

# **The Salad Master**

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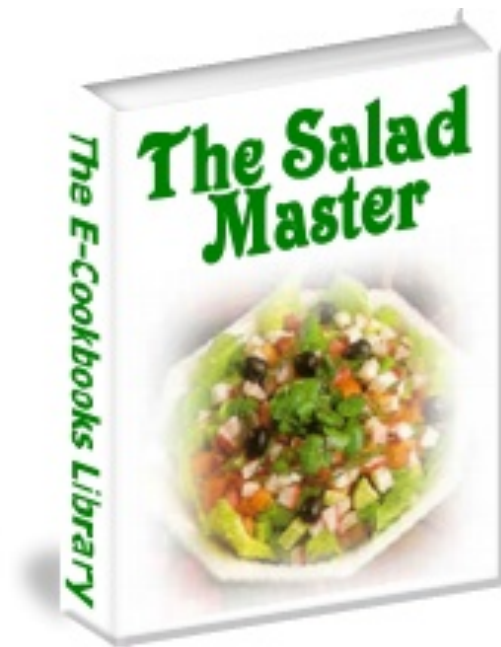
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# Personalized Cooking Aprons



*a great gift idea for anyone ... including yourself!*

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## 24 Hour Potato Salad

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1 medium head cabbage ... shredded fine  
6 small potatoes .. boiled and thinly sliced  
6 boiled eggs .. thinly sliced  
1 onion .. sliced real fine .. in rings (or chopped small)  
1 Bell pepper .. sliced thin in rings (or chopped real fine)  
Mayonnaise (this takes a LOT of mayonnaise)  
Salt and Pepper

Place layer of shredded cabbage in round salad bowl, then a layer of potatoes, layer of sliced eggs, layer of onion and Bell pepper rings.

REPEAT LAYERS. BETWEEN EACH LAYER, ADD A THIN LAYER OF MAYONNAISE, SALT AND PEPPER TO TASTE.  
Cover and Refrigerate 24-hours.

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## American–Italian Pasta Salad

---

- 1 (16 ounce) package fusilli pasta
- 1 cup frozen petite peas, thawed
- 2 (2 ounce) cans sliced black olives
- 1 cup cubed Genoa salami
- 3/4 cup chopped green onions
- 3/4 cup chopped celery
- 1/2 cup chopped fresh parsley
- 1 (.7 ounce) package dry Italian–style salad dressing mix
- 1 cup mayonnaise
- 1 cup sour cream
- 2 tablespoons milk

In a large pot of salted boiling water, cook pasta until al dente, rinse under cold water and drain.

In a medium bowl combine mayonnaise, sour cream, milk and Italian dressing mix. Whisk together until smooth, set aside.

In a large salad bowl combine cooked and cooled pasta, peas, olives, salami, green onions, celery and parsley. Mix in dressing last, reserving 1/2 cup. Let sit over night in fridge. Stir before serving. Add extra dressing if pasta appears dry.

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## Antipasto Pasta Salad

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1 pound shell, bowtie or elbow macaroni pasta  
1/4 pound Genoa salami, chopped  
1/4 pound pepperoni, chopped  
1/2 pound Asiago or Italian sharp cheese, diced  
1 (6 ounce) can black olives, drained and chopped  
1 red bell pepper, diced  
1 green bell pepper, diced  
3 ripe tomatoes, chopped  
1 (.6 ounce) Italian dressing mix (Good Seasons)  
3/4 cup extra virgin olive oil  
1/4 cup balsamic vinegar  
2 tablespoons dried oregano  
1 tablespoon dried parsley  
1 tablespoon grated Parmesan cheese  
salt  
ground black pepper

Cook the pasta in a large pot of salted boiling water until al dente. Drain and cool under cold water.

In a large bowl, combine the pasta, salami, pepperoni, cheese, black olives, red bell pepper, green bell pepper and tomatoes. Sprinkle on the envelope of powdered dressing, mix thoroughly and refrigerate salad.

To prepare the dressing, whisk together the olive oil, balsamic vinegar, oregano, parsley, parmesan cheese, salt and pepper. Just before serving, pour dressing over the salad and mix well.

## **Apple and Celery Salad with Peanuts**

2 tablespoons fresh lemon juice

1/2 teaspoon Dijon mustard

1/4 cup olive oil

3 crisp red apples, cut into 1/4" thick julienne

2 tart green apples cut into 1/4" thick julienne

4 large celery ribs, cut into 1/4-inch-thick julienne

1/4 cup chopped fresh parsley

1/3 cup dry-roasted peanuts, coarsely chopped

Whisk together lemon juice and mustard in a large bowl. Add oil in a stream, whisking until emulsified. Add apples, celery, and parsley, tossing to coat. Just before serving, sprinkle with peanuts.

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# Apple Salad

---

- 1 – 20 oz can pineapple chunks
- 2 quarts chopped red–skinned apples (skins left on)
- 2 cups green seedless grapes, halved
- 1 1/2 cups toasted pecans
- 1 cup celery
- 1/2 cup chopped fresh parsley

## Dressing:

- 1/2 stick butter
- 1/4 cup sugar
- 1 tablespoon lemon juice
- 2 tablespoons cornstarch
- 1 cup mayonnaise

Drain pineapple, reserving the juice and set chunks aside.

Prepare the dressing: In small sauce pan combine the pineapple juice, butter, sugar, and lemon juice and bring to a boil over medium heat.

In a small bowl combine the cornstarch and enough water to make a smooth mixture; add to the boiling juice. Reduce heat and cook until mixture is thick and smooth. Chill. Whisk in the mayonnaise.

(This can be done in advance.)

Place the pineapple chunks and the rest of the salad ingredients in a large bowl. Toss well; then mix in the chilled dressing.

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# Applebee's Oriental Chicken Salad

---

## Salad:

- 1 egg
- 1/2 cup milk
- 1/2 cup flour
- 1/2 cup corn flake crumbs
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 boneless, skinless chicken breast half
- oil for frying
- 3 cups chopped romaine lettuce
- 1 cup red cabbage
- 1 cup Napa cabbage
- 1/2 carrot, julienned or shredded
- 1 green onion, chopped
- 1 tablespoon sliced almonds
- 1/3 cup chow mein noodles

## Dressing:

- 3 tablespoons honey
- 1 1/2 tablespoons rice wine vinegar
- 1/4 cup mayonnaise
- 1 teaspoon Grey Poupon Dijon mustard
- 1/8 teaspoon sesame oil

Prepare dressing ingredients by mixing in a small bowl. Refrigerate while preparing salad.

Cut each chicken breast into 5 strips. In one bowl, beat egg with milk. In another bowl, combine flour with corn flake crumbs, salt and pepper. Preheat oil over medium heat.

Dip individual chicken pieces in egg mixture and then roll in the flour mixture. Fry chicken until browned, drain and set aside.

Prepare salad by tossing the chopped romaine with the chopped red cabbage, Napa cabbage, and carrots. Sprinkle sliced green onion on top of the lettuce. Sprinkle almonds over the salad, then the chow mein noodles.

Cut the chicken into small chunks. Place the chicken onto the salad forming a pile in the middle. Serve with salad dressing on the side.

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## Apple Stick Salad

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- 1/2 cup white sugar
- 1/2 cup distilled vinegar
- 3 tart apples, cored and julienned
- 2/3 cup chopped onion
- 1/2 cup chopped dill pickle

In a small bowl, combine sugar and vinegar. In a medium bowl, mix together apples, onion, and pickle. Toss with vinegar mixture. Refrigerate until thoroughly chilled.

## **Asparagus, Orange and Endive Salad**

2 1/2 cups diagonally sliced asparagus  
2 cups rinsed, dried and torn endive leaves  
2 large oranges, sliced into rounds  
1 red onion, thinly sliced  
1/3 cup raspberry vinegar  
2 tablespoons canola oil  
1 tablespoon orange juice  
1 tablespoon white sugar  
salt and pepper to taste

To a large pot of boiling water, add the asparagus. Blanch for 1 minute; drain, and plunge asparagus into a bowl of cold water. Drain again and dry.

In a large bowl, combine the asparagus, endive, oranges, and red onion.

Whisk together the raspberry vinegar, canola oil, orange juice, sugar and salt and pepper. Add dressing to the asparagus endive mixture; toss well and serve.

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## Autumn Salad with Bleu Cheese

---

1/4 cup orange juice  
1/4 cup Canola oil  
3 tablespoons apple cider vinegar  
2–3 packets sugar substitute  
1/4 teaspoon salt  
1/8 teaspoon pepper  
8 cups torn chilled salad greens  
1 cup diced red apples  
1/4 cup crumbled bleu cheese  
1/4 cup chopped toasted pecans

Combine the first 6 ingredients in a jar. Cover and shake vigorously. Chill to blend flavors. Before preparing salad, chop the apples and put a little of the dressing on the apples to prevent them from browning. Shake dressing again and toss with salad greens, drained apples, and bleu cheese. Garnish with toasted pecans.

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## Baked Potato Salad

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8 potatoes  
1/2 pound bacon  
1 pound processed American cheese, sliced  
1/2 onion, chopped  
1 cup mayonnaise  
salt and pepper to taste  
1/4 cup black olives, sliced

Preheat oven to 325F. Butter one 9x13 inch baking dish.

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain, cool and slice 1/4 inch thick. Place bacon in a large, deep skillet. Cook over medium high heat until lightly brown. Drain, chop and set aside.

Combine the potatoes, cheese, onion, mayonnaise and salt and pepper. Mix well and pour into prepared baking dish.

Top with bacon and olives, and bake at 325F for 1 hour.

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## Bean Sprout Salad

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2 tablespoon Sesame seeds  
1 pound Fresh bean sprouts  
thoroughly washed  
and drained  
3 md Garlic cloves  
peeled and minced  
2 md Scallions -- trimmed & minced  
1 1" cube ginger  
peeled and minced  
2 tablespoon Oriental sesame oil  
1/3 cup Soy sauce  
2 tablespoon Cider vinegar  
1 tablespoon Mirin (sweet rice wine)  
2 teaspoon Light brown sugar  
1 teaspoon Spicy sesame oil

Makes 4 to 6 Servings Fresh bean sprouts are a must for this recipe from China's Hunan province.

The canned variety don't have the requisite crispness. Keep a close eye on the toasting sesame seeds so they don't burn.

PREHEAT OVEN TO 300F. Toast the sesame seeds by spreading them over the bottom of a pie tin. Roast for 12–to–16 minutes, stirring often, until they are golden. The seeds can be toasted in advance and stored in an airtight container. Place the bean sprouts in a large heatproof bowl and set it aside. In a medium–size skillet set over moderately low heat, stir–fry the garlic, scallions and ginger in the oil for 2 to 3 minutes, until they are limp. Add all the remaining ingredients, increase the heat to moderate, then boil the mixture, uncovered, for 1 minute to slightly reduce the liquid. Pour the boiling dressing over the bean sprouts, toss well, then cover the bowl and chill the salad for several hours. Toss again before serving.

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## Beef Fajita Salad

---

- 1 (8 ounce) bottle Italian dressing
- 1 teaspoon cumin
- dash hot pepper sauce
- 1/2 pound beef for fajitas, strips or chunks
- 1/2 cup corn kernels
- 1/2 cup cooked kidney beans
- 1/2 cup red onion, sliced
- 1/2 cup cheddar cheese, shredded
- 1 tomato, chopped
- 6 to 8 cups salad greens
- 2 cups crushed tortilla chips

Combine the cumin, hot pepper sauce and Italian dressing in a small bowl and mix well. Reserve 1/2 cup of the dressing. In a separate bowl, add enough dressing to coat the beef and let marinate for 1 hour.

In a hot skillet, fry the beef and cook until done. Allow the beef to cool. In a medium bowl combine the beef with the corn, beans, onions and 1/2 cup of the dressing. Refrigerate for several hours before serving.

To serve, toss the beef and vegetable mixture with the salad greens, tomatoes and shredded cheese. Add extra dressing if necessary and top with the crushed tortilla chips.

## Beet Salad

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### Roasted Beets:

- 4 bunches of beets (trim root ends and remove tops)
- 2 Tablespoons of olive oil

Coat beets with oil. Roast in 450 degrees oven on a sheet pan for approximately 45 minutes or until tender. Cool, peel, and dice.

### Dijon Honey Vinaigrette:

- 1 Tablespoon of lemon juice
- 1 ounce white wine vinegar
- 1 Tablespoon honey
- 1 ounce dijon mustard
- 1 teaspoon dried thyme
- 4 ounces vegetable oil
- salt & white pepper to taste

Combine first five ingredients in a blender. While blender is running slowly add oil. Season to taste with salt and white pepper.

### Salad Ingredients:

- 1/4 pound French Feta cheese (crumbled)
- 1 pound of spring mix lettuce
- 2 heads Belgium endive

Place three endive leaves symmetrically on each plate. Toss spring mix with vinaigrette. Divide between plates, top with diced beets and feta cheese.

## Bennigan's Chicken Salad

---

1 lb. chicken breast meat, cooked, skinned, boned and diced  
1/2 cup diced celery  
1 cup mayonnaise  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1/2 teaspoon sugar  
1/2 teaspoon onion powder  
1/4 cup toasted almonds  
1 tablespoon lemon juice  
1 cup crushed pineapple, well drained  
alfalfa sprouts  
whole fresh pineapple for serving, optional

Place chicken in large mixing bowl; add celery and mix. Add remaining ingredients and mix with rubber spatula.

To serve in pineapple shell, cut whole pineapple in half lengthwise. Using a grapefruit knife, cut around the inside of the pineapple, leaving about 1/4" from the edge. Scoop out remaining pineapple.

Place a bed of sprouts in the shell; scoop salad mixture on top. Sprinkle with toasted almonds and serve chilled.

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## Black and Blue Caesar Salad

---

- 1 ounce shredded Parmesan cheese (about 1/4 cup), divided
- 1 1/4 cups large croutons, divided
- 3 1/2 cups chopped romaine lettuce
- 1/4 cup Caesar dressing
- 3 slices Roma tomato
- 1 (6-ounce) sirloin steak
- 2 tablespoons margarine, melted
- 1 to 2 tablespoons Cajun seasoning
- 1/4 cup crumbled blue cheese
- 1/4 cup cooked diced bacon, heated

In a large bowl, sprinkle about half the Parmesan and half the croutons over romaine; add dressing and toss well. Place in a chilled pasta bowl or large soup plate; sprinkle with remaining Parmesan, creating a "snowcap" effect. Add tomato slices on one side; refrigerate.

In a very well-ventilated area or outdoors, heat a cast-iron skillet over high heat. Brush one side of sirloin with melted margarine; sprinkle to taste with Cajun seasoning. Place seasoned-side down in skillet (Caution: There might be a slight flame when meat is placed in skillet.). While first side is cooking, brush second side with melted margarine and sprinkle with additional seasoning. Cook about 2 minutes; turn and cook 2 to 3 minutes more, or to desired degree of doneness. Cut into 1/2-inch slices.

Fan sliced steak over salad; top with blue cheese, bacon and remaining croutons.

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## **Black Bean And Corn Salad**

---

1/3 cup fresh lime juice  
1/2 cup olive oil  
1 clove garlic, minced  
1 teaspoon salt  
1/8 teaspoon ground cayenne pepper  
2 (15 ounce) cans black beans, rinsed and drained  
1 1/2 cups frozen corn kernels  
1 avocado – peeled, pitted and diced  
1 red bell pepper, chopped  
2 tomatoes, chopped  
6 green onions, thinly sliced  
1/2 cup chopped fresh cilantro

Place lime juice, olive oil, garlic, salt, and cayenne pepper in a small jar. Cover with lid, and shake until ingredients are well mixed.

In a salad bowl, combine beans, corn, avocado, bell pepper, tomatoes, green onions, and cilantro. Shake lime dressing, and pour it over the salad. Stir salad to coat vegetables and beans with dressing, and serve.

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# BLT Salad

---

1 pound bacon  
3/4 cup mayonnaise  
1/4 cup milk  
1 teaspoon garlic powder  
1/8 teaspoon ground black pepper  
salt to taste  
1 head romaine lettuce – rinsed, dried and shredded  
2 large tomatoes, chopped  
2 cups seasoned croutons

Place bacon in a large, deep skillet. Cook over medium high heat, turning frequently, until evenly browned. Drain, crumble and set aside.

In a blender or food processor, combine mayonnaise, milk, garlic powder and black pepper. Blend until smooth. Season the dressing with salt.

Combine lettuce, tomatoes, bacon and croutons in a large salad bowl. Toss with dressing, and serve immediately.

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## Broccoli Raison Salad

---

2 large bunches broccoli  
1/2 cup raisins  
1/2 cup minced red onion  
1 cup mayonnaise  
1/4 cup sugar  
1 tablespoon red wine vinegar  
1/2 lb. bacon, cooked and crumbled  
1/2 cup sunflower seeds

Chop or cut into small pieces, the tender parts of the broccoli.  
Add raisins and onions. Prepare dressing with the mayonnaise, sugar  
and vinegar; toss salad with the dressing (You can do this much in  
advance). Add the seeds and bacon when you are ready to serve.

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## Broccoli – Cheese Pasta Salad

---

8 oz. Rigatoni, uncooked  
4 Cups fresh Broccoli, florets  
4 oz. Mozzarella cheese, cubed  
1/3 Cup chopped Fresh Parsley  
2 Tbsp. chopped Fresh Basil  
Mustard Vinaigrette  
Lettuce Leaves  
Cherry tomato halves for Garnish

Cook pasta according to package directions; drain. Rinse with cold water, and drain. Cook broccoli in a small amount of boiling water 2 to 3 minutes or until slightly tender; drain. Rinse with cold water, and drain. Combine pasta, broccoli, mozzarella cheese, and herbs in a large bowl, toss with Mustard Vinaigrette, and serve on a lettuce-lined platter.

### Mustard Vinaigrette

1/2 Cup Vegetable Oil  
1/3 Cup Lemon Juice  
2 tsp. Dijon Mustard  
3 cloves Garlic, minced  
1/2 tsp. Salt  
1/2 tsp. Pepper

Combine all ingredients in a jar, cover tightly, and shake vigorously. Cover and chill.

## **Brown Derby's Original Cobb Salad**

---

- 1/2 head of lettuce
- 1/2 bunch watercress
- 1 small bunch chicory
- 1/2 head romaine
- 2 medium tomatoes, peeled
- 2 breasts of boiled roasting chicken
- 6 strips crisp bacon
- 1 avocado
- 3 hard-cooked eggs
- 2 tablespoons chopped chives
- 1/2 cup crumbled imported Roquefort cheese
- 1 cup Brown Derby Old-Fashioned French Dressing (See recipe, below)

Cut finely lettuce, watercress, chicory and romaine and arrange in salad bowl. Cut tomatoes in half, remove seeds, dice finely, and arrange over top of chopped greens. Dice breasts of chicken and arrange over top of chopped greens. Chop bacon finely and sprinkle over the salad. Cut avocado in small pieces and arrange around the edge of the salad. Decorate the salad by sprinkling over the top the chopped eggs, chopped chives, and grated cheese. Just before serving mix the salad thoroughly with French Dressing.

Yield: Serves 4 to 6

### **Brown Derby Old-Fashioned French Dressing**

- 1 cup water
- 1 cup red wine vinegar
- 1 teaspoon sugar
- Juice of 1/2 lemon
- 2 1/2 teaspoons salt
- 1 teaspoon ground black pepper
- 1 teaspoon Worcestershire sauce
- 1 teaspoon English mustard
- 1 clove garlic, chopped
- 1 cup olive oil
- 3 cups salad (vegetable) oil

Blend together all ingredients except oils. Then add olive and salad oils and mix well again. Chill. Shake before serving. Makes about 1 1/2 quarts. This dressing keeps well in the refrigerator. Can be made and stored in

a 2–quart Mason jar.

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## Buffet Tuna Salad

---

2 – 6 oz. cans tuna  
3 ribs celery, diced  
1 medium onion, chopped  
4 cloves garlic, minced  
1/2 red pepper, chopped  
1/4 teas. white pepper  
1 1/2 cups mayonaise  
2 cups seasoned bread crumbs  
1 cup chicken stock  
1 head chicory  
1 lemon, cut in small wedges  
paprika and chopped fresh parsley

Combine first six ingredients and mix well. In a separate bowl, mix bread crumbs with chicken stock. Add to tuna and mix well. Gradually add mayonaise while mixing. Layer a serving platter with chicory leaves. Arrange tuna salad on top and garnish with lemon slices, paprika, and chopped parsley.



## Caesar Salad with Roquefort & Walnuts

---

### Dressing:

- 4 flat anchovy fillets or to taste, rinsed and drained
- 4 garlic cloves, peeled
- 2 teaspoons sherry vinegar
- 2 teaspoons fresh lemon juice
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon dry mustard
- 1/2 cup extra-virgin olive oil

### Walnuts:

- 2 cups walnut halves
- 3/4 cup confectioners' sugar
- vegetable oil for frying
- 1/2 teaspoon salt
- 1/8 teaspoon cayenne pepper

4 heads romaine lettuce, the pale green inner leaves washed, spun dry, and torn into bite-size pieces (about 12 cups)

- 1/2 cup Roquefort cheese, crumbled

Make the dressing: Mince and mash the anchovies with the garlic to form a paste. Whisk together the anchovy paste, vinegar, lemon juice, Worcestershire sauce and the mustard in a small bowl. Add the olive oil in a stream, whisking, and whisk the dressing until it is emulsified.

Make the crispy walnuts: In a saucepan simmer the walnut halves in water to cover for 5 minutes, or until they are slightly softened. Drain the walnuts and transfer to paper towels to dry completely. In a bowl toss together the walnuts and the confectioners' sugar. Deep fry the walnuts at 350F in batches for 1 to 2 minutes, or until they are brown and crisp. Transfer the walnuts as they are fried with a slotted spoon to a baking sheet and season with salt and cayenne pepper. Cool.

In a large bowl toss the romaine with the dressing. Add the Roquefort cheese, and sprinkle the salad with the crispy walnuts.

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## Caesar–Style Potato Salad

---

5 lbs. potatoes  
1 medium onion, chopped  
8 slices bacon, cooked & crumbled  
2 hard–boiled eggs, chopped  
1/4 cup chopped fresh parsley  
1/4 teaspoon pepper  
1/4 cup lemon juice  
1/4 cup grated parmesan cheese  
1 tablespoon salt  
1 tablespoon Worcestershire sauce  
1/2 cup vegetable oil

Cook potatoes in boiling water to cover 20 to 30 minutes or until tender; drain. Peel and cube potatoes.

Combine potato, onion, bacon, eggs, and parsley; toss gently. Combine oil and remaining ingredients, beating with wire whisk until blended. Pour dressing over potato mixture, and toss gently to combine.

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## Cafe St. Petersburg's Salad

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2 cups cooked chicken, cut into bite-size pieces  
4 carrots, finely chopped and steamed until tender  
4 medium boiling potatoes, cut into 1/2-inch cubes  
and steamed until tender  
2 small whole dill pickles, finely chopped  
2 pickling cucumbers, peeled and cut into 1/2-inch cubes  
3 hard-cooked eggs, chopped  
Salt, to taste  
3/4 cup mayonnaise  
3/4 cup sour cream  
1 tablespoon warm water  
1/2 bunch parsley, for garnish

In a bowl combine the chicken, carrots, potatoes, pickles, pickling cucumbers, eggs and salt. Toss gently but thoroughly.

In another bowl combine the mayonnaise and sour cream. Add the warm water and stir thoroughly. Pour the mayonnaise dressing over the salad and toss well.

Mound the salad on a serving plate and garnish with parsley.  
Serve at once.

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## Cajun Tomato Chicken Salad

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- 1 1/2 tablespoons lemon juice
- 2 cloves garlic, minced
- 1/2 teaspoon thyme
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/8 teaspoon cayenne pepper
- 1/2 cup non-fat plain yogurt
- 3 cups cubed, cooked chicken
- 1 cup thinly sliced green onion
- 1/2 cup diced green bell pepper
- 1/2 cup diced celery
- 3 cups (about 1 1/2 lbs.) seeded and diced fresh tomatoes

Combine lemon juice and next five ingredients. Beat in yogurt. Gently fold chicken and next 3 ingredients into dressing. Chill. Just before serving, fold in tomatoes.

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# California Pizza Kitchen BBQ Chicken Salad

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## Fried Tortilla Strips:

Vegetable oil for deep-frying

12 corn tortillas, cut into 1/4-inch-wide strips (about 6 cups)

## Garden Herb Ranch Dressing:

1/2 teaspoon dry mustard

1/4 teaspoon cold water

2 3/4 cups mayonnaise

1 cup buttermilk

7 tablespoons sour cream

2 1/2 tablespoons apple cider vinegar

1–1/2 tablespoons thinly sliced scallions (greens and whites)

2 teaspoons minced garlic

2 teaspoons minced fresh Italian parsley

1–1/2 teaspoons Worcestershire sauce

1 teaspoons minced fresh dill

1/2 teaspoon minced fresh oregano (or 1/4 teaspoon dried)

1/2 teaspoon freshly ground black pepper

1/4 teaspoon minced fresh basil

## Grilled Garlic BBQ Chicken:

1 1/3 tablespoons olive oil

1 1/3 tablespoons minced garlic

2 teaspoons soy sauce

2 teaspoons salt

Four 5-ounce boneless, skinless chicken breasts

1/4 cup good quality bottled sweet-and-spicy barbecue sauce

## For the Salad:

1/2 head iceberg lettuce, cored, rinsed, dried, and cut into 1/8-inch-wide strips

1/2 head romaine lettuce leaves, separated and trimmed, rinsed, dried, and cut into 1/8-inch-wide strips

12 large fresh basil leaves cut into 1/8-inch-wide strips

1 pound jicama, cut into 1/4 x 1/4 x 3/4-inch strips

2 cups shredded Monterey Jack cheese

1 cup canned black beans, rinsed and drained

1 cup canned sweet white corn kernels, drained

3 tablespoons chopped fresh cilantro

2 pounds ripe fresh tomatoes, cut into 1/2-inch dice

1/2 cup good quality bottled sweet-and-spicy barbecue sauce  
1/4 cup thinly sliced scallion greens

To Make the Fried Tortilla Strips:

1. In a deep, heavy frying pan, heat several inches of vegetable oil to a temperature of 375 degrees F. Working in batches if necessary to prevent overcrowding, carefully add the tortilla strips to the hot oil, submerging them with a metal skimmer or slotted spoon. Fry the tortilla strips until evenly golden, 1 to 2 minutes. Carefully lift them out with the skimmer or slotted spoon and transfer them to paper towels to drain and cool. Set aside, uncovered.

To Make the Garden Herb Ranch Dressing:

2. In a mixing bowl, use a fork to stir together the mustard and cold water, forming a paste. Set aside for 10 minutes. Add the remaining dressing ingredients to the bowl and, using a handheld electric mixer at low speed or a whisk, blend together just until smooth, taking care not to incorporate too much air into the dressing. Cover with plastic wrap and refrigerate.

To Make the Grilled Garlic and BBQ Chicken:

3. Preheat a stovetop grill or the broiler. In a mixing bowl, stir together the olive oil, garlic, soy sauce, and salt. Turn the chicken breasts in this marinade and leave to marinate at room temperature for about 15 minutes. Grill or broil the chicken breasts until cooked through, 5 to 6 minutes per side. Chill thoroughly in the refrigerator. Cut the chicken breasts into 3/4-inch cubes and, in a bowl, toss with the barbecue sauce to coat well. Cover with plastic wrap and refrigerate.

To Make the Salad:

4. In a large mixing bowl, toss together the lettuces, basil, jicama, Monterey Jack cheese, beans, corn, cilantro, dressing, and half of the Fried Tortilla Strips. Transfer the salads to chilled serving plates. Surround each salad with diced tomatoes and the remaining Fried Tortilla Strips. Top each salad with chunks of Grilled Garlic BBQ Chicken and drizzle the chicken with the barbecue sauce. Garnish with the scallion.

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# California Salad Bowl

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1 avocado, peeled and pitted  
1 tablespoon lemon juice  
1/2 cup mayonnaise  
1/4 teaspoon hot pepper sauce  
1/4 cup olive oil  
1 clove garlic, peeled and minced  
1/2 teaspoon salt

1 head romaine lettuce – rinsed, dried and torn into bite sized pieces  
3 ounces Cheddar cheese, shredded  
2 tomatoes, diced  
2 green onions, chopped  
1/4 (2.25 ounce) can pitted green olives  
1 cup coarsely crushed corn chips

In a blender or food processor, mix avocado, lemon juice, mayonnaise, hot pepper sauce, olive oil, garlic, and salt. Process until smooth.

In a large bowl, toss together romaine lettuce, Cheddar cheese, tomatoes, green onions, green olives, and corn chips. Toss with the avocado dressing mixture just before serving.

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## Cannellini Bean Salad

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### Dressing:

1 cup olive oil  
2 1/3 cup red wine vinegar  
Salt & pepper to taste  
Pinch of oregano  
1 clove garlic, slightly broken

### Salad:

2 cans cannellini beans  
2 red onions, chopped  
1 bell pepper  
Minced parsley

Dressing: Mix all ingredients together and let set at room temperature to blend flavors.

Salad: Drain 2 cans of cannellini beans and rinse under cold water. Place in bowl and add 2 red onion chopped, 1 bell pepper cut in small pieces and some minced parsley. Add the dressing and adjust the salt and pepper. Add a little more oregano, if desired.

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## Carrot Salad Supreme

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1 1/2 cups grated carrots lightly packed (3 large carrots)  
1 rib celery, diced  
1/2 cup raisins  
Imitation Mayonnaise (recipe follows)  
2 teaspoons apple juice concentrate  
1/16 teaspoon cayenne pepper  
1/16 teaspoon curry powder  
Lettuce

In a salad bowl, combine the carrots with the celery and the raisins. Set aside. Prepare the Imitation Mayonnaise in a blender or food processor. Add the juice concentrate, cayenne pepper, and curry powder and blend thoroughly. Mix with the carrots, raisins, and celery. Serve on beds of lettuce arranged on salad plates.

Imitation Mayonnaise: (can be successfully made in larger amounts)  
1/2 cup nonfat cottage cheese  
1 teaspoon dried minced onion  
1 teaspoon apple juice concentrate

Combine all the ingredients in a blender or food processor and blend until smooth.

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## Champagne Salad

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- 1 (8 ounce) package cream cheese, softened
- 1 cup white sugar
- 1 (15 ounce) can crushed pineapple, drained
- 1 (16 ounce) container frozen whipped topping, thawed
- 1 (10 ounce) package frozen strawberries, thawed
- 3 bananas, diced
- 3/4 cup chopped walnuts

In a large bowl, cream together the cream cheese and sugar. Fold in the pineapple, whipped topping and strawberries and mix well. Stir in bananas and walnuts.

Freeze for 4 to 6 hours or overnight. Remove from freezer 1 to 2 hours before serving.

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## Cheesy Layered Salad

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- 1 head lettuce, torn into small pieces
- 1 onion, chopped
- 1 (8 ounce) can water chestnuts
- 1 (16 ounce) package frozen green peas, thawed
- 2 cups mayonnaise
- 2 teaspoons white sugar
- 1 teaspoon seasoning salt
- 1/4 teaspoon garlic powder
- 1/2 lb. bacon, cooked and crumbled
- 2 large tomatoes, chopped
- 2 lbs. shredded cheddar cheese

In a 9x13 inch dish, layer the lettuce, onion, water chestnuts and peas. In a medium bowl combine the mayonnaise, sugar, seasoned salt and garlic powder. Mix until smooth. Spread evenly over the top of the peas. Cover and refrigerate overnight.

Remove salad from refrigerator and top with the bacon, tomato and cheese. Serve.

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## Chi Chi's Mexican Chicken Salad

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1 Pound boneless skinless chicken breasts, cooked and shredded  
1 cup chi chi's salsa, drained  
2 hard cooked eggs, finely chopped  
1/2 cup sour cream  
1/4 cup mayo  
2 teaspoon finely chopped onion  
1 teaspoon grated lime peel  
1/2 teaspoon chili powder  
1/4 teaspoon ground cumin  
lettuce leaves

In a large bowl, combine all ingredients except lettuce leaves. Mix well.  
Serve over lettuce leaves.

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## Chick-Fil-A Chicken Salad

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2 Cups Cooked Chicken Breast  
1/3 Cup Finely Diced Celery  
1 hard boiled egg, minced  
1/4 teaspoon Salt  
1/2 teaspoon Sugar  
1/4 teaspoon Freshly Ground Pepper  
1/3 Cup Sweet Pickle Relish  
2/3 – 1 Cup Mayonnaise  
Texas Toast or Thick Cut Sandwich Bread

Boil chicken until completely cooked. Remove from water and cool meat. You can save the chicken broth, seal and refrigerate no more than a week. After chicken is cool, cut into tiny pieces. Place in a mixing bowl with all other ingredients and mix well. Butter one side of sandwich bread and grill. Place salad in between grilled bread slices and serve.

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## Chicken Pasta Salad

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- 2 whole, boneless chicken breasts
- 3/4 cup steak sauce
- 1 (12 ounce) package fusilli pasta
- 2 cubes chicken bouillon
- 1 Vidalia onion, diced
- 2 avocados – peeled, pitted and diced
- 1 cup halved cherry tomatoes
- 1 cup ranch style salad dressing

Marinate chicken breasts in steak sauce for 15 to 60 minutes. Grill until done and chop into bite–size pieces. In a large pot of boiling water, add the bouillon cubes and cook pasta until al dente. Drain and rinse under cold water and drain. In a large bowl, combine chicken, pasta, onion, avocados and tomatoes. Add salad dressing, mix and refrigerate until chilled. Stir in additional salad dressing when ready to serve, if desired.

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## **Chicken Salad with Grapes Walnuts**

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4 cups cubed (1/2 inch) cooked chicken (about 1 3/4 lb)  
1 cup walnuts, toasted and chopped  
1 celery rib, cut into 1/4-inch-thick slices (1 cup)  
2 tablespoons finely chopped shallot  
2 cups halved seedless red grapes  
3/4 cup mayonnaise  
3 tablespoons tarragon vinegar  
2 tablespoons finely chopped fresh tarragon  
1/2 teaspoon salt  
1/2 teaspoon black pepper

Toss together all ingredients in a large bowl until combined well.

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# Chili's Grilled Caribbean Chicken Salad

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4 boneless, skinless chicken breast halves  
1/2 cup teriyaki marinade (store bought)  
4 cups chopped iceberg lettuce  
4 cups chopped green leaf lettuce  
1 cup chopped red cabbage  
5.5 oz. can pineapple chunks in juice, drained  
tortilla chips

## PICO DE GALLO:

2 medium tomatoes, diced  
1/2 cup diced spanish onion  
2 tsps. chopped fresh jalapeno pepper, seeded and de-ribbed  
2 tsps. finely minced fresh cilantro  
pinch of salt

Combine all ingredients in a small bowl. Cover and chill.

## HONEY LIME DRESSING:

1/4 cup Grey Poupon dijon mustard  
1/4 cup honey  
1-1/2 Tbsps. sugar  
1 Tbsp. sesame oil  
1-1/2 Tbsp. apple cider vinegar  
1-1/2 tsps. lime juice

Blend all the ingredients in a small bowl with an electric mixer, Cover and chill.

Marinate the chicken in the teriyaki for at least two hours. Use a resealable plastic bag. Put in fridge. Preheat outdoor or indoor grill. Grill the chicken for 4-5 mins. per side or until done. Toss the lettuces and cabbage together and divide into 2 large serving size salad bowls. Divide the pico de gallo and pour in equal portions over the two bowls of greens. Divide the pineapple and sprinkle on salads. Break tortilla chips into large chunks and sprinkle on salads. Slice the grilled chicken into thin strips and divide among bowls. Pour the dressing into two small bowls and serve with the salads.

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## Chilled Summer Salad

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2 medium zucchini, cut in half lengthwise and thinly sliced  
1 pint cherry tomatoes, quartered  
1 medium green bell pepper, chopped  
1 medium onion, chopped  
1/2 pound sharp white Cheddar cheese, diced  
1/4 cup mayonnaise  
2 tablespoons cider vinegar  
2 tablespoons sugar  
1 tablespoon fresh dillweed (1 teaspoon dried)  
1/2 teaspoon garlic powder  
1 teaspoon salt  
1/2 teaspoon black pepper

In a large bowl, combine the zucchini, tomatoes, green pepper, onion, and cheese; mix well. In a small bowl, combine the remaining ingredients; mix well. Add the mayonnaise mixture to the tomato mixture and toss until well coated. Cover and chill for at least 2 hours, or until ready to serve.

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# Chinese Potato Salad

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5–6 medium potatoes (about 2 1/2 pounds)  
4 slices bacon, well-cooked and crumbled  
3/4 cup chopped bok choy  
1 red pepper, diced  
1/2 cup chopped green onion  
1/4 cup chopped cilantro

## Sauce

1 1/3 cup mayonnaise  
1 tsp sugar  
1 tbs soy sauce  
1–2 tsp sesame oil  
1/8–1/4 tsp hot mustard powder  
1/8 tsp salt

Boil the potatoes until cooked but still firm. Cut into potato salad-sized chunks. Mix the ingredients for the sauce together, using more or less sesame oil and hot mustard according to taste (the more the better, up to a point...). Put all solid ingredients together in a large bowl, then add the sauce. Mix and serve.

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## Citrus Chicken Salad

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- 1 medium-size head Boston Lettuce
- 1 can (11 oz.) mandarin oranges, undrained
- 1/4 cup sour cream
- 2 tablespoons mayonaise
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/8 teaspoon chili powder
- 1 tablespoon fresh lime juice
- 3 oz. Cheddar cheese, cut in small cubes
- 1/3 cup crumbled cooked bacon
- 1/3 cup diced red onion
- 1/2 pound cooked chicken, cut in strips

Rinse lettuce leaves and pat dry with paper towling. Tear into large salad bowl. Drain oranges through sieve over a bowl: reserve 2 tablespoons liquid. Whisk together sour cream, mayonaise, salt, black pepper, chili powder, lime juice, and reserved orange juice in a small bowl.

Add mandarin oranges, cheese, bacon, and onion to salad bowl. Add sour cream mixture; toss to coat. Top with chicken and serve immediately.

## Classic Tossed Salad

---

- 1 head romaine lettuce
- 1 head red leaf lettuce
- 6 ounces crumbled feta cheese
- 1 (6 ounce) can sliced black olives
- 1 (4 ounce) package blanched slivered almonds, toasted
- 2 tablespoons sesame seeds, toasted
- 6 cherry tomatoes, halved
- 1 red onion, sliced
- 6 fresh mushrooms, sliced
- 1/4 cup grated Romano cheese
- 1 (8 ounce) bottle Italian–style salad dressing

Chop, wash and dry the romaine and red leaf lettuces.

In a large salad bowl, combine lettuces with feta cheese, olives, almonds, sesame seeds, tomatoes, onion, mushrooms and Romano cheese. When ready to serve, add the Italian dressing and toss thoroughly.

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## Coconut Ambrosia Salad

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- 1 (11 ounce) can mandarin oranges, drained
- 1 (8 ounce) can crushed pineapple, drained
- 3 1/2 cups whipped topping
- 2 cups shredded coconut
- 2 cups miniature marshmallows
- 1/2 cup milk
- 1 cup maraschino cherries

In a large bowl, combine the oranges, pineapple, whipped topping, coconut, marshmallows and milk. Mix together well and chill 1 hour before serving. Garnish with cherries.

## **Cold Eggplant Salad With Sesame Dressing**

---

4 to 6 small to medium eggplants, or 1 large one, about 1 1/2 pounds

Salt

1 tablespoon sesame seeds

2 tablespoons soy sauce, or to taste

2 tablespoons lemon juice

1/2 teaspoon sugar

1. Trim eggplant, and cut into cubes of 1/2 to 1 inch. If using large eggplant, sprinkle with salt, put in a colander, and let sit at least 30 minutes, preferably an hour. Rinse.
2. Boil large pot of water. Blanch eggplant in boiling water 2 minutes, no more. It will become just tender. Drain in colander as you would pasta.
3. Toast sesame seeds in small dry skillet over medium heat, shaking frequently until they color slightly. Dry eggplant with paper towels. Combine remaining ingredients, and toss with eggplant and sesame seeds in bowl. Serve at room temperature, or refrigerate until ready to serve. Covered well, the salad will remain flavorful for a day. Yield: 4 servings.

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## Corn Bread Salad

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- 1 pan corn bread, cooled
- 8 slices bacon, cooked and crumbled
- 1 medium onion, chopped
- 2 large tomatoes, chopped
- 2 eggs, hard-boiled, chopped (optional)
- 1 green pepper, chopped (optional)
- 1 cup mayonnaise

Crumble corn bread and add bacon and onion. If desired, add eggs and green pepper. Add tomatoes last and mayonnaise. Stir gently. Chill until served. Even better the next day!

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## Corn Relish

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18 oz. frozen corn kernels  
1/4 cup chopped green bell pepper  
2 tbsp. chopped red bell pepper  
1/3 cup chopped red onion  
1 tsp. minced fresh jalapeno pepper  
1 tsp. minced fresh cilantro  
1/3 cup commercial Parmesan–peppercorn salad dressing

Thaw corn kernels. Combine all ingredients in a bowl and mix well. Cover and chill before serving.

## Couscous Summer Salad

---

- 1/2 cup currants
- 1/4 cup orange juice
- 1/4 cup lemon juice
- 1/3 cup canola oil
- 1 tablespoon canola oil
- 1/2 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon cayenne pepper
- 3 cups water
- 1 1/2 cups couscous
- 1 large carrot, diced
- 1 large red bell pepper, seeded and diced
- 1/2 small red onion, diced
- 1/4 cup finely chopped fresh parsley

Place the currants, orange juice, lemon juice, 1/3 cup canola oil, salt, cinnamon, and cayenne pepper in a jar with a tight-fitting lid and shake well. Set aside.

Bring the water and 1 Tbsp. canola oil to a boil in a medium saucepan. Stir in the couscous, then remove from the heat, cover, and let stand for about 6 minutes, or until the water is absorbed. Transfer the couscous to a large bowl, fluff with a fork, and let cool.

Steam the carrot and bell pepper until they are a bright color, but still crunchy, about 3 minutes. Rinse under cold water to stop the cooking process and add to the couscous. Add the onion and parsley and stir. Shake the dressing again, pour it over the couscous mixture, and stir until well blended. Refrigerate for at least 1 hour (over night is best). Serve cold.

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## Crab Louis

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1 cup mayonaise  
1/3 cup French dressing  
1/4 cup chili sauce  
2 Tbls. minced chives  
2 Tbls. minced green olives  
1 teas. horseradish  
1 teas. Worcestershire sauce  
Chilled lettuce, torn in bite size pieces  
3 cups cooked crabmeat, flaked (imitation is OK)  
4 hard boiled eggs, quartered  
4 medium tomatoes, cut in wedges  
Capers  
Salt and pepper to taste

Combine mayonaise, French dressing, chili sauce, chives, olives and seasonings. Chill.

Arrange lettuce in a shallow, chilled salad bowl and mound the crabmeat on top. Spoon the dressing on top and garnish with eggs, tomatoes, and capers.

## Cranberry Salad

---

- 2 (12 ounce) bags fresh cranberries
- 1 cup white sugar
- 1 (20 ounce) can crushed pineapples, drained
- 1 cup chopped pecans
- 1 pint whipping cream
- 1 (7 ounce) bag miniature marshmallows

Coarsely chop the cranberries in a food processor; put in a large, non-metal bowl and mix in the sugar. Cover and refrigerate for 12 hours.

Whip the cream until stiff. Add the pineapple and nuts to the cranberries, mix well. Fold in whipped cream and marshmallows; refrigerate until ready to serve.

## Crunchy Pork Chops With Baby Spinach Salad

---

2 (8-ounce) pork chops, with bone, trimmed of fat  
1 large egg  
1/2 teaspoon Dijon mustard  
1/4 teaspoon dried oregano  
Salt and freshly ground black pepper  
1 cup fine dry bread crumbs  
1 tablespoon freshly grated Parmesan  
10 ounces (about 3) medium tomatoes, seeded and finely diced  
1/2 clove garlic, minced  
1 tablespoon olive oil  
1 tablespoon lemon juice  
1 cup peanut oil, for frying  
4 ounces (about 4 cups) baby spinach leaves, washed and dried.

1. Place the chops between two pieces of plastic wrap. Using a mallet or rolling pin, beat around the bone, turning once, until the meaty part of the chop is half as thick.
2. In a wide, shallow bowl, combine the egg, mustard, oregano, and salt and pepper to taste. Beat with a fork until blended. In another wide, shallow bowl, combine the bread crumbs with Parmesan. Press each chop into the egg mixture, coating each side. Then dip each into the bread crumbs, covering them evenly. Set aside on a rack or plate.
3. In a large bowl, combine the tomato, garlic, olive oil and lemon juice. Season with salt and pepper to taste, and stir to blend; set aside.
4. Place a large skillet over medium heat. Add the peanut oil, and heat just until a bread crumb sizzles when dropped into the oil; do not overheat. Add the chops. Cook, turning once, until deep golden brown, 5 to 7 minutes a side.
5. Transfer the chops to two plates. Toss the spinach in the tomato mixture until it is well coated, and place equal portions of salad over each crispy chop.

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## Crunchy Potato Salad

---

- 1–1/2 pounds red–skinned potatoes
- 1 cup chopped celery
- 1/2 cup chopped green bell pepper
- 1/2 cup julienne–cut radishes (approximately 6 radishes)
- 1/2 cup chopped red onion
- 2 large hard–cooked egg whites, chopped
- 1/2 cup nonfat sour cream
- 2 cups reduced–calorie mayonnaise
- 3 tablespoons red wine vinegar
- 1 tablespoon Butter Buds Sprinkles
- 2 packets Sweet'N Low granulated sugar substitute
- 3/4 teaspoon celery seed
- 1/2 teaspoon dry mustard
- 1/4 teaspoon each: salt and freshly ground pepper

1. Cook the potatoes in a large pot of boiling water until tender; drain.
2. When cool enough to handle, cut into chunks and transfer to a large bowl. Add the celery, bell pepper, radishes, onion and egg whites.
3. In a small bowl, combine the remaining ingredients; add to the potato mixture and toss until well blended.
4. Cover and refrigerate several hours for the flavors to blend. Stir well before serving. This salad will keep several days in the refrigerator. Makes 6 cups.

Per Serving (1/2 cup): 70 calories, 3 g protein, 13 g carbohydrate, 1 g fat, 0 g saturated fat, 0 mg cholesterol, 70 mg sodium

Diabetic Exchange: 1 starch/bread exchange

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## Curried Spinach Salad

---

2 Chicken breasts, raw, whole, cut into thin strips  
2 tbs. Oil  
2 tbs. Soy sauce  
6 cups Spinach, torn  
1 cup Apple, chopped  
1/4 cup Peanuts  
1/4 cup Raisins

### Dressing:

2/3 cup Oil  
1/2 cup Maple-flavored syrup  
1/2 cup Cider vinegar  
1 tbs. Instant minced onion  
1 teas. Curry powder  
1 teas. Prepared mustard  
1/4 teas. Salt

For Dressing: Combine all in blender. Blend 15 seconds.

Chill 4 hours or overnight. Makes 1–2/3 cups dressing.

Saute chicken in oil after marinating in soy sauce. Drain and chill 4 hours or overnight.

For Salad: Combine spinach with 1 cup dressing or less if desired and toss. Divide into 4 plates. Divide chicken, apple, peanuts, raisins and place on top of spinach. Serve immediately with additional dressing if desired.

Serve with a good crusty french bread.

## **Deli Potato Salad**

---

6 to 10 potatoes, boiled, cooled and cut in chunks  
3 hard boiled eggs, chopped  
1/2 lb. salami, ham, or other favorite deli meat, cut in chunks  
3 dill pickles, chopped  
1 onion, chopped  
2 apples, cored and chopped  
3 tbsp. mayonnaise  
3 tbsp. red wine vinegar  
salt and fresh ground pepper to taste  
paprika

Mix potatoes, pickles, eggs, apple and onion in a large bowl. Fry salami lightly and drain off excess fat, cool. Stir salami, mayonnaise and seasoning into potato mixture. Chill for 2 hours before serving. Garnish with slivered red and green sweet peppers.



## Eggplant Tomato Salad

---

- 1 green bell pepper
- 1 large red bell pepper
- 7 tomatoes
- 1 eggplant
- 4 cloves crushed garlic
- 1/4 cup extra virgin olive oil
- 2 tablespoons tomato paste
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon cayenne pepper

Roast peppers on stove burners, or under oven broiler until skin turns evenly black. Immediately place in a plastic bag and let cool.

Prepare the tomatoes by cutting an X on the bottom of each and boil in water for 1 minute, plunge into a cold water bath and let cool.

Cut the eggplant into small strips and saute in oil until eggplant begins to brown; about 6 to 8 minutes. Once the eggplant is soft, add garlic. Rinse the peppers under cold water and remove the burnt skin (just the ash). Open the peppers and remove seeds. Cut into small strips and add to eggplant. Peel cooled tomatoes, chop and add to eggplant mixture. Add tomato paste, salt, pepper and cayenne. Bring to boil, reduce heat and simmer for 30 minutes.

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## El Torito's Mexican Caesar Salad

---

### Cilantro Pepita Dressing:

- 2 medium Anaheim chiles, roasted, peeled and seeded
- 1/3 cup roasted pepitas (pumpkin seeds)
- 2 garlic cloves, peeled
- 1/4 tsp. ground black pepper
- 1 tsp. salt
- 12 oz. salad oil
- 1/4 cup red wine vinegar
- 5 Tbs. grated Cotija cheese (see note)
- 2 small bunches cilantro, stemmed
- 1 1/2 cup mayonnaise
- 1/4 cup water

### Salad:

- 2 corn tortillas
- Vegetable oil
- 1 large (or two small) heads romaine lettuce, rinsed and spun dry
- 1/3 cup finely grated Cotija cheese
- Roasted red bell pepper, peeled and cut into julienne strips
- 1/2 cup pepitas (roasted pumpkin seeds)

Place all dressing ingredients except cilantro, mayonnaise and water in a blender or food processor. Blend approximately 10 seconds, then add cilantro little by little until blended smooth. Depending on size of blender, it may be necessary to do in batches.

Place mayonnaise and water in a large stainless steel bowl, and mix with a wire whip until smooth. Add the blended ingredients to the mayonnaise mixture, and mix thoroughly. Place in an air-tight container and refrigerate. Will keep for three days. Yields 1 quart.

To assemble salad: Cut corn tortillas into matchstick size strips. Heat oil in sauté pan; fry tortilla strips until crisp. Remove with slotted spoon, and drain on paper towels. Set aside. Tear romaine into bite size pieces. Place greens on salad plates and ladle approximately 2 ounces of cilantro pepita dressing on each salad. Sprinkle each dish with Cotija cheese and tortilla strips. Arrange four red pepper strips like spokes on the top of each salad, and garnish with whole pepitas.

## Fruit and Nut Slaw

---

- 1 (8.25 ounce) can sliced pineapple
- 2 tablespoons lemon juice
- 1 medium banana, sliced
- 3 cups shredded cabbage
- 1 cup diagonally sliced celery
- 1 (11 ounce) can mandarin oranges, drained
- 1/2 cup chopped walnuts
- 1/4 cup raisins
- 1 (8 ounce) container orange yogurt
- 1/2 teaspoon salt

Drain pineapple, reserving 2 tablespoons juice. Cut pineapple into thin strips, and place in a large bowl. In a medium bowl, combine reserved pineapple juice and lemon juice. Toss with banana, and add to pineapple. Add cabbage, celery, mandarin oranges, walnuts and raisins; toss to combine. Blend yogurt and salt together, and add to cabbage mixture; toss lightly. Cover, and refrigerate until thoroughly chilled.

## **Fruit Salad with Champagne Sauce**

---

- 1 cup kiwi, peeled and cut into 1/4 inch cubes
- 1 cup figs, peeled and cut into 1/4 inch cubes
- 1 cup grapes, sliced in half
- 1 cup fresh strawberries, sliced in half
- 1 cup fresh raspberries
- 2 egg yolks
- 1/3 cup granulated sugar
- 1 cup Champagne

Heat broiler to its highest setting.

Divide the cut fruits into 4 soup plates, arranging them decoratively. Make sauce by combining egg yolks and sugar in a mixing bowl. Whisk briskly until the yolks begin to turn a light lemony color. Add the Champagne a little bit at a time, whisking constantly until well blended.

Place the mixing bowl in a pot or pan and pour about 1 inch of water around it. Bring the water to a simmer and continue to whisk vigorously until the mixture becomes light and foamy. Once the mixture starts to thicken, remove the bowl from the heat. Do not overcook. Continue to whisk for 10 seconds.

Pour equal amounts of sauce over each fruit salad. Place the plates under the broiler about 3 inches from the source of heat and allow them to cook just until they are lightly browned on the surface, rotating as needed.

Serve immediately with remaining Champagne to accompany.

## Fruity Crunch Salad

---

2 1/2 cups strawberry yogurt  
1/4 cup honey  
1/2 teaspoon ground cinnamon  
4 ounces chopped almonds  
1/2 cup chopped cashews  
1/3 cup raisins  
1/4 cup candy-coated milk chocolate pieces (M&M's)  
2 large oranges – peeled, sectioned, and cut into bite-size pieces  
3 bananas, peeled and sliced  
2 cups chopped pears  
2 cups chopped grapefruit

In a large bowl, mix together the yogurt, honey, cinnamon, almonds, cashews, raisins, candy pieces, oranges, bananas, pears and grapefruit. Cover and chill until ready to serve. Sprinkle with nutmeg and cloves before serving, if desired.

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# Gazpacho Salad

---

- 1 cucumber, peeled and sliced
- 3 scallions with green ends, coarsely chopped
- 4 plum tomatoes, quartered
- 1 red pepper, cored, seeded, and coarsely chopped

## Gazpacho Dressing:

- 2 shallots, peeled and minced
- egg substitute equivalent to 1 egg
- 3/4 cup tomato juice
- 1/2 cup extra virgin olive oil
- 1/4 cup red wine vinegar
- Dash of Tabasco sauce
- 2 tablespoons fresh chopped dill
- salt and pepper to taste

Prepare dressing by combining all ingredients and whisk until smooth. Refrigerate, loosely covered, until thick, at least one hour. Combine all the vegetables in a bowl and toss gently with the dressing.

## Golden Corral's Seafood Salad

---

1 lb. imitation crab meat, shredded  
1 cup diced celery  
1/2 cup mayonnaise  
1/4 cup sliced green onions (with the green too)  
1 tablespoon lemon juice  
3 hard boiled eggs, chopped.

Mix all ingredients. Refrigerate for about an hour to allow flavors to blend. Serve either as a salad, on lettuce, or on split croissants.

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## Greek Pasta Salad

---

1/2 cup olive oil  
1/2 cup red wine vinegar  
1 1/2 teaspoons garlic powder  
1 1/2 teaspoons dried basil  
1 1/2 teaspoons dried oregano  
3/4 teaspoon ground black pepper  
3/4 teaspoon white sugar  
2 1/2 cups cooked elbow macaroni  
3 cups fresh sliced mushrooms  
15 cherry tomatoes, halved  
1 cup sliced red bell peppers  
3/4 cup crumbled feta cheese  
1/2 cup chopped green onions  
1 (4 ounce) can whole black olives  
12 ounces sliced pepperoni, cut into strips

In a large bowl, whisk together olive oil, vinegar, garlic powder, basil, oregano, black pepper, and sugar. Add cooked pasta, mushrooms, tomatoes, red peppers, feta cheese, green onions, olives, and pepperoni. Toss until evenly coated. Cover, and chill at least 2 hours or overnight.

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## Greek Salad

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- 1 head iceberg lettuce
- 1 head romaine lettuce
- 1 lb. plum (roma) tomatoes
- 6 oz. greek or black olives, sliced
- 4 oz. sliced radishes
- 4 oz. feta cheese
- 2 oz. anchovies (optional)

### Dressing:

- 3 oz. olive oil
- 3 oz. fresh (preferred) lemon juice
- 1 teaspoon dried oregano
- 1 teaspoon black pepper
- 1 teaspoon salt
- 4 cloves garlic, minced

Wash and cut lettuce into 1 1/2" pieces.

Slice tomatoes in quarters. Combine lettuce, tomatoes, olives, and radishes in large bowl. Mix dressing ingredients together and then toss with vegetables. Pour out into a shallow serving bowl. Crumble feta cheese over all, and arrange anchovy fillets on top (if desired).

## Grilled White-and-Sweet-Potato Salad

---

- 2 large waxy (new) potatoes, about 1 pound
- 1 or 2 sweet potatoes, about 1 pound
- 4 tablespoons extra virgin olive oil
- Salt and pepper
- 1 tablespoon grainy mustard
- 1 tablespoon sherry or other vinegar, or to taste
- 1 bunch scallions, both white and green parts, chopped.

Start a gas or charcoal grill, or heat the oven to 450F. Peel potatoes and cut them into slices 1/2-inch thick. Toss them with half the olive oil and sprinkle them with salt and pepper. Grill potatoes over direct but not-too-hot heat, turning them as they brown. Or roast them on nonstick baking sheet, turning once or twice.

Potatoes will cook in about 10 to 15 minutes; remove them as they become tender. When they are done and fairly cool, toss them with remaining ingredients. Taste and adjust seasoning and serve. Or the salad can be covered and refrigerated; bring to room temperature before serving.

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## Grilled Caribbean Chicken Salad

---

4 boneless, skinless chicken breast halves  
1/2 cup teriyaki marinade (store bought)  
4 cups chopped iceberg lettuce  
4 cups chopped green leaf lettuce  
1 cup chopped red cabbage  
5.5 oz. can pineapple chunks in juice, drained  
tortilla chips

### PICO DE GALLO:

2 medium tomatoes, diced  
1/2 cup diced spanish onion  
2 tsps. chopped fresh jalapeno pepper, seeded and de-ribbed  
2 tsps. finely minced fresh cilantro  
pinch of salt

Combine all ingredients in a small bowl. Cover and chill.

### HONEY LIME DRESSING:

1/4 cup Grey Poupon dijon mustard  
1/4 cup honey  
1-1/2 Tbsps. sugar  
1 Tbsp. sesame oil  
1-1/2 Tbsp. apple cider vinegar  
1-1/2 tsps. lime juice

Blend all the ingredients in a small bowl with an electric mixer,  
Cover and chill.

Marinate the chicken in the teriyaki for at least two hours. Use a resealable plastic bag. Put in fridge. Preheat outdoor or indoor grill. Grill the chicken for 4-5 mins. per side or until done. Toss the lettuces and cabbage together and divide into 2 large serving size salad bowls. Divide the pico de gallo and pour in equal portions over the two bowls of greens. Divide the pineapple and sprinkle on salads. Break tortilla chips into large chunks and sprinkle on salads. Slice the grilled chicken into thin strips and divide among bowls. Pour the dressing into two small bowls and serve with the salads.

## Ham And Macaroni Salad

---

1/2 lb. boiled or baked ham  
1/2 cup cheddar cheese, diced  
2 cups cooked elbow macaroni  
1 cup chopped celery  
1 small onion, chopped  
1/2 cup dill pickles, chopped  
1/4 cup mayonnaise  
1/4 cup Miracle Whip  
2 teaspoons prepared mustard

Dice ham into 1/2-inch cubes. Combine ham and cheese with macaroni, celery, onion and pickle. Mix mayonnaise and mustard; then stir into macaroni mixture, mixing well. Chill well until ready to serve, several hours for maximum flavor.

Serve in a lettuce lined bowl, and garnish with fresh parsley.

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## **Ham Salad with Hot Peanut Dressing**

---

3/4 pound boneless ham  
2 tablespoons vegetable oil  
1/4 cup peanut butter  
3 tablespoons fresh lime juice  
1 tablespoon reduced-sodium soy sauce  
1 teaspoon ground ginger  
1 clove garlic, minced  
1 tablespoon sugar  
1 medium cucumber, seeded and thinly sliced  
1/2 red onion, thinly sliced  
6 cups romaine or curly endive, torn  
1 head radicchio or Boston lettuce

Thinly slice ham and heat briefly in microwave or in skillet over medium heat. Set aside and keep warm. For dressing, combine vegetable oil, peanut butter, lime juice, soy sauce, ginger, garlic and sugar in a blender or food processor; blend well.

Heat dressing in microwave in glass measuring cup or on stovetop in a small saucepan. Toss cucumber, red onion, romaine and endive together. Arrange salads on individual salad plates as follows:

Line plates with radicchio or Boston lettuce, top with tossed vegetables, arrange ham slices atop and spoon over hot dressing.

# Harvest Salad

---

1 bunch spinach, rinsed and torn into bite-size pieces  
1/2 cup dried cranberries  
1/2 cup crumbled blue cheese  
2 tomatoes, chopped  
1 avocado – peeled, pitted and diced  
1/2 red onion, thinly sliced  
2 tablespoons red raspberry jam (with seeds)  
2 tablespoons red wine vinegar  
1/3 cup walnut oil  
freshly ground black pepper to taste  
salt to taste

In a large bowl, toss together the spinach, cranberries, blue cheese, tomatoes, avocado and red onion. Set aside.

In a small bowl, whisk together jam, vinegar, walnut oil, pepper and salt. Taste, and adjust amounts to suit your liking. Pour over the salad and toss to coat.

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## Holiday Waldorf Salad

---

2 – 15 1/4 oz. cans pineapple chunks (juice pack), drained  
1 medium pear, cored and coarsely chopped (1 cup)  
1/2 cup thinly sliced celery  
1/2 cup halved seedless red grapes  
1/2 cup toasted walnut pieces  
2 kiwifruit, peeled, halved lengthwise, and sliced  
1/2 cup reduced-calorie mayonnaise or salad dressing  
1/3 cup lemon-flavor yogurt  
1 tablespoon honey  
Lettuce leaves (optional)

Toss together pineapple, pear, celery, grapes, walnuts, and kiwifruit slices in a large bowl. Stir together the mayonnaise or salad dressing, yogurt, and honey in a small bowl; fold gently into fruit mixture. Cover and chill for 2 to 24 hours. Serve on lettuce leaves, if desired.

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## Hot Chicken Salad

---

2 1/2 cups chopped, cooked chicken meat  
2 cups chopped celery  
1/2 cup chopped salted almonds  
1/4 cup chopped green bell pepper  
2 tablespoons minced onion  
2 tablespoons chopped pimento peppers  
3/4 teaspoon salt  
2 tablespoons lemon juice  
1/2 cup mayonnaise  
1/3 cup shredded Swiss cheese  
3 cups crushed potato chips

Preheat oven to 350F. Combine the chicken, celery, almonds, bell pepper, onion, pimento, salt, lemon juice, and mayonnaise. Mix well and pour into a 1 1/2 quart casserole dish. Top with grated cheese and the crushed potato chips. Bake for 25 minutes or until cheese is melted.

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## Hot Five Bean Salad

---

- 1 pound bacon
- 2/3 cup white sugar
- 2 tablespoons cornstarch
- 1 1/2 teaspoons salt
- 1 pinch ground black pepper
- 3/4 cup distilled white vinegar
- 1/2 cup water
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (15 ounce) can kidney beans, drained
- 1 (15 ounce) can green beans, drained
- 1 (14.5 ounce) can wax beans, drained
- 1 (15 ounce) can garbanzo beans, drained

Cut bacon into small pieces using kitchen shears, and place in a large skillet. Cook, turning frequently, over medium high heat until evenly browned. Drain, reserving 1/4 cup drippings. Set bacon aside.

Return reserved drippings to skillet. Mix together sugar, cornstarch, and salt and pepper; blend into drippings. Stir in vinegar and water; cook and stir until boiling. Stir in drained beans. Cover, reduce heat, and simmer for 15 to 20 minutes. Stir occasionally.

Turn bean mixture into serving dish. Crumble bacon over beans.

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## Hot Spinach Salad

---

2 (10 ounce) packages baby spinach, rinsed and dried  
1 red onion, thinly sliced  
1 1/2 cups toasted, chopped pecans  
8 ounces crumbled blue cheese  
1 1/2 cups balsamic vinegar  
2 teaspoons molasses  
1 clove garlic, crushed  
1/2 teaspoon ground black pepper  
2/3 cup olive oil

In a large bowl, arrange spinach and red onion slices and top with toasted pecans and crumbled blue cheese.

In a small saucepan, warm the garlic in the olive oil to allow its flavor to diffuse into the oil. Then add molasses, vinegar and pepper. Whisking constantly, bring almost to a boil, remove from heat and cool until just warm. Pour into a shakeable container, shake and pour over salad. Serve immediately.

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## Houston's Grilled Chicken Salad

---

### Lime Dressing:

1/2 cup lime juice  
4 teaspoons honey mustard  
7 1/2 tablespoons honey  
4 tablespoons vegetable oil  
2 garlic cloves, minced fine  
1 teaspoon pepper  
1/2 teaspoon salt

### Peanut Sauce:

4 tablespoons Peanut butter  
4 tablespoons soy sauce  
4 tablespoons hot water  
2 teaspoons sesame oil  
1 tablespoon ground ginger

Mix ingredients for lime dressing, then mix ingredients for peanut sauce. Salad ingredients for Houston's grilled chicken salad: mixed greens, carrots, thin tortilla strips, and grilled chicken breasts sliced in thin slices. Mix the salad ingredients with the lime dressing. Drizzle peanut sauce on top.

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## Hungarian Cucumber Salad

---

2–3 cucumbers, sliced  
2 teaspoons salt  
3 tablespoons cider vinegar  
1 1/2 teaspoons sugar  
1/4 teaspoon paprika  
1/4 teaspoon white pepper  
1/2 clove garlic, minced  
4 fresh green onions, diced  
1 cup thick sour cream  
1/4 teaspoon paprika

Slice cucumbers thinly into bowl; sprinkle with salt, mix. Set aside for 1 hour. Mix vinegar, water, sugar, paprika, white pepper and garlic, and set aside. Squeeze liquid from cucumber slices a few at a time, and place into bowl. Discard liquid. Add vinegar mixture, green onions, and sour cream. Mix and sprinkle additional paprika over top. Chill for 1–2 hours.

## Insalata Caprese

---

4 medium ripe tomatoes, cut in wedges  
1 lb. mozzarella cheese, cut in 3/4" cubes  
1 red onion, sliced  
1/3 cup extra virgin olive oil  
1/3 cup balsamic vinegar  
1/4 cup chopped fresh basil  
salt and pepper to taste

In a large bowl, combine the tomatoes, cheese, onion, oil, vinegar, basil, and salt and pepper to taste. Toss and chill for 1 hour. Serve on large platter.

# Key West Crab Salad

---

- 3 cups torn spinach leaves, washed and dried
- 2 cups torn leaf lettuce, washed and dried
- 1 cup finely shredded cabbage
- 2 medium oranges, peeled and sectioned
- 1 small red onion, sliced and separated into rings
- 12 ounces cooked crabmeat, broken into bite-sized pieces
- 1/2 teaspoon grated orange zest
- 3 tablespoons orange juice
- 2 tablespoons balsamic vinegar
- 2 teaspoons olive oil
- 1 teaspoon minced fresh tarragon or 1/4 teaspoon dried

In a large bowl, combine spinach, lettuce, cabbage, oranges, and onions. Add crabmeat, and gently toss until combined. Set aside.

In a small jar with a tight-fitting lid, combine orange zest, orange juice, vinegar, oil and tarragon. Cover, and shake until well mixed.

Pour orange dressing over spinach salad, and gently toss until salad is well coated.

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## KFC Macaroni Salad

---

7 ounces Box elbow macaroni, cooked  
2 Ribs celery minced fine  
1 tablespoon Dry minced onion  
1/3 cup Diced sweet pickles  
1 1/2 cups Miracle whip  
1/2 cup Kraft mayonaise  
1/4 teaspoon Black pepper  
1/4 teaspoon Dry mustard  
1 teaspoon Sugar  
Salt to taste

Combine everything just as listed. Refrigerate salad tightly covered several hours before serving.

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## KFC Potato Salad

---

2 pounds russet potatoes  
1 cup mayonnaise  
4 teaspoons sweet pickle relish  
4 teaspoons sugar  
2 teaspoons minced white onion  
2 teaspoons prepared mustard  
1 teaspoon vinegar  
1 teaspoon minced celery  
1 teaspoon diced pimentos  
1/2 teaspoon shredded carrot  
1/4 teaspoon dried parsley  
1/4 teaspoon pepper  
dash salt

Lightly peel the potatoes (you don't have to get all of the skin off) then chop them into 1/2" pieces and boil in 6 cups of boiling, salted water for 7 to 10 minutes. The potato chunks should be tender, yet slightly tough in the middle when done. Drain and rinse potatoes with cold water.

In a medium bowl, combine remaining ingredients and whisk until smooth. Poured drained potatoes into a large bowl. Pour the dressing over the potatoes and mix until well combined. Cover and chill for at least 4 hours. Overnight is best.

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## Layered Picnic Pasta Salad

---

12 oz. bow ties or other medium pasta shape  
1/2 cup vinaigrette salad dressing  
1 cup frozen green peas, thawed  
3 each plum tomatoes, sliced  
1 cup fresh mushrooms, sliced  
2 oz. prosciutto, thinly sliced  
2 tablespoons fresh basil, chopped  
3 tablespoons parmesan cheese, freshly grated

Cook pasta according to package directions, drain. Return to cooking pan and toss with 2 tablespoons vinaigrette dressing.

Transfer half of pasta to a clear glass bowl. Layer peas, tomatoes, mushrooms, and prosciutto on pasta. Top with remaining pasta. Sprinkle with basil and pour remaining dressing evenly over salad. Sprinkle with Parmesan cheese. Serve at once or cover and chill until ready to serve. Toss right before serving to evenly coat dressing.

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# Leek Salad

---

Juice of 1 lemon, or to taste  
3 tablespoons extra virgin olive oil  
Salt and pepper to taste  
3 leeks, white and light green parts only, sliced thinly crosswise  
2 ripe tomatoes or cherry tomatoes  
1 cucumber  
1/2 cup chopped parsley or cilantro leaves for garnish.

1. Whisk together lemon and oil with a healthy pinch of salt and several grindings of pepper. Toss with leeks.
2. Core large tomatoes, cut them in half horizontally, and shake out their seeds, squeezing gently. Chop. Peel the cucumber if necessary, cut in two lengthwise, and scoop out seeds with a spoon. Slice thinly.
3. Combine all ingredients, and taste and adjust seasoning. Garnish, and serve. Yield: 4 servings.

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## Lentil Salad

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- 1 cup dried lentils
- 1 cup diced carrots
- 1 cup diced red onions
- 2 cloves garlic, minced
- 1 bay leaf
- 1/2 teaspoon dried thyme
- 2 tablespoons lemon juice
- 1/2 cup diced celery
- 1/4 cup chopped fresh parsley
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 cup olive oil

In a saucepan combine lentils, carrots, onion, garlic, bay leaf, and thyme. Add enough water to cover by 1 inch. Bring to boil, reduce heat and simmer uncovered for 15 to 20 minutes or until lentils are tender but not mushy.

Drain lentils and vegetables and remove bay leaf. Add olive oil, lemon juice, celery, parsley, salt and pepper. Toss to mix and serve at room temperature.

## Linguine with Vegetables

---

1 lb. Linguine  
2 oz. olive oil  
3 oz. soy sauce  
1/2 lb. broccoli florets  
1 medium red onion, thinly sliced (1/8")  
1 small red pepper, diced  
1/4 cup fresh chopped Italian parsley

Cook linguine according to package directions. Drain, but do not rinse. Place in large bowl, add olive oil, and mix well. Refrigerate until cold.

Mix soy sauce with cold linguine. Add vegetables and parsley; mix all taking care not to break pasta noodles. Serve chilled.

## Loaded Baked Potato Salad

---

8 potatoes, cubed (half peeled/half with skin)  
6 slices bacon, diced & crisp cooked  
2 cups shredder cheddar cheese  
1 cup Miracle Whip  
16 ounces sour cream  
6 green onions  
2 teaspoons salt  
1/4 teaspoon pepper

Cube and boil potatoes with salt. Drain. Crumble bacon and slice onions (including tops). Combine sour cream, pepper and Miracle Whip. Add to potatoes. Add bacon, onions and cheese (reserve some of each for the top). Mix with potatoes. Pour into baking dish. Top with reserved cheese, onions, and bacon. Bake at 350F for 10–15 minutes (until cheese melts).

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## Low Fat Chutney Chicken Salad

---

2 cups diced cooked chicken  
1/4 cup mango chutney  
1 small golden delicious or gala apple, cored and finely diced  
1/4 cup finely diced celery  
1/4 cup finely diced red onion  
1/4 – 1/3 cup low-fat mayonnaise  
Salt and pepper for seasoning

Mix all ingredients together. Season to taste with salt and pepper. Use as a sandwich filling or serve on top of a bed of greens.

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## Low Fat German Potato Salad

---

- 1 Pkg. frozen vegetarian bacon, thawed and chopped
- 1 tablespoon flour
- 1/4 cup of sugar
- 1/3 cup of white vinegar
- 2/3 cup of hot water
- 2 pounds of white potatoes, boiled for 25 minutes, covered until just tender
- 8 to 10 green onions, finely chopped (1 cup)
- 1/2 teaspoon of salt
- 1/8 teaspoon ground black pepper

In a non-stick skillet cook bacon over low heat, stirring constantly for about 8 minutes or until crispy.

Add flour and stir for about one minute. Combine sugar, vinegar, hot water and add to bacon mixture. Cook, stirring constantly, until sauce thickens.

Drain potatoes well, cool, peel and slice. Add to the sauce along with the onion, salt and pepper. Serve warm or chilled.

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## **Low Fat Smoked Eggplant and Yogurt**

---

1 medium eggplant, peeled and chopped  
1/2 cup lightly salted water  
1 1/2 cups plain regular or low-fat yogurt  
1 small bunch green onions, diced  
1/2 bunch cilantro, diced  
1 teaspoon ground black pepper  
salt to taste  
1/4 teaspoon paprika

1 piece charcoal  
1 – 5x5 inch piece aluminum foil  
1 tablespoon margarine or shortening

In a pot over medium heat, add the eggplant and water; cook until tender and the water evaporates. Mash the eggplant so no large chunks remain. Allow to cool completely.

In a large bowl, add the yogurt, mashed eggplant, green onions, cilantro, pepper and salt; mix well.

To smoke the salad, heat the charcoal over open flame until gray and reddish in color. Place the piece of foil in the eggplant salad (make room in the center for the foil). Place the hot charcoal on the piece of foil in the bowl. Add the margarine on top of the charcoal and cover salad bowl immediately. Allow to smoke for 10 minutes; remove charcoal.

Chill the salad in the refrigerator and garnish with fresh chopped cilantro and a sprinkle of paprika.

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## Luby's Waldorf Salad

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2 cups apples, cut in cubes  
2 cups canned pineapple tidbits, drained  
1 cup chopped celery  
1/2 cup mayonnaise  
1/4 cup whipping cream  
1 tablespoon powdered sugar  
1 drop vanilla extract  
1/4 cup chopped walnuts

In large bowl, combine apples, pineapple, celery and mayonnaise. Toss lightly to coat evenly. In small chilled bowl using chilled beaters, beat whipping cream at high speed on electric mixer just stiff peaks form. Do not overbeat. Blend in sugar and vanilla. Fold into apple mixture. Cover and refrigerate at least 2 hours. Garnish with walnuts.

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## Luchow's German Potato Salad

---

1 pound (3 medium) potatoes  
6 slices bacon, diced  
1 medium-size onion, diced  
1/2 cup vinegar  
1/2 cup stock or bouillon  
1 tsp. salt  
1/4 tsp. pepper  
1 tsp. sugar  
1 egg yolk, beaten

Scrub potatoes; rinse. Boil in jackets; let cool. Peel and cut in 1/4-inch slices. Cook bacon in hot pan until crisp. Add onion; stir and cook until transparent. Add vinegar, stock or bouillon, and seasonings. Stir; let come to a boil. Stir in egg; remove from heat and pour over potatoes. Serves 2-4.

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## Mandarin Orange Salad

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1/2 cup sour cream  
1/4 cup mayonnaise  
1/4 cup milk  
1/2 to 1 teaspoon minced garlic  
1/2 teaspoon Worcestershire sauce  
pinch sugar  
pinch ground white pepper  
cayenne pepper to taste

3 large heads butter lettuce – torn, washed and dried  
1 small Vidalia sweet onion, peeled and sliced into thin rings  
1 (11 ounce) can mandarin oranges, drained  
6 ounces fresh mushrooms, thinly sliced  
salt and pepper to taste

Prepare the dressing by whisking together the sour cream, mayonnaise, milk, garlic, Worcestershire sauce, sugar, white pepper and cayenne pepper. Store in an air-tight container and refrigerate.

Prepare the salad in a large bowl by combining the lettuce, onion, oranges and mushrooms. Add enough dressing to coat and toss. Sprinkle with salt and pepper and add croutons if desired.

## Mediterranean Salad

---

- 1 medium head romaine lettuce, torn
- 3 small tomatoes, diced
- 1 medium cucumber, sliced
- 1 small green bell pepper, sliced
- 1 small onion, cut into rings
- 6 radishes, thinly sliced
- 1/2 cup flat leaf parsley, chopped
- 1/3 cup olive oil
- 3 tablespoons lemon juice
- 1 garlic clove, minced
- Salt & pepper
- 1 teaspoon fresh mint, minced
- Pita bread halves

Combine lettuce, tomatoes, cucumber, pepper, onion, radishes & parsley in a salad bowl. Whisk together olive oil, lemon juice, garlic, salt, pepper & mint. Pour over salad & toss to coat. Serve immediately with warm pita halves.

## Mexican Chicken Salad

---

1 pound boneless skinless chicken breasts, cooked and shredded  
1 cup salsa, drained  
2 hard cooked eggs, finely chopped  
1/2 cup sour cream  
1/4 cup mayonnaise  
2 tablespoons finely chopped onion  
1 teaspoon grated lime peel  
1/2 teaspoon chili powder  
1/4 teaspoon ground cumin  
lettuce leaves

In a large bowl, combine all ingredients except lettuce leaves.  
Mix well. Serve over lettuce leaves.

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## **Mitch Murray's Mad Tuna Salad**

---

1 cup Tuna in oil (drained and flaked)  
1 cup creamed cottage cheese  
1/2 cup Mayonnaise  
1/4 cup finely chopped green onions  
1/4 finely chopped fresh celery  
1/2 cup roughly chopped Blue Diamond Barbecue Flavor Almonds  
5 chopped fresh radishes  
Garlic Salt and Black Pepper

Carefully fold all ingredients together until well mixed.  
Refrigerate and don't dare eat any of it until tomorrow, y'hear?  
It's worth waiting for. Trust me.

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## **Mushroom Antipasto Pasta Salad**

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4 cups pasta, cold, cooked  
2 cups white mushrooms, sliced  
1 cup roasted red peppers, chopped  
1 cup salami, cut into bite-size pieces  
1 cup provolone cheese, cut into bite-size pieces  
1 jar (6 ounces) marinated artichoke hearts, (with liquid)  
1/4 cup Italian dressing  
salt and pepper, to taste  
1/2 cup chopped fresh basil

To the pasta, add the mushrooms, peppers, salami, cheese, and artichoke hearts with liquid. Mix in Italian dressing; season with salt and ground black pepper to taste. Top with chopped basil. Allow flavors to blend for at least 30 minutes before serving.

## Orange Blush Lobster Salad

---

2 lbs cooked lobster meat  
3 cups cantaloupe balls  
1 papaya (about 1 1/4 lbs) cut in 1/2 dice (about 3 cups)  
6 plum tomatoes, seeded and cut in 1/4 dice (about 2 cups)  
1 tablespoon freshly minced ginger  
1/4 cup fresh orange juice  
2 tablespoons of red-wine vinegar  
1 teaspoon Dijon-style mustard  
1/2 cup extra-virgin olive oil  
1 teaspoon finely grated orange zest  
1/4 cup freshly snipped chives  
2 heads radicchio, leaves washed and patted dry, for garnish  
Salt and pepper, to taste

Place the lobster, cantaloupe, papaya, tomatoes and ginger in a large bowl. Gently fold together with a rubber spatula. Set aside.

In a small bowl, combine the orange juice, vinegar, mustard, salt and pepper. Whisking constantly, slowly drizzle in the olive oil. Continue whisking until the mixture has thickened slightly. Stir in orange zest (makes 3/4 cup).

Shortly before serving, toss 1/2 cup of dressing with the chives and lobster mixture. Serve on a decorative platter surrounded by radicchio leaves, or place serving portions inside the leaves. Serve remaining dressing on the side.

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## Orange Cream Fruit Salad

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- 1 (3.5 ounce) package instant vanilla pudding mix
- 1 1/2 cups milk
- 1/3 cup frozen orange juice concentrate
- 3/4 cup sour cream
- 1 (20 ounce) can pineapple tidbits, drained
- 1 (15 ounce) can sliced peaches, drained
- 1 (11 ounce) can mandarin orange segments
- 2 bananas, sliced
- 1 apple – peeled, cored and sliced

In a medium mixing bowl, combine pudding mix, milk, and orange juice. Beat with an electric mixer on medium speed for 2 minutes. Mix in sour cream. In a large salad bowl, combine fruits. Gently mix in orange dressing. Cover, and refrigerate for 2 hours.

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# Painted Desert Roasted Pepper Salad

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## Dressing:

- 1/2 cup extra-virgin olive oil
- 1/4 cup vegetable oil
- 2 garlic cloves
- 1 tablespoon chopped onion
- 1/4 cup cider vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 1/8 teaspoon dried Mexican oregano
- Freshly-ground black pepper, to taste

Puree oils with garlic and onion in a blender. Pour the mixture through a strainer into a large jar with a lid. Combine with the remaining dressing ingredients and shake well. Refrigerate for 30 minutes.

## Vegetables:

- Combination of 4 mild green chiles, poblano, New Mexico and Anaheim, roasted
- 1 red bell pepper, roasted
- 1 green bell pepper, roasted
- 1 yellow bell pepper, roasted
- Crumbled Cotija or aged Monterey Jack cheese, grated
- Romaine or other sturdy lettuce, leaves for garnish (optional)

Slice the chiles and bell peppers into ribbons about 1/2 inch thick. Arrange them decoratively on a serving platter. Pour the dressing over the chiles and scatter the cheese on top. Garnish with lettuce around the plate's edge.

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## Party Squash Salad

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- 2 small zucchini, trimmed
- 2 small yellow squash, trimmed
- 1/4 cup fresh lemon juice
- 2 tablespoons extra-virgin olive oil
- Salt and pepper, to taste
- 4 ounces shaved Parmesan cheese
- 1 large bunch of arugula, trimmed, washed and patted dry
- 1 large ripe tomato, cored
- 2 tablespoons chopped parsley

Cut the zucchini and yellow squash into thin slices diagonally; place in a bowl. Whisk together the lemon juice, oil, salt and pepper; toss with the squash. Let rest for 15 minutes. Use a sharp vegetable peeler to shave the Parmesan cheese into long strips. Add to the squash.

Place the arugula in a bowl. Slice the tomato into thin wedges; scatter over the arugula. Just before serving, spoon the squash and dressing over the arugula. Sprinkle with parsley and season with salt and pepper. Serve immediately, tossing at the table.

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## Pasta Florentine Salad

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- 1 lb. of your favorite pasta (penne, bow ties, sea shells, fettucini, etc), cooked, drained and cooled
- 8 oz. (one cup) shredded or chunked, cooked chicken (grilled is best)
- 2 handfuls of fresh baby spinach

### Dressing:

- 1 cup extra virgin olive oil
- 1/3 cup fresh lemon juice
- 1 bunch green onions, diced/chopped
- 1 bunch fresh basil, diced/chopped
- Salt
- Pepper
- Parmesan cheese

1. Combine dressing ingredients in a small bowl and stir to mix.
2. Toss together with pasta, chicken and spinach.
3. Allow to rest for at least two hours before service.

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## Pizza Pasta Salad

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- 1 pound cooked pasta, such as twists or rotini
- 1 cup sliced pepperoni
- 1 cup sliced provolone cheese
- 1 1/2 cups cherry tomatoes cut in half
- 1/2 cup grated Parmesan cheese
- 3/4 to 1 cup Italian dressing (your favorite kind)
- 1 teaspoon Italian seasoning
- 1/2 cup sliced green pepper (optional)
- Salt and pepper to taste

In a large bowl, add cooked pasta. Cut pepperoni into fourths and sliced provolone into matchstick pieces; add to pasta. Add tomatoes, Parmesan cheese, Italian seasoning, salad dressing, green peppers, salt, pepper and mix well. Chill before serving.

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## Poached Chicken and Walnut Salad

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2 whole chicken breasts (with skin on and bone in)  
1 celery stalk  
1 onion, sliced  
6 peppercorns  
chicken broth  
3 tbsp. extra virgin olive oil  
3 tbsp. balsamic vinegar  
1/4 cup walnuts  
mixed greens: watercress, arugula, red leaf lettuce, radicchio

Place chicken breasts in pan or skillet. Add celery, onion and peppercorns. Add enough broth to cover chicken. Bring to a boil, then reduce heat to medium–low. Cook until just tender, about 20 minutes. Cool chicken and remove skin. Pull chicken off bone in strips.

In a saucepan, combine olive oil, vinegar and walnuts. Cook until somewhat thickened and liquid is reduced.

Wash greens and tear into pieces. Place greens on four salad dishes, then arrange chicken on each plate of greens. Pour oil–vinegar mixture on top.

## Potato Salad with Beer Dressing

---

6 medium potatoes  
4 bacon slices  
1 Tablespoon onion, chopped  
1 celery stalk, chopped  
1 teaspoon salt  
2 Tablespoons butter  
2 Tablespoons unbleached flour  
1/2 teaspoon dry mustard  
1 Tablespoon sugar  
1 cup beer, any brand  
1/2 teaspoon Tabasco hot pepper sauce  
2 Tablespoons fresh parsley, chopped

Boil potatoes in medium-size saucepan until just tender. Peel and slice. Fry bacon until crisp. Break into small pieces and mix with onion, celery, and salt; set aside. Stir melted butter and flour in a small saucepan until blended. Add mustard and sugar. Slowly stir in beer and hot pepper sauce. Bring to a boil, stirring constantly. Pour over potatoes. Sprinkle with parsley. Toss lightly and let stand 1 hour. Add bacon mixture; toss gently and serve.

## **Prawn, Avocado and Mango Salad**

---

3/4 cup olive oil  
2 tablespoons raspberry vinegar  
1 teaspoon grated fresh ginger  
1 teaspoon honey  
1 teaspoon mustard seed  
1 tablespoon lemon juice  
1 tablespoon minced fresh chives  
1 teaspoon dill weed  
1 small head iceberg lettuce, shredded  
3 avocados – peeled, pitted and sliced  
3 mangos, peeled and sliced  
1 pound cooked prawns, peeled and deveined  
3 ounces sliced mushrooms

Prepare the dressing in a medium bowl by whisking together the oil, vinegar, ginger, honey, mustard seed, lemon juice, chives and dill.

Cover and refrigerate until chilled.

Place a mound of shredded lettuce in the center of each plate.

Arrange the avocado, mango and prawns around the rim of the plate.

Sprinkle mushrooms over all.

Pour enough dressing over all to coat; serve with fresh bread and butter if desired.

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## Quesadilla Salad

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2 medium limes  
3/4 teaspoon chili powder  
1/2 teaspoon ground coriander  
1/2 teaspoon sugar  
1/2 teaspoon salt  
4 teaspoons olive oil  
1 head romaine lettuce, leaves cut crosswise into 3/4-inch-wide strips  
1 pint (12 ounces) cherry tomatoes, each cut into halves or quarters if large  
1 small avocado (about 8 ounces), cut into 1/2-inch wedges  
2 green onions, thinly sliced  
8 flour tortillas (6 inches each)  
6 ounces shredded Monterey Jack cheese with jalapeo chiles (1 1/2 cups)  
green onions for garnish

1. From limes, grate 1/4 teaspoon peel and squeeze 3 tablespoons juice. In large bowl, with fork or wire whisk, mix lime peel, lime juice, chilipowder, coriander, sugar, and salt. Whisk in oil until blended.
2. To bowl, add lettuce, tomatoes, avocado, and green onions; toss well.
3. Heat nonstick 10-inch skillet over medium heat until hot. Place 1 tortilla in skillet. Sprinkle with one-fourth of cheese; top with second tortilla, pressing lightly. Cook quesadilla about 1 minute or until lightly toasted. Turn quesadilla and cook 1 minute longer or until cheese melts. Cut quesadilla into wedges; place on large dinner plate. Repeat with remaining tortillas and cheese.
4. To serve, spoon salad onto plates with quesadillas. Garnish with green onions if you like.

## Radish Salad

---

About 12 radishes, thinly sliced

1 tablespoon salt

1/4 teaspoon freshly ground black pepper

2 tablespoons fresh lime juice

1 tablespoon orange juice

Ground Urfa or other mild chilies to taste (optional)

2 tablespoons chopped mint or cilantro.

1. Combine radishes with salt, and cover with water in a bowl. Let sit 15 minutes. Drain, and rinse. Meanwhile, stir together the pepper and fruit juices.

2. Toss radishes with dressing and chilies. Taste. Add more salt, pepper or lime juice as needed. Garnish with herb, and serve. Yield: 4 servings.

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## Ranch Potato Salad

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- 6–8 Large Potatoes, cooked with skin on, and cut into chunks when cool
- 8 Slices Bacon, cooked and crumbled
- 1 Small Red Onion, chopped
- 1 Cup Grated Cheddar Cheese
- Salt and Pepper to taste
- Dash of Garlic Powder
- 1 Small Bottle of Ranch Dressing.

Toss all ingredients except ranch dressing.  
Add dressing and refrigerate.

## Really Cool Shrimp Salad

---

2 Lbs. Medium Shrimp  
1 Cup Miracle Whip  
1/2 Cup Green Onions  
1 Green Bell Pepper  
1 Small Head of Lettuce  
1 Medium Tomato  
1/2 Cup Mozzarella Cheese

Peel, devein, and boil shrimp. Chop lettuce, bell pepper, tomato, green onions and shrimp, and mix together in bowl... Shred mozzarella cheese and add to salad.. Add miracle whip and mix together well.

Refrigerate for at least one hour and serve by itself or with your favorite seafood meal.....

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## **Red Bean Salad with Feta and Peppers**

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1 (15 ounce) can kidney beans  
1 red bell pepper, chopped  
2 cups chopped cabbage  
2 green onions  
1 cup crumbled feta cheese  
1/3 cup chopped fresh parsley  
1 clove garlic, minced  
2 tablespoons lemon juice  
1 tablespoon olive oil

Rinse kidney beans under cold water. Drain well.

In a large salad bowl, combine beans, red pepper, cabbage, onions, feta, parsley, garlic, lemon juice, and olive oil. Cover and refrigerate for up to 3 days.

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## Red Potatoes and String Beans

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2 1/2 lbs. Red Potatoes  
2 lbs. frozen String Beans, thawed  
1 lb. Red Onions  
4 oz. Olive Oil  
3 oz. White Wine Vinegar  
1 tsp. Oregano  
1 Tbls. Salt  
1 tsp. White Pepper

Wash potatoes and cut in half. Place in large pot and cover with water. Bring to a boil. Cook for about 15–20 minutes or until soft. Drain and place on a flat pan. Cool in refrigerator for 1 hour.

Meanwhile, bring quarts of water to a boil. Add string beans and cook for 3 minutes. Drain and cool in refrigerator.

Peel onions and cut in half. Slice halves the long way into 1/4 inch slices.

Combine cooled potatoes, string beans, and onions in a large bowl. Mix remaining ingredients as a dressing, and pour over all. Mix well being careful not to break potatoes.

## Reuben Layered Salad

---

1– 8 ounce Drained Sauerkraut  
8 cups torn lettuce leaves  
1/2 cup sliced green onions  
1 medium tomato, diced  
3/4 pound deli corned beef, cut in julienne strips  
1 1/4 cups Thousand Island dressing  
6 ounces shredded Swiss cheese

In a 9 X 13 inch dish, layer sauerkraut, lettuce, onion, tomato and corned beef. Carefully spread dressing. Sprinkle with cheese. Refrigerate overnight.

Top with: Pumpernickel Croutons

Brush both sides of 6 slices of pumpernickel bread with 1/4 cup melted butter. Cut into cubes. Place on jelly roll pan and bake in a 350 degrees oven until crisp, stirring occasionally for about 15 minutes.

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## Rice Salad with Ham, Sugar Snap Peas and Provolone

---

2 cups rice

Salt

1 pound ham, cut in 1/2-inch dice

3/4 pound sugar snap peas (trim and string if necessary)

2 tablespoons Sherry vinegar, divided

3/4 cup chopped green onions

1 tablespoon olive oil

6 ounces sharp provolone, cut in 1/2-inch dice

1. Place the rice in a large saucepan, cover generously with water and add 1 teaspoon of salt. Bring to a boil, add the ham and reduce the heat to cook at a simmer. When the rice is tender, about 15 to 20 minutes, add the sugar snap peas, then immediately drain the rice, ham and peas and rinse them lightly in running water.
2. Empty the mixture into a bowl and sprinkle with 1 tablespoon vinegar. Add the green onions and mix well. Spread as thin as possible across the bottom of the bowl to cool and dry.
3. Just before serving, mix together the remaining tablespoon of vinegar and the olive oil. Add this dressing to the rice along with the provolone and mix everything together well. Taste and adjust the seasoning for salt. Serve at room temperature.

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## Roasted Potato Salad

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2 lbs. new potatoes, quartered  
10 cloves fresh garlic  
olive oil  
salt and pepper  
3/4 cup mayonnaise  
1 tablespoon creole mustard  
1 lemon, juice of  
1/4 cup fresh cilantro leaves, washed and dried  
4 hard-boiled eggs, sliced  
1/2 small red onion, thinly sliced

Preheat the oven to 400F. In a mixing bowl, toss the potatoes and garlic with a drizzle of olive oil. Toss well. Season with salt and pepper. Place on a baking sheet and roast for 15 minutes, or until fork tender. Remove from the oven and cool completely.

Using a mini food processor, combine the mayonnaise, mustard and lemon juice. Process until smooth. Season with salt and pepper. Add the cilantro and continue to process until incorporated. In a mixing bowl, toss the roasted potatoes and garlic, cilantro mayonnaise, sliced eggs, and red onions. Mix well. Season with salt and pepper.

Cover with plastic wrap and refrigerate for at least 2 hours. Remove from the refrigerator and mix the salad. Reseason with salt and pepper if needed.

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## **Ruby Tuesday's Chicken Fajita Salad**

- 4 – 12 inch burrito–size tortillas
- 4 boneless, skinless chicken breast halves (5 to 6 oz. each)
- 4 teaspoons Cajun seasoning
- 1 tablespoon vegetable oil
- 1 lb. iceberg lettuce, cut into 1–inch slices (8 cups packed)
- 6 oz. romaine lettuce, cut into 1–inch sliced (4 cups packed)
- 1 cup coarsely shredded carrots
- 1/4 cup sliced red cabbage
- 1/2 cup coarsely shredded Monterey Jack cheese
- 1/2 cup coarsely shredded Cheddar cheese
- 1/2 cup prepared ranch salad dressing
- 2 cups diced tomato

Heat oven to 375F. Grease 2 Tortilla/Taco Shell Molds or medium ovenproof bowls. Press tortilla into each pan, making sure the tortilla follows the shape of the pan. Bake 10 to 12 minutes, until golden. Let cool in pans 5 minutes. Carefully remove tortilla shells and cool on wire rack. Repeat with remaining 2 tortillas.

Meanwhile, sprinkle chicken with Cajun seasoning. Heat oil in a large skillet over medium–high heat. Add chicken and cook 7 minutes per side, until cooked through.

Toss the lettuces, carrots and cabbage in a large bowl. Toss cheeses in another bowl. Fill each tortilla shell with 3 cups packed lettuce mixture, top with 2 tablespoons dressing, 1/4 cup cheese, 1/2 cup tomatoes and 1 chicken breast, sliced. Pass remaining dressing.

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## Ruby Red Layered Salad

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- 1 (3 ounce) package raspberry gelatin
- 2 cups boiling water
- 1 (10 ounce) box frozen raspberries
- 1 pint sour cream
- 1 (3 ounce) package cherry gelatin
- 1 (8 ounce) can crushed pineapple, drained
- 1 (16 ounce) can whole cranberry sauce

Dissolve raspberry gelatin in 1 cup hot water. Add frozen raspberries, and stir until well mixed. Pour into a glass bowl. Refrigerate until almost firm, about 30 to 60 minutes.

Spread sour cream over firm gelatin. Refrigerate.

Dissolve cherry gelatin in 1 cup hot water. Stir in crushed pineapple and cranberry sauce. Chill until partially set, about 20 to 40 minutes.

Spoon cherry gelatin mixture over sour cream layer. Chill until firm, another hour or two.

## Salt Lake Potato Salad

---

5 large baking potatoes  
salt and pepper  
1 teaspoon celery seed  
1 large onion diced  
1/2 cup juice drained from dill pickles  
1/3 cup barbecue sauce  
1/3 cup vinaigrette salad dressing  
1 cup mayonnaise, or to taste

The day before serving, scrub the potatoes and boil them in salted water until tender but still slightly firm they should not be mushy. Plunge them into ice water, and when cool, peel them and cut them into 3/4 inch dice. Season the potatoes with salt, pepper, and celery seed. Marinate the onion in the pickle juice for a few hours or overnight in the refrigerator.

To serve, drain the juice and add the onions to the potatoes. Add the barbecue sauce and salad dressing, tossing to coat evenly. Place back in the refrigerator for at least one hour before serving, and just before serving, add the mayonnaise. adjust the seasoning and serve.

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## Santa Fe Chicken Salad

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4 skinless, boneless chicken breasts  
1/2 cup mayonnaise  
1/2 cup Italian–style salad dressing  
1 head iceberg lettuce  
1 bunch romaine lettuce  
2 bunches green onions, sliced  
1 large tomato, chopped  
1 (8 ounce) bag Mexican–style shredded cheese  
5 (10 inch) flour tortillas  
1/2 cup ranch dressing  
1/2 cup salsa

In a gallon size plastic bag or 9x9 baking dish, mix together the mayonnaise and Italian dressing. Place chicken in mixture and marinate overnight in the refrigerator.

Chop, wash, and dry the iceberg and romaine lettuce. Mix and divide among four dinner–size plates. Divide and place the tomato and green onions among the plates. Sprinkle the top of each salad with shredded cheese.

Remove chicken from marinade and grill or broil until cooked. While chicken is cooking, cut tortillas into three thick strips and cut each strip into 'matchsticks'. Place on a cookie sheet and put under broiler until golden brown. Let cool. Cut the chicken into strips and divide among plates.

Top with tortilla 'crispies'.

To prepare the dressing, combine the salsa and ranch dressing in a blender and mix until smooth. Pour over each salad.

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## Schilling "Salad Supreme"

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1 1/2 teaspoons sesame seeds  
1 teaspoon paprika  
3/4 teaspoon salt  
1/2 teaspoon poppy seed  
1/2 teaspoon celery seed  
1/4 teaspoon garlic powder  
1/4 teaspoon coarse ground black pepper  
2 tablespoons Romano cheese  
Dash of cayenne pepper

Combine all ingredients in a small bowl and mix well. Pour blend into a sealed container (such as an empty spice bottle) and store chilled. Makes 1/4 cup.

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## Seafood and Cabbage Salad

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- 2 1/2 cups shredded green cabbage
- 1 cup shredded red cabbage
- 1 head fresh broccoli, cut into florets
- 1 green bell pepper, thinly sliced
- 1 red bell pepper, sliced
- 1 pound imitation crabmeat, coarsely chopped
- 3/4 cup light mayonnaise
- 1/4 cup lemon juice
- 2 tablespoons white sugar
- 3 tablespoons white wine vinegar
- 1 clove crushed garlic
- 1 1/2 teaspoons Worcestershire sauce
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon hot pepper sauce

In a small bowl, whisk together together mayonnaise, lemon juice, sugar, white wine vinegar, garlic, Worcestershire sauce, salt and pepper, and chile sauce.

In a large bowl, combine cabbage, broccoli, bell peppers, and crab. Toss mixture with dressing. Cover, and refrigerate until ready to serve.

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# Sesame Chicken Salad

---

## Dressing:

- 1/4 cup (about) vegetable oil
- 3 tablespoons unseasoned rice vinegar
- 4 tablespoons minced fresh ginger
- 1 tablespoon Dijon mustard

## Chicken:

- 1/2 cup Dijon mustard
- 1/3 cup pure maple syrup
- 1 1/3 pounds chicken tenders

- 2/3 cup sesame seeds (preferably a mixture of black and white)
- 3 tablespoons (about) vegetable oil

- 1 5-ounce bag mixed greens
- 1/2 English hothouse cucumber, unpeeled, sliced thinly into rounds
- 2 large tomatoes, each cut into 8 wedges

## For dressing:

Whisk all ingredients in bowl. Season with salt and pepper.

## For chicken:

Whisk mustard and syrup in bowl to blend. Add chicken and marinate 1 hour.

Spread sesame seeds on plate. Remove chicken from marinade; shake off excess. Coat chicken on both sides with sesame seeds. Sprinkle with salt and pepper. Heat 1 tablespoon oil in large nonstick skillet over medium-high heat. Working in batches, add chicken to skillet and saute until just cooked through, about 2 minutes per side. Transfer chicken to plate. Add more oil to skillet as needed for each batch.

Mix greens, cucumber, and tomatoes in large bowl. Toss with enough dressing to coat. Divide salad among 4 plates. Top with chicken; drizzle with any remaining dressing and serve.

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## Shaved Fennel and Apple Salad

---

1/4 cup freshly squeezed lemon juice  
2 tablespoons chopped fresh tarragon  
1/3 cup extra-virgin olive oil  
1/3 cup canola oil  
Salt and freshly ground black pepper  
2 Granny Smith apples, peeled, cored, and halved  
2 bulbs fennel, thinly sliced

To prepare the vinaigrette: Whisk together the lemon juice, chopped tarragon, and olive and canola oils in a small bowl and season to taste with salt and pepper.

To prepare the salad: Cut the apple into thin slices and place in a medium bowl with the fennel. Toss with the vinaigrette and season to taste with salt and pepper. Makes 8 servings.

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## Shrimp Salad

---

1 box elbow macaroni, cooked, drained & cooled  
1/2 to 1 pound cooked shrimp, peeled  
4 hard boiled eggs, chopped  
1/2 cup chopped yellow onion  
1/4 cup chopped celery  
1/2 cup chopped black olives  
1/2 cup chopped dill pickles  
1 cup mayo  
2 tablespoons olive oil  
1 teaspoon fresh lemon juice  
2 teaspoons Worcestershire sauce  
1 tablespoon dijon mustard  
1/2 cup catsup  
Hot sauce to taste

In a large mixing bowl, combine the first 7 ingredients. Using the remainder of the ingredients whisk together to make a dressing. Mix in with other ingredients. Allow to marinate in fridge a couple of hours for flavors to blend.

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## **Simon and Seafort's Spinach Salad**

---

3 eggs, hard boiled  
1 1/2 teaspoon prepared yellow mustard  
3 tablespoons cider vinegar  
3 tablespoons sugar  
16 oz. fresh spinach  
4 strips bacon  
2 green onions, thinly sliced  
slivered almonds

Cook bacon until crisp. Drain, reserving 1–2 tbs. of grease.  
Crumble bacon and set aside.

Separate egg white from yolks. Mash yolks with fork and add mustard, vinegar, and sugar. Mix well and set aside. Chop egg whites. Set aside.

Cut or tear spinach into a salad bowl. Toss spinach with egg yolk dressing. Add bacon grease and toss again. Top with egg whites, almonds, green onions and crumbled bacon. Serve immediately.

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## Special Macaroni Salad

---

1 (16 ounce) package macaroni  
1/2 cup mayonnaise  
1 cup cucumber – peeled, seeded and chopped  
1 tablespoon dried minced onion  
1 cup diced ham  
1 cup shredded Cheddar cheese  
3 tablespoons olive oil  
3 tablespoons white wine vinegar  
salt and pepper to taste

In a large pot of salted boiling water, cook pasta until al dente, rinse under cold water and drain.

In a large bowl, combine the pasta, mayonnaise and mix well. Stir in cucumber, onion, ham and cheese. Mix well. Drizzle oil and vinegar over top and toss. Refrigerate for at least 4 hours.

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## Spicy Fruit Salad

---

- 1 – 16 ounce can of peaches
- 2 – 3 inch long cinnamon sticks
- 3/4 teaspoon of allspice
- 2 large navel oranges
- 2 large pink grapefruits
- 1 small pineapple
- 2 pints of strawberries
- 3 kiwi fruits
- 2 tablespoons of crystallized ginger root

Drain syrup from the peaches into a small saucepan. Place peaches in a large bowl. Over medium–high heat, heat syrup, cinnamon, and ground allspice to boiling. Reduce heat to low; cover and simmer 10 minutes. Set syrup mixture aside to cool while preparing fruit.

Grate peel from 1 orange, set aside. Cut peel from oranges and grapefruits. To catch juice, hold fruit over bowl with peaches and cut sections from oranges and grapefruits between membranes; drop sections into bowl. Cut peel and core from pineapple; cut fruit into 1/2 inch chunks. Add pineapple to fruit in bowl. Pour syrup mixture over fruit in bowl. Add grated orange peel; toss. Cover and refrigerate until ready to serve.

Just before serving, hull strawberries; cut strawberries in half if large. Cut peel from kiwi. Slice each kiwi lengthwise into 6 wedges. Toss strawberries and kiwi with fruit mixture. Place in serving bowl and sprinkle with crystallized ginger.

## Spicy Pecan Salad

---

- 1 heart of romaine lettuce
- red onion
- 1/8 cup crumbles blue cheese
- 2 oz. spicy pepper pecans (chopped)
- 4 teaspoons raspberry vinaigrette (per serving)

Toss romaine lettuce with raspberry vinaigrette and divide evenly on salad plates. Slice red onion paper-thin and layer to taste on top of the greens. Sprinkle with blue cheese crumbles and spicy pepper pecans to taste.

### Spicy Pepper Pecans:

- 2 oz. or 1/2 cup of chopped pecans
- 3 teaspoons dark brown sugar
- 1/2 teaspoon cayenne pepper

Rinse pecan pieces to dampen. Combine brown sugar and cayenne pepper in a small bowl. Mix in damp pecan pieces and toss until thoroughly coated. Spread evenly on cookie sheet then place in preheated 400F oven and cook 5 to 10 minutes or until brown sugar is thoroughly melted on pecans. Remove and let cool.

## Spring Salad

---

12 slices bacon  
2 heads fresh broccoli, florets only  
1 cup chopped celery  
1/2 cup chopped green onions  
1 cup seedless green grapes  
1 cup seedless red grapes  
1/2 cup raisins  
1/2 cup blanched slivered almonds  
1 cup mayonnaise  
1 tablespoon white wine vinegar  
1/4 cup white sugar

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.

In a large salad bowl, toss together the bacon, broccoli, celery, green onions, green grapes, red grapes, raisins and almonds. Whisk together the mayonnaise, vinegar and sugar. Pour dressing over salad and toss to coat. Refrigerate until ready to serve.

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## State Fair Potato Salad

---

3 1/2 pounds red-skinned potatoes, peeled, cut into 3/4-inch pieces  
1/4 cup juices from jar of sweet pickles  
3/4 cup mayonnaise  
1/3 cup buttermilk  
4 teaspoons Dijon mustard  
1 teaspoon sugar  
1/2 teaspoon ground black pepper  
3 hard-boiled eggs, peeled, chopped  
1/2 cup chopped red onion  
1/2 cup chopped celery  
1/2 cup chopped sweet pickles

Cook potatoes in large pot of boiling salted water until just tender, about 10 minutes. Drain; transfer to large bowl. Drizzle pickle juices over potatoes and toss gently. Cool to room temperature.

Whisk mayonnaise, buttermilk, mustard, sugar, and pepper in medium bowl to blend. Pour over potatoes. Add eggs, onion, celery, and pickles and toss gently to blend. Season to taste with salt. (Can be made 8 hours ahead. Chill. Bring to room temperature before serving.)

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## Strawberry Spinach Salad

---

2 tablespoons sesame seeds  
1 tablespoon poppy seeds  
1/2 cup sugar  
1/2 cup olive oil  
1/4 cup white vinegar  
1/4 teaspoon paprika  
1/4 teaspoon Worcestershire sauce  
1 tablespoon dried minced onion  
1 (10 ounce) bag fresh spinach – chopped, washed and dried  
1 quart strawberries, sliced  
1/4 cup toasted slivered almonds

Whisk together the sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce, and onion.

Refrigerate until chilled.

In a large bowl, combine the spinach, strawberries and almonds. Pour dressing over salad; toss and refrigerate 10–15 minutes before serving.

## Sugar Snap Salad

---

4 cups bibb (or butter) lettuce  
4 cups sugar snap peas, string removed  
3 tablespoons minced shallots  
4 teaspoons sherry vinegar  
salt and black pepper, to taste  
7 teaspoons extra-virgin olive oil  
1/2 cup roughly chopped fresh basil  
3 tablespoons chopped italian flat leaf parsley

Wash and dry the lettuce and tear into bite-sized pieces.

Make the vinaigrette by combining the shallots, vinegar, salt, pepper and olive oil and set aside.

Make an ice bath by filling a large bowl with ice and cold water and set that aside.

In a large pot, blanch peas in boiling water for about 3 minutes, until peas are bright green and cooked but still crunchy.

Immediately, drain the peas and plunge into the ice bath.

Once the peas have cooled and stopped cooking remove them from the ice bath. Remove excess water from peas by blotting with a paper towel. Up to this point, the salad can be made a day in advance, refrigerated as separate components. Use the lettuce to line the bottom of a serving dish and add peas, basil, and parsley to another bowl. Add vinaigrette and toss. Put this mixture on top of the lettuce and serve immediately.

## Summertime Chicken Salad

---

2 1/2 cups diced and chilled, cooked chicken meat  
1 cup chopped celery  
1 cup sliced, seedless grapes  
1/2 cup sliced almonds  
2 tablespoons chopped fresh parsley  
1 teaspoon salt  
1 cup mayonnaise  
1/4 cup heavy whipping cream

In a medium bowl, whip cream to soft peaks. Combine meat, celery, grapes, almonds, parsley, salt, and mayonnaise with whipped cream. Chill for 1 hour before serving.

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# Szechuan Pasta Salad

---

2 packs Angel hair pasta  
1/2 lb. Turkey  
2 Red bell peppers  
2 medium Carrots  
1 can Water chestnuts  
6 Green onions  
1 cup Miniature corn on the cob  
1/4 lb. Snow peas  
1 bunch Cilantro  
4 tablespoons Toasted sesame seeds

## DRESSING:

2 cups Mayonaise  
3/4 cup Soy sauce  
2 tablespoons Szechwan hot oil  
1/4 cup Sesame oil  
1 tablespoon Dijon mustard  
2 Garlic cloves

1. Cook angel hair pasta al dente.
2. Dice turkey, bell pepper and peeled carrots.
3. Drain and slice water chestnuts.
4. Remove stems from cilantro and use the leaves only save a little for the garnish.
5. Chop green onions.
6. Slice the cobletts.
7. Slice the snow peas on a diagonal into thin strips.
8. Toast the sesame seeds and reserve 1 TBSP. for the garnish.
9. Toss ingredients together.
10. Combine all dressing ingredients in food processor.
11. Add to salad and toss.
12. Garnish with toasted sesame seeds and cilantro.

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# Taco Salad

---

1-1/2 Pound Ground beef  
Bottled French dressing  
1/4 Cup Onion, chopped  
1/2 Teaspoon Salt  
1/4 Teaspoon Pepper  
1/2 Teaspoon Dried oregano, crushed  
1/2 Head iceberg lettuce, finely shredded  
2 Tomatoes, cut in wedges  
8 Ounce Can corn, drained  
8 Ounce Can garbanzo beans, drain  
1/2 Cup Radish slices  
1-6 1/2 oz Package Tortilla or corn chips  
1 Avocado, peeled and sliced  
4 Ounce Cheddar cheese, shredded  
Pitted black olives, sliced  
Sour cream

Brown meat and drain off fat. Add 1/3 cup French dressing, onion, salt, pepper and oregano. Simmer 5 minutes. Combine lettuce, tomatoes, corn, beans, radishes and enough dressing to moisten. Toss lightly. For each salad, serve meat mixture over tortilla chips. Top with lettuce mixture, avocado, cheese, olives and sour cream, as desired.

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# Taffy Apple Salad

---

- 1 tablespoon all-purpose flour
- 1/2 cup white sugar
- 1 egg yolk
- 2 tablespoons apple cider vinegar
- 1 (8 ounce) can crushed pineapple, drained, reserve juice
- 4 large apples, diced with skin on
- 2 cups unsalted peanuts
- 1 (8 ounce) tub frozen whipped topping, thawed

In a medium saucepan combine the flour, sugar, egg yolk, vinegar and reserved pineapple juice. Cook over medium heat until thick. Remove from heat and chill.

In a large bowl combine the pineapple, apples, peanuts and chilled cooked mixture. Fold in whipped topping and chill for at least 1 hour before serving.

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# Tangy Spinach Salad

---

1/2 lb. Spinach leaves washed  
3 cups sliced fresh mushrooms  
6 slices of bacon  
2 tablespoons brown sugar  
2 tablespoons Dijon style mustard  
3 tablespoons lemon juice

Remove and discard stems from spinach. Tear into bite size pieces and place in bowl. Add mushroom slices. Cook bacon until crisp, remove from pan. To the bacon drippings, add brown sugar, mustard and lemon juice. Cook for 1 minute and remove from heat. Crumble and distribute bacon over salad, add hot dressing, toss and serve.

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## Tarragon Chicken Salad

---

4 boneless, skinless chicken breasts  
1 cup heavy cream  
1/2 cup sour cream  
1/2 cup mayonaise  
2 ribs celery, chopped  
1/2 cup walnut halves  
1 Tbls. dried tarragon

Preheat oven to 350F.

Place chicken breasts on a baking pan and pour cream over them. Bake for 20–25 minutes. Remove from oven and allow to cool in the cream. Cut meat in bite size pieces and discard cream.

Whisk sour cream and mayonaise together and pour over chicken. Add celery, walnuts, tarragon and toss well. Add salt and pepper to taste. Cover and refrigerate at least four hours before serving.



# The Original Caesar Salad

---

2 large, crisp head romaine lettuce  
2 large cloves garlic  
1/2 teaspoon salt  
9 tablespoons olive oil  
2 cups French bread cubes  
2 eggs  
Freshly ground black pepper  
Juice of 1 lemon  
Worcestershire sauce  
1/4 cup freshly grated Parmesan cheese.

For each serving select 6–8 whole leaves of romaine 3–7 inches long. Wash and dry very well. Refrigerate until needed. Put garlic through press and mix with 1/4 teaspoon of salt (1/2 of the total salt called for) and 3 tbs. of olive oil. Let sit for 10 minutes. Strain into a saute pan. Heat and add bread cubes, toss until coated and slightly browned. Remove from pan.

Coddle eggs: Boil for one minute.

Put romaine into bowl, and pour 4 tablespoons of olive oil over lettuce, toss. Add 1/4 teaspoon salt, 8 grinds of pepper and the rest of the olive oil and toss again. Add lemon juice, 6 drops of Worcestershire sauce and coddled eggs, toss. Add cheese and toss, then add croutons and toss.

NOTE: Lettuce leaves are left whole, NOT cut.

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# Tomato and Tapenade Salad

---

1/2 cup pitted black olives, preferably oil-cured or calamatas  
3 tablespoons capers, with a bit of their liquid  
4 anchovy fillets, with some of their oil  
1 clove garlic, lightly smashed  
About 1/4 cup extra virgin olive oil  
2 pounds tomatoes  
Salt and freshly ground black pepper  
1 cup basil leaves, torn

1. To make tapenade, put olives, capers, anchovies and garlic in container of food processor or blender, along with a bit of olive oil. Pulse machine once or twice, and swiftly add remaining olive oil while machine is running. Do not purée. You want a coarse, uneven blend. (If you have the energy, you can chop all the ingredients by hand or grind them with mortar and pestle.) Thin with more olive oil if you like.
2. Core tomatoes, cut them in two horizontally and shake out the seeds, squeezing gently. Chop. Toss with tapenade, and some salt and pepper if necessary. Stir in basil leaves. Taste, adjust seasonings and serve. Yield: 4 servings.

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## Tortellini Salad

---

16 ounces cheese-filled tortellini  
1 green bell pepper, thinly sliced  
1 red bell pepper, julienned  
1 small red onion, julienned  
1/2 cup sliced black olives  
1/2 cup crumbled feta cheese  
1 boneless chicken breast half, cooked and sliced in  
1/4 cup olive oil  
2 teaspoons minced lemon zest  
1/4 cup lemon juice  
2 tablespoons ground walnuts  
1 tablespoon honey

Cook pasta in a large pot of boiling salted water until al dente.

Drain and cool under cold water. Refrigerate until chilled.

Prepare the dressing in a small bowl by whisking together the olive oil, lemon zest, lemon juice, walnuts, and honey. Refrigerate until chilled.

In a salad bowl, combine pasta, peppers, red onion, olives, and chicken. Add lemon dressing and feta cheese, toss and serve.

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# Tropical Grilled Corn Salad

---

2/3 cup brown rice, cooked  
15 ounces canned black beans, rinsed and drained  
3 ears of corn, husked  
2 medium red onions, sliced thin  
1 red bell pepper, roasted  
1/2 cup salsa  
1/2 cup orange juice  
1/3 cup lime juice  
1 tablespoon canola oil  
salt and pepper  
1 jalapeno pepper, seeded and chopped  
3 tablespoons fresh cilantro, chopped  
1 mango, peeled and chopped  
1 avocado

Mix cooked rice and black beans in a large bowl. Preheat oven to 400 degrees F. Roast corn in oven until cooked (about 15 minutes). Heat a small nonstick skillet, sprayed with vegetable oil, over medium heat. Add onions and cook until caramelized (15 minutes). Add a splash of balsamic vinegar to onions, if desired. Add to rice bean mixture. Cut kernels off of roasted corn cobs and add to rice bean mixture. Peel and chop roasted bell pepper and add to rice bean mixture. Stir until mixed. In a small bowl, whisk salsa, orange juice, lime juice, canola oil, and salt and pepper to taste. Peel and chop avocado. Add jalapeno, mango and avocado chunks. Add salsa mixture to rice bean mixture and toss until well mixed. Serve warm, or refrigerate rice bean mixture until cool and then make salsa dressing right before serving.

## Turkey Macaroni Salad

---

8 ounces fusilli pasta, uncooked  
1 cup mayonnaise  
1 cup yogurt  
1/4 cup chopped green onions  
1 teaspoon salt  
1/8 teaspoon ground white pepper  
3 cups (1 pound) cubed, cooked turkey  
1 cup chopped celery

Cook pasta according to package directions. Drain, rinse with cold water, and drain again.

In a large bowl, combine mayonnaise, yogurt, onions, salt, and white pepper. Gently stir in turkey, pasta, and celery.

Cover, and chill until serving time.

## Venison Sausage Salad

---

1 pound venison scraps, trimmed  
2 ounces heavy cream  
Salt and freshly ground black pepper to taste  
1/4 cup walnuts, chopped  
1/2 cup whole cranberries  
Venison stock or water  
1/8 cup rice wine vinegar  
1 teaspoon sesame oil  
1/4 cup sugar  
1/4 cup hoisin sauce  
1/3 to 1/2 cup olive oil  
Approximately 6 cups of mixed field greens  
1/4 cup crumbled goat cheese  
1/4 cup toasted walnuts

Coarsely chop venison in food processor. Add cream while the machine is running along with salt and pepper, then walnuts and cranberries until just combined. Remove mixture from work bowl and roll into 1 link. Wrap the sausage link tightly in plastic wrap. Place sausage in simmering venison stock or water, just to cover sausage. Let simmer 20 to 25 minutes or until internal temperature reaches 165 degrees. Remove sausage from liquid, let cool, then slice on the diagonal into 8 equal pieces. Set aside.

For dressing, whisk together vinegar, oil, sugar and hoisin sauce in small bowl then slowly whisk in olive oil until well-combined.

To assemble salad, toss greens with vinaigrette dressing and divide between 4 plates. Top with sausage, goat cheese and toasted walnuts.

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## Waldorf Hotel's Waldorf Salad

---

1 cup walnut halves  
1/2 cup mayonnaise  
1/4 cup plain yogurt  
1 teaspoon prepared mustard  
Pinch of dry mustard  
Juice of 1/2 lemon  
4 to 6 tart apples, peeled, cored, and diced (2 cups)  
1 to 2 cups finely diced inner ribs celery  
(white part only), leaves reserved  
Salt and freshly ground black pepper  
2 bunches tender greens, such as arugula, baby kale,  
or pepper cress, washed and dried  
2 tablespoons olive oil  
1 tablespoon fresh lemon juice

Preheat the oven to 325F.

Spread the walnuts on a baking sheet and toast in the oven for 4 to 5 minutes, until aromatic and lightly toasted. Let cool.

Combine the mayonnaise, yogurt, both mustards, and the lemon juice in a large bowl. Fold in the apples and diced celery and season with salt and pepper.

Put the salad greens in a large bowl. Add the olive oil and lemon juice, season with salt and pepper, and toss well. Divide the greens among four plates. Spoon the apple mixture onto the greens and sprinkle with the toasted walnuts and reserved celery leaves.

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## Warm Pepper Steak Salad

---

4 ounce beef tenderloin filet  
1/8 teaspoon salt  
1/8 teaspoon black pepper  
4 ounces mixed field greens  
2 asparagus stalks, trimmed and cooked  
Greek olives  
3 cherry tomatoes

### Vinaigrette:

2/3 cup extra-virgin olive oil  
1 teaspoon finely minced garlic  
1 teaspoon finely minced onion  
1 tablespoon Italian herb spice blend  
1/2 cup fresh-squeezed lemon juice  
1 teaspoon finely grated lemon zest  
1/4 teaspoon salt  
1/4 teaspoon pepper

Combine vinaigrette ingredients in a jar with a tight-fitting lid.

Shake well. Makes about 1 cup. Set aside.

Season beef with salt and pepper. Grill until medium rare, turning once, about 17 minutes total. Slice on the diagonal into thin pieces.

Place salad greens in mixing bowl. Toss with 2 ounces of reserved vinaigrette. Place dressed greens on serving plate. Position asparagus in a "V" formation. Add olives and cherry tomatoes. Place tenderloin down center of salad. Serve with remaining vinaigrette on the side.

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## **Warmer Kartoffelsalat (Warm Potato Salad)**

---

2 1/2 lbs. cooked potatoes (cooked in peel for about 1 hour)  
3 eggs boiled hard  
8 oz. thick sliced bacon  
4 oz. dill pickles  
1/2 cup beef or vegetable broth  
2 tablespoons vinegar  
1 tablespoons parsley or chives  
salt, pepper (to taste)

While the potatoes are cooking, cut bacon into 1/4 inch strips and saute until all the drippings are cooked out. Bacon bits should be crispy. Boil the eggs for about 8 minutes, peel and dice. Dice dill pickles. Chop parsley.

While the potatoes are still warm peel and slice about 1/4 inch thick. Add eggs, pickles, parsley, salt, pepper and vinegar. Pour hot broth and bacon bits with the drippings over it. Toss well. Taste for salt and pepper. Serve immediately.

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## Wendy's Mandarin Chicken Salad

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### Sesame Dressing:

- 1/2 cup corn syrup
- 3 tablespoons white distilled vinegar
- 2 tablespoons pineapple juice
- 4 teaspoons granulated sugar
- 1 tablespoon light brown sugar
- 1 tablespoon rice wine vinegar
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- 1/4 teaspoon ground mustard
- 1/4 teaspoon ground ginger
- 1/8 teaspoon salt
- 1/8 teaspoon paprika
- 1 dash garlic powder
- 1 dash ground black pepper
- 1/2 cup vegetable oil
- 1/2 teaspoon sesame seeds

### Mandarin Chicken Salad:

- 4 chicken breast fillets
- 1 head iceberg lettuce, chopped
- 4 cups red leaf lettuce, chopped
- 1 1/3 cups canned mandarin orange segments
- 1 cup rice noodles
- 1 cup roasted sliced almonds

Prepare dressing by combining all dressing ingredients except vegetable oil and sesame seeds in a blender on high speed. Slowly add oil to mixture (to create an emulsion). Add sesame seeds and blend for just a couple seconds. Pour dressing into a covered container and chill until needed.

Rub each chicken breast with oil, then lightly salt and pepper each piece. Grill over a medium flame until cooked through. Dice cooked chicken and chill.

In 4 large salad bowls, layer (in order) iceberg lettuce, red leaf lettuce, chicken, orange wedges, rice noodles, and almonds. Serve with prepared dressing to top.

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## Winter Fruit Salad

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- 1 1/3 cups quinoa, rinsed (available in health food stores)
- 1 1/2 cups water
- 2 kumquats – halved, seeded and chopped
- 2 tablespoons chopped fresh cilantro
- 1/4 cup olive oil
- 2 1/2 tablespoons lemon juice
- 1/2 teaspoon kosher salt
- 1 large bosc pear– peeled, cored and chopped
- 1 cucumber – peeled, seeded and chopped
- 1 cup watercress, trimmed and chopped

In a medium saucepan, combine the quinoa and water and bring to a boil. Simmer over low heat stirring often, until tender, about 12 minutes. Drain and cool completely.

In a small bowl, combine the kumquats, cilantro, olive oil, lemon juice and salt. Allow to steep for 5 minutes.

In a large bowl, combine the quinoa, pear and cucumber. Add the dressing and toss well. Add the watercress and toss again and serve.

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# Yogurt Potato Salad

---

- 3/4 cup yogurt
- 1/4 cup low fat mayonnaise
- 2 teaspoons prepared mustard
- 2 teaspoons horseradish
- 4 cups cubed cooked potatoes
- 1 cucumber, seeded and cubed
- 1/2 cup sliced celery
- 1/4 cup chopped onion
- 1 tablespoon green onion, chopped (only green part)

Combine yogurt, mayonnaise, mustard and horseradish in large mixing bowl. Add potatoes, cucumber, celery, onion and green onion; mix well. Chill at least 2 hours.

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## Zucchini Slaw

---

6 medium zucchini, grated (1 1/2 lbs)  
2 teaspoons salt  
1 large carrot, grated  
1 sweet red pepper, julienned  
1 red onion, thinly sliced  
1 stalk celery, julienned  
2 tablespoons each chopped fresh dill and parsley

### Dressing:

3/4 cup mayonnaise  
2 tablespoons Dijon mustard  
2 tablespoons red wine vinegar  
1 tablespoon olive oil  
1 tablespoon honey  
1 teaspoon horseradish  
1/4 teaspoon pepper

Combine zucchini and salt; toss well. Place in colander; let stand for 30 minutes. Rinse under cold water; drain and squeeze out excess moisture. Place zucchini in bowl and add carrot, red pepper, onion and celery; toss well. Sprinkle with parsley and dill. Combine mayonnaise, mustard, vinegar, oil, honey, horseradish and pepper; stir into zucchini mixture. Taste and adjust seasoning if necessary.