

Fruit and Vegetable Salads

One Cup Salad

- 1 cup chunk pineapple, drained
- 1 cup mandarin oranges, drained
- 1 cup coconut
- 1 cup miniature marshmallows
- 1 cup sour cream

Mix together 8 hours before serving.

Cookie Salad

- 2 small pkg. (3.4 oz. each) vanilla instant pudding mix
- 2 cups buttermilk
- 1 container (12 oz.) whipped topping
- 1 can (20 oz.) pineapple chunks, drained
- 2 cans (10 oz. each) mandarin oranges, drained
- 1/2 pkg. fudge-striped shortbread cookies

Combine pudding mix and buttermilk. Fold in whipped topping. Add drained pineapple and mandarin oranges. Crush cookies into large pieces and fold into mixture immediately before serving. Serve as a salad, a dessert, or as individual parfaits.

Basic Waldorf Salad

- 2 cups diced apple
- 1/2 cup 1-inch julienne celery sticks
- 1 cup miniature marshmallows
- 1/2 cup chopped walnuts (opt.)
- 1/2 cup raisins (opt.)
- 1/4 cup mayonnaise
- 1 Tbs. sugar
- 1 Tbs. lemon juice
- 1/2 pint whipping cream, **whipped**

Combine apple, celery, marshmallow, nuts, raisins. Blend together mayonnaise, sugar, lemon juice, and dash salt. Fold in whipped cream; fold into apple mixture. Chill. Makes 6 servings.

Spinach Almond Salad

1 bag (10 oz.) fresh spinach
1/2 lb. cooked bacon, crumbled
1 cup slivered almond, toasted
1 granny smith apple, sliced very thin

Wash spinach and dry well. Tear into bite-sized pieces making sure to remove any large stems. Add bacon, apple, and toasted almonds (toast in a 350° oven for 8 - 10 minutes or until golden brown). Toss with dressing immediately before serving.

Dressing:

1/4 cup sugar
1/3 cup oil
1/4 tsp. salt
1 Tbs. red onion, chopped
3 Tbs. cider vinegar

Mix ingredients in blender and pour over spinach salad.

Quick Pasta Salad

Combine the following:

1 bag of pasta (8 oz.) Cook for 7 - 11 minutes and drain.
Wash and cut up vegetables: Broccoli, Cauliflower, Carrots, Celery, Onion, Tomato, Olives
Kraft Italian Dressing (8 oz.)
1 - 2 Tbs. salad supreme

Broccoli Cauliflower Salad

2 cups broccoli flowerets
1 cup cauliflower
1/2 lb. bacon, fried crisp, drained and crumbled
1 cup chopped red onion
1/2 cup shredded Cheddar cheese

Dressing:

1 cup mayonnaise
2 Tbs. white vinegar
1/4 cup sugar

Cut flowerets off broccoli stalks. Discard stalks. Cut cauliflower. Toss together broccoli, cauliflower, bacon, onion and cheese. In a small bowl, combine dressing ingredients and mix well. Pour dressing over salad and toss thoroughly. Cover and refrigerate until ready to serve.

Pineapple Fruit Salad

Dissolve 2 pkg. lemon jello in 3 cups boiling water

Add: 1 large can crushed pineapple (drain and reserve juice for dressing),
4 bananas

When set, top with dressing:

2/3 cup sugar

2 Tbs. cornstarch

1 cup pineapple juice

1 beaten egg

Cook until thick, stirring all the time. Cool. Add and fold in 1 cup whipped cream.
Spread on top of salad.

Our Family Fruit Salad

1 8-oz. can pineapple chunks, drained

1 egg, beaten

1/2 cup sugar

1 Tbs. (heaping) flour

1 Tbs. lemon juice

1 20-oz. can fruit cocktail, drained

2 bananas, sliced

1/2 cup miniature marshmallows

1/2 cup chopped walnuts

Drain pineapple, reserving 3/4 cup to 1 cup juice. Combine reserved juice, egg, sugar, flour and lemon juice in saucepan; mix well. Cook over medium heat until slightly thickened, stirring constantly. Cool. Combine pineapple with remaining ingredients in bowl. Stir in cooled dressing. Chill, covered, until serving time.

Yield: 8 servings.

Crunchy Hawaiian Salad

1/2 cup oil

1 Tbs. sesame oil

6 Tbs. vinegar

1/4 cup sugar

salt to taste

1 tsp. pepper

1 head cabbage, shredded

4 green onions, chopped

1 11-oz. can mandarin oranges, drained

1 3-ounce package ramen noodles

1/4 cup slivered almonds, toasted

1/4 cup sesame seed, toasted

Combine oil, sesame oil, vinegar, sugar, salt and pepper in small bowl; mix well. Chill in refrigerator. Combine cabbage, green onions and mandarin oranges in bowl; mix well. Reserve seasoning packet from noodles for another use; crumble noodles into salad. Sprinkle with almonds and sesame seed. Add dressing; toss to mix well. Yield: 12 servings.

