive oil and vinegar in small bowl and pour over salad, tossing to coat. Serve immediately.
RIO GRANDE QUINOA SALAD

3 tablespoons Lemon juice
3 tablespoons Olive oil
3 tablespoons Cilantro -- minced
Sea salt
Freshly ground black pepper
1 cup Fresh or frozen corn
1/2 cup Quinoa -- rinsed well
1/2 teaspoon Cumin seeds -- toasted
1 cup Cooked black beans
1 medium Tomato -- diced
3 tablespoons Red onion -- minced

Whisk together lemon juice, olive oil, cilantro, and salt and pepper to taste; set aside.

In a small saucepan, bring 1-1/2 cups water to a boil and add corn. Reduce heat and let corn simmer until tender. Drain corn, reserving 1 cup of cooking liquid.

Bring cooking liquid to a boil and add quinoa and cumin. Cover, reducing heat, and let simmer until liquid is absorbed (about 10 minutes). Remove pan from heat and leave undisturbed for 5 minutes. Fluff quinoa with a fork and allow to cool slightly.

In a bowl, combine cooled quinoa, corn, black beans, tomato and onion. Pour dressing over and toss gently to mix. Refrigerate salad until ready to serve.
**ROASTED PEPPER AND BLACK BEAN SALAD**

1 1/4 cups        Dry black beans or
3 cups            Black beans -- cooked
2                 Red bell peppers
2                 Yellow bell peppers

-----DRESSING-----

2 tablespoons    Fresh lemon juice
1 tablespoon     Red wine vinegar
1/2 teaspoon     Ground cumin
1 teaspoon       Sugar
1 large          Garlic clove -- minced
1/3 cup          Olive oil
1/3 cup          Salt and pepper -- to taste
4                Fresh basil -- chopped

Garnish with scallions.

Half the bell peppers lengthwise, removing seeds and stems.

If using dry beans, rinse well, drain, and add water to cover by 3". Let soak overnight. Drain and rinse soaked beans, discarding water. Add fresh water to cover by 3". Bring to boil, then loosely cover pot and simmer for about one hour, until tender but not mushy; season to taste with salt.

Preheat oven to 450 F. Place cut peppers on broiling pan, 3" from heat. Turn frequently until skins are blackened. Cool. Remove skins, and cut into 1" squares. Combine in serving bowl with beans.

Combine dressing ingredients thoroughly; toss with beans and peppers. Garnish with scallions.
# Roasted Red Pepper and Chive Dressing

<table>
<thead>
<tr>
<th>1</th>
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<th>Sweet red pepper -- medium-size</th>
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<tr>
<td>1/2</td>
<td>cup</td>
<td>Prepared roasted red peppers</td>
</tr>
<tr>
<td>1/3</td>
<td>cup</td>
<td>Red wine vinegar</td>
</tr>
<tr>
<td>1</td>
<td>each</td>
<td>Garlic clove -- medium minced</td>
</tr>
<tr>
<td>1</td>
<td>cup</td>
<td>Olive oil</td>
</tr>
<tr>
<td>1/3</td>
<td>cup</td>
<td>Finely chopped fresh chives</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Salt</td>
</tr>
<tr>
<td></td>
<td></td>
<td>White pepper -- freshly ground</td>
</tr>
</tbody>
</table>

Hold red pepper over a flame, turning it until evenly charred. Or cut it in half, rub with oil, and place under the broiler until blackened. Wrap in a plastic bag and set aside to cool. Scrape off the burned skin and remove seeds and stem. In bowl of blender or food processor fitted with a steel blade, place red pepper, vinegar, and garlic. Process until pepper is pureed.

With machine running, slowly drizzle in olive oil until fully combined. Stir in chives and season with salt and pepper to taste.
Rohkostsalat-Cabbage Fruit Salad With Sour-cream Dressing

2 cups Cabbage; Raw -- Shredded
1 tablespoon Lemon Juice
1/4 cup Pineapple Juice
1/4 teaspoon Salt
1/2 cup Sour Cream
1 each Apple; Med., Diced -- Unpeeled
1/2 cup Raisins
1 1/2 teaspoons Lemon Juice
1 tablespoon Sugar

Prepare cabbage and apple. Use 1 T lemon juice to wet diced apple to prevent darkening. Toss cabbage, raisins, and apple. Mix fruit juices, salt, and sugar. Add sour cream, stir until smooth; add to salad and chill.
Roquefort, Pear and Watercress Salad

2 tbsp strong brewed tea -- pref. Earl Grey
1 tbsp white-wine vinegar or Champagne vinegar
1 tbsp walnut oil
1 tbsp minced shallots
1 tsp Dijon mustard
salt and freshly ground black pepper
3 cups washed, dried and torn red leaf lettuce
3 cups washed & dried watercress lettuce
1 ripe pear, pref. red -- cored/thinly sliced
1 oz Roquefort cheese -- crumbled
1 tbsp chopped toasted walnuts

In small bowl, whisk together tea, vinegar, oil, shallots, mustard, salt and pepper. (can be prepared 2 days ahead, and stored in fridge.) In large bowl, toss lettuce and watercress together with the dressing. Divide among 4 salad plates, decoratively arranging pear slices over lettuce mixture. Sprinkle cheese and walnuts on top and garnish with a grinding of black pepper.
Rote Rubensalat (Red-beet Salad)

2 each Red Beets -- Bunches
-----MARINADE-----
2 tablespoons -- Water
1/4 cup Vinegar
2 tablespoons Caraway Seeds
1 teaspoon Sugar
2 tablespoons Onion -- Minced
1 teaspoon Horseradish
1/4 teaspoon Cloves -- Ground
1/2 teaspoon Salt
1/4 teaspoon Pepper
5 tablespoons Vegetable Oil

Wash beets, trim off greens, place in medium saucepan, and cook, without peeling, in salted water to cover, until beets are tender. Peel and slice. Prepare marinade dressing by combining remaining ingredients. Pour over beets and let stand for several hours before serving. Stir beets occasionally.
Rotkrautsalat (Red Cabbage Salad)

5 each Bacon -- Slices
1 teaspoon Sugar
2 tablespoons Vinegar
1/4 cup Wine -- Red or White
1/2 each Red Cabbage; Head -- Shredded
2 tablespoons Vegetable Oil
1/2 teaspoon Salt
1/4 teaspoon Pepper
1 tablespoon Caraway Seeds

Fry bacon in medium-size fry pan until crisp. Remove and reserve bacon. Add sugar, vinegar, and wine to bacon fat; stir and cook until sugar is dissolved.

Pour this hot mixture over the cabbage. Toss with vegetable oil, salt, pepper, and caraway seeds.

Sprinkle crumbled bacon over mixture. Serve at room temperature.
S&W CHICKEN FAJITA SALAD

4                    Boneless -- skinless
Chicken breast halves
1      can           (15-oz.) S&W Pinquitos or
Black beans -- undrained
1      can           (14-1/2 oz.) S&W Ready Cut
Tomatoes -- drained well
4      cups          Shredded salad greens
1/2  cup           Diced bell pepper
1/4  cup           Each chopped green onion
Red onion -- cilantro
S&W Mesquite Cooking Sauce
& Marinade
S&W Vintage Lites Red Wine
Vinegar Dressing
Garnish (optional):
Guacamole & sour cream

Brush chicken with Mesquite Cooking Sauce. Broil or BBQ 3-5 min. per
side or until done, basting with more Cooking Sauce; slice into thin
strips.

Combine remaining ingredients with chicken strips and toss with 1
tablespoon Cooking Sauce & 2 tablespoons Vintage lites dressing.
Garnish with guacamole and sour cream, if desired.
Sadie's Shrimp Salad

2 pounds  Macaroni -- cooked
4 pounds  Shrimp -- boiled and peeled
24 each  Eggs, hard boiled -- chopped
2 cups  Onion -- finely chopped
1 cup  Celery -- finely chopped
2 cups  Black olives -- finely chopped
2 cups  Dill pickles -- chopped

See Sadie's Shrimp Salad Dressing (below) for directions

Sadie's Shrimp Salad Dressing

1 quart  Mayonnaise
1/2 cup  Olive oil
2 tablespoons  Louisiana hot sauce
2 tablespoons  Lemon juice
1 tablespoon  Lea & Perrins Worcestershire
1 tablespoon  Mustard
2 tablespoons  Ketchup

Cook macaroni, drain, and cool. In a large bowl, mix macaroni, shrimp, eggs, onions, celery, olives, and pickles and toss well. Make dressing out of mayonnaise, olive oil, hot sauce, lemon juice Worcestershire sauce, and mustard, and ketchup. Pour over other ingredients and mix well. Refrigerate 1 hour before serving. You may have to make more dressing if the salad takes it up.
**Salad Dionne Warwick**

1 pound Ziti
1 pound Broccoli
1 teaspoon Dijon mustard
1/2 teaspoon Salt
1/4 teaspoon Fresh ground black pepper
2 tablespoons Red wine vinegar
1/3 cup Olive oil
1/4 cup Parmesan cheese -- fresh grated
2 medium Tomatoes -- garnish

In a large pot of boiling salted water, cook the ziti according to package directions. Drain and rinse under cold water. Drain again and set aside. Bring a large pot of slaked water to boiling. Separate the broccoli into small flowerets, discarding the stems. Add the broccoli to the pot, bring back to a boil and cook rapidly for 2-3 minutes. Drain and refresh under cold running water. Drain again and spread out on paper towels to dry. In large bowl, stir the mustard, salt, pepper and vinegar until everything is dissolved.

Slowly add the oil, whisking until smooth. Add the pasta, broccoli, and cheese, but do not toss. Cover and refrigerate. Just before serving, gently toss until the all are coated with the sauce. Core the tomatoes; cut into wedges and use to garnish the salad.
### Salad from the Orient

1  pound       pork tenderloin
    --- Marinade: ----- 
2  tablespoons  brown sugar
1 1/2  tablespoons soy sauce, low sodium 
2  tablespoons  sherry 
1  tablespoon   Hoisin sauce 
    --- Dressing: ----- 
2  tablespoons  oil -- *see note 
2  tablespoons  sugar 
2  tablespoons  soy sauce 
1  teaspoon     ginger root -- grated 
1  dash          Tabasco sauce -- optional 
    --- Salad: ------ 
6  ounces       vermicelli 
1  cup           carrots -- julienned 
1  cup           pea pods 
4  green onions 
1  tablespoon   sesame seeds 

* Use olive oil or a mixture of olive and peanut oil.

1. Cut the pork into very thin slices, suitable for stir-frying. Mix brown sugar, 1-1/2 teaspoons soy sauce, sherry (optional) and Hoisin sauce. Pour over the pork strips in heavy plastic bag. Tie bag and put mixture into refrigerator to marinate up to 1 hour, turning bag occasionally.

2. To prepare the dressing, combine oil, sugar, 2 tablespoons soy sauce, ginger root and Tabasco or other hot sauce. Blend and put into refrigerator to chill.

3. Cook vermicelli to desired doneness. Add the pea pods and carrots during last 2 minutes of cooking. Drain and immediately rinse with cold water. Put into large bowl. Pour the dressing over vermicelli mixture, add the green onions (slice into thin rounds, tops included). Set aside while preparing pork.

4. Remove the pork from refrigerator and put into a wok or large heavy skillet. Include some of the marinade. Stir pork strips until browned and cooked through, about 5-7 minutes. Drain and add to the salad mixture. Mix the salad well. Cover and refrigerate 1 hour to allow the flavors to blend. If desired, sprinkle with toasted sesame seeds just before serving.
SALAD OF CHICKEN & MELON

3                    Chicken breasts; whole -- boneless
1                    Cantaloupe
1/2  pound         Black grapes
1/2  pound         Asparagus
1      cup           Chicken broth
1/2  cup           Dry white wine
1                    Garlic clove -- crushed
3      tablespoons   Capers
3      tablespoons   Parmesan cheese -- coarsely grated
1/4  cup           Lemon juice
1/4  cup           Oil
1/4  cup           Dry white wine
1                    Garlic clove -- crushed

-----DRESSING-----

Cut cantaloupe into chunks. Halve and seed grapes. Trim asparagus, boil, steam or microwave until just tender. Cut asparagus into 2 inch lengths. Combine broth, wine and garlic in a pan, add chicken; bring to a boil, reduce heat and simmer for 5 minutes on each side, or until tender. Drain chicken, cool, and shred finely. Combine chicken, melon, grapes, asparagus and capers with dressing. Serve with parmesan cheese. Dressing: Combine all ingredients in a jar, shake well.
**SALAD WITH ZESTY VINAIGRETTE DRESSING**

<table>
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<tr>
<th>Ingredient</th>
<th>Measurement</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>Vegetable oil</td>
<td>cup</td>
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</tr>
<tr>
<td>White wine vinegar</td>
<td>cup</td>
<td>1/4</td>
</tr>
<tr>
<td>Salt</td>
<td>teaspoon</td>
<td>1</td>
</tr>
<tr>
<td>Dry mustard</td>
<td>teaspoon</td>
<td>1</td>
</tr>
<tr>
<td>Sugar</td>
<td>teaspoon</td>
<td>1/2</td>
</tr>
<tr>
<td>Garlic powder</td>
<td>teaspoon</td>
<td>1/2</td>
</tr>
<tr>
<td>Hot pepper sauce</td>
<td>drops</td>
<td>3</td>
</tr>
</tbody>
</table>

"The dressing really gives the lettuce and vegetables nice zip." -

Salad greens Bell peppers, mushrooms, tomatoes, and/or other vegetables of your choice. In a jar with a tight-fitting lid, combine the first seven ingredients and shake well. Toss salad greens and vegetables in a large bowl or arrange on individual salad plates. Serve with dressing.
**Salad-in-a-Boat**

- 2/3 cup Water
- 5 tablespoons Butter or margarine
- 1/4 teaspoon Salt
- 2/3 cup All-purpose flour
- 3 each Eggs
- 3/4 cup Shredded Swiss cheese
- 1 1/2 cups Small spinach leaves
- 8 each Cherry tomatoes

-----EGG-VEGETABLE SALAD-----

- 1/2 cup Mayonnaise
- 1 teaspoon Dijon mustard
- 1/4 teaspoon Ground cumin
- 1 cup Raw cauliflower -- sliced
- 1/4 pound Raw mushrooms -- thinly sliced
- 1 cup Frozen peas (thawed)
- 2 each Celery -- thinly sliced
- 6 each Green onions & tops -- sliced
- 6 each Hard-cooked eggs

In a 2-quart pan, bring water, butter, and salt to a boil. When butter melts, remove pan from heat and add flour all at once. Beat until well blended.

Return pan to medium heat and stir rapidly for 1 minute or until a ball forms in middle of pan and a film forms on bottom of pan. Remove pan from heat and beat in eggs, one at a time, until mixture is smooth and glossy. Add cheese and beat until well mixed.

Spoon into a greased 9-inch round pan with removable bottom or spring-release sides. Spread evenly over bottom and up sides of pan. Bake crust in a 400 degree oven for 40 minutes or until puffed and brown; turn off oven. With a wooden pick, prick crust in 10 to 12 places; leave in closed oven for about 10 minutes to dry. Remove pan from oven and cool completely. Remove crust from pan. Prepare egg-vegetable salad. In a bowl, stir all ingredients except eggs together as listed. Coarsely chop the 6 hard-cooked eggs; gently fold into vegetable mixture.

Line bottom and sides of boat with spinach leaves. Cut each tomato in half. Pile egg salad over spinach and garnish with cherry tomatoes. Cut boat in thick wedges.
**Salatmarinade**

1 teaspoon Sugar  
1 teaspoon Paprika  
1/2 teaspoon Salt  
1/2 teaspoon Dry mustard  
1/2 teaspoon Celery seed -- crushed  
1/4 teaspoon Pepper  
1/2 cup Tarragon vinegar  
3/4 cup Olive oil

Stir all of the ingredients together except the oil. Gradually add the oil, stirring constantly. Or, you can shake all the ingredients in a bottle until well blended. Makes about 1 1/4 cups.
**Salatsauce #1**

<table>
<thead>
<tr>
<th>18</th>
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<th>Peppercorns -- black</th>
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<tr>
<td>1/4</td>
<td>teaspoon</td>
<td>Dry mustard</td>
</tr>
<tr>
<td>1</td>
<td>teaspoon</td>
<td>Salt</td>
</tr>
<tr>
<td>3</td>
<td>tablespoons</td>
<td>Olive oil</td>
</tr>
<tr>
<td>1 1/2</td>
<td>tablespoons</td>
<td>Tarragon vinegar</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Lettuce leaves</td>
</tr>
</tbody>
</table>

In a wooden salad bowl crush the peppercorns into a coarse powder. Add the salt and mustard. Stir in the oil and vinegar. Put the lettuce on top of the mixture and chill in the refrigerator. At serving time, stir until all the leaves are coated. Gourmet's Old Vienna Cookbook
**Salatsauce #2**

<table>
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<tr>
<th>Quantity</th>
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<tr>
<td>1 1/2 tsp</td>
<td>Salt</td>
</tr>
<tr>
<td>1 1/2 tsp</td>
<td>Prepared mustard</td>
</tr>
<tr>
<td>1/4 tsp</td>
<td>Pepper -- black</td>
</tr>
<tr>
<td>1 each</td>
<td>Garlic clove -- large/crushed</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>Tarragon vinegar</td>
</tr>
<tr>
<td>3/4 cup</td>
<td>Olive oil</td>
</tr>
</tbody>
</table>

Mix the first 4 ingredients together and add the garlic, vinegar and salt. Stir until the salt is dissolved. Gradually add the oil, stirring constantly. Or, shake all the ingredients in a bottle until well blended.
SALSA AND THREE BEAN SALAD

-----DRESSING-----

1 cup Thick and chunk salsa
1/3 cup Fresh lime juice -- about 2 limes
1/3 cup Vegetable oil
1 teaspoon Chili powder

-----SALAD-----

1 can Light OR dark kidney beans -- drained (15.5oz can)
1 can Black beans (15 ounce can) -- drained and rinsed
1 can Garbanzo beans (15 oz can) -- drained
1 cup Chopped red bell pepper
1/4 cup Sliced green onions
1 Medium carrot -- thinly sliced

In small bowl, combine all dressing ingredients; blend well.
In large bowl, combine all salad ingredients. Pour dressing over salad; toss to coat. Cover; refrigerate several hours to blend flavors.
SAN ANTONIO CHICKEN SALAD

2 large Whole chicken breasts -- split, boned and skin
1/2 cup Pace Picante Sauce
1/2 teaspoon Ground cumin
1/4 teaspoon Salt
1/4 cup Dairy sour cream
2 tablespoons Mayonnaise
1 Ripe avacado
1 cup Sliced celery
4 Bibb or leaf lettuce leaves
4 Crisply cooked bacon slices -- crumbled

Cut chicken into 1/2" cubes. Combine Pace Picante sauce, cumin and salt in 10" skilet. Cook chicken in Pace Picante Sauce mixture, stirring frequently, until cooked through - about 4 minutes. Transfer contents of skillet to mixing bowl; cover and chill thoroughly. To serve, combine chicken mixture, sour cream and mayonnaise; mix well. Peel, seed and coarsely chop avacado. Add avacado and celery to chicken mixture; mix lightly. Spoon onto lettuce-lined salad plates; sprinkle with bacon. Serve with additional Pace Picante Sauce.
SAN ANTONIO SPINACH SALAD

4 cups Packed torn spinach leaves
1 Can (15 oz) black beans
   Rinsed and drained
1 Red bell pepper into strips
1/2 cup Thin sliced red onion -- rings
1 cup Sliced mushrooms
1/4 cup Canadian bacon -- strips
1/2 cup Pace Picante Sauce
1/4 cup Bottled Italian dressing
1/4 teaspoon Ground cumin

Hard-cooked eggs -- cut into
Wedges or sliced (optional)

Combine vegetables, beans and bacon in large bowl. Combine Pace Picante Sauce, dressing and cumin in small bowl; mix well. Pour Pace Picante Sauce mixture over vegetables; toss lightly to coat with dressing. Chill. Toss again and garnish with eggs, if desired. Serve with additional Pace Picante Sauce. Makes about 7 1/2 cups of salad.
Sauerkraut Salad With Yogurt Dressing

1 pound Sauerkraut -- (1 lb can)
1/2 pound Blue grapes
6 ounces Ham -- cooked
----------dressing----------
1/2 cup Yogurt
1/4 teaspoon Salt
1/4 teaspoon Pepper -- white
1 teaspoon Honey

Rinse and drain sauerkraut; chop coarsely. Wash grapes and cut in half; remove seeds if desired. Cut ham in julienne strips. Gently mix these 3 ingredients. Blend dressing ingredients and stir into sauerkraut mixture. Marinate for 10 minutes; adjust seasoning before serving, if necessary.
## Savory Ratatouille

<table>
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<td>tomatoes</td>
<td>6</td>
</tr>
<tr>
<td>1/4 cup olive oil</td>
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</tr>
<tr>
<td>medium onion</td>
<td>1</td>
</tr>
<tr>
<td>flakes -- sliced</td>
<td></td>
</tr>
<tr>
<td>garlic cloves</td>
<td>2</td>
</tr>
<tr>
<td>minced</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon fresh parsley</td>
<td>1</td>
</tr>
<tr>
<td>chopped</td>
<td></td>
</tr>
<tr>
<td>eggplant -- 1-inch slices</td>
<td>1</td>
</tr>
<tr>
<td>zucchini -- sliced</td>
<td></td>
</tr>
<tr>
<td>red bell pepper</td>
<td>1</td>
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<tr>
<td>3 tablespoons wine vinegar</td>
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<tr>
<td>fresh parsley -- chopped</td>
<td>2</td>
</tr>
<tr>
<td>black pepper</td>
<td></td>
</tr>
</tbody>
</table>

* Instead of parsley for garnish, use basil or oregano (fresh) if you prefer. Prepare vegetables before beginning recipe.

Slice onion, cut garlic into slivers or mince, chop parsley, cut eggplant into 1-inch rounds, cut zucchini into 1/4-inch rounds, seed and chop red pepper.

Blanch tomatoes by placing in boiling water for 10 seconds. Drain, and when cool enough to handle, peel, seed and chop. Reserve juice from tomatoes.

1. Heat oil in a deep, heavy saucepan. Add onion, garlic and 1 tablespoon parsley. Saute about 3 minutes or until onion is soft. Add eggplant, zucchini and red sweet pepper and mix well.
2. Cover pan and simmer over low heat until the vegetables are tender; about 30-35 minutes. Add tomatoes with the juice, stir well, cover again and simmer 10 minute more.
3. Remove from heat and let stand, covered, for 10 minutes.
4. Add wine vinegar and black pepper to taste. Stir well.

Place into serving dish and garnish with fresh parsley, basil or oregano. Serve warm or at room temperature.
**Savoy Coleslaw**

1/2 pound bacon
1 head savoy cabbage
1 carrot -- peeled, grated
1 red bell pepper -- roasted
1 celery stalk -- diced
3 tablespoons sugar
4 tablespoons cider vinegar
3 tablespoons sour cream
salt -- to taste
black pepper -- to taste

1. Prepare vegetables.
   a. Cabbage: Trim off outer leaves and remove the stem. Cut into half from top to bottom (through the stem end) and cut each half into paper-thin slices.
   b. Celery: Peel and dice finely.
   c. Red pepper: roast, remove seeds and stem then dice.
   d. Carrot: Peel and grate.
2. Cook bacon until crisp. Drain well and reserve the grease. Set aside to cool.
3. Place the cabbage in a large bowl and toss with the carrot, bell pepper and celery. Crumble the bacon slices and add to the mixture. Set aside.
4. Dressing: Combine 1/4 cup of the bacon fat, sugar, vinegar and sour cream. Season with pepper and salt. Use a wire whisk to mix until smooth.
5. Toss dressing with cabbage mixture. Serve immediately or refrigerate up to 24 hours. Let stand 30 minutes before serving if it has been refrigerated.
**Schnittbohnensalat (Green-Bean Salad)**

1 pound Green Beans -- Fresh *
-- Boiling Salted Water
1/4 cup Stock -- **
3 tablespoons Vinegar
3 tablespoons Vegetable Oil
2 each Onions; Med. -- Thinly Sliced
1/2 teaspoon Dried Dillseed
1 teaspoon Sugar

* Green beans should be sliced lengthwise (French Cut). ** Stock is the water that the green beans were cooked in. (Not regular

Cook beans in boiling salted water until just tender. Reserve 1/4 cup of the cooking liquid and drain off the rest. Prepare sauce by combining vinegar, oil, reserved vegetable stock, onions, dill, and sugar; stir until blended. Pour mixture over beans; marinate several hours before serving.
SESAME CHICKEN SALAD

3 cups Cooked rice
2 cups Cooked chicken breast -- - (slivered)
1/4 pound Fresh snow peas -- trimmed
  cut into julienne strips
1 medium Cucumber; peeled, seeded -- - and cut into
  1-1/2 x 1/4-inch strips
1 medium Red pepper -- cut into
  1-1/2 x 1/4-inch strips
1/2 cup Sliced green onion -- - (including tops)
2 tablespoons Sesame seeds (optional) -- - toasted
  -----SESAME DRESSING-----
1/4 cup Chicken broth
1 tablespoon Peanut oil
3 tablespoons Rice or white wine vinegar
3 tablespoons Soy sauce
1 teaspoon Sesame oil

Salad: Combine all ingredients; stir well. Serve at room temperature
or slightly chilled.

Sesame Dressing: Combine all ingredients in jar; cover tightly and
SHREDDED CHICKEN SALAD WITH CILANTRO

3 pounds Whole chicken breasts
Salt
1/4 cup Light vegetable oil
2 cups Chopped Vidalia onions
3/4 cup Walnuts -- lightly toasted
1/4 cup Finely chopped scallions
3/4 cup Finely chopped cilantro
1 1/3 cups Homemade mayonnaise
You may use commercial mayo
Fresh ground black pepper

Place the chicken breasts in a saucepan with enough water to cover. Bring to a boil, add 1/2 teaspoon salt, reduce the heat, and simmer until the chicken is cooked through, about 15 minutes. Drain the chicken and allow to cool.

Remove and discard the skin. Remove the chicken from the bones and tear the meat into shreds. Place in a salad bowl and set aside. Heat the oil in a medium-size skillet over medium-high heat. Saute the onions, stirring, until deep golden brown, about 20 minutes. Drain the onions and add them to the chicken. Cool to room temperature. Add the walnuts, scallions, and cilantro to the chicken. Toss with the mayonnaise and season with salt and pepper. Serve the salad at room temperature.
SICILIAN PASTA SALAD PICCATA

2 cups Rotini macaroni -- uncooked
1 pound Chicken breasts -- boneless skinned
1/2 cup Dry white wine
1/2 cup Water
1/3 cup Olive oil or vegetable oil
2 tablespoons White wine vinegar
2 tablespoons Lemon juice
1/2 teaspoon Cloves garlic -- minced
1/4 teaspoon Coarsely ground black pepper
1 1/2 cups Thinly sliced sweet red -- pepper, cut in 2-inc

1/2 cup Chopped fresh parsley
1/2 cup Sliced green onion
2 tablespoons Capers

Cook pasta according to package directions; drain. Rinse with cold water to cool quickly; drain well. In a saucepan, place chicken breasts; cover with wine and water. Simmer, uncovered, about 20 minutes or until done; discard liquid. Set chicken aside to cool. Cut chicken into strips.

In a small bowl, whisk together oil, vinegar, lemon juice, garlic, salt and pepper. In a large bowl, combine pasta, chicken and oil mixture. Add red pepper, parsley, onion and capers; mix thoroughly. Cover; refrigerate.
Simple Iranian Salad

1 cucumber -- peeled and chopped
1 medium tomato -- chopped
1 small onion -- chopped
1 tablespoon parsley -- minced
1 tablespoon olive oil
juice of one lime
salt and pepper to taste

Mix together. Chill before serving.
## SIMPLE VINAIGRETTE

<table>
<thead>
<tr>
<th></th>
<th>Tablespoons</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>tablespoons</td>
<td>Red wine or tarragon vinegar</td>
</tr>
<tr>
<td>1</td>
<td>tablespoon</td>
<td>Dijon mustard</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Salt and pepper -- to taste</td>
</tr>
<tr>
<td>12</td>
<td>tablespoons</td>
<td>Safflower or Canola oil -- =OR= 9 tablespoons</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Safflower or Canola and 3 tablespoons =Olive oil</td>
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</table>

Mix the vinegar with the mustard, salt and pepper. Add the oil gradually, mixing vigorously by hand or electric blender.
# SIRLOIN CITRUS SALAD

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Top sirloin steak</td>
<td>1 pound</td>
<td>1&quot; thick, boneless</td>
</tr>
<tr>
<td>Olive oil</td>
<td>1 tablespoon</td>
<td></td>
</tr>
<tr>
<td>Romaine</td>
<td>4 cups</td>
<td>torn in bite-size pieces</td>
</tr>
<tr>
<td>Oranges</td>
<td>2</td>
<td>peeled -- separated into segments</td>
</tr>
<tr>
<td>Walnuts</td>
<td>1/4 cup</td>
<td>toasted</td>
</tr>
<tr>
<td>Strawberries</td>
<td>optional</td>
<td>sliced</td>
</tr>
<tr>
<td>Orange juice</td>
<td>2 tablespoons</td>
<td></td>
</tr>
<tr>
<td>Red wine vinegar</td>
<td>2 tablespoons</td>
<td></td>
</tr>
<tr>
<td>Honey</td>
<td>1 1/4 teaspoons</td>
<td></td>
</tr>
<tr>
<td>Dijon mustard</td>
<td>1 1/4 teaspoons</td>
<td></td>
</tr>
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</table>

**Preparation time:** 24 minutes

Prepare the Citrus Vinaigrette by thoroughly combining all ingredients.

Makes about 1/3 cup.

Prepare the salad: Cut the beef into 1/8" strips; cut each strip in half. Heat oil in a large nonstick skillet over medium high heat. Stir fry beef (1/2 at a time) 1 to 2 minutes. Remove with a slotted spoon; season with salt, if desired. Toss lettuce, beef and oranges in a large bowl. Sprinkle with walnuts and drizzle with the Citrus Vinaigrette. Garnish with strawberries, if desired. Serve immediately.

Serving suggestions: Sesame bread sticks.
Sliced Cucumbers in Yogurt

<table>
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<tr>
<th>Ingredient</th>
<th>Measurement</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cucumbers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salt</td>
<td>1/2 teaspoon</td>
<td></td>
</tr>
<tr>
<td>Low-fat plain yogurt</td>
<td>1/4 cup</td>
<td></td>
</tr>
<tr>
<td>Sugar</td>
<td>1/2 teaspoon</td>
<td></td>
</tr>
<tr>
<td>Lemon juice</td>
<td>1/2 teaspoon</td>
<td></td>
</tr>
<tr>
<td>Celery seeds</td>
<td>1/8 teaspoon</td>
<td></td>
</tr>
<tr>
<td>Ground cumin</td>
<td>1/8 teaspoon</td>
<td></td>
</tr>
<tr>
<td>Pepper</td>
<td>1/8 teaspoon</td>
<td></td>
</tr>
</tbody>
</table>

Pare and thinly slice cucumbers. Place in small bowl. Sprinkle with salt; stir. Let stand 10 minutes. Stir together yogurt, sugar, lemon juice, celery seeds, cumin and pepper in small bowl to mix well. Transfer cucumbers to colander; rinse with cold water. Squeeze with hands to extract as much liquid as possible. Return to bowl. Stir in yogurt mixture. Refrigerate covered until serving. Makes 4 servings.
### SOUPER SALAD

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tomato juice -- canned</td>
<td>46 ounces</td>
<td></td>
</tr>
<tr>
<td>Red onion -- finely chopped</td>
<td>1 small</td>
<td></td>
</tr>
<tr>
<td>Garlic -- minced</td>
<td>10 milliliters</td>
<td></td>
</tr>
<tr>
<td>Corn kernels -- fresh or frozen</td>
<td>1/4 cup</td>
<td>-- water</td>
</tr>
<tr>
<td>Black beans -- rinsed &amp; drained</td>
<td>1/2 cup</td>
<td></td>
</tr>
<tr>
<td>Cucumber -- seeded and finely chopped</td>
<td>15 ounces</td>
<td></td>
</tr>
<tr>
<td>Red bell pepper -- seeded &amp; chopped</td>
<td>4 ounces</td>
<td></td>
</tr>
<tr>
<td>Green bell pepper -- seeded &amp; chopped</td>
<td>1 cup</td>
<td></td>
</tr>
<tr>
<td>Zucchini -- finely chopped</td>
<td>1/4 cup</td>
<td></td>
</tr>
<tr>
<td>Celery stalk -- finely chopped</td>
<td>2 tablespoons</td>
<td></td>
</tr>
<tr>
<td>Scallions -- finely chopped</td>
<td>2 tablespoons</td>
<td></td>
</tr>
<tr>
<td>Diced green chilies -- canned</td>
<td>2 tablespoons</td>
<td></td>
</tr>
<tr>
<td>Jicama -- finely chopped</td>
<td>16 x</td>
<td></td>
</tr>
<tr>
<td>Fresh cilantro -- or parsley</td>
<td>2 tablespoons</td>
<td></td>
</tr>
<tr>
<td>Red wine vinegar</td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>Lime juice</td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>Hot pepper sauce; to taste</td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>Prepared horseradish; x Pepper; black to taste</td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>Melba rounds; for garnish</td>
<td>x</td>
<td></td>
</tr>
</tbody>
</table>
**Sour Cream Dressing**

2 each Eggs -- hard boiled
1/2 pint Sour cream
2 each Spring onions
3 tablespoons Vinegar (4?... to taste)
1/2 teaspoon Dry mustard
1/2 teaspoon Salt
1 tablespoon Sugar
Red pepper or paprika

Mash egg yolk, add salt and mustard, sugar and paprika or red pepper. Add sour cream and enough vinegar to make it thick and soupy. Chop and add egg whites and chopped spring onions. Especially good over Spring leaf lettuce.
SOUR CREAM POTATO SALAD

10 Medium red potatoes -- cooked jackets
1/3 cup Clear -- bottled Italian
1 1/2 cups Sliced celery
1 cup Sliced green onions
4 Hard boiled eggs
1/2 cup Sour cream
1 cup Mayonnaise
1 1/2 teaspoons Horseradish sauce
1 teaspoon Yellow mustard
1 1/4 teaspoons Celery seed
1/3 cup Diced cucumber
Salt & pepper to taste

While potatoes are warm, pour on the dressing. Chill 2 hours. Add celery and onion. Add the egg whites, chopped. Sieve egg yolks, combine with mayonnaise, sour cream, horseradish, mustard, and celery seed.

Chill 2 hours and add diced cucumber.
Southwest Chicken, Bean and Rice Salad

1 pint water
1 1/4 cups chicken broth
1 1/2 cups long-grain rice
6 chicken breasts -- boned, skinned
1 1/2 tablespoons olive oil
2 teaspoons ground cumin
2 15 oz cans black beans -- rinsed and drained
1 bell pepper -- chopped
1/2 red onion -- chopped
1/4 cup cilantro -- lightly packed
3 tablespoons lime juice -- fresh
2 large garlic cloves

Bring 2 cups of water and 1 cup of chicken broth to boil in a heavy medium sauce pan. Add rice. Season with salt and pepper; reduce heat to low. Cover and simmer until rice is tender and liquid is absorbed, about 20 minutes. Transfer rice to large bowl and cool.

Preheat broiler. Place chicken on heavy broilerproof pan. Brush chicken with 1/2 tbs of olive oil. Season with salt and pepper sprinkle with 1 tsp. cumin. Broil chicken until cooked through, about 10 minutes. Cool and cut into 1 inch pieces.

Add chicken, black beans, corn, bell pepper, red onion and cilantro to rice in boil. Combine remaining 1/4 cup chicken broth, remaining tablespoon olive oil, remaining teaspoon cumin, lime juice and garlic in blender. Process until garlic is finely minced. Season to taste with salt and pepper. Pour dressing over salad in bowl and toss well.
Southwestern Three-Bean Salad

15 Ounces Black Beans, Canned -- rinsed and drained
15 Ounces Pinto Beans, Canned -- rinsed and drained
15 Ounces Chickpeas, Canned -- rinsed and drained
3 Tbsp Chipotle Pepper In Adobo Sauce -- finely chopped
3 Tbsp Cider Vinegar
2 Tbsp Canola Oil
1/4 C Cilantro -- chopped
Salt and pepper to taste
1/2 head Iceberg Lettuce -- shredded
1/2 Vidalia Onion -- thinly sliced

In a large bowl, combine black beans, pinto beans or black-eyed peas, chickpeas, chipotles, vinegar, oil and cilantro. Toss until well mixed. Season with salt and pepper. Arrange lettuce on a serving platter, mound the bean mixture over top and garnish with sliced onions. Serves 6 as a side dish.
Spaghetti Salad

1 1/2 pounds thin spaghetti
1 onion -- chopped
1 cucumber -- chopped
1 green or red bell pepper -- chopped
2 medium tomatoes -- chopped
1 12 oz. bottle Italian salad dressing or Fat Free -- (Wish Bone)
1 jar Salad seasoning -- (McCormick's)
1 pkg Italian salad dressing mix, dry -- (Good Seasons)

Cook, drain and rinse spaghetti. Chop all vegetables quite fine. Mix together bottled salad dressing, salad seasonings and dry salad dressing mix. Shake to mix well. Pour over spaghetti. Let chill overnight in refrigerator.
Spaghetti Squash and Avocado Salad

1 medium spaghetti squash
6 mushrooms -- sliced
1/2 red bell pepper -- julienned
1/2 green bell pepper -- julienned
4 ounces sliced black olives -- drained
2 avocados -- seed, peel, slice
3/4 cup avocado oil -- or light vegetable oil
1/4 cup white wine vinegar
3 cloves garlic -- crushed
1 teaspoon oregano
1 teaspoon basil
1 teaspoon rosemary
1 teaspoon dry mustard
1 teaspoon Worcestershire sauce
Salt and pepper to taste

Prepare Avocado Oil Vinaigrette at least 24 hours before serving time. Shake all ingredients together in tightly covered container. Let Vinaigrette stand at least 24 hours.

Halve squash lengthwise, scoop out seeds. Place halves cut side down in large saucepan; add water to a depth of two inches; cover and bring to a boil. Reduce heat; simmer squash 20 minutes. Drain off water; cool squash and shred into strands. Mix squash, mushrooms, peppers, olives and avocados in serving bowl. Pour Vinaigrette over, toss gently and serve.
Sparkling Salad

1 package lime gelatin powder
1 cup water
7 ounces lemon-lime soda
1 cup applesauce

--- Garnish: ---
grapes -- frosted, * see note
mint sprigs

* To make frosted grapes for decorations: Beat an egg white until frothy. Dip the grapes into egg white then immediately roll in sugar, preferably superfine, and then lay on waxed paper until dry. Use tinted sugar for more color variety.

SALAD:
1. Place lime-flavored gelatin into bowl; add 1 cup very hot water and stir until gelatin is completely dissolved. Blend in a 7-ounce bottle of lemon-lime carbonated soft drink. Chill this mixture until consistency of unbeaten egg whites.
2. Lightly oil a decorative 1-quart mold with vegetable oil; do not use olive oil. Invert mold to drain off any excess oil.
3. When gelatin is somewhat thickened, add 1 cup thick applesauce. Blend quickly. Pour mixture into mold and chill until firm.
4. Unmold onto serving plate and surround mold with frosted grapes and sprigs of mint.
SPICY BLACK BEAN & LENTIL SALAD

2 cups Cooked black beans
2 cups Cooked red lentils
1 teaspoon Dry mustard
3 tablespoons Minced garlic
1 tablespoon Fresh parsley -- minced
1/2 cup Rice vinegar
Juice from 1 lemon
1 teaspoon Salt
3 tablespoons Olive oil
1 teaspoon Crushed red peppers
1 small Butterhead lettuce -- torn
2 large Red bell peppers -- sliced
2 large Red potatoes, cooked -- sliced
1/2 cup Grated carrots

Put legumes in separate bowls. Whisk together mustard, garlic, parsley, vinegar, lemon juice, salt, oil & red pepper. Divide mixture evenly between legumes. Marinate covered in the fridge for 1 hour.

Line salad plates with lettuce, top with peppers. Arrange small piles of potatoes, carrots & legumes on each plate. Drizzle marinade over the meal.
**SPICY CORN AND BLACK BEAN SALAD**

<p>| | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
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<th></th>
</tr>
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<tbody>
<tr>
<td><strong>SALAD</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 cans</td>
<td>Mexicorn -- (corn and red and peppers), 11oz -- drained</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15 ounces</td>
<td>Black beans; drained -- rinsed</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 1/2 ounces</td>
<td>Sliced Mushrooms -- drained</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Green Onions -- sliced</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Cucumbers; peeled -- slice</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 tablespoons</td>
<td>Fresh Jalapeno Pepper -- finely chopped</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

|                |                |                |                |                |                |
| **DRESSING**   |                |                |                |                |                |
| 1/3 cup        | Oil            |                |                |                |                |
| 1/4 cup        | Rice Wine Vinegar or White -- Vinegar |                |                |                |                |
| 1/4 cup        | Orange Juice  |                |                |                |                |
| 1 teaspoon     | Garlic -- minced |                |                |                |                |
| 1/2 teaspoon   | Salt           |                |                |                |                |

|                |                |                |                |                |                |
| **BEFORE SERVING** |                |                |                |                |                |
| 1/4 cup        | Fresh Cilantro -- chopped |                |                |                |                |
| 1 tablespoon   | Orange Peel -- grated |                |                |                |                |
| 2 teaspoons    | Cumin seed (or 1 ts) |                |                |                |                |

Lettuce Leaves

In large bowl, combine all salad ingredients; blend well. In small bowl using wire whisk, blend oil, vinegar, orange juice, garlic and salt. Pour over salad; toss gently. Cover; refrigerate 1 to 2 hours to blend flavors.

Just before serving, drain salad. Stir in cilantro, orange peel and cumin seed. Serve in lettuce-lined bowl or on lettuce-lined plates. Store in refrigerator.
**Spinach and Apple Salad w/ Bacon Dressing**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spinach</td>
<td>10</td>
<td>ounces -- torn in bite sized pieces</td>
</tr>
<tr>
<td>Bacon slices</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>Vegetable Oil</td>
<td>1</td>
<td>tablespoon</td>
</tr>
<tr>
<td>Onion</td>
<td>1</td>
<td>small -- diced</td>
</tr>
<tr>
<td>Cider Vinegar</td>
<td>2</td>
<td>tablespoons</td>
</tr>
<tr>
<td>Brown Mustard</td>
<td>1</td>
<td>teaspoon</td>
</tr>
<tr>
<td>Sugar</td>
<td>1/2</td>
<td>teaspoon</td>
</tr>
<tr>
<td>Salt</td>
<td>1/4</td>
<td>teaspoon</td>
</tr>
<tr>
<td>Pepper</td>
<td>1/8</td>
<td>teaspoon</td>
</tr>
<tr>
<td>Apple</td>
<td>1</td>
<td></td>
</tr>
</tbody>
</table>

Place spinach in large bowl. Cook bacon in large skillet over medium high heat until crisp. Remove to paper toweling to drain. Discard all but 3 Tablespoons drippings from skillet. Add oil to drippings in skillet and heat. Add onion; cook until tender, about 3 minutes. Stir in vinegar, mustard, sugar, salt and pepper. Bring to boiling. Remove from heat. Add apple to spinach. Pour hot dressing over spinach and apple; toss well to coat. Crumble bacon and sprinkle over salad. Serve immediately.
Spinach and Grapefruit Salad

2 tsp poppy seeds
1/2 red onion -- thinly sliced
3 grapefruit -- pink or red
6 cloves garlic -- peeled
2 tbsp white wine vinegar
2 tbsp olive oil -- extra-virgin
1 tbsp coarse-grain mustard -- pref. Pommery
1/2 tsp honey
3/4 lb fresh spinach, washed and torn -- (16 cups)
1/2 small jicama, peeled & cut -- in matchsticks

Heat a small skillet over medium heat. Add poppy seeds and toast, stirring constantly, until aromatic, 1-2 minutes; set aside.
Place onion slices in small bowl; add cold water to cover and soak for 10 minutes. Drain.

Meanwhile, with a sharp knife, remove skin and white pith from grapefruit and discard. Working over a small bowl to catch the juice, cut the grapefruit segments from their surrounding membranes; reserve the segments in a small bowl. Measure 1/3 cup of the juice and set aside.

Bring garlic cloves in a small saucepan and add water to cover. Bring to a simmer over medium heat; cook until tender, about 3 minutes. Drain.
In a blender, combine vinegar, oil, mustard, honey, cooked garlic and reserved grapefruit juice. Blend until creamy. Season with salt and pepper.

In a salad bowl, combine spinach, jicama, and reserved onions and grapefruit sections. Drizzle with the dressing and toss. Arrange on salad plates and garnish with the toasted poppy seeds.
Spinach And Mandarin Oranges

<table>
<thead>
<tr>
<th>Amount</th>
<th>Item</th>
<th>Preparation</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 Oz</td>
<td>Fresh Spinach</td>
<td>-- wash, remove thick -- stems</td>
</tr>
<tr>
<td>1/2 C</td>
<td>Scallions</td>
<td>-- thin sliced</td>
</tr>
<tr>
<td>11 Oz</td>
<td>Mandarin Oranges</td>
<td>-- drained</td>
</tr>
<tr>
<td>1/2 C</td>
<td>Slivered Almonds</td>
<td>-- toasted, *</td>
</tr>
</tbody>
</table>

Honey-Mustard Vinaigrette:

<table>
<thead>
<tr>
<th>Amount</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Tsp</td>
<td>Dry Mustard</td>
</tr>
<tr>
<td>1/8 tsp</td>
<td>Black Pepper</td>
</tr>
<tr>
<td>1 tbsp</td>
<td>Honey</td>
</tr>
<tr>
<td>2 tbsp</td>
<td>Cider Vinegar</td>
</tr>
<tr>
<td>1/2 C</td>
<td>Vegetable Oil</td>
</tr>
</tbody>
</table>

Fresh greenery is dotted with vivid orange segments and toasted almonds before being coated with a honey-mustard dressing.

1. Heap the spinach leaves in a large bowl.
2. Adorn the greenery with the scallions, fruit, and nuts.
3. In a small bowl, whisk together the dressing ingredients.
4. Pour the vinaigrette over the salad, toss well, and serve.

How to toast nuts:

Spread nuts out on a cookie sheet and bake in a 350°F oven for 5 to 10 minutes until golden. Different sizes and types of nuts toast at varying times; the smaller the nut, the faster it browns, so you have to keep a watchful eye on the oven.
Spinach and Mushroom Salad

10 ounces fresh spinach -- washed & chopped
10 whole fresh mushrooms -- sliced
4 hard-boiled eggs -- chopped
6 slices bacon -- cooked & crumbled
1 cup olive oil
1/4 cup sour cream
1/4 cup red wine vinegar
1/2 teaspoon dry mustard
1 tablespoon sugar
1/2 tablespoon salt
1/4 teaspoon black pepper

Toss spinach, mushrooms, chopped egg, and crumbled bacon. Whisk remaining ingredients together. Toss with vegetables to coat spinach.
Spinach Salad

2 pounds Fresh spinach
2 each Hard boiled eggs
1/4 cup Chopped pitted black olives
1/2 each Red onion sliced
1/2 cup Crumble feta cheese

Add vinegar and oil dressing
Spinach Salad Parmesan

5 cups Fresh spinach leaves -- washed well & trimmed
Bermuda onion -- thinly sliced
1 pint Cherry tomatoes
4 ounces Fresh mushrooms -- sliced
1/2 cup Radishes -- thinly sliced
1 tablespoon Grated Parmesan cheese

Toss together all ingredients. Serve with your favorite no- or low-fat dressing. Makes about 6 cups.
Spinach Salad with Pears and Cranberries

1 tsp  finely shredded orange peel
1/2 cup  orange juice
1/2 cup  seasoned rice vinegar
1/3 cup  dried cranberries
2 firm-ripe pears -- (3/4 lb. total)
3/4 cup  thinly sliced red onion -- rinsed
1 lb  baby spinach leaves, rinsed, crisped -- in bite-sized pieces

Combine orange peel, orange juice, seasoned rice vinegar, and dried cranberries. Core and thinly slice pears; add pears and onion to dressing.

Just before serving, pour over spinach; gently mix.
Spring Salad

1/2 pound Snow peas
1/2 pound Mixed green and yellow beans
6 each New red skinned potatoes
1/2 pound Carrots
1 cup Frozen sweet corn
1 cup Fresh or frozen peas
2 each Tomatoes
4 each Hard cooked eggs

----------dressing----------
3 each Large egg yolks
1 teaspoon Dijon mustard
1 each Salt
1 each Pepper
1 1/2 cups Safflower oil
1 tablespoon Lemon juice
1 each Shallots -- finely chopped
1 teaspoon Honey
1 tablespoon Finely chopped fresh mint
1 tablespoon Finely chopped fresh parsley

Top and tail beans. Cook in lightly salted boiling water for 3 to 5 minutes or until tender crisp. Drain and refresh under cold running water. Add potatoes to boiling salted water, Cook gently for 15 minutes or until tender. Drain. Place peeled carrots in a saucepan with enough cold water to cover. Salt lightly, bring to a boil, then reduce heat and simmer until tender. Drain. Add corn and peas to small amounts of lightly salted boiling water cook for 3 to 5 minutes. Drain. Place beans, corn and peas on tea towel to drain while preparing dressing. Peel and seed tomatoes and cut into small dice. DRESSING: Whisk together egg yolks, Dijon mustard, salt and freshly ground pepper. When mixture begins to thicken, add 2 tablespoons of oil drop by drop, beating well. Thin with a 1/2 teaspoon lemon juice. Add remaining oil in a slow, steady stream. As mayonnaise thickens, thin by adding up to 2 tablespoons of lemon juice. Stop adding oil when mayonnaise is desired thickness. Stir in shallots, honey, mint add parsley. Adjust seasoning. Arrange vegetables on one large plater or individual plates, and garnish with egg wedges. Thin mayonnaise with boiling water and lightly coat salad.
Springtime Chicken Salad

3 ounces      cream cheese  
3/4 cup       heavy cream  
1/4 cup       orange juice  
1 1/2 teaspoons       curry powder  
                     salt and pepper -- to taste  
2 tablespoons  chutney  
2 cups        cooked chicken -- cubed  
                    flaked coconut  
                    mandarin oranges  

Place first 6 ingredients in blender and blend until smooth.  
Toss with cooked cubed chicken, flaked coconut, and 1 to 2 cans  
(drained) Mandarin oranges. Chill. Serve on a bed of lettuce, sprinkle  
with slivered almonds and paprika. This salad tastes wonderful served  
in a melon.
## SPRINGTIME CHICKEN SALAD

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken breast halves</td>
<td>1 pound</td>
</tr>
<tr>
<td>Fresh asparagus</td>
<td></td>
</tr>
<tr>
<td>Head iceberg lettuce</td>
<td></td>
</tr>
<tr>
<td>Lemon slices for garnish</td>
<td></td>
</tr>
</tbody>
</table>

### LEMON-HERB DRESSING

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lemon juice</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Sm clove garlic -- pressed</td>
<td>1 clove</td>
</tr>
<tr>
<td>Oregano</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Basil</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Salt</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Pepper</td>
<td>1/4 teaspoon</td>
</tr>
<tr>
<td>Almonds</td>
<td>1/4 cup</td>
</tr>
</tbody>
</table>

Stir-Fried Beef Salad

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef round steak</td>
<td>1 pound</td>
<td>-- boneless</td>
</tr>
<tr>
<td>Oil</td>
<td>2 tbsp</td>
<td>-- cooking</td>
</tr>
<tr>
<td>Garlic clove</td>
<td>1 clove</td>
<td>-- minced</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>8 oz</td>
<td>fresh -- sliced</td>
</tr>
<tr>
<td>Cucumber</td>
<td></td>
<td>-- chopped</td>
</tr>
<tr>
<td>Green pepper strips</td>
<td></td>
<td>-- strips</td>
</tr>
<tr>
<td>Onion</td>
<td></td>
<td>-- sliced</td>
</tr>
<tr>
<td>Italian seasoning</td>
<td>1 tsp</td>
<td></td>
</tr>
<tr>
<td>Salt</td>
<td>1 tsp</td>
<td>-- seasoned</td>
</tr>
<tr>
<td>Pepper, red -- ground</td>
<td>1/8 tsp</td>
<td></td>
</tr>
<tr>
<td>Tomato</td>
<td>8 oz</td>
<td>-- large</td>
</tr>
<tr>
<td>Spinach leaves</td>
<td>8 oz</td>
<td>-- fresh</td>
</tr>
</tbody>
</table>

* Separated into rings ** cut into wedges

Partially freeze beef; slice thinly across the grain into bite-size strips. In wok or large skillet cook half the beef in hot oil till browned on all sides. Remove from pan. Repeat with remaining beef and garlic; remove from pan. Add mushrooms, cucumber, green pepper strips, onions rings, Italian seasoning, salt, and red pepper to wok.

Stir-fry 3 minutes or till vegetables are crisp-tender. Return beef to wok; add tomato. Cook 1 to 2 minutes or till heated through. Remove meat-vegetable mixture to serving bowl; keep warm. Add spinach leaves to wok; cover and cook for 1 minute or till slightly wilted. To serve, arrange spinach on four bowls or plates; spoon meat mixture atop.
**Strawberry Jello Salad**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>package Strawberry Jello</td>
</tr>
<tr>
<td>2</td>
<td>cups Boiling water</td>
</tr>
<tr>
<td>3</td>
<td>each Bananas -- mashed</td>
</tr>
<tr>
<td>1</td>
<td>can (lg) crushed pineapple</td>
</tr>
<tr>
<td>30</td>
<td>ounces Frozen strawberries -- undrain</td>
</tr>
<tr>
<td>1</td>
<td>package Sour cream -- large</td>
</tr>
</tbody>
</table>

Mix Jello and 2 cups boiling water and let cool. Add mashed bananas, pineapple, and undrained frozen strawberries. Put half the mixture into 13” X 9” X 2” pan and chill 30-45 minutes. Spread sour cream on top. Add remaining fruit & Jello mixture, chill, and cut into squares.
Summertime Rice Salad

2 cups cooked rice

--- Vinaigrette ---
2 tablespoons fresh lemon juice
1 red bell pepper -- finely diced
3 scallions -- chopped
1 carrot -- chopped
3 tablespoons fresh parsley -- * chopped (see note)
1 cucumber -- peeled and diced
1 tomato -- peeled and chopped
1 celery stalks -- peeled and diced

* Substitute dill or basil for the parsley if preferred.

1. Put rice in a serving bowl and pour 2 tablespoons lemon juice and 4 tablespoons Vinaigrette over. Add freshly ground black pepper to taste. Toss well with fork.
2. Prepare all the remaining ingredients, except tomatoes and cucumbers, and blend. Mix well and let cool.
3. Add onions and cucumbers just before serving to maintain best texture and taste for those two vegetables.
Sunshine Orange, Onion and Avocado Salad

1 head Romaine lettuce -- chopped
2 cups arugula
3 navel oranges
1 Vidalia onion
fresh parsley -- chopped
--- Dressing: ----- 
4 tablespoons olive oil
1 1/2 tablespoons red wine vinegar
1 tablespoon fresh orange juice
black pepper
1 avocados -- sliced

For salad base, wash, dry and tear into bite-sized pieces the romaine and arugula or watercress. Place a portion on each of 4 serving plates and place in refrigerator while preparing dressing.

Peel the oranges and remove as much of the white pith as possible. Slice into thin slices, then into half. Place orange slices into bowl. Slice onions very thin then place in bowl with oranges.

Add the parsley and gently toss to combine. Slice the avocado but do not toss with onions and oranges.

Arrange the oranges, onions and sliced avocado on plates in a decorative design.

DRESSING: In small bowl, combine the olive oil, vinegar, orange juice and black pepper to taste. Whisk well. Pour dressing over salad and serve immediately.
**SWEET & SOUR PASTA SALAD**

<table>
<thead>
<tr>
<th>Quantity</th>
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<tbody>
<tr>
<td>1</td>
<td>package EDEN Kamut Spirals</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>ounces Can EDEN Kidney Beans</td>
<td>-- drained</td>
</tr>
<tr>
<td>15</td>
<td>ounces Can EDEN Black Beans</td>
<td>-- drained</td>
</tr>
<tr>
<td>1</td>
<td>Red pepper -- diced</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>bn Green onions -- diced</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>tablespoons Dried basil</td>
<td></td>
</tr>
</tbody>
</table>

-----DRESSING-----

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/3 cup</td>
<td>EDEN Brown Rice Vinegar OR</td>
<td>EDEN Red Wine Vinegar</td>
</tr>
<tr>
<td>1/3 cup</td>
<td>EDEN Extra Virgin Olive Oil</td>
<td></td>
</tr>
<tr>
<td>1/4 cup</td>
<td>EDEN Barley Malt Syrup</td>
<td></td>
</tr>
<tr>
<td>1/3 cup</td>
<td>EDEN Shoyu</td>
<td></td>
</tr>
</tbody>
</table>

Cook Spirals as package directs. Rinse and drain. Add drained beans, diced red pepper, green onions and basil. Prepare dressing. Mix into salad and serve.
SWEET POTATO SALAD

1 pound Sweet potatoes -- baked
1/2 cup Green peas -- cold cooked
1/2 cup Crushed unsweetened pineapple
3 tablespoons Parsley -- chopped fresh
1/3 cup Favorite dressing
8 each Lettuce leaves -- (optional)

Peel and slice sweet potatoes and place in a small bowl. Add remaining ingredients; toss lightly. If desired, serve on lettuce leaves.
Sweet Yogurt Dressing

1 cup Plain, nonfat yogurt
1/4 cup Raisins -- (golden are nice)
1/4 cup Chopped nuts; (walnuts -- pecans, or other)
1 1/2 tablespoons Honey

Mix all ingredients, and chill overnight. Serve cold.
Makes about 1.5 cups. Author's Note: Fresh chopped fruit becomes a special salad or a light dessert with this dressing.
Syrian Salad

1 head romaine lettuce
1 cucumber -- thinly sliced
5 radishes -- thinly sliced
1 red bell pepper -- seeded and sliced
1 green bell pepper -- seeded and sliced
2 large tomatoes -- cut into wedges
2 scallions -- chopped
1 small red onion -- sliced
3 ounces feta cheese -- sliced or crumbled
1/2 cup fresh parsley -- stem, coarsley chopped
several black olives
2 tablespoons capers -- optional
-----Dressing-----
1/4 cup olive oil
juice of one lemon
1 tablespoon wine vinegar
1 garlic clove -- pressed
salt to taste
fresh-ground black pepper to taste
pinch of dried mint

Rinse the romaine, tear it into bite-sized pieces, and put in salad bowl. Arrange other vegetables attractively over the romaine, topping with the feta, parsley, olives and capers. Combine the dressing ingredients and drizzle over the salad.
SZECHUAN PASTA CHICKEN SALAD

1 pound Thin noodles
3/4 cup Soy sauce
1/4 cup Peanut oil
2 cups Mayonnaise
1 tablespoon Dijon mustard
1/4 cup Oriental-style sesame oil
2 Whole boneless -- skinless Chicken breasts
6 Green onions -- thinly sliced
2 Carrots -- peeled & coarsely Chopped
1 Red sweet pepper -- chopped
1 (8-oz.) can sliced bamboo Shoots -- drained
1 (6-oz.) jar mini corn on the Cob -- drained and thinly Sliced
1/2 cup Chopped -- fresh cilantro
1/2 pound Fresh snow peas, trimmed Cut into julienne -- blanched Then cooled in cold water Drained Lightly toasted sesame seeds Szechuan chili oil

Poach and cool chicken breasts. Cut into bite-sized pieces and reserve.

Cook noodles. Drain and toss into a large bowl with 1/2 cup soy sauce, then peanut oil. Cool to room temperature, occasionally stirring the noodles to coat thoroughly.

Combine mayonnaise with mustard, sesame oil and the remaining 1/4 cup soy sauce and chili oil to taste. Refrigerate until ready to use.

Add chicken, green onions, carrots, sweet pepper, bamboo shoots, mini corn and chopped cilantro to noodles. Mix gently. Add mayonnaise mixture and blend well. Cover and refrigerate until ready to serve, preferable overnight.

Just before serving add julienned snow peas, adding a little extra soy sauce and peanut oil or mayonnaise if noodles seem dry. Garnish with sesame seeds.
Tabbouleh (Bulgur and Herb Salad)

1 cup bulgur -- fine
1 medium onion -- finely chopped
1 1/2 cups parsley -- finely chopped
1/4 cup fresh mint -- chopped
1/4 cup olive oil
1/4 cup lemon juice
salt
8 romaine lettuce leaves
2 medium tomatoes -- cut in wedges

Soak bulgur in cold water 20 minutes.

Drain the bulgur and squeeze out as much moisture as possible with your hands. Combine the bulgur, onion (or scallions), parsley and mint in a bowl. Sprinkle with oil, lemon juice and a little salt, and mix thoroughly. Taste and adjust the seasoning. Cover and chill in the refrigerator.

To serve, mound the salad in the center of a plate. Decorate with the lettuce leaves and tomato wedges. The lettuce leaves may be used to scoop up the salad.
Tabbouleh with Raisins

1 cup         bulgur
2/3 cup        scallions -- sliced
1/2 cup        fresh parsley -- lightly packed
2 2/3 tablespoons     fresh lemon juice
3/8 cup        seedless raisins
1 1/3 tablespoons    corn oil
1 1/3 tablespoons    sesame oil
black pepper -- to taste

1. In a large mixing bowl, pour boiling water over bulgur just
   enough to cover. Let set for 20 minutes until water is absorbed and
   bulgur is tender.
   2. Drain excess water from bulgur and squeeze out any remaining
      water, using your hands.
   3. Add sliced scallions, chopped parsley and fresh lemon juice to
      bulgur. Mix well, then add remaining ingredients and blend.
## Tabbouli Salad

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup</td>
<td>Bulgur wheat -- uncooked</td>
<td></td>
</tr>
<tr>
<td>2 cups</td>
<td>Boiling water</td>
<td></td>
</tr>
<tr>
<td>1/3 cup</td>
<td>Vegetable oil</td>
<td></td>
</tr>
<tr>
<td>1/3 cup</td>
<td>Lemon juice</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons</td>
<td>Salt</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>Pepper</td>
<td></td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Parsley -- chopped</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons</td>
<td>Mint, fresh chopped or</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons</td>
<td>Mint -- dry crumbled</td>
<td></td>
</tr>
<tr>
<td>6 each</td>
<td>Green onions &amp; tops -- minced</td>
<td></td>
</tr>
<tr>
<td>2 each</td>
<td>Tomatoes -- chopped</td>
<td></td>
</tr>
</tbody>
</table>

Pour boiling water over wheat in a bowl. Let stand one hour. Drain well and return to bowl. Add remaining ingredients and blend well. Chill at least two hours. Serve on a bed of lettuce.
Tabouli

- 1 pound cooked bulgur
- 1/4 cup fresh lemon juice
- 1/2 cup olive oil
- 2 cloves garlic -- finely minced
- 1/2 cup fresh mint leaves -- minced
- 1 cup fresh parsley -- chopped
- 1 cup scallions -- chopped
- Salt
- Black pepper
- 2 medium fresh tomatoes -- chopped
- 1 small cucumber -- peeled, seeded, chopped

Prepare bulgur according to package directions. Whisk together olive oil and lemon juice. Add garlic, scallions, mint, and parsley. Season with salt and pepper to taste. Mix dressing with bulgur and chill overnight. Stir in chopped tomatoes and cucumber immediately before serving.
Tangy Coleslaw with Cooked Dressing

1 tablespoon flour
1 tablespoon sugar
1 teaspoon salt
1/2 teaspoon celery seed
1 dash pepper -- fresh-ground
1/3 cup cider vinegar
1/4 cup water
1 teaspoon yellow mustard
1 tablespoon grated onions
3 egg yolks -- beaten
1/4 cup margarine
1 cup sour cream
1 cabbage head -- shredded
1/2 cup shredded carrots
1/4 cup green peppers -- minced

* Jicama is a Mexican vegetable root, the texture of a turnip or potato but with its own unique taste. Peel jicama and cut into strips about 1/2 by 3 inches long to serve with the coleslaw after it is prepared and chilled.

Combine flour, sugar, salt, celery seed and pepper in pan. Stir in vinegar gradually. Add water, mustard and onion. Cook over medium heat, stir constantly. Cook until mixture thickens (don't undercook or it will have a starchy taste).

Stir small amount into beaten egg yolks; stir egg yolk mixture into the hot mixture. Cook, stirring constantly for 1 to 1-1/2 minutes more. Add margarine and stir until thoroughly incorporated. Chill thoroughly.

Fold in sour cream. Combine cabbage, carrots and green peppers (red peppers if you wish). Toss lightly to blend.
TARRAGON CHICKEN SALAD LOAF

2 pounds Chicken breasts *
1 pound Asparagus **
1/2 cup Water
1 cup Mayonnaise
2 tablespoons Lemon juice
1 1/2 teaspoons Tarragon -- dried crushd
1/4 teaspoon Salt
1/8 teaspoon Pepper
1 Carrot -- shredded
1 Red pepper -- chopped
3 Green onions -- minced
1 pound Egg Bread -- oval loaf unslice

* Boned, skinned and split ** Cut diagonally in 1/2 inch pieces

1. In 13 x 9 x 2-inch microwave-safe baking dish, arrange chicken breasts with thicker portions toward outside. Cover with plastic wrap; turn back one corner to vent. Cook on HIGH 10 minutes, turning chicken over after 5 minutes. Let cool in dish.

2. In medium glass bowl, combine asparagus and water. Cover; vent. Cook on HIGH 3 minutes; drain. Rinse with cold water; drain. Set aside.

3. In bowl, whisk mayonnaise with lemon juice, tarragon, salt and pepper until blended. Stir in asparagus, carrot, red pepper and onions. Cut chicken into 1-inch pieces. Stir into mayonnaise mixture.

4. With serrated knife, cut off a thin slice from top of bread; remove inside (reserve for other use), leaving a 1/2-inch shell. Spoon salad into bread shell, mounding slightly. If desired, garnish with fresh tarragon. To serve, cut into wedges. Makes 8 to 10 servings.
TEX-MEX PASTA SALAD

4 Tomatoes -- chopped
1 Green pepper -- cubed
1 Yellow pepper -- cubed
1/2 Hot pepper -- chopped
3 tablespoons Olive oil
3 tablespoons Red wine vinegar
1 Clove garlic -- minced
2 tablespoons Chopped parsley
1 tablespoon Chili powder
2 cups Cooked pasta
1/2 cup Jack cheese -- cubed
2 tablespoons Sunflower seeds

Combine vegetables in large bowl. Combine oil, vinegar, garlic, parsley, chili powder, salt & pepper to taste. Pour over vegetable mixture. Stir in cooked pasta, sprinkle with cheese and sunflower seeds, toss. Chill.
TEX-MEX SALAD

1 Onion -- chopped
4 Tomatoes -- chopped
1 Head lettuce -- chopped
1 1/4 cups Cheddar cheese -- grated
3/4 cup Italian dressing
1 pound Ground meat, beef, turkey -- or chicken
15 ounces Kidney beans -- drained
1/4 teaspoon Vegetable seasoning
1 Bag tortilla chips -- crushed
1 large Avocado -- sliced
7 1/2 ounces Olives

Toss onion, tomatoes, lettuce and cheese with Italian dressing; set aside. Brown meat; add drained beans and vegetable seasoning; simmer 10 minutes. Mix with cold salad. Toss in crushed tortilla chips and avocado slices. Garnish with olives, if desired.
## Tex-Mex Tuna Salad

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cans</td>
<td>Solid white tuna in water -- drained and flaked</td>
<td></td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Sliced ripe olives</td>
<td></td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Sliced green onions w/tops</td>
<td></td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Thinly sliced celery</td>
<td></td>
</tr>
<tr>
<td>2/3 cup</td>
<td>Pace Picante Sauce</td>
<td></td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Dairy sour cream</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>Ground cumin</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>Taco shells -- OR</td>
<td></td>
</tr>
<tr>
<td>3 cups</td>
<td>Tortilla chips</td>
<td></td>
</tr>
</tbody>
</table>

Combine tuna, olives, green onions and celery in medium bowl. Combine Pace Picante Sauce, sour cream and cumin; mix well. Pour over tuna mixture; toss lightly. To serve, line taco shells with lettuce leaves; spoon tuna mixture into shells. Or, line individual serving plates with shredded lettuce; top with tuna mixture and surround with tortilla chips.

Drizzle with additional Pace Picante Sauce; top with additional sour cream, if desired.
THAI POMELO-AND-CHICKEN SALAD

1 Pomelo -- -OR=-
1 -Grapefruit (sweet ruby red)
1 Whole cooked chicken breast -- hand-shredded
1 teaspoon Chopped red chili -- (or to taste)
1 tablespoon Fish sauce (nam pla)
1 teaspoon Sugar
1 small Lime -- juiced
1 tablespoon Chopped fresh coriander
2 tablespoons Crisp Fried Shallot Flakes -- (Instructions follow)

Pomelo looks like a thick-skinned, oversized grapefruit, and it is sweeter than the normal grapefruit.

PEEL AND SEPARATE pomelo segments. Remove and discard membranes. Gently flake the flesh. If using grapefruit, drain excess juice. Chill. In large bowl, combine pomelo and shredded chicken. Mix together the chopped red chili with fish sauce, sugar and lime juice; toss with chicken mixture.

Arrange on a bed of lettuce, garnish with coriander leaves, peanuts, and 2 teaspoons of the Crisp Fried Shallot Flakes.

CRISP FRIED SHALLOT FLAKES: Slice shallots into thin slices. Be sure they are all the same thinness to ensure even cooking. Heat a pan with the vegetable oil over medium heat. Add shallots and fry slowly until browned and crisp, about 5 to 10 minutes. The moisture in the shallots should be completely cooked out. Drain on paper towel. Stored in an air-tight container, the shallots will keep several weeks.
THAI YAM YAI SIAMESE PRINCESS SALAD

-----MEAT INGREDIENTS-----
1/4 pound Chicken breasts -- boneless
1/4 pound Pork -- diced lean
1/4 pound Shrimp, small -- peeled
deveined & -- rinsed in cold water
2 Sausages, Chinese -- cooked
-----SALAD DRESSING-----
4 Limes -- peeled
1 cup Vinegar -- white
4 tablespoons Nam Pla (fish sauce)
1 teaspoon Salt
4 tablespoons Sugar -- brown
1/2 bn Cilantro
3 Chilies -- Serrano
3 Garlic -- Thai pickled
1 teaspoon Oil -- Olive (optional)

In a large pot add all of the meat ingredients and bring it to a boil. Boil for about 20 minutes or until the pork is thoroughly cooked. Drain the water and set the meats aside.

Place all of the salad dressing ingredients into a food processor or blender. Blend until ingredients become liquid. Using your choice of salad greens, place the cooked meats on top of the greens and top with the salad dressing.
# The Islands Rice-Fruit Salad

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>glutinous rice</td>
<td>1 cup</td>
</tr>
<tr>
<td>lemon gelatin powder</td>
<td>1 package</td>
</tr>
<tr>
<td>crushed pineapple</td>
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<tr>
<td>whipped cream</td>
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</tr>
<tr>
<td>confectioner's sugar</td>
<td>1 cup</td>
</tr>
<tr>
<td>chopped nuts</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>miniature marshmallows</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>orange marmalade</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>strawberries</td>
<td></td>
</tr>
<tr>
<td>mint leaves</td>
<td></td>
</tr>
<tr>
<td>lemon slices</td>
<td></td>
</tr>
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</table>

* Use your choice of chopped nuts. Walnuts and pecans are good choices.

1. Cook the 1 cup raw rice according to package directions.

2. Mix 2 cups boiling water with gelatin. Lightly grease a large gelatin mold or appropriately sized dish. Pour in the dissolved gelatin and chill until partially set.

3. Add cooked cooled rice, drained pineapple, whipped cream, sugar, walnuts or pecans and marshmallows. Mix well and chill until firm.

4. Turn gelatin onto large serving plate and make a decorative pattern with a few whole strawberries, mint leaves and lemon slices made into a lemon twist shape.
The Ultimate Salad Dressing

1 teaspoon Dry mustard
1/2 teaspoon Salt
1/4 teaspoon Pepper
1/2 teaspoon Sugar
1 teaspoon Dried Oregano
2 tablespoons Parsley
2 tablespoons Minced onions
1 tablespoon Minced Garlic cloves
1 tablespoon Minced Sweet Red peppers
4 teaspoons Lemon juice
4 teaspoons White wine vinegar
1/2 cup Light Oil

In small bowl, whisk together all ingredients except oil. Whisk mixture while slowly drizzling in oil.

Let stand for 30 minutes to blend flavors. Whisk again before using. Dressing can also be made in food processor. (use pulse)
### Tomatensalat (Tomato Salad)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
<th>Description</th>
</tr>
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<tbody>
<tr>
<td>Tomatoes; Med.</td>
<td>5 each</td>
<td>-- Chopped</td>
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<tr>
<td>Sugar</td>
<td>1 tablespoon</td>
<td></td>
</tr>
<tr>
<td>Salt</td>
<td>1 teaspoon</td>
<td></td>
</tr>
<tr>
<td>Basil -- Dried</td>
<td>1/4 teaspoon</td>
<td></td>
</tr>
<tr>
<td>Thyme -- Dried</td>
<td>1/4 teaspoon</td>
<td></td>
</tr>
<tr>
<td>Pepper -- Freshly Ground</td>
<td>1/2 cup</td>
<td>Vegetable Oil</td>
</tr>
<tr>
<td>Vinegar</td>
<td>6 tablespoons</td>
<td></td>
</tr>
<tr>
<td>Worcestershire Sauce</td>
<td>1 tablespoon</td>
<td></td>
</tr>
<tr>
<td>Onion; Large</td>
<td>1 each</td>
<td>-- Diced</td>
</tr>
</tbody>
</table>

Blend all ingredients together and chill for 1 hour before serving. Serve on lettuce leaves.
Tomato Aspic

1 quart tomato juice -- * see note
1/3 cup celery leaves -- chopped
1/3 cup chopped onions
2 1/2 tablespoons sugar
1 teaspoon salt
1 bay leaf
1/8 ounce peppercorns
1/2 cup cold water
2 packets gelatin powder -- 1 tbsp each
2 1/2 tablespoons vinegar
Worcestershire sauce -- optional

* For spicier aspic use 3 cups tomato juice and 1 cup Spicy V-8 juice. Add Worcestershire sauce for a unique taste, but be careful not to add too much -- try 1/2 teaspoon at first.

1. In a saucepan place the juice, celery leaves, onion, sugar, salt, bay leaf and peppercorns. Heat and simmer, uncovered, for 10 minutes.

2. Place the gelatin into 1/2 cup cold water and let stand to soften, about 5 minutes.

3. Remove juice mixture from heat and strain liquid into large bowl, discarding other ingredients.

4. Immediately add the gelatin mixture into the juice and stir until gelatin is completely dissolved. Add the vinegar and stir to combine.

5. Place the mixture into a mold and chill until firm. You may want to lightly grease the mold for ease in removing. Unmold onto a bed of lettuce and serve immediately.
Tortellini and Artichoke Pasta Salad

10 ounces tortellini, cheese-filled -- or chicken
4 marinated artichoke hearts
2 tablespoons red bell pepper -- roasted or pimento,
4 tablespoons mayonnaise
1 tablespoon Dijon mustard
1 tablespoon parmesan cheese -- grated
2 tablespoons basil -- chopped
2 tablespoons parsley -- chopped
salt and pepper

Cook tortellini, rinse and drain well. Toss with 1 tbs. of the marinated artichoke liquid to keep from sticking together. More may be added for flavoring of desired. Drain artichokes. Cut into chunks. Combine remaining ingredients and toss gently in a large bowl to combine. Refrigerate if not served immediately.
Tortellini Pesto Salad

1 cup parsley sprigs -- lightly packed, stem
1/4 cup fresh basil
1 clove garlic
1/3 cup Parmesan cheese -- grated
1/4 cup olive oil
8 ounces broccoli
14 ounces cheese tortellini
2 1/4 ounces black olives -- slice, drained
6 ounces provolone cheese -- cubed
2 medium tomatoes -- seeded and chopped
1/3 cup pine nuts -- toasted

For pesto: in food processor bowl or blender container combine parsley, basil and garlic. Cover and process or blend till finely chopped. Add parmesan cheese. Cover and process or blend until combined. With lid ajar, add oil a little at a time, processing or blending after each addition till well combined; set aside. Remove the outer leaves and tough parts of stalks from broccoli. Cut stalks crosswise into 1/4 inch thick slices and break floweretts into smaller pieces; set aside. In a large covered saucepan cook tortellini according to package directions; add broccoli during the last 5 minutes of cooking. Drain. In a large salad bowl combine pesto, broccoli, tortellini and olives. Toss lightly. Cover; chill for 4 hours or overnight. To serve, add provolone cheese, tomatoes, and nuts to tortellini mixture, toss lightly.
**Tortellini Salad**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tortellini</td>
<td>2 pounds</td>
<td>spinach-filled</td>
</tr>
<tr>
<td>Prosciutto</td>
<td>1/2 pound</td>
<td>thinly sliced</td>
</tr>
<tr>
<td>Peas</td>
<td>3/4 pound</td>
<td>frozen</td>
</tr>
<tr>
<td>Basil</td>
<td>1/3 cup</td>
<td>fresh -- washed &amp; torn</td>
</tr>
<tr>
<td>Parsley</td>
<td>1/8 cup</td>
<td>fresh, chopped</td>
</tr>
<tr>
<td>Parmesan cheese</td>
<td>1/8 cup</td>
<td></td>
</tr>
</tbody>
</table>

**DRESSING**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>White wine vinegar</td>
<td>1/2 cup</td>
<td></td>
</tr>
<tr>
<td>Lemon juice</td>
<td>1/2 cup</td>
<td></td>
</tr>
<tr>
<td>Dijon mustard</td>
<td>1 tablespoon</td>
<td></td>
</tr>
<tr>
<td>Garlic cloves</td>
<td>3 each</td>
<td>peeled &amp; pressed</td>
</tr>
<tr>
<td>Olive oil</td>
<td>1 cup</td>
<td></td>
</tr>
<tr>
<td>Pepper</td>
<td>1/2 teaspoon</td>
<td></td>
</tr>
</tbody>
</table>

Boil pasta until al dente, and rinse with cold water. Trim fat from prosciutto and cut into small squares. Steam peas until just tender and cool rapidly with cold water.

In a small bowl blend all of the dressing ingredients EXCEPT olive oil. Mix well with wire whisk. While still whisking, add olive oil until dressing is well blended.

Tropical Chicken Salad

2 cups Chicken, white meat -- *
1 cup Apples -- peeled and diced
1 cup Pineapple Chunks
1/3 cup Chopped almonds
1/2 cup Shredded Coconut
1/4 cup White Raisins (opt.)
3 tablespoons Chopped Chutney
2 teaspoons Curry Powder
3/4 cup Mayonnaise

* Cooked and cubed

In a bowl, combine chutney, curry, and mayonnaise.

Combine all other ingredients in a separate bowl. Stir curry, chutney, and mayonnaise mixture into the chicken mixture. Serve on watercress or lettuce leaves, with slices of avocado.
Tropical Compote with Honey Lime Dressing

2 avocados -- seed, peel, cube
2 kiwi fruit -- peel, slice
1 banana -- peel, slice
1 papaya -- peel, slice
1/2 cup coconut flakes -- sweetened
-----Honey Lime Dressing-----
3/4 cup plain yogurt
2 tablespoons lime juice
1/4 cup honey
1/4 teaspoon lime peel -- grated

Prepare Honey Lime Dressing by mixing all those ingredients together. Mix fruit together in serving bowl; pour Honey Lime Dressing over top. Sprinkle with coconut and serve.
# Tuna and Avocado Salad

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Large hard-boiled eggs</td>
<td>2 each</td>
<td></td>
</tr>
<tr>
<td>Louisiana hot sauce</td>
<td>2 tsp</td>
<td></td>
</tr>
<tr>
<td>Avocado -- mashed</td>
<td>1 cup</td>
<td></td>
</tr>
<tr>
<td>Onion -- chopped</td>
<td>1/2 cup</td>
<td></td>
</tr>
<tr>
<td>6 1/2 oz can tuna (in water)</td>
<td>1 each</td>
<td></td>
</tr>
<tr>
<td>Mayonnaise (maybe 3 Tbs)</td>
<td>2 tbsp</td>
<td></td>
</tr>
<tr>
<td>Dill relish</td>
<td>2 tbsp</td>
<td></td>
</tr>
<tr>
<td>Fresh lemon juice</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salt to taste</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Peel eggs and mash real well with a regular dinner fork (more or less mince them). Peel avocado and squeeze 1/2 lemon on it to keep from discoloring.

Then mash real well with fork. Mix these two ingredients real well. Drain water from tuna and mix with onions, eggs, avocado, dill pickles or relish, salt, Louisiana hot sauce, and mayonnaise. Serve over lettuce.
### Tuna Italiano Insalata

---DRESSING---

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red wine vinegar</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Clove garlic</td>
<td>1</td>
<td>Minced</td>
</tr>
<tr>
<td>Dried basil</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Salt</td>
<td>1/2 t</td>
<td></td>
</tr>
<tr>
<td>Sugar</td>
<td>1/4 t</td>
<td></td>
</tr>
<tr>
<td>Olive oil</td>
<td>4 t</td>
<td></td>
</tr>
</tbody>
</table>

---SALAD---

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cooked, drained pasta</td>
<td>2 c</td>
<td>Bow tie or spiral pasta</td>
</tr>
<tr>
<td>Drained, flaked water-packaged Tuna</td>
<td>1/2 c</td>
<td></td>
</tr>
<tr>
<td>Low-fat jack or cheddar cheese</td>
<td>2</td>
<td>Diced in 1/4 inch cubes</td>
</tr>
<tr>
<td>Halved cherry tomatoes</td>
<td>1 c</td>
<td></td>
</tr>
<tr>
<td>Thinly sliced red onion</td>
<td>1/4 c</td>
<td></td>
</tr>
<tr>
<td>Thinly sliced celery</td>
<td>1/4 c</td>
<td></td>
</tr>
<tr>
<td>Steamed broccoli flowerettes</td>
<td>3/4 c</td>
<td></td>
</tr>
<tr>
<td>Sliced, canned or thawed Frozen artichoke hearts</td>
<td>1/2 c</td>
<td></td>
</tr>
<tr>
<td>Chopped parsley</td>
<td>1/4 c</td>
<td></td>
</tr>
<tr>
<td>Belgian endive</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. To make dressing: In small container with tightly fitting lid, combine dressing ingredients.
2. Cover tightly and shake thoroughly to mix.
3. To make salad: In large bowl combine salad ingredients, except endive.
4. Pour dressing over all and toss to mix.
5. Chill at least 1 hour.
6. To serve, arrange salad in serving bowl lined with endive spears.
### Tuna Party Salad

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Envelopes of gelatin</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Cold water</td>
</tr>
<tr>
<td>1 cup</td>
<td>Chili sauce</td>
</tr>
<tr>
<td>3 tb</td>
<td>Lemon juice</td>
</tr>
<tr>
<td>1 cup</td>
<td>Mayonnaise</td>
</tr>
<tr>
<td>1 cup</td>
<td>Whipping cream -- whipped</td>
</tr>
<tr>
<td>1 cup</td>
<td>Ripe olives -- quartered</td>
</tr>
<tr>
<td>1 cup</td>
<td>Celery -- finely diced</td>
</tr>
<tr>
<td>2 cans</td>
<td>Tuna -- drained</td>
</tr>
</tbody>
</table>

Soften gelatin. Heat sauce to boiling. Remove from heat and add softened gelatin and stir until dissolved. Add lemon juice. Chill until partly congealed. Fold in mayonnaise, cream, olives, celery and tuna. Pour into a two quart casserole.

Refrigerate until firm.
# Tuna Taylor Salad

1  
6-1/2 oz can Tuna  
Drained & flaked

1/2 cup  
Swiss cheese -- shredded

1/2 cup  
Celery -- chopped

2 tablespoons  
Onion -- finely chopped

1/4 cup  
Mayonnaise

1/4 cup  
Sour cream

Pepper

16 slices  
Rye bread

In a bowl combine the tuna, cheese, celery, onion, mayonnaise, sour cream, and pepper (to taste). Spread on the bread and serve at once. Makes 8 sandwiches.
# Tuna-Macaroni Supper Salad

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 ounces</td>
<td>Elbow macaroni</td>
<td></td>
</tr>
<tr>
<td>1 cup</td>
<td>Mayonnaise</td>
<td></td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Italian-style dressing</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>Prepared mustard</td>
<td></td>
</tr>
<tr>
<td>2 cups</td>
<td>Thin -- pared cucumber slice</td>
<td></td>
</tr>
<tr>
<td>1 1/2 cups</td>
<td>Diced tomato</td>
<td></td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Diced green pepper</td>
<td></td>
</tr>
<tr>
<td>1/4 cup</td>
<td>Coarsely chopped green onion</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>Salt</td>
<td></td>
</tr>
<tr>
<td>1/8 teaspoon</td>
<td>Pepper</td>
<td></td>
</tr>
<tr>
<td>14 ounces</td>
<td>Solid-pack tuna (2 cans) -- drained/broken into</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Hard-cooked egg -- chopped</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Chopped parsley</td>
<td></td>
</tr>
</tbody>
</table>

Cook macaroni as label directs. Drain; rinse with cold water. In large bowl combine mayonnaise, Italian dressing and mustard; mix well. Add cucumber, tomato, green pepper, green onion, salt, pepper, tuna, and macaroni; toss to mix well. Refrigerate, covered, until well chilled - about 4 hours. Just before serving garnish with hard-cooked egg and parsley.
UPTOWN SUPPER SALAD

1 pound (3 medium) potatoes -- cut into 3/4-inch
1 pound Chicken breasts -- (boneless and skin
    cut into 1/3-inch strips
3/4 cup Red wine vinaigrette -- dressing (prepared)
    reduced calorie
1 1/2 cups Halved cherry tomatoes
1/2 cup Chopped red onion
1 can Sliced ripe olives -- drained
    (2 1/4 ounce can)
4 Romaine lettuce leaves
1/3 cup Crumbled blue cheese

In 3-quart saucepan over medium heat cook potatoes, covered, in 2
inches boiling water 5 minutes. Add chicken; bring to boil, reduce
heat, cover and cook about 10 minutes until potatoes are tender and
juices run clear when chicken is pierced. Drain thoroughly. Add
remaining ingredients to potatoes and chicken except lettuce and
cheese. Toss gently over low heat just until warm. Line platter with
lettuce; spoon mixture onto lettuce. Top with cheese. (Salad also can
be served chilled.)
**Vermicelli Salad**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 ounces</td>
<td>vermicelli</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>sweet pickle juice</td>
</tr>
<tr>
<td>6 ounces</td>
<td>French salad dressing</td>
</tr>
<tr>
<td>2</td>
<td>garlic cloves -- mashed</td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>poppy seeds</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>celery seed</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>caraway seed</td>
</tr>
<tr>
<td>1/4 teaspoon</td>
<td>cayenne pepper</td>
</tr>
<tr>
<td>1/2 teaspoon</td>
<td>salt</td>
</tr>
<tr>
<td>1/2 pound</td>
<td>diced celery</td>
</tr>
<tr>
<td>1 bunch</td>
<td>green onions -- chopped</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>fresh parsley -- chopped</td>
</tr>
</tbody>
</table>

Break vermicelli into 1" pieces, and cook according to package directions. Mix pickle juice, French dressing, garlic, and seasonings and pour over warm vermicelli. Chill. One hour before serving, add celery, green onions and parsley.
Vidalia Onion and Carrot Salad

3/4 pound carrots -- grated
1/2 cup Vidalia onions -- finely chopped

--- Dressing: ---
1/2 cup olive oil
1 tablespoon fresh lemon juice
1 tablespoon wine vinegar
black pepper -- to taste
1 tablespoon fresh mint
1/2 teaspoon cumin seed

* Use Vidalia onions or other sweet onions such as Walla Walla, Maui, Imperial Sweet or Texas 1015.

1. Grate carrots coarsely; place in serving bowl along with chopped onions.

2. In a small bowl combine olive oil, lemon juice, wine vinegar and black pepper to taste. Mix with wire whisk until blended. Add chopped fresh mint and mix well.

3. Pour dressing over carrots and onions and toss well.
Vidalia Onion, Tomato, and Basil Salad

1 Vidalia onion -- large  
2 tomatoes -- large  
1/2 pound mozzarella cheese, part skim milk -- sliced  
6 tablespoons olive oil  
2 tablespoons wine vinegar  
1/4 cup fresh basil leaves -- chopped  
black pepper  
1/2 teaspoon garlic -- finely minced

* Garlic is optional.

Slice the tomatoes and cheese into thick slices. Slice the Vidalia onion into thin slices; chill for best flavor. If Vidalias are not available substitute Walla Walla, Maui Sweet or Texas 1015.

On salad plates, arrange the tomatoes, onion and cheese in overlapping design.

In a large measuring cup combine the oil, vinegar, garlic and black pepper. Use a whisk to blend well. While still stirring, pour over the vegetables. Garnish with chopped basil. Serve immediately.
VINAIGRETTE PASTA SALAD WITH CHICKEN

1 cup Olive oil
1/4 cup Fresh Pesto sauce
1/2 teaspoon Seasoned salt
1 pound Chicken breasts, skinned -- bone
1 each Sliced blanched zucchini
1/3 cup Fresh lemon juice
1 each Egg yolk
1/2 teaspoon White pepper
9 ounces Fresh Angel's Hair pasta
1/2 cup Pine nuts

In a medium bowl, place oil, lemon juice, pesto sauce, egg yolk, seasoned salt and pepper. Whisk together until well blended. Reserve 1/4 cup mixture. Broil chicken breast halves on both sides until tender. Slice chicken, crosswise, unto 1" wide strips. Toss remaining oil mixture with hot cooked, drained pasta and zucchini. Arrange on a serving platter. Place chicken slices over pasta; sprinkle with pine nuts. Pour reserved oil mixture over salad. Serve immediately or chill.
Warm Bean and Tomato Salad with Basil

<table>
<thead>
<tr>
<th>1/2 pound</th>
<th>Green Beans -- ends removed</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 tablespoons</td>
<td>Olive Oil</td>
</tr>
<tr>
<td>2 each</td>
<td>Large Dry Shallots -- chopped</td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>Balsamic or Red Wine Vinegar</td>
</tr>
<tr>
<td>1 cup</td>
<td>Chickpeas -- drained 19oz</td>
</tr>
<tr>
<td>2 each</td>
<td>Tomatoes, seeded -- chopped</td>
</tr>
<tr>
<td>2 tablespoons</td>
<td>Fresh Basil -- chopped</td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>Lemon Juice -- fresh</td>
</tr>
<tr>
<td>Salt</td>
<td></td>
</tr>
<tr>
<td>Freshly Ground Black Pepper</td>
<td></td>
</tr>
</tbody>
</table>

* You can use 1 teaspoon of dried basil instead of the fresh stuff.

Remove the ends from the beans and cut into 1 1/2 inch lengths. Cook in boiling water until just tender, about 5 - 7 minutes. Drain well. Meanwhile heat one tablespoon of oil in a large frypan over medium heat; cook the shallots until softened, about 2 minutes. Add balsamic vinegar and cook until liquid is reduced. Drain chickpeas and stir in chickpeas and green beans; cook until heated through, about 2 minutes.

In a serving bowl, combine the bean mixture with tomatoes, olives and basil. Whisk together the remaining oil with lemon juice and pour over salad; season with salt and pepper to taste. Serve warm or at room temperature. Serves 2 as main course, 4 as side dish.
Warm Goat Cheese Salad

1 head Boston lettuce
1 head red leaf lettuce
1 1/2 ounces goat cheese -- per person
3 tablespoons pine nuts -- chopped
2 tablespoons bread crumbs
olive oil
-----Dressing-----
2 tablespoons lemon juice
2 tablespoons red wine vinegar
3 tablespoons olive oil
3 tablespoons vegetable oil

For the dressing, just mix the lemon juice and vinegar and add the oils while whisking. Combine the pinenuts and bread crumbs in a small bowl. Cut the goat cheese into 1.5 oz slices. Coat the slices with olive oil and roll them in the pinenut mixture. Add any extra hazelnut mixture to the dressing. Break the lettuce into bite size pieces and dress. Place the goat cheese slices on a oiled sheet and bake at 350 degrees until they begin melting. Then toast the goat cheese until the tops are brown. Serve in individual dishes with one goat cheese slice per bowl.
**Warm Red Cabbage Salad**

1 small red cabbage -- about 18 oz
1 red apple -- crisp
1 clove garlic -- finely chopped
2 tablespoons balsamic vinegar
2 1/2 tablespoons olive oil
1 red onion -- quartered and thinly
4 ounces goat cheese -- broken into large pieces
1 tablespoon parsley -- chopped
1/2 teaspoon fresh marjoram -- finely chop, or 1/8 teaspoon salt, pepper

Quarter and core the cabbage. Cut the wedges into thin pieces, 2 to 3 inches long and set aside. Cut apple lengthwise into sixths, cut out the core, then slice the pieces thin, crosswise. Put the garlic, vinegar, and oil in a wide saute pan over a medium-high flame. As soon as they are hot, add the onion and saute for 30 seconds. Add the cabbage, and cook for about 2 minutes. Season with salt, freshly ground black pepper, and more vinegar, if necessary. Add the goat cheese, apple, and herbs. Toss briefly and carefully before serving.
Warmer Kartoffelsalat (Hot Potato Salad)

- 3 each Potatoes; Med -- Boiled In Skins
- 3 each Bacon -- Slices
- 1/4 cup Onion -- Chopped
- 1 tablespoon Unbleached Flour
- 2 teaspoons Sugar
- 3/4 teaspoon Salt
- 1/4 teaspoon Celery Seeds
- 1/4 teaspoon Pepper
- 3/8 cup -- Water
- 2 1/2 tablespoons Vinegar

YAM SOM-O (THAI POMELO-CHICKEN SALAD)

1 Pomelo or ruby red -- grapefruit
1 small Whole cooked chicken breast
1 cup Cooked shrimp
1 teaspoon Chopped red chile
1 1/2 tablespoons Thai fish sauce
1 1/2 teaspoons Sugar
Juice from 1 large lime
1 1/2 tablespoons Chopped fresh coriander
1 small Head red leaf lettuce -- for

1/4 cup Roasted peanuts -- chopped
Fresh red chile -- julienned
garnish
-----CRISPY FRIED SHALLOT FLAKES-----
6 Shallots -- thinly sliced
1 cup Vegetable oil

Peel and separate pomelo or grapefruit into segments. Remove the membranes. Seed. Gently flake the flesh apart into a bowl. Chill. Hand shred the chicken. Add chicken and shrimp to pomelo.

In a small bowl mix together the chopped red chile with fish sauce, sugar, lime juice and coriander; toss with pomelo chicken mixture.

Arrange the lettuce on a serving platter. Put the fruit mixture over the lettuce. Top with peanuts and 2 tablespoons of Crisp Fried Shallot Flakes, and garnish with red chile slivers.

CRISP FRIED SHALLOT FLAKES: Slice shallots into thin slices. Be sure they are all of the same thinness to ensure even cooking. Heat a pan with the vegetable oil over medium heat. Add shallots and fry slowly until browned and crisp, 5 to 10 minutes. The moisture in the shallots should be completely cooked out. Drain on paper towel. Store in an airtight container. Will keep several weeks.
Zucchini and Mushroom Salad

1 pound button mushrooms
8 small zucchini
1/4 cup wine vinegar
2 tablespoons olive oil
1 teaspoon salt
2 sprigs fresh tarragon
1/4 cup water
1/4 cup dry white wine

Clean the mushrooms. Cut the zucchini into 1 inch lengths. Place all ingredients in a pot. Simmer until the zucchini is just tender. Turn off heat. Place lid on pot and leave for 15 minutes. Place the drained vegetables in a bowl, reserving the cooking liquid. Place this liquid back in the pot and cook until reduced to about 1/3 cup. Discard the tarragon. Pour over the vegetables and lightly chill (don't over-chill or it will kill the flavor). Throw on a little finely chopped parsley before serving.
ZUCCHINI AND TOMATO SALAD

Zucchini
Tomatoes

1/4 cup Italian dressing

Cube zucchini and wedge tomatoes. Add Italian dressing to lightly cover vegetables. For a zestier taste, add Italian seasonings and garlic powder.
Zucchini Fiesta Salad

1/2 pound Small zucchini*
1/2 pound Small crookneck squash*
2 tablespoons Lemon juice
1/4 cup Salad oil
1/2 teaspoon Salt
Dash of pepper -- ground cumin
1 each Green onion -- thinly sliced
1/3 cup Diced green chilies
1/3 cup Pimento-stuffed olives**
1 package (3 oz.) cream cheese***
1 each Small avocado
Lettuce leaves
Fresh coriander (cilantro)

* Cut crosswise in 1/4 inch-thick slices. ** Cut in half crosswise.
*** Cut in 3/4-inch cubes.

Steam zucchini and crookneck squash over boiling water until crisp-tender (about 3 minutes). Plunge into ice water to cool; drain well. In a large bowl, combine lemon juice, oil, salt pepper, and cumin. Add drained squash and stir lightly; chill for 30 minutes. Add onion, chilies, olives, and cheese.

Peel and pit avocado; cut into small cubes. Add to salad and mix lightly. To serve, arrange lettuce leaves on 4 salad plates. Mound equal portions of salad on each plate. Garnish each salad with a sprig of coriander.
# Zucchini Salad

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Unit</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>medium</td>
<td>zucchini -- shredded</td>
</tr>
<tr>
<td>2</td>
<td>teaspoons</td>
<td>salt</td>
</tr>
<tr>
<td>1</td>
<td>cup</td>
<td>sour cream</td>
</tr>
<tr>
<td>1</td>
<td>tablespoon</td>
<td>fresh lime juice</td>
</tr>
<tr>
<td>1</td>
<td>teaspoon</td>
<td>cumin seed</td>
</tr>
<tr>
<td></td>
<td></td>
<td>black pepper</td>
</tr>
<tr>
<td></td>
<td></td>
<td>paprika</td>
</tr>
<tr>
<td>2</td>
<td>tablespoons</td>
<td>onion -- grated</td>
</tr>
</tbody>
</table>

In a colander, sprinkle zucchini with salt and allow to stand 15 minutes. Squeeze as much moisture as possible from zucchini. Combine remaining ingredients in ceramic bowl. Stir in zucchini. Chill at least one hour.