

Salads
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ACINI DE PEPE SALAD

1 cup sugar 1/2 tsp. salt
2 T. flour 3 beaten egg yolks
1 3/4 cup pineapple juice

Combine above - cook over medium heat until thick, stirring constantly. Cool overnight.

1 box Acini De PePe macaroni
1 No. 2 can crushed pineapple, drained
1 small pkg. miniature marshmallows
1 cup coconut - fine shred
2 cans mandarine oranges, drained
1 can pineapple tidbits, drained
Boil macaroni - blanch in cold water - drain well. Combine everything and mix with one 9 oz. Cool Whip.

Moreen Fickbohm

APPLE-CHEESE SALAD

1/4 cup red hot cinnamon candy
1 3 oz. pkg. cherry jello
1 cup hot water
1 1/2 cup applesauce
1 8 oz. pkg. cream cheese
1/2 cup nuts, chopped (or toasted wheat germ)
1/2 cup finely cut celery
1/2 cup mayonnaise or salad dressing

Stir hot water into candies and gelatin until dissolved. Add applesauce. Pour half of mixture into 8" square pan. Chill until firm. Blend together room temp. cream cheese, nuts, celery. Add salad dressing. Spread over firm apple mixture and top with remaining gelatin. Chill until firm.

Festive Christmas salad!

Kathy Miller

QUICK CRANBERRY SALAD

989668123

3 cups whole, fresh or frozen cranberries
 3/4 cup sugar
 20 large marshmallows, cut in pieces or
 2 1/3 cup miniature marshmallows
 1 (8 1/2 oz) can crushed pineapple, drained
 1/2 cup nuts
 1 cup heavy cream

Put cranberries thru food grinder, using course grind. (Frozen cranberries grind best)
 Add sugar and chill for two hours. Add marshmallows, pineapple and nuts. Whip cream and fold into cranberry mixture.
 Cover and refrigerate several hours before serving. Serves 6 - 8.

Cathy Williamson

BUTTER PECAN FRUIT SALAD

Fix one package of Butter Pecan Instant pudding and let set.
 Add two spoonfuls of whipped topping and fruit of any kind. Keep cold until ready to serve.

Norma Hansen

FRUIT SLUSH

2 large cans fruit cocktail
 1 6 oz. can frozen orange juice
 1 6 oz. can frozen lemonade
 1 jar maraschino cherries with juice, halved.
 4 large bananas, sliced
 8 oz. Diet 7-Up (if not diet, add 1 cup sugar)

Pour all of the above into a large 1 gallon freezer container. Freeze until solid. Let stand 1 hour before scooping out to serve.

Deanna Boone

CRANBERRY SALAD

- 4 cups raw cranberries
- Juice from one #2½ can pineapple (or 3½ cups)
- (2 boxes lemon jello)
- (1½ cup hot water)
- 2 cups sugar
- 1 cup walnuts or pecans, chopped
- 1 cup white grapes or white cherries
- 1 cup diced pinezpple

Cook cranberries in pineapple juice until tender and have popped their skins. Add sugar and stir until dissolved. Set aside and cool. Add nuts, grapes, pineapple and jello mixture.

Make a day before serving.

(If the salad seems too soft, add another prepared box of cherry or strawberry jello.)

Deanna Boone

CRUNCHY APPLE SALAD BOWL

- 2/3 cup plain yogurt
- 2 T. lemon juice
- 2 T. honey
- 2 small heads romain lettuce, torn in pieces
- 8 radishes, quartered
- 2 red apples, diced
- ¼ cup raisins
- 2 green onions, chopped
- 2 T. snipped fresh dill
- 2 T. snipped parsley
- ½ 6 oz. pkg. cheddar cheese croutons

Combine yogurt, lemon juice and honey. Mix romaine, radishes, apple, raisins, onions, dill and parsley. Add croutons. Pour yogurt mixture over salad and toss. 8 to 10 servings.

Ruth Emerick

FROZEN CRANBERRY SALAD

1 can jellied cranberries
1 medium apple - grated
2 bananas mashed
1 cup cream whipped
1/3 cup powdered sugar
1 tsp. vanilla
1/4 cup chopped nuts

Mix cranberries with beater until runny. Add apple. Pour into 9 x 11 pan. Refrigerate until set.

Whip cream, add sugar and vanilla.

Mash bananas and fold into cream. Spread over cranberry mixture.

Sprinkle with nuts. Freeze at least 24 hours. Thaw 15 minutes before serving.

Delicious with chicken or turkey.

Mary Wolpert

FRUIT SALAD

1 cup pineapple tidbits, drained
1 can mandarin oranges, drained
1 cup miniature marshmallows
1 cup flaked coconut
1 cup cultured sour cream

Mix, let stand overnight. Serves 8.

Marian Lehman

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HINT - Mash and freeze bananas in an air-tight container for banana bread.

Marian Schoper

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FRUIT SALAD

Drain fruit cocktail, canned chunky fruits for salad, peaches, mandarin oranges, or any combination of canned fruits that you like. Add bananas cut in thick slices. Add commercial sour cream, enough to moisten the fruit. Chill.

This is very easy to prepare and is one of my favorite salads.

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Lorraine Fredrikson

HINT - Save canned fruit syrup - thicken with more sugar and boil for a yummy pancake syrup.

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Marian Schoper

MACARONI AND FRUIT SALAD

Dressing:

4 eggs

$\frac{1}{2}$ cup lemon juice

2 cups powdered sugar

Cook in double boiler until thick. Use small mixer to beat, so it becomes smooth - not lumpy.

This dressing may be store in refrigerator for 6 weeks.

1 box ring macaroni - cooked, rinsed and cooled

6 apples - cut up

1 #2 can crushed pineapple - drained

1 cup whipped cream or Cool Whip

A little vanilla

Add the cream, just before serving.

Blanche Thompson

MIXED FRUIT SALAD

- 1 can Eagle Brand sweetened condensed milk
- 1 can Cherry pie mix
- 2 cans pineapple tidbits, drained
- 1 small carton cool whip
- 1 cup cooked rice
- 1 cup marshmallows
- 1 cup lemon juice

Mix and chill 24 hours. Add any of the following:

- 1 cup coconut
- Chopped celery
- Nuts
- Fresh strawberries

Mary Fiedler

FROZEN FRUIT SALAD

- 1 cup mayonnaise
- 1 8 oz. pkg. cream cheese, softened
- 2 T. powdered sugar
- 1 cup pineapple tidbits, drained
- 1 cup fruit cocktail, drained
- $\frac{1}{2}$ cup marachino cherries, chopped
- 1 cup miniature marshmallows
- 1 cup cool whip

Mix mayonnaise and cream cheese, add powdered sugar, fruits and marshmallows. Fold in cool whip. Spoon into pan and cover. Freeze. Cut into squares and serve on a lettuce leaf.

10 - 12 servings

Rosie Malo

ORANGE SALAD

2 cans mandarin oranges
1 can chunk pineapple
 $\frac{1}{2}$ bag shredded coconut
 $\frac{1}{2}$ bag min. marshmallows
2 containers sour cream

Mix all ingredients together and refrigerate.

Marge Subbert

SPRING SALAD

1 pkg. (3 oz) orange jello
1 cup hot water
1 cup salad dressing
1 cup cottage cheese
1 cup carrots - grated
1 cup celery - diced
1 small onion - diced
 $\frac{1}{3}$ cup green peppers, diced

Pour hot water over jello, stir well until dissolved. Add salad dressing, beat well, cool. Add cottage cheese and rest of ingredients, stir well.

Chill until set.

Marge Subbert

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HINT - Spray jello molds with Pam Spray. When fixing jello let it cool for a while before putting into the mold.

Roberta Hansen

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24 HOUR SALAD

3 beaten egg yolks
2 T. sugar
2 T. vinegar
2 T. pineapple syrup
1 T. butter
Dash salt

Combine egg yolks, sugar, vinegar, syrup, butter and salt in double boiler. Cook until thick. Cool.

Mix with: 2 cups white cherries - drained
2 cups drained pineapple chunks
2 cups mandarin oranges
2 cups tiny marshmallows
1 cup Cool Whip or whipped cream.

Norma Hansen

QUICK SALAD

1 can fruit cocktail
1 cup crushed pineapple
1 small carton cottage cheese
1 pkg. jello, any flavor desired (use dry)
1 small carton prepared whipped topping

Drain fruits well. Fold together and serve. May use other fruits such as mandarin oranges, seedless grapes, peaches or pears.

Dorothy Appel

J E L L O

S A L A D S

PEERLESS PINK MOLD

1 10 oz. pkg. frozen raspberries, thawed
1 3 oz. pkg. raspberry flavored gelatin
1 cup boiling water

1 3 oz. pkg. raspberry gelatin
1 cup boiling water
 $\frac{1}{2}$ cup salad dressing
1 cup heavy whipped cream

Drain berries reserving liquid. Dissolve gelatin in boiling water, add reserved liquid and enough cold water to measure $\frac{3}{4}$ cup. Chill until slightly thickened; Fold in fruit; Pour into 2 qt. mold. Chill until almost firm.

Dissolve gelatin in boiling water. Cool. Gradually add to salad dressing. Mix until blended. Fold in whipped cream, pour over molded layer. Chill until firm. Unmold, garnish as desired.

8 to 10 servings.

Dianne Hoff

ORANGE SALAD

2 pkgs. orange jello
1 cup boiling water
1 cup 7-Up
1 can mandarin oranges with juice
1 can frozen orange juice

Combine jello and boiling water. When syrupy, add remaining ingredients and chill.

Dorothy Appel

CUCUMBER-COTTAGE CHEESE MOLD

1 pkg. lime jello
3/4 cup boiling water
1/2 cup salad dressing
1 cup cottage cheese
1 medium cucumber, finely chopped
1 small onion, grated
Dash of salt

Dissolve jello in boiling water. Cool until syrupy. Add remaining ingredients and pour into mold.

Bev Seas

PINK SALAD

1 3 oz. pkg. grape jello
1 13/4 oz. can crushed pineapple, juice included
16 large marshmallows

Heat until marshmallows are melted. Set aside.

Mix until smooth: 1-8 oz. pkg. cream cheese
1/4 cup milk

Mix 1 envelope Dream Whip as directed on pkg. Blend with cream cheese mixture. Pour into cooled jello mixture and blend. Pour into mold. Refrigerate.

MRS. MCEWENS SALAD

- 1 cup hot water
- 1 pkg. lemon jello
- $\frac{1}{2}$ cup chopped pecans
- $\frac{1}{2}$ cup chopped celery
- $\frac{1}{2}$ can crushed pineapple & juice
- $\frac{3}{4}$ cup chopped or grated cheese
- 4 T. salad dressing

Mix above together - carrots, cabbage and other fresh vegetables can be added as desired.

Pour into mold and chill.

Tricia Tunheim

CINNAMON APPLESAUCE RING

- $\frac{1}{2}$ cup cinnamon candies
- 1 cup water
- 1 pkg. cherry gelatin
- 2 cups thick applesauce

Combine candies and water over medium heat. Bring to a boil and simmer, stirring until candies dissolve. Remove from heat. Add gelatin gradually, mixing well. Cool slightly. Blend in applesauce. Pour into quart mold. Chill until firm. Serve with cottage cheese, garnish with nuts.

Deanna Boone

PISTACHIO SALAD

3 3/4 oz. pistachio instant pudding
1 cup crushed pineapple, drained
1 can (16 oz) fruit cocktail, drained (op)
Marshmallows
1 10 oz. Cool Whip

Add pineapple to dry pudding mix. Then add fruit cocktail and then marshmallows. Fold in topping and chill.

Marian Lehman
Dorothy Appel

*Dorothy adds mandarin oranges.

OLIVE WREATH MOLD

1 #2 can crushed pineapple
1 3 oz. pkg. lime jello
1/2 cup grated American cheese
1/2 cup chopped pimento
1/2 cup chopped celery
2/3 cup chopped walnuts
1/4 tsp. salt
1 cup heavy cream, whipped
Small stuffed olives, sliced

Drain pineapple. Heat syrup to a boil. Add to lime gelatin and stir until gelatin is dissolved. Cool. When gelatin begins to thicken, add the pineapple, cheese, pimento, celery, nuts and salt. Fold in whipped cream. Place a row of sliced olives in bottom of 9 inch ring mold. Pour gelatin mixture into mold. Chill. Serves 8 to 10.

Bev Seas

ORANGE TAPIOCA SALAD

2 pkgs. vanilla tapioca pudding
1 pkg. orange jello
3 cups water

Heat to boil. Set aside to cool to room temperature. Drain 3 cans mandarin oranges. Combine oranges, pudding and $4\frac{1}{2}$ oz. Cool Whip. Refrigerate.

Deanna Boone

CHERRY DELIGHT

1 can cherry pie filling
1 large package cherry jello
3 cups boiling water

Mix together.

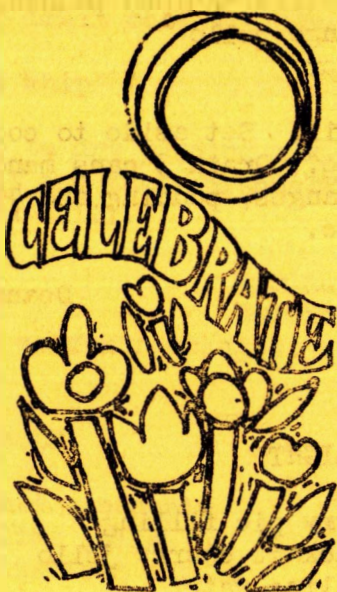
Add 1 cup chopped apple with skin
1 cup chopped walnuts (op)

Let set. Refrigerate.

Top with Cool Whip.

Linda Baer





S A L A D

D R E S S I N G S

BLENDED WESTERN DRESSING

$\frac{1}{2}$ cup cider vinegar
1 cup vegetable oil
1 cup sugar
 $\frac{1}{2}$ cup ketchup
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ clove garlic
1 small onion
1 tsp. worcestershire sauce

Blend well in blender.

Doris Brown

BOILED DRESSING

Mix together:

$\frac{1}{2}$ cup sugar
1 T. cornstarch
1 tsp. dry mustard
 $\frac{1}{2}$ tsp. salt

Add $\frac{3}{4}$ cup water $\frac{1}{4}$ cup vinegar and 2 eggs
slightly beaten

Cook stirring until thick.

Cover surface until cool.

Add 1 cup mayonnaise

Dolores Ostroot

POPPY SEED DRESSING

Blend: $\frac{3}{4}$ cup sugar
1 tsp. dry mustard
 $\frac{1}{3}$ cup vinegar
 $\frac{1}{2}$ T. onion juice

Add 1 cup salad oil slowly. Stir in $1\frac{1}{2}$ T.
poppy seeds.

Deanna Boone

FRESH VEGETABLE DIP - LO-CAL Quick & easy

Take 1 pkg. Good Seasons or Hidden Valley
Buttermilk Farmstyle salad dressing milk
& mayonnaise mix.

Prepare package according to directions using
Light & Lively mayonnaise and skim milk.

Add $\frac{1}{2}$ tsp. each of dill weed and beau monde
seasoning.

Just dip any kind of fresh vegetables,
especially cauliflower, cucumbers, rhutabaga,
zuchinni.

Then thin down for a dressing.

Marge Subbert

EASY FRENCH DRESSING

$\frac{1}{4}$ cup vinegar
 $\frac{1}{2}$ cup sugar
Onion or onion salt
 $\frac{1}{2}$ cup salad oil
 $\frac{1}{2}$ cup catsup
Salt to taste

Mix all ingredients together and store in
refrigerator.

Marge Subbert

*Dolores Ostroot adds: finely chopped green
pepper, celery seed, and mustard seed.

FRUIT SALAD DRESSING

1 cup salad oil
 $1\frac{1}{2}$ tsp. celery seed
 $\frac{1}{4}$ cup honey
 $1/3$ cup vinegar
 $\frac{1}{4}$ cup sugar
1 tsp. dry mustard
1 tsp. salt
 $\frac{1}{4}$ small onion grated

This is a good dressing for many fruit combinations.

Blanche Thompson

POPPY SEED DRESSING

$1\frac{1}{4}$ cup sugar
2 tsp. prepared mustard
2 tsp. salt
3 tsp. onion juice
 $2/3$ cup vinegar
2 cups salad oil
3 tsp. poppy seed

Blend first five ingredients. Add oil gradually.
Add poppy seed last.

Good on cabbage.

By Alice Sheimo
Submitted by Shirley Odegaard

COOKED SALAD DRESSING

1 cup vinegar
1 cup water
1 cup sugar
2 T. prepared mustard
4 T. flour
4 eggs

Mix first five ingredients in a double boiler, then add one egg at a time, beating until it thickens. Add 1 T. butter. Store in a quart jar in the refrig.

When using for salads: Mix spoonfuls of this dressing with equal amounts of regular salad dressing or mayonnaise, plus a little milk or cream.

Delicious on macaroni salads and extra special in deviled eggs.

Norma Hansen

SOUR CREAM POTATOE TOPPING

1 small carton cottage cheese
1 T. lemon juice

Blend 10 seconds.

GREAT!!! Lots fewer calories!!!

Marian Schoper

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HINT - When fixing deviled eggs, add a couple teaspoons of cottage cheese to the yolk mixture. Not only extends it, but gives a milder taste.

Norma Hansen

VEGETABLE DIP

1 cup real mayonnaise
1 cup sour cream
1 tsp. parsley
1 tsp. onion flakes
1 tsp. dill weed - may add more to taste
1 tsp. seasoned salt - add more to taste

Mix, chill & serve. Keeps up to two weeks in any air-tight container. Serve with all fresh vegetables.

Delicious!

Marian Schoper

1000 Island Salad Dressing

1 cup sugar
2 eggs
2 cups oil
1 cup ketchup
1 pint sandwich spread
1 pint salad dressing

Mix thoroughly.

Dorothy Appel

Mary Fiedler

*Mary uses only $\frac{1}{2}$ cup sugar.

QUICK SALAD DRESSING

Sprinkle powdered sugar and lemonade over chilled fruit for a quick salad dressing.

Marian Schoper

SPINACH SALAD DRESSING

- $\frac{1}{4}$ cup toasted sesame seeds
- 1 cup salad oil
- $\frac{1}{3}$ cup cider vinegar
- $\frac{1}{4}$ cup sugar
- $\frac{1}{8}$ tsp. worchestershire sauce
- 1 tsp. onion juice
- $\frac{1}{4}$ tsp. dry mustard
- $\frac{1}{8}$ tsp. salt
- $\frac{1}{2}$ tsp. paprika

Mix together.

Dcanna Boone

M A I N

D I S H

S A L A D S

TURKEY SUMMER DELIGHT

2 cups diced cooked turkey
1 tart pickle, chopped
1 4 oz. pkg. cooked shell macaroni
1 T. finely chopped onion
 $\frac{1}{4}$ cup chopped celery
 $\frac{1}{4}$ cup french dressing
 $\frac{1}{4}$ cup salad dressing
Salt & pepper
3 pimento olives (sliced)

Combine turkey, pickle, macaroni, onion & celery.
Whip together french dressing and salad dressing.
Fold into turkey mixture. Add salt and pepper
until well seasoned.
Sprinkle top with paprika and top with sliced olives.

Jane Rosvold

HOT TURKEY SALAD

2 cups chopped turkey
1 cup chopped celery
 $\frac{1}{2}$ cup chopped toasted almonds (op)
 $\frac{1}{2}$ tsp. salt
2 tsp. grated onion
2 T. lemon juice
1 cup mayonnaise (not Miracle Whip or salad
dressing)
 $\frac{1}{2}$ cup grated American cheese
1 cup crushed potatoe chips

Combine all ingredients except potatoe chips and
cheese. Put in 11 x 7 x $1\frac{1}{2}$ " baking dish.
Mix cheese and chips, sprinkle over turkey mix.

Bake at 450 degrees for 10 minutes.

For 9 x 13 pan, use $2\frac{1}{2}$ times the recipe.

Norma Hansen

FLYING FARMERS SALAD

5 cups cooked chunked chicken
2 T. salad oil
2 T. orange juice
1 tsp. salt
3 cups cooked rice
1 $\frac{1}{2}$ cups green seedless grapes
1 $\frac{1}{2}$ cup sliced celery
1 13 $\frac{1}{2}$ oz. can pineapple bits
1 can mandarin oranges, drained
1 can slivered almonds
1 $\frac{1}{2}$ cup mayonnaise

Mix all and let stand several hours or
overnight.
Serves 15.

Thelma Christensen
S.D. Dist. ALCW Secretary
Submitted by Shirley Odecaard
Also submitted by Dolores Ostroot



MOLDED SHRIMP SALAD

1 can undiluted tomato or cream of celery soup
3 3oz. pkgs. cream cheese
1 pkg. knox gelatin
 $\frac{1}{2}$ cup cold water
1 cup mayonnaise
 $\frac{1}{2}$ tsp. salt
1 cup chopped celery
 $\frac{1}{2}$ cup minced green pepper
1 T. grated onion
2 cans shrimp

Melt cheese in soup slowly. Add gelatin softened in water. Add mayonnaise and salt. Set until thick. Add shrimp and vegetables. Set until firm.

Deanna Boone



VEGETABLE

SALADS

FROZEN COLESLAW

1 medium head cabbage, chopped fine
1 carrot, grated
1 chopped green pepper
1 tsp. salt

Mix salt with cabbage. Let stand 1 hour. Squeeze out excess moisture. Add carrot and green pepper. While cabbage is standing, make the dressing:

1 cup vinegar
 $\frac{1}{4}$ cup water
1 tsp. celery seed
2 cups sugar

Boil one minute. Cool to lukewarm. Pour over slowly. Stir, put in containers and freeze. Can be refrozen.

Deanna Boone

MARINATED VEGETABLE SALAD

1 cup diagonally diced carrots
1 cup cauliflowerets
1 medium green pepper, cut in squares
1 pkg. frozen artichoke hearts, cooked & drained
1 cup thickly sliced mushrooms
 $\frac{1}{2}$ cup ripe olives, sliced
 $\frac{3}{4}$ cup bottled Italian style dressing

Cook carrots, cauliflowerets and green pepper in boiling water for 5 minutes. Drain. Combine remaining ingredients. Chill 6 hours or more. May add salami & prosciutto.

Deanna Boone

FROZEN CUCUMBERS

1 medium onion, sliced
2 pints sliced cucumbers
2 T. salt
 $1\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup vinegar
1 tsp. celery seed

Sprinkle onions and cucumbers with salt. Let stand two hours. Drain well. In saucepan, bring sugar, vinegar and celery seed to a boil. Pour mixture over cucumbers and onions. Let cool. Put into freezer containers. Seal and store in freezer.

Norma Hansen

COLD BROCCOLI-PEA SALAD

1 10 oz. frozen chopped broccoli
1 10 oz. frozen peas
Dash of lemon juice
3 stalks celery, chopped finely
1 small onion
2/3 cup mayonnaise
1/3 cup sour cream
Salt & pepper
3 hard-boiled eggs, finely chopped

Thaw peas and broccoli on paper towels until most of the moisture is removed. Chop broccoli a little if it is in big pieces. Combine all vegetables, add lemon juice and all ingredients except eggs. Mix well. Add eggs, toss lightly. Refrigerate before serving.

Deanna Boone

HOT GERMAN POTATO SALAD

6 medium potatoes (cooked)	1 1/2 tsp. salt
6 slices bacon, cut up	Dash pepper
3/4 cup chopped onion	1/2 tsp. celery seed
2 T. flour	3/4 cup water
2 T. sugar	1/3 cup vinegar

Slice or dice potatoes. Fry bacon in skillet, then drain. Cook onion in bacon fat until golden brown. Blend in flour, sugar, salt, pepper, and celery seed. Cook over low heat, stirring until smooth and bubbly. Remove from heat, stir in water and vinegar. Heat to boiling, stirring constantly, boil one minute. Carefully stir in potatoes and bacon bits. Cover, and cook over low heat until potatoes are heated through. Serve at once. Yield - 8 servings.

Marian Lehman

CAULIFLOWER SALAD

- 1 head cauliflower raw
- 2 cups celery
- 1 cup radishes
- 1 green pepper
- 1 bunch green onions

Cut or dice all the vegetables into bite size pieces.

Dressing:

- 1 carton sour cream
- 1 cup Miracle Whip
- 1 8 oz. cream cheese
- 1 pkg. Hidden Valley creamy dressing Italian.

Mix dressings. Pour over cut-up vegetables and allow to marinate in refrig. before serving.

Marge Subbert

CAULIFLOWER SALAD

- 4 cups thinly sliced raw cauliflower
- 1 cup coarsely chopped black olives
- 2/3 cup coarsely chopped green pepper
- 1/2 cup chopped onion
- 1/2 cup coarsely chopped pimento

Dressing:

- | | |
|-------------------|-----------------|
| 1/2 cup salad oil | 2 tsp. salt |
| 3 T. lemon juice | 1/2 tsp. sugar |
| 3 T. wine vinegar | 1/4 tsp. pepper |

Combine vegetables. Beat dressing until well blended. Refrigerate overnight or at least 4 hrs. Toss just before serving. For Italian plate, add salami, pieces of swiss cheese and slices of hard cooked egg.

Jane Rosvold

CAULIFLOWER AND PEA SALAD

1 cup mayonnaise
1 small onion grated
3 - 4 T. milk
1 tsp. seasoned salt
 $\frac{1}{4}$ tsp. pepper
1 medium head cauliflower
1 pkg. frozen peas
3 ribbs celery chopped

Pour boiling water over peas - then chill with cold water. Drain.

Mix mayonnaise, onion, milk and seasonings until smooth. Break cauliflower into small florets. Mix all ingredients and toss lightly. Chill before serving. Keeps well in refrigerator.

Doris Brown

CAULIFLOWER SALAD

1 head cauliflower (sliced thin)
1 green pepper chopped
1 cup chopped celery
4 or 5 green onions, chopped

Dressing:

1 T. sugar subst.	$\frac{1}{3}$ cup mayonnaise
$\frac{1}{2}$ tsp. salt	3 tsp. vinegar
$\frac{1}{4}$ tsp. pepper	3 T. veg. oil
Dash of each: paprika, dry mustard	

Mix, pour over cauliflower and chill a few hours before serving.

This is a weight watcher's recipe.

Shirley Martin

CRUNCHY SALAD

1 cup sugar
 $\frac{1}{4}$ cup vinegar
 $\frac{1}{2}$ cup cooking oil
2 cups diced celery
1 cup diced green pepper
1 cup shredded carrots
 $\frac{1}{2}$ cup diced onion
1 box frozen peas (uncooked)
1 can white (shoo-peg) corn

Heat the sugar, vinegar, and cooking oil slightly to dissolve the sugar. Let cool, then pour over vegetables. Chill.

Norma Hansen

COLE SLAW

1 medium cabbage (3 - 4 cups shredded)
1 T. minced onion
 $\frac{1}{3}$ cup diced celery
 $\frac{1}{3}$ cup diced green pepper
 $\frac{1}{3}$ cup grated carrots

Combine all ingredients. Toss well with this dressing:

2 T. sugar
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ tsp. celery seed
2 T. tarragon vinegar
1 tsp. prepared mustard
 $\frac{1}{2}$ cup mayonnaise
Dash of pepper

Mix well. Toss with cabbage mixture.
Refrigerate.

Mickey Collins

FARMERS CHOP SUEY

1 large tomato, seeded and diced
1 large green pepper, seeded and diced
1 medium cucumber, peeled and diced
 $\frac{1}{4}$ cup chopped radishes
4 T. thinly sliced green onions with tops (4)
 $\frac{1}{4}$ tsp. salt
Dash of pepper
 $\frac{1}{2}$ to $\frac{3}{4}$ cup sour cream
 $\frac{1}{2}$ cup cottage cheese (op)

Lightly toss vegetables and salt and pepper.
Mix sour cream and cottage cheese and spoon
over vegetables. Serves 4.

Lorraine Fredrikson

COLE SLAW - 24 HOUR CABBAGE SALAD

8 cups cabbage
Carrots (for good color contrast)
1 green pepper
1 medium onion chopped fine

Soak 1 T. gelatin & $\frac{1}{4}$ cup water

Bring to a boil: 1 cup white vinegar
 $1\frac{1}{2}$ cups white sugar
 $\frac{1}{4}$ cup water
 2 tsp. salt
 1 tsp. celery seed
 $\frac{1}{2}$ tsp. pepper

Add gelatin when boiled mixture is warm. Cool.
Add 1 cup salad oil
Add mixed vegetables.
Refrigerate.

Carola Marking

FROZEN COLESLAW

1 head cabbage
2 carrots
1 medium onion and/or green pepper
1 tsp. canning salt
1½ cup sugar
¼ cup salad oil
1 cup white vinegar
1 tsp. mustard seed
1 tsp. celery seed

FREEZE

Carole Koenders

FOURTY-NINTH STATE SALAD

½ cup celery, diced
2 T. onion, finely chopped
1 can salmon or tuna
1 hard boiled egg (op)
1 cup carrots, shredded
¼ tsp. dry mustard
½ cup salad dressing
1 T. cream
1 small can shoestring potatoes

Combine vegetables in bowl. Add fish. Combine salad dressing, mustard and cream and blend and mix into vegetables. Cover tightly and chill until serving time or overnight. When ready to serve, drain off excess liquid. Add the shoestring potatoes and toss. Serve on lettuce leaf.

Norma Elsasser

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HINT - when cooking cabbage, place a small tin cup or can of vinegar on the stove near the cabbage, it will absorb the cabbage odor.

Marian Schoper

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PICKLED VEGETABLE SALAD

Dressing:

2 T. flour $1\frac{1}{2}$ cup sugar
1 cup white vinegar 4 T. prepared mustard

Cook until thick. Cool completely. Pour over vegetable and let set 24 hours:

2 cans mixed vegetables drained
1 onion
1 green pepper
1 can corn
Celery diced or Florentine Italian Danish
vegetables frozen, partially cooked.

Roberta Hansen

MARINATED VEGETABLES

1 can Campbells chicken broth
 4 medium size carrots, sliced ($1\frac{1}{2}$ cup)
2 cups cauliflowererets
2 small zucchini squash (2 cups)
 $\frac{1}{4}$ lb. mushrooms sliced
 $\frac{1}{4}$ cup wine vinegar
1 envelope (6 oz) Italian salad dressing mix

Heat broth to boil - add carrots. Simmer 2 minutes. Cool.

Stir in rest of items. Chill 6 hours or more, stirring occasionally.

Joyce Ulmer

THREE BEAN SALAD

1 can red kidney beans
1 can wax beans
1 can green beans
1 can garbanzo beans (op)

Drain above.

Mix together: $\frac{3}{4}$ cup sugar
 $\frac{2}{3}$ cup white vinegar
 $\frac{1}{3}$ cup corn oil

Pour over beans. Season with salt and pepper.
Refrigerate for 24 hours. Top with onion and
green pepper rings (op) for garnish.

Kathy Miller

SWEDISH BEAN SALAD

$\frac{1}{2}$ cup sour cream
 $\frac{1}{2}$ cup mayonnaise
1 lb. can green beans, drained or fresh cooked
1 medium cucumber, peeled and sliced
6 green onions, cut fine
1 T. dill weed
Salt & pepper to taste

Blend sour cream and mayonnaise. Combine other
ingredients and add to dressing. Chill before
serving.

Shirley Johnson

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HINT - Frozen peas need not be cooked before using
in a salad.

Shirley Odgaard

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VEGETABLE SALAD

1 can whole kernel corn
1 can bean sprouts
1 can mushrooms
1 cup celery diced
Pimento
1 can peas
1 can water chestnuts
1 small onion chopped
 $\frac{1}{2}$ cup sliced cauliflower

Dressing:

1 cup oil $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup vinegar 1 T. prepared mustard
2 T. salt

Marinate vegetables in dressing.
Keeps for weeks in covered container in refrigerator.

Patti Monahan
Carole Koenders

*Carole adds 1 can mushrooms to her recipe.

THREE BEAN SALAD

1 cup diced celery
1 cup chopped onion
1 cup chopped green pepper
1 jar red pimento diced
1 can Lima beans
1 can yellow string beans, drained
1 can green string beans, drained

Dressing:

$\frac{1}{4}$ cup salad oil $\frac{2}{3}$ cup vinegar
 $\frac{3}{4}$ cup sugar 1 tsp. salt (or more)

Serves 20

Bev Burchill

CARROT SALAD

Cook sliced carrots (2# bag)

Slice about 2 onions

1 chopped green pepper

1 cup chopped celery

Marinade: 1 can tomato soup
 $\frac{1}{2}$ - $\frac{3}{4}$ cup brown sugar
 $\frac{1}{2}$ cup salad oil
 1 T. dry mustard
 2 T. celery seed

Mix marinade and mix with vegetables.

Refrigerate for 24 hours.

Keeps well.

Roberta Hansen

TOMATO SALAD

Hollow out ripe firm tomatoes

Fill center with: 1 pkg. 3 oz. cream cheese
 2 cartons French Onion Dip
 3 ripe avocados (chop up in
 a blender)

Fills 10 medium size tomatoes.

Linda Baer

OUR RECIPE TO YOU:

Take two heaping cups of PATIENCE
One heartful of LOVE
Two hands full of GENEROSITY
A dash of LAUGHTER
One headful of UNDERSTANDING

Sprinkle generously with KINDNESS
Add plenty of FAITH and mix well

Spread over a period of a lifetime and
serve everybody you meet!

A PRAYER

I am only one, but I am one - - -
I cannot do everything,
But I can do something - - -
What I can do, I ought to do,
And what I ought to do,
By the grace of God, I will do.

