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Versatile Salads
Michigan State University Extension Service
Anita Dean, Foods and Nutrition
Issued April 1967
16 pages

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Salads play many roles

Salads fit any course or menu. There are recipes suited to every budget and every taste—from old-fashioned potato salad to luxurious crabmeat or lobster. Regardless of their place in the meal, salads should contribute coolness and crispness, color, flavor, and interest to the menu.

FIRST COURSE SALADS are designed to whet the appetite. A salad of light greens tossed with French dressing or an assortment of highly flavored appetizers is a good choice. *Hors d’oeuvre, antipasto,* and *smorgasbord* are European terms for the assortment of relishes, smoked fish and meat, and other highly flavored foods offered as the first course of continental meals.

SALADS SERVED WITH THE MAIN COURSE are light and simple and the portions are fairly small. Citrus fruits, greens, and vegetable combinations are popular. Certain molded salads are appropriate and can be prepared ahead of time.

MAIN COURSE SALADS take the leading role in the menu. They include meat, fish, eggs, and cheese as well as vegetable and fruit combinations. Portions are larger and dressings heavier. When used in place of the hot main dish, they should provide comparable food value.

DESSERT SALADS include fruit gelatins, frozen salads, rich fruit salads and assorted fruit platters.

It’s fun to be creative

Preparing an attractive tasty salad can be as creative and satisfying as arranging a beautiful floral center piece. Try for pleasing color combinations, a balanced arrangement, and interesting contrast in texture and shape. Blend flavors skillfully to take advantage of appealing combinations and contrasts.

Salads are a casual dish and should be easy to prepare. Keep them simple and try to avoid a “too arranged” appearance.

To show the salad off, select a harmonizing plate or bowl—perhaps a clear glass plate for a fruit salad, a wooden bowl for tossed greens or a bright pottery to contrast with a frosty white frozen salad. And remember to chill serving dishes so that your salad reaches the table cold and crisp.

Ingredients are key to food values

Salads made from a variety of foods. Check the ingredients to find just the right mix and meet your daily food needs.

Dark green and deep yellow vegetables are high in vitamin A. Many dark green vegetables, such as broccoli and kale, are high in vitamin C, calcium, iron, and riboflavin as well.

Table 1 compares important vegetables to the remainder of vitamin A needed for general health. Use of liver.

<table>
<thead>
<tr>
<th>TABLE 1.—VEGETABLES</th>
</tr>
</thead>
<tbody>
<tr>
<td>BEET GREENS</td>
</tr>
<tr>
<td>BROCCOLI</td>
</tr>
<tr>
<td>CARROTS, DICED</td>
</tr>
<tr>
<td>CHARD, LEAVES</td>
</tr>
<tr>
<td>COLLARDS</td>
</tr>
<tr>
<td>CRESS, GARDEN</td>
</tr>
<tr>
<td>DANDELION GREEN</td>
</tr>
<tr>
<td>KALE</td>
</tr>
<tr>
<td>MUSTARD GREEN</td>
</tr>
<tr>
<td>PEPPERS, SWEET</td>
</tr>
<tr>
<td>PUMPKIN</td>
</tr>
<tr>
<td>SPINACH</td>
</tr>
<tr>
<td>SQUASH, WINTER</td>
</tr>
<tr>
<td>SWEET POTATOES</td>
</tr>
<tr>
<td>TOMATOES, COOKED</td>
</tr>
<tr>
<td>TOMATOES, RAW</td>
</tr>
<tr>
<td>TURNIP GREENS</td>
</tr>
<tr>
<td>APRICOTS, RAW</td>
</tr>
<tr>
<td>CANTALOUP</td>
</tr>
</tbody>
</table>

The measures given in the table are approximate. Several servings of fruits or vegetables should meet the vitamin needs of an adult. This is based on the inner linings of the body, and to limited amounts of light.

Salads often include citrus fruits which are high in vitamin C. A single food, such as apricots, provide the vitamin C you need daily.
**Ingredients are key to food value**

Salads made from a variety of good foods contribute many essential nutrients. Check the ingredients to find just what your salad contributes toward your daily food needs.

Dark green and deep yellow vegetables contain carotene, which the body changes to vitamin A. Many dark green, leafy vegetables are sources of vitamin C, calcium, iron, and riboflavin as well.

Table 1 compares important vegetable and fruit sources of vitamin A. The remainder of vitamin A needed comes chiefly from whole milk, cheese, ice cream, butter or margarine, eggs, other fruits and vegetables, and the occasional use of liver.

### TABLE 1.—VEGETABLES AND FRUITS AS SOURCES OF VITAMIN A VALUE

<table>
<thead>
<tr>
<th>Item</th>
<th>International Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>BEET GREENS</td>
<td>5,400</td>
</tr>
<tr>
<td>BROCCOLI</td>
<td>2,500</td>
</tr>
<tr>
<td>CARROTS, DICED</td>
<td>9,050</td>
</tr>
<tr>
<td>CHARD, LEAVES</td>
<td>8,500</td>
</tr>
<tr>
<td>COLLARDS</td>
<td>7,250</td>
</tr>
<tr>
<td>CRESS, GARDEN</td>
<td>2,950</td>
</tr>
<tr>
<td>DANDELION GREENS</td>
<td>13,650</td>
</tr>
<tr>
<td>KALE</td>
<td>4,600</td>
</tr>
<tr>
<td>MUSTARD GREENS</td>
<td>5,000</td>
</tr>
<tr>
<td>PEPPERS, SWEET, RED, RAW</td>
<td>1,800</td>
</tr>
<tr>
<td>PUMPKIN</td>
<td>3,850</td>
</tr>
<tr>
<td>SPINACH</td>
<td>9,100</td>
</tr>
<tr>
<td>SQUASH, WINTER, YELLOW</td>
<td>6,000</td>
</tr>
<tr>
<td>SWEET POTATOES, YELLOW</td>
<td>5,200</td>
</tr>
<tr>
<td>TOMATOES, COOKED OR JUICE</td>
<td>1,250</td>
</tr>
<tr>
<td>TOMATOES, RAW</td>
<td>1,650</td>
</tr>
<tr>
<td>TURNIP GREENS</td>
<td>7,700</td>
</tr>
<tr>
<td>APRICOTS, RAW OR COOKED</td>
<td>2,300</td>
</tr>
<tr>
<td>CANTALOUP</td>
<td>6,200</td>
</tr>
</tbody>
</table>

The measures given in the table are for raw fruits and for cooked vegetables unless otherwise indicated. Several of the foods listed supply much more vitamin A than is needed for a day and the body can store large amounts of this nutrient. A serving of yellow and green vegetables at least every other day is recommended.

Vitamin A is necessary for normal growth and development in children and for general health of adults. This vitamin is needed for healthy skin, including the inner linings of the body, and also influences the ability of the eye to adjust to limited amounts of light.

Salads often include citrus fruits and other fruits and vegetables high in vitamin C. A single food, such as an orange, or a combination of foods can provide the vitamin C you need daily.

Table 2 compares important fruit and vegetable sources of vitamin C.
TABLE 2.—FRUITS AND VEGETABLES AS SOURCES OF VITAMIN C

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Milligrams</th>
</tr>
</thead>
<tbody>
<tr>
<td>GRAPEFRUIT</td>
<td>½ medium</td>
<td>76</td>
</tr>
<tr>
<td>GRAPEFRUIT JUICE</td>
<td>½ cup</td>
<td>43</td>
</tr>
<tr>
<td>ORANGE</td>
<td>1 medium</td>
<td>77</td>
</tr>
<tr>
<td>ORANGE JUICE</td>
<td>½ cup</td>
<td>48</td>
</tr>
<tr>
<td>TANGERINE</td>
<td>1 medium</td>
<td>25</td>
</tr>
<tr>
<td>TANGERINE JUICE</td>
<td>½ cup</td>
<td>32</td>
</tr>
<tr>
<td>CANTALOUP</td>
<td>½ medium</td>
<td>59</td>
</tr>
<tr>
<td>HONEYDEW MELON</td>
<td>1 wedge, 2 by 7 inches</td>
<td>34</td>
</tr>
<tr>
<td>PINEAPPLE, FRESH, DICED</td>
<td>½ cup</td>
<td>16</td>
</tr>
<tr>
<td>STRAWBERRIES</td>
<td>½ cup</td>
<td>44</td>
</tr>
<tr>
<td>BROCCOLI</td>
<td>½ cup</td>
<td>56</td>
</tr>
<tr>
<td>BRUSSELS SPROUTS</td>
<td>½ cup</td>
<td>30</td>
</tr>
<tr>
<td>CABBAGE, RAW, SHREDDED</td>
<td>½ cup</td>
<td>25</td>
</tr>
<tr>
<td>GREENS:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>COLLARDS, MUSTARD GREENS, TURNIP GREENS</td>
<td>½ cup</td>
<td>32</td>
</tr>
<tr>
<td>GARDEN CRESS, KALE</td>
<td>½ cup</td>
<td>26</td>
</tr>
<tr>
<td>SPINACH</td>
<td>½ cup</td>
<td>22</td>
</tr>
<tr>
<td>PEPPERS, GREEN, RAW OR COOKED</td>
<td>1 small</td>
<td>43</td>
</tr>
<tr>
<td>PEPPERS, SWEET, RED, RAW</td>
<td>½ medium</td>
<td>78</td>
</tr>
<tr>
<td>POTATO, COOKED IN JACKET</td>
<td>1 medium</td>
<td>20</td>
</tr>
<tr>
<td>SWEET POTATO, BOILED OR BAKED</td>
<td>1 medium</td>
<td>26</td>
</tr>
<tr>
<td>TOMATOES, COOKED OR JUICE</td>
<td>½ cup</td>
<td>19</td>
</tr>
<tr>
<td>TOMATO, RAW</td>
<td>1 medium</td>
<td>35</td>
</tr>
</tbody>
</table>

The amount shown in Table 2 for citrus fruits are for fresh, canned, or frozen items. The quantities given for other fruits are for raw fruits. The vegetables are cooked unless otherwise indicated. When used raw the vegetables listed as cooked also provide valuable amounts of vitamin C and the amounts supplied are usually higher than those shown for the cooked food.

Vitamin C is a vital part of the material that helps to hold the body cells together. As such, it is necessary for normal growth and maintenance of teeth, bone, tissues, and blood vessels.

When you serve salads as a main course, be sure they contain ample protein. Main dish salads are built around meat, poultry, fish, eggs, cheese or beans—all good sources of protein. When the main dish falls short of protein, we often depend upon the salad to make up the difference.

Blend crisped chilled greens to the basic green. Use other greens to offer a pleasing contrast. Greens and add variety and texture to your family’s taste.

Care of salad greens

Select only the freshest greens; wash in cold water. Don’t soak.

A. For lettuce cool in running water.

B. Lift greens from water and settle to bottom.

Drain thoroughly.

Crisp in the refrigerator in hy.
Blend crisped chilled greens in an attractive bowl. Head lettuce is a good basic green. Use other greens to provide handsome contrasts in light and dark green. The darker greens of water cress, chard, spinach, mustard and Bibb lettuce offer a pleasing contrast. Greens like romaine and escarole have unique flavors and add variety and texture to a tossed salad. Try using equal parts of head lettuce and one or more of the other varieties. Vary the proportions to suit your family’s taste.

Care of salad greens

Select only the freshest greens. Discard bruised or wilted portions. Carefully wash in cold water. Don’t soak.

A. For lettuce cups, cut out core or head and force running water through leaves.
B. Lift greens from water allowing sand and grit to settle to bottom.

Drain thoroughly.
Crisp in the refrigerator in hydrator or plastic bag.

BASIC GREENS:
- Boston lettuce
- Iceberg lettuce

SALAD GREENS:
- Beet greens
- Bibb lettuce
- Celery
- Chives
- Chicory or Curly endive
- Chinese or celery cabbage
- Collards
- Dill
- French endive
- Escarole

Dress greens at last possible moment

Salad greens should be cold, crisp and dry. When using bottled or homemade dressing, add a little at a time until leaves are lightly coated. If oil and vinegar are used, add oil first until the leaves are delicately coated, then add the vinegar and seasonings. Use about 1 part of vinegar to 3 or 4 parts of oil. With practice, you can learn to estimate these amounts.

Choose the basic materials for your dressing—oil and acid—with care. Be sure the oil is fresh, whether it is olive oil, corn oil, cottonseed, soybean or peanut oil. Your acid may be cider, wine, malt, tarragon
SAALD GREENS:
- Italian fennel or ficochi
- Green cabbage
- Kale
- Leaf lettuce
- Mustard greens
- Oakleaf lettuce
- Parsley
- Red cabbage
- Romaine or Cos lettuce
- Savoy cabbage
- Sour grass or Sorrel
- Spinach
- Swiss chard
- Turnip greens
- Watercress

WILD GREENS:
- Cowslips
- Dandelion greens
- Field salad
- Lamb's quarters
- Pepper grass
- Purslane

FOR VARIETY:
- Broccoli buds
- Carrots
- Cauliflower buds
- Celeriac tops
- Cucumber
- Onions
- Radishes
- Scallions
- Tomatoes
- Sliced water chestnuts
- Artichoke hearts
- Hearts of Palm
- Avocado slices
- Celery root or Celeriac
- Summer squash (raw)

or herb flavored vinegar, lemon juice or lime juice, or a combination of part vinegar and part lemon juice. The selection of oil, vinegar, and seasonings should bring out the flavor of the salad ingredients. Dress the salad just before serving. Acid and salt cause greens to wilt and break down rapidly.

A quick and easy main dish
Turn a salad of tossed greens into a luncheon entree by increasing the size of the portion and adding one or more protein rich foods. We usually depend upon the main dish to furnish about 21 grams of protein per serving—the amount furnished by a 3-ounce serving of cooked meat. To make sure that each serving of salad contributes an adequate amount of protein, total the grams of protein furnished by each ingredient.

Protein Rich Foods*

HARD COOKED EGGS

COOKED MEAT OR FISH:
- Ham, luncheon meat, smoked tongue, other cooked meats
- Turkey, Chicken
- Shrimp, Crab, Lobster
- Tuna fish, Flaked cooked fish
- Anchovies, Sardines

CHEESE
- American, processed, Swiss, pimiento
- Blue or Roquefort
- Cottage

*1 egg, 1 ounce of American type or cottage cheese, 1 ounce of meat, poultry or fish, or 5 shrimp furnish about 7 grams of protein.

A salad containing one ounce of cheese, and one ounce each of slivered ham and turkey and a half of a hard cooked egg as a garnish easily meets this protein requirement. Each meal should furnish about one-third your daily need for protein.
Garnishes

Vegetable salads are colorful and need few garnishes. Here are a few simple garnishes which may be added.

Hard cooked eggs . . . . halved, quartered, sliced
Egg yolks (hard cooked) sieved
Egg whites (hard cooked) chopped
Cooked meat and poultry: Julienne strips, slivered, diced
Cheese . . . . . . . . . . . . Grated, slender strips, diced
Green peppers and onions: Cut in rings, chopped, sliced
Cucumbers . . . . . . . . . . Fluted, sliced horizontally or diagonally, diced
Radishes . . . . . . . . . . . Sliced or cut into roses, accordions, etc.
Tomatoes . . . . . . . . Whole, stuffed, sliced, quartered or chopped
Green or ripe olives . . Whole, sliced, chopped, curls
Pickles . . . . . . . . . Whole, sliced, fans
Cauliflower or broccoli . Flowerets or thinly sliced fans
Chives, watercress, fresh herbs . . Chopped, diced, shredded or minced
Carrots . . . . . . . . . . Sliced, shredded, curls, sticks
Scallions . . . . . . . . Whole or sliced
Celery . . . . . . . . . . . . Sliced straight or on bias, fringed, stuffed.
Molded salads

Molded salads are convenient because they demand little last minute attention. Gelatin salads molded in large or individual molds should be shaped, well flavored and shimmering.

Unflavored gelatin is softened and dissolved in cold water before adding to the hot liquid. Flavored gelatins can be dissolved immediately in hot liquid. Cool gelatin mixtures to consistency of unbeaten egg white before folding in other ingredients. In this way, gelatin will keep the added ingredients evenly dispersed so they neither float or sink.

Do not use fresh or frozen pineapple or pineapple juice in gelatin salads. Enzyme action destroys the gelatin and the salad will not set. Scalding inactivates this enzyme.

To give a sparkle to the finished salad and to keep the fruit from touching the mold, set a thin layer of gelatin over the entire inner surface of the mold. To do this, pour a little cool gelatin mixture into the mold. Then rotate the mold in a pan of ice water until the inner surface is coated.

When arranging fruit in layers, allow each to set before adding the next. Or arrange the first layer and when it is set, add the rest of the fruit gelatin all at once.

Special effects and contrasting layers can be achieved by whipping part of the gelatin mixture or by adding whipped cream, mayonnaise, cottage or cream cheese to the gelatin mixture.

Tips on unmolding salads

- To place a large molded salad in the center of the serving plate, slightly moisten the salad surface and the plate with cold water before unmolding.
- Loosen the edges with a spatula or small knife dipped in warm water about ½ inch deep all the way round.
- Quickly dip the mold, almost to the rim, in warm water. For a glass mold use hot water. Shake gently to see whether the salad is loosened. If not, dip again. Dip quickly two or three times to prevent the gelatin from melting.
- Once it is loosened, place a serving plate on top. Then invert the plate and the mold and shake. Lift the mold carefully, and arrange greens around the edge. Small individual salads can be unmolded directly on the greens.

Fruit salads

Decorative fruit salads appear in every meal. They are a good choice for party refreshments or dessert.

Select fruits which offer combination of sweetness and softness of creamy cottage cheese.

Hints on preparing the fruit

- Drain juicy fruits and can be used in gelatin salads.
- Treat non-acid fresh fruits, such as pears to prevent darkening. Avoid use of orange or lime juice, grapefruit juice, or mixtures of ascorbic acid and citric acid.
- For attractive orange and strawberry salads, cut deeply enough to remove segments from the dividing membrane.
- Fresh pineapple may be cut into pieces with a sharp knife. Cut deeply enough to remove segments from the dividing membrane.
- Wash pineapple into half slices or wedges. Or cut pineapple on the crown. Cut out fruit in a container.
- Avocados are ready to eat when a slight yield is felt on light pressure on the skin. Cut into sections, then pull skin away with a fork down the length of the peel.
- Choose bananas. Cut melons into slices, wedges. Wash berries before hulling. Serve strawberries whole, and pineapple for unique containers.
- Dark sweet cherries with strawberries, capers, and pineapple make an attractive garnish.
Decorative fruit salads appear in every course. They are a good choice for party refreshments or dessert.

Select fruits which offer contrasts in flavor, color and texture. Offset the sweetness and softness of canned and frozen fruits by combining with crisp tart fresh fruits. Dried fruits are delicious when combined with cream or cottage cheese.

**Hints on preparing the fruit**

- **Drain juicy fruits** and canned fruits so salad dressing will not be diluted.
- **Treat non-acid** fresh fruits such as apples, avocados, bananas, peaches and pears to prevent darkening. Avoid darkening by adding acid in form of lemon or lime juice, grapefruit juice, pineapple juice, citric acid, or commercial mixtures of ascorbic acid and citric acid.
- **For attractive orange** and grapefruit sections, pare the fruit with a sharp knife. Cut deeply enough to remove all of the white membrane. Separate the segments from the dividing membrane.
- **Fresh pineapple** may be cut in a number of interesting ways. Cut the washed pineapple into ½ inch slices. Pare and core each slice. Serve whole or half slices or wedges. Or cut pineapple lengthwise in half or quarters leaving on the crown. Cut out fruit in one piece using a curved grapefruit knife. Dice and serve plain or in combination with other fruits using pineapple shell as container.
- **Avocados are ready** to eat when they are ripe and buttery. They will yield on light pressure on the skin. With a sharp knife, pierce skin and cut into sections, then pull skin away from avocado.
- **For party menus**, use shells of fruits like grapefruit, oranges, watermelon, and pineapple for unique containers.
- **For color**, leave apples unpared when slicing or dicing. Choose eating varieties. Keep cool and crisp in refrigerator.
- **Choose bananas** flecked with brown. They look best when sliced on the diagonal or split lengthwise. If desired, score banana before slicing by drawing fork down the length of the peeled sides.
- **Cut melons** into slices, wedges, or balls.
- **Wash berries** before hulls are removed so they won’t be crushed or lose juice. Serve strawberries whole, sliced, or quartered. A whole strawberry with cap on makes an attractive garnish. Serve blueberries and raspberries whole.
- **Dark sweet cherries** with stems on, tiny bunches of seedless grapes, melon balls, and fresh berries are attractive fruit garnishes.
Fruit salads are luncheon favorites. Large portions of any fruit salad may be served as the main course of luncheon or supper if accompanied by a food high in protein. Cottage or cream cheese, a seafood or chicken salad, tiny finger sandwiches, or toasted cheese or ham salad sandwiches are especially good with a fruit salad. Hot breads and fancy loaf breads add interest to the fruit salad plate.

Salad dressings

Basic French Dressing

\[
\begin{align*}
\frac{1}{4} \text{ cup salad oil} & \quad \frac{1}{2} \text{ teaspoon paprika} \\
\frac{1}{4} \text{ cup vinegar} & \quad \frac{1}{2} \text{ teaspoon dry mustard} \\
1 \text{ teaspoon salt} & \quad \text{Dash of freshly ground pepper} \\
1 \text{ teaspoon sugar} & \quad \\
\end{align*}
\]

Combine ingredients in glass jar with a tight fitting cover. Shake until thoroughly blended. Chill. Shake well each time before using. Makes 1 cup.

Variations

To make these variations

<table>
<thead>
<tr>
<th>Add to 1 cup basic French dressing</th>
<th>Try it with these salads</th>
</tr>
</thead>
<tbody>
<tr>
<td>TOMATO 2 tablespoons catsup, (\frac{1}{2}) teaspoon grated onion</td>
<td>Greens, vegetable</td>
</tr>
<tr>
<td>GARLIC 1 peeled quartered clove of garlic. Remove before serving.</td>
<td>Greens, vegetable</td>
</tr>
<tr>
<td>HERB Use lemon juice in place of vinegar, Omit paprika and dry mustard. Add (\frac{1}{4}) teaspoon thyme, (\frac{1}{2}) teaspoon oregano, and 1 teaspoon parsley flakes.</td>
<td>Greens</td>
</tr>
<tr>
<td>ROQUEFORT (\frac{1}{4}) cup crumbled Roquefort cheese and a few drops onion juice</td>
<td>Greens, head lettuce wedge</td>
</tr>
<tr>
<td>VINAIGRETTE 2 tablespoons chopped green olives, 1 tablespoon chopped pimiento, 1 tablespoon chopped chives, 1 hard cooked egg, finely chopped</td>
<td>Vegetable</td>
</tr>
<tr>
<td>CHIFFONADE 1 hard cooked egg, chopped, (\frac{1}{4}) cup finely chopped cooked beets, 2 tablespoons chopped parsley, 2 teaspoons chopped onion</td>
<td>Greens</td>
</tr>
<tr>
<td>CRANBERRY Gradually add basic French dressing to (\frac{1}{2}) cup jellied cranberry sauce which has been beaten smooth.</td>
<td>Fruit</td>
</tr>
</tbody>
</table>

To make these variations

<table>
<thead>
<tr>
<th>Add to 1 cup basic French dressing</th>
<th>Try it with these salads</th>
</tr>
</thead>
<tbody>
<tr>
<td>ROSE Use lemon juice. Add 2 tablespoons (\frac{1}{2}) teaspoon paprika and (\frac{1}{2}) teaspoon dry mustard.</td>
<td>Greens, vegetable</td>
</tr>
<tr>
<td>TROPICAL 2 tablespoons sugar, 2 tablespoons (\frac{1}{2}) teaspoon paprika</td>
<td>Greens</td>
</tr>
</tbody>
</table>

Mayonnaise and Salad Dressings

To make these variations

<table>
<thead>
<tr>
<th>Add to 1 cup basic French dressing</th>
<th>Try it with these salads</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEESE AND OLIVE (\frac{1}{4}) cup grated cheese, (\frac{1}{4}) cup sliced olives</td>
<td>Greens, vegetable</td>
</tr>
<tr>
<td>HALF AND HALF 1 cup French dressing, (\frac{1}{2}) cup water</td>
<td>Greens</td>
</tr>
<tr>
<td>HERB 2 teaspoons cayenne pepper, (\frac{1}{2}) cup chopped parsley</td>
<td>Greens, vegetable</td>
</tr>
<tr>
<td>CHILI (\frac{1}{2}) cup chili sauce, (\frac{1}{2}) cup chopped onion, (\frac{1}{2}) cup crumbled green pepper</td>
<td>Greens</td>
</tr>
<tr>
<td>ROQUEFORT OR BLUE CHEESE (\frac{1}{4}) cup crumbled cheese, (\frac{1}{4}) cup sliced olives</td>
<td>Greens, head lettuce wedge</td>
</tr>
<tr>
<td>CURRY (\frac{1}{2}) cup grated cheese, (\frac{1}{4}) cup chopped chives, (\frac{1}{2}) cup finely chopped parsley, 1 tablespoon finely chopped garlic</td>
<td>Greens</td>
</tr>
<tr>
<td>THOUSAND ISLAND (\frac{1}{4}) cup crumbled cheese, (\frac{1}{4}) cup chopped chives, (\frac{1}{4}) cup finely chopped anchovies or (\frac{1}{4}) finely chopped garlic</td>
<td>Greens</td>
</tr>
<tr>
<td>GREEN GODDESS 1 clove garlic, 2 tablespoons chopped chives, 1 tablespoon finely chopped parsley, (\frac{1}{4}) cup finely chopped sour cream, 1 tablespoon (\frac{1}{2}) teaspoon celery seed, (\frac{1}{2}) teaspoon sugar, (\frac{1}{2}) teaspoon salt, (\frac{1}{2}) teaspoon pepper</td>
<td>Greens, head lettuce wedge</td>
</tr>
<tr>
<td>RED CURRANT (\frac{1}{4}) cup finely chopped red pepper, (\frac{1}{4}) cup finely chopped green pepper, (\frac{1}{4}) cup finely chopped green onion, (\frac{1}{4}) cup finely chopped parsley, (\frac{1}{4}) cup finely chopped chives, (\frac{1}{4}) cup finely chopped celery seed, (\frac{1}{4}) cup finely chopped red wine vinegar, (\frac{1}{4}) cup finely chopped red pepper</td>
<td>Greens</td>
</tr>
<tr>
<td>TANGY FRUIT 1 cup sour cream, (\frac{1}{2}) cup lemon juice, (\frac{1}{2}) cup water, (\frac{1}{2}) cup sugar, (\frac{1}{2}) teaspoon salt</td>
<td>Fruit</td>
</tr>
</tbody>
</table>

To make these variations

<table>
<thead>
<tr>
<th>Add to 1 cup basic French dressing</th>
<th>Try it with these salads</th>
</tr>
</thead>
<tbody>
<tr>
<td>CELERY SEED Use lemon juice. Add (\frac{1}{2}) cup sliced celery, (\frac{1}{2}) cup sliced green pepper, (\frac{1}{2}) cup finely chopped chives</td>
<td>Greens, vegetable</td>
</tr>
<tr>
<td>ROSE Use lemon juice. Add 2 tablespoons (\frac{1}{2}) teaspoon paprika and (\frac{1}{2}) teaspoon dry mustard.</td>
<td>Greens</td>
</tr>
<tr>
<td>TROPICAL 2 tablespoons sugar, 2 tablespoons (\frac{1}{2}) teaspoon paprika</td>
<td>Greens</td>
</tr>
</tbody>
</table>

Try it with these salads

<table>
<thead>
<tr>
<th>Greens, vegetable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greens, vegetable</td>
</tr>
<tr>
<td>Greens</td>
</tr>
<tr>
<td>Greens, head lettuce wedge</td>
</tr>
<tr>
<td>Vegetable</td>
</tr>
<tr>
<td>Greens</td>
</tr>
<tr>
<td>Fruit</td>
</tr>
</tbody>
</table>

Halves and quartered fruits, watermelon and pineapple, are especially good with a fruit salad.
<table>
<thead>
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<th>Add to 1 cup basic French dressing</th>
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<tbody>
<tr>
<td>CELERY SEED</td>
<td>Use lemon juice in place of vinegar. Add 1/4 cup honey, 1 teaspoon celery seed, 1 teaspoon grated lemon rind, 1 teaspoon grated onion.</td>
<td>Fruit</td>
</tr>
<tr>
<td>ROSE</td>
<td>Use lemon juice in place of vinegar. Add 2 tablespoons heavy cream, 2 tablespoons currant jelly and 1/2 teaspoon grated lemon rind.</td>
<td>Fruit</td>
</tr>
<tr>
<td>TROPICAL</td>
<td>2 tablespoons confectioner's sugar, 2 tablespoons lime juice.</td>
<td>Fruit</td>
</tr>
</tbody>
</table>

### Mayonnaise and Salad Dressing Variations

<table>
<thead>
<tr>
<th>To make these variations</th>
<th>Add to 1 cup mayonnaise or salad dressing</th>
<th>Try it with these salads</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEESE AND OLIVE</td>
<td>1/4 cup grated sharp cheddar cheese, 1/4 cup sliced ripe olives</td>
<td>Head lettuce, Greens, Tomato</td>
</tr>
<tr>
<td>HALF AND HALF</td>
<td>1 cup French dressing</td>
<td>Vegetable</td>
</tr>
<tr>
<td>HERB</td>
<td>2 teaspoons each chopped parsley and chives (or minced onion) and few drops lemon juice.</td>
<td>Vegetable, Fruit</td>
</tr>
<tr>
<td>CHILI</td>
<td>1/2 cup chili sauce, 1 tablespoon grated onion, 1/2 teaspoon Worcestershire sauce</td>
<td>Greens</td>
</tr>
<tr>
<td>THOUSAND ISLAND</td>
<td>2 chopped hard cooked eggs, 1/2 teaspoon Worcestershire sauce, 1/2 cup chili sauce, 1 teaspoon grated onion, 2 tablespoons minced green pepper</td>
<td>Head lettuce, Greens</td>
</tr>
<tr>
<td>ROQUEFORT OR BLUE CHEESE</td>
<td>1/4 cup crumbled Roquefort or Blue cheese, 2 tablespoons milk, and few drops lemon juice</td>
<td>Head lettuce, Greens, Tomato</td>
</tr>
<tr>
<td>CURRY</td>
<td>1 teaspoon curry powder, 1 teaspoon lemon juice, Dash of salt. If desired 1/2 clove garlic crushed may be added.</td>
<td>Seafood, vegetable</td>
</tr>
<tr>
<td>GREEN GODDESS</td>
<td>1 clove garlic, crushed, 2 tablespoons finely chopped anchovies or anchovy paste, 3 tablespoons finely chopped chives or green onions, 1/2 cup finely chopped parsley, 1/2 cup thick sour cream, 1 tablespoon lemon juice, 1 tablespoon tarragon vinegar, dash of salt and freshly ground pepper</td>
<td>Greens</td>
</tr>
<tr>
<td>FRUIT JUICE</td>
<td>6 tablespoons each of lemon juice (or pineapple or orange juice), confectioner's sugar, cream, dash of salt. Or omit cream and fold in 1/2 cup whipped cream.</td>
<td>Fruit</td>
</tr>
<tr>
<td>RED CurrANT</td>
<td>Beat 2 cups currant jelly until smooth and blend in mayonnaise. Fold in 1 cup whipped cream</td>
<td>Fruit</td>
</tr>
<tr>
<td>TANGY FRUIT</td>
<td>1 cup sour cream, 2 tablespoons lemon juice, 2 tablespoons orange juice, 4 teaspoons sugar. Blend until smooth.</td>
<td>Fruit</td>
</tr>
</tbody>
</table>
Peppy Low Calorie Tomato Dressing

1 cup tomato sauce (8 ounce can)  
1 tablespoon tarragon vinegar  
1 tablespoon lemon juice  
1/4 teaspoon grated onion  
1/2 teaspoon Worcestershire sauce  
1/2 teaspoon salt  
1/2 teaspoon dried sweet basil  
1/8 teaspoon celery seed

Combine all the ingredients in a jar with a tight fitting cover. Shake until thoroughly blended. Chill. Shake well before serving. Makes 1 cup.

Cooked Salad Dressing

1/4 cup sugar  
2 tablespoons flour  
1 teaspoon salt  
1 tablespoon dry mustard

Combine dry ingredients in top of double boiler. Add the egg yolks, butter, and milk and blend well. Gradually add the vinegar. Cook over hot water, stirring constantly until thick. Chill. A delicious dressing for cole slaw or potato salad. Makes 2 1/2 cups.

Garlic French Dressing

1/4 cup oil  
1/4 cup lemon juice  
1 teaspoon salt  
1 teaspoon dry mustard  
1 clove garlic, cut in half  
Dash black pepper


Salads

CAULIFLOWER RELISH SALAD

1/2 cup vinegar  
1/4 cup salad oil  
1 teaspoon salt  
1/4 teaspoon basil  
1/4 teaspoon oregano  
1 pound cauliflower  
1 No. 303 can (2 cups) whole green beans, drained  
1/4 cup sliced green onions

Combine vinegar and oil and seasoning to form a marinate. Divide cauliflower into flowerets and cook until tender and drain. When cool combine with green beans and sliced green onions. Pour marinade over vegetables and let stand overnight. Pimiento may be added for color. Makes 8-10 servings.

COLESLAW

1/4 cup vinegar  
1/4 cup oil  
3/4 teaspoon salt  
4 cups finely chopped cabbage  
2 tablespoons minced onion

MOLDED BEET SALAD

1 package lemon gelatin
1 cup boiling water
½ teaspoon salt
2 tablespoons lemon juice

2 cups chopped cooked beets
1 tablespoon grated onion
2 tablespoons prepared horseradish
1 cup dairy sour cream

Dissolve gelatin in water. Add salt and lemon juice. Chill until partially thickened. Fold in remaining ingredients. Turn into mold and chill until firm. Makes 6 servings.

ASPARAGUS SALAD

Chill cooked or canned asparagus. Arrange tender green spears on lettuce. Add hard cooked egg slices and strips of pimiento. Serve with French dressing.

CORNED BEEF SALAD MOLD

1 envelope unflavored gelatin
¼ cup cold water
1½ cups tomato juice, heated
1 teaspoon lemon juice
½ teaspoon salt
1 (12 ounce) can corned beef, shredded

3 hard cooked eggs, chopped
2 cups chopped celery
½ cup chopped cucumber
1 tablespoon chopped onion
1 cup mayonnaise

Soften gelatin in cold water and dissolve in hot tomato juice. Add lemon juice and salt. Chill until partially set. Fold in other ingredients and pour into 1½ quart mold. Chill until firm. Garnish with hard cooked eggs and greens. Serves 8.

FROZEN FRUIT SALAD

2 (3 ounce) packages cream cheese
1 cup mayonnaise
1 cup heavy cream, whipped
1 No. 2½ can (3½ cups) mixed fruit cocktail, well drained
½ cup drained Maraschino cherries, quartered
2½ cups (about 24) diced marshmallows

Blend softened cream cheese with mayonnaise. Fold in remaining ingredients. Add a few drops of maraschino cherry juice or red food coloring for a delicate color. Pour salad mixture into two 1 quart freezer containers. Round ice cream freezer containers may be used. Freeze firm, about 6 hours or overnight. To serve, slice in rounds and place on crisp lettuce. Makes 10-12 servings.

MOLDED CRANBERRY SALAD

1 package strawberry gelatin
1 package orange or lemon gelatin
1 cup hot water
2½ cups cold water
1 can whole cranberry sauce
1 cup chopped celery
1 cup diced unpared apple
½ cup chopped walnuts

Dissolve gelatin in hot water. Add cold water and chill until partially set. Fold in remaining ingredients. Turn into mold and chill until firm. Makes 10-12 servings.

PARTY FRUIT PLATTER

1 ripe pineapple
6 canned whole apricots or 6 peach halves
1 cup cottage cheese
2 bananas, peeled and cut into sticks
Lemon juice
1 small Avocado, peeled and halved and cut into rings
1 small head romaine or leaf lettuce
1 large grapefruit, peeled and sectioned
4 California oranges, peeled and sliced
1 small bunch red grapes
1 large red apple, cored and cut into wedges
French dressing
Cut pineapple in half lengthwise through green top. Remove meat by running
knife between shell and meat. Cut fruit into wedges. Save large wedges for
platter. Refill shell with remaining pineapple. Sweeten if desired.

Remove stones from apricots. Fill each with cottage cheese. Plump cooked
prunes may be used in place of apricots, if desired. Brush cut bananas and
avocado with lemon juice.

Arrange fruit and greens on tray or large platter. Serve with French
dressing. Makes 6 servings.

**BANANA PEANUT BUTTER SALAD**

4 bananas
Orange juice
Peanut butter

Peel the bananas. Cut in half lengthwise and dip in orange juice. Spread
half of each banana with peanut butter and cover with the other half banana.
Place each whole banana on crisp lettuce on a salad plate. Garnish with mayon­
naise or salad dressing and a maraschino cherry. Makes 4 servings.

**ORANGE STUFFED PRUNE SALAD**

Orange slices
Salad greens
Prunes, cooked and pitted

Place orange slices on salad greens. Stuff prunes with cottage cheese and top
with walnut halves. Arrange 3 prunes on each serving.

**CHEF'S SALAD BOWL**

1 head lettuce
2 cups dark leafy greens
1 cup thin strips cooked ham
1 cup thin strips American
cheddar cheese
½ cup sliced radishes
3 hard-cooked eggs, quartered
½ cup chopped celery
1 cup chopped cooked turkey
½ cup chopped cooked ham
1 cup diced pimiento
1 cup diced pimiento
1 clove garlic (optional)
1 cup thin strips of cooked turke
or chicken

Rub salad bowl with cut clove of garlic. Tear lettuce and greens into bite
sized pieces into the bowl. Add the cucumber, celery, and radishes. Arrange
ham, cheese, meat, and hard cooked eggs in separate bowls for self service. Toss
lightly with French dressing just before serving or serve with Thousand Island
dressing. Makes 6 servings.

**SUNBURST SALAD**

1½ cups grapefruit sections
1½ cups orange sections
Lettuce
1 (3 ounce) pkg. cream cheese

For each serving arrange grapefruit and orange sections, petal fashion, on
crisp lettuce. In the center place a generous amount of cream cheese slightly
softened with milk and whipped until light and fluffy. Garnish with sections
of maraschino cherry. Serve with French dressing. Makes 4 servings.
HOT POTATO SALAD
3 cups sliced raw potatoes
4 slices bacon
1/4 cup finely chopped onion
1 tablespoon flour
2 teaspoons dry mustard
1 teaspoon salt
1 tablespoon sugar
1/2 cup cider vinegar
1/4 cup water
1 egg, beaten
1/6 teaspoon pepper

Cook potatoes in boiling salted water until just done. Drain and keep hot. Cook bacon in frying pan until crisp. Remove from pan and chop. Using 2 tablespoons of bacon fat, cook onions until golden brown. Blend flour, mustard, salt, and sugar into fat. Stir in water and vinegar and cook for 2 minutes. Add about 2 tablespoons of the hot mixture to the beaten egg, then stir this into rest of mixture. Reheat. If mixture becomes too thick, add 2 or 3 tablespoons of water. Pour hot dressing over sliced potatoes. Mix in chopped bacon. Season to taste with additional salt if necessary. Serve hot.

TUNA OR HAM MACARONI SALAD
1 7 ounce can tuna fish or
2 cups cubed cooked ham
1 cup diced celery
2 cups cooked elbow macaroni
1/4 cup diced pimiento
4 hard cooked eggs, chopped
1/4 cup mayonnaise
Salt and pepper
Salad greens

Toss together ham or tuna fish, celery, pimiento, macaroni, salt, pepper, and hard cooked eggs. Add mayonnaise, tossing gently until thoroughly mixed. Chill and serve on salad greens. Makes 6 servings. Add 2 tablespoons lemon juice to tuna fish before adding to salad. 1 can of corned beef can be substituted for cooked ham.

SOUR CREAM COLESLAW
1/2 cup sour cream
3 tablespoons vinegar
3 tablespoons sugar
1/2 teaspoon salt
Dash pepper

Combine all ingredients and stir until dissolved. Combine with 3 cups finely grated cabbage and 1 tablespoon of sliced green onion. Chill. Makes 4 to 5 servings.

TROPICAL BUFFET SALAD
1 package lemon gelatin
1 package lime gelatin
2 cups hot water
1 can (No.2) crushed pineapple, not drained
1/4 cup mayonnaise
1 cup cottage cheese
1/2 cup walnuts, chopped
3 tablespoons horseradish

Dissolve gelatin in hot water. Chill until thickened and almost set. Fold in remaining ingredients and pour into 1 1/2 quart mold. Chill until firm. Unmold and garnish with salad greens. Makes 12 servings.

TOMATO ASPIC RING
4 cups tomato juice
1/2 cup chopped onion
1/4 cup chopped celery leaves
2 tablespoons brown sugar
1 teaspoon salt
2 small bay leaves
4 whole cloves
2 envelopes (2 tablespoons) unflavored gelatin
3 tablespoons lemon juice

Combine 2 cups tomato juice, onion, celery leaves, sugar, salt, bay leaves, and cloves. Simmer uncovered 5 minutes; strain. Meanwhile soften gelatin in 1/2 cup remaining cold tomato juice; dissolve in hot tomato mixture. Add remaining tomato juice and lemon juice. Pour into 5-cup ring mold. Chill till firm. Unmold and garnish with salad greens. Fill center with your favorite seafood, chicken, or vegetable salad. Serve with mayonnaise. Makes 6 to 8 servings.
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