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SALADS - DRESSINGS

CRANBERRY FREEZE SALAD

Denise Swerdlik

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| 1 (1 lb.) can whole berry
cranberry sauce | 1/3 c. pecans, chopped |
| 1 (8 oz.) can crushed
pineapple, drained | Lettuce leaves |
| 1 c. sour cream | Whole pecans, for garnish,
optional |

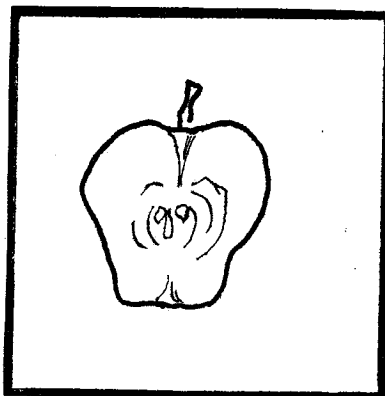
Combine cranberry sauce, pineapple, sour cream and chopped pecans. Mix well. Pour mixture in a greased 8-inch square pan. Freeze until firm. Cut into squares to serve. Serve on lettuce leaves. Garnish with pecans, if desired. Serves 6.

CRANBERRY-APPLE SALAD

Sandy Perlmutter

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| 2 cans (1 lb. each) whole berry
cranberry sauce | 2 T. lemon juice |
| 2 c. boiling water | 1/2 tsp. salt |
| 2 pkgs. (3 oz.) strawberry
gelatin | 1 c. Hellmann's mayonnaise |
| | 2 c. diced apples |
| | 1/2 c. chopped walnuts |

Melt cranberry sauce over medium heat. Drain, reserving liquid and berries. Mix together cranberry liquid, boiling water and gelatin; stir until mounds slightly on a spoon. Add mayonnaise; beat until smooth. Fold in cranberries, apples and nuts. Pour into 2-quart mold. Chill overnight. Makes 10-12 servings.



BRUNCH FRUIT CUPS**Sandy Perlmutter**

10 oz. can frozen orange juice, undiluted	2 (20 oz.) cans drained pineapple tidbits
1/2 c. sugar	2 (11 oz.) cans drained mandarin oranges
1 1/2 c. water or pineapple juice	2 (10 oz.) pkgs. sliced frozen strawberries, defrosted
6 bananas, cut in bite-sized pieces	7-Up

In large bowl mix orange juice, sugar and water or pineapple juice. Add fruit. Mix well. Fill clear plastic cups about 2/3 full. Freeze. About 1 hour before serving set cups out to thaw. When partially thawed, pour 7-Up on top and mix lightly. Makes 18 servings.

WINTER FRUIT SALAD**Bobbie Balto**

2 golden Delicious apples	2 T. raisins
2 tart red apples	3 T. mayonnaise
3 bananas	3 T. yogurt
3 navel oranges	1 tsp. honey
2 T. toasted sunflower seeds, unsalted	1 tsp. lemon or orange juice

Wash, core and cut apples into small chunks. Peel and cut bananas and navel oranges into chunks. Combine fruit gently into serving bowl with sunflower seeds and raisins. Make a dressing with remaining ingredients and mix into salad. Makes 4-6 servings.

LETTUCE ORANGE SALAD**Heidi Griminger Blanke**

2 c. lettuce, assorted	1 tsp. lime peel
2 medium green onions, sliced	3 T. oil
1 medium orange, peeled and sliced	Dry mustard
1 medium celery stalk, sliced	Green pepper
1 T. lime juice	Sand and pepper

Continued Next Page

LETTUCE ORANGE SALAD (Continued)

Combine lettuce, green onion, orange and celery stalk. Make a dressing with lime juice, lime peel, a pinch of dry mustard and a pinch of green pepper. Whisk in oil. Add salt and pepper to taste. Pour over salad.

TWENTY-FOUR HOUR SALAD**Charlotte Levinger**

3 egg yolks	1 c. heavy cream, whipped
2 T. sugar	2 cans pitted white cherries
Dash salt	2 c. cut-up kosher marshmallows
2 T. vinegar	2 cans pineapple tidbits
2 T. pineapple syrup	2 cans mandarin oranges
1 can seedless grapes or fresh in season	Slivered, blanched almonds
1 T. butter or margarine	3 bananas, sliced

Cook egg yolks, sugar, salt, vinegar, pineapple syrup and butter in double boiler until thick. Cool. Fold in whipped cream, well-drained fruits, bananas, marshmallows and nuts. Chill 24 hours.

7-LAYER SALAD**Enid Reich**

1 head lettuce, cut into small pieces	1 pint mayonnaise
2 medium onions, thinly sliced	1 pkg. (10 oz.) frozen peas
1 can (8 oz.) water chestnuts, sliced	2 to 3 sliced hard-cooked eggs
2 T. sugar	Tomato wedges
1/4 c. grated Romano-Parmesan cheese	Parsley

Layer ingredients in order given. Garnish with eggs, tomatoes and parsley. Refrigerate at least 2 hours.

T.R.'S COLESLAW**Sara Levenstein**

4 T. white vinegar
 3 T. oil
 3 T. sugar
 1 tsp. salt

1/2 head cabbage, shredded
 1 bunch green onions, sliced,
 including tops
 Radishes, slices

Mix vinegar, oil, sugar and salt and refrigerate. Mix cabbage, green onions and radishes and keep in separate bowl. Half hour before serving, pour dressing over vegetables.

COLESLAW**Sara Levenstein**

1 head cabbage, shredded
 3 to 4 carrots, shredded
 1 c. mayonnaise

Juice of 1 lemon
 2 to 3 T. sugar

Mix mayonnaise, lemon juice and sugar in small bowl. Check taste. Add to shredded cabbage and carrots. Mix and put in refrigerator for 1 hour. Check taste. Add extra lemon or sugar.

POTATO SALAD**Jill Bernstein**

5 to 6 medium potatoes, boiled,
 peeled and cubed
 1/4 c. minced onion
 1 1/2 tsp. salt
 1/4 tsp. pepper
 2 T. vinegar
 2 T. pickle relish

1 c. chopped celery
 1 T. chopped parsley
 1/2 tsp. celery seed
 1 c. mayonnaise
 2 shaved carrots
 1 T. mustard
 Paprika, to taste

Combine potatoes, onion, salt and pepper and refrigerate. When cool, add remaining ingredients. Add more mayonnaise if needed to coat well. For macaroni salad, substitute 2 cups of macaroni instead of potatoes. Reduce vinegar to 1 tablespoonful.

TORTELLINI SALAD**Susan Kaiden**

1 (16 oz.) pkg. cheese tortellini, cooked and drained	1 (8 oz.) pkg. mozzarella cheese, cubed
1 green pepper, diced	3 carrots, sliced thin
1/2 jar green olives with pimento	1/2 bunch broccoli, cut into small flowerets
Cherry tomatoes	1 bottle Italian dressing

Combine all ingredients in large bowl. Mix thoroughly. Let marinate for a few hours. Can be kept in the refrigerator several days.

PASTA A' LA JOYCE**Karen Goodstein**

1 lb. mostaccioli, cooked and cooled	1 bunch parsley
1 red onion	1/4 tsp. basil
1/2 lb. pea pods, fresh or frozen	1/4 tsp. rosemary
2 sweet red peppers	1/4 tsp. thyme
2 medium zucchini	1/4 tsp. marjoram
1 lb. carrots	3 oz. Parmesan cheese
	1 pint cherry tomatoes

Cook and cool pasta. In food processor use metal blade to chop parsley. Switch to thin slicing blade; slice onion. Insert French fry or other disc to process red peppers, carrots, and zucchini. Trim pea pods. Toss vegetables together with herbs, adding cooked and cooled pasta. Add 3/4 of dressing and marinate 2 hours. Mix with cheese and remainder of dressing. Garnish with cherry tomatoes.

DRESSING:

1 c. salad oil	4 T. sugar
1/2 c. raspberry vinegar or red wine vinegar	2 T. lemon juice
1 T. water	Salt, pepper, to taste

Using metal blade combine above ingredients and process until well blended. Serves at least 20.

MARINATED MUSHROOM SALAD**Sandy Perlmutter**

1 c. salad oil	4 tsp. lemon juice
2 tsp. salt	2 lbs. mushrooms, sliced
2 1/2 tsp. each dry basil and Dijon mustard	1 1/2 c. thinly sliced green onions, including some green tops
1/2 tsp. each pepper and paprika	1 basket cherry tomatoes, washed and stems removed
5 T. white wine vinegar	

In large bowl, combine oil, salt, basil, mustard, pepper, paprika, vinegar and lemon juice. Beat with a fork until well blended. Mix in mushrooms and green onions; cover and marinate at room temperature, stirring occasionally for about 1 hour or until serving time. Just before serving, mix in tomatoes. Makes 8-12 servings.

FRENCH BEEF AND MUSHROOM SALAD**Roberta Gelatt**

1/2 c. olive oil	Salt and freshly ground pepper
3 T. white wine vinegar	London broil or flank steak, cooked, chilled and cut in matchstick strips
4 tsp. chopped capers, rinsed and drained	1/2 lb. mushrooms, sliced
4 tsp. minced fresh parsley	Lettuce leaves
2 tsp. Dijon mustard	Tomato wedges, stuffed eggs, olives, marinated artichoke hearts, for garnish
1/2 tsp. chopped fresh tarragon or 1/8 tsp. dried	

Combine first 6 ingredients with salt and pepper to taste. Blend well in a mixing bowl. Add beef and mushrooms. Toss to coat. Cover and marinate 1 hour at room temperature. Line 4 plates with lettuce and divide salad evenly.

SOUTH OF THE BORDER SALAD**Sara Levenstein**

1 (6 1/2 oz.) can tuna, flaked	1/8 tsp. garlic powder
1/2 c. shredded Cheddar cheese	Crisp salad greens
1/4 c. sliced ripe olives	1/2 avocado, peeled, sliced
1/4 c. mayonnaise	1/2 tomato, cut in wedges
2 T. diced green onion	Tortilla chips
1/2 tsp. chili powder	

Drain tuna. Combine next 6 ingredients. Fold in tuna. Line 2 salad plates with salad greens; mound with tuna. Arrange avocado, tomato and tortilla chips around tuna. Sprinkle with paprika. Serves 2.

CHEF'S (LUNCHEON) SALAD**Eve Bern**

2 cans water-packed white meat tuna	1/2 pint sour cream
6 hard-cooked eggs	1/2 pint mayonnaise
1 head lettuce	Salt, to taste
1 cucumber, peeled	1/4 tsp. ground black pepper
3 tomatoes	1 tsp. garlic salt
Celery hearts	1 T. onion greens, cut fine or onion salt
1 green pepper	

Drain and chill tuna. Wash vegetables, dry and chill. Break tuna in chunks; tear lettuce in large pieces; quarter tomatoes and eggs. Slice celery diagonally; cut pepper in strips or slices and slice cucumber last. Arrange in bowl. Blend remaining ingredients to make a sour cream dressing. Add to salad shortly before serving. Use some of the tomatoes and eggs for garnish.

THREE FISH SALAD**JoEllen Hartman**

1 (1 lb.) can salmon, drained, skinned and boned	6 hard-cooked eggs, chopped
2 (6 oz.) can white tuna, drained	1 can sliced water chestnuts
1 c. smoked fish, flaked and boned	Lemon juice
1 small pkg. slivered almonds	Pepper
3 sticks celery, chopped	Garlic powder
1 green pepper, chopped	Onion powder
1/2 c. sliced stuffed green olives	

Mix together all ingredients except lemon juice, pepper, garlic and onion powders. Season to taste with remaining ingredients.

DRESSING:

1/2 c. horseradish	2 c. mayonnaise
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Add horseradish sauce to mayonnaise. If not spicy enough, add more horseradish sauce. Chill.

GEFILTE FISH SALAD**Eve Perlmutter**

5 medium-pieced gefilte fish	1/4 c. mayonnaise
1 small green pepper, chopped	1/4 c. buttermilk
1/2 small red pepper, chopped	2 T. vinegar
1/2 c. dill pickle, chopped	1 T. sugar
1/2 tsp. salt	1/4 tsp. pepper
2 large tomatoes, diced	

Cut gefilte fish into bite-size pieces. Combine with peppers, pickle, and tomato. Mix mayonnaise, buttermilk, vinegar, sugar, salt and pepper. Pour over fish mixture and toss lightly. Serve on crisp lettuce. Serves 4-6.

1-2-3 FRUIT DRESSING**JoEllen Hartman**

1 lemon	1 egg, well beaten
1 lime	1 c. sugar
1 orange	

Extract juice from the lemon, lime and orange. Grate the rinds of each. Combine the juices, rinds, egg and sugar in a pan. Cook at medium heat. Stir constantly until boiling. Boil 1 minute. Remove from heat and cool. Makes 1 1/2 cups dressing. Pour over grapefruit, mandarin oranges, pineapple and bananas.

CHINESE SALAD DRESSING**Heidi Griminger Blanke**

1 1/2 T. peanut butter	2 tsp. white vinegar
2 1/2 T. salad oil	1 1/2 tsp. sesame oil
2 T. soy sauce	1/4 tsp. cayenne pepper
2 T. sugar	1 T. minced green onions

Blend peanut butter and oil. Add rest of ingredients.

HONEY DRESSING**Roberta Kaplan Gelatt**

3/4 c. sugar	1/3 c. honey
1 tsp. dry mustard	5 T. vinegar
1 tsp. paprika	1 T. lemon juice
1 tsp. celery seed	1 c. salad oil
1/4 tsp. salt	

In a blender mix dry ingredients. Add honey, vinegar and lemon juice. Blend well. With blender on, pour in oil very slowly. Delicious over fruit.

SPICY SALAD DRESSING**Dee Peacock**

1 c. tomato juice	1 tsp. dry mustard
1/4 c. vinegar	1 clove chopped garlic
1/4 c. chopped green pepper	Dash pepper
2 tsp. Worcestershire sauce	1 envelope sugar substitute,
1 tsp. salt	optional

Combine all ingredients in food processor or blender and process until green pepper is pureed. Makes about 1 1/2 cups, 4 calories per tablespoonful. Dressing improves and thickens as it refrigerates. For a creamier texture, blend in 1/2 cup lowfat cottage cheese or yogurt.

SOUR CREAM DRESSING**Mrs Meyer Levy**

1/2 c. sour cream	1/4 tsp. salt
1 tsp. powdered sugar	3 T. chili sauce

Beat cream until stiff; add salt, sugar and chili sauce. Vinegar or lemon juice can be used instead of chili sauce.

GLADYS' SALAD DRESSING**Gladys Neuman**

1 c. sugar	1 c. vinegar
1 c. catsup	1 c. salad oil
1 c. chili sauce	2 buds garlic, finely chopped
	Salt

Mix in order given and shake well.

FLORA'S FRENCH DRESSING**Ida Ebin**

4 T. sugar	2 tsp. paprika
1 tsp. salt	3/4 c. oil
2 heaping tsp. dry mustard	1 c. ketchup

Beat well together for 10 minutes and add 1 cup vinegar and 1 clove garlic.

DELICIOUS SALAD DRESSING**Esther Levy**

1/2 c. Wesson or peanut oil	2 T. granulated sugar
2 T. tarragon vinegar	1/2 tsp. thyme
2 T. lemon juice	1 tsp. celery seed
2 T. grated onions	1 clove garlic
3 T. chopped parsley	1/2 c. cream

Mix all ingredients together and add cream just before serving.
Do not let cream stand in dressing.

MY OWN FRENCH DRESSING**Esther Levy**

1 can tomato soup or catsup	1/4 tsp. paprika
1 1/2 c. oil	2 T. Worcestershire sauce
3/4 c. sugar	2 T. lemon juice
1 1/2 tsp. salt	2 small grated onions
1 tsp. dry mustard	1 clove garlic, crushed

Mix all ingredients together well and shake.

FRENCH DRESSING**Neil Locketz**

4 T. sugar	1 c. cider vinegar
2 tsp. paprika	1/3 c. water
2 tsp. dry mustard	1 clove garlic, crushed
1 tsp. salt	2 T. grated onion
1 c. ketchup	
1 c. oil	

Blend first column of ingredients. Add the second column. Mix together well. Makes 1 quart of dressing.

CREAMY FRENCH DRESSING**Norma Altman**

1 1/2 tsp. salt	Dash pepper
1 1/2 tsp. sugar	1/4 c. vinegar
1 1/2 tsp. paprika	3/4 c. salad oil
1 1/2 tsp. garlic powder	1/2 c. sour cream
1 1/2 tsp. onion powder	

Combine all ingredients except sour cream and mix well. Add sour cream and blend either in food blender or with rotary beater.

BOILED SALAD DRESSING**Esther Levy**

3 T. flour, heaping	1 c. vinegar, scant
3 T. sugar, heaping	1 1/2 c. water
1 T. dry mustard	1/2 tsp. salt
3 eggs	

Mix ingredients well and cook together until thick. You can add 1/2 cup mayonnaise and 1/2 cup boiled dressing or any other combination to suit your taste.

MARINADE FOR ONIONS, GREEN PEPPERS, CUCUMBERS AND TOMATOES**Sally Levenstein**

1/4 c. oil	1/2 c. vinegar
3/4 c. sugar	3 T. water

Marinate salad six hours. May be used for Greek salad or bean salad.

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