

SALADS & SALAD DRESSINGS

AMBROSIA SALAD

Sandi Done

1 (8 oz.) can crushed pineapple	2 (11 oz.) cans mandarin oranges, drained
1 (15 oz.) can pineapple tidbits	2 c. thawed cool whip
2 c. boiling water	1 + 1/2 c. miniature marshmallows
2 (3 oz.) pkg. orange jello	1/2 c. angel flake coconut

In a large bowl, stir boiling water into jello, dissolve. Use pineapple juice and cold water to make 1 c. and stir into dissolved jello. Refrigerate about 1 hour until partially thickened. Stir in cool whip with a wire whisk, refrigerate 15 minutes or until mixture will mold. Stir in pineapple, oranges, marshmallows, and coconut. Spoon into a 6-cup mold. Refrigerate for at least 3 hours or until firm. To unmold, dip mold in hot water for 15 seconds, then gently pull jello from edges with moist finger. Invert mold onto plate.

BBQ CHICKEN SALAD

Nancy Patterson*

4 chicken breasts, baked, cooled and sliced thin	1 can black beans, rinsed and drained
<u>or</u> 1 lb. ground turkey, browned and cooled	1/2 red onion, quartered, sliced thin
1/2-1 head iceberg lettuce, chopped (combine with romaine for variety)	2 Tbsp. fresh cilantro
1/2 lb. C&W petite white corn (frozen), thawed,	1 c. tortilla chips, lightly crushed
<u>or</u> 1 can white corn, drained	1 avocado, diced (opt.)
	1 tomato, diced (opt.)
	K.C. Masterpiece BBQ sauce
	ranch salad dressing

Coat meat with BBQ sauce. Toss all ingredients together. Serve with ranch salad dressing and extra bbq sauce (we use a ratio of about 2:1 ranch to bbq sauce, but each person has their own preference).

BROCCOLI SALAD

Sharon Rich

4 c. broccoli, chopped small
1/2 c. raisins
1/2 c. sunflower seeds
1/2 c. celery (diced)
1/2-3/4 red onions (diced)

DRESSING:
3/4 c. "BF" mayonnaise
2 Tbsp. vinegar
1/2 c. sugar
1 (12 oz.) bottle bacon ranch dressing

Mix together night before to marinate.

BROCCOLI SALAD

Arlene Jones

2 bunches broccoli (use only the tops, flowerettes)
1 lb. bacon, diced and cooked until crisp
2 c. raisins (green)
1 c. sunflower seeds

DRESSING:
1 1/2 c. mayonnaise
4 Tbsp. minced onion
4 Tbsp. sugar

Toss broccoli, bacon, raisins, and sunflower seeds together. Add dressing 1/2 hour before serving:

CHICKEN & GREEN SALAD WITH ORANGE DRESSING

Sharon Rich

1/3 c. orange marmalade	2/3 c. light olive, grape seed, or canola oil
1/2 tsp. cayenne pepper	2 Tbsp. soy sauce
1/4 tsp. ground ginger	3 Tbsp. sesame oil
1/4 tsp. garlic powder	2 Tbsp. honey
1/4 c. white vinegar	1/4 c. mandarin orange sections, chopped

Measure marmalade, cayenne pepper, ginger, garlic powder, vinegar, oil, soy sauce, sesame oil and honey into a blender container. Cover and blend on medium speed for 30 to 45 seconds. Transfer to a small bowl and add the chopped orange sections. Stir to mix, cover and refrigerate for up to 3 days. Serve over a bed of mixed greens, topped by sliced grilled chicken breasts.

CHINESE CHICKEN SALAD

Sherrie Apperson

2-4 chicken breast halves (or any leftovers)
1 tsp. garlic powder
1 Tbsp. soy sauce
1 medium head green cabbage, shredded
1 bunch green onions, sliced
1 can mandarin oranges
wonton or gyoza wrappers*
oil for deep (1-2") frying

DRESSING:
1/2 c. rice vinegar
1/4 c. soy sauce
1/4 c. sugar
1 Tbsp. hoison sauce (opt.)
1 tsp. sesame oil
1/8 tsp. ***dry mustard***

Coat chicken with garlic and soy sauce; grill, bake or steam, cool, and slice thin. Cut wonton wrappers into eighths from corner to corner creating small triangles. Fry a few at a time until lightly browned, drain on paper towels. Layer all ingredients in a bowl, pour dressing over all and toss well. Serve immediately. (*Can sub. crisp chow mein noodles for fried wonton wrappers.)

CHRISTMAS JELLO

Sharon Rich

2 large pkgs. strawberry or strawberry/banana jello (sugar free)
2 c. boiling water
2 c. crushed ice & water

1 large pkg. frozen sliced strawberries, partially thawed
1 large can crushed pineapple w/juice
2 bananas, mashed
1 6 oz. sour cream

In a large mixing bowl, dissolve jello in boiling water, then add ice & water and stir until partially thickened; pick out any pieces of ice remaining. Add strawberries, pineapple and bananas. Pour half of jello into a 9x13" pan; put in refrigerator until firmly set – at least 2-3 hours. Keep other half of jello covered, at room temperature. Spread sour cream evenly over set jello, then carefully pour remaining jello over sour cream. Refrigerate until set.

DILLY RED POTATO SALAD

Sherrie Apperson*

5 lbs. red potatoes, diced and steamed w/skins on, slightly cooled
1 large red onion, cut in thin wedges
1 bunch green onions, sliced on diagonal about 1/4 " thick
1 bunch chives, sliced on diagonal about 1/8" thick
1 bunch dill, de-stemmed and chopped

DRESSING:
1 c. rice vinegar
1/2 c. light olive, grape seed, or canola oil

2 Tbsp. coarse ground pepper
1/2 tsp. salt

Mix dressing, pour over other ingredients, gently stir together. Refrigerate overnight, stirring or turning occasionally. Drain to serve.

FLUFFY CREAMY FRUIT SALAD

Debbie Apperson

1 (11 oz.) can mandarin oranges (save syrup)
1 envelope Knox gelatin
1/2 c. orange juice
1/4 c. lemon juice

2 beaten eggs
1 c. sour cream
3 oz. cream cheese
1 banana, halved and sliced
1/2 c. chopped nuts

Add enough water to mandarin orange syrup to make 3/4 c. In a saucepan, combine sugar and gelatin. Add syrup and juices; heat until gelatin dissolves. Gradually stir in beaten eggs; cook and stir 2 minutes. Remove from heat; cool slightly and add softened cream cheese and sour cream. Chill until partially set. Fold in banana, oranges and nuts. Pour into greased mold to set.

FOUR BEAN SALAD

Sharon Rich

1 can red kidney beans
1 can garbanzo beans
1 can cut green beans
1 can cut wax beans
1 medium red onion, sliced 1"x1/8"
1 small green pepper, sliced 1"x1/8"

1 small red pepper, sliced 1"x1/8"
1 c. rice vinegar
1/2-1 c. sugar
1/2 c. light olive, grape seed, or canola oil
1/2 tsp. salt

Drain all beans well. In a large zip-loc bag, mix marinade ingredients well. Add drained beans, onions, and peppers to bag, seal & mix gently. Expel air from bag, seal, and place inside a second zip-loc bag. Refrigerate at least 6 hours or overnight, turning over occasionally. Drain and serve.

FRESH FRUIT SALAD

Julee Wright

1 c. strawberries, quartered
1 c. bananas, halved & sliced
1 c. diced pears
1 c. pineapple chunks (canned,ok)
1 c. mandarin oranges

1 c. each, green & red grapes, halved
1 c. bing cherries, halved & pitted
1 c. vanilla yogurt (Dannon & Albertson's brands are best)
powdered sugar to taste

Toss fruit together and stir in yogurt & sugar. Refrigerate until served.

GRAPE & BANANA SALAD: Use only green & red grapes, bananas & yogurt.

FROG-EYE SALAD

(Makes a very large salad.)

Sharon Rich

SYRUP:
1 c. sugar
1/2 tsp. salt
3 Tbsp. flour
2+1/2 c. pineapple juice
1 Tbsp. lemon juice

16 oz. Acini-de-Pepe pasta
JUST BEFORE SERVING ADD:
2 (8 oz.) pkgs. Cool Whip, thawed
2 (20 oz.) cans pineapple tidbits, drained
1 (20 oz.) can crushed pineapple, drained
3 sm. or 2 lg. cans mandarin oranges, drained

Boil pasta according to package directions. Save juice from all pineapple for syrup (refrigerate pineapple in plastic bag). Stir dry ingredients together, then whisk in juices; boil until syrup is thickened. Drain pasta and add to warm syrup. Refrigerate overnight. Just before serving, add remaining ingredients.

FRUIT SALAD

Sharon Rich

2 cans pineapple tidbits, drained
2 cans fruit cocktail, drained
2 pkgs. lemon or vanilla pudding, instant
1 large tub whipped topping, thawed
bananas, red grapes, watermelon, apples, kiwi, cantaloupe, strawberries, mandarin oranges

Mix pineapple, fruit cocktail, pudding, and whipped topping, then add your choice of remaining fruits and enjoy.

GERMAN POTATO SALAD – almost instant

K. Louise Apperson*

instant potatoes (pkg. directions)
raw eggs (stir in when potatoes are very hot to cook)
bacon pieces (or bacon bits)

dill pickles
vinegar
"BF" mayonnaise

ITALIAN PASTA SALAD

Sherrie Apperson*

8 oz. pasta of choice, cooked
1/2 red onion, sliced thin
1/2 green bell pepper, sliced thin
1/2 red bell pepper, sliced thin
1 (3.8 oz.) can sliced olives

1 (16 oz.) bottle vinaigrette salad dressing (**Von's Roasted Bell Pepper**, Kraft Sun-Dried Tomato, red wine &/or balsamic vinaigrette)
sharp cheddar cheese, 1/4" cubes
pepperoni slices, quartered

Combine pasta, onion, green pepper, olives, and salad dressing. Marinate overnight or at least 2 hours. Stir in cheese and pepperoni just before serving.

JELLO-COTTAGE CHEESE SALAD

Sharon Rich

1 (24-32 oz.) container cottage cheese
1 (8 oz.) container whipped topping

1 can crushed pineapple, drained
1 large pkg. jello, any flavor

Stir together and refrigerate for about 30 minutes.

ALTERNATE FRUIT COMBINATIONS: peaches w/peach jello; strawberries w/strawberry jello;

MACARONI SALAD

Sharon Rich

salad or small shell pasta, cooked
onion, diced
celery, diced
green pepper, diced
frozen green peas, thawed (opt.)

ham, diced
cheese, diced
Miracle Whip
mustard (small amount)
salt (to taste)

MARINATED CARROTS

Roberta Anderson ("Grandma Birdie")

5 c. carrots	1/2 c. light oil
1 white onion, cut into 1/2" x1" pieces	1/2 to 1 c. sugar
1 sm. green bell pepper, cut into 1/2" x1" pieces	1 tsp. worcestershire sauce
1 can condensed tomato soup	1 tsp. mustard
3/4 c. vinegar	1 tsp. salt

Use large (not tough) carrots, about 3/4"-1" in diameter & cut 1/4" thick on a diagonal. Steam until barely soft, still firm, almost still crunchy. Cool. Mix all wet ingredients together. Stir in carrots, onions, and peppers. Marinate at least 24 hours in the refrigerator before serving.

METHODIST JELLO

Kathleen Harrell

1 large strawberry-banana jello	2 c. boysenberries (tastes best if they're from Grandma's vines)
1 medium cool whip	

In a large bowl, mix jello following quick-set directions on package; refrigerate until nearly set, about 1 hour. Stir in cool whip until mixed well. Fold in berries carefully – don't smash them. Scoop out into a fancy bowl for company, or a regular bowl for family. Refrigerate until time to serve.

PEANUT COLESLAW

Sherrie Apperson

green cabbage, shredded thin	sugar
green onions, sliced 1/4" on diagonal	oil (grape seed, light olive, canola)
celery, cut lengthwise & sliced on diagonal	rice vinegar
peanuts	celery seed and/or celery salt and/or beau monde seasoning
	salt to taste

Marinate at least 2 hours in refrigerator. Drain to serve.

PISTACHIO SALAD

Sharon Rich

1 (12 oz.) pkg. cool whip, thawed	2 bananas, halved & sliced
1 pkg. instant pistachio pudding mix	1 c. miniature marshmallows (opt.)
1 can crushed pineapple, drained	2 c. cottage cheese (opt.)

Stir cool whip and pudding mix together. Add pineapple and banana. (If adding cottage cheese, use 8 oz. pkg cool whip)

POTATO SALAD

Sharon Rich*

potatoes (boiled in skins)	"BF" mayonnaise
onions, diced	buttermilk
celery, diced	mustard
boiled eggs, sliced	celery salt (opt.)
sliced black olives	salt

POTATO SALAD

Dyxie "Rooney" Forbes*

5# potatoes (boiled in skins)	"BF" mayonnaise
6-12 boiled eggs, diced	sour cream
red onion, diced	pickle juice
celery, diced	vinegar
dill pickles, diced	mustard
whole green olives	salt

POPPY SEED CHICKEN SALAD

Sherrie Apperson

DRESSING:

2/3 c. red wine vinegar	2–3 Tbsp. poppy seeds
1/3 c. oil	1 + 1/2 tsp. dry mustard
2/3 c. sugar	1 tsp. salt

Salad dressing is best if made one day ahead. Blend dry ingredients, then add liquids. Shake or stir until sugar is dissolved. Refrigerate until served.

CANDIED ALMONDS:

2 Tbsp. melted butter	1/4 c. sugar
1/2 c. slivered almonds	

Melt butter in skillet over medium-high heat, add almonds and stir until heated through. Add sugar and stir until caramelized. Cool and break into pieces.

SALAD:

12 c. greens cut into bite-size pieces – best with romaine, iceberg & spinach
1/2 red onion, quartered, sliced thin & separated
1/2 pound mozzarella or Swiss cheese, coarsely grated
6 slices cooked bacon, crumbled
3 chicken breast halves, baked, cooled and sliced thin
1/2 c. candied almonds

Combined greens should total about 12 cups. All salad ingredients but the almonds may be assembled up to an hour ahead of time and refrigerated. Shake dressing and toss with salad immediately before serving. (This salad wilts if dressing is added too soon.)

SLOPPY JOE SALAD

Karen Kerrigan*

1 lb. ground beef <u>or</u> ground turkey	1/2 red onion, diced
1 pkg. sloppy joe mix	1 c. shredded cheddar cheese
1 can tomato paste	sour cream
small corn chips (Frito-Lay)	catalina salad dressing
1/2 head lettuce, shredded	

Brown meat, drain fat. Add tomato paste, water, and mix according to directions. Refrigerate (or freeze) meat mixture until ready to serve. Each person layers salad on their own plate in the following order: lettuce, chips, meat mixture, cheese, salad dressing, sour cream, onion.

SPAGHETTI SALAD

Sharon Rich

12 oz. thin spaghetti, cooked	1 cucumber, diced small
1 (8 oz.) bottle Italian salad dressing	1 red onion, diced small
1/2 bottle "Salad Supreme" seasoning	1–2 tomatoes, diced
1 zucchini, diced small	

Mix all ingredients together and chill overnight.

SPINACH & CRANBERRY SALAD

K. Louise Apperson

DRESSING:

1/2 c. sugar
1/2 c. light olive, grape seed, or canola oil
1/4 c. cider vinegar
1/4 tsp. Worcestershire sauce
2 Tbsp. sesame seeds
1 Tbsp. poppy seeds
1 Tbsp. onion, finely minced
1/4 tsp. paprika

SALAD:

4 c. baby spinach
2 c. romaine lettuce
2 c. iceberg lettuce
1/2 c. dried cranberries (soft & sweetened)
1/2 c. pecans, coarsely chopped
1/2 c. cotija cheese (or feta), coarsely crumbled

In a blender (or food processor), combine all ingredients for dressing but oil. Turn blender on high and slowly add oil, blending until emulsified. Refrigerate until ready to serve. Just before serving, combine greens, cranberries, and pecans in a salad bowl. Toss well with just enough dressing to coat. Add cheese and gently toss. Serve immediately. (This salad wilts if dressing is added too soon.)

STRAWBERRY SPINACH SALAD

Sharon Rich

DRESSING:

1/2 c. sugar	1 + 1/2 tsp. minced onion
1/2 c. oil	1/4 tsp. paprika
1/4 c. rice or cider vinegar	
1/4 tsp. Worcestershire sauce	
2 Tbsp. sesame seeds	
1 Tbsp. poppy seeds	

SALAD:

2 lbs. baby spinach, washed and torn
1 pt. strawberries, washed and sliced
1/2 c. pecans, coarsely chopped

Mix dressing and refrigerate a day ahead; toss with spinach, strawberries and pecans.

TACO SALAD

Sherrie Apperson

1/2 –1 head lettuce, chopped 1 (3.8 oz.) can sliced olives, drained
(add romaine for variety) 1 (16 or 27 oz.) can kidney beans, drained
1/4 - 1/2 red onion, diced 2 c. tortilla chips, lightly crushed
1 avocado, chopped (optional) 8 oz. catalina french salad dressing
1 c. cheddar cheese, shredded

Combine all ingredients together in a large salad bowl and toss.

WILTED SPINACH SALAD W/HOT BACON

Symbria Patterson

DRESSING:

5 bacon slices 1 tsp. sugar
1/4 c. red wine vinegar 1/2 tsp. salt

Cut bacon up and fry. Pour the vinegar into drippings; add sugar and salt. Stir and serve hot. Can be reheated. Best if set overnight and then reheated.

SALAD: (In proportion to number of people, combine:)

Fresh raw spinach leaves, washed, drained, no stems
tomatoes, seeded and diced, mushrooms, sliced hard boiled eggs,
sliced

Put in bowl and pour dressing over. Sprinkle eggs on top.

BUTTERMILK RANCH SALAD DRESSING

Sharon Rich

2 c. "BF" mayonnaise 1 tsp. parsley flakes
2 c. buttermilk 1/4 tsp. garlic salt
1 tsp. onion salt 1 pinch garlic powder

Slowly stir buttermilk into mayonnaise until smooth (do not use wire whisk or mixer – it gets too runny if it is stirred too fast.) Add spices and stir until they are thoroughly mixed. Makes 4 cups.

CATALINA FRENCH SALAD DRESSING

Sharon Rich

1 c. vegetable oil 1 tsp. salt
2/3 c. catsup 1 tsp. paprika
1/4 c. brown sugar 1 tsp. lemon juice
1/4 c. honey 1/2 onion (optional)
1/4–1/2 c. vinegar 1 Tbsp. pectin powder

Put all ingredients in blender and mix until smooth. Makes about 3 cups.

CILANTRO SALAD DRESSING

Maryann Jex

1 Tbsp. Hidden Valley Ranch dry mix 2 Tbs. roasted salted pepitas
1/2 c. buttermilk 1 Tbsp. red wine vinegar
1/2–2/3 c. fresh cilantro, no long stems 1/3 c. oil
2 Tbsp. parmesan cheese, finely grated salt and pepper to taste

Put all ingredients except oil in blender until well blended. Add oil very slowly and process until smooth. Add salt and pepper to taste. Refrigerate until well chilled. Makes 1 generous cup.

HONEY MUSTARD SALAD DRESSING

Sherrie Apperson

1 + 1/2 c. "BF" mayonnaise (DO NOT USE Miracle Whip) 1/2 c. honey
1/4 c. grey poupon mustard (NO SUBSTITUTE)

Mix gently but well. Refrigerate for at least 2 hours or overnight before serving.

ITALIAN SALAD DRESSING

1/3 c. white vinegar	1/4 tsp. dry mustard (opt.)
3 Tbsp. water	1 clove garlic, minced fine
1–2 Tbsp. lemon juice	1 Tbsp. white onion, minced fine
1 tsp. sugar	1 Tbsp. red bell pepper, minced fine
1/4 tsp. salt	1 Tbsp. romano cheese (opt.)
1/4 tsp. garlic powder	2/3 c. grape seed or olive oil

Mix all ingredients into vinegar, adding oil last. Whisk until well mixed. Refrigerate before serving.

RED WINE VINAIGRETTE

1/2 c. red wine vinegar	1/4 tsp. dry mustard
1 Tbsp. honey	1/4 tsp. salt
1/4 tsp. garlic powder	1/2 c. grape seed or olive oil
1/4 tsp. onion powder	

Mix all ingredients into vinegar, adding oil last. Whisk until well mixed. Refrigerate before serving.

SUN-DRIED TOMATO SALAD DRESSING

Sherrie Apperson

1/2 c. sun-dried tomato strips in oil	1/2 tsp. basil
1/4 c. rice vinegar	1/4 tsp. paprika
2 Tbsp. olive oil	1/4 tsp. onion powder
2 Tbsp. water	1/4 tsp. salt
2 Tbsp. Romano cheese	1/8 tsp. garlic powder
1 Tbsp. garlic, minced	1/8 tsp. coarse black pepper (opt.)
1–2 tsp. sugar	pinch cayenne pepper
1–2 tsp. lemon juice	pinch thyme

Mix all ingredients in a blender until tomatoes are chopped, then heat in a small saucepan over medium heat. Bring to a boil, whisking often, reduce heat and simmer uncovered, for 5 minutes. Cover the dressing until cool, then refrigerate until well chilled.

THOUSAND ISLAND SALAD DRESSING

Sharon Rich

1 + 1/3 c. miracle whip	1 dash garlic salt
2/3 c. "BF" mayonnaise	1 dash onion salt
1/2 c. catsup	1 tiny pinch cayenne pepper
1/3 c. sweet pickle relish	

Stir all ingredients together until well mixed and smooth. Makes about 3 cups.