SALADS adapt themselves to the menu in many forms. They may serve as an introduction to luncheon or dinner, follow the main course of the meal in a separate course, or if sufficiently substantial, form the main course of luncheon or supper. A sweet salad, or a jellied or frozen salad frequently takes the place of dessert, while a salad containing meat or fish as one of the ingredients often becomes the most important part of special refreshments served at a small informal gathering or a large party.

The fruits and vegetables in salads are the natural balance for the heavier protein foods that appear in the menu. One of the leading dietitians of the country recommends that every one eat two salads a day for the protective food elements or vitamins contained. Citrus fruits have an especially valuable vitamin content and for this reason are valued and necessary salad ingredients. Oranges, lemons and grapefruit, although classed as acid fruits, have an alkaline reaction in the blood which offsets the acidity caused by such good and necessary foods as meat, fish, eggs, bread and cereals.

The introductory salad should be small and light, with a decorative quality, for it is placed on the table before the guests are seated. The California citrus fruits with their bright golden or yellow color and their clean, waxy skins add to the attractive quality of any dish in which they appear. A lemon slice or a portion of lemon cut in a fancy garnish adds flavor and an appetizing appeal to salads of this character, which stimulate the appetite and aid healthful digestion.

The salad served as a separate course following the meat course is also a light salad, often combining fruits and vegetables, and usually served with a French or piquant dressing.
When the salad becomes the main course of the meal, however, it must be more substantial and satisfying. A salad that includes vegetables, eggs, chicken or lobster, crab, salmon or shrimp, combined with oranges, or marinated with a dressing made with lemon juice and served with a dressing using lemon juice as its acid ingredient is a well-balanced dish that provides the necessary elements that even a light meal should have.

Dessert salads are now frequently served in place of salad and dessert, the two courses being combined in one service that embodies the best qualities of each. A dessert salad is usually of fruit, a combination of the citrus fruits with any desired fruit that is in season, or with one of the canned varieties. The happy adaptability of the citrus fruits is one of their advantages. Available every day in the year, they blend well with other ingredients and add flavor to any combination in which they are used.

French dressing made with lemon juice is usually served with the introductory salad and the salad served as a separate course, and is frequently used to marinate the ingredients of the heavier salads served with mayonnaise or a cooked dressing. Salad dressings also have added flavor and food value when made with lemon juice.

Dessert salads call for a well seasoned mayonnaise to which may be added an equal quantity of whipped cream, to form a delicious and healthful combination with the citrus fruits.

**INTRODUCTORY SALADS**

**Orange Vegetable Salad**  
(Serves 6)  
5 oranges  
1 medium sized cucumber  
1 green pepper  
1/2 cup French dressing  
Watercress

Peel oranges and cut in very thin slices, and divide each slice into quarters. Peel cucumber and dice in small cubes. Chop green pepper fine. Mix orange with cucumber and green pepper and marinate the mixture in French dressing. Arrange on individual plates on small beds of watercress and serve very cold.

**Fruit Cup Salad**  
(Serves 6)  
4 bananas diced  
1 cucumber diced  
1 cup orange pulp cut in small pieces  
Lettuce

Mix bananas, cucumber, orange pulp and nut meats. Moisten with mayonnaise and arrange on lettuce.

**Orange Salad**  
(Serves 6)  
6 oranges  
1/4 cup honey  
4 tablespoons orange juice  
2 tablespoons lemon juice  
4 tablespoons chopped mint  
6 candied cherries

Cut oranges in halves, remove pulp in half sections and mix with honey and fruit juices that have been thoroughly blended. Add mint. Chill and divide into six glasses or sherbet cups and serve with a candied cherry on each.

**Salad Canapé**  
(Serves 6)  
3 oranges  
1 Spanish onion  
12 tablespoons French dressing

Peel oranges and slice. Peel and slice onion. Place one slice of onion on lettuce on individual plates, arrange two or three orange slices on this and over all put a strip or two of pimiento. Pour over all two tablespoons of French dressing and serve very cold.

**THE SEPARATE COURSE SALAD**

**Orange Chiffonade Salad**  
(Serves 6)  
1 head lettuce  
2 tablespoons gelatine  
1/2 cup cold water  
1/2 cups boiling water  
1 cup sugar  
1 1/3 cups orange juice  
1/4 cup lemon juice  
Mayonnaise

Remove coarse outer leaves from lettuce and shred the remainder very fine. Soften gelatine in cold water and dissolve in boiling water. Add sugar and fruit juices and when mixture is cool pour over the shredded lettuce which has been placed in a mold wet with cold water. Allow to become firm and serve in slices topped with mayonnaise.
Date and Orange Salad
(Serves 6)
4 oranges
1 package dates, stoned

Peel oranges and divide into segments. Cut these into pieces. Wash and stone dates. Cut into halves or quarters. Mix oranges and dates. Line salad bowl with lettuce and place salad on leaves. Cover with French dressing and allow to marinate thoroughly before salad is served.

LUNCHEON OR SUPPER MAIN DISH SALADS

Supper Salad
(Serves 6)
1 white firm cabbage
4 cold potatoes
1 cooked beet
1 onion, chopped

Boil cabbage until tender, drain thoroughly and press between two platters until cold. Slice and mix with potatoes diced, beet cut up fine, onion chopped, oranges cut in small pieces and eggs cut in quarters. Place in a salad bowl, pour tartare sauce over all, season with salt and pepper and mix gently but thoroughly.

Salad à la Mode
(Serves 6)
3 medium sized tomatoes
2 oranges
1 cucumber
1 Spanish onion

Peel tomatoes and slice on individual plates. Peel oranges, slice and divide slices into quarters. Place these on plates with tomato slices. Chop cucumber and onion and add to cooked salad dressing to which an equal quantity of whipped cream has been added. Cut two slices from center of each egg. Chop remainder and add to dressing. Put generous amount of dressing on each serving, garnish with slices of egg and sprigs of parsley.

Orange Combination Salad
(Serves 6)
2 green peppers
3 oranges
1 head lettuce
3 tomatoes

Place green peppers in rapidly boiling water for one minute. Cool and shred. Remove coarse outer leaves from lettuce and shred the remainder. Peel tomatoes and cut in quarters lengthwise. Peel oranges and remove pulp in segments. These may be cut into smaller pieces if preferred. Blend ingredients, arrange in salad bowl and serve with French dressing.

DESSERT SALADS

Orange Salad Piquante
(Serves 6)
1/2 cup lemon juice
1 cup sugar
1 tablespoon gelatine
2 tablespoons cold water
1 cup crushed pineapple

Boil lemon juice and sugar until they form a syrup. Soften gelatine in cold water and dissolve in this syrup. Cool. Drain pineapple thoroughly, put pickles through food chopper, and cut orange pulp into small pieces. Blanch and chop almonds. Mix and add all ingredients to syrup and gelatine mixture. Turn into molds that have been dipped in cold water and allow to become firm. Serve on lettuce with mayonnaise dressing.

Jellied Dessert Salad
(Serves 6)
6 slices canned pine-apple
12 marshmallows
4 oranges
1/2 cup walnut meats

Cube the pineapple, quarter the marshmallows, remove stones from dates and cut in pieces, peel oranges, remove pulp and cut in pieces, break walnut meats into small bits and cut cherries into quarters. Soften gelatine in cold water, dissolve with sugar in boiling water, add strained lemon juice and prepared ingredients. Pour into mold that has been dipped in cold water and set away to become firm. Serve on lettuce with mayonnaise.
Frozen Fruit Salad
(Serves 6)

Cover the gelatine with the cold water and set over steam to melt. Beat into the mayonnaise. Combine with the whipped cream and powdered sugar, stir in the fruit and pour into a mold that has been rinsed in cold water. Seal carefully and bury in equal parts of ice and salt for four hours. Serve garnished with lettuce hearts and parsley.

Jellied Waldorf Salad
(Serves 6)

2 tablespoons gelatine
1 cup cold water
1 1/2 cups boiling water
1/2 cup lemon juice
3 tart apples
1 cup celery
1/2 cup broken walnut meats
Cooked salad dressing
Grated rind of lemon

Soften gelatine in cold water and dissolve it and the sugar in the boiling water. Add strained lemon juice and grated rind of lemon. When mixture begins to thicken stir in the apples which have been pared, cored and cut in small pieces, the chopped celery and the broken nut meats. Turn into wet molds and chill until firm. Serve unmolded on a bed of lettuce with cooked salad dressing.

Shrimp and Orange Salad
(Serves 6)

3 oranges
1 1/2 cups celery
1 can shrimps

Peel and dice oranges. Cut celery into small pieces and remove intestinal vein from shrimps and cut them up also. Add these ingredients to the oranges. Season with salt and pepper. Mix lightly with mayonnaise dressing. Serve on lettuce and pass additional mayonnaise if necessary.

Riviera Salad
(Serves 6)

4 oranges
1 pimiento
1 cup finely cut celery
1 cup diced apple
Lettuce
Mayonnaise

Remove pulp from oranges and drain. Add celery cut fine, and apple cut in small pieces. Cut pimiento in small bits and use as a decoration or garnish. Moisten ingredients with mayonnaise, pile on a shallow salad dish in a border of lettuce leaves and mask with mayonnaise.

Jellied Salmon Salad
(Serves 6-8)

2 tablespoons gelatine
1/4 cup cold water
1/4 cup sugar
1/4 cup boiling water
1/2 cup lemon juice
1 1/2 cups canned salmon
2 tablespoons chopped pickles

Soften the gelatine in cold water and dissolve it and the sugar in the boiling water. Add strained lemon juice and chill. When the lemon jelly begins to thicken stir in the salmon from which the bones have been removed, the pickles, olives and celery. Pour into wet molds. Allow to chill and become firm and serve on lettuce with mayonnaise, using a quarter or an eighth of lemon as a garnish on each plate.

QUESTIONS FOR REVIEW

Name five classes of salads. Describe their place in the menu. Name some acid-forming foods. Name three year 'round fruits that have an alkaline reaction in the body and counteract the acid-forming foods. Why are the citrus fruits a valued and necessary ingredient for most salads? Describe the introductory salad. Name two characteristics that make the citrus fruits desirable in this class of salad. What dressing is used with the salad served as a separate course and why? Name dressings served with other salads and give reasons. When the salad is the main course of the meal what ingredients should it contain? Name the elements necessary to make a well-balanced salad. Give a reason for including the citrus fruits in the dessert salad. Take one of the salads in the special refreshment group and increase proportions of ingredients to serve eighteen. Twenty-four.

Suggestion to the Teacher: As an exercise to be carried out in the home, five volunteers may make up a salad of each class at home and serve it in its proper place in the menu. Ask for criticisms and suggestions from the family to be discussed in class. For further information and recipes send for a free copy of Sunkist Recipe Booklet to:

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