THE quickly prepared meal has many advantages. It saves time and energy for the one who prepares it and has especial merit where that one must give time to many other duties. It shortens the time spent in a warm kitchen during hot weather days and since it is likely to include dishes made of raw fruits and vegetables gives food that is refreshing and particularly appropriate for this season of the year. The arrival of unexpected guests brings to mind another advantage of the quickly prepared dish.

In shortening the work of meal preparation, however, nourishment and balance must not be overlooked. A quickly prepared meal should be as well balanced as one that has required more time, and this is possible if the same attention is given to the choice and assortment of foods.

Oranges and lemons are useful in preparing quickly made salads and desserts, as well as in a wide range of other dishes. They are available at all times of the year and afford a dietary balance to the acid-forming foods, meat, fish, eggs, bread and cereals. This is because they have an alkaline reaction in the body, although they are often called acid fruits because of their flavor.

This delicious and piquant flavor is excellent in salads and desserts of all kinds. It is equally good in frostings and sauces and many other dishes where flavor is used to stimulate the appetite, such as cocktails and fruit cups.

Salad dressing made with lemon juice improves all salads and is especially adapted to fruit salads. Lemon juice adds the tart flavor so necessary in a dressing using oil. The citrus fruits also furnish vitamins and mineral salts, which increase
nutrition and act as digestants for other foods.

Many of the quickly prepared salads and desserts require no cooking, some only a few moments. If gelatine is used the preparation should take place on the day before the dish is to be served, as these dishes require only a few minutes of work, but some little time to grow firm.

The mixed salads using sweet ingredients and a salad dressing including whipped cream may be used as a combined salad and dessert, thus saving the labor of preparing two dishes.

QUICK SALADS

Marshmallow Dessert Salad
(6 Servings)
2 oranges
6 maraschino cherries, sliced
2 slices pineapple
1/4 cup broken nut meats

Peel the oranges and remove all white membrane. Cut marshmallows in pieces. Cut pineapple in dice. Mix all ingredients with mayonnaise and serve very cold on lettuce.

Tea Room Salad
(6 Servings)
1 small onion
1 medium sized green pepper
3 oranges
1/2 cup seedless raisins
1/4 cup French dressing
1 cup diced apple
Cooked dressing
Lettuce

Put onion and green pepper through the food chopper. Peel oranges, remove all white membrane and dice pulp. Combine with onion and green pepper. Add raisins which have been soaked in French dressing to make them plump. Pour French dressing over salad and let stand for a short time. Add apple and mix with a cooked dressing. Serve with lettuce.

Macedoine Salad
(6 Servings)
2 cups finely shredded cabbage
1 cup finely sliced raw carrots
1 cup celery cut in small pieces
3 oranges
1 medium sized onion, chopped
French dressing
Lettuce or cabbage leaves
Mayonnaise

Soak cabbage, carrots and celery in cold water a half hour to make them very crisp. Drain thoroughly. Mix cabbage, orange pulp diced, carrot, celery and onion together. Moist with French dressing. Arrange on lettuce or small cabbage leaves and serve with or without mayonnaise, as preferred.

Orange Peanut Salad
(6 Servings)
1/2 cup salted peanuts
1 hard cooked egg
1 can pimiento
2 cups shredded cabbage
2 oranges, diced

Chop peanuts, eggs and pimientos and add to cabbage and diced orange pulp with cracker crumbs and mayonnaise. Add salt and pepper if desired. Chill before serving. Serve on lettuce or cabbage leaves.

Watermelon Salad
(6 Servings)
3 cups watermelon cubes
Finely chopped mint
1/4 cup French dressing
2 oranges
French dressing for serving

Cut pink pulp of watermelon into small dice or cubes or form into balls with a potato cutter. Marinate in a half cup of French dressing made with lemon juice. Peel oranges, remove all white membrane, slice and arrange two or three slices on individual salad plates. Add watermelon cubes, sprinkle with finely chopped mint and serve with additional French dressing.

Apple Peanut Salad
(8 Servings)
1/2 cup celery
4 tablespoons lemon juice
2 cups diced apple
2 cups strawberries
Lettuce

Dice celery and apple. Blend peanut butter and lemon juice. Add sugar and salt to this and pour over apples and celery. Chill thoroughly before serving on crisp lettuce leaves.

Hors D’Oeuvre Salad
(6 Servings)
24 lettuce leaves
2 cups diced pineapple
30 cantaloupe balls
3 oranges
2 cups strawberries
Lettuce

Arrange four lettuce leaves on each plate with the ends meeting in the center. On one leaf place five cantaloupe balls, removed from a cantaloupe with a French vegetable cutter, on another orange slices, on a third strawberries freshly hulled and cut in two pieces, on a fourth a portion of diced pineapple. Serve mayonnaise on a leaf of lettuce in the center of the plate.

Cocoanut Fruit Salad
(6 Servings)
1/2 cup cocoanut
3 bananas
2 oranges
Lettuce

Mayonnaise

Spread the cocoanut in a flat pan and brown delicately in a moderate oven. Peel bananas and scrape with a silver knife. Peel oranges, remove all white membrane and slice. Arrange two or three slices on lettuce on individual plates. Cut bananas in two lengthwise, then across. Roll each portion in browned cocoanut and place on orange slices. If any cocoanut remains sprinkle it over oranges. Serve with mayonnaise.
**Sherwood Salad**

(6 Servings)

- 2 oranges, diced
- hard cooked eggs, sliced
- 2 pimientos, cut in strips
- 1/2 cup nut meats
- 1/4 cup celery, cut fine
- 1/4 cup raw carrots, diced
- Mayonnaise
- Lettuce

Mix the ingredients, using enough mayonnaise to moisten thoroughly. Serve on lettuce.

**Orange Prune Salad**

(6 Servings)

- 24 prunes
- 24 orange segments
- Watercress
- Mayonnaise
- Cream

Soak large prunes over night in cold water, cook until tender but not too soft, and remove pits. Peel oranges, and remove all white mem-

**Date Fruit Cup**

(6 Servings)

- 1 cup sugar
- 1 cup grape juice
- 1/2 cup lemon juice
- 1/2 cup water

Mix sugar, fruit juice and water together, stirring until sugar is dissolved. Remove pits from cherries, cut the pineapple in small pieces, stone dates and cut in small pieces. Mix fruit, place in glasses, pour juice over, chill and serve very cold.

**Sunkist Dessert**

(8-10 Servings)

- 1 envelope gelatine
- 1/2 cup cold water
- 1/2 cups boiling water
- 1/4 tablespoons brown sugar
- 2 cups orange juice
- 1/2 lemon, juice of
- 6 double Graham wafers
- 1/2 pint heavy cream
- 1 teaspoon vanilla

Soften the gelatine in cold water five minutes. Add boiling water and two tablespoons of the brown sugar and stir until gelatine and sugar are thoroughly dissolved. When slightly cooled add orange and lemon juice. Let this mixture thicken and beat well with a rotary egg beater. To this add the Graham wafers rolled to fine crumbs. Whip cream and when stiff add remaining brown sugar and vanilla. Combine with gelatine mixture and place in refrigerator until firm.

**Delicious Dessert**

(6 Servings)

- 3 oranges
- 2 cups white cake, broken in small pieces
- 1 cup heavy cream
- 1 tablespoon sugar
- 1/2 teaspoon vanilla
- 1/4 cup almonds, blanched

Peel oranges, remove all white membrane and cut in small pieces, draining thoroughly. Combine with bits of cake and arrange on mounds on individual dessert plates. Whip the cream and add the sugar and vanilla. Pipe cream on top of the cake and orange mixture and sprinkle with almonds.

**Orange and Pimiento Salad**

(6 Servings)

- 3 oranges
- 1 green pepper, Endive or romaine
- 1 cup pimiento, chopped
- French dressing

Peel oranges, remove all white membrane and cut in slices. Arrange three or four slices on leaves of endive or romaine. Garnish with strips of pimiento and sprinkle with chopped green pepper. Serve with French dressing.

**QUICK DESSERTS**

**Cherry Pudding**

(6 Servings)

- 6 slices sponge cake
- 9/4 cup cherry syrup
- 1/2 cup brown sugar
- 1/4 tablespoons cornstarch
- 1/4 cup cold water
- 1 orange, juice and grated rind
- Cherries

Wrap sponge cake in a cloth wrung dry from warm water and place in moderate oven, 325 degrees F. to heat. Boil syrup from canned cherries with brown sugar. When the boiling point is reached stir in the cornstarch mixed to a paste with cold water. Cook five minutes. Remove from fire, add orange juice and grated rind and serve at once. If possible leave a few cherries in the syrup.

**Princess Cream**

(10 Servings)

- 1/2 cup quick cooking tapioca
- 1/2 cup boiling water
- 2 oranges
- 1 cup sugar
- 1/4 cup crushed pineapple
- Whipped cream

Place tapioca and boiling water in the upper part of the double boiler and cook over hot water until tapioca is clear, adding more hot water if necessary. Remove from fire and allow to cool, beating constantly. Beat it into stiffly beaten egg white. Peel oranges, remove all white membrane and cut pulp into shreds. Mix with sugar and pineapple from which all liquid has been drained. Add tapioca and egg mixture to this and set in a cold place to chill. Serve in sherbet glasses, each portion topped with whipped cream.

**Ambrosia**

(6 Servings)

- 2 cups sugar
- 3 oranges
- 3/4 cups water
- 1/2 cup cocoanut

Make a heavy syrup by boiling sugar and water. Peel oranges, remove all white membrane and divide into segments. When syrup has cooled slightly add oranges and cocoanut. Chill thoroughly and serve.
Raisin Lido  
**(6 Servings)**

- 6 slices raisin cake
- 1 cup whipping cream
- 2 tablespoons lemon juice
- 2 tablespoons strawberry or raspberry jelly
- Few grains salt

Place slices of cake on serving plates. Whip the cream until stiff, beat in lemon juice and jelly and add salt. Heap on cake and serve.

Orange Rice Cream  
**(8 Servings)**

- 2 cups cold cooked rice
- ½ cup sugar
- 2 oranges
- 1 cup cream

To the rice boiled in milk if possible, add just before serving the diced pulp from the two oranges, thoroughly drained. Save orange juice. Add sugar and cream whipped stiff. Combine lightly and add as much of the orange juice as possible without thinning the mixture too much. Serve very cold.

OTHER QUICKLY MADE DISHES

Peach Cup  
**(6 Servings)**

- 1 cup water
- 1 cup sugar
- 2 cups fresh or canned peaches, cut in slices
- 1 orange, diced

Make a syrup of water and sugar boiled together for five minutes and cooled. Pour this over the fruit cut up, and allow to stand in the ice box for one hour. Serve in small glass cups either garnished with whipped cream or plain.

Privilodies  
**(8 Servings)**

- 1 egg white
- 2 tablespoons powdered sugar
- 2 teaspoons lemon juice
- ½ cup chopped walnuts
- 2 tablespoons orange marmalade
- 8 saltines

Beat egg white until stiff and dry. Add powdered sugar, lemon juice, walnuts and marmalade. Pile by spoonfuls on eight saltines and bake ten minutes in a moderate oven, 325 degrees F.

Marmalade Cheese Sandwiches  
**(8 Sandwiches)**

- 12 slices brown bread
- Orange marmalade
- ½ cup grated cheese

Spread half the bread slices lightly with butter, the other half with marmalade. Sprinkle those spread with marmalade generously with grated cheese. Cover this with second slice, cut sandwich in small squares and serve.

Uncooked Orange Sauce  
**(6 Servings)**

- 2 egg whites
- ½ teaspoon salt
- ¼ cup orange pulp and juice

Beat egg whites very light, add salt and sugar and beat again. Fold in fruit juice and pulp. Serve the sauce as soon as made.

QUESTIONS FOR REVIEW

What advantages has a quickly prepared meal?
In shortening the work of meal preparation what two points must not be overlooked?
What two fruits are particularly useful in preparing quickly made dishes that will give balance to the menu?
When are oranges and lemons available? Name some foods to which these fruits provide a balance. How is this accomplished?
What does flavor offer to the appetite?
What other dietary values do the citrus fruits have and what are the effects of these properties?
A mixed sweet salad may combine what two courses?

**Suggestion to the Teacher:** The class may be divided into two groups, one to make salads and one to make desserts, keeping a record of the time required. Have the pupils who made salads in school try the desserts at home, and the school group who made desserts try salads at home, keeping a record of time consumed at home. This will test the pupil working under practical conditions.

For further information and recipes send for a free copy of Sunkist Recipe Booklet to:

**Educational Department,**
**California Fruit Growers Exchange,**
**Box 530, Station C,**
**Los Angeles, California**

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