

## MACARONI SALAD

- 2 c. uncooked macaroni
- 1/2 c. chopped celery
- 3 hard-boiled eggs, sliced
- 1/4 c. chopped sweet pickle
- 2 T. chopped onion
- 1/2 c. peas
- 1/4 c. chopped stuffed olives
- 3/4 to 1 c. mayonnaise (not salad dressing)

Cook macaroni and chill. Macaroni should be free of moisture. Combine with other ingredients, add mayonnaise, blend carefully.

## 1980s SPINACH SALAD

1 pkg (284 g) fresh spinach

1 small red onion, in rings

1 cup sliced mushrooms

6 slices bacon, cooked and crumbled

2 hard-cooked eggs, chopped

### Dressing:

3 tbsps. vinegar

2 tbsps. granulated sugar or honey

$\frac{1}{2}$  tsp. salt

$\frac{1}{4}$  tsp. pepper

$\frac{1}{4}$  tsp. dry mustard

dash Worcestershire sauce

$\frac{1}{2}$  cup canola oil

Trim spinach and tear into bite-size pieces; place in salad bowl. Top with onion, mushrooms, bacon and eggs.

**Dressing:** Whisk together vinegar, sugar, salt, pepper, mustard and Worcestershire; whisk in oil. Pour over salad and toss well. Serves 6.

Annie Stebnicki

Cottage Cheese Salad.

1 cup boiling water

1 pkg. jello - lemon or lime

2 cup milk

1 Tbsp. vinegar

1/2 cup mayonnaise

12 oz. cottage cheese.

1 1/2 Tbsp. grated carrot.

1 1/2 Tbsp. chopped celery.

1 1/2 Tbsp. chopped green onions (over)

1 1/2 Tbsp. green stuffed olives.

Add boiling water to jello and stir it until it dissolves. Add vinegar.

Mix milk and mayonnaise and blend well. Add to jello.

When it begins to set, add the cottage cheese and chopped ingredients.

Refrigerate to set.

# All American Low Fat Potato Salad

Serves 4 Per serving Calories 130 Fat 0.5

3 medium potatoes - cooked - cubed

5 green onions sliced

2 stalks celery - diced

6 radishes, sliced - optional

1 tsp. dill weed

1 cup yogurt dressing

1 cup diced cucumber

Use "Neggie Dip" for dressing.

Will need it in dressing.

To combine all vegetables.  
If using "Peggie Dip"




## Swift Strawberry Salad

*A simple blend of syrup, orange juice and caramel topping forms the light dressing for the fresh berries and the crunchy cashews found in this sensational salad.*

- 4 cups sliced fresh strawberries**
- 2 tablespoons caramel ice cream topping**
- 2 tablespoons maple syrup**
- 1 tablespoon orange juice**
- 1/3 cup cashew halves**

Place strawberries in a serving bowl. Combine caramel topping, syrup and orange juice; mix well. Drizzle over strawberries. Sprinkle with cashews. **Yield:** 4-6 servings.



<sup>Good</sup> Calico Vegetable Salad

- 1 pkg. lemon jello
- 1  $\frac{3}{4}$  cups hot water
- 2 tbsp. vinegar
- $\frac{1}{4}$  tsp. salt

$\frac{1}{2}$  cup cooked drained diced carrots.

$\frac{1}{2}$  cup cooked or can drained peas.

$\frac{1}{4}$  cup radish slices

3 tablespoons green onion slices (over)



Dissolve gelatin in hot water:  
add vinegar and salt. Chill  
until partially set. Add vegetables.  
Pour into mold. Chill until set.  
Unmold on to salad greens.  
Trim with radish roses, if desired.  
Pass bowl of mayonnaise or salad  
dressing.

# Sweet and Sour Bean Salad

- 1 15 oz. cut green beans
- 1 15 oz. cut yellow beans
- 1 15 oz. can red kidney beans
- 1 small green pepper
- 2 small onion
- $\frac{3}{4}$  cup sugar
- 1 tsp. salt
- $\frac{1}{2}$  tsp. pepper
- $\frac{1}{3}$  cup salad oil
- $\frac{2}{3}$  cup vinegar.

Rinse in  
cold  
water  
before  
using.

Louey

Drain liquid from beans. Place  
in a large bowl. Chop pepper  
fine and onion fine and mix with  
beans. Mix remaining ingredients  
in separate bowl. Pour over beans  
and let stand several hours or  
over night.

## Cole Slaw

4 cups shredded cabbage  
3 shredded carrots - chopped green onion.

Mix and top with the following  
dressing:

3 tbsps. oil	3 tbsps. sugar
3 tbsps. lemon juice	$\frac{1}{4}$ tsp. salt.

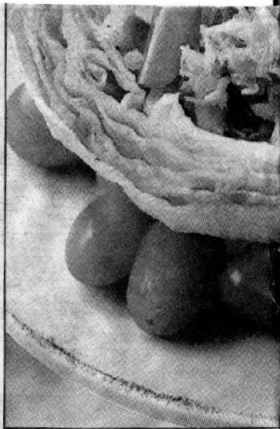
Put the above ingredients into a  
container that can be closed and shake well.  
Pour over the cabbage mixture and toss.  
Serves approximately 6-8

# CRAB and RADISHES

## **Crab Salad with Vinaigrette**

- 2 heads iceberg lettuce
- ¼ cup extra-virgin olive oil
- Juice of 1 lemon
- 2 cloves garlic, finely minced
- 1 tsp. salt
- ½ tsp. freshly ground black pepper
- 1 scallion, finely sliced
- 4 red radishes, cut into fine matchsticks
- 4 cups lump crab meat
- 4 cherry tomatoes, cut into quarters

Cut each head of lettuce in half across the centre. Lightly trim the rounded end of each half to create a flat surface for the bowl to stand on. Remove the core of each half to create four bowls. Put each on a plate and set aside.



**Radishes add texture to this**

In a medium bowl, whisk together the olive oil, lemon juice, garlic, salt and pepper. Add the scallion and radish and mix to combine.

Add the crab meat and gently toss to coat evenly



**Simple salad.** — CP

with vinaigrette. Mound a fourth of the crab salad in the centre of each lettuce leaf. Garnish with tomatoes. The salad can be refrigerated for up to a day. Makes 4 servings.

— CP

Mom.

## Rice and Shrimp Salad

Rice & Shrimp Salad.

1 1/2 cups cooked rice

1 tin of drained shrimp

Chopped celery, green pepper &  
green onions. Toss with

Salad dressing & Chill.

## Onion and Tomato Salad

1 large onion

2 to 3 tomatoes

1 cucumber - if desired

1 green pepper - if desired. (I like just the  
onions + tomatoes)

Slice a large onion thin. Slice the tomatoes.

If adding cucumbers and pepper, slice the  
cube and cut the pepper into



## SALAD WITH CREAMY DRESSING

- 2/3 cup sour cream
- 2/3 cup mayonnaise *or* salad dressing
- 2/3 cup milk
- 2-1/2 teaspoons sugar
- 1-1/4 teaspoons prepared mustard
- 3/4 teaspoon garlic powder
- 3/4 teaspoon lemon-pepper seasoning
- 1 large head iceberg lettuce, torn
- 2 to 3 cups torn fresh spinach
- 1 small onion, sliced
- 1 large tomato, cut into wedges
- 1 medium green pepper, julienned
- 1 cup seasoned croutons

*(over)*

In a small bowl, combine the first seven ingredients and whisk until smooth. Cover and refrigerate for at least 1 hour. In a large salad bowl, combine lettuce, spinach, onion, tomato, green pepper and croutons. Add dressing and toss; serve immediately. **Yield:** 12-16 servings.

## TOMATO CUCUMBER SALAD

- 3 medium tomatoes, sliced
- 1 small cucumber, thinly sliced
- 1 green onion, chopped
- 3 tablespoons Italian salad dressing
- 1 tablespoon vinegar
- 1 teaspoon chopped fresh basil *or* 1/4  
teaspoon dried basil

1/4 teaspoon salt

Pinch pepper

Pinch garlic salt

*Directions: Other side*

In a serving bowl, layer half of the tomatoes, all of the cucumber, then the remaining tomatoes. Sprinkle with onion. In a jar with tight-fitting lid, combine the salad dressing, vinegar, basil, salt, pepper and garlic salt; shake well. Pour over the salad. Cover and chill for 25 minutes or until serving. **Yield:** 2 servings.

- 2 cups thinly sliced radishes  
1/2 cup cubed Swiss cheese  
2 green onions, thinly sliced  
1 garlic clove, minced  
1 tablespoon tarragon vinegar  
1/2 teaspoon Dijon mustard  
1/4 teaspoon salt  
1/8 teaspoon pepper  
3 tablespoons olive *or* vegetable oil

RADISH

SALAD

**Leaf lettuce**

In a bowl, combine radishes, cheese and onions. In a small bowl, combine garlic, vinegar, mustard, salt and pepper; whisk in oil until smooth. Pour over radish mixture; toss to coat. Chill for 2 hours. Serve on a bed of lettuce. **Yield:** 4 servings.

## CRABMEAT SALAD

- 1 6<sup>1</sup>/<sub>2</sub>-oz. can crabmeat
- <sup>1</sup>/<sub>4</sub> c. celery, chopped
- Dash salt
- <sup>1</sup>/<sub>2</sub> t. lemon juice
- 2 T. mayonnaise

Place all ingredients in a small bowl; toss well. Refrigerate until ready to serve.

# Bean Salad (Marian)

1/4 of can green beans

1/4 of can wax beans

1/4 of can kidney beans (Rinse in  
cold water)

1/4 of can lima beans.

Drain off all liquid and  
mix together. Kidney beans should  
be rinsed in cold water in a  
colander first, and then mixed in

1/2 chopped green pepper mix

2 medium sliced onions } with  
beans

$\frac{3}{4}$  cup white sugar

$\frac{2}{3}$  cup vinegar

$\frac{1}{3}$  cup oil

$\frac{1}{4}$  tsp. pepper

1 tsp. salt

2

Pour this mixture over  
beans and refrigerate over  
night.



# TUNA SALAD NICOISE

**4 servings**

½ tsp. salt, divided

½ lb. green beans

¼ head romaine lettuce, torn into bite-size pieces

1 can (12 oz.) solid white tuna, packed  
in water, drained

½ cup kalamata olives

4 oz. feta cheese, crumbled

1 yellow pepper, cut into thin strips

1 small red onion, sliced

1 tomato, cut into thin wedges

2 Tbs. *each* olive oil  
and lemon juice

1 Tbs. Dijon mustard

1 Tbs. minced fresh  
tarragon

¼ tsp. pepper



In skillet over high heat, bring 1" water and ¼ tsp. salt to a

*Cypote Gister*  
*Morie Morigin*  
*White Morigin*

boil. Add green beans. Cook about 2 minutes or until crisp-tender; drain. On four individual serving plates, evenly divide next seven ingredients and green beans. In bowl, whisk together next five ingredients and remaining  $\frac{1}{4}$  tsp. salt. Drizzle over each salad.

**Per serving: Cal.** 311 **Pro.** 28g **Carb.** 12g

### It's so good for you

Tarragon is loaded with eugenol, a natural anti-septic that helps provide relief from oral pain, such as minor toothaches.

# Lime Salad

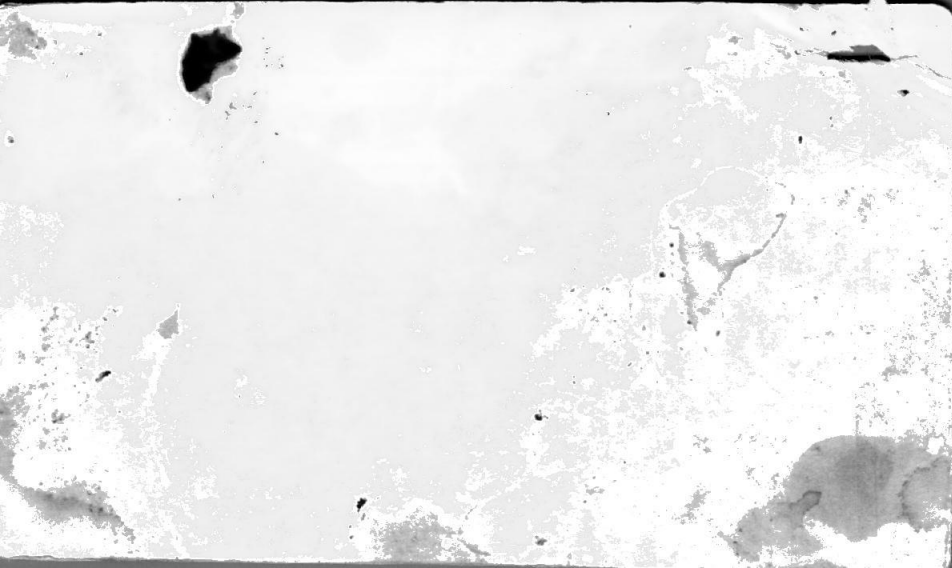
- 1 cup hot water
- 1 small package lime jello
- 1 large package Philadelphia Cream Cheese
- 1 handful small marshmallows.
- 1 package chopped walnuts
- 1 small can crushed pineapple
- 1/2 pint whipping cream.

Dissolve jello in hot water.  
add cream cheese and miniature

marshmallows and beat  
until creamy. Let jell for awhile,  
then add walnuts, crushed  
pineapple and mix well. Beat  
whipping cream until stiff  
and fold under mixture.

# Raspberry Carousel

- 1 package (3 oz) jello (Raspberry flavor)
- 2 cups boiling water
- $\frac{3}{4}$  cup cranberry juice cocktail
- 1 cup diced apple
- $\frac{1}{4}$  cup sliced celery
- $\frac{1}{4}$  cup chopped walnuts
- 1 package (3 oz) lemon jello
- 1 container ( $4\frac{1}{2}$  oz) cool whip
- $\frac{1}{2}$  cup real mayonnaise



(Directions) Raspberry Carousel. 2  
Dissolve raspberry gelatin in 1  
cup of boiling water. Add cranberry  
juice cocktail and chill until  
thickened, about 1 hour. Fold in  
apple, celery and nuts. Fold into  
a six cup ring mold and chill  
until set. About 15 minutes.

Dissolve lemon ~~juice~~ in  
remaining boiling water. Chill  
until slightly thickened about 45 min.

<sup>Direct</sup> ~~Direct~~ <sup>5</sup> ~~5~~ <sup>10</sup> ~~10~~ Raspberry Carousel  
Combine whipped topping  
and mayonnaise; fold into  
gelatin. Spoon into mold.  
Chill until firm, at least 4 hours.  
Unmold. Garnish with crisp  
salad greens and sliced apples,  
if desired.



# Seasonal salad a stunner

ing asset for cooks way on into summer and beyond, depending on supplies at local markets.

## Strawberry and Cucumber Salad

### For the vinaigrette:

3 tbsps. rice vinegar  
1½ tps. chopped fresh dill  
1½ tps. chopped fresh mint  
½ tsp. ground cumin  
½ tsp. sweet paprika  
½ tsp. salt

½ tsp. sugar

¼ cup extra-virgin olive oil

For the salad:

1½ lbs. strawberries, stemmed and quartered

1 medium cucumber, peeled, seeded and cut into ½-inch dice

¾ cup Italian parsley leaves

4 green onions, chopped

6 radishes, thinly sliced

To make vinaigrette: In bowl, first whisk together all vinaigrette ingredients except oil;

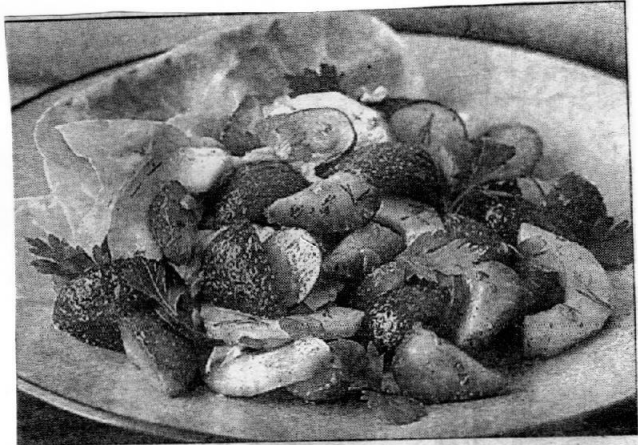
then whisk in oil until blended.

To make salad: In large bowl, toss salad ingredients with vinaigrette until coated. Mound salad on 6 chilled plates, dividing it equally. Serve immediately.

Makes 6 servings.

Nutrition information per serving: 131 calories, 10 g fat, 0 mg cholesterol, 205 mg sodium, 12 g carbohydrates, 4 g fibre, 1 g protein.

— CP



**Strawberries and cucumber together in salad.** — CP PHOTO

# Macaroni Salad.

1 pkg. shell macaroni. (any shape will do as well).

1 small jar pimento

1 can pitted black olives

4 eggs - hard boiled

1 small jar sweet pickle

1 red onion

Dressing: Makes the salad  
(over)

1 big jar Miracle Whip

Seasoned Salt & pepper

1 tbsp. vinegar.

2 tbsp. sugar

2 tbsp. sweet pickle juice

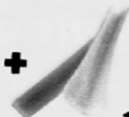
1 tsp. of dry mustard.

Mix well (has a tart taste) with the macaroni mixture.

# Valdorf Salad




**2 apples,  
cut into 1"  
chunks**



**3 ribs  
celery,  
sliced**



**1/3 cup sweetened,  
dried cranberries,  
such as pomegranate-  
flavored Craisins**



On microwave-safe plate, microwave *walnuts* on High in 15-second intervals until toasted and fragrant; cool. Meanwhile, combine *dressing*, 1/4 tsp. salt and 1/4 tsp. pepper. In large bowl, gently toss *lettuce* with *chicken*, *apples*, *celery*, *cranberries* and *walnuts*. Serve drizzled with dressing mixture.

**Servings:** 4  
**Calories:** 432  
**Protein:** 21 g.  
**Fat:** 29 g.  
(4 g. saturated)  
**Trans fat:** 0 g.  
**Chol.:** 61 mg.  
**Carbs.:** 26 g.

**Sodium:**  
526 mg.  
**Fiber:** 6 g.  
**Sugar:** 16 g.  
**Kitchen time:**  
15 minutes.  
**Total time:**  
15 minutes.

## Everyday Macaroni Salad

Serves 4

1/2 cup light mayonnaise

1/4 cup sweet pickle relish

2 tbsp. milk

1 tbsp. Dijon mustard

1/2 tsp. prepared horseradish

1/4 tsp. salt

1/4 tsp. freshly ground pepper

1 cup elbow macaroni, cooked, rinsed  
and drained

3/4 cup thinly sliced celery

3/4 cup cubed cheddar cheese

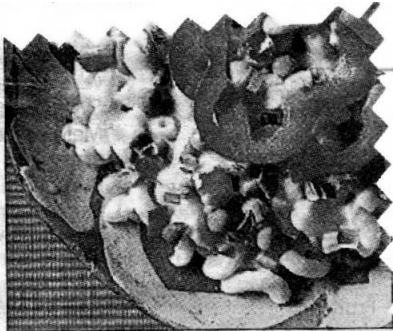
1/2 cup thinly sliced radishes

1/2 cup frozen peas, thawed

1/4 cup thinly sliced green onion

2 hard-cooked eggs, peeled and coarse-  
ly chopped

To prepare dressing, whisk together first



**Garnish this macaroni salad with  
slices of red pepper for colour.**

seven ingredients (mayonnaise through  
pepper) until blended.

Combine remaining ingredients  
(cooked macaroni through eggs) in a  
bowl. Add dressing and toss to combine.

\* \* \*

### **TASTY POTATO SALAD**

- 4 cups cooked and cubed potatoes**
- 1/4 cup vegetable oil**
- 2 tbsps. vinegar**
- 3 hard-boiled eggs, chopped**
- 1 cup diced celery**

- 1/4 cup chopped onion**
- 1/4 cup grated carrots**
- 1/4 cup chopped radishes**
- 1/2 cup mayonnaise**

Cut up potatoes while still warm and marinate in oil and vinegar for 1 hour. Add remaining ingredients, then season with salt and pepper. Garnish with parsley. Makes 6 servings.

## **FAVORITE POTATO SALAD**

- 5 potatoes, boiled,  
cooled and cubed**
- $\frac{3}{4}$  cup chopped radishes**
- $\frac{1}{2}$  cup green onion,  
chopped**
- 4 hard-boiled eggs**
- 1 cup mayonnaise**
- Salt and pepper to  
taste**

Chop 3 hard-boiled eggs. Combine all ingredients except the reserved egg. Add or decrease ingredients to taste. Cover salad with thin coating of additional mayonnaise. Slice reserved egg and arrange on top of potato salad. Makes 4 servings.



## Calico Vegetable Mold.

1 pkg. lemon flavored gelatin (Jelly Powder)

1  $\frac{3}{4}$  cups hot water

2 tbsp. vinegar

$\frac{1}{4}$  tsp. salt.

$\frac{1}{2}$  cup cooked, drained sliced or  
diced carrots

$\frac{1}{2}$  cup cooked or canned drained peas

$\frac{1}{4}$  cup radish slices

3 tbsp green onion slices.

Dissolve gelatin in hot water. Add vinegar and salt. Chill till partially set. Add vegetables. Chill until set. Unmold on salad greens. Trim with radish roses, if desired. Pass bowl of mayonnaise or salad dressing.

# Rice + Shrimp Salad

1/2 C. cooked rice

1 tin of drained shrimp

chopped celery, green pepper + green onions. Toss with Salad Dressing and chill.

## ✓ Ready-to-Serve Salad

- 1 package (16 ounces) ready-to-serve salad
- 8 bacon strips, cooked and crumbled
- 1 can (11 ounces) mandarin oranges, drained
- 1/2 cup chopped red onion
- 1/4 cup sliced almonds
- 1 cup (4 ounces) shredded mozzarella cheese, optional
- 1/2 cup vegetable oil
- 2 tablespoons sugar
- 2 tablespoons vinegar
- 1/4 to 1/2 teaspoon salt

In a large salad bowl, toss the first six ingredients. Combine the remaining ingredients in a jar with a tight-fitting lid; shake well. Pour over salad and toss to coat. **Yield:** 6 servings.

# Mayonnaise-free

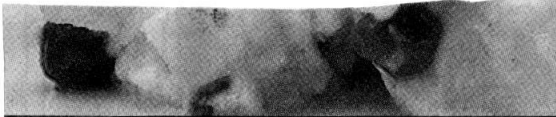
There's no mayonnaise in this potato salad recipe, which instead gets its creamy texture and luscious flavour from a Greek-style yogurt-based dressing. The recipe was developed by Krinos, which has a new store in Richmond at 178-12759 Vulcan Way.

The shop brims with Mediterranean products, from fresh cheeses and olives to oils, honeys, vinegars and other foods from Greece, Italy, Spain and other areas.

# potato salad

## Mykonian Potato Salad

- 2 lbs. potatoes
- 1 lb. green onions
- 1 large green pepper, finely chopped
- $\frac{1}{2}$  cup finely chopped flat-leaf parsley
- 2 tbsps. olive oil
- 3 tbsps. white wine vinegar
- 3 tps. salt
- 1 tsp. oregano
- 1 tsp. paprika
- 2 tps. mustard



style  
yogurt-  
based  
dressing.

1 cup yogurt  
½ cup pitted olives  
2 tsps. capers

Wash potatoes and boil with 2 tsps. of the salt until tender, about 15 to 20 minutes. (To test for doneness, poke centre of potato with a skewer. If it goes in smoothly, the potatoes are done.) Drain and cool.

Slice white part of green onions thinly. Discard or reserve green part for other use. Peel cooked and

cooled potatoes and cut into small cubes. Add green onions, green pepper and parsley and gently combine. In large bowl, combine yogurt, mustard, remaining tsp. of salt, paprika and oregano. Add olive oil and vinegar and mix well. Add potato mixture and toss gently to mix well. Taste for seasoning. Garnish with olives and capers. Chill before serving. Serves 8.

— **Renee Blackstone**

# Sweet and Sour Bean Salad

- 1 15 oz. cut green beans
- 1 15 oz. cut yellow beans
- 1 15 oz. can red kidney beans
- 1 small green pepper
- 2 small onion
- $\frac{3}{4}$  cup sugar
- 1 tsp. salt
- $\frac{1}{2}$  tsp. pepper
- $\frac{1}{3}$  cup salad oil
- $\frac{2}{3}$  cup vinegar.

Rinse in  
cold  
water  
before  
using

Lovey

Drain liquid from beans. Place  
in a large bowl. Chop pepper  
fine and onion fine and mix with  
beans. Mix remaining ingredients  
in separate bowl. Pour over beans  
and let stand several hours or  
over night.



## Cole Slaw

4 cups shredded cabbage

3 shredded carrots - 6 chopped green onion.

Mix and top with the following dressing:

3 tbsps. oil

3 tbsps. sugar

3 tbsps. lemon juice

$\frac{1}{4}$  tsp. salt.

Put the above ingredients into a container that can be closed and shake well. Pour over the cabbage mixture and toss. Serves approximately 6-8.