Salads make meals attractive, appetizing, and well-balanced.

Raw vegetables or fruits are favorites for making salads; they give color, crisp texture, and zest to the meal. They furnish minerals and vitamins that you need in your meals.

You can have fresh vegetables many months if you plan your garden planting and store vegetables properly.

You can make salads, too, by combining with the raw food some canned or frozen fruit or canned or cooked frozen vegetables.

Occasionally salads may be made of all cooked or canned foods. Such salads usually lack the crisp pleasing texture and do not balance the meal as well as those with some raw vegetables or fruits.

For variety your family probably enjoys a relish plate, include slices or wedges of some raw fruits or vegetables without salad dressing.

Vary your salad; vary your salad dressings.

Salad Dressing

One of the easiest ways to get variety in salads is to use different dressings or to modify your favorite dressing.

What kind of dressing does your family like? The type of dressing to use with a certain salad is largely custom. Do not follow custom too closely. Get variety by using different dressings. Choose dressings that will give the appearance and flavor you like.

Modify the basic recipes in this leaflet by adding your favorite seasonings, such as celery salt, garlic salt, onion salt, Tabasco sauce, or Worcestershire sauce. Use small amounts of your fresh garden herbs or dried herbs to give pleasing variation in flavor. Save pickle vinegar for use in salad dressings.

French Dressing

This well-liked dressing is easily made. It's suitable for many salads. It's easy to modify for variety.

French Dressing Recipe

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ c vinegar</td>
<td>1 t salt</td>
</tr>
<tr>
<td>or lemon juice</td>
<td>½ t paprika</td>
</tr>
<tr>
<td>or lemon juice</td>
<td>½ c salad oil</td>
</tr>
<tr>
<td>or lemon juice</td>
<td>1 t dry mustard</td>
</tr>
<tr>
<td>or lemon juice</td>
<td>1 T sugar</td>
</tr>
<tr>
<td>or lemon juice</td>
<td>Dash of cayenne</td>
</tr>
</tbody>
</table>

Combine all ingredients in a bottle or glass jar. Cover and shake.

Variations of French Dressing

Cat'sup or Chili Sauce French Dressing: Add ¼ cup catsup or chili sauce to French Dressing Recipe.

Vinaigrette Dressing: To 1 cup of French Dressing, add these ingredients finely...
chopped: 2 tablespoons dill or sour pickles, 1 tablespoon onion, 1 tablespoon green olives, and 1 tablespoon pimento.

**Chiffonade Dressing:** To 1 cup French Dressing, add these ingredients finely chopped: 2 tablespoons parsley, 2 teaspoons onion, 1 hard-cooked egg. If desired, add also 2 tablespoons green pepper.

**Chiffonade Dressing:**

To 1 cup French Dressing, add these ingredients finely chopped: 2 tablespoons parsley, 2 teaspoons onion, 1 hard-cooked egg. If desired, add also 2 tablespoons green pepper.

**Celery Seed Fruit Dressing**

- ½ c sugar
- 3 T vinegar or lemon juice
- 1 t dry mustard
- 1 t salt
- ½ t finely chopped onion
- ½ t celery seed (or more)

1. Mix sugar, mustard, salt, chopped onion.
2. Add the oil slowly, alternately with the vinegar or lemon juice.
3. Add celery seed.

**Tomato French Dressing**

1 can tomato soup
1 egg or 2 egg yolks
3 T sugar or more
½ c vinegar or lemon juice
2 t dry mustard
1 t salt
1 c milk or water
1 T Worcestershire sauce
2 T sugar
½ small onion, finely chopped
1 t paprika
Juice of 1 lemon

1. Mix the spice with ½ of the vinegar and add the catsup.
2. Beat slowly into the mayonnaise. Gradually beat in the lemon juice and the remainder of the vinegar.
3. Cook over low heat, stirring constantly until thickened.
4. Beat egg slightly in a bowl. Carefully stir in a little of the cooked mixture. Add to the remaining hot mixture, stirring constantly.
5. Cook over low heat, stirring, for about three minutes.
6. Remove from heat. Stir in butter and vinegar or lemon juice. Chill. If desired, thin with cream or milk.

**Variations of Cooked Dressing**

- **Cucumber Dressing:** To 1 cup cooked dressing, add ½ cup fresh cucumber cut in small dice.
- **Tartar Dressing:** To 1 cup cooked dressing, add the following finely chopped: 3 tablespoons cucumber pickle, 2 tablespoons onion, and 1 tablespoon parsley.
- **Thousand Island Dressing:** Ingredients may be varied. Select a combination from the following suggestions: To 1 cup dressing, add some of these finely chopped: ½ cup cucumber pickle or pickle relish or chopped olives, 1 teaspoon onion, 1 hard-cooked egg, 2 tablespoons chili sauce, 1 tablespoon parsley, 1 tablespoon chives.
- **Celery Dressing:** To 1 cup cooked dressing, add ½ cup finely chopped celery or celery leaves. Two tablespoons chopped green pepper may also be added.
Fruit Juice Dressing

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>t grated orange</td>
<td>1</td>
</tr>
<tr>
<td>lemon rind</td>
<td></td>
</tr>
<tr>
<td>c fruit juice made</td>
<td>3</td>
</tr>
<tr>
<td>from:</td>
<td></td>
</tr>
<tr>
<td>lemon</td>
<td>1</td>
</tr>
<tr>
<td>orange</td>
<td>1</td>
</tr>
<tr>
<td>pineapple juice, or</td>
<td></td>
</tr>
<tr>
<td>juice from fresh</td>
<td></td>
</tr>
<tr>
<td>or canned fruit</td>
<td>(about ¾ cup)</td>
</tr>
</tbody>
</table>

1. Measure lemon and orange juice, and add enough fruit juice to make 1 cup juice.
2. Mix sugar, salt, and flour. Add to fruit juice.
3. Cook until thickened. Add a small amount to the slightly beaten egg or yolks. Stir this into the remaining hot mixture.
4. Return to heat and cook slowly with stirring to cook egg in the mixture.
5. Remove from heat and add butter.
6. When the dressing is cold, whipped cream may be folded into it.

Mayonnaise Dressing

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>t sugar</td>
<td>¾</td>
</tr>
<tr>
<td>t salt</td>
<td>½</td>
</tr>
<tr>
<td>t mustard</td>
<td>2</td>
</tr>
<tr>
<td>egg yolk</td>
<td>1</td>
</tr>
</tbody>
</table>

1. Mix dry ingredients with egg and 1 tablespoon lemon juice (or vinegar).
2. Beat just enough to combine ingredients.
3. Add 5 teaspoons oil, one at a time, beating vigorously after each addition.
4. When very thick, add 1 tablespoon more lemon juice, then remaining oil gradually.
5. Add more seasonings or lemon, if desired, to suit taste.

Variations of Mayonnaise Dressing

The same variations may be used as given under cooked dressings, page 2.

Thrifty Dressing

Oil and egg are the most expensive ingredients in mayonnaise. You can make a tasty, less expensive dressing by using a cooked flour and water paste with the usual mayonnaise ingredients as shown in the following recipe.

Tasty, Thrifty Modified Mayonnaise Dressing Recipe

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>c flour</td>
<td>⅛</td>
</tr>
<tr>
<td>c sugar</td>
<td>½</td>
</tr>
<tr>
<td>t dry mustard</td>
<td>2</td>
</tr>
<tr>
<td>c vinegar or lemon</td>
<td></td>
</tr>
<tr>
<td>t salt</td>
<td>1</td>
</tr>
<tr>
<td>t paprika</td>
<td>1</td>
</tr>
<tr>
<td>t pepper</td>
<td></td>
</tr>
<tr>
<td>c water</td>
<td>1</td>
</tr>
<tr>
<td>c salad oil</td>
<td>1</td>
</tr>
<tr>
<td>or more salad oil</td>
<td></td>
</tr>
</tbody>
</table>

1. Mix dry ingredients. Add 2 tablespoons oil and mix well.
2. Add water. Stir and cook over low flame until thickened. Cool slightly.
3. Stir in the vinegar.
4. Put the egg into a mixing bowl. Beat the cooked mixture into the egg.
5. Slowly add the oil, adding ½ to 1 cup at a time.
6. Taste and add additional seasonings as desired.

Salads

Select the Type to Fit the Meal

Serve the salad that will make the meal appetizing and well balanced. In a dinner, use a light salad of greens or other crisp vegetables, or fruits. When a lunch or supper needs more protein, use a salad that includes protein-rich foods such as eggs, fish, meat, cheese, or dry beans.

Keep Salads Simple

It's easier to get variety from day to day if salads include only a few well-seasoned foods. Simple salads can be crisp and attractive. Simple salads save time in meal preparation.

Salad Greens

Plant a variety of salad greens in your garden. Look for a variety of salad greens in your store. Have you used these greens in your salads: watercress, Chinese cabbage, kale, spinach, dandelion greens, chives, parsley, green onion tops, celery tops?

Have salad greens clean, dry, and crisp. Keep them fresh when they come from the garden or grocery store. Don't let them wilt in the sunshine or a warm room. Wash them in cold water. Drain. Wrap loosely in wax paper or put in plastic bag or covered dish. Store them in a refrigerator or cool place.

To separate leaves of lettuce from a head—

Cut out core with a sharp knife. Hold head under running water, or in a pan of cold water. Separate each leaf carefully. Lay the leaves down so they will drain dry.

Arrange the best pieces to form cups for the salad. Do not flatten the leaf. Break or cut the other pieces. Put in bottom of lettuce cups.
Hints for Attractive Salads

► Keep fruits and tomatoes and cooked vegetables in moderately large pieces. This saves time. You'll have an attractive salad.
► Shred cabbage or raw carrots fine.
► To reduce loss of Vitamin C, shred cabbage shortly before serving.
► To retard darkening of light fruit, such as apples or bananas, add lemon juice or pineapple juice or salad dressing.
► Salt in dressing wilts salad greens. Add French dressing to salad greens just before serving.
► Salt does not wilt cooked vegetables. Cooked vegetables may be mixed with salad dressing. Let them stand about a half hour to blend flavors. See potato salad recipe.
► Frozen fruit should still be icy cold when served in salad.
► Drain canned or frozen fruit well before you use it in a salad.

Caution for Use of Home-Canned Vegetables, Meat, and Fish

All home-canned vegetables or meat or fish should be removed from jar and brought to and maintained at a “rolling boil” for 10 minutes before using in salads. Exceptions to this recommendation are when the food is in large pieces or at high altitudes, in which case the boiling time should be increased to 15 minutes. Either cover the pan or stir the product to break up the lumps to insure even distribution of heat. Cool thoroughly before combining with other ingredients in salad.

Use Different Salad Arrangements

Get variety in your salads by serving them as: tossed salads in large or individual bowls; salad platter arrangements; individual mixed salads in lettuce cups; molded salads.

Vegetable Salad Recipes

Green Bean and Bacon Salad
2 c cooked green beans (chilled and well-drained) 2 c tomato catsup (chilled and well-drained)
2 slices cooked bacon ¼ c cooked or mayonnaise dressing
1. Mix salad dressing and tomato catsup.
2. Break cooked bacon in small pieces.
3. Mix beans, bacon, and salad dressing lightly.
4. Serve on lettuce, or shredded cabbage, or other greens.

Green and White Salad
½ pound fresh spinach 2 medium dry onions
½ head lettuce or leaf lettuce French dressing
1. Shred spinach and lettuce.
2. Cut onions in fine rings.
3. Toss lightly with French dressing.

Kidney Bean and Frankfurter Salad
2 c drained cooked or canned kidney beans ¼ c chopped onion
1 c sliced cooked frankfurters
½ c sliced sweet pickles
½ c fresh celery
1. Mix cold ingredients lightly with French dressing. Let stand to blend flavor.
2. Arrange on lettuce, or shredded cabbage, or other greens.

Potato Salad
3 medium potatoes Any or all of these:
boiled in jackets, or one of these:
2 medium onion, chopped fine
1 c sliced cooked
1 c sliced sweet pickles
1 c thinly sliced
1 c finely diced celery
salt, green salad, to taste
1 or 2 hard-cooked eggs, sliced
1 T chopped chives
taste
1. Dice cold peeled cooked potatoes into ½ inch cubes.
2. Mix 1 cup mayonnaise or cooked salad dressing with ½ cup milk or thin cream.
3. Combine about half of the thinned salad dressing with the potatoes.
4. Sprinkle with salt and other seasonings as desired.
5. Prepare other ingredients and mix them lightly with the potatoes. Add remaining salad dressing.

For variety
Add diced cooked ham or sliced cooked frankfurters.

Jellied Tomato Salad
1½ T (1½ envelope) 1 T finely chopped
unflavored gelatin onion
2 c strained, cooked tomatoes Small piece of bay leaf
Dash of celery salt
Salt and other seasonings to taste
1. Soak gelatin in ¼ cup cold tomato juice.
2. Add seasonings to remaining juice. Heat to blend flavor.
3. Remove bay leaf.
4. Dissolve softened gelatin in the hot juice.
5. Pour into molds or a shallow pan.
6. Serve on shredded cabbage, or spinach, or other greens.

**Jellied Vegetable Salad**

One recipe of Jellied Tomato Salad, page 4, or Tomato Hot Sauce Salad, below.
1 cup mixed raw or cooked vegetables.
Prepare tomato salad mixture.
Let stand until thick enough to hold vegetables in place. Mix with vegetables.
Pour into molds or shallow pan.

**Tomato Jelly Ring with Green Pepper Cole Slaw**

Prepare Jellied Tomato Salad, page 4, using 2 or 3 times the recipe or Tomato Sauce Salad, below.
Turn tomato mixture into a ring mold which has been lightly oiled with salad oil.
Chill until firm. Just before serving, remove into large serving plate.
Fill center with a cole slaw recipe given below, or a modification of it.

**Cole Slaw**

2 c finely shredded cabbage
\( \frac{1}{2} \) c finely chopped green pepper or \( \frac{1}{2} \) c chopped pickles
\( \frac{1}{4} \) t salt
\( \frac{1}{4} \) t pepper
1. Mix cabbage and green pepper or pickles.
2. Combine other ingredients with the salad dressing.
3. Combine vegetables and dressing lightly.

**Tomato Hot Sauce-Salad**

1 package lemon flavored gelatin
\( \frac{1}{2} \) T vinegar
\( \frac{1}{2} \) c hot water
1 c (8 oz.) tomato hot sauce
1 T chopped onion
1. Dissolve lemon flavored gelatin in the hot water.
2. Add remaining ingredients and stir. Additional seasoning may be added, such as celery salt, Worcestershire sauce, Tabasco sauce, or horseradish.
3. Pour into mold, or pan, or 4 to 5 individual molds.

### Egg, Fish, or Meat Salad Recipes

#### Lunch or Supper Salad Bowl

- 1 c canned tuna or salmon, or cooked meat
- \( \frac{1}{2} \) c cucumber pickle or relish
- \( \frac{1}{2} \) to 1 medium onion, finely chopped
- 1/2 c cooked potatoes, diced
- 2 c cooked green beans or asparagus
1. Break fish into small pieces or dice meat.
2. Mix all ingredients lightly with two forks.
3. Arrange lettuce leaves around side of a salad bowl. Or garnish salad with parsley and salad is in bowl.
4. Pour salad mixture into salad bowl.

#### Lunch or Supper Salad Platter

6 thick slices from 6 eggs, cut in half and large tomatoes
1 c canned tuna or cottage cheese or cold cooked meat or poultry
1 T chopped onion or chopped pickles
1 T vinegar or lemon juice
\( \frac{1}{4} \) T salt
\( \frac{1}{4} \) T pepper
Other seasonings to taste
1. Arrange lettuce or shredded cabbage on platter or large plate.
2. Place a tomato slice in center and arrange the other tomato slices around.
3. Moisten tuna or cottage cheese with salad dressing, and add chopped onion or cucumber pickle.
4. Put 1/6 of this mixture on the center of each slice of tomato so that the edge of the slice is not covered.
5. Arrange beans or asparagus between tomato slices.
6. Arrange the deviled eggs around the outer edge.

#### Jellied Meat Salad

1 envelope (1 T) gelatin
\( \frac{1}{2} \) c cold water
\( \frac{1}{2} \) c hot broth (from meat or poultry) or canned consomme
1 t finely chopped onion
\( \frac{1}{2} \) T vinegar or lemon juice
Salt to taste
1. Sprinkle gelatin on water and soak a few minutes. Dissolve in hot broth.
2. Add onion juice, salt, and vinegar or lemon juice.
3. Chill until thick enough to hold solid food in place.
4. Stir in meat, peas, celery, and pimiento.
5. Pour into small loaf pan or individual molds, and chill until firm.

**Jellied Fish Salad**

- 1 envelope (1 T) plain gelatin
- ½ c cold water
- ¼ c hot liquid (this may be water or tomato juice or liquid from canned salmon)
- 1 T finely chopped onion
- 1 T vinegar or lemon juice
- 1 c flaked cooked or canned fish
- ¼ c cooked or canned peas
- ¼ c chopped cucumber or celery, or pickle
- Salt to taste

1. Sprinkle gelatin on water and soak a few minutes. Dissolve in hot liquid.
2. Add onion, salt, and vinegar or lemon juice.
3. Chill until thick enough to hold solid food in place.
4. Stir in other ingredients.
5. Pour into small loaf pan, lightly oiled with salad oil, or into oiled individual molds.
6. Chill until firm.
7. Serve with cooked or mayonnaise dressing or cucumber dressing.

**Souffled Tuna or Salmon Luncheon Salad**

- 1 package lemon flavored gelatin
- 1 c hot water
- ½ c cold water
- 2 T lemon juice or vinegar
- ½ c mayonnaise
- ½ t finely chopped onion

Dissolve 1 package lemon flavored gelatin in 1 cup hot water. Add cold water, lemon juice or vinegar, mayonnaise and salt. Blend with rotary beater. Pour into refrigerator freezer tray. Chill until firm at edge but soft in center. Pour into bowl and whip with rotary beater until fluffy. Hold in remaining ingredients. Pour into individual or quart molds. Put in main section of refrigerator, not freezer compartment.

**Fruit Salad Recipes**

**Prune-Nut Salad**

- 12 cooked prunes
- ¼ c cottage cheese
- 1 t grated orange rind (may omit)
- 2 T chopped nuts
- Salt to taste

Cook, drain, pit, and chill prunes.
2. Combine cottage cheese, orange rind, nuts, and salt. Moisten this mixture with salad dressing.
3. Stuff prunes, letting some of the stuffing show.
4. Serve on salad greens.

**Red Apple Salad**

- 4 firm tart apples
- ½ c cottage cheese, or 3 to 4 ounces cream cheese
- ½ t salt
- ½ c red cinnamon candies
- ¼ c chopped green pepper
- 2 c water

1. Pare, quarter, and core apples.
2. Add sugar, salt, and candies to the water. Place over heat and stir until dissolved.
3. Cook apple quarters slowly in this syrup uncovered pan until just tender, turning occasionally to color evenly. Drain and chill.
4. Mix cheese with green pepper.
5. Arrange apple sections on salad greens. Add a spoon of cheese mixture.

**Spiced Peach Salad**

- 1 pint or 1 pound canned peaches
- ¼ c vinegar
- 6 whole cloves
- Few pieces broken stick cinnamon
- 1 package orange-flavored gelatin

1. Drain peaches.
2. Measure sirup and add enough water to make 1½ cups.
3. Pour sirup into saucepan. Add vinegar, cloves, and cinnamon. Simmer 10 minutes. Remove spice.
4. Dissolve gelatin in the hot liquid.
5. Cool liquid until thick enough to hold peaches.
6. Mix with peaches. Put into individual or quart molds.

**For Variety**

Whip slightly thickened liquid before adding peaches.

**Cranberry Salad**

- 2 c cranberries
- 1 c water
- ¾ c sugar
- ¼ t salt
- ½ cup cold water

1. Cook cranberries in 1 cup water until soft, and mash or strain.
2. Add soaked gelatin and sugar. Heat with stirring until gelatin and sugar are dissolved. Add salt.
3. Cool cranberry mixture until thickened enough to hold celery, if used.
4. Pour into molds or shallow pan.
Cranberry-Orange Salad
1 package cherry flavored gelatin
to 1 c Orange Cranberry Relish (See hot water recipe, below.)
½ c canned, crushed pineapple
½ c broken walnut meats

Combine gelatin and water. Stir until dissolved. Allow to chill until it is partially thickened. Add pineapple, relish, and nuts.

Orange-Cranberry Relish
1 bag cranberries 2 oranges
(1 lb.) 2 c sugar

Wash and grind using all of orange, then add sugar and allow to stand 24 hours.

Frozen Fruit Salad
2 c fresh, frozen, or canned fruit
1 t unflavored gelatin
2 T lemon juice or other fruit juice
½ c mayonnaise or cooked fruit juice dressing

1. Dice or slice fruit if in large pieces.
2. Soak gelatin in 2 tablespoons juice for a few minutes. Dissolve it over hot water. Cool it, but do not let it get stiff. Blend the gelatin with the salad dressing.
3. Whip the cream, adding the sugar gradually during the last stages of beating.
4. Fold in mayonnaise, fruit, and nuts. Pour into a freezing dish that has been oiled with salad oil.
5. Freezing may require about 4 hours.
6. To serve, turn out on platter. If hard frozen, let stand for 15 to 30 minutes. Chill before slicing. Serve on salad greens, or garnish with greens.

Garnishes
Garnishes aid in making meals attractive and appetizing. Your garden can supply many materials which you can use to give pleasing color, texture, and flavor contrast in meals. The simple, quickly prepared garnishes usually are the most effective.

Marinated Cucumber Slices
Select medium size cucumbers. Wash. Score the unpeeled cucumber by pulling a broad-tined fork down the length of the cucumber. Slice very thin and marinate in vinegar or French dressing. For variety, dip the slices into finely chopped parsley.

Stuffed Celery Round Slices
Separate stalks of a celery heart. Fill hollows of stalks with a type of cheese spread which will be very firm when chilled. Fit the stalks together cylinder-shaped, letting them overlap. Wrap in oiled paper, and chill for several hours or overnight. With a sharp knife, cut into about ½ inch slices. Keep slices chilled until served.

Celery Curls Celery Sticks
Turnip Round Slices with Parsley
Turnip Sticks
Carrot Curls Carrot Sticks
Carrot Lattice Slices Carrot Round Slices
Radishes Whole Radishes Radish Slices

Radish Roses
Cut the skin from top toward stem end. Make one row of long petals or several rows of short petals. Chill.

Radish Pompons
Slice radish from top to near bottom, as thinly as possible, first in parallel rows and then in another row at right angles. Chill.

Radish Twirls
Lay radish on one side and slice diagonally in thin parallel rows, almost through the radish. Chill.

Radish Pompons
Slice radish from top to near bottom, as thinly as possible, first in parallel rows and then in another row at right angles. Chill.

Radish Twirls
Lay radish on one side and slice diagonally in thin parallel rows, almost through the radish. Chill.

Pickle Round Slices
Pickle Long Slices
Cheese Balls
Use cream cheese or well-drained and seasoned cottage cheese. Shape cheese into small balls. Roll balls in finely chopped chives, parsley, nuts, or olives.

Cooked Beets
Put small whole, or sliced, cooked beets in seasoned vinegar. Drain well before using as a garnish.

Green Pepper Rings
Very thin rings are more desirable than thicker pieces. Chill.

Onion Rings
Slice thin and separate into rings.

Burr Gherkins
Olives
Tomato Slices Tomato Wedges
Hard-Cooked Egg Slices
Hard-Cooked Egg-White Slice, Yolk Sieved
Deviled Eggs
Prunes Stuffed with Cream Cheese or Cottage Cheese
Parsley Chives
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http://extension.oregonstate.edu/catalog