

# **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

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:

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 sprinkl  
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

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  
1 tsp. horseradish, if average strength  
1 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)  
2 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  
1 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  
1 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
- 1 Tbsp. sugar
- 1 pint mayonnaise
- 1 medium can parmesan cheese

Place in large casserole, layering ingredients as listed. Cover tightly with plastic wrap. Chili 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  
1 Tbps, vinegar  
1 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  
2 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  
1 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 a 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
- 1 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
- 1 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 cube 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  
1 envelopes unflavored gelatin  
1 tsp. salt  
1 Tbsp. lemon juice  
1/4 tsp. Worcestershire sauce -  
1/2 cup heavy cream, whipped  
6 Tbsp. pure vegetable oil  
-  
1 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

Dollie Abrigo



## CUCUMBER RING SUPREME

2 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

1 Tbsp. lemon juice  
1 cucumbers  
1 cup salad dressing  
2 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  
3       tablespoons lemon juice  
1       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)  
1 Tbsp. pure vegetable oil  
1 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.

Ronnie 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 cabbag 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

1 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  
1- 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

1 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



HEARTS OF PALM SALAD

- 1 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
- 1 large tomatoes, coarsely chopped
- 1 cucumbers, thinly sliced
- 2/3 cup vegetable oil
- 1/4 cup vinegar
- 1 Tbsp. water
- 1 package Italian Salad Dressing  
powdered mix

Sprinkle avocados with lemon juice, tossing to coat. Combine avocados with next 1 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  
1- 1/2 cups boiling water

Add:

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

Comb ine:

1 hard-cooked eggs  
1 green onions,  
chopped 1/2 cup chopped  
celery 1/2 cup chopped  
pickle 1/2 cup  
mayonnaise 1 Tbsp.  
prepared mustard Mix

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 sp. water  
1<sup>tbl</sup> 2 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 1 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
- 1 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 kernel 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 16 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  
1 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 ingredient well mixed, and let set in the refrigerator at least overnight. Flavor increases with time.

Thera Hambrick



## MARINATED VEGETABLE SALAD II

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

### Marinade:

1 cups apple cider vinegar  
1- 1/2 cups water  
1 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
- 1 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 <sup>TM</sup> pieces. Cook with carrots in boiling water ^.or 1 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 re- " frigeration.

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.

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
- 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  
1 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

I - #2 can sauerkraut washed, rinsed and  
drained

1 medium onion, minced

1 bell pepper, chopped fine

1 can Chinese bean sprouts, drained

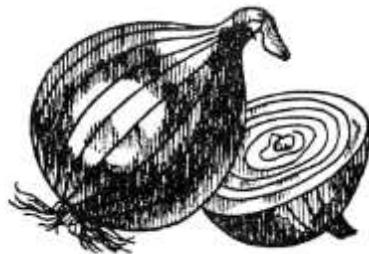
Mix well and add marinade of:

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

6 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 choppe(  
(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

1- 4 cups spinach, chopped coarsely  
1 hard cooked eggs, finely chopped  
1 tomato, unpeeled, finely chopped  
1 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  
1 hard boiled eggs, chopped  
6 slices of crisp bacon crumbled  
1 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 cucumber  
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  
1 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  
1 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 bibb or 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  
1 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

Beth McRae



## TOMATO AND ZUCCHINI SALAD

1-1/2 pounds zucchini squash  
1-1/2 pounds tomatoes 6 Tbsp.  
olive oil  
1 Tbsp.  
vinegar Pinch  
of salt  
1 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.



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

Sally Black



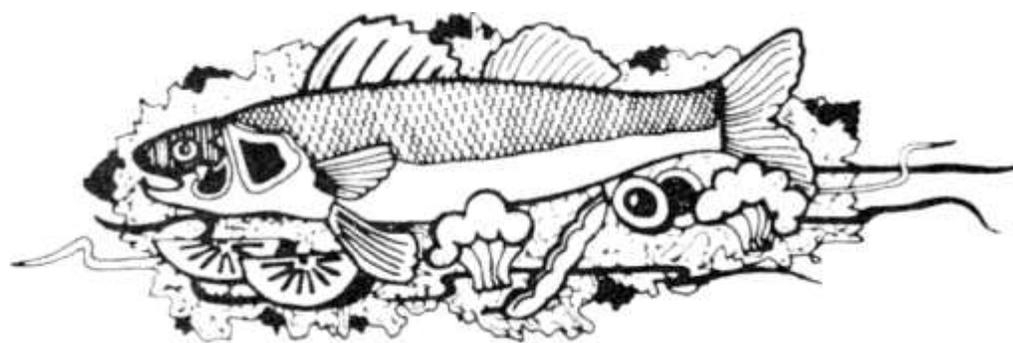
VEGETABLE SALAD MOLD

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, re- serving 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; gar- nish with whole shrimp. Surround base of mold with toasted thins. -

Do Hie 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  
1 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

1        pounds cooked cleaned shrimp  
1        Tbs. lemon juice  
1        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.

Tulip Cornell



## 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

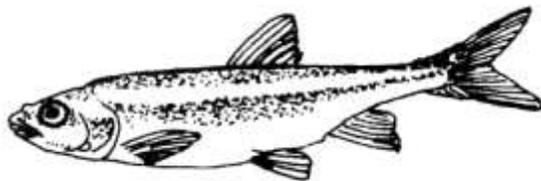
onion

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  
1 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

1 Tbsp. margarine or butter  
1 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 mm.). 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 chest-  
nuts, 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

4 cups cooked chicken, cut in chunks  
1 Tbsp. salad oil  
1 Tbsp. orange juice  
1 Tbsp.  
vinegar 1 tsp.  
salt  
2 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

Margaret Compton



CHICKEN SALAD BALLS

1 cup chopped cooked chicken  
1 Tbsp. chopped onion  
2 Tbsp. pimiento  
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.

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  
1 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 ingredietns, 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. f  
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. Mean-  
while, 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

1 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:

1 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" pyre\* dish)





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  
1 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

Margaret Compton



HOT HAMMY-CHEDDAR SALAD

2 cups ham, cubed  
1 cup cheddar cheese, cubed  
1 small green bell pepper, diced  
1 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

1 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; ar-  
range on plate with salad. Garnish with toma-  
to slices, ripe olives, and hard-cooked eggs  
Makes 3 servings.

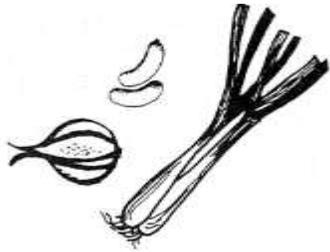
Frances C. Allen



LET'S-HAVE-A-PICNIC SALAD

1/2 pound Kielbasa sausage, sliced (or  
other Hillshire Farms sausage)  
1 cups cubed cooked potatoes  
1 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  
1 tomatoes 1  
head of lettuce

Toss with: 4oz. 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



RICE SALAD

2 to 3 cups cooked rice  
17 oz. can small English peas  
1/2 to 1 cup pickles (sweet or dill)  
1 to 2 cups meat (ham, chicken, bologna,  
or hot dogs)  
1 cup chopped pecnas  
Salt, pepper, onion salt  
  
Mayonnaise (just enough to coat lightly)

Combine. Serve.

Sally Black



## 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. D<3 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. Lay-  
er tomatoes on top of lettuce and spin-  
ach 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 lightl .  
Pour into casserole; smooth top. Cover;  
refrigerate for 8 to 12 hours. Serve salad on  
lettuce, topped with bananas. Makes

Thera Hambrick



APRICOT SALAD - MOLDED

1 cans apricot  
halves Dash of salt  
1- 3 oz. packages orange Jello  
1 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  
1 Tbsp. sugar  
1 - 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

1 cups boiling water

1 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



Calla Evans

## BLUEBERRY SALAD

2 - 3-oz. packages blackberry gelatin  
1 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 - 8\*5 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)

1 boxes apricot or peach Jello  
1 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  
1 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 thi

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

Virginia Corn



CRANBERRY SALAD

- 1 pound cranberries
- 1 orange
- 1- 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)
- 1- 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

Thera Hambrick



## CRANBERRY SALAD

1 - 17-oz. can cranberry sauce  
2 cups hot water  
1 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 tooing. Decorate with large white grat>es.

Mrs. Harold Gulliver Sr.



CREAM CHEESE RING WITH CLING PEACHES

6-1/2 inch ring mold  
1 - 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

1 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  
1 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 mixtur\* Mash  
sauce and stir in, along with crushed pineapple.  
Put in flat 2 quart pan and conge; 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, gradually  
adding portions until all Jello mixture  
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



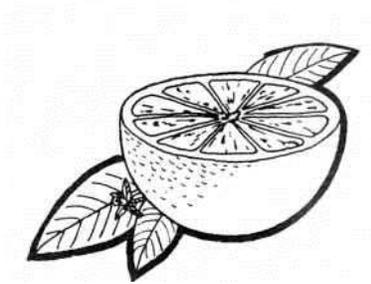
FIVE CUP SALAD

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

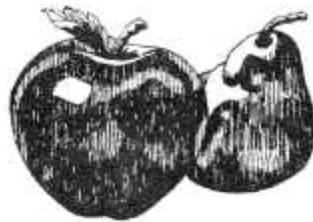


## FROZEN SALAD

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  
1 Tbsp. sugar  
1 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 or 20 maraschino cherries  
1 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. It  
Cook about 10 minutes. Add beaten egg and 2  
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
- 1 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

2 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

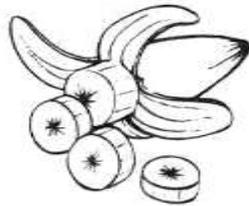
1 package (3 oz.) soft cream cheese

1/4 cup mayonnaise

1 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.

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

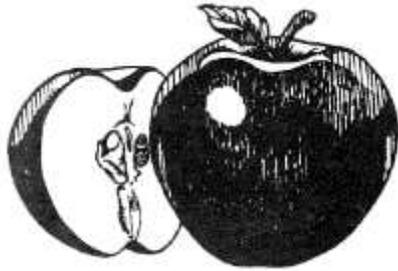


HEAVENLY APPLE SALAD

- 1 packages lemon Jello
- 1 cup hot water
- 15 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 marsh-  
mallows and still until dissolved. Stir  
in cold water and chill until partially set.

nts and chill until



Sally Black

## HOLIDAY SALAD

1 eggs  
1 Tbsp. vinegar  
1 Tbsp. sugar  
1 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

15 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

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

1 large purple onions (or Vidalia)  
1 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.

ie 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 ac-  
cording 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  
1 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  
2       tablespoons lemon  
juice 1/4 cup sugar  
1       (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

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  
1 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. in Cut  
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

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

1 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  
1 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

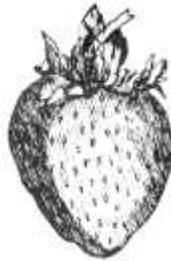


VALENTINE STRAWBERRY SALAD (or Christmas I)

- 1 large can crushed pineapple
- 2 regular packages of strawberry Jello
- 1 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

1 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

Nancy Wilkerson



## YUMMY FRUIT SALAD

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

1 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

1 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

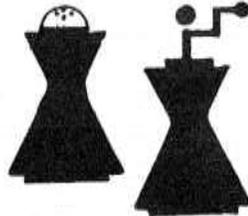


COLD MARINADE

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  
1970

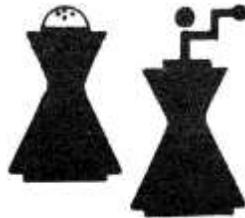


HERB DRESSING

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



## LEMON AND SOUR CREAM DRESSING

1 cup sour cream  
2 Tbsp. lemon juice  
1 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.



TABLE OF CONTENTS

Introduction ..... 1

Table Grace .....3

VEGETABLE SALADS

Artichoke ..... 5

Ashevil le .....6

Asparagus ..... 7

Avocado ..... 8

Bean ..... 9

Beet \$ Nut .....10

Beet Mold... .....11

Calico Straw .....12

Carrot Date Slaw.....13

Carrot Delight.....14

Cauliflower-Broccoli Medley.....15

Cauliflower-Broccoli ..... 16

Cole Slaw a la Creme.....17

Concealed (Hidden Delights) .....18

Corn Relish .....19

Creamy Potato.....20

Creole ..... ..

21

Cucumber Mousse.....22

Cucumber Ring Supreme.....23

Cucumber ..... 24

Dilled Carrots and Green Beans .....25

Four Bean .....26

Frozen Coleslaw.....27

Frozen Cole Slaw.....28

German Slaw .....29

Green \$ Gold Slaw.....30

Hearts of Palm.....31

Instant Mashed Potato.....32

Kraut ..... 33



Macaroni .....	36
Make-Ahead Oriental .....	37
Marinated Vegetable .....	38
Marinated Vegetable .....	39
Marinated Vegetable I .....	40
Marinated Vegetable II .....	41
Marinated Vegetable Toss .....	42
Molded Beet .....	43
Molded Beet .....	44
Pea .....	45
Red & White Bean .....	46
Rice .....	47
Sauerkraut Relish .....	48
Sauerkraut .....	49
Spaghetti-Bean Sprouts .....	50
Spinach .....	51
Spinach .....	52
Stuffed Celery .....	53
Stuffed Tomato .....	54
Summer .....	5 5
Summer II .....	56
Taco .....	57
Tomato Aspic .....	58
Tomato & Zucchini .....	59
Three Bean .....	60
Three P's .....	61
Twenty-Four Hour Slaw .....	62
Vegetable Mold .....	63

FISH SALADS

Avocado Crab .....	65
Hearty Tuna .....	66
Hearty Salmon/Macaroni .....	67
Pink Shrimp Mousse .....	68
Shrimp Boats .....	69
Shrimp & Melon Ball .....	70
Tuna .....	71



MEAT SALADS

Chicken Fruit .....	73
Chicken Mousse .....	74
Chicken .....	75
Chicken .....	76
Chicken Balls .....	77
Chunky Chicken .....	78
Clubhouse.....	79
Cold Chicken Pie .....	80
Corned Beef Mold .....	81
Delicious Toss (nuts) .....	82
Edi ' s Hot Ham .....	83
Elbow Macaroni .....	84
Fruited Chicken .....	85
Hot Chicken .....	86
Hot Hammy-Cheddar .....	87
Jacque's Chicken .....	88
Let's-Have-A-Picnic.....	89
Mexican .....	90
Red, White & Blue (July 4) .....	91
Rice .....	92
Spicy Mexican .....	93
Taco Supreme .....	94

FRUIT SALADS

Ambrosia .....	95
Ambrosia .....	96
Apricot - Molded .....	97
Apricot - Molded .....	98
Banana- Nut .....	99
Best Orange .....	100
Black Cherry .....	101
Blender Cranberry Dream .....	102
Blender Fruit .....	103
Blueberry.....	104
Blueberry .....	105



Brides Ribbon .....	106
Buttermilk .....	108
Buttermilk .....	109
Cherry Jello .....	110
Chilled Fruit .....	111
Christmas Cranberry .....	112
Citrus .....	<b>113</b>
Congeaed Fruit .....	114
Cranberry .....	115
Cranberry .....	116
Cranberry .....	117
Cranberry .....	118
Cranberry .....	119
Cream Cheese Ring w/Cling Peaches.....	120
Creamy Fruit .....	121
Delightful Apple., .....	122
Dot's Cranberry .....	123
Easy Frozen .....	124
Easy Three Layer .....	125
Five Cup .....	126
Fresh Fruit .....	127
Frozen Cranberry .....	128
Frozen Fruit .....	129
Frozen Fruit .....	130
Frozen Cranberry .....	131
Frozen Fruit .....	132
Frozen Fruit .....	133
Frozen Fruit .....	134
Fruit (Overnight) .....	135
Georgia Pink .....	136
Grapefruit .....	137
Grapefruit .....	138
Green Grape .....	139
Harvest Pear Slaw .....	140
Hearts of Palm .....	141
Heavenly Apple .....	142
Holiday .....	143
Hot Fruit .....	144



Leprechaun .....	145
Lime Aspic .....	146
Lime-Walnut .....	147
Orange & Onion .....	148
Orange Mold .....	149
Orange Sherbet Gelatin .....	150
Orange Sherbet Mold .....	151
Peach Aspic .....	152
Peach Pickle .....	153
Peach Pickle .....	154
Pickled Peach Mold .....	» ..... 155
Pineapple Buttermilk .....	156
Pineapple Mold .....	157
Pineapple in Kirsch .....	158
Pineapple-Marshmallow.....	159
Pineapple Orange .....	160
Pink Frozen .....	161
Pink Pear .....	162
Pistachio .....	163
Pistachio Congealed .....	164
Pistachio w/Nuts .....	165
Red Raspberry Ring .....	166
Russian Cream .....	167
Salad Supreme .....	168
Spiced Peach .....	169
Tropical Fruit .....	.170
Valentine Strawberry (Or Christmas!) .....	171
Waldorf .....	172
Watergate .....	<b>173</b>
Watergate .....	174
Yummy Fruit .....	175

DRESSINGS

Blender Mayonnaise .....	176
Blue Cheese and Pecan .....	177
Dressing for Fruit .....	178
Citrus Dressing .....	179



Cold Marinade ..... 180  
Herb ..... 181  
Herb ..... 182  
Lemon and Sour Cream ..... 183  
Sour Honey..... 184  
Vinaigrette ..... 185  
  
SALAD TIPS ..... 186  
  
TABLE OF CONTENTS ..... 18

8



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