

SALAD SPECTACULAR



Cookbook
published by
Valdosta State College
Woman's Club

INTRODUCTION

This collection of recipes has been made possible from members of the VSC Woman's Club and friends, each of whom have been generous with their treasures.

The contributors' names have been used as far as possible. Many recipes are not original and many have been revised.

We have printed all recipes submitted and there is possible duplication.

We sincerely hope you enjoy every one, and when you find an especially good one to your taste....please pass it along to friends. Good food is only good when being enjoyed by the taster.

Valdosta State College

Woman's Club

1983

Valdosta, Georgia



EXPRESSION OF APPRECIATION

The Members of the Board of the Valdosta State College Woman's Club, the compilers and publishers of this cook book, wish to publicly thank all those who contributed recipes, who assisted in compiling it and those who so generously gave of their time and talent to help this book become a reality.

THE CLARE PHILIPS MARTIN SCHOLARSHIP

Proceeds from the sale of this book will help fund the Scholarship established by the VSC Woman's Club honoring Clare Philips Martin. Mrs. Martin, wife of President Emeritus S. Walter Martin, was our first Honorary President and supports scholarship in higher education. This Scholarship was established in her honor and in appreciation of her past and present support.



TABLE GRACE

Morning -

Father, to Thy children here,
Peace and grace and faith impart;
Bless this home, bless all we love
Keep us clean and pure in heart.

Noon -

We thank Thee now our Father,
For all things bright and good;
This home with all its blessings,
Our life, our health, our food.

Evening -

May we, dear Lord, Thy children be
Kind, gentle, loving - more like Thee;
And while we now this food partake
Bless us, we ask, for your sake.

Amen and Amen.





**VEGETABLE
SALADS**

ARTICHOKE SALAD

- 1 package Chicken Rice-a-Roni
- 2 green onions, thinly sliced
- 1/2 cup green pepper, chopped
- 8 stuffed olives, sliced
- 2 jars marinated artichokes, drained
(save juice)
- 1/3 tsp. curry powder
- 1/3 cup mayonnaise

Cook Chicken Rice-a-Roni as directed. Cool to room temperature. Combine juice, curry powder, mayonnaise. Add to rice mixture and mix lightly. Refrigerate overnight.

If you cannot find marinated artichokes, drain juice from plain ones and replace with the same amount of Italian dressing.

Virginia Corn



ASHEVILLE SALAD

- 1 can tomato soup
- 1 pound cottage cheese
- 2 Tbsp. gelatin
- 1/2 cup cold water
- 2 cups chopped vegetables, (onions,
celery, and green pepper)
- 1 cup mayonnaise
- 1 can shrimp and/or crabmeat

Dissolve gelatin in 1/2 cup cold water. Bring soup to boil and add cheese and gelatin. When cooled slightly, add: 1 cup mayonnaise, 2 cups chopped vegetables, and 1 can shrimp and/or crabmeat.

Cam Lawry



ASPARAGUS SALAD

Mix and bring to a boil:

3/4 cup sugar

1 cup water

1/2 cup vinegar, white

1/2 tsp. salt

Add and cool until thickened:

2 envelopes Knox gelatin dissolved
in 1 cup cold water

Few drops green coloring

Mix and add:

1/2 cup chopped pecans

1 cup diced celery

2 teaspoons onion salt

8 green olives, diced

Arrange on top:

1 - 14-1/2 oz. can green asparagus

Calla Evans



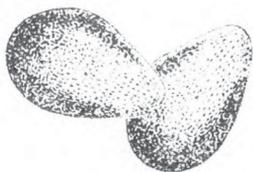
AVOCADO SALAD

Halve 3 avocados, remove seeds, and pare.
Fill with mixture of:

- 1/2 pound cottage cheese
- 1 cup chopped pecans
- 1/2 tsp. salt
- 1 tsp. minced parsley
- 1 cup shredded ripe olives

Press two halves together, wrap in waxed paper, twisting ends firmly in place. Chill thoroughly. Unwrap and slice cross-wise. Serve on bed of lettuce, and sprinkle with French dressing.

Edna Criscuolo



BEAN SALAD

1 can English peas
1 can French green beans
1 medium onion, chopped
1 small jar pimiento
Salt and pepper to taste
1/4 bunch celery, chopped
1/4 cup oil
1 cup vinegar
1-1/2 cup sugar
2 Tbsp. water
1/2 teaspoon paprika

Combine, cover, and let stand overnight.

Dollie Abrigo



BEET AND NUT SALAD

- 1 - 20-oz. can sliced beets, cut in strips.
- 1 - 20-oz. can crushed pineapple
- 1/4 cup white vinegar
- 3 Tbsp. lemon juice
- 1 Tbsp. sugar
- 1 - 3-oz. package raspberry gelatin
- 1/2 cup chopped walnuts
- 1/4 cup water

Drain liquid from beets and pineapple. Heat with rest of liquids and sugar. Dissolve gelatin in liquid. Stir in beets, pineapple and walnuts. Pour into mold and chill.

Frances Worstall



BEET SALAD MOLD

- 1 package lemon Jello
- 1 cup boiling water
- 1 #2 can Julienne beets, drained, (save liquid)
- 3/4 cup beet juice
- 1 Tbsp. vinegar (or a little more)
- 1/2 tsp. salt
- 4 tsp. horseradish, if average strength
- 2 tsp. grated onion

Combine lemon Jello with boiling water; stir until dissolved. Add beet juice, vinegar, salt, and horseradish. Pour in 2 quart mold and chill until thickened. Add beets and grated onion, and chill until firm. This salad is especially good with beef or chicken. Serves 6-8.

Mrs. Harold Gulliver, Sr.



CALICO STRAW

1 can (1 pound, 4 oz.) sauerkraut
1 medium onion, chopped
1 jar (4 oz.) pimientos, chopped
1 medium bell pepper, chopped
1/2 cup celery, chopped

Dressing:

1/2 cup vinegar
1/2 cup sugar
1/4 cup salad oil
1 tsp. salt
1/2 tsp. garlic salt
1 tsp. celery seed

Wash sauerkraut in colander well. Cut in small pieces. Add remaining chopped ingredients. Pour dressing over this mixture and let stand overnight. Better after two or three days.

Sally Black



CARROT DATE SLAW

- 1/2 cup plain yogurt
- 1 Tbsp. lemon juice
- 1/4 tsp. salt
- 1/2 cup chopped dates
- 1/4 cup milk
- 1 teaspoon sugar (or honey)
- 3 cups shredded carrots

Combine all ingredients; stir well.
Chill thoroughly.

Sally Black

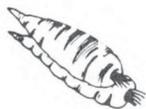


CARROT DELIGHT SALAD

1 small package orange Jello
1-1/3 cups boiling water
1/4 cup lemon juice
1/3 cup sugar
1/3 cup mayonnaise
1 small can crushed pineapple
1 cup grated carrots
1 package Dream Whip
1/4 cup chopped pecans

Mix gelatin with boiling water. Add lemon juice, sugar, and mayonnaise. Chill until mixture begins to congeal. Add pineapple, carrots, Dream Whip, and nuts. Chill until firm.

Betty Greenhaw



CAULIFLOWER-BROCCOLI MEDLEY

- 1 head cauliflower
- 2 small onions, sliced and separated into rings
- 1 bell pepper cut into strips
- 1/3 cup vegetable oil
- 1/4 cup sugar
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1 bunch broccoli
- 1/2 cup mayonnaise
- 1/3 cup vinegar
- 2 slices bacon, cooked and crumbled



Wash cauliflower and remove green leaves. Separate into flowerets, slicing the large ones to bite size. Wash broccoli and cut into bite sizes pieces. Combine vegetables in a large bowl. Mix together remaining ingredients, except bacon, and add to vegetables, tossing gently. Chill several hours or overnight. Garnish with bacon.

Edna Jones

CAULIFLOWER-BROCCOLI SALAD

- 1 head cauliflower
- 1 bunch broccoli
- 2 small onions, sliced into rings
- 1/2 cup mayonnaise
- 1/3 cup vegetable oil
- 1/3 cup vinegar
- 1/4 cup sugar
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 2 slices bacon, cooked and crumbled

Wash cauliflower and broccoli and separate into flowerets of bite size. Combine vegetables in a large bowl. In another bowl stir together remaining ingredients and add to vegetables. Toss gently. Chill several hours or overnight. Garnish with bacon before serving. Serves 8.

Clare Martin



COLE SLAW a la Creme

1 medium head cabbage, shredded
4 carrots, scraped and grated
1 cup mayonnaise
1/4 cup light cream or milk
1/3 cup onion, finely minced
Salt and pepper to taste

Combine cabbage and carrots in large salad bowl and refrigerate. Mix together mayonnaise, cream or milk, and onion. Let stand in the refrigerator at least 20 minutes. Pour dressing over vegetables, toss lightly, and season to taste. Refrigerate immediately. The cooler the salad, the better it tastes.

Ann Trice-Daughdrill



CONCEALED SALAD (Hidden Delights)

- 1 large head lettuce, chopped
- 2 large cans LeSeur peas, drained
- 6 to 8 stalks chopped celery
- 6 green onions mixed with 1 can
water chestnuts - chop onions
- 2 Tbsp. sugar
- 1 pint mayonnaise
- 1 medium can parmesan cheese

Place in large casserole, layering ingredients as listed. Cover tightly with plastic wrap. Chill at least 6 hours before serving.

Naomi Hale

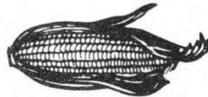


CORN RELISH SALAD

1 - 12-oz. can whole kernel corn, drained
1/2 cup coarsely chopped green pepper
1/2 cup diced celery
1/4 cup chopped onion
1 - 4-oz. jar chopped pimientos, drained
1/3 cup salad oil
3 Tbps. vinegar
2 tsp. salt
3/4 tsp. dry mustard
1/4 tsp. pepper

Combine all. Cover and chill at least overnight. Keeps well in tightly covered jar. Great with cold sliced ham. Serves 4 to 6.

Lucile Griffin



CREAMY POTATO SALAD

6 large Irish potatoes
3 hard-cooked eggs
1/2 tsp. salt
1 Tbsp. flour
1 Tbsp. butter
1 egg, beaten
1/4 cup mayonnaise
6 green onions
1/4 cup sugar
2 Tbsp. vinegar
2 Tbsp. water
1/2 tsp powdered mustard
1 cup whipping cream

Cook potatoes in jackets until tender (20-30 minutes). Meanwhile, make dressing: Combine sugar, salt, vinegar, flour, water, mustard, and beaten egg. Cook over low heat until creamy and thick, stirring frequently. Add butter, whipping cream (not whipped) and mayonnaise. Blend well and cool. Remove skins from potatoes. Slice potatoes and eggs into large bowl. Cut onions into small pieces, including tops. Add to potatoes. Carefully fold in dressing. Allow salad to stand in refrigerator at least 5 hours to blend flavors. Garnish as desired. Serves 6 to 8.

Dollie Abrigo



CREOLE SALAD

- 1 package elbow macaroni
- 3 medium size tomatoes
- 1 onion
- 1 bell pepper
- 1 small jar stuffed olives
- 1 small jar pimiento, if desired for color
- French dressing, garlic flavored
- Mayonnaise, salt, and pepper
- 3 hard boiled eggs

Cook macaroni until tender; wash thoroughly in cold water. Marinate in French dressing with seasonings. Add other ingredients. Do not peel tomatoes, but cut in large cubes. Add enough mayonnaise to bind ingredients together.

This salad is better if made in the morning and used at night, so that all flavors may blend well.

Virginia Corn



CUCUMBER MOUSSE

6 medium size cucumbers
2 envelopes unflavored gelatin
2 tsp. salt
2 Tbsp. lemon juice
1/4 tsp. Worcestershire sauce
1/2 cup heavy cream, whipped
6 Tbsp. pure vegetable oil
2 Tbsp. vinegar
1/2 tsp. salt
1/8 tsp. pepper

Pare, seed, and dice 4 cucumbers. Whirl in blender until puree is smooth. Strain puree through fine sieve into saucepan. Reserve pulp. Stir gelatin into juice in saucepan. Dissolve over hot water, stirring constantly. Remove from heat. Add cucumber pulp, two tsp. salt, lemon juice, and Worcestershire; mix well. Chill until thickened. Fold in whipped cream. Pour into 4-cup mold. Chill until set.

Score rind of remaining 2 cucumbers; slice. Combine remaining ingredients. Pour over the cucumbers. Toss gently. Unmold mousse onto serving plate. Surround with sliced cucumbers. Makes 6 to 8 servings.

Dollie Abrigo



CUCUMBER RING SUPREME

3 oz. package lemon Jello
1 cup boiling water
3/4 cup water
1/4 cup lemon juice
1 cucumber

Dissolve Jello in hot water. Add water and lemon juice. Pour into ring mold. Chill until partially set. Arrange overlapping slices of cucumber, pressing into Jello. Chill until firm.

Second Layer:

1 Tbsp. Knox gelatin
8 oz. cream cheese
2 Tbsp. sugar
3/4 tsp. salt
3/4 cup water
2 Tbsp. lemon juice
2 cucumbers
1 cup salad dressing
3 Tbsp. grated onion
1/4 cup parsley

Mix Knox gelatin, sugar, and salt in saucepan. Add 3/4 cup water. Stir over low heat until dissolved. Stir in 2 Tbsp. lemon juice. Beat hot gelatin mix into softened cream cheese until smooth. Pare cucumbers and halve lengthwise. Remove seeds. Grate. Add cucumber, mayonnaise, parsley, and onion to cream cheese mixture. Pour over Jello. Chill until firm.

Cam Lawry



CUCUMBER SALAD

- 1 package lime Jello
- 1 cup cottage cheese
- 1 cup mayonnaise
- 1 pinch salt
- 4 tablespoons lemon juice
- 3 large cucumbers (a lot), chopped
- 1 small onion, grated

Dissolve Jello in 1/2 cup boiling water.
Add all other ingredients and chill.

Dean Brooks



DILLED CARROTS AND GREEN BEANS

1 can (1 pound) sliced carrots, drained
1 can (1 pound) cut green beans, drained
1/4 cup finely chopped onion (1 small)
3 Tbsp. pure vegetable oil
2 Tbsp. lemon juice
1 tsp. chopped fresh dill weed
1 clove garlic, halved
1/2 tsp. salt
1/4 tsp. leaf basil, crumbled
1/4 tsp. black pepper

Combine all ingredients in mixing bowl.
Cover; chill thoroughly 3 to 4 hours or
overnight, if possible. To serve, discard
garlic clove, arrange vegetables on serving
dish. Makes 6 servings.

Dollie Abrigo



FOUR BEAN SALAD

1 can cut green beans
1 can yellow wax beans
1 can red kidney beans
1 can chick peas (Garbanzos)
1 green pepper, sliced in rings
1 purple onion, sliced in rings

Marinade:

1/2 cup sugar
1/2 cup white vinegar
1/w cut vegetable oil
1 tsp. salt
1/2 teaspoon dry mustard
1/2 tsp. crumbled tarragon leaves
1/2 tsp. crumbled basil leaves

Drain cans of beans, Mix marinade and dry ingredients first. Pour over other ingredients in large bowl. Store in refrigerator overnight or longer to develop full flavor.

Bonnie Rainey



FROZEN COLESLAW

- 1 large head cabbage, shredded
- 1 green pepper, chopped
- 1 large carrot, shredded
- 1 tsp. salt
- 1 cup vinegar
- 1 cup sugar
- 1/4 cup water
- 1 tsp. dry mustard
- 1 tsp. celery seeds

Combine vegetables and sprinkle with the salt; let stand one hour. Drain. Combine remaining ingredients in a saucepan, bring to a boil, and boil one minute. Cool. Pour over cabbage mixture and stir well. Freeze in plastic freezer containers or bags. To serve, thaw in refrigerator. Serves 8 to 10.

Elaine Bullock



FROZEN COLE SLAW

3 qts. (12 cups) chopped cabbage
1 large green bell pepper, chopped
1 large red bell pepper, chopped
2 medium onions

Dressing:

1 pint apple cider vinegar
2-1/2 cups sugar
1-1/2 tsp. celery seed
1 tsp. mustard seed
1/2 tsp. tumeric
1 tsp. salt

Bring dressing ingredients to boil.
Pour over vegetable mixture and stir
thoroughly. Let stand 12 hours or
overnight. Pack in freezer containers
and freeze. Makes 6 1/2 pints.

Thera Hambrick



GERMAN SLAW

1 medium cabbage, shredded
1 medium onion, thinly sliced
1/2 cup sugar
1/2 cup vinegar
1/2 cup salad oil
1 teaspoon salt
1 teaspoon celery seed
1-1/4 tsp. prepared mustard
1 tsp. sugar

Arrange layers of cabbage and onion in bowl. Top with 1/2 cup sugar. Boil together vinegar, oil, salt, celery seed, mustard, and 1 teaspoon sugar. Pour hot mixture over vegetables. Cool at least four hours. Better made day before. Will keep in refrigerator 2 weeks.

Hazel Durrenberger



GREEN AND GOLD SLAW

3 cups shredded cabbage

1 cup shredded carrots

1/2 cup sour cream

1 Tbsp. vinegar

1 Tbsp. sugar

1/4 tsp. salt

Combine cabbage and carrots in salad bowl. Blend sour cream, sugar, vinegar and salt....gently mixing with vegetables. Chill and serve

Debbie Yarbrough



HEARTS OF PALM SALAD

2 avocados, peeled and chopped coarsely
Lemon juice

1 - 14-oz. can hearts of palm, drained
and sliced

1 - 14 oz. can artichoke hearts, drained,
chopped coarsely

2 large tomatoes, coarsely chopped

2 cucumbers, thinly sliced

2/3 cup vegetable oil

1/4 cup vinegar

2 Tbsp. water

1 package Italian Salad Dressing powdered
mix

Sprinkle avocados with lemon juice, tossing to coat. Combine avocados with next 4 ingredients and toss gently. Refrigerate until serving time. Combine last 4 ingredients, mix well and chill. Toss salad with dressing at serving time. Serve on leafy lettuce.

Elaine Bullock



INSTANT MASHED POTATO SALAD

Combine in preheated mixing bowl:

1-1/2 tsp. salt

1/4 tsp. papper

1 cup cold milk

2-1/2 cups boiling water

Add:

3 cups instant mashed potato flakes
and stir gently. Set aside.

Combine:

2 hard-cooked eggs

2 green onions, chopped

1/2 cup chopped celery

1/2 cup chopped pickle

1/2 cup mayonnaise

1 Tbsp. prepared mustard

Mix lightly with mashed potatoes. Garnish
and serve hot or chilled. Serves 8.

Elaine Bullock



KRAUT SALAD

1 large can Kraut (shredded, drained)

1 medium onion, chopped

1 medium bell pepper, chopped

1 small can pimiento

1/2 cup vinegar

1/2 cup sugar

1/4 cup oil (Wesson or Mazola)

1/2 tsp. each of salt, garlic salt,
celery salt, and black pepper

Mix, chill, serve.

Calla Evans



LEMON MUSHROOMS

1 pound medium mushrooms
Juice of 1 lemon (2 tsp.)
1/2 lemon, cut in thin slices
1/4 cup salad oil
2 Tbsp. water
1-1/2 tsp. soy sauce
1/4 tsp. salt
1/4 tsp. sugar
1/4 tsp. rubbed sage

Rinse and trim mushrooms; slice thinly with egg slicer. Cook in hot oil in 3 qt. saucepan, stirring frequently until mushrooms are well coated with oil. Stir in other ingredients, heat to boiling, then reduce heat. Stir and cook until mushrooms are tender. Serve, chilled, on lettuce wedges.

Lucile Griffin



LETTUCE LAYER SALAD

- 1 head lettuce, shredded
- 2 small onions, thinly sliced
- 3 or 4 carrots, grated
- 1 package frozen peas, cooked and cooled
- 3 or 4 pieces of celery, chopped
- 1 bunch radishes, thinly sliced

Arrange a layer of one-half the lettuce in a large, flat bowl. Then a layer of 1/2 the onions, celery, carrots, peas, and radishes. Put drops (about 1 tsp.) of mayonnaise on top of peas, and sprinkle with 1 Tbsp. of sugar. Arrange the other half of the vegetables in the same way. Top with mayonnaise and sugar. Sprinkle with bacon crumbs.

Karrie Yeatman



MACARONI SALAD

1-1/2 cup elbow macaroni
1 cup chopped celery
2 medium carrots, shredded
3 fresh green onions, diced
1 bell pepper, cut in rings
1/4 cup French's mustard
1/8 tsp. black pepper
1 cup mayonnaise
1/4 cup milk
1 tsp. sugar

Make a sauce of last five ingredients, shake well, and pour over macaroni. Mix thoroughly. Refrigerate for one or two hours. Even better after a couple of days.

Debbie Yarbrough



MAKE-AHEAD ORIENTAL SALAD

- 1 - 17 oz. can tiny peas, drained
- 1 - 16 oz. can bean sprouts, drained
- 1 - 12 oz. can whole kernal corn, drained
- 2 - 5 oz. cans water chestnuts, drained
and sliced
- 1 - 4 oz. jar pimientos, drained and sliced
- 1 large green pepper, thinly sliced
- 1 large onion, thinly sliced
- 1 cup celery, sliced

Combine vegetables in large bowl, stir.

Mix: 1 cup salad oil, 1 cup sugar,
and 1/2 cup vinegar

Pour over vegetables, stir and refrigerate covered 24-36 hours or longer. Drain well before serving. Serves 12

Pam Elkins



MARINATED VEGETABLE SALAD

- 1 - 16 oz. can french style green beans
- 1 - 16 oz. can small peas
- 1 - 16 oz. can Chinese vegetables
- 1 6 oz. can water chestnuts
- 1 small jar pimento chopped

Drain above, well.

- 1-1/2 cup sliced celery
- 3 medium onions chopped

Combine above well drained ingredients and pour the following sauce over and marinate for 24 hours:

- 1 cup sugar
- 3/4 cup vinegar
- 1/2 cup oil
- 1 tsp. salt
- pepper to taste

Serve on a bed of lettuce or lettuce lined bowl for a buffet. Serves 12.

Joan Bailey



MARINATED VEGETABLE SALAD

1 can French style green beans
1 can LeSeur peas
1 can fancy Chinese vegetables
1 - 6-oz. can water chestnuts
1-1/2 cups thinly sliced celery
Pepper to taste
3 medium onions thinly sliced
1/2 cup sugar
3/4 cup vinegar
1 tsp. salt
1/2 cup salad oil

Drain vegetables. Slice water chestnuts thinly. Mix all ingredients in large bowl and cover. Refrigerate several hours or overnight. Will keep several weeks in refrigerator. Makes 3 pints.

Hazel Durrenberger



MARINATED VEGETABLE SALAD I

1 small can pimiento including juice
1 bell pepper, chopped
1 medium onion, chopped coarsely
3 stems of celery, sliced
1 can English peas
1 can small Blue Lake green beans

Dressing:

1 cup sugar
1/2 cup vinegar
1/2 cup oil
1 tsp. salt

Combine dressing ingredients, heating enough to melt all. Pour over ingredients well mixed, and let set in the refrigerator at least overnight. Flavor increases with time.

Thera Hambrick



MARINATED VEGETABLE SALAD II

2 quarts vegetables cut into bite-size pieces - cauliflower, celery, onions, pepper, cabbage, carrots or whatever you have.

Marinade:

2 cups apple cider vinegar
2-1/2 cups water
2 Tbsp. salt, slightly rounded
1/2 cup sugar

Combine marinade, heating enough to melt. Pour over vegetables and allow to stand at least overnight. Keeps well.

Thera Hambrick



MARINATED VEGETABLE TOSS

- 1 - 1-1/2 lb. bunch broccoli
- 1 medium head cauliflower
- 2 carrots, scraped and sliced
- 4 large mushrooms, sliced
- 1 - 4-1/2 oz. jar pimiento-stuffed olives,
drained
- 1 - 3.2 oz. can ripe olives, drained
- 1 - 8-oz. bottle Italian salad dressing

Cut broccoli and cauliflower into bite size pieces. Cook with carrots in boiling water for 3 minutes. Plunge vegetables into ice water immediately. When cool, drain well. Combine them with remaining ingredients and chill, covered at least 3 hours. 12 servings.

This is a Southern Living recipe that is perfect for outings or family reunions because it contains nothing that needs constant refrigeration.

Elaine Bullock



MOLDED BEET SALAD

1 #2 can chopped beets (save juice)
2 Tbsp. white vinegar
1 - 6 oz. package lemon gelatin
1/2 cup finely chopped celery
1 small onion, chopped fine
1/4 cup chopped green pepper
1/2 cup grated carrots
Dash of salt

Measure beet liquid; add vinegar and water as necessary to make 1-3/4 cups. Bring to a boil and dissolve gelatin in it. Cool to partly thicken and add vegetables and salt. Pour into mold. Chill until firm. Unmold. Serve on lettuce with dressing made with equal parts mayonnaise and sour cream; add horseradish if desired.

Virginia Culpepper



MOLDED BEET SALAD

- 2 packages lemon Jello
- 1 cup boiling water
- 2 cups liquid (beet juice and water)
- 1 #2 can shoe-string beets
- 1-1/2 Tbsp. vinegar
- 1/2 cup chopped celery
- 1 cup diced green pepper
- 1/2 cup onion, minced
- 2 teaspoons salt



Mix Jello with hot water to dissolve. Add beet juice and water and chill until slightly thickened. Combine the other ingredients and add to thickened mixture. Pour into mold and chill to set.

This is a gorgeous red color and is very pretty for holiday use.

Calla Evans



PEA SALAD

3 cans LeSeur peas
1-1/2 cups celery, chopped
1/2 cup onion, chopped
1-1/2 cups cheese, grated
Salt and pepper to taste
Tabasco, 2 drops
Shake or two or Worcestershire



Mix all ingredients with mayonnaise
and chill.

Dean Brooks

RED AND WHITE BEAN SALAD

- 2 cans (15 oz. ea.) red kidney beans,
drained, or 4 cups cooked kidney
beans, drained
- 2 cans (1 pound ea.) white kidney beans,
drained, or 4 cups cooked white beans,
drained
- 2 small onions, thinly sliced
- 1/2 cup diced celery
- 1/3 cup pure vegetable oil
- 1/2 cup cider vinegar
- 1/2 tsp. dry mustard
- 1/2 tsp. garlic salt
- 1/4 tsp. crushed black peppercorns

Combine beans, onions, and celery in large bowl. Combine remaining ingredients in small bowl; blend thoroughly. Pour dressing over bean salad; toss lightly. Cover; chill thoroughly. Makes 8 servings.

Dollie Abrigo



RICE SALAD

1 cup raw rice, cooked and drained

Add:

1/2 cup salad dressing

1 Tbs. mustard

1 tsp. salt

dash Worcestershire Sauce

dash Tobasco (or to taste)

1 cup frozen green peas, slightly
cooked

1 cup sliced carrots, slightly
cooked

1/2 cup fresh sliced celery

1/2 cup sweet pickle relish

Combine and serve on lettuce.

Joan Bailey



SAUERKRAUT RELISH SALAD

1 can #303 sauerkraut, well drained (run water over it once)

1 cup celery, cut

1 green pepper, chopped

1 small jar pimiento, chopped and drained

4 to 6 green onions and tops, chopped

1/2 cup Wesson oil

1/4 cup vinegar

1/2 to 3/4 cup sugar

Combine Wesson oil, vinegar, and sugar in small sauce pan. Bring to boil, then cool. Pour cooled brine over vegetables and mix well. Put in jar with tight fitting lid. Refrigerate overnight. Will keep a week. Do not add salt as kraut is salty.

Dollie Abrigo



SAUERKRAUT SALAD

1 - #2 can sauerkraut washed, rinsed and drained

1 medium onion, minced

1 bell pepper, chopped fine

1 can chinese bean sprouts, drained

Mix well and add marinade of:

1-1/4 cup salad oil

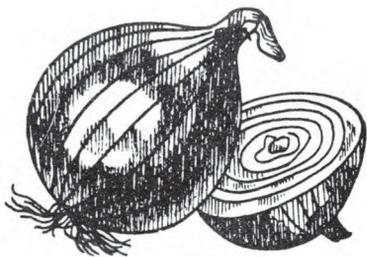
1-1/4 cup sugar

1-1/3 vinegar

Add 1 small jar pimento for color.

Keeps well.

Joan Bailey



SPAGHETTI-BEAN SPROUTS SALAD

- 7 ozs. uncooked vermicelli
- 3/4 cup mayonnaise or salad dressing
- 1 Tbsp. soy sauce
- 1 tsp. salt
- 1 tsp. prepared mustard
- 1/4 tsp. garlic powder
- Dash white pepper
- 1 cup bean sprouts, drained
- 1 cup sliced mushrooms, drained
- 1 medium stalk celery, sliced
- 1/3 medium green pepper, chopped
- 1 small onion, chopped
- 1 cup frozen green peas, rinsed under cold water to separate
- 1/2 cup cashews or peanuts, coarsely chopped (optional)

Break vermicelli into 2-inch pieces; cook as directed on package. Rinse in cold water; drain. Mix next 6 ingredients. Stir in vegetables. Refrigerate at least 3 hours. Stir in nuts. Serve in bowl lined with spinach leaves. This is a dish with a different, slightly Oriental flavor.

Sally Black



SPINACH SALAD

3-4 cups spinach, chopped coarsely

2 hard cooked eggs, finely chopped

1 tomato, unpeeled, finely chopped

4 slices bacon, fried crisp

1 cup fresh mushrooms, uncooked,
chopped fine

Crumble bacon and combine all ingredients
and mix with the following dressing:

1 medium onion, finely chopped

1/4 cup white vinegar

4-6 Tbsp. granulated sugar

Saute onion in bacon fat. Drain. Add vinegar and sugar. Pour over salad while still warm; toss lightly. Serve immediately. Dressing should not be refrigerated because it hardens. As this dressing is a high saturated fat dressing, it is not recommended for heart patients. Use instead a light Italian dressing or imitation blue cheese. It will still be good but not as delicious as the high saturated fat dressing.

Phyllis Daniel



SPINACH SALAD

1 package of fresh spinach
4 hard boiled eggs, chopped
8 slices of crisp bacon crumbled
4 green onions, chopped
1 -2-1/2 oz. package slivered almonds
Salt and pepper to taste

Wash and remove the stems of 1 package of fresh spinach. Place in bowl, covered with a damp paper towel, and chill. Toss the remaining ingredients with the spinach at serving time. Add croutons, if desired. Serve with dressing.

Dressing:

1/2 cup oil
1/2 cup red wine vinegar or Tarrago
Vinegar
1/2 cup sugar
1 Tbsp. lemon juice

Karrie Yeatman



STUFFED CELERY

1 - 8-oz. package cream cheese

1 package ranch style powdered salad dressing
mix

Celery

Combine first two ingredients until creamy. Wash celery and cut into 3-inch pieces. Stuff and serve. This cream cheese mixture is excellent on crackers, as it tastes like an expensive herbed soft cheese.

Elaine Bullock



STUFFED TOMATO SALAD

6 ripe tomatoes
3/4 cup diced cumber
1/4 cup mayonnaise
1/2 cup diced celery
2 tablespoons chopped nuts
Pepper to taste
6 lettuce cups

Combine cucumber, mayonnaise, celery, nuts, and pepper. Stuff tomatoes and serve in lettuce cups.



Hazel Durrenberger



SUMMER SALAD (Vegetable)

- 1 bell pepper, chopped in small squares
 - 4 stalks celery, sliced diagonally in
1/4" pieces
 - 1 jar whole pimientos, cut in small
squares
 - 1 medium onion, cut in small squares
 - 2 medium tomatos, seeded, and cut in
small squares - not peeled
 - 2 medium cucumbers, seeded and cubed
- Mix above with any Itlian dressing and
refrigerate at least 2 hours before
serving. Serves 4.

Edi Shepherd



SUMMER SALAD II

- 1 head of bibbor Boston lettuce, torn
- 1/2 bunch of water cress, cut with
scissors
- 1 package of sliced almonds

Toss and serve with following dressing
on the side. Any left over may be held
in refrigerator, covered, for 3 days.
(Be sure salad greens are clean and dry
before use.)

Dressing: Sour Honey Dressing
(See dressing section)

Edi Shepherd

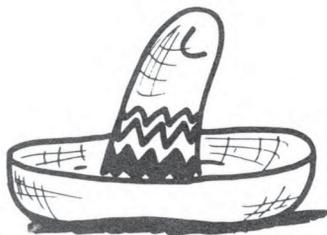


TACO SALAD

- 1-1/2 lbs. hamburger (ground chuck or round)
- 2 heads lettuce
- 1 bunch scallions
- 1 can black olives, pitted
- 2 - 8-oz. pkgs. shredded cheddar cheese
- 1 pkg. cherry tomatoes (cut in half)
- 1 lg. bag Dorrito Chips
- 1 lg. jar Catalina dressing
- 1 can kidney beans.

Brown, drain and cool hamburger. In large bowl, cut up or shred lettuce. Add: kidney beans, washed and drained, scallions or green onions, black olives, drained and cut in half, Cherry tomatoes, cut in half, the cheddar cheese, Dorrito chips, large jar Catalina dressing. Toss well and refrigerate overnight. Just before serving, garnish with fresh crumbled Dorrito chips. Serve with taco sauce.

Pam Elkins



TOMATO ASPIC

- 1 quart tomato juice
- 1 bunch celery, chopped
- 3 envelopes gelatin, (unflavored)
- 1 small jar olives, (sliced), green
- 1 teaspoon Worcestershire sauce
- 1 tablespoon onion, (grated)
- 1 tablespoon sugar
- 2 teaspoons salt
- 1/8 teaspoon pepper (black)
- 1/2 cup cold water

Heat tomato juice. Dissolve gelatin in cold water. Gradually add to the tomato juice. Add vegetables and seasonings. Pour into mold that has been rinsed in cold water.

Beth McRae



TOMATO AND ZUCCHINI SALAD

1-1/2 pounds zucchini squash
1-1/2 pounds tomatoes
6 Tbsp. olive oil
2 Tbsp. vinegar
Pinch of salt
2 Tbsp. herbs: parsley, thyme

Slice zucchini; place in saucepan with a little boiling water, return to boil, and cook just a minute or two, or until crisp-tender. Drain and plunge into cold water to chill quickly and stop cooking.

On a large platter or individual plates, alternate slices of zucchini and sliced, peeled tomatoes. Make a vinaigrette dressing by combining olive oil, vinegar, salt, and fresh herbs. Beat with a fork to mix. Pour over the sliced vegetables. You may garnish with anchovy strips or hard-boiled eggs. Makes 4 servings.

Edna Criscuolo



THREE BEAN SALAD

1 can green beans, drained
1 can wax beans, drained
1 can kidney beans, wash and drain
Onion rings and minced onion
Green pepper and minced pepper

Sauce:

1/2 cup vinegar
1/2 cup oil
3/4 cup sugar
1 tsp. salt
1/8 tsp. pepper

Beat well with egg beater. Pour over beans, etc. Mix and let stand for 24 hours or more.

Nancy Wilkerson



THREE P'S SALAD

1 small jar pimiento
1/2 cup peanuts
1 can LeSeur English peas, drained
1/4 cup mayonnaise
1 tsp. minced onion
Salt to taste

Chop pimiento and nuts. Mix with
drained peas. Blend in mayonnaise and
minced onion. Chill.

Edna Jones



24-HOUR SLAW: Yield: 12 servings

1 large head cabbage, shredded

2 onions, chopped

Salt and pepper

3/4 cup sugar

1 tsp. celery seed

1 tsp. prepared mustard

1-1/2 cups vinegar

1 cup salad oil

Sprinkle cabbage and onion with salt and pepper. Bring sugar, celery seed, mustard and vinegar to a boil and boil for 1 minute. Add salad oil. Put cabbage in a large bowl. Pour liquid mixture over cabbage-onion mixture. Cover bowl and refrigerate for at least 24 hours before using. Slaw will stay crisp for nearly a week.

Sally Black



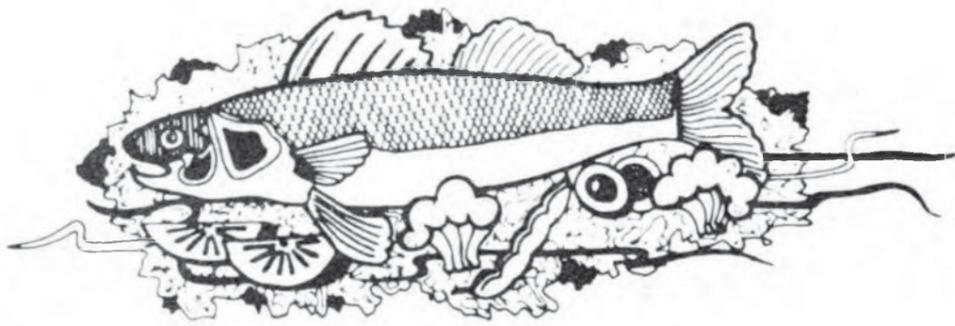
VEGETABLE SALAD MOLD

- 1 - 3-oz. package lemon Jello
- 1/2 cup boiling water
- 1 envelope gelatin
- 1/2 cup juice from drained peas
- 1/4 cup white vinegar
- 1 cup small green peas (canned)
- 1-1/4 cups chopped celery
- 1 Tbsp. chopped green pepper
- 1 Tbsp. chopped onion
- 1 tsp. salt
- 1 tsp. sugar
- 1 tsp. prepared mustard
- 1 cup mayonnaise

Dissolve Jello in boiling water. Add gelatin softened in juice from peas. Add vinegar. When cool, add remaining ingredients. Pour into 1 quart mold and refrigerate.

Mary Beth Watkins





**SEAFOOD
SALADS**

AVOCADO CRAB SALAD

4 ripe avocados

2 large cans crab meat

Lettuce

1/2 cup mayonnaise, or to taste

Slice unpeeled avocados in half, lengthwise, cutting through to the seed. Place both hands over avocado and twist in opposite directions to release from seed. Remove seed. Toss flaked crab meat with mayonnaise and seafood seasonings of your choice, and fill avocado halves. Serve on lettuce or arrange on platter that is decorated with lettuce leaves, miniature tomatoes and black olives. Serves 8.

Margaret Compton



HEARTY TUNA SALAD

- 1 - 6-1/2 or 7 oz. can tuna, drained
and flaked
- 1 - 10-oz. package frozen Italian green
beans
- 1 cup thinly sliced celery
- 1/2 cup mayonnaise
- 1 Tbsp. lemon juice
- 1-1/2 tsp. soy sauce
- Dash garlic powder
- 1 cup chow mein noodles
- Lettuce cups

Cook Italian green beans according to package directions; drain and cool. Combine green beans, flaked tuna, sliced celery, mayonnaise, lemon juice, soy sauce, and garlic powder; chill. Before servings, add chow mein noodles to tuna mixture; toss together lightly. Serve in lettuce cups. Makes 4 servings.

Bonnie Rainey



HEARTY SALMON/MACARONI SALAD

3/4 cup uncooked elbow macaroni
1 - 7-3/4-oz. can salmon, drained and flaked
3/4 cup chopped celery
2 Tbsp. chopped onion
3/4 cup mayonnaise or salad dressing
1/4 tsp. liquid smoke
Parsley

Cook macaroni following package directions. Drain. Combine macaroni, salmon, celery and onion. Blend liquid smoke, mayonnaise (or salad dressing) and 1/4 tsp. salt. Toss lightly with fish mixture. Chill. Garnish with sprigs of parsley. Serves 3 or 4.

Edi Shepherd



PINK SHRIMP MOUSSE

1 envelope unflavored gelatin
1/2 cup cold water
1 - 8-oz. package cream cheese
1 - 8-oz. bottle Thousand Island Dressing
1/2 tsp. horseradish
1 Tbsp. lemon juice
1/2 tsp. salt
2 cups cooked shrimp, finely chopped
1/2 cup sliced celery
1/4 cup chopped green pepper

Soften gelatin in cold water, heating slowly until dissolved. Soften cream cheese with spatula and gradually stir in bottled salad dressing; mix well until completely blended. Add gelatin mixture, horseradish, lemon juice, and salt. Cut shrimp into small pieces, reserving a few whole shrimp for garnish. Fold in chopped shrimp, celery, and green pepper. Pour into 1 quart mold; chill until firm. At serving time, turn mold out on platter; garnish with whole shrimp. Surround base of mold with toasted thins.

Dollie Abrigo



SHRIMP BOATS

- 1/4 cup vinegar
- 1 Tbsp. catsup
- 2 Tbsp. horseradish mustard
- 1/2 tsp. tarragon
- 1-1/2 tsp. paprika
- 1/2 tsp. salt
- 1/4 tsp cayenne pepper
- 1/2 cup salad oil
- 1/4 cup finely chopped celery
- 1/4 cup finely chopped green onion
- 2 pounds cleaned, cooked shrimp
- 4 ripe avocados

Combine first seven ingredients, adding oil slowly and beating constantly. Add celery and onions. Pour over shrimp and refrigerate four hours or overnight. Halve and peel each avocado lengthwise, cutting thru to the seed. Place both hands over avocado and twist in opposite directions to release seed. Remove seed. Arrange shrimp on each half. Serve chilled on lettuce leaves with chilled asparagus, carrot curls, sliced boiled eggs and extra marinade.

Margaret Compton



SHRIMP & MELON BALL SALAD

2 pounds cooked cleaned shrimp
2 Tbs. lemon juice
2 tsp. grated onion
1-1/2 cup chopped celery
1-1/2 tsp. salt
1 cup mayonnaise
1-1/2 Tbs. curry powder
6 Tbs. sour cream
1 lg. honeydew melon, cut into balls
1 lg. canteloupe, cut into balls
Bibb lettuce or Romaine lettuce
Shredded coconut (optional)

Mix curry powder into sour cream. Combine shrimp, lemon juice, onion, celery, salt and mayonnaise. Add sour cream mixture. Mix well and chill several hours. Add melon balls shortly before serving. Serve on lettuce and top with coconut. Serves 6 to 8.

Julia Connell

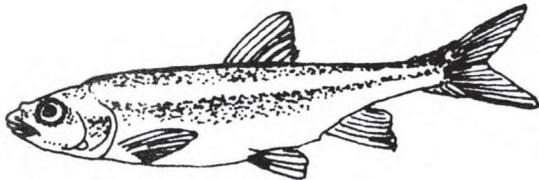


TUNA MOLD

- 1 lemon Jello
- 1 cup hot water
- 3/4 cup canned milk
- 1/4 cup lemon juice
- 1/3 cup mayonnaise
- salt
- 1 tsp. Worcestershire Sauce
- 10 drops Tabasco
- 1/2 cup diced celery
- 1 Tbs grated onion
- 1 - 7 oz. can tuna
- 2 Tbs. pimiento

Dissolve Jello and cool. Add remaining ingredients and chill. Unmold on serving plate/tray, surround with parsley and ring with crackers. Serves 6 to 8.

Joan Bailey





MEAT SALADS

CHICKEN FRUIT SALAD

1 - 16 oz. can pineapple chunks
1 apple, cored and sliced
1 cup seedless grapes
3 cups diced, cooked chicken
Whipped Cream Dressing
Lettuce
1/3 cup toasted almonds

Drain pineapple chunks. Keep juice. Dip apple slices in pineapple juice. Combine fruit and chicken, and chill. Add Whipped Cream Dressing. Toss lightly. Serve on lettuce and top with almonds.

WHIPPED CREAM FRUIT DRESSING

3 Tbsp. margarine or butter
3 Tbsp. all purpose flour
1/4 cup sugar
1 teaspoon salt
1/3 cup lemon juice
1/3 cup pineapple juice
2 egg yolks, slightly beaten
1/2 cup whipped cream

Melt butter over low heat. Blend in flour. Add sugar, salt, lemon juice and pineapple juice. Cook until thickened, stirring constantly. Put some of hot mixture into egg yolks and stir this into remaining hot mix. Cook 2 minutes. Chill, Fold in whipped cream.

Frances Worstall



CHICKEN MOUSSE SALAD

2 envelopes unflavored gelatin
2 cups cold chicken broth, divided
1-1/4 tsp. salt
1-1/4 teaspoon dried leaf tarragon
2 Tbsp. lemon juice
1/4 tsp. hot pepper sauce
2 tsp. grated lemon peel
1 - 5 oz. can water chestnuts, drained,
and chopped
2-1/2 cups chicken, cooked, chopped
1/2 cup chopped pecans
1 cup whipping cream, whipped

Sprinkle gelatin over 1 cup chicken broth in sauce pan. Stir over low heat until gelatin dissolves (4 or 5 min.). Remove from heat; stir in remaining 1 cup chicken broth, salt, tarragon, lemon juice, hot pepper sauce and lemon peel. Chill, stirring occasionally until consistency of unbeaten egg white. Stir in water chestnuts, chicken, and pecans. Fold in whipped cream. Turn into six-cup mold. Chill until firm. Unmold, Garnish with salad greens. Serves 6.

Margaret Compton



CHICKEN SALAD

1 large broiler/fryer
boiled, boned and cut into
small pieces

1 large pork chop
boiled, boned and cut into
small pieces

Take skin of cooked chicken and place
in blender with 1 Tbs. broth
from chicken and puree

To above ingredients add:

Sweet pickle to taste

Celery

Salt

2 boiled eggs chopped

Salad dressing

Combine and serve on lettuce.

Joan Bailey



CHICKEN SALAD

- 5 cups cooked chicken, cut in chunks
- 2 Tbsp. salad oil
- 2 Tbsp. orange juice
- 2 Tbsp. vinegar
- 1 tsp. salt
- 3 cups cooked rice
- 1-1/2 cups small, green grapes
- 1-1/2 cups chopped celery
- 1 - 13-1/2 oz. can pineapple tidbits,
drained.
- 1 - 11 oz. can mandarin oranges, drained
- 1 cup slivered, toasted almonds
- 1-1/2 cup mayonnaise

Combine chicken, salad oil, orange juice, vinegar, and salt. At this point salad may be refrigerated and completed next day. Gently toss together remaining ingredients to complete. Serves 12.

Margaret Compton



CHICKEN SALAD BALLS

1 cup chopped cooked chicken

1 Tbsp. chopped onion

2 Tbsp. pimienta

1/2 cup salad dressing

1 cup chopped pecans

Dash of hot sauce

Combine all ingredients. Mix well. Chill several hours. Shape into one inch balls. Makes 2 dozen.

Frances Worstall



CHUNKY CHICKEN SALAD

2 cups cold cooked diced chicken

1/2 cup nuts

1/2 cup diced pineapple

1 cup diced celery

2/3 cup diced apples

2/3 cup raisins

Mayonnaise and lettuce

Steam raisins until plump. Combine with chicken, celery, nuts, apples, and pineapple. Moisten with mayonnaise. Mix lightly.

Serve in crisp lettuce cups.

For a special touch, sprinkle with sliced toasted almonds. Serves 6.

Julia Connell



CLUBHOUSE SALAD

2 cups cooked elbow macaroni
4 hard cooked eggs, finely chopped
1 cup finely diced celery
6-8 pimiento-stuffed olives, chopped
1 sweet or dill pickle, chopped
1 Tbsp. grated onion
Salt, pepper, paprika to taste
Mayonnaise or salad dressing

Combine all ingredients, adding just enough dressing to moisten. Serve on crisp lettuce and garnish with quartered tomatoes. Serves 5 to 6.

Hazel Durrenberger



COLD CHICKEN SALAD PIE

- 1 - 8-inch pie shell, baked
- 1/4 cup shredded sharp cheddar
- 1-1/2 cups cubed cooked chicken
- 1 - 8-3/4 ounce can pineapple tidbits
drained (2/3 cup)
- 1/2 cup celery, sliced
- 1/2 cup walnuts, chopped
- 3/4 cup dairy sour cream
- 1/2 cup mayonnaise

Bake pie shell. Cool.

Combine chicken, pineapple, celery, and nuts. Blend sour cream and mayonnaise. Add 2/3 cup south cream mixture to chicken mixture. Mix well. Spoon into pastry shell. Spread remaining sour cream mixture over. Sprinkle with shredded cheese. Chill. Trim with sliced pitted ripe olives. Serves 6.

Edi Shepherd



CORNED BEEF SALAD MOLD

1 envelope unflavored gelatin
1-1/2 cups tomato juice
1 cup mayonnaise or salad dressing
1 tsp. lemon juice
1 - 12-oz. can corned beef, finely flaked
1 cup celery, chopped
1 hard-cooked egg, chopped
1 Tbsp. finely chopped onion
Spinach leaves or lettuce leaves
Hard-cooked egg slices, (optional)
Celery leaves (optional)

Soften gelatin in 1/4 cup cold water. Meanwhile, in saucepan bring tomato juice to boil; add softened gelatin, stirring until gelatin is dissolved. Gradually stir mixture into mayonnaise. Stir in lemon juice. Chill until partially set. Fold in corned beef, celery, chopped egg, and onion. Turn into 9 X 5 X 3 inch loaf pan. Chill until firm. Unmold onto spinach or lettuce lined plate. Garnish with egg slices and celery leaves.

Slices of this inexpensive salad may be served as an appetizer or a light main dish.

Ruth Lindauer



DELICIOUS TOSS SALAD

Spinach, romaine or watercress

1-1/2 cups mushrooms

1 can water chestnuts, sliced

1 can bean sprouts, drained

Combine in salad bowl, pouring over them the following dressing, mixed well:

Dressing:

3/4 cup peanut oil

1/4 cup slivered onion

1/4 cup soy sauce

3 Tbsp. lemon juice

1 Tbsp. sugar

1 tsp. pepper

1 Tbsp. sesame seed

Cam Lawry



EDI SHEPHERD'S HOT BAKED HAM SALAD

2 pound ham , chopped
1 cup diced celery
1 teaspoon minced onion
1/4 cup slivered almonds (I used 1/2 cup)
2 hard cooked eggs, chopped
12 to 15 pimiento-stuffed olives, sliced
1/2 cup sliced fresh mushrooms (I used
1 cup because I like mushrooms)
Salt and pepper to taste (I leave out
salt)
1/2 cup mayonnaise
1/8 cup (1 oz.) prepared mustard

TOPPING:

2 cups grated medium sharp cheddar cheese
1 package crushed potato chips

Combine mustard & mayonnaise. Fold into the combined other ingredients. Pour into glass casserole. Top with grated medium cheese and put crushed potato chips over that. Bake in 350 degree oven until cheese melts and it is hot through. Serves 6 for main course.
(This recipe fits 9X13" pyrex dish)



ELBOW MACARONI SALAD

1-1/2 cups diced celery

1/2 cup French dressing

1/2 cup mayonnaise

2 Tbsp. chopped pimiento

1 Tbsp. minced onion

1/8 tsp. salt

Dash pepper

1 - 8 oz. package macaroni, cooked, drained
and chilled

Combine celery, mayonnaise, French dressing, pimiento, onion, and seasoning. Toss well with macaroni. Arrange on lettuce leaves on a platter. Garnish with tomato wedges, sliced Spanish olives, and parsley. Sprinkle paprika on top.

Ann Trice-Daughdrill



FRUITED CHICKEN SALAD

- 1 quart cut-up chicken (2 small or 1 large)
- 1 cup sliced celery
- 1 can white seedless grapes
- 1 - 10-oz. can water chestnuts, chopped and drained
- 1-1/2 cups toasted slivered almonds
- 2 cups (large can) pineapple chunks, drained
- 1 Tbsp. soy sauce
- 1 Tbsp. lemon juice
- 1 tsp. curry powder
- 1-1/2 cups mayonnaise

Mix all ingredients together. Refrigerate for several hours before serving....Yummy!



Bonnie Rainey

HOT CHICKEN SALAD

1 cup mayonnaise
2 Tbsp. lemon juice
1 tsp. scraped onion
2 cups diced chicken
2 cups chopped celery
1/2 cup chopped salted almonds
1 small can chopped pimiento
2/3 cup crushed potato chips
1/2 cup sharp grated cheese

Mix together all except the last two ingredients. Put in casserole. Cover with crushed potato chips and grated cheese. Bake for 30 minutes at 350 F.

Margaret Compton



HOT HAMMY-CHEDDAR SALAD

2 cups ham, cubed
1 cup cheddar cheese, cubed
1 small green bell pepper, diced
4 hard-boiled eggs, sliced
1 package (7-1/2 oz.) macaroni-cheese mix
1 cup real mayonnaise
Dash paprika
Dash white pepper and cayenne pepper
1 tablespoon pimiento, chopped

Prepare macaroni-cheese mix according to directions. Combine mayonnaise, bell pepper, hot peppers, ham, cheese, pimiento. Add to macaroni-cheese mixture. Place in serving dish, with sliced eggs placed around sides of dish. Sprinkle with paprika and serve warm.

Betty Sloan



JACQUE'S CHICKEN SALAD

3 large chicken breasts, cooked and chilled
1/2 cup mayonnaise
1/4 cup whipping cream, whipped
1 cup diced celery
1/2 tsp. salt
Dash pepper
Crisp lettuce cups
2 tsp. drained capers
1 - 10-oz. package frozen, cooked French
style green beans, drained and
chilled or 1 lb. can
1/4 cup Italian dressing
6 tomato slices
6 ripe olives
2 hard-cooked eggs, quartered

Cut 3 thin slices from chicken breasts; re-serve for garnish. Cube remaining chicken. Fold mayonnaise into whipped cream. Fold in diced chicken, celery, salt, and pepper; chill.

To serve, spoon salad into 3 crisp lettuce cups. Top with reserved chicken slices and a dollop of mayonnaise. Sprinkle with capers. Toss green beans with Italian dressing; arrange on plate with salad. Garnish with tomato slices, ripe olives, and hard-cooked eggs. Makes 3 servings.

Frances C. Allen



LET'S-HAVE-A-PICNIC SALAD

1/2 pound Kielbasa sausage, sliced (or
other Hillshire Farms sausage)

2 cups cubed cooked potatoes

4 hard cooked eggs, diced

1 cup cooked green peas

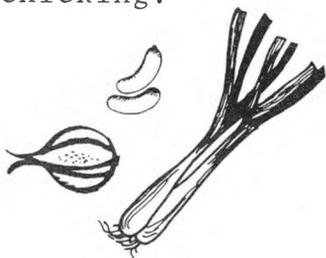
1/3 cup onion, diced fine

1/2 large green pepper, chopped

1/2 teaspoon salt

1 cup mayonnaise

Combine all ingredients. Chill until ready to serve. Garnish with tomatoes and serve on lettuce, if desired. Happy picnicking!



Virginia Culpepper

MEXICAN SALAD

Chop: 1 green onion
 4 tomatoes
 1 head of lettuce

Toss with: 4 oz. grated cheddar cheese
 8 oz. Thousand Island or
 French dressing

Hot sauce to taste: Tomato and Green
 Pepper Sauce

Chill salad.

Crunch and add: 1 bag of Doritos

Slice: 1 avocado, peeled

Brown: 1 pound of hamburger,
 with 1/4/tsp. of salt.
 Add 1 - 15-oz. can
 Mexican style kidney
 beans.

Simmer 10 minutes. Arrange taco style on
each plate.

Karrie Yeatman



RED, WHITE, AND BLUE SALAD FOR JULY FOURTH

- 1 - 3 oz. package cherry gelatin
- 1 - 3 oz. package blackberry gelatin
- 1 package Cool Whip or Dream Whip
- 1 small box dry cottage cheese curds
(I use 99% fat free)

Mix cherry gelatin according to package directions, and place in refrigerator. In separate bowl mix blackberry gelatin in same manner. In another bowl, mix Dream Whip by package directions. Fold in cottage cheese; place in refrigerator. Allow ingredients in three bowls to gel partially. Fill individual molds 1/3 full of Cool Whip-cottage cheese mixture, and 1/3 full of blackberry gelatin. Return molds to refrigerator until congealed. Serve on lettuce leaves. Top with red cherry.

Ann Trice-Daughdrill



SPICY MEXICAN SALAD

1 large head of lettuce, torn into bite
size pieces

3 medium tomatoes, finely chopped

1/2 pound cheese, grated

1 pound hamburger meat or ground round

1 small can tomato sauce

1 large onion, chopped

Salt to taste

1 package commercial taco mix (optional) or
1 teaspoon oregano

Brown meat until well done. Remove from pan. Saute onions until done but not brown. Drain fat. Add meat, tomato sauce, and spices. Simmer until done but not dry. Mix well in large salad bowl with rest of the ingredients. Add Russian, Italian or French dressing. This may be served with broken taco shells or corn chips if desired. A good meal for summer supper. Do not mix ahead.

Phyllis Daniel



TACO SALAD SUPREME

1 pound ground beef
1 small diced onion
1 package Taco seasoning mix
1 - 16 oz. can red kidney beans
Lettuce, shredded
Fresh spinach, shredded
8 oz. shredded cheddar cheese
1 cup sour cream
Crushed Taco chips
2 medium ripe tomatoes, cubed
Taco sauce (bottled)

Toss lettuce and fresh spinach together in large salad bowl. Set aside. Brown beef in heavy skillet, drain fat, add seasoning mix, salt and pepper to taste, and simmer on low for 20 minutes. Layer tomatoes on top of lettuce and spinach combo. Spread beef over tomatoes, and sour cream over beef. Sprinkle cheese and Taco chips on top. Serve with additional Taco sauce. Ooo-la!

Betty Sloan



FRUIT SALADS

AMBROSIA

8 to 10 juicy oranges, peeled and diced
1 cup moist coconut
1/2 cup chopped pecans
1/2 cup cherries, halved
1/4 cup sugar
1 cup or orange juice

Combine all ingredients. Chill.
Yield: 4 to 6 servings.

Margie Tedders



AMBROSIA SALAD

- 1 - 13-1/2 oz. can pineapple tidbits, drained
- 1 cup sour cream
- 1 - 13-1/2 oz. can flaked coconut
- 1 - 11 oz. can Mandarin oranges
- 1 cup miniature marshmallows
- 2 bananas, sliced

Combine first five ingredients; toss lightly. Pour into casserole; smooth top. Cover; refrigerate for 8 to 12 hours. Serve salad on lettuce, topped with bananas. Makes 6 servings.

Thera Hambrick



APRICOT SALAD - MOLDED

2 cans apricot halves

Dash of salt

2 - 3 oz. packages orange Jello

2 Tbs. lemon juice

1 - 6 oz. can frozen orange juice concentrate

1 - 6 oz. bottle 7-Up

Drain apricots and save syrup.

Puree apricots. Combine syrup, Jello and salt. Heat to boiling. Stir and cool. Add puree, orange and lemon juice. Stir until melted. Slowly pour 7-Up down side of pan, fold in and pour into mold.

Chill until firm. Serves 6.

Joan Bailey



APRICOT SALAD

- 1 - 15-1/2 oz. can crushed pineapple
- 1 - 12-oz. can apricot nectar
- 1/2 cup water
- 1 - 6 oz. package lemon gelatin
- 1 cup miniature marshmallows
- 2 large bananas, sliced
- 1 small package cream cheese

Drain pineapple, reserving liquid for topping. Combine apricot nectar and water in saucepan and bring to boil. Stir in gelatin until dissolved. Add pineapple, marshmallows, and bananas. Pour into shallow 2 quarter dish and chill.

Topping:

Mix cream cheese with pineapple juice until smooth, adding a few pecans, if desired. Spread over salad when firm.

Clare Martin

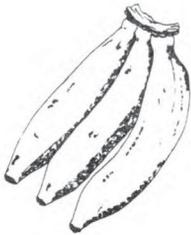


BANANA-NUT SALAD

6 or 8 bananas
1 cup sugar
2 Tbsp. flour
1 egg, well beaten
2 Tbsp. butter, melted
1/4 cup mild vinegar
3/4 cup water
1/2 cup chopped nuts

Combine sugar and flour; add egg, mixing thoroughly. Add butter, vinegar and water. Mix thoroughly. Cook over hot water, stirring constantly until thick and smooth. Cool. Dip bananas into dressing; roll in nuts.

Margie Tedders



BEST ORANGE SALAD

1/2 cup warm water
3 packages unflavored gelatin
1/2 cup granulated sugar
1 small container frozen orange
concentrate

Sprinkle gelatin over warm water in bottom of large blender container. Let set for about 5 minutes or until soft. Add sugar and blend until dissolved. Add frozen orange juice. Blend sugar and juice mixture. Add 3 large ice cubes, one at a time. Quickly pour mixture into ring mold, greased with mayonnaise. It is ready to serve immediately. This will stay molded at room temperature except in extremely hot weather.

Phyllis Daniel



BLACK CHERRY SHERRY SALAD

2 packages cherry gelatin
1-1/3 cups boiling water
1/2 cup dry sherry wine
1 can Bing cherries
1-1/3 cups juice from cherries
1-1/2 cups seedless grapes
1 cup nuts

Dissolve gelatin in boiling water. Add cherry juice and sherry. Put in cool place to allow slight thickening. Lightly brush 8 to 10 molds, according to size, with salad oil and partly fill with grapes, cherries, and nuts. Finish filling molds with liquid and put in refrigerator to chill.

Hazel Durrenberger



BLENDER CRANBERRY DREAM SALAD

1 cup heavy cream
1 cup crushed pineapple, drained
1 - 1-lb. can whole cranberry sauce, cut up
2 Tbsp. mayonnaise
2 Tbsp. sugar
2 - 3-oz. pkg. cream cheese, quartered
1/4 cup walnuts

Blender-whip cream and remove to large bowl, add drained pineapple. Liquify cranberry sauce until smooth, add mayonnaise, sugar, and cheese and process till well blended. Add nuts & process only till chopped. Fold mixture into cream & pineapple. Pour into tray & freeze. Let stand at room temperature & turn out on lettuce and slice. Serves 8.

Dave Shepherd



BLENDER SALAD

20-oz. can fruit cocktail
8 oz. carton sour cream
2 cups boiling water
2 small packages Jello, (lime, lemon,
or orange)

Blend fruit cocktail and sour cream in the blender. Add boiling water to Jello, stirring until smooth. Combine Jello mixture with first mixture in blender, and blend until well mixed. Cool. Place in refrigerator to congeal. Serve on lettuce leaves. Serves 8.

Lucile Griffin



BLUEBERRY SALAD

1 small package blackberry Jello
1 small can crushed pineapple, drained
1 cup blueberries

Prepare Jello according to package directions, using drained pineapple juice to make up part of the liquid. When Jello mixture is partially set, fold in pineapple and blueberries. Top with one small package cream cheese mixed with 1 small cup sour cream.



Calla Evans

BLUEBERRY SALAD

2 - 3-oz. packages blackberry gelatin
2 cups boiling water
1 can or 2 cups blueberries, drained
1 can crushed pineapple, drained
1/2 cup sugar
1 cup sour cream
1/2 tsp. vanilla
1 small package cream cheese
1/2 cup chopped nuts

Dissolve gelatin in boiling water. Drain blueberries and pineapple and measure the liquid. Add enough water to make one cup and add to the gelatin mixture. Stir in the blueberries and pineapple. Pour into a flat 2 quart pan and refrigerate until firm. Blend softened cream cheese, sugar, sour cream, and vanilla. Spread over the congealed salad, sprinkling nuts on top. Makes 10 to 12 servings. Delicious!

Edna Jones





BRIDES RIBBON SALAD

- 1 - 8½ oz. can crushed pineapple, drained
(reserve liquid)
- 3-oz. package lime gelatin
- 8-oz. package cream cheese
- 1/2 cup sugar
- 1 cup evaporated milk, undiluted
- t tsp. vanilla, (optional)
- 1 envelope unflavored gelatin
- 3-oz. package strawberry gelatin
- 1 cup boiling water
- 1 - 10-oz. package frozen strawberries,
thawed

STEP ONE:

Place drained pineapple in individual molds or in 12 X 7-1/2 X 2 inch baking dish. Combine pineapple syrup with enough water to make 1-1/4 cups and heat to boiling. Dissolve lime gelatin in hot syrup. Pour over pineapple. Chill until firm.

STEP TWO:

Beat cream cheese with 1/2 cup sugar until soft and smooth. Blend in undiluted evaporated milk and vanilla. Soften 1 envelope
(over)



BRIDES RIBBON SALAD (continued)

unflavored gelatin in 1/4 cup cold water. Heat to dissolve. Blend into cheese mixture. Pour over lime layer. Chill until firm.

STEP THREE:

Dissolve strawberry gelatin in 1 cup boiling water. Stir in frozen, thawed strawberries. Cool to room temperature. Pour over cheese layer. Chill until firm. Turn out on lettuce.

Note: This salad, more trouble than some, is rewarding in that it is pretty and delicious.

Mrs. Harold Gulliver, Sr.



BUTTERMILK SALAD

2 packages orange Jello
1 can pineapple, drained
2 cups buttermilk
1 cup chopped pecans
1 large carton Cool Whip

Mix and bring to a boil pineapple juice and two packages dry Jello powder. Cool at least 30 minutes. Add 2 cups buttermilk and the drained pineapple. Fold in 1 cup of chopped pecans and a large carton Cool Whip. Mix thoroughly. Refrigerate several hours or overnight.

Edna Jones



BUTTERMILK SALAD

- 1 large can crushed pineapple
- 1 large package strawberry Jello
- 2 cups buttermilk
- 1 - 8-oz. container Cool Whip

Drain pineapple. Add water to juice, if needed to measure 1 cup, and heat. Add Jello to dissolve. Add pineapple. Cool; then add buttermilk and Cool Whip. Pour into 1-1/2 quart flat pan, or into individual molds. 10 to 12 servings.

Mary Beth Watkins



CHERRY JELLO SALAD

1 large (6 oz.) package cherry Jello
8 oz. package cream cheese
1 package frozen strawberries
1 cup pecans
2 cups boiling water

Dissolve Jello in boiling water. Mash softened cream cheese. (Add a little hot Jello mixture to make it smooth and creamy.) Combine cream cheese mixture with hot Jello. Add nuts and partially thawed frozen strawberries and mix until strawberries are completely thawed. Serve on lettuce.

Nancy Wilkerson, from
Becky De Loach



CHILLED FRUIT SALAD

- 1 cup orange sections
- 1 cup pineapple chunks
- 1 cup miniature marshmallows
- 1 cup flaked coconut
- 1 cup sliced fresh peaches
- 1 cup sour cream

Drain fruits. Combine all ingredients.
Chill thoroughly. Yield: 6 servings.



Margie Tedders

CHRISTMAS CRANBERRY SALAD

- 1 orange
- 2 tablespoons grated orange peel
- 1 cup cranberries, measure before grinding
- 2 apples, chopped finely, not ground
- 1/2 cup grapes, chopped
- 1 small can crushed pineapple, with juice
- 1/2 cup sugar
- 1 cup hot water
- 1 package lemon or orange Jello (3 oz.)
- 3/4 cup pecans, chopped fine

Grind orange and cranberries in food chopper. Add chopped apples and grapes. Add 1/2 cup sugar and let stand while other ingredients are being prepared. When Jello is cool, add all ingredients. After it begins to thicken, put into individual molds. Top with a dab of salad dressing or mayonnaise and serve on lettuce leaves.

Ann Trice-Daughdrill

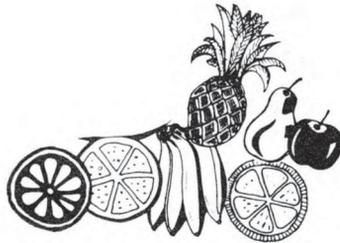


CITRUS SALAD

- 1 can grapefruit slices
- 1 can mandarin oranges
- 1/2 cup white raisins
- 1/2 cup or more of chopped pecans
- 1 - 6 oz. package lemon gelatin

Drain fruits and use proper amount of juice in gelatin. Mix fruit and nuts in dissolved gelatin. Place in refrigerator to congeal. Serve with a droplet of mayonnaise on each square.

Clare Martin



CONGEALED SALAD (fruit)

- 2 boxes apricot or peach Jello
- 2 cups cold water
- 1 or 2 bananas
- 1 cup miniature marshmallows
- 2 cups hot water
- 1 - #2 can crushed pineapple, drained
(save the juice)

Chill this mixture until firm. Mix the following and bring to boil until thick:

- 1/2 cup pineapple juice
- 1 cup sugar
- 2 Tbsp. butter
- 1 beaten egg
- 2 Tbsp. cornstarch
- 1 small package cream cheese

When thick...cool.

Put cheese into blender and add cooled mixture. Whip a package of dream whip according to pkg. (or use Cool Whip). Pour mixture into topping and smooth onto congealed mixture. Put into a 9 X 13 X 2" or 3 quart oblong pan. Serves 24.

Naomi Hale



CRANBERRY SALAD

- 1 cup ground, raw cranberries
- 1 cup sugar
- 1 package cherry Jello
- 1 cup hot water stirred into Jello
- 1 Tbsp. lemon juice
- 1 orange, peeled and ground
- 1 cup pineapple
- 1 cup chopped celery
- 1 cup nuts

Mix and chill.

Dollie Abrigo

CRANBERRY SALAD

1 Tbsp. unflavored gelatin
1/4 cup cold water
2 cups boiling water
1 - 6-oz. box raspberry (or orange) Jello
1 pound fresh cranberries
1 cup water
1/2 to 3/4 cup sugar (optional)
Grated rind two oranges
4 oranges sectioned and chopped
1 large can (20-0z.) crushed pineapple
 unsweetened and undrained
1 cup pecans chopped
1 cup celery finely chopped (optional)

Soften unflavored gelatin in 1/4 cup cold water. In large bowl, pour boiling water over flavored gelatin. Stir in unflavored dissolved gelatin until all dissolved. Chop in blender using 1 cup water, or use food processor adding 1 cup water to mixture. Add to gelatin along with remaining ingredients. Pour into large mold. Chill until firm. Serves at least 12.

Virginia Culpepper



CRANBERRY SALAD

- 1 Family size raspberry Jello
- 2 cups boiling water
- 1 can cranberry sauce
- 1 can whole cranberry sauce
- 1 package Knox gelatin, dissolved in
1/4 cup water

Dissolve raspberry Jello in boiling water.
Combine with cranberry sauces. Add to this:

- 1 large can crushed pineapple
- 1 cup chopped celery
- 1 cup chopped pecans
- 5 cups seeded Tokay grapes (or green grapes)

Pour into mold and congeal in refrigerator.

Virginia Corn



CRANBERRY SALAD

- 1 pound cranberries
- 1 orange
- 2-1/4 cups sugar
- 1 cup chopped nuts (fine)
- 1 cup chopped celery (fine)
- 1 large or 2 small apples
- 2 small packages red Jello (I use wild strawberry)
- 2-3/4 cups water

Grind cranberries; add grated rind and juice of orange. Add sugar and let stand at least one hour, overnight is o.k. Mix Jello with only amount of water listed. When cool, combine all ingredients and let stand until it begins to harden. Then pour into molds. Makes a large amount. This is a favorite of the library staff for Christmas dinners.

Thera Hambrick



CRANBERRY SALAD

1 - 17-oz. can cranberry sauce
2 cups hot water
2 packages lemon gelatin
1 cup diced celery
1 cup cherries
Lettuce
Mayonnaise
Nut meats

Slip cranberry sauce from can; cut jelly into small pieces. Pour hot water over lemon gelatin and stir until dissolved. Pour into mold, and chill until firm. To serve, turn out on lettuce and decorate with spoonful of mayonnaise mixed with nut meats. Variations of this recipe:

Place salad square on slice of pineapple. Top with cream cheese, colored with cherry juice or cake coloring. Or, congeal in ring mold, turn out, and fill center with cottage cheese and topping. Decorate with large white grapes.

Mrs. Harold Gulliver Sr.

CREAM CHEESE RING WITH CLING PEACHES

6-1/2 inch ring mold
3 - 3-oz. packages cream cheese
1/2 cup orange juice
1 can cling peaches (reserve juice)
1 cup syrup from peaches
2 tsp. grated orange rind
3/4 tsp. salt
1 cup cold water
2 Tbsp. gelatin
Curly endive, for garnish
Red Currant jelly

Cream the cheese, blending into it the orange juice and peach juice. Add 2 tsp. grated orange rind and 3/4 tsp. salt. In 1 cup of cold water soften gelatin; dissolve over hot water. Cool. Add to cream cheese mixture. Blend well. Pour into ring mold, chill until firm. Unmold on round chop plate. Fill center and outer edges with endive. Surround with canned peach halves, cut side up, and filled with red currant jelly.

Mrs. Harold Gulliver, Sr.



CREAMY FRUIT SALAD

1 can (8-1/3 oz.) fruit cocktail, drained
2 bananas, peeled, and sliced crosswise
1 small unpared apple, diced
1/2 cup seedless green grapes, halved
5 maraschino cherries, halved
1/2 cup whipping cream, whipped
1/4 cup miniature marshmallows
Strawberries

Combine fruit cocktail, bananas, apple, grapes, cherries, and marshmallows in large bowl. Fold in whipped cream. Refrigerate. Just before serving, garnish salad with strawberries, Makes four to six servings.

Debbie Yarbrough



DELIGHTFUL APPLE SALAD

- 3 medium apples, peeled and diced
- 1-1/2 cups miniature marshmallows
- 1 - 20-oz. can sliced pineapple,
drained and chopped
- 1 - 6 oz. jar maraschino cherries,
cut up

Make a dressing of the following:

- 1/2 stick margarine, melted in saucepan
- 3 Tbsp. flour, blended with 1 Tbsp.
sugar

1 cup pineapple juice

Cook until thick. Add 1/2 cup mayonnaise

Combine fruit and dressing. This is better made a day before serving time. This salad stays good for several days in refrigerator.

Ruth Lindauer



DOT'S CRANBERRY SALAD

1 can whole cranberry sauce
1 large can crushed pineapple (save juice)
1 cup boiling water
1 package raspberry Jello
1 envelope plain gelatin
1/2 cup cold water

Dissolve Jello in 1 cup boiling water. Soften gelatin in 1/2 cup cold water, and add to hot mixture. To reserved pineapple juice, add water to equal 1 cup, and add to Jello mixture. Mash sauce and stir in, along with crushed pineapple. Put in flat 2 quart pan and congeal. When firm, add topping.

TOPPING:

1/2 cup mayonnaise
1 - 3-oz. package cream cheese
2 Tbsp. pineapple juice
1/2 cup chopped pecans

Blend together mayonnaise, cream cheese, and pineapple juice. Add pecans and spread over cranberry salad. Cut in squares and serve on lettuce leaves.

Mary Beth Watkins

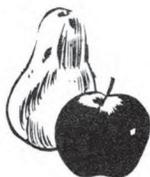


EASY FROZEN SALAD

- 1 small can whole cranberry sauce
- 1 small can crushed pineapple
- 1 small package Cool Whip
- 2 or 3 bananas, sliced

Mix together and freeze. One recipe fills one ice tray.

Virginia Corn



EASY THREE LAYER SALAD

1 package each of strawberry, lime and
orange Jello
1 can fruit cocktail, drained
1 large cream cheese
1/2 cup chopped pecans
1 medium can crushed pineapple, drained

First Layer:

Drain syrup from can of fruit cocktail,
using syrup in preparing strawberry
Jello according to directions on package
Pour into mold and chill until firm,
then add:

Second Layer:

Prepare lime Jello according to package
directions. Cream the cream cheese with
small portion of Jello mixture, gradual-
ly adding portions until all Jello mix-
ture has been used. Mix in pecans. Cool
Pour into mold over first firm mixture.
Chill until firm, then add:

Third Layer:

Drain crushed pineapple, using syrup to
prepare orange Jello according to packag
directions. Stir drained pineapple into
Jello mixture. Cool and pour over second
layer. Refrigerate until congealed. Serv
on lettuce leaves.

Margie Tedders



FIVE CUP SALAD

1 can mandarin oranges, drained

1 can chunk pineapple

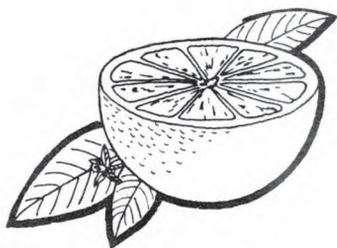
1 can angel flake coconut

1 cup miniature marshmallows

1 cup sour cream

Mix the day before you expect to use it.

Calla Evans



FRESH FRUIT SALAD

- 1 fresh pineapple
- 1 banana, sliced
- 1 cup watermelon balls
- 1 cup cantaloupe balls
- 1 cup seedless grapes, white
- 1 cup flaked coconut
- 1 - 16-oz. carton sour cream
- 1/4 cup chopped pecans

Chill pineapple overnight. Peel and core pineapple, and cut into bite size chunks. Combine all fruit. Add flaked coconut, and toss gently. Combine sour cream and pecans. Spoon over fruit. Chill at least two hours before serving.

Ann Trice-Daughdrill



FROZEN CRANBERRY SALAD

- 1 - 16 oz. can whole cranberry sauce
- 1 flat can crushed pineapple, drained
- 1 - 8 oz. carton sour cream
- 1/2 cup chopped pecans

Mix ingredients and place in a loaf pan. Place in freezer.

Serves 6 to 8.

Joan Bailey



FROZEN FRUIT SALAD

- 1 pkg. (3-oz.) Jello lemon gelatin
- Dash of salt
- 1 cup boiling water
- 1 can (8-3/4 oz.) pineapple tidbits, drain
and save liquid
- 1/4 cup lemon juice
- 1/3 cup mayonnaise
- 1 cup whipping cream or 2 cups sour cream
- 1 medium banana, diced
- 1/2 cup seeded halved grapes
- 1/4 cup diced maraschino cherries
- 1/4 cup chopped nuts

Dissolve Jello and salt in boiling water. Drain pineapple, measuring syrup; add water to make 1/2 cup, if necessary. Stir into gelatin with lemon juice. Blend in mayonnaise. Chill till very thick. Whip cream. Fold fruits, nuts and whipped cream or sour cream into gelatin. Pour into 9 X 5 X 3 loaf pan. Freeze until firm - at least 3-4 hours. Serves 8 to 12.

Pam Elkins

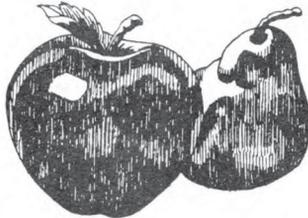


FROZEN SALAD

- 1 - 8-oz. package cream cheese
- 1/2 pint cream, whipped
- 12 maraschino cherries, cut fine
- 1 small can crushed pineapple
- 1 cup mayonnaise
- 8 marshmallows, cut fine

Mix mayonnaise with cream cheese. Mix fruit with whipped cream. Combine fruit mixture with cream cheese mixture and freeze.

Virginia Corn



FROZEN CRANBERRY SALAD

- 2 - 3-oz. packages cream cheese
- 2 Tbsp. sugar
- 2 Tbsp. mayonnaise
- 1 pound can cranberry sauce
- 1 small can drained crushed pineapple
- 1/2 cup chopped pecans
- 1/2 cup whipped cream or 1 package of
Dream Whip

Cream cheese and sugar, stir in mayonnaise. Cut up cranberry sauce and fold in. Fold in pineapple, pecans, and whipped cream. Freeze. Thaw slightly before servings.

Betty Greenhaw

FROZEN FRUIT SALAD

2 Tbsp. flour
1 cup pineapple juice
1 stick butter
1/4 cup sugar
1 egg
1/8 teaspoon salt
2 Tbsp. lemon juice
Marshmallows
6 to 8 slices pineapple
1/4 cup chopped nuts
15 to 20 maraschino cherries
2 sliced bananas
1 can fruit cocktail
1 pint cream, shipped, or 1 pkg. Dream Whip

In top of double boiler, make a paste of flour and pineapple juice. Add butter, sugar, and salt. Cook about 10 minutes. Add beaten egg and 3 marshmallows. Cook a few minutes more. Cool. Then add lemon juice, 6 to 8 slices pineapple, 1/4 cup chopped nuts, 15 to 20 maraschino cherries, 15 to 20 marshmallows, bananas, fruit cocktail, and whipped cream. Freeze.

Betty Greenhaw



FROZEN FRUIT SALAD

2 packages cream cheese
3/4 cup mayonnaise
1/2 pint whipping cream, whipped
1/2 cup chopped cherries
1 cup fruit salad
1/2 cup nut meats

Blend cheese and mayonnaise. Add
whipped cream and other ingredients.
Freeze. Serves 8.

Mrs. Harold Gulliver, Sr.



FROZEN SALAD

- 1 - 14 oz. can sweetned condensed milk
- 1 - 9-oz. carton frozen whipped dessert topping, thawed
- 1 - 20-oz. can crushed pineapple, drained
- 1 - 21-oz. can cherry pie filling

Mix all ingredients. Place in a shallow container, preferably one with a top. Cover and freeze for several hours. Keeps for two weeks in a freezer.

Nancy Wilkerson



FRUIT SALAD (OVERNIGHT)

- 1 can chunk pineapple, drained
- 1 can Mandarin oranges, drained
- 1 jar cherries
- 1 pound green seedless grapes, halved
- 1 can sliced peaches, chopped
- 1 large or 2 small packages instant
vanilla pudding
- 3 or 4 bananas, sliced

Mix thoroughly $\frac{2}{3}$ cup pineapple juice and $\frac{1}{3}$ cup Mandarin orange juice with the instant pudding. Add pineapple and oranges and chill overnight. Next morning add the other fruits.



Edna Jones

GEORGIA PINK SALAD

- 1 small box pineapple gelatin (3 oz.)
- 1 small box orange gelatin (3 oz.)
- 1 package Dream Whip or Cool Whip
- 1 small box dry cottage cheese curds

Mix gelatin according to package directions. Refrigerate until partially set. Make Dream Whip by package directions. Add cottage cheese to gelatin and fold in Dream Whip. Return to refrigerator until completely jelled. Cut into squares and serve on lettuce leaves. Top with a dab of mayonnaise or salad dressing.

Ann Trice-Daughdrill



GRAPEFRUIT SALAD

3 or 4 small grapefruit
1 large (6 oz.) pkg. lemon Jello
1-1/2 cup hot water
1 small can (8-1/2 oz.) crushed pineapple
2 - 3-oz. pkgs. cream cheese, softened
3 Tbsp. Half and Half
Mayonnaise
Maraschino cherries

Cut grapefruit in halves lengthwise. Scoop out interior with spoon. Separate and peel sections. Save shells. Dissolve Jello in hot water. Add pineapple and grapefruit (coarsely chopped) to gelatin. Using half of gelatin mixture, fill grapefruit shells half full. Place in refrigerator to congeal. Keep remainder at room temperature. Combine cream cheese and Half and Half. Blend. Spread over congealed mixture. Pour remaining gelatin mixture over cream cheese mix. Chill. Cut each grapefruit in half again, making each serving to be 1/4 grapefruit. Garnish with mayonnaise and a cherry. A very pretty (and good) salad.

Virginia Culpepper



GREEN GRAPE SALAD

1-1/2 cups seedless green grapes, washed
and stems removed

1 can (13-1/2 oz.) pineapple chunks,
drained

3/4 cup sliced bananas

1 package (3 oz.) soft cream cheese

1/4 cup mayonnaise

4 lettuce cups

Combine green grapes, pineapple, and bananas. Toss lightly. Refrigerate, covered, until well chilled. Combine cream cheese and mayonnaise, mixing well. Fold gently into fruit. Serve in lettuce cups. Serves 4.

Edna Criscuolo



HARVEST PEAR SLAW

2 fresh Bartlett pears
2 cups shredded cabbage
1 cup raisins
1/3 cup chopped walnuts
1/3 cup mayonnaise
1/3 cup dairy sour cream
1 tablespoon lemon juice
2 tsp. sugar
1/4 tsp. salt
Parsley for garnish

Core pears and cut several wedges for garnish. Dice remaining pears. Toss diced pears with cabbage, raisins, and nuts. Combine remaining ingredients, except parsley and toss lightly but thoroughly with slaw. Garnish with pear wedges and parsley. Makes 6 servings.

Frances C. Allen



HEARTS OF PALM SALAD

- 1 head lettuce
- 1 can hearts of palm
- 1 small can pineapple chunks
- 1 small can peach or apricot chunks
- 1/2 cup chopped dates



Be sure all ingredients are cold. Shred lettuce and hearts of palm. Add drained canned fruit and dates. Toss together with dressing.

DRESSING:

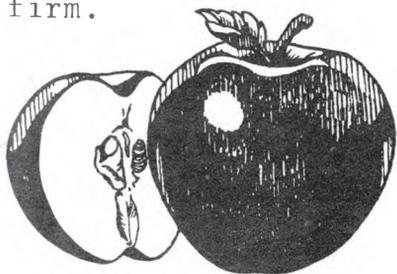
- 1 cup mayonnaise
 - 1 rounded tablespoon peanut butter
 - 1 Tbsp. juice from drained pineapple
 - 1 drop green food coloring (optional)
- Mix above ingredients in blender. Refrigerate and use amount desired in salad.

Mary Beth Watkins

HEAVENLY APPLE SALAD

- 2 packages lemon Jello
- 1 cup hot water
- 16 large marshmallows, diced, or 3/4 cup small ones
- 1 cup cold water
- 1 can (9 oz.) crushed pineapple, drained
- 2 large apples, diced
- 1/2 cup chopped nuts

Dissolve Jello in hot water. Add marshmallows and still until dissolved. Stir in cold water and chill until partially set. Add remaining ingredients and chill until firm.



Sally Black

HOLIDAY SALAD

2 eggs
4 Tbsp. vinegar
4 Tbsp. sugar
2 Tbsp. oleo
1 medium can chunk pineapple, drained
1 can fruit cocktail, drained
1 small jar cherries, drained
1 package miniature marshmallows
2 cups chopped nuts
1 pint whipping cream, whipped

Beat eggs, (not in mixer or blender). Add vinegar, sugar, and oleo. Cook in top of double boiler until thick. Let cool. Combine well drained fruit cocktail, pineapple, and cherries. Add nuts and marshmallows. Mix with cooled sauce. Fold in whipped cream. Hint: Make ahead and let it stay in refrigerator overnight.

Margie Tedders



HOT FRUIT SALAD

- 1 - 16 oz. can peach halves
- 1 - 16 oz. can pear halves
- 1 - 8 oz. can mandarin oranges
- 1 - 16 oz. can sliced pineapple
- 1 jar red apple rings

Drain fruit well savings 1 cup of mixed juices.

Make a sauce of:

- 2 Tbs. cornstarch
- 1/2 cup sugar
- 1 cup cooking sherry
- 1 cup mixed juices

Cook until thickened while stirring over a low fire. Layer fruit in casserole, spooning sauce over each layer. Bake at 350F for 45 minutes. Serve hot. Serves 6.

Joan Bailey



LEPRECHAUN SALAD

17 marshmallows
1 - 3-oz. package lime Jello
4-1/2 oz. can crushed pineapple
1 cup whipping cream, whipped
1 cup milk
2 - 3-oz. packages cream cheese
2/3 cup mayonnaise

Heat marshmallows with milk in double boiler until marshmallows are melted. Add Jello; stir until dissolved. Add cream cheese and stir until blended. Cool. Blend in pineapple and its juice, whipped cream, and mayonnaise. Chill until firm. Serves 12.

Karrie Yeatman



LIME ASPIC

1 (6 oz.) package lime Jello
1 cup hot water
1 cup India Relish
1 cup celery, chopped fine
1 fresh grapefruit or 2 cans, drained.
Horseradish, for zip, if desired.

Dissolve Jello in boiling water. Cool.
Add relish, celery, and grapefruit. Pour
into mold and congeal.

Margaret Compton
From
Frances Compton



LIME-WALNUT SALAD

1 cup boiling water
1 - 3-oz. package lime gelatin
1 cup crushed pineapple with syrup
12-oz. carton creamed cottage cheese
2 stalks celery, cut into 1 inch pieces
1/2 cup walnuts

Put boiling water and gelatin in blender container. Cover and run on speed 1 (or low) until gelatin is dissolved. Add remaining ingredients, except walnuts. Cover container and run on high, just until celery is chopped. Add walnuts, cover container and run on high, just until all nuts go through the blades. Pour into a 9 X 9 X 2 inch pan. Chill until set. Makes 6 ample servings.

Bonnie Rainey

ORANGE AND ONION SALAD

2 large purple onions (or Vidalia)
2 large oranges
4 Tbsp. olive or salad oil
1 Tbsp. orange juice
1 Tbsp. lemon juice
Salt and pepper to season
Pinch of rosemary

Peel oranges and onions and cut into thin slices. Arrange sliced oranges alternately with the sliced onions on a large platter or salad plate. Mix all fruit juices, and seasonings, and pour over salad.

Bonnie Rainey



ORANGE SALAD

1 small package orange Jello
1 - 8 oz. package cream cheese
1 large can crushed pineapple

Combine and place over low heat until cream cheese blends in with the other ingredients. Let cool.

Mix one small package of dream whip according to package directions. Beat until stiff.

Stir into above mixture. Add 1 cup chopped nuts, if desired. Chill until firm.

Naomi Hale



ORANGE SHERBET GELATIN

- 1 cup orange juice
- 1 cup buttermilk
- 1 - 3-oz. pkg. peach or apricot Jello

Boil orange juice, add Jello - Beat in buttermilk til smooth.

1 recipe X 4 = 9 X 13" pyrex and serves 12 easily.

Optional topping:

Sour cream, sugar, orange juice and grated orange rind. Spoon on top before serving.

Pam Elkins



ORANGE SHERBET MOLD

- 2 packages lemon Jello
- 2 cups liquid (including fruit juice)
- 1 tsp. lemon flavoring
- 1 can Mandarin oranges
- 1 pint orange sherbet

Combine drained juice plus enough water to make 2 cups and bring to boiling point. Dissolve Jello in hot liquid. Add sherbet and flavoring. Stir until melted. Add fruit, mix, and pour into mold. (Not necessary to wait for this to set before adding fruit as the cold sherbet sets the Jello.)

Nancy Wilkerson



PEACH ASPIC

- 1 envelope plain gelatin
- 1-1/2 cups water
- 1 cup orange juice
- 3 tablespoons lemon juice
- 1/4 cup sugar
- 3 (3-oz) packages peach flavored gelatin
- Grated rind of 1 lemon
- 1-1/2 cups mashed fresh Georgia peaches

Soften plain gelatin in 1/4 cup cold water. Dissolve both plain gelatin and peach flavored gelatin in 1-1/4 cups boiling water. Add orange juice, rind of lemon and lemon juice. Add mashed peaches, sweetened to taste. Pour into 6-cup ring mold and chill until set. Serve with Cream Cheese Dressing.

CREAM CHEESE CRESSING

- 1 3-oz. pkg. cream cheese
- 1 peach, mashed
- 1 Tbs;. mayonnaise

Cream the cream cheese until smooth. Add the mayonnaise and mix well. Add peach and mix thoroughly. Unmold aspic and fill center of mold with dressing. Garnish salad with mint leaves.

Frances C. Allen



PEACH PICKLE SALAD

- 1 - 3 oz. package lemon gelatin
- 1 - 3 oz. package orange gelatin
- 2-1/2 cups boiling water
- 1/2 envelope plain gelatin soaked in 2 Tbsp.
cold water
- 1/2 cup peach pickle juice
- 1 22 oz. jar peach pickles
- 1/2 cup chopped celery
- 1/2 cup chopped pecans

Drain pickles, reserving 1/2 cup juice. Pour boiling water over lemon and orange gelatin. Stir until gelatin is dissolved. Add soaked plain gelatin and pickle juice. Cut peaches into bite size pieces and add to gelatin. Stir in celery and pecans. Pour into mold to congeal. Serves 8 to 10.

Connie Christie



PEACH PICKLE SALAD

1 - 3-oz. package orange gelatin
1-1/2 cups hot water
1 - 28-oz. jar pickled peaches
1/2 cup peach pickle juice
1 - 3 oz. package cream cheese
Ground nuts

Dissolve gelatin in hot water and juice. Cool. Remove seeds from peaches. Roll cream cheese into tiny balls then roll in nuts. Stuff whole peaches with cream cheese balls and place one in each mold. Pour gelatin mixture over each and congeal.

Frances Worstall



PICKLED PEACH SALAD

1 can pickled peaches, cut up and drained
1 medium sized can white cherries,
 pitted and drained
1/2 cup ginger marmalade
1 package each lemon and orange Jello
1/2 cup pecans - chopped coarsely

Use the juice from the peaches and cherries. Add water to make 3-1/2 cups liquid. Heat 2 cups and dissolve Jello. Add 1-1/2 cup of liquid to make 3-1/2 cups. Chill till soft. Add peaches, cherries, marmalade and nuts. Chill till firm. Serves 6.

Joan Bailey



PINEAPPLE BUTTERMILK SALAD

Large package lemon Jello

Large can crushed pineapple, undrained

2 cups buttermilk

8 oz. carton Cool Whip

Put dry Jello and pineapple in pan; heat until dissolved. Cool. Add 2 cups buttermilk and Cool Whip. Mix well. Put into 9 X 13 inch container and chill until firm.

Betty Greenhaw



PINEAPPLE JELLO

Pour off juice from a No. 2 can of sliced pineapple. Replace with gelatin made with half the water in package directions, in flavor of your choice. Chill until set. Run a little warm water on can sides to loosen. Cut bottom from can and use to push mold out. Cut between pineapple slices and serve.

Edna Criscuolo



PINEAPPLE IN KIRSCH

3 medium-size pineapples

1 cup water

2 cups sugar

1 cup kirsch

Quarter each pineapple with large, heavy sharp knife. Core each piece. Remove pineapple from shells in one piece with sharp knife. Reserve shells. Cut pineapple into thin slices; place in large bowl. Combine water, sugar, and kirsch. Bring to boiling; cool. Pour over pineapple slices. Refrigerate several hours. To serve, arrange pineapple slices in pineapple shells zigzag fashion. Chill until ready to serve. Makes 12 servings.

Dollie Abrigo



PINEAPPLE-MARSHMALLOW SALAD

1 large can sliced or chunk pineapple
1/2 pound marshmallows, cut in 3 or
4 pieces
1 cup chopped pecnas

Dressing:

1/2 pint whipping cream
Juice of 1 lemon
1 egg
2 Tbsp. water
Pinch of salt

On low heat, cook beaten egg and water until it thickens, pour in juice of lemon. Cool and add to stiffly whipped cream. Combine marshmallows, nuts, and cubed pineapple. Add to dressing. Leave in refrigerator overnight before serving.

Betty Greenhaw



PINEAPPLE ORANGE SALAD

- 1 small carton whipped topping
- 1 small carton sour cream
- 1 small can crushed pineapple
- 1 small can Mandarin oranges
- 1 - 3-oz. box orange Jello

Combine topping, sour cream, and dry orange Jello. Drain pineapple and oranges, and fold into sour cream mixture. Chill in a covered container until firm. Serves 6 to 8.

Lucile Griffin



PINK FROZEN SALAD

- 1 can condensed milk
- 1 quart cool whip
- 1 #2 can cherry pie filling
- 1 #2 can crushed pineapple

Mix and freeze in an 8 X 12" pan. Cut
in squares and serve.

Naomi Hale



PINK PEAR SALAD

1 package lemon Jello
1 package cherry jello
1 large can pear halves
1 large package cream cheese
1 pint whipping cream
Juice of 1/2 lemon



Drain juice from pears. Heat to boiling and pour over Jello, mixing both colors. Press pears through strainer. Soften cream cheese with small amount of mayonnaise (about 1 Tbsp.). Whip cream until stiff. Add lemon juice. Fold into pears, cream cheese, then into Jello mixture which has cooled thoroughly and is beginning to congeal. (You may also add 1/2 cup nuts and a cup of crushed pineapple, if desired). Chill until firm.

Naomi Hale

PISTACHIO SALAD

1 small Pistachio instant pudding
1 large (13-oz.) Cool Whip
1 can crushed pineapple, drained
1 can Mandarin oranges, drained
1 cup miniature marshmallows
12-oz. carton cottage cheese

Fold pudding mix into Cool Whip. Fold remaining ingredients into pudding mixture. Chill thoroughly.

Cam Lawry



PISTACHIO CONGEALED SALAD

- 1 medium Cool Whip
- 1 can crushed pineapple (8 oz.), with juice
- 1 cup miniature marshmallows
- 1 cup nuts
- 1 box Jello-brand Pistachio instant pudding

Stir together. Chill for one hour.



Debbie Yarbrough

PISTACHIO SALAD

1 package pistachio pudding
1 can crushed pineapple, with juice
1 cup miniature marshmallows
1 cup white seedless grapes
1-13-1/2 oz. carton Cool Whip
1/2 cup nuts (optional)

Blend dry pudding powder into Cool Whip.
Mix well, then add pineapple, with juice.
Fold in other ingredients. Chill and
serve.

Karrie Yeatman



RED RASPBERRY RING

- 1 - 10-oz. package frozen red raspberries
- 1 - 6-oz. package red raspberry gelatin
- 2 cups boiling water
- 1/4 cup chopped nuts
- 1 pint vanilla ice cream
- 1 - 6 oz. can pink lemonade concentrate

Drain raspberries and set aside. Dissolve gelatin in boiling water. Add ice cream, a spoon at the time, stirring until melted. Stir in lemonade concentrate. Chill until partially set. Add raspberries and nuts. Put into 6-cup ring mold. Chill until firm. Six to eight servings.

Sally Black



RUSSIAN CREAM

Yield: 10 servings

- 1 Tbsp. unflavored gelatin
- 1 cup cold water
- 1 pint half and half
- 1-1/2 cups sugar
- 2 tsp. vanilla
- 1 pint sour cream, beaten until smooth
- 1 cup strawberries or raspberries

Sprinkle gelatin on top of cold water. Do not stir. Combine half & half and sugar. Heat in double boiler until lukewarm. Add gelatin mixture to warm cream and heat over moderate heat until sugar and gelatin are dissolved. Remove from heat and cool. When cool and beginning to thicken, fold in vanilla and beat in sour cream. Pour into sherbet glasses and refrigerate. When firm and well chilled, serve with fresh or thawed berries.

Sally Black



SALAD SUPREME

STEP #1

2 boxes (or 1 large box) orange Jello
One #2 can crushed pineapple, drained
(save juice)

Mix Jello according to directions on box;
pour into 8 X 12 inch dish. Refrigerate.
When mixture is partially congealed, add
pineapple. Sprinkle chopped nuts over Jello,
and return to refrigerator to gel completely.

STEP #2

1 large box Dream Whip (or 2 small)
1 (8-oz.) package cream cheese
Set out cream cheese to soften. Mix Dream
Whip according to package directions. When
cream cheese is softened, blend with Dream
Whip and spread this mixture on congealed
Jello.

STEP #3

Use 1 cup of juice saved from crushed pine-
apple, and add to it the following:

1 tablespoon lemon juice
3/4 cup sugar
2 tablespoons plain flour
2 eggs, well beaten

Cook over low heat until thick. Chill. When
thoroughly chilled, spread over Jello and
Dream Whip. Sprinkle top with nuts. Refrig-
erate.

Debbie Yarbrough



SPICED PEACH SALAD

1 cup diced canned peaches
3/4 cup peach syrup
1/4 cup vinegar
6 whole cloves
1 (inch) stick cinnamon
1 (3 oz.) package peach Jello
1 cup boiling water
1/4 cup sugar

Combine peach syrup, vinegar, sugar, cloves and cinnamon. Simmer 10 minutes. Remove from heat and take out whole spices. Add water to make 1 cup.

Dissolve gelatin in boiling water. Stir in spiced peach syrup. Chill until slightly thickened and add peaches. Put in 3-cup mold. Serves 6.

Very good with cold baked ham.

Virginia Culpepper



TROPICAL FRUIT SALAD

1 can (15-1/2 oz.) pineapple, in its juice
1 mango, peeled and cubed
1 kiwi fruit, peeled and cubed
1 banana, sliced
1 orange or 1 small can mandarin oranges
Sour cream or whipped topping (optional)
Chopped nuts (optional)

Mix all fruits in salad bowl. If using canned mandarins, use juice. Allow to marinate in the fruit juices at least one hour in refrigerator before serving. A little lemon juice over the banana slices before mixing with other fruit will keep bananas from darkening. Serve in lettuce cups in individual salad dishes. Use a dollop of sour cream or topping for added flavor. If desired, sprinkle with nuts.

Betty Sloan

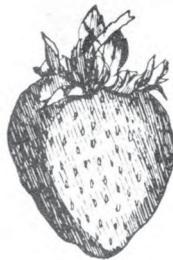


VALENTINE STRAWBERRY SALAD (or Christmas!)

- 1 large can crushed pineapple
- 2 regular packages of strawberry Jello
- 2 cups buttermilk
- 1 - 10-oz. bowl of whipped topping
- 1 cup nuts, chopped

Melt Jello in pineapple over low heat. Cool some and add buttermilk. Stir well and allow to partially congeal. Beat with mixer and add whipped topping. Beat again and then stir in nuts. Pour into molds and refrigerate until firm. Diners will declare it is filled with fresh strawberries.

Thera Hambrick



WALDORF SALAD

3 large apples, cored but not peeled
1 cup coarsely chopped nuts
1 cup miniature marshmallows (optional)
1/2 cup mayonnaise

Chop apples into medium small pieces; add other ingredients. Mix well and refrigerate for one hour. Make sure that apple pieces are well coated to prevent turning brown. Best served same day it is prepared.

Phyllis Daniel



WATERGATE SALAD

- 1 can crushed pineapple (large, in its own juice)
- 1 bag small marshmallows
- 1 box instant pistachio pudding
- 1 medium size frozen whipped topping
- 1/2 cup chopped nuts (optional)

Mix pineapple, with its juice, with pudding. Add frozen topping. Stir in marshmallows. Let stand, covered, in refrigerator, for one hour or longer. Makes a lot. You can freeze it in whipping container. Good up to 3 months.

Phyllis Daniel



WATERGATE SALAD

- 1 - 15-1/2 oz. can pineapple
- 1 - 3 oz. package pistachio instant pudding
- 1 cup miniature marshmallows
- 1/2 cup chopped nuts
- 2 cups Cool Whip

Mix together and chill.

Nancy Wilkerson



YUMMY FRUIT SALAD

- 2 eggs, beaten
- 4 Tbsp. vinegar
- 4 Tbsp. sugar
- 2 Tbsp. butter
- 1 cup whipping cream, whipped
- 2 cups white cherries, halved (white
grapes can be used)
- 2 cups pineapple chunks
- 2 fresh or canned oranges, cut up
- 2 cups miniature marshmallows

Put eggs in top of double boiler; add vinegar and sugar. Cooking over hot water on medium to low heat, beat constantly until thick and smooth. Remove from heat, add butter and let cool. When cool, fold in whipped cream, fruit, and marshmallows. Refrigerate for 24 hours.

Frances Worstall



BLENDER MAYONNAISE

- 1 egg
- 1/4 tsp. dry mustard
- 1/2 tsp. salt
- 2 tsp. lemon juice or wine vinegar
- 1/3 cup vegetable oil or equal amounts
of olive and vegetable oil

Combine whole egg, mustard and salt in container of electric blender. Cover and blend at top speed for 30 seconds. Pour in lemon juice or wine vinegar and, still blending at high speed, pour in oil as slowly as possible. If mayonnaise thickens too much at any point, add a few more drops of lemon juice or vinegar. Yield: Approximately 1 cup.

Margaret Compton



DRESSINGS

BLUE CHEESE AND PECAN SALAD DRESSING

2 cups sour cream
1-1/2 cups mayonnaise
1/2 cup milk
1/2 tsp. salt
1/4 tsp. pepper
1/2 cup toasted pecans, finely ground
4-oz. blue cheese, crumbled

In a medium bowl blend sour cream, mayonnaise, milk, salt, and pepper until smooth. Mix in pecans and cheese. This dressing will keep a week or more if it is kept in a tightly capped jar in the refrigerator. Shake before servings. Makes 4-1/2 cups.

Lucile Griffin



DRESSING FOR FRUIT SALAD

1/2 cup sugar
1 tsp. salt
1 tsp. dry mustard
2 tsp. paprika
1 tsp. grated onion
2 tsp. celery seed
3 Tbsp. wine vinegar
3/4 cup oil

Mix first seven ingredients. Add oil gradually. Serve with any combination of fresh or canned fruits.

Connie Christie



CITRUS SALAD DRESSING

6 Tbsp. salad oil

3 Tbsp. lime juice

1/2 cup red currant jelly (may substitute
plum or any tart jelly)

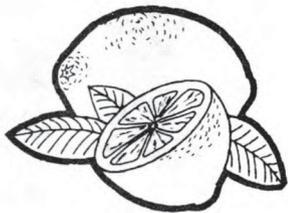
Few drops of onion juice

Paprika

1 teaspoon celery seed

Put all ingredients in blender. Blend well
Serve over fresh grapefruit or any citrus
salad. Keep in refrigerator.

Virginia Culpepper



COLD MARINADE

3 Tbsp. oil

6 Tbsp. lemon juice or vinegar

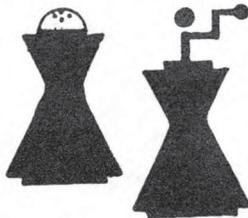
1 tsp. salt

1/2 tsp. pepper

1/2 tsp. onion juice

Mix ingredients in order given. For fish, use three tablespoons vinegar and three tablespoons lemon juice.

Margaret Compton



HERB DRESSING

1 cup white vinegar
2 Tbsp. sugar
1 tsp. salt
1 tsp. paprika
1 Tbsp. Worcestershire sauce
1 Tbsp. salad herbs

Blend all of these ingredients over a low flame for 8 minutes. Let cool and add 1/2 cup salad oil and 3 cloves of garlic put through a garlic mincer.

This Herb Dressing yields 1 cup and can be used for 3 to 5 salads. Keep in the refrigerator.

From St. Marks Tasters
Luncheon, 1978, Dalton

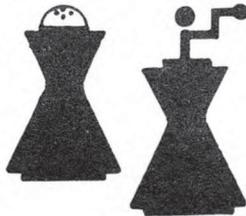


HERB DRESSING

- 1 cup white vinegar
- 2 Tbsp. sugar
- 1 tsp. salt
- 1 tsp. paprika
- 1 Tbsp. Worcestershire sauce
- 1 Tbsp. any salad herbs

Blend all of these ingredients over a low flame for 8 minutes. Let cool and add 1/2 cup salad oil and 3 cloves of garlic put through a garlic mincer. Yield: 1 cup. Approx. 5 servings. Keep in refrigerator.

Edi Shepherd
From her sister
Marti Smith, Chicago



LEMON AND SOUR CREAM DRESSING

1 cup sour cream
2 Tbsp. lemon juice
2 tsp. sugar
1 tsp. salt
Freshly ground black pepper

Pour sour cream in mixing bowl. Using a wooden spoon, stir in lemon juice, sugar, salt and pepper. Beat ingredients thoroughly to blend. Yield: 1-1/4 cups.

This is an excellent dressing for fresh cucumbers or delicate salad greens such as Boston lettuce.

Margaret Compton



SOUR HONEY DRESSING 1 Quart

(Note: This will keep in refrigerator for 21 days. Discard when oil starts to separate)

- 2 cups mayonnaise
- 1/2 cup vegetable salad oil
- 1/2 cup honey
- 1/4 tsp. onion salt
(or use 1/8 granulated onion
and 1/8 salt)
- 1/2 cup any yellow prepared mustard
- 1-1/2 tsp cider vinegar

Blend in blender until smooth. Refrigerate. Serve with all green salads. A very nice tart-sweet dressing. Great for green salads.

Edi Shepherd
From Her Son-In-Law
Rev. Craig Cleland



VINAIGRETTE DRESSING

3 Tbsp. sugar
1 tsp. salt
1 tsp. dry mustard
1/4 tsp white pepper
1/2 tsp onion juice
3/4 cup salad oil
1/4 cup white vinegar
Pinch each of basil, chervil, dill,
oregano, savory, tarragon

Combine all ingredients in a screw-top jar. Cover and shake. Chill. Shake again just before serving. Serve with vegetable salads.

Makes 1 cup.

Edi Shepherd

SALAD TIPS

Vegetables, fish or meats may remain in marinade an hour or more to enhance flavor.

Where several vegetables are used in a salad, marinate each kind separately.

Fold dressing into salads just before serving, except for those made with potatoes and similar vegetables that improve with soaking.

Chicken salad will have a more pleasing look if dark meat is diced small and white meat is cut in larger cubes.

Veal or pork may be used as extenders of chicken salads. They will not be detected if they are diced in smaller pieces than the chicken.

Parsley keeps well in the refrigerator if it is washed and placed stems down in a covered jar.



SALAD TIPS

Thoroughly wash watercress, shake and place in a squat jar or large mouthed glass with water covering the stems. This green bouquet will last for use at least 7 days. Do not cover.

Never wash mushrooms until ready to use, and only wash as many as needed in recipe.

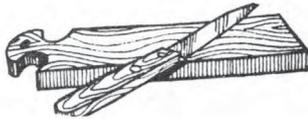


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ACKNOWLEDGEMENTS

- VSC Woman's Club Members for their recipes.
- Margaret (Mrs. Dwight) Compton for reading and typing first drafts.
- Pam (Mrs. Chauncy) Elkins for proof-reading.
- Margaret Compton for proofing.
- Julia Connell for her beautiful cover, divider pages, and numbering system art work.
- Kathy Poppell, Philip Frasier and the staff of the VSC Print Shop for their expertise in printing.
- Virginia Culpepper, Joan Bailey and Annetta Copeland who inspired the editor to greater heights than she believed possible.
- And to all the good cooks that will use our publication.

I THANK YOU ALL - EACH
AND EVERY ONE.

Edi Shepherd



