

SALADS

English Pea Salad

Chris Ellis

1 can tiny English peas
1 can shoepeg or white corn (small)
1 can French style green beans

Drain all three well.

Add 1 chopped bell pepper
1 chopped onion
1 cup chopped celery
1 jar chopped pimiento

Dressing:

Mix together:
1/2 cup oil
3/4 cup vinegar
1 cup sugar
1 tsp salt
1 tsp pepper
1 tbsp pepper
1 tbsp water

Heat these to boiling. Cool and pour over vegetables. Serve cold.

Frances Rud's Coleslaw Dressing

Lillian Matern

2 cups sugar
2 cups vegetable oil
1 cup vinegar

1 small onion, chopped
1 tsp paprika
1 tsp celery seed
1 tsp salt
½ tsp dry mustard

Beat with mixer until well blended. Unused portion can be stored in refrigerator some time.

Liz's Layered Jello

Liz Jasper

Approx. 7 3 oz pkgs Jello, assorted flavors
1 12 oz can evaporated milk
Cool Whip

Clear layer:

Dissolve 1 pkg Jello in ½ cup boiling water. Add ½ cup cold water.

Cloudy layer:

Dissolve 1 pkg Jello in ½ cup boiling water. Add ½ cup evaporated milk and ½ cup cold water.

Instructions:

Alternate clear and cloudy layers of Jello, starting with a clear layer. Allow Jello to set up between layers, it takes about 1 hour for each layer. I usually aim for 7 layers depending on the size of the bowl, but any amount is fine. I've heard it's cute in a 9x13" pan and cut into squares.

Last step:

Once all Jello layers have set up, frost with Cool Whip.

Mom's Potato Salad

Kate Littrell

10 red potatoes, washed with bad spots removed
10 eggs
1/2 large onion, diced
salt and pepper to taste

Dressing:

2 cups light or regular miracle whip (I really don't like fat-free, the "light" is my concession to lower calories but I'm not sure the amount of calories that you might save is enough to warrant going out and buying the light if you don't already have it on hand)
1/4 cup milk
3 heaping teaspoons sugar
1/8 to 1/4 cup pickle relish, depending on whether the kids like pickle relish in stuff - Lindsay never did but I think her tastes have changed (improved?) since she was little

Hard boil the eggs, chill, peel and dice. Dice the potatoes, while still raw. This saves time and I don't think hurts the taste any. It also saves you from having to handle hot potatoes if you are in a hurry, which I always seem to be while making potato salad. I also like to use red potatoes and leave the peels on but you can use white potatoes and peel, if desired. Boil diced potatoes until cooked through but not mushy. This is the tricky part. It doesn't take very long after they come to a boil to have the potatoes cooked, maybe five to eight minutes? Drain the potatoes, put in a large bowl, add the diced hardboiled eggs, diced onions and salt and pepper to taste. Mix the ingredients for the dressing in a separate bowl and pour over the potatoes, eggs and onions. I have also been known to add mustard to the dressing ingredients, but I don't like to add very much, certainly not enough to turn the dressing yellow. Just a squirt or two. Using a large spoon or spatula, stir dressing in to blend well. Chill until ready to eat.

Napa Cabbage Salad

Becky Varley

1 large head Napa cabbage, shredded
1 bunch green onions, chopped
2/3 cup margarine
1 pkg. sliced almonds
2 pkg. uncooked Ramen noodles, crushed
1 cup oil
½ cup vinegar
¼ cup sugar
1 seasoning packet from Ramen noodles

Mix vegetables in large bowl. Sauté the almonds and the crushed Ramen noodles in the 2/3 cup margarine until light brown. Mix dressing ingredients (oil, vinegar, sugar, seasoning packet). Immediately before serving, toss all together.

Option: I often serve the noodle/almond mixture on the side, as they get very mushy if there is any salad left over.

Pineapple Pretzel Salad

Jody Ellis

1 15 oz. can crushed pineapple, drained well
8 oz. cream cheese, softened
½ cup sugar
8 oz. Cool Whip, thawed

1 cup coarsely chopped pretzels
½ cup sugar
½ cup melted butter or margarine

Cream sugar and cream cheese together until well blended. Add Cool Whip and drained pineapple. Mix together and refrigerate.

Mix together the pretzels, sugar and butter and spread on a cookie sheet. Bake at 400° for about 7 minutes. Stir once or twice while baking. Cool.

Add pretzel mixture to cream cheese and pineapple mixture right before serving.

Oriental Chicken Salad

Martha Matern

Dressing:

¼ C. sugar

¼ C. vinegar

½ C. oil

1 t. salt

1 t. accent (MSG)

dash of pepper

Combine all dressing ingredients. Make at least a few hours ahead of time and refrigerate.

Salad-suggested portions or make to taste:

1 head lettuce

3 boneless skinless chicken breasts cooked and cut up (I cook the boneless chicken breasts in a frying pan in a little butter with salt and pepper)

¼ Cup green onions sliced

¼ Cup Sunflower seeds

½ Cup Chow Mien Noodles

Optional: broccoli, cauliflower, water chestnuts, etc.

Toss together with dressing and serve.

We served this recipe to Mark's brother Dave and his wife Mun, who not only is from Thailand but owns two wonderful Thai restaurants. Mun raved about how wonderful this was (like everyone else does, of course) and asked for this recipe so she could adapt it for her restaurants. When she served her version to us much later, it seemed to me to have very little in common with this recipe! But it was wonderful. Oh well, this is close to being a famous Thai dish.

Sunny Cauliflower Broccoli Toss

Jody Ellis

Dressing:

½ cup mayonnaise or Miracle Whip

2 tbsp sugar

1 tbsp cider vinegar

Salad:

5 slices bacon, cooked and crumbled

2 cups fresh cauliflower

2 cups fresh broccoli, cut up

¼ cup sliced green onions

¼ cup sunflower seeds

¼ cup raisins

In a small bowl, combine all dressing ingredients. Blend with wire whisk until smooth. Set aside.

Cook bacon until crisp. Drain and crumble into pieces.

In large bowl, combine bacon and all remaining salad ingredients, toss gently. Pour dressing over salad, and toss to coat.

Sprinkle with additional sunflower seeds if desired.

