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Versatile Salads
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Versatile

SALADS

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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 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



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

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.

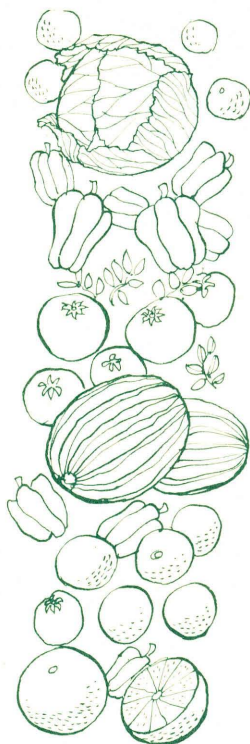
Salads often include citrus fruits and other fruits and vegetables high in vitamin C. A single food, such as an orange, or a combination of foods can provide the vitamin C you need daily.

Table 2 compares important fruit and vegetable sources of vitamin C.

TABLE 2.—FRUITS AND VEGETABLES AS SOURCES OF VITAMIN C

Milligrams

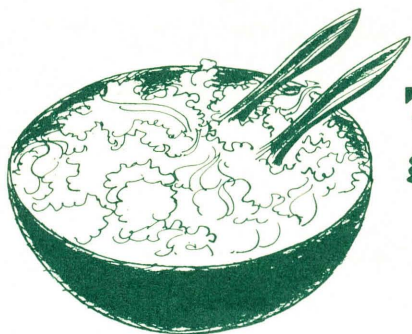
GRAPEFRUIT	1/2 medium	76
GRAPEFRUIT JUICE	1/2 cup	43
ORANGE	1 medium	77
ORANGE JUICE	1/2 cup	48
TANGERINE	1 medium	25
TANGERINE JUICE	1/2 cup	32
CANTALOUPE	1/2 medium	59
HONEYDEW MELON	1 wedge, 2 by 7 inches	34
PINEAPPLE, FRESH, DICED	1/2 cup	16
STRAWBERRIES	1/2 cup	44
BROCCOLI	1/2 cup	56
BRUSSELS SPROUTS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



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.



The tossed green salad

No need for a recipe when creating a salad of tossed greens. Try experimenting a bit. You'll take a gourmet's pride in knowing the whole lettuce clan.

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

SALAD GREENS:

Italian fennel
or finocchi
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
Water cress

WILD GREENS:

Cowslips
Dandelion greens
Field salad
Lamb's quarters
Pepper grass
Purslane

FOR VARIETY:

Broccoli buds
Carrots
Cauliflower buds
Celery 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:

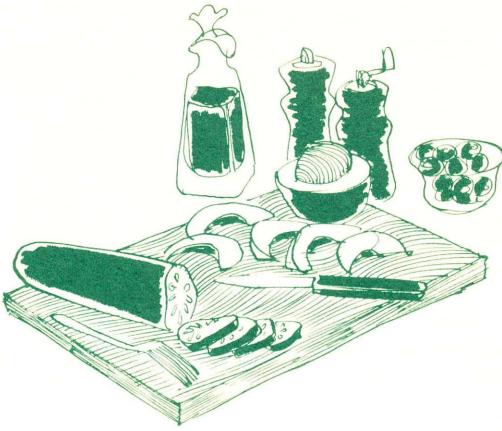
Ham, luncheon meat, smoked tongue, other cooked meats
Turkey, Chicken
Shrimp, Crab, Lobster
Tuna fish, Flaked cooked fish
Anchovies, Sardines

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, Chopped, diced, shredded or
 fresh herbs 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 shapely, 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 $\frac{1}{2}$ 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 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 $\frac{1}{2}$ 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

$\frac{3}{4}$ cup salad oil
 $\frac{1}{4}$ cup vinegar
 1 teaspoon salt
 1 teaspoon sugar

$\frac{1}{2}$ teaspoon paprika
 $\frac{1}{4}$ teaspoon dry mustard
 Dash of freshly ground pepper

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	Add to 1 cup basic French dressing	Try it with these salads
TOMATO	2 tablespoons catsup, $\frac{1}{2}$ teaspoon grated onion	Greens, vegetable
GARLIC	1 peeled quartered clove of garlic. Remove before serving.	Greens, vegetable
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.	Greens
ROQUEFORT	$\frac{1}{4}$ cup crumbled Roquefort cheese and a few drops onion juice	Greens, head lettuce wedge
VINAIGRETTE	2 tablespoons chopped green olives, 1 tablespoon chopped pimiento, 1 tablespoon chopped chives, 1 hard cooked egg, finely chopped	Vegetable
CHIFFONADE	1 hard cooked egg, chopped, $\frac{1}{4}$ cup finely chopped cooked beets, 2 tablespoons chopped parsley, 2 teaspoons chopped onion	Greens
CRANBERRY	Gradually add basic French dressing to $\frac{1}{2}$ cup jellied cranberry sauce which has been beaten smooth.	Fruit

To make these variations	Add to 1 cup basic French dressing	Try it with these salads
CELERY SEED	Use lemon juice in place of vinegar. Add ½ cup honey, 1 teaspoon celery seed, 1 teaspoon grated lemon rind, 1 teaspoon grated onion.	Fruit
ROSE	Use lemon juice in place of vinegar. Add 2 tablespoons heavy cream, 2 tablespoons currant jelly and ½ teaspoon grated lemon rind.	Fruit
TROPICAL	2 tablespoons confectioner's sugar, 2 tablespoons lime juice.	Fruit

Mayonnaise and Salad Dressing Variations

To make these variations	Add to 1 cup mayonnaise or salad dressing	Try it with these salads
CHEESE AND OLIVE	¼ cup grated sharp cheddar cheese, ¼ cup sliced ripe olives	Head lettuce, Greens, Tomato
HALF AND HALF	1 cup French dressing	Vegetable
HERB	2 teaspoons each chopped parsley and chives (or minced onion) and few drops lemon juice.	Vegetable, Fruit
CHILI	½ cup chili sauce, 1 tablespoon grated onion, ½ teaspoon Worcestershire sauce	Greens
THOUSAND ISLAND	2 chopped hard cooked eggs, ½ teaspoon Worcestershire sauce, ½ cup chili sauce, 1 teaspoon grated onion, 2 tablespoons minced green pepper	Head lettuce, Greens
ROQUEFORT OR BLUE CHEESE	¼ cup crumbled Roquefort or Blue cheese, 2 tablespoons milk, and few drops lemon juice	Head lettuce, Greens, Tomato
CURRY	1 teaspoon curry powder, 1 teaspoon lemon juice Dash of salt. If desired ½ clove garlic crushed may be added.	Seafood, vegetable
GREEN GODDESS	1 clove garlic, crushed, 2 tablespoons finely chopped anchovies or anchovy paste, 3 tablespoons finely chopped chives or green onions, ⅓ cup finely chopped parsley, ½ cup thick sour cream, 1 tablespoon lemon juice, 1 tablespoon tarragon vinegar, dash of salt and freshly ground pepper	Greens
FRUIT JUICE	6 tablespoons each of lemon juice (or pineapple or orange juice), confectioner's sugar, cream, dash of salt. Or omit cream and fold in ½ cup whipped cream.	Fruit
RED CURRANT	Beat 2 cups currant jelly until smooth and blend in mayonnaise. Fold in 1 cup whipped cream	Fruit
TANGY FRUIT	1 cup sour cream, 2 tablespoons lemon juice, 2 tablespoons orange juice, 4 teaspoons sugar. Blend until smooth.	Fruit

Peppy Low Calorie Tomato Dressing

1 cup tomato sauce (8 ounce can)	1/2 teaspoon Worcestershire sauce
1 tablespoon tarragon vinegar	1/2 teaspoon salt
1 tablespoon lemon juice	1/2 teaspoon dried sweet basil
1/2 teaspoon grated onion	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	4 egg yolks, beaten
2 tablespoons flour	1/4 cup melted butter
1 teaspoon salt	1 1/2 cups milk
1 tablespoon dry mustard	1/3 cup vinegar

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

Combine all ingredients in a jar. Cover and shake. Shake again just before serving. Makes about 1/2 cup dressing. Remove garlic before serving. Delicious on tossed greens.

Salads

CAULIFLOWER RELISH SALAD

1/2 cup vinegar	1 pound cauliflower
1/2 cup salad oil	1 No. 303 can (2 cups) whole green beans, drained
1 teaspoon salt	3/4 cup sliced green onions
1/4 teaspoon basil	
1/4 teaspoon oregano	

Combine vinegar and oil and seasoning to form a marinade. 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

1/2 cup vinegar	1/8 teaspoon salt
1/2 cup oil	4 cups finely chopped cabbage
6 tablespoons sugar	2 tablespoons minced onion

Combine first four ingredients. Crisp cabbage wedges in ice water. Drain and shred finely. Add onion and refrigerate. Combine with dressing just before serving. Makes 6-8 servings.

MOLDED BEET SALAD

- | | |
|---------------------------|------------------------------------|
| 1 package lemon gelatin | 2 cups chopped cooked beets |
| 1 cup boiling water | 1 tablespoon grated onion |
| 1/2 teaspoon salt | 2 tablespoons prepared horseradish |
| 2 tablespoons lemon juice | 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 | 3 hard cooked eggs, chopped |
| 1/4 cup cold water | 2 cups chopped celery |
| 1 1/2 cups tomato juice, heated | 1/2 cup chopped cucumber |
| 1 teaspoon lemon juice | 1 tablespoon chopped onion |
| 1/2 teaspoon salt | 1 cup mayonnaise |
| 1 (12 ounce) can corned beef, shredded | |

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 1 1/2 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. 2 1/2 can (3 1/2 cups) mixed fruit cocktail, well drained
- 1/2 cup drained Maraschino cherries, quartered
- 1/2 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 can whole cranberry sauce |
| 1 package orange or lemon gelatin | 1 cup chopped celery |
| 1 cup hot water | 1 cup diced unpared apple |
| 2 1/2 cups cold water | 1/2 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 | 1 small head romaine or leaf lettuce |
| 6 canned whole apricots or 6 peach halves | 1 large grapefruit, peeled and sectioned |
| 1 cup cottage cheese | 4 California oranges, peeled and sliced |
| 2 bananas, peeled and cut into sticks | 1 small bunch red grapes |
| Lemon juice | 1 large red apple, cored and cut into wedges |
| 1 small Avocado, peeled and halved and cut into rings | 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

Lettuce
Mayonnaise or salad dressing
Maraschino cherries

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 mayonnaise or salad dressing and a maraschino cherry. Makes 4 servings.

ORANGE STUFFED PRUNE SALAD

Orange slices
Salad greens
Prunes, cooked and pitted

Cottage cheese
Walnut halves

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
(spinach or Bibb lettuce)
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 unpeeled cucumber, sliced
2 peeled tomatoes, cut in wedges
1 clove garlic (optional)
1 cup thin strips of cooked turkey
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

Milk
Maraschino cherries
French Dressing

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 | 1 tablespoon sugar |
| 4 slices bacon | ¼ cup cider vinegar |
| ¼ cup finely chopped onion | ½ cup water |
| 1 tablespoon flour | 1 egg, beaten |
| 2 teaspoons dry mustard | ⅛ teaspoon pepper |
| 1 teaspoon salt | |

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 | 4 hard cooked eggs, chopped |
| 2 cups cubed cooked ham | ¾ cup mayonnaise |
| 1 cup diced celery | Salt and pepper |
| 2 cups cooked elbow macaroni | Salad greens |
| ¼ cup diced pimiento | |

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

- | | |
|-----------------------|-----------------|
| ½ cup sour cream | ½ teaspoon salt |
| 3 tablespoons vinegar | Dash pepper |
| 3 tablespoons sugar | |

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 | ¾ cup mayonnaise |
| 1 package lime gelatin | 1 cup cottage cheese |
| 2 cups hot water | ½ cup walnuts, chopped |
| 1 can (No. 2) crushed pineapple,
not drained | 3 tablespoons horseradish |

Dissolve gelatin in hot water. Chill until thickened and almost set. Fold in remaining ingredients and pour into 1½ quart mold. Chill until firm. Unmold and garnish with salad greens. Makes 12 servings.

TOMATO ASPIC RING

- | | |
|-----------------------------|---|
| 4 cups tomato juice | 2 small bay leaves |
| ¾ cup chopped onion | 4 whole cloves |
| ¼ cup chopped celery leaves | 2 envelopes (2 tablespoons)
unflavored gelatin |
| 2 tablespoons brown sugar | 3 tablespoons lemon juice |
| 1 teaspoon salt | |

Combine 2 cups tomato juice, onion, celery leaves, sugar, salt, bay leaves, and cloves. Simmer uncovered 5 minutes; strain. Meanwhile soften gelatin in ½ 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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