

### **Artichoke and Bean Sprout Salad**

1/2 can bean sprouts, drain  
1/2 can cut green beans, drained  
Marinate in Herb Garlic Dressing for several hours, drain. Serve on bed of crisp chicory.

1/2 can artichoke hearts, drained  
1/2 can water chestnuts, drained and sliced

### **Asparagus and Shrimp Salad**

2 lbs. asparagus, cooked and chilled  
24 shrimps, cooked, peeled, deveined, cooled  
1/3 c. tarragon vinegar  
3 tomatoes, peeled, seeded, quartered  
1/4 c. tart French dressing  
1 hard-cooked egg, riced  
1/4 c. chopped parsley

1/2 c. heavy cream, whipped and lightly salted  
1/2 c. homemade mayonnaise (made with lemon)  
1 t. chopped dill pickle  
1 t. capers  
salt and pepper  
1 T. brandy

Pour vinegar over asparagus and shrimp. Marinate 1 hour. Before serving, add tomatoes and toss lightly with French dressing. Arrange on a bed of lettuce leaves and sprinkle with egg and parsley.  
To prepare dressing, mix whipped cream with mayonnaise. Add pickles, capers, salt, pepper and brandy. Serve separately in a sauce boat.

### **Baked Apricot (use as Vegetable) \***

Butter shallow casserole. Arrange drained apricots. Sprinkle brown sugar & Ritz crackers. Dot with butter. Pour juice over all. Bake 1 hour at 375°. Serves 6 to 8.

### **Bake Sherried Fruit \***

1 (29 oz) can peach halves  
1 (29 oz) can pear halves  
1 (1 lb.) can Queen Anne cherries  
2 c. boiling water  
1/2 c. white or black raisins  
2 or more sliced lemons and limes

1 c. sugar  
3 T. flour  
1/4 t. salt  
4 T. butter  
1/2 c. dry sherry

Drain fruit, save juice. Slice pears and peaches. Pour boiling water over raisins and sliced lemons. Cover and simmer 20 minutes. Drain and discard water. Sift sugar, flour and salt in sauce pan. Mix with 1 1/2c. fruit juice and butter. Cook till thick. Add sherry. Place fruit in 2 qt. buttered baking dish. Cover with sauce and refrigerate overnight. Bake at 350° for 1 hour. 10 to 12 servings.

### **Bean Salad**

1 can peas, 1 lb. 1 oz (very small)  
1 onion, finely chopped  
1/2 c. vegetable oil  
1 c. vinegar

1 can French style green beans  
1 c. celery, finely chopped  
1 4 oz. can pimentos  
1 c. sugar

Dissolve sugar in vinegar and oil and pour over peas, beans, and other ingredients. Store in refrigerator 24 hours before serving. Drain before serving. (This dish keeps well refrigerated for several days.) Serves 8.

### **Beet Salad \***

1 1/2 pkg. lemon jello  
1 c. beet juice  
1 c. water  
2 t. vinegar

1 c. chopped beets  
1 T. horseradish  
2 T. chopped onion

Heat juice, water and vinegar. Dissolve jello. Add other ingredients and mold.

### **Bing Cherry Salad**

1 3 oz. box lemon gelatin  
1 17 oz. can pitted dark sweet cherries  
Cherry juice plus water to make 1 3/4 c. liquid  
1 1/2 t. unflavored gelatin

1/4 c. cold water  
1/2 c. dry sherry  
juice of 1 lemon  
1 c. pecans or walnuts, chopped

Dissolve lemon gelatin in heated juice. Soften unflavored gelatin in cold water. Add to juice. When cool, add sherry and lemon juice. Chill until slightly thick. Add cherries and nuts. Chill until firm. Serve on lettuce with home-made mayonnaise. Serves 8.

### Broccoli Bavarian Salad

1 envelope unflavored gelatin  
1/4 c. cold water  
1 c. hot consommé  
1 c. broccoli buds  
3/4 c. mayonnaise  
salt and pepper to taste  
1 c. chopped broccoli  
4 hard cooked eggs

Soften gelatin in cold water, dissolve in hot consommé; chill until slightly thickened. Add mayonnaise, salt, and pepper. Stir until blended. Fold in chopped broccoli. Rinse ring mold in cold water. Place cooked buds in bottom and egg slices around sides of mold. Spoon in gelatin mixture carefully. Chill until firm. Serves 6.

### Cabbage and Fruit

grated cabbage  
grated celery (2 or 3 stalks)  
grated cashew nuts (one can)  
Mix all ingredients together in order given.  
crushed pineapple (small can)  
1 T. sweetened vinegar or lemon juice  
mayonnaise or salad dressing

### Carrot & Pineapple Salad \*

Mix and let cool:  
1 package lemon jello  
1 c. hot water  
Add:  
1 c. crushed pineapple  
1 c. grated carrots  
1 T. vinegar  
1/4 t. salt  
1/2 c. nuts

### Cherry-Strawberry Salad

Drain 2 cans pitted dark cherries - makes about 2 cups juice. Heat juice to boiling and dissolve 2 packs strawberry jello. To hot jello mixture add 1 large size package strawberries (frozen). Stir until dissolved. Add cherries, 1 small can partly drained crushed pineapple and 1/3 c. chopped pecans. This salad make a very good ring mold or individual molds. Serves 10-12.

### Congeaed Broccoli Salad \*

1 pkg. (10 oz) chopped frozen broccoli  
1 can consommé  
1 envelope plus 1 t. plain gelatin  
3/4 c. mayo  
1 3/4 t. salt  
2 T. lemon juice  
4 hard cooked eggs (grated)  
4 T. worcestershire sauce

Cook and drain broccoli. Soften gelatin in 1/4 c. consommé. Heat rest of consommé. Add gelatin and stir until dissolved. Then add other ingredients. Pour into loaf pan or mold and place in refrigerator to congeal. This is excellent as a vegetable on a luncheon plate. Serves 10.

### Congeaed Broccoli Salad II

3 pkgs. frozen chopped broccoli, cooked, drained and cooled  
6 hard cooked eggs, chopped or grated  
1 can beef consommé  
3/4 c. mayonnaise  
2 T. lemon juice  
1 T. Worcestershire  
1/4 t. salt  
1 envelope plain gelatin  
dash Tabasco

Soften gelatin in 1/4 c. cold consommé. Heat remaining consommé to boiling. Add gelatin, Tabasco, salt, lemon juice and Worcestershire. Cool. Mix cooled broccoli, cooled chopped eggs and mayonnaise. Fold into consommé mixture. Grease 6- or 8- cup mold with mayonnaise and fill with salad mixture. Unmold on lettuce leaves. Broccoli lovers will inhale it! (I use my little hand cheese grater for grating eggs. It works like a charm.) Serves 15

## **Congeaed Vegetable Aspic**

2 T. gelatin	1 med. onion, grated
1/2 c. cold water	1 1/2 c. cabbage, shredded
2 c. water boiling	1 c. celery, diced
2 T. lemon juice	1/4 c. pimento, chopped
2 t. Worcestershire sauce	1 c. green peas
1/4 c. sugar	1 c. tiny whole green beans
1 t. salt	

Soften gelatin in cold water. Add to boiling water and stir until dissolved. Add all other liquids and cool. Mix vegetables with sugar and salt. Pour liquid over vegetables with sugar and salt. Pour liquid over vegetable mixture, stir well and put into mold. Refrigerate until congealed. Serves 10-12.

## **Cranberry Salad \* I**

1 pkg. cherry jello	2 c. boiling water
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add 1 can cranberry whole sauce. 1 can pineapple, drained and nuts.

## **Cranberry Salad II**

Grind 1 lb. cranberries, juice of 3 oranges, 1 lemon, add 1 3.4 c. sugar, 2 pkg. Knox gelatin soaked and dissolved in some of the orange juice. Stir all together and mold.

## **Cucumber Aspic \***

Peel and grind 3 big cucumbers. Grind one onion. Let set awhile. Put 1 1/2 envelope gel in scant cup water. Let set 10 min. Pour 1 c. boiling water on gel. 1/2 c. vinegar, little sugar, salt, pepper. Mix all ingredients and put in mold. Can use celery and olives.

## **Cucumber with Egg Salad**

2 cucumbers	3 T. finely chopped celery
3 hard boiled eggs	Mayonnaise
3 T. finely chopped sweet pickles	Paprika
1 t. salt	

Peel most of the skin from cucumbers, leaving just enough for color. Slice 1/4 in. thick and cover with ice cubes and water. Store in refrigerator to crisp. Do not freeze. Chop eggs very fine. Add remaining ingredients, except paprika, using mayonnaise to bind only. Do not let it get runny. To prepare canapés, drain cucumber slices and spread on paper towels to dry. Top each slice with egg salad and sprinkle with paprika. Serves 8.

## **Curried Fruit \***

Drain well - peaches, pears, apricots & pineapple. Butter shallow casserole and arrange fruit. Melt 1/3 c. butter. Take off heat. Mix into butter 3/4 c. brown sugar & 4 T curry powder. Spoon over fruit. Bake 1 hour at 375°. Serves 8.

## **Derby Salad**

1 head lettuce	1 can (16 oz.) Blue Lake beans, drained
1 can asparagus, drained	1 jar marinated artichoke hearts, drained
1 can (16 oz.) peas, drained	

Layer the above ingredients, starting with lettuce, and follow the order in which ingredients are listed. Cover with favorite mayonnaise. Do not toss. Sprinkle with Parmesan and bacon bits. Cover, refrigerate 24 hours before serving. Serves 8.

### **Fruit Salad Dressing \***

1 c. canned pineapple juice  
3/4 c. sugar  
1 T. flour

2 eggs  
1 c. cream--whipped  
2 T. butter

Heat juice till warm. Blend in flour and butter and add beaten yolks. Then fold in beaten whites. Pour in warm juice and put in double boiler and cook until thick. Cool (can be made the day before). Before serving, fold in whipped cream. If using cool whip, not much sugar.

### **Fruit for 85**

8 - 10 bananas  
6 white melons  
5 cantaloupe  
3 lbs. white grapes

2 - 3 lbs. red grapes  
7 cans chunk pineapple  
7 cans mandarin oranges  
4 times amt. of dressing

### **Forsyth Club Salad**

1 pkg. lemon jello  
1 can grapefruit sections, drained and cut up  
1/2 c. tiny peas  
1/4 c. celery, chopped fine

1 t. chopped sweet pickle relish  
1 t. chopped pimento  
1/2 t. chopped onions

Bring to boil drained juice and enough water to make two cups liquid. Mix with Jello and cool. Mix remaining ingredients and mold. Serves 8

### **Hot Green Bean Salad**

1 1/2 cans French green beans  
1 medium onion, thinly sliced  
4 slices crisp bacon, crumbled  
1/2 c. vegetable oil

1/2 c. vinegar  
1/2 c. sugar, granulated  
1/2 c. water chestnuts or almonds

Preheat oven to 300°. Grease casserole. Blend together oil, vinegar and sugar. Pour this mixture over beans and chill overnight. Drain crumbled bacon and place in greased casserole. Bake at 300° for 30-45 minutes until thoroughly heated. Top with water chestnuts or almonds.

### **Marinated Bean and Artichoke Salad**

Salad:

1 14 oz. can artichoke hearts, sliced  
1 6 oz. jar green olives, sliced  
2 small onions, sliced and ringed

1 6 oz. can sliced mushrooms  
1 9 oz. package frozen French-style green beans, cooked

Dressing:

1 clove garlic, crushed  
1/2 c. red wine vinegar  
3/4 c. salad oil

1 t. salt  
1/4 t. pepper

Combine salad ingredients and toss lightly. Mix dressing, shake and pour over vegetables. Marinate overnight in refrigerator. Serves 6-8.

### **Marinated Green Bean and Pea Salad**

Salad:

2 15 1/2 oz. cans French-style green beans  
1 17 oz. can LeSueur peas (no substations)  
1 16 oz. can sliced carrots  
1 large onion, sliced

1 c. celery, chopped  
1/2 c. ripe olives, sliced (opt.)  
1/2 c. mayonnaise (or more)

Marinade:

3/4 c. salad oil  
1/3 c. white vinegar  
2 T. sugar

2 t. salt  
1 t. pepper

Drain canned vegetables well. Place in a large mixing bowl. Place onions on top. Combine marinade ingredients, beating well with mixer. Pour over vegetables. Chill overnight. Drain well in colander for several hours. Stir occasionally. Remove onion. Add celery, olives and enough mayonnaise to bind together. (Good without mayonnaise, also). Serves 10-12. Must be prepared at least one day ahead.

## Melon Balls in White Wine

1 large ripe melon  
1 to 1/2 c. wine (sauterne,

Chablis, sweet white wine)  
lemon (optional)

Any time during the day, but at least 4 hours before dinner, cut a little cap out of the top of a large ripe melon (honeydew, Persian, casaba, whatever you can get in the market). Make the opening large enough to scoop out the seeds with a spoon. Drain the melon upside down for a few moments. Then set it right-side up and pour into it enough white wine to fill the melon, about 1 to 1 1/2 cups. Return the little cap. Set the melon in the refrigerator; it might be wise to put it in a bowl of its own size to keep it from tilting. Ten minutes before dinner, remove the cap, pour off the wine.

Now cut the melon in half, scoop out neat little balls with a melon cutter and arrange the balls in a pretty glass dish with perhaps a grape leaf on the side. Serve with a little of wine poured over them. Lemon only for those who insist.

## Mexican Salad

1 lb. ground beef  
1/4 c. chopped onion  
2 c. (1 lb. can) Kidney beans, drained  
1/2 c. Catalina Brand dressing (or any will do)  
1/2 c. water

2 T. chili powder  
4 c. shredded lettuce  
1/2 c. sliced green onions  
1 8-oz wedge sharp cheddar cheese

Brown meat; add onion and cook until tender. Stir in beans, French dressing, water and chili powder; simmer 15 minutes. Combine lettuce and green onions. Add meat sauce and 1 1/2 c. cheese; toss lightly. Sprinkle with remaining cheese. Serve with crisp tortillas or French bread. Sauce may be made ahead and reheated just before mixing with other ingredients. Serves 4-6

## Molded Asparagus Salad I

1 3 oz pkg. lime jello  
1/2 c. water  
1 can cream of asparagus soup  
1/2 c. mayonnaise  
1 T. vinegar

1 t. grated onion  
dash pepper  
1/2 c. shredded, unpared cucumber  
1/4 c. diced celery  
1 T. snipped parsley

In saucepan, mix jello and water. Gradually blend in soup; heat and stir until gelatin dissolves. Add mayonnaise, vinegar, onion, and pepper. Beat smooth with electric beater. Chill till partially set. Turn into large chilled mixing bowl; beat till thick and fluffy. Fold in cucumber, celery and parsley. Spoon into eight individual molds or 5-cup ring mold. Chill overnight. Serves 8

## Molded Asparagus Salad II

3/4 c. sugar  
1/2 c. vinegar  
1 c. water  
1 t. salt  
2 env. unflavored gelatin, dissolved in 1/2 c. cold water

1 T. onion, minced  
1 5 oz. can water chestnuts, thinly sliced  
1 c. celery, chopped  
1 14 1/2 oz. can cut green asparagus, drained  
1 4 oz. jar pimientos, sliced

Combine sugar, vinegar, water and salt. Bring to a boil and dissolve sugar. Remove from heat. Add gelatin and onion to boiled mixture. Cool. Combine remaining ingredients and add to liquid. Pour mixture in large greased mold or individual molds. Chill. Serves 6-8.

## Mrs. Harry Moore's Sea Dream Salad

1 pkg. lime jello  
1 c. boiling water  
1 c. cucumber, peeled and chopped fine  
1 T. vinegar  
1 t. onion juice  
1 t. horseradish

2 T. green pepper, chopped  
2 T. celery, chopped  
1/2 t. salt or to taste  
1/2 pkg. cream cheese  
dark cayenne pepper  
1/2 t. Kitchen Bouquet, if desired

Dissolve jello in boiling water. When liquid is cool, but not yet set, add all ingredients except cheese. Mix cheese with a few spoonfuls of the liquid until consistency of thin cream and stir into balance of mixture. Serve on lettuce with mayonnaise and pistachio nuts. Add green color, if desired.

## Mystery Salad

3 regular-size packages raspberry gelatin  
1 1/4 c. hot water  
3 cans (1 pound each) stewed tomatoes  
6 drops Tabasco sauce  
mixed salad greens

1 pint commercial sour cream  
1 T. creamed horseradish  
1/2 t. salt  
1/2 t. sugar

Dissolve all packages gelatin in hot water. Stir in cans of stewed tomatoes (the kind that are already prepared with onion, celery, peppers), breaking the tomatoes up with a spoon. Add 6 drops Tabasco sauce. Pour into a lightly oiled 12-cup ring mold. Chill until firm. Unmold on greens and fill center of ring with sour cream to which has been added horseradish and salt and sugar.

## Old Fashion Cranberry Salad

1 T. unflavored gelatin  
1/4 c. cold water  
2 c. boiling water  
1 6 oz. box raspberry gelatin  
1 3 oz. box orange gelatin  
1 lb. fresh cranberries  
3 c. water

1/2 to 3/4 c. sugar (opt)  
grated rind of 1-2 oranges  
4 oranges, sectioned  
1 20 oz. can crushed pineapple, undrained  
3 c. celery, finely chopped  
1 c. pecans, chopped

Soften unflavored gelatin in 1/4 c. cold water. In large bowl, pour boiling over gelatin. Stir in unflavored gelatin until all is dissolved. In blender, chop cranberries using 3 c. water. Add to gelatin along with remaining ingredients. Pour into 2 9X9 inch pans. Chill until firm. Serves 16.

## Peggy's Mystery Salad

Dissolve 3 regular-sized packages raspberry gelatin in 1 1/4 c. hot water. Stir in 3 cans (1 lb. each) stewed tomatoes (the kind that are already prepared with onion, celery, peppers), breaking the tomatoes up with a spoon. Add 6 drops Tabasco sauce. Pour into a lightly oiled 12 c. ring mold. Chill until firm. Unmold on greens and fill center of ring with 1 pt. commercial sour cream to which has been added 1 T. creamed horseradish, 1/2 t. salt, and 1/2 sugar.

## Seven Layer Salad

1 head lettuce, shredded  
1/2 c. celery, chopped  
1/2 green pepper, chopped  
1/2 c. onion, chopped  
1 10 oz. pkg. frozen peas, cooked and drained

2 c. mayonnaise  
2 T. sugar  
1 c. Cheddar cheese, shredded  
1/4 c. bacon, crumbled

Place first 5 ingredients in bowl in the order listed. Combine mayonnaise and sugar and spread over top. Sprinkle shredded cheese and bacon crumbs over mayonnaise mixture. Cover with plastic wrap and refrigerate 24 hours.

## Spring time Salad \*

1 LB American cheese  
1 can tomato soup  
1 T. gelatin  
1 can pimento

1 large green pepper  
1 stalk celery  
3 onions  
1 c. mayonnaise

Slowly melt cheese in soup. When smooth add gelatin. Stir till dissolved. Add mayonnaise & vegetables (diced) mix and put in mold. Serve on lettuce.

## Tossed Spinach Salad

1 LB spinach	3 T. lemon juice
4 slices bacon	1 t. salt
1 onion	1 t. sugar
1/4 c. water	1/2 t. dry mustard
3 T. cider vinegar	

Look over spinach; it should be fresh, unwilted, crisp. Remove the heavy stems, wash it if it needs it, and set it in a salad bowl, drying it first with a paper towel. Set the bowl of spinach, covered with waxed paper or saran, in the refrigerator, ready to be tossed. Any time in the afternoon, prepare the dressing. This is done in a heavy black iron frying pan, preferably. A small one will do. Fry in it the bacon until it is crisp. Remove the bacon with a slotted spoon, setting it on a paper towel to drain. Crumble it. Set it aside. In the bacon drippings, sauté onion, chopped, until it is limp, not brown. Then add all at once water, vinegar, lemon juice, salt, sugar, and dry mustard. Bring all this to a boil. Turn off the heat and forget about it. When you are ready to toss the salad, reheat the dressing to boiling. Pour it over the ice-cold spinach, toss again, and again at the end adding the crumbled bacon. Serve as soon as each leaf is gleaming with dressing.

## Vegetable Salad Jellie \* Eliz. Clark

Soak 1 T. gel in 1/2 c. water. Add 1 c. boiling water and when nearly cold, add:

1 c. chopped celery	1 t. salt
1 c. shredded cabbage	1 T. sugar
1/2 c. chopped green pepper	red pepper
1/2 c. chopped cucumbers	6 T lemon juice
2 pimentos	

## Wild Rice Salad

3 c. cooked wild rice	1 can (8 1/2 oz.) artichoke hearts halved
2 T. sliced scallions	chopped parsley
1 c. cooked or canned peas	salt and pepper
12 cherry tomatoes, halved	

Rub wooden salad bowl with garlic. Combine all ingredients, toss and serve in bowl at room temperature. Great for party! Pour over 1/4 c. of following **Sherry French Dressing**; Beat 1 egg, 1 t. sugar, 2 t. salt. Slowly add 2 c. salad oil, 2 c. olive oil, 1/2 c. vinegar, 3/4 c. sherry. Pour in jar, add 2 slightly crushed garlic cloves.

## Wonder Green Salad

#2 can La Choy fancy mixed Chinese vegetables	1 small bell pepper, finely chopped
#2 can Le Sueur peas	1 medium onion, finely chopped
#2 can cut green beans	1 c. celery, finely chopped
4-oz jar pimento, chopped	

Drain vegetables and mix together. Combine 1 c. vinegar, 1 c. sugar, and 1/2 c. salad oil. Mix and pour over vegetables. Marinate at least 24 hours. Keeps a week. Serves 15