

Chapter 7

Salads



Apple-Grape Salad

- 1 envelope gelatin, unflavored
- 1/4 cup water
- 1 1/2 cups apple juice
- 1 cup apple, unpared, diced
- 1/2 cup red grapes, halved, seeded
- 1/4 cup celery, chopped

Instructions

Soften gelatin in water for 5 minutes

Heat gelatin over low heat, stirring constantly, until dissolved.

Add apple juice. Chill until mixture begins to thicken.

Stir in fruit and celery

Pour into 3-cup mold

Chill until set

Recipe Notes

Source: Emalee Meyer, Bear River High School

Food for Life

Broccoli Salad

- 2 green onions
- 1/2 cup swiss cheese, grated
- 1 bunch broccoli, chopped fine
- 1/4 cup mayonnaise
- 2 tablespoons sugar
- 5 teaspoons canned milk
- 1/4 cup bacon, fried

Instructions

Make dressing by mixing mayonnaise, sugar, and vinegar stirring well. Set aside
Slice onions, mix them with swiss cheese, broccoli and bacon. Pour dressing over
vegetables and stir.

Recipe Notes

Source: Vickie Bingham, South Davis Junior High School
Food and Fitness

Fruit Salad

- 1 apple
- 1 orange
- 1 pineapple, ring
- 1/2 banana
- 1/2 cup lemon-lime soda
- 1/2 cup yogurt, or whipped topping

Instructions

Pare, quarter and slice the apple.

Peel, section and slice the orange into bite-size pieces.

Peel and slice the banana into bite-size pieces.

Cut pineapple ring into chunks.

Put all the fruit into a mixing bowl.

Pour lemon-lime soda or lemon-lime drink and yogurt mixture over the fruit.

Toss the fruit with forks to mix together with the dressing.

Add to this recipe kiwi, strawberries (in season) or grapes for color.

Instead of serving the Fruit Salad in bowls, when it comes time to mix in the yogurt, substitute it with a little sprite and a drop of your favorite color of food coloring.

Place the salad in parfait "fancy" glasses.

Top it off with a swirl of whip cream, a cherry on top, a lime wedge on the glass, colorful straws and or umbrellas.

Recipe Notes

Source: Elizabeth Davis Evans, Sunset Junior High School
TLC

Fruit Salad - With Yogurt

- 1 apple
- 1/2 banana
- 1/2 cup pineapple chunks, plus some juice
- 1 orange
- 1/3 cup vanilla yogurt

Instructions

Pare, quarter and core apple. Place apple slices in pineapple juice to prevent them from turning brown. Peel and slice banana and add them to the apples in the pineapple juice. Peel and slice orange into chunks. Combine all fruits into the pineapple juice. Stir gently. Drain the juice from the fruits through the colander. Place the drained fruit in a bowl and top with yogurt. Fold the fruit into the yogurt gently. Serve immediately.

TIP: If desired, cut orange in half. Clean out inside and save shells to use as bowls. Mix fruit as directed. Top with a spoonful of yogurt, chopped nuts and a maraschino cherry for a fruit sundae.

Recipe Notes

Source: Connie Snow, Indian Hills Middle
TLC

Fruit Salad With Sauce

- 1 tablespoon cornstarch
- 1/4 cup pineapple juice
- 2 tablespoons sugar
- 1/4 cup water
- 1 apple, sliced
- 1/3 cup pineapple tidbits
- 1/2 cup marshmallow
- 1 banana, sliced
- 1/2 cup fruit cocktail
- 1/2 cup cool whip

Instructions

Combine the first four ingredients together in a sauce pan over heat, mix well.

Bring to a boil then remove from heat.

When sauce is cool, add to the fruit filling and stir.

Add cool whip.

Serve

Recipe Notes

Source: Laurie Cline, Bonneville Junior High School
Life Skills

Green Salad And Orange Dressing

- 1 head lettuce, red leaf
- 1 medium onion, bermuda, sliced into rings
- 2 oranges, peeled and thinly sliced
- 1 can mandrain oranges, 11 oz.
- 1 jicama, peeled, julienne strips
- 4 ounces almonds, sliced
- 3 tablespoons sugar

Instructions

You may use fresh oranges or mandrain oranges.

Mix the lettuce, onions, oranges and jicama in a salad bowl. chill.

In a small skillet sprinkle sugar over the almonds and cook over medium heat until the almonds are coated and sugar has dissolved. (They brown quickly; do not burn)
Place in a small bowl and allow to cool.

Mix dressing in a shaker jar. Chill. Pour dressing over chilled salad. Sprinkle almonds over, toss and serve.

DRESSING

- 1/2 teaspoon grated orange peel
- 1/3 cup fresh orange juice
- 2 tablespoons red wine vinegar
- 1/4 cup oil
- 1/4 cup water
- 2 tablespoons sugar
- 1 tablespoon Good Seasons Dry Italian dressing mix

Recipe Notes

Source: Tami Rauzi, Northridge High School

Japanese Salad

- 1/2 head cabbage, shredded
- 2 green onions, chopped fine
- 1 package ramen noodles, broken up
- 1 packet ramen seasoning mix
- 1 tablespoon vegetable oil
- 1 tablespoon sugar
- 1/4 teaspoon pepper
- 5 tablespoons vinegar

Instructions

Make dressing by adding packet of seasoning, oil, sugar, pepper, and vinegar in a medium bowl.

Mix cabbage, onion and broken up ramen noodles together.

Pour dressing over vegetables and toss.

Recipe Notes

Source: Vickie Bingham, South Davis Junior High School
Food and Fitness

Japanese Shredded Salad

- 1/2 head lettuce, shredded
- 2 green onions, chopped
- 2 tablespoons parsley, chinese, chopped
- 2 tablespoons sesame seeds, toasted
- 1/4 cup peanuts

Instructions

Mix all ingredients. Add a small hand full of cold fried rice sticks.

Just before serving add dressing.

DRESSING

- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- dash of msg.
- 1 tablespoon sugar
- 1 tablespoon salad oil
- 1 tablespoon sesame see oil
- 1 tablespoon + 1 1/2 teaspoon vinegar

Recipe Notes

Macaroni - Frog Eye Salad

- 1 cup sugar
- 2 tablespoons flour
- 1/4 teaspoon salt
- 1 3/4 cups pineapple juice
- 2 eggs, beaten
- 1 tablespoon lemon juice
- 1 package acini de pepe macaroni, 16 oz.
- 3 cans mandarin oranges, 11 oz.
- 2 cans pineapple chunks, 20 oz.
- 1 can pineapple, crushed
- 1 can fruit cocktail, large
- 1 cup marshmallow, mini
- 1 cup coconut, shredded
- 8 ounces whipped cream toppings

Instructions

Mix sugar, flour, salt, pineapple juice, eggs and lemon juice.

Cook until thick. Set aside to cool.

Cook macaroni in 3 quarts of water with 1 T. oil.

Drain and cool to room temperature.

Combine macaroni with sauce mixture and refrigerate.

Combine drained mandarin oranges, pineapple chunks, crushed pineapple and fruit cocktail. Refrigerate.

Combine fruit mixture with macaroni mixture. Add marshmallows, coconut and whipped topping.

Mix well and chill.

Can be kept for six weeks.

Recipe Notes

Source: Tami Rauzi, Northridge High

Macaroni Salad

- 3/4 cup macaroni, elbow or spiral uncooked
- 1/4 cup green peas, frozen, optional
- 1/2 cup cheddar cheese, shredded
- 1/2 cup mayonnaise, may use less
- 1/4 cup green onion, sliced with tops
- 3 tablespoons sweet pickle relish
- 1/2 teaspoon salt
- 1/2 cup celery, sliced
- 2 ounces ham, diced
- 1/8 head iceberg lettuce, torn into bite-size pieces
- 2 slices bacon, crisply cooked and crumbled

Instructions

Cook macaroni as directed on package.

Rinse frozen peas under running cold water to separate; drain.

Mix macaroni, peas and remaining ingredients except lettuce and bacon.

Refrigerate until chilled.

Just before serving, toss macaroni mixture with lettuce and bacon.

Can use turkey ham.

This is 1/2 of the original recipe.

We don't have time to chill before serving.

Recipe Notes

Source: Emalee Meyer, Bear River High School
Food for Life

Mandarin Orange Spinach Salad

- 6 ounces spinach, fresh
- 1/2 cup celery, thinly sliced
- 2 green onions, sliced
- 2/3 cup mandarin oranges
- 1 jicama
- 2 tablespoons almonds, slivered

Instructions

Combine the spinach, celery, green onions, mandarin oranges and jicama in a salad bowl. Cover and chill. Just before serving, toss with dressing. Sprinkle with almonds.

Dressing

1/4 c. vegetable oil, 2 T. sugar, 1 T. white vinegar, 1/2 t. salt, 1/4 t. pepper and 1/4 t. hot sauce.

Combine all ingredients in a shaking container with a tight lid. Shake until blended. Chill. Place on the salad just before serving.

Recipe Notes

Source: Tami Rauzi, Northridge High

Pasta Salad

- 3 ounces macaroni, uncooked
- 1/3 cup french salad dressing
- 1/2 cup cucumber, quartered lengthwise and slice
- 1/2 cup green peppers, chopped
- 1/3 cup onion, chopped
- 2 tablespoons parsley, snipped
- 1 cup cherry tomato, halved

Instructions

Use corkscrew macaroni for this salad.

Reduced-calorie creamy cucumber or Italian salad dressing may also be substituted.

Cook pasta according to directions on package.

In a colander rinse cooked pasta with cold water, drain well.

In a large bowl combine the pasta and dressing. Toss to coat .

Quarter and slice cucumber. Chop green pepper and onion. Add the cucumber, green pepper, onion and snipped parsley to the cooked pasta mixture. Toss gently.

Cove and chill for 4-24 hours

Cut cherry tomatoes in have, before serving, stir in the cherry tomatoes.

Recipe Notes

Source: Tamara Johnson, Mont Harmon Junior High School
Food and Fitness

Pasta Salad - Italian

- 1 package tri-color spiral pasta, drained
- 8 ounces Italian salad dressing
- 1/2 cup cucumber, diced
- 1/2 cup tomato, diced
- 1/2 cup broccoli, chopped
- 1/4 cup radish, sliced
- 1/4 cup green onion, diced
- 1/4 cup cheddar cheese, cubed
- 1/4 cup black olives, chopped
- 1/8 cup pepperoni, chopped

Instructions

Toss cooked pasta, salad dressing, and other ingredients, serve.

(Can be garnished with parmesan cheese and pieces of cold asparagus)

Note: Have each lab cook 1 bag of pasta and chop a few other ingredients, then they divide their own pasta in cereal bowls and bring all of the other ingredients up front in larger bowls. Each student can take 1 spoonful of any ingredient and add Italian dressing to create their own salad, this way many students find out they like pasta salad because they create their own salad. You may separate the fat free ingredients and put them on one table to let students choose if they are making an individual fat free salad.

Recipe Notes

Source: Lora Thompson, Centennial Middle School
TLC

Pasta Salad - Meat

- 6 ounces uncooked pasta
- 2 cups raw vegetables, chopped
- 1/3 cup salad dressing
- 1/2 cup cheese, cut in cubes
- 1/3 cup cooked meat, chopped

Instructions

Boil 2 quarts of water. Add a dash of salt and 1/2 teaspoon butter. Slowly add pasta. Boil uncovered for 7-9 minutes. Drain well and cool. Add cheese, meat and vegetables to cooled pasta. Toss with salad dressing. Sprinkle with salt, pepper or parmesan cheese, if desired.

I allow my students to choose their own vegetables, meat and dressing.

Recipe Notes

Source: Ann Stevenson, Weber High
Food and Fitness, Food for Life

Potato Salad - Sunshine

- 4 large potatoes
- 1/2 cup mayonnaise
- 2 tablespoons canned milk
- 1/4 cup pickle juice
- 2 tablespoons mustard
- 1 dash salt
- 1 green onion, chopped
- 1 pickle, cubed
- 1 egg, hard cooked and peeled

Instructions

Boil red or white potatoes, with jackets, (do not use baking potatoes as they fall apart easily), until potatoes are tender all the way through.

In a bowl combine mayonnaise, canned milk, pickle juice, yellow mustard, salt and mix well.

Combine with chopped green onion, cubed pickle and cooked potatoes that have been cooled and the skins removed and diced.

Add all ingredients together carefully.

Top with sliced hard cooked egg and sprinkle with paprika.

Recipe Notes

Source: Linda Groves, Lone Peak High School

Sarah's Salad

- 1 head iceberg lettuce
- 3 slices bacon
- 5 ounces peas, frozen
- 1/4 teaspoon sugar
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup swiss cheese, shredded
- 2/3 cup green onion, chopped
- 1/4 cup mayonnaise
- 1/4 cup salad dressing

Instructions

Wash and drain lettuce. Dry thoroughly. Dice bacon and saute until crisp. Drain on paper towels. Run hot water over the frozen peas and drain. Tear lettuce into bite-size pieces in a salad bowl. Sprinkle with sugar, salt and pepper. Add peas, cheese, onion, mayonnasie and salad dressing.

(These ingredients may be layered if desired, with the mayonnasie spread on last.)

Cover tightly and refrigerate overnight. Chill. Toss when ready to serve and garnish with bacon.

Recipe Notes

Source: Tami Rauzi, Northridge High

Spaghetti Salad

- 2 ounces spaghetti
- 1/2 carrot, peeled and grated
- 1/2 zucchini, cleaned and sliced
- 4 cherry tomatoes, halved
- 1/3 package pastrami, cubed (can use ham)
- 1/3 can cheddar cheese, cubed
- 1/3 cup Italian salad dressing

Instructions

Cook spaghetti noodles until Al dente or tender, drain and rinse in cold water and place in mixing bowl, set aside.

Mix carrot, zucchini, tomatoes, meat, cheese and dressing in glass dish.

Mix spaghetti and vegetables together. Refrigerate overnight.

Recipe Notes

Source: Shirley Taylor, Wahlquist Junior High School
Food and Fitness

Spinach Salad

- 1 package spinach, torn into bite-size pieces
- 1 can water chestnuts, sliced
- 1 can bean sprouts
- 1/4 pound bacon
- 2 hardboiled eggs, sliced
- 1/2 cup oil
- 1/4 cup sugar
- 1/4 cup catsup
- 1/4 cup vinegar
- 1/2 tablespoon Worcestershire sauce

Instructions

Salad:

Prepare spinach, water chestnuts, bean sprouts, bacon, and eggs.

Combine spinach, water chestnuts, bean sprouts and bacon in a bowl.

Dressing:

Combine oil, sugar, catsup, vinegar, and Worcestershire sauce in a small bowl.
Chill.

Add to salad.

Garnish with sliced eggs.

Recipe Notes

Source: Tonie Dee, Monument Valley High
Food and Fitness

Taco Salad

- 1/2 pound ground beef, lean
- 2 tablespoons onion soup mix
- 1/4 cup water
- 1/3 head iceberg lettuce
- 3 romaine lettuce leaves
- 2 cups tortilla chips
- 1/2 cup kidney bean, rinsed & drained
- 1/2 cup cheddar cheese, grated
- 1 tomato, cut in small wedges
- 1 green onion, chopped
- 1/2 cup black olives, sliced

Instructions

In a small skillet or saucepan, brown ground beef over medium heat. Drain off grease and place beef in collander. Rinse with hot water. Return beef to pan; add soup mix and water. Simmer for 15 minutes or until water is evaporated. Meanwhile, wash and dry iceberg and romaine lettuces. Tear into bite-size pieces and place in a salad bowl. Add kidney beans, cheese, tomato and green onion. Just before serving, add hot beef and soup mixture to lettuce mixture and quickly toss to blend. Serve immediately over tortilla chips.

Recipe Notes

Source: Anne Hawes, Cottonwood High
Food and Fitness

Taco Salad - Easy

- 1/2 pound ground beef
- 1/4 onion, diced
- 1/2 cup crescent rolls 8 oz., drained
- 1 tomato, diced
- 1/2 head lettuce
- 4 ounces cheddar cheese, grated
- 2 cups tortilla chips, before crushing

Instructions

Cook ground beef and onion. Drain fat off meat and put into a can. (Not down sink.)

Add beans to meat.

Wash and tear lettuce into bite-sized pieces.

Crumble tortilla chips.

Place lettuce on plate. Top with meat and beans, tomato, cheese and tortilla chips.

Add salad dressing or salsa, if desired.

Recipe Notes

Source: Rosemary Steele, Northridge High
Food and Fitness

Taco Salad - Great

- 1 pound hamburger
- 1 can kidney beans, undrained
- 4 tomatoes, diced
- 1 onion, finely diced
- 4 ounces thousand island salad dressing
- 1 cup salad dressing
- 1 head lettuce, torn into bite-size pieces
- 8 ounces sharp cheddar cheese, grated
- 1 package tortilla chip, crumbled

Instructions

Cook hamburger and drain grease. Add kidney beans, tomatoes, onion and dressings. Mix gently. Place a layer of shredded lettuce on a plate. Top with hamburger mixture. Sprinkle with grated cheese and tortilla chips.

Recipe Notes

Source: Val Huntington, Canyon View High School
Food and Fitness, Food for Life