

SALADS/SLAWS

ANNA'S MACARONI SALAD

1 lb. macaroni, cooked
4 grated carrots
1 chopped sweet pepper
1 chopped small onion
1 c. chopped celery, optional
1/3 c. sugar
1 can eagle brand milk
1 c. white vinegar
2 c. Hellmann's mayonnaise

Toss vegetables and macaroni together. In a separate bowl, mix sugar, milk and vinegar. Pour over vegetable mixture. Toss all with 2 cups mayonnaise. Refrigerator.

Anna Kirk

ARTICHOKE AND RICE SALAD

2-6.9-oz. boxes of chicken-flavored rice mix
10 green onions, sliced
1 c. green pepper, chopped
1/2 red pepper chopped, optional
20 stuffed olives, sliced
2-6-oz. jars marinated artichoke hearts, quartered
1/2 c. mayonnaise
3/4 tsp. curry powder

Cook rice as directed on box.

Cool; add chopped peppers and onion.

Drain artichoke hearts, saving marinade from one jar. Mix hearts mayonnaise, curry powder, olives and marinade. Toss into rice and pepper mixture.

May be served at room temperature. This was given to me by Jack Fitts of Henderson, Tennessee.

Linda Johnson

WESTERN BEAN SALAD

1 large head of lettuce
1 lb. Cheddar cheese, longhorn style, grated
2 cans-15 oz. pinto beans, chilled
2 tomatoes, diced
1/2 large onion, finely chopped
1-8 oz. bottle Catalina dressing, chilled
1-16 oz. pkg. Fritos, regular size

Prepare lettuce as for any tossed salad.

Drain and wash chilled beans. Add these to the tomatoes, onion, cheese, and dressing. If necessary, prepare salad ahead of time, but mix all ingredients except lettuce and Fritos, and place in refrigerator until ready to mix. Break up lettuce and store in refrigerator in a plastic bag until just before serving time, then add lettuce and Fritos, mixing well. Serves 12.

This last mixing is the key to a good salad. It needs to be mixed in a large container so that the dressing gets all over the lettuce and Fritos.

Reggie Crumm

APRICOT JELLO SALAD

2-3 oz. boxes apricot Jell-O
2 c. hot water
2 c. cold water
1-No. 2 can crushed pineapple
1 c. small marshmallows
2 large bananas, diced
1/2 c. pineapple juice
1/2 c. sugar
1 egg, slightly beaten
2 Tbsp. oleo
2 Tbsp. flour
1-3 oz. pkg. cream cheese
1 env. Dream Whip

Mix Jell-O according to instructions and let thicken. Add crushed pineapple, marshmallows, and bananas to thickened Jell-O. Finish congealing in refrigerator and add topping. To make topping, mix sugar and flour; add pineapple juice, egg, and oleo. Cook until thick. Remove from heat and add 1 (3 ounce) package cream cheese. Beat until smooth. Set aside to cool. When cool, whip 1 envelope Dream Whip according to directions on package and fold into cream mixture. Spread over set Jell-O.

Willie Mae Hayes

BEAN AND PEA SALAD

1-16 oz. can French-style green beans, drained
1-16 oz. can green English peas, drained
1 medium onion, sliced
1 green pepper, sliced thin
1 c. water chestnuts, sliced thin
1 c. sliced celery
1 1/4 c. vinegar
1/2 c. vegetable oil
1 c. sugar
3 tsp. salt
Pepper to taste

Put vegetables in bowl. Mix vinegar, oil, sugar, salt, and pepper together; pour over vegetables. Mix and store overnight before serving.

Brenda Kelley uses 1/4 tsp. salt, 1 c. vinegar, 1/2 c. sugar instead of the portions listed to cut down on the salt and sugar. It is just as good. I also used 1/2 c. pimento.

Jonnie Neal

BLACK RASPBERRY-BLUEBERRY SALAD

2 boxes black raspberry Jell-o
1-15 oz. can blueberries
1-No. 2 can crushed pineapple
1-8 oz. cream cheese
1-8 oz. ctn. sour cream
1/2 tsp. vanilla
1/2 c. powdered sugar
1/2 c. pecans, finely chopped (optional)

Mix Jell-O and 2 cups boiling water. Add pineapple. Put in large salad dish and congeal. Beat together cream cheese, sour cream, vanilla, and sugar. Spoon on top of congealed Jell-O mixture. Sprinkle nuts on top. Barbara uses 3 packages Jell-O and 4 cups water. Substitute blackberry or grape Jell-O blueberry pie filling if you like.

Pat Nolen, Frances Blankenship, Brenda Kelley, Barbara Willis

BROCCOLI-CAULIFLOWER SALAD

Broccoli
Cauliflower
Carrots
Mushrooms
Black olives, optional
1/2 c. grated cheese
1/2 c. sour cream
1/2 c. mayonnaise
Salt and pepper
Garlic salt
2 boiled eggs

Toss vegetables together. Mix cheese, sour cream, mayonnaise, salt, pepper, and garlic salt. Pour over vegetables and mix. Grate eggs on top.
You might want to double the sauce.

Elizabeth Holmes

BUTTER MILK SALAD

1 large can crushed pineapple
1 large box orange Jell-O
2 c. buttermilk
1 large box Cool Whip
1/2 c. chopped nuts

Heat pineapple. Melt Jell-O in pineapple; cool. Mix in other ingredients. Keep in refrigerator.

Margie Patterson

CABBAGE-CARROT SLAW

1 small head cabbage, grated or chopped
Carrots chopped or grated to add color
1/2 c. water
1/2 c. sugar
1/2 c. white vinegar

1 tsp. salt

Combine carrots and cabbage. Mix other ingredients and cook to boiling point. Pour over cabbage mixture.

Juanita Wallace

CAROUSEL SALAD BOWL

1-7 oz. pkg. Creamettes macaroni, elbow style
2 Tbsp. salad oil
2 Tbsp. vinegar
1 Tbsp. minced onion
1/2 tsp. salt
1/4 tsp. pepper
1 c. diced Cheddar cheese
1/2 c. mayonnaise
1-17 oz. can small green peas
1 c. diced cooked ham
1 c. diced celery

Cook creamettes according to package directions. Do not chill. While still hot, sprinkle with oil and vinegar. Add onion, seasoning, and cheese; toss well. Gently mix green peas and remaining ingredients. Chill thoroughly. Serve on salad greens. Makes 8 to 10 servings.

Mary Rogers

CAULIFLOWER SALAD

1 1/2 c. sliced raw cauliflower
1/2 c. thinly sliced celery
1/4 c. chopped green pepper
1 c. chopped onion
2 c. chopped tomatoes
1/8 tsp. salt
1/3 c. spicy sweet French dressing

Combine all ingredients and toss lightly. Refrigerate before serving. Yields 6 to 8 servings.

Ruby Blankenship

BROCCOLI AND CAULIFLOWER SALAD

1 lb. fresh cauliflower florets
1 lb. fresh broccoli florets
2 green onions (tops only, chopped fine)
1/3 c. herb vinegar
1/4 c. sugar
2/3 c. mayonnaise
1 tsp. salt
1 tsp. parsley flakes

Toss cut up vegetables well in a large bowl. Combine dressing ingredients in another bowl; mix well and pour over vegetables.

Grace Pounders

CAULIFLOWER-BROCCOLI SALAD

1 medium head cauliflower cut in florets
1 small bunch broccoli, cut into florets
1 medium size green bell pepper, chopped (optional)
1 small onion, chopped
1-2 oz. jar diced pimentos, drained
1 c. mayonnaise or salad dressing
1/2 c. white vinegar
1/4 c. sugar, more if you like it sweet

Combine first 5 ingredients in a large bowl. Combine mayonnaise, vinegar, and sugar. Pour over vegetables and toss gently. Cover and chill at least 3 hours. Yield: 10 servings.

Juanita P. Helms

MARINATED CAULIFLOWER

1 small head cauliflower, 1 1/2 lb. cut into bite-size pieces
1 small onion, thinly sliced
2 Tbsp. chopped green pepper
1/2 c. Heinz apple cider vinegar
1/4 c. Mazola corn oil

1 tsp. salt
Dash of pepper

In large bowl, toss together first 4 ingredients. In small jar with tight fitting lid, measure remaining ingredients; cover. Shake well. Pour over vegetables mixture; toss to coat well. Cover; refrigerate overnight. Makes about 4 cups.

Patsy J. Kelley

CHERRY SALAD

1-8 1/2 oz. can crushed pineapple
1-16 1/2 oz. can dark sweet cherries, pitted
1 small cherry Jell-O
1 small mixed fruit Jell-O
1-8 oz. cream cheese
1-8 oz. Cool Whip
1/2 chopped nuts, toasted
1-12 oz. Coca-Cola

Bring pineapple and juice to boiling point. Add both packages of Jell-O; stir to mix. Add 3/4 of the cream cheese; beat until cheese is melted. Drain juice from cherries and add enough Coca-Cola to make 2 cups. Add to Jell-O mixture, and then add cherries and Dream Whip, reserving 1/4 cup Dream Whip. Pour into 9x13 inch pan. Stir once or twice as it congeals. When set, sprinkle nuts on top. Cover with topping. **TOPPING:** Beat together the remaining cream cheese, Dream Whip, and 3 tablespoons mayonnaise. Spread evenly over salad.

Mary Jane Yeiser

CHERRY-COKE SALAD

1-No. 2 can crushed pineapple
1-No. 2 can dark Bing cherries
1-8 oz. pkg. cream cheese
1 pkg. strawberry Jell-O
1 pkg. red cherry Jell-O
1 large Coke

Drain juice from both cans of fruit. Heat the juice to boiling point. Remove from heat and add Jell-O; dissolve well. Add cold Coke and chill until mixture begins to congeal. Add

fruit and bits of cream cheese. Chill until fully congealed.

Vonzille W. McClendon

CHICKEN SALAD

4 c. cooked chicken
1 c. chopped celery
1/2 c. pecans
6 slices fried bacon, crumbled
1 c. mayonnaise
1 c. sour cream
2 Tbsp. lemon juice
1 1/2 tsp. salt
Pepper to taste

Combine chicken, celery, pecans, and bacon. Blend mayonnaise, sour cream, lemon juice, salt, and pepper. Add to chicken mixture. Mix well. Chill.
Very good served on sandwich-size croissants.

Sylvia Wallace

CONFETTI RELISH SALAD

1-3 oz. pkg. lemon gelatin
2 beef bouillon cubes
1 c. boiling water
1 Tbsp. tarragon vinegar
1 c. sour cream
1/2 c. chopped-unpeeled cucumber
1/4 c. chopped radishes
1/4 c. chopped green pepper
3 Tbsp. sliced green onions

Dissolve gelatin, bouillon, and vinegar in boiling water. Chill till partially set. Add sour cream and beat till smooth. Fold in other ingredients and chill until set. Serves 6.

Louise Walker

CORN SALAD

1-12 oz. can shoe peg or white corn, drained
1-12 oz. can yellow corn or Niblets, drained
1 bell pepper, chopped
1 onion, chopped
2 stalks celery, chopped
6 tomatoes, chopped
8 oz. Italian dressing

Combine vegetables and Italian dressing; marinate overnight. Serves 6.
This vegetable/salad goes with steak, chops, and other meats.

Jamella Hayes

CORN RELISH SALAD

1-12 oz. can whole kernel corn
1/2 c. chopped green pepper
1/2 c. diced celery
1/4 c. chopped onion
1 small jar pimientos, diced
1/3 c. salad oil
3 Tbsp. vinegar
1 tsp. salt
1/4 tsp. pepper
3/4 tsp. dry mustard
1 tsp. sugar, optional

Combine all ingredients and chill.

Arba Milam Taylor

EGG AND OLIVE MOLD

1 env. Unflavored gelatin
1/2 c. cold water
1/2 tsp. salt
1/2 tsp. black or white pepper
Juice of 1 lemon
Dash of hot pepper sauce
1 Tbsp. minced onion
1 c. mayonnaise

3/4 c. chopped celery
1/4 c. chopped stuffed Spanish olives
4 hard-boiled eggs, grated

Soften gelatin in cold water, then dissolve over hot water. Add salt, pepper, pepper sauce, and lemon juice. Stir mayonnaise into mixture. Add remaining ingredients; mix well. Pour into a 3 cup mold and chill until firm. Taste resembles "deviled eggs."

Jonnie Neal

5 CUP SALAD

1 small can coconut
1 small can pineapple tidbits
1 small can fruit cocktail
1 c. miniature marshmallows
1 c. sour cream
1 small can mandarin oranges

Mix all ingredients together well. Chill and serve.
Quick and easy!

Shelba J. Hastings

FROZEN CHERRY SALAD

1 large Cool Whip
1 can Eagle Brand milk
1 large can crushed pineapple, drained
1 can cherry pie filling

Mix well and freeze in 9x12 inch covered pan. Slice and serve on lettuce leaf.

Vivian Blankenship

FROZEN FRUIT SALAD CUPS

3/4 c. sugar
1 plain yogurt, small
1/2 tsp. salt

2 tsp. lemon juice
1 c. nuts
1 c. crushed pineapple, drained
1 c. sweetened strawberries
2 ripe bananas

Mix and freeze in baking cups in your muffin tins.
So nice to take to friends, and so good.

Gail Stewart Cleek

FRUIT SALAD

1-14 1/2 oz. pineapple chunks
1 medium can pears, chopped
2 cans mandarin oranges
1 c. maraschino cherries
2 bananas, sliced
1 can peach pie filling

Drain fruit well. Mix with peach pie filling. Place in refrigerator overnight.

Nina Walker

FROZEN FRUIT SALAD

4 egg yolks
4 Tbsp. sugar
1 large can crushed pineapple
1 large can white Queen Anne cherries
1 small jar red cherries
1 pt. whipping cream, whipped
1 lb. miniature marshmallows
1/2 c. pineapple juice
4 tsp. vinegar
1 c. pecans

Cook egg yolks, sugar, pineapple juice, and vinegar in double boiler until thick. Pour over marshmallows. Stir until dissolved. When thoroughly cooled, add crushed pineapple, white and red cherries, pecans, and whipping cream. Freeze.
I like to freeze in cupcake liner (use muffin pan for support) and store in freezer in serving sizes in Ziploc bag.

Barbara G. Clement

CHUNKY FRUIT SALAD

1 large can pineapple chunks, drained
1 can mandarin oranges, drained
1 can chunky fruit, drained
1 small pkg. French vanilla pudding
3 bananas
Lemon juice (enough to keep bananas from turning)
2 Tbsp. instant orange drink mix
1 c. juice

Drain all canned fruits and place in bowl. Reserve 1 cup of juice. Slice bananas in another bowl and pour lemon juice over bananas. Mix together orange drink mix, pudding mix, and 1 cup of juice. Mix well. Add bananas to other fruit and pour sauce over fruit. Chill. (Be sure to mix well.)

Carolyn Swift

COKE SALAD

3/4 c. sugar
1/2 c. water
1 can sour pitted cherries, with juice, 2-3 oz. pkg. cherry Jell-O
1 c. crushed pineapple, drained
1 c. chopped nuts
10 oz. Coke

Bring sugar, water, and cherries to a boil. Pour over Jell-O. Stir until Jell-O is dissolve, then add pineapple, nuts, and Coke. Chill.

Beverly Lawson

CREAM CHEESE AND TOMATO JUICE SALAD

1 pt. tomato juice
2 small pkg. cream cheese
1 c. chopped celery

1 c. mayonnaise
2 pkg. unflavored gelatin
1 grated onion or onion juice
Dash of salt

Soak gelatin in 1/2 cup cold water. Heat tomato juice to boiling; add cheese and gelatin. Let cool. Add remaining ingredients. Place in refrigerator to congeal.

Lottie Lee Hay

CUCUMBER SALAD

1 pkg. lime Jell-O
1 c. hot water
1 diced cucumber
1 small onion, chopped
1 large box cottage cheese
2 Tbsp. salad dressing

Dissolve gelatin in hot water. Grate onion. Add other ingredients.

Marie Deusner

HOMESTEAD SALAD

2 c. macaroni (twisted kind-cooked, drained, and blanched)
10 oz. frozen mixed vegetables (cooked and drained)
1 can kidney beans (drained and rinsed off)
1 c. diced celery, 1 c. diced green pepper
1/2 c. diced onion
3/4 c. sugar
1 c. vinegar
1 1/2 Tbsp. flour
1 Tbsp. prepared mustard

Toss macaroni and vegetables. Cook sugar, vinegar, flour, and mustard until thick and clear. Cool and pour over other ingredients. Let set for 24 hours in refrigerator before serving.

Margie Patterson

FIVE LAYERED SALAD

1 head lettuce
1 c. bell pepper, chopped
1 c. red onion, chopped
1 c. chopped celery
1 can small English peas
1 pt. Hellmann's mayonnaise
Parmesan cheese
Bacon bits

Chop 3/4 head lettuce. Add pepper, onion, celery, peas, and 1/4 rest of head lettuce (chopped). These are layered. Top with mayonnaise, Parmesan cheese, and bacon bits. Cover with Saran Wrap; refrigerate. Make in 9x13 inch glass dish. Makes 8 to 12 servings.

Best when made 24 hours ahead.

Elizabeth Fiddler, Inita McPeake

LAYERED LETTUCE SALAD

1 head lettuce
1 c. diced celery
5 boiled eggs
1-10 oz. pkg. green peas (or 1 can)
1/2 c. green pepper
1 medium red onion
12 slices bacon
2 c. mayonnaise
2 Tbsp. sugar

Fry bacon; drain and crumble. Tear lettuce into bite-size pieces. Place in 9x13 inch dish. Layer rest of ingredients in order given. Add sugar to mayonnaise. Mix and spread on top like frosting. Sprinkle grated cheese on top and cover. Refrigerate for 8 to 12 hours before serving.

Jamella Hayes

SEVEN LAYER SALAD

Lettuce, chopped

Cauliflower, small pieces
About 4 green onions, chopped
Radishes, thinly sliced
Broccoli, chopped-seedy portion
10 oz. pkg. frozen English peas
5 slices bacon-crisp crumbled
1/3 to 1/2 lb. grated Mozzarella cheese
Mayonnaise to cover top completely to keep crisp

Use a deep container-not big at top. Put lettuce in bottom, more lettuce than other ingredients. Continue layers as listed above. Be sure you use a container that can be sealed. Just before serving. Mix ingredients well.

Juanita Wallace

SEVEN-LAYER SALAD

1/2 medium head lettuce, shredded
1/2 c. chopped celery
1/2 c. chopped red or green bell peppers
3/4 c. chopped Spanish onions
1/2 pkg. or 10 oz. cooked green peas
1 c. mayonnaise or salad dressing
1 Tbsp. sugar
1 1/2 c. shredded mild Cheddar cheese
4 strips bacon (crisp cooked and chopped, or 1/4 c. bacon bits)

In large salad bowl, layer lettuce, celery, peppers, onions, and peas. Spread salad dressing evenly over peas. Sprinkle with sugar, then with cheese. Cover and refrigerate at least 4 hours or overnight. Sprinkle with bacon before serving.

Nancy Rogers

LIME OR LEMON JELL-O SALAD

18 large marshmallows
1 1/2 c. hot water
1 pkg. Jell-O, lime or lemon
1 lb. cottage cheese
1 small can crushed pineapple
1/4 c. pecans
1 c. whipping cream

Dissolve 18 or more large marshmallows in 1 1/2 cups hot water over heat. Add 1 package Jell-O and dissolve. Remove from heat and add 1 pound cottage cheese, 1 small can crushed pineapple with juice, and 1/4 cup pecans. Add 1 cup cream, whipped firm, but not stiff. Let set until firm.

Lottie Lee Hay

LIME VELVET SALAD

1 box lemon Jell-O
1 box lime Jell-O
2 c. boiling water
1 large can crushed pineapple, undrained
1 box cottage cheese
1 can Eagle Brand milk
2 Tbsp. mayonnaise
1/2 c. chopped nuts

Dissolve Jell-O in water. Chill. Add remaining ingredients. Pour into 13x9x2 inch pan. Chill until set.

Mixed fruit Jell-O may be substituted for lime to make a pink salad.

Sherry Miller

LORNA'S SALAD

1/2 c. sliced almonds
1/4 c. sugar
1/2 head lettuce
1/2 bunch romaine lettuce
4 green onions
1/2 green pepper, chopped
2-11 oz. cans mandarin oranges, drained

DRESSING: 1/2 c. vegetable oil

4 Tbsp. sugar
4 Tbsp. vinegar
1 tsp. parsley flakes
1 tsp. salt and pepper
Dash of red pepper sauce

Mix dressing ingredients and refrigerate. Cook almonds and sugar over low heat, stirring constantly, until sugar is dissolved and almonds are coated. Cool and break apart. Place lettuce (bite-size), romaine, green onions, green pepper, and oranges in bowl. Add dressing and toss. Add almonds and toss again.

Velma Shumaker

LUSCIOUS CONGEALED SALAD

1 small pkg. lime Jell-O (with 1 1/2 c. water)
1 large pkg. cream cheese, cut into small pieces
1 1/2 pt. whipping cream, whipped-add sugar to sweeten
1 can mandarin oranges, drained
1/2 c. chopped nuts

Boil 1 cup water and pour into Jell-O; mix. Add 1/2 cup cold water. Add cream cheese; mash into Jell-O, then add whipped cream, oranges, and pecans. Pour into mold.

Pauline Shugart

MANDARIN ORANGE SALAD

2-11 oz. cans mandarin orange sections
1 c. orange juice
1-6 oz. pkg. orange Jell-O
2 c. orange sherbet

Reserve liquid. Add orange juice to mandarin orange liquid to make 2 cups. Heat juice to boiling. Dissolve Jell-O in juice. Let stand for 30 minutes. Stir in orange sherbet and add orange sections. Pour in mold and chill. Serves 8.

Pat Nolen

ORANGE SALAD

1 small pkg. orange Jell-O (may use NutraSweet)
1 pkg. Cool Whip (may use Cool Whip light)
1 can crushed pineapple, drained
1 can mandarin oranges, drained

Mix orange Jell-O and Cool Whip well. Add well drained pineapple and oranges. Mix lightly and serve.

Brenda Ramsey

ORANGE SALAD

1-12 oz. Cool Whip
1-12 oz. cottage cheese
1 small pkg. orange Jell-O
1-10 oz. mandarin oranges, drained
1 small 15 1/4 oz. can crushed pineapple, drained

Mix cottage cheese and Cool Whip. Sprinkle dry Jell-O over mixture and fold in pineapple and orange mixture. Mix until Jell-O is dissolved. Refrigerate.

Sheila Hayes

NO TOSS SALAD

1 head chopped lettuce
1 small chopped bell pepper
1 c. chopped celery
1 chopped onion
Garlic salt
1 can English peas, drained
1 c. mayonnaise
2 boiled eggs, chopped
6 slices crumbled bacon

Layer ingredients in order given. Spread with mayonnaise; refrigerate overnight. Before serving, sprinkle with garlic salt, eggs, and bacon.

Tina Bruce

PINEAPPLE SALAD

1-No. 2 can crushed pineapple
1 pkg. lemon Jell-O
1-12 oz. ctn. cottage cheese, small curd

1/2 c. chopped pecans
1 pkg. Dream whip

Combine pineapple and Jell-O in saucepan. Bring to boil so gelatin is dissolved. Set aside and, when cooled thoroughly, add cottage cheese, pecans, and whipped Dream Whip. Refrigerate until set.

Christine Rogers, Amanda Scott

RANCHO SALAD

1 head lettuce, torn
1 c. grated cheese
1 can red kidney beans
1 c. chopped onions
1-8 oz. bottle Catalina dressing
1 c. crushed Fritos

Toss lettuce, cheese, beans, and onions with Catalina dressing. Mix well. Add Fritos and stir. Serve immediately.

Brenda Ramsey

RASPBERRY APPLESAUCE SALAD

2 c. applesauce
1-3 oz. pkg. raspberry Jell-O
1 tsp. grated orange rind
3 Tbsp. orange juice
1-7 oz. bottle 7-UP

Heat applesauce to boiling. Remove from heat. Dissolve Jell-O in hot applesauce. Add rest of the ingredients. Chill till firm.

Willie Donovan

RIBBON SALAD

1-3 oz. lemon Jell-O
1-3 oz. lime Jell-O

1-3 oz. cherry Jell-O
3 c. boiling water
1 c. miniature marshmallows
1 1/2 c. cold water
1-3 oz. pkg. cream cheese
1/2 c. mayonnaise
1-20 oz. can crushed pineapple
1 c. whipped cream or whipped topping

Dissolve Jell-O separately, using 1 cup boiling water for each. Stir marshmallows in lemon; set aside. Add 3/4 cup cold water to lime and pour in 13x9x2 inch lightly oiled dish. Chill until set. Add 3/4 cup cold water to cherry. Set aside at room temperature. Add cream cheese to lemon and beat with blender until well blended. Chill until slightly thick, then add mayonnaise, whipped cream, and crushed pineapple. Chill until very thick. Spoon gently over lime Jell-O. Chill until set. Chill cherry until thickened. Pour gently over lemon mixture. Chill until firm.

Joy Pratt

SLAW

1 cabbage, shredded or chopped
1 green pepper, diced
1 onion, chopped
2 carrots, chopped
2 c. sugar
2 Tbsp. sugar
1 Tbsp. salt
1 Tbsp. celery seed
1 c. vinegar

Mix cabbage, pepper, onion, and carrots. Put 1 cup sugar over cabbage mixture and let stand for 1 hour. Bring 2 Tablespoons sugar, salt, celery seed and vinegar to a boil. Pour this over Cabbage mixture. Let cool at least 4 hours in the refrigerator.

Carolyn Singleton

12 HOUR COLE SLAW

1 small head cabbage, shredded or chopped
1 green pepper, chopped
1 medium onion, chopped

1 c. finely diced celery
1/2 c. vinegar
1 1/4 c. sugar
1 tsp. celery seed
1 tsp. mustard seed
1/2 tsp salt

Combine first 4 ingredients. Cook vinegar, sugar, and seasoning to boiling point. Pour over cabbage mixture. Place in airtight container.
This recipe will keep for 3 weeks.

Juanita Wallace

FREEZER SLAW

1 tsp. salt
1 medium head cabbage, shredded
1 carrot, grated
1 c. vinegar
1/4 c. water
1 tsp. celery seed
2 c. sugar (I use 1 c.)
1 tsp. mustard seed

Mix salt with cabbage. Let stand for 1 hour. Squeeze out excess moisture. Add carrot and let stand. Mix vinegar, water, celery seed, sugar, and mustard in saucepan; bring to a boil for 1 minute. Cool to lukewarm. Pour over cabbage mixture. Place in freezer container and freeze.

Sammye Veteto

FREEZER SLAW

1 large head cabbage
1 onion
1 c. sugar
1 tsp. celery seed
1 bell pepper
1 c. vinegar
1 tsp. salt
1 tsp. turmeric

Grate the cabbage, onion, and pepper; place in a large container. Heat the vinegar, sugar, salt, celery seed, and turmeric to boiling; pour over the cabbage mixture. Let cool and freeze.

Canning salt is better.

Donna W. Roberts

FREEZER SLAW

6 lb. cabbage, shredded
3 Tbsp. salt
2 stems celery, chopped or sliced
2 bell peppers, chopped
5 1/2 c. sugar
2 1/2 c. white vinegar
1 Tbsp. celery seed
1 Tbsp. white mustard seed
1 carrot, optional

Grate cabbage and sprinkle with salt. Let stand for 1 hour. Add celery, bell pepper, and carrot; let stand for 20 minutes longer. Drain well. Combine sugar, water, vinegar, celery seed and mustard seed. Bring to a boil and pour over cabbage mixture; mix well. Cool well and spoon into freezer boxes.

Shelba J. Hastings

FROZEN SLAW

1 head cabbage
1 shredded carrot
1 tsp. canning salt
1 large green pepper
1 tsp. dry mustard
Dash of pepper
1 c. vinegar
2 c. sugar

Mix vegetables, salt and pepper; let stand in refrigerator for 2 hours. Heat vinegar and sugar; pour over vegetables.

Ailene Taylor

SOUR CREAM SLAW

4 c. cabbage, shredded
1 c. celery, chopped
1/2 c. sour cream
1/2 c. mayonnaise
1 tsp. salt
1/4 c. green onion, chopped
1/4 c. green pepper, chopped
1/2 c. cucumber, chopped
1 Tbsp. butter
1/2 c. almonds, sliced
2 Tbsp. Parmesan cheese

Mix above ingredients together and refrigerate. Toast almonds and sprinkle on top before serving.

Elizabeth Coffman, Louise Walker

YELLOW SLAW

1 large head cabbage, shredded or chopped
1 large onion, chopped
1 green pepper, chopped
1 tsp. celery seed
1 c. vinegar
1 c. sugar
1 tsp. white mustard seed
1 tsp. turmeric
Salt and pepper to taste

Combine cabbage, onions, and pepper. Heat sugar, vinegar, celery seed, mustard seed, and turmeric to boiling point. Pour over cabbage mixture. Cover and refrigerate overnight.

This will keep well in the refrigerator for several days.

Juanita Wallace

SOUR CREAM POTATO SALAD

7 medium potatoes
1/3 c. Italian salad dressing
3/4 c. celery, diced
1/3 c. red onion, chopped
4 eggs, boiled
1 c. mayonnaise
1/2 c. sour cream

Cook unpeeled potatoes; peel and dice while hot. Pour salad dressing over warm potatoes. Chill for 1 hour. Add celery, onion, and chopped egg whites. Sieve yolks; mix with mayonnaise and sour cream; fold into salad. Add salt and celery seed to taste. Chill for 2 hours before serving.

Durene Wallace Seim

SWEET PICKLE POTATO SALAD

6 c. cooked cubed potatoes
4 hard-boiled eggs, chopped
1 c. sweet pickles, chopped
2 oz. canned diced pimento, drained
1/4 c. chopped pimento stuffed green olives
1/4 c. finely chopped green onions
1/4 c. sour cream
3/4 c. mayonnaise
2 Tbsp. sweet pickle juice
1/2 tsp. celery seed
1/4 tsp. paprika
Salt and pepper to taste

Lightly combine potatoes, eggs, pickles, pimento, olives, and green onions; set aside. Mix together sour cream, mayonnaise, pickle juice, celery seed, paprika, salt, and pepper. Pour mixture over potatoes and stir well. Chill for several hours or overnight. Yields 12 servings.

Ernestine Sisson

STRAWBERRY SALAD

2-3 oz. pkg. strawberry flavored gelatin
1 c. boiling water

2-10 oz. pkg. frozen sliced strawberries, partially thawed
1-20 oz. can crushed pineapple, drained
3 medium bananas, mashed
1/2 c. walnut or pecans, coarsely chopped
1-10 1/2 oz. pkg. unbaked cheese cake mix

Dissolve gelatin in boiling water. Stir in fruit and nuts. Pour 1/2 of gelatin mixture into a 13x9x2 inch pan. Chill until firm. Store remaining gelatin mixture at room temperature. Prepare cheesecake filling according to package directions (reserve graham cracker crumbs for other uses). Spoon cheesecake filling over congealed fruit mixture. Spoon remaining gelatin mixture over filling and chill until firm. Yields about 18 servings

Christine Rogers

FROZEN STRAWBERRY SALAD

2 pkg. 8 oz. cream cheese, softened
2 Tbsp. mayonnaise
2 Tbsp. sugar
2-10 oz. pkg. frozen strawberries, partially thawed
1/3 -10 oz. pkg. small marshmallows
1-12 oz. can crushed pineapple, drained
8 oz. ctn. Cool whip
1/2 c. chopped pecans

Mix all ingredients. Pour into a mold or dish and freeze. Take out about 15 minutes before serving so it can be cut into squares or sliced.

Christine Rogers

TACO SALAD

1 lb. hamburger meat
1 pkg. taco seasoning
Red kidney beans
Grated Cheddar cheese
Chopped tomatoes
Chopped onions
1 or 2 bags Doritos chips, crushed into small pieces whatever flavor is desired
Chopped lettuce

Brown meat. Add taco seasoning and cook as directed on package. Let cool, then add above ingredients and serve with Catalina dressing, plain or whatever dressing is desired.

Pat Nolen

VEGETABLE SALAD

1/2 c. sugar
1/2 c. vinegar
1/2 c. oil
1-No. 2 can small peas
1-No. 2 can cut green beans
1-No. 2 can white shoe peg corn
1 jar pimiento
1 c. celery, diced
1 c. onion, diced
1 green pepper, diced

Bring sugar, vinegar, and oil to boil. Let cool. Drain all canned vegetables; combine with chopped vegetables in large mixing bowl (not plastic). Salt to taste. Pour vinegar and oil mixture over vegetables and let marinate in refrigerator for 24 hours.

You may also wish to add chopped carrots and lima beans (baby). This will keep for days. Serves 12. Good to use when cooking for a crowd or outdoor barbecue.

Elizabeth Bunch

VEGETABLE SALAD

2 small tomatoes
1 small cucumber
1 c. celery
1 bunch green onions
1 small bell pepper
1 pkg. Knox unflavored gelatin
1/4 c. cold water
1/4 c. boiling water
2 c. Mayonnaise
1 tsp. salt

Add gelatin to cold water; soften gelatin. Add boiling water and stir until dissolved. Cream in mayonnaise and salt. Add chopped or diced vegetables and pour into mold; refrigerate until stiff. Serve with crackers or bread.

Gina Myracle

WEIGHT WATCHERS MOCK POTATO SALAD

1 small fresh cauliflower
2 celery stalks, chopped
1/2 green pepper, chopped
1 medium dill pickle, chopped
1-4 oz. can mushrooms, drained
3 Tbsp. prepared mustard
1 tsp. onion flakes
1 tsp. parsley flakes
1 tsp. salt
2 tsp. sugar substitute
1/2 tsp. Worcestershire sauce
1/3 tsp. lemon juice
1/4 tsp. monosodium glutamate (MSG)
2 Tbsp. pimento, chopped

Wash and cut cauliflower into bite-size pieces. Add all other ingredients except parsley flakes. Mix well and refrigerate for several hours. Sprinkle parsley flakes on top and serve.

Faye Johnson

MARINATED CUCUMBERS

1 large cucumber or several small ones
1 tsp. salt
3 Tbsp. sugar
1/3 c. vinegar
1/2 tsp. celery seed
Several thin slices onion

Slice cucumbers thin. Mix everything thoroughly and pour over cucumbers. Fold in onions. Chill until ready to serve.

May want to double recipe for company. Excellent.

Kay Jared

CUCUMBER IN SOUR CREAM

2 cups thinly sliced cucumbers
1/2 tsp. salt
1/2 c. sour cream
1/2 tsp. sugar substitute
1 Tbsp. vinegar
1/2 tsp. dill

In a shallow bowl, place cucumber and sprinkle with salt. Allow to set for 1/2 hour. Drain. Add remaining ingredients. Mix well. Chill.

Kay Jared

GRAPE SALAD

1 lb. white grapes
1 lb. red grapes
8 oz. cream cheese
1 tsp. vanilla
8 oz. sour cream
1/2 c. sugar
1 c. light brown sugar
1 c. finely chopped pecans

Wash and dry grapes. In a small bowl, mix cream cheese and vanilla. In another small bowl, mix sour cream and sugar. Mix the cream cheese and sour cream mixtures together. Fold grapes into this mixture. Pour into container. Sprinkle brown sugar and pecans over that. Cover and refrigerate.
It is also good as a dessert.

Gail McPeake

KOREAN SALAD

1 nappa cabbage, chopped
1 red onion, chopped
5 green onions, chopped
2 pkg. plain Ramen noodles
1/2 c. sliced almonds
1/2 c. sunflower kernels

1 stick butter
1 c. oil
1/2 c. white vinegar
1/2 to 3/4 c. sugar
3 Tbsp. Soy Sauce

Mix cabbage, red and green onions together and set aside. Mix Ramen noodles, almonds, sunflower kernels, and butter. Brown in 350 degree oven. Drain. Mix oil, vinegar, sugar and soy sauce in a jar. Shake to mix and set aside until time to mix cabbage mixture then fold in noodle mixture. Noodle mixture can be done few days ahead and so can the dressing (oil and vinegar).

Leigh Milam

GREEN BEAN SALAD

1 1/4 lb. green beans, the little new ones are best
1/4 c. reduced fat chicken broth
1 tbsp. lemon juice
1 tbsp. Dijon mustard
Pepper and salt
1 small red onion, sliced
1/2 c. canned sliced water chestnuts
1/4 c. snipped fresh dill

In a large pot of boiling water, cook the green beans until crisp tender about 4 minutes (time depending on age of beans). Drain under cold water and drain again. In a large bowl whisk together the broth, lemon juice, mustard, salt, and pepper. Add the green beans, onion, water chestnuts, and dill. Mix well.
Serves 4; Calories 76; Fat: 0.2

Barbara McLamb

HELEN'S SALAD

3 heads of broccoli, cut into small pieces
1 c. red seedless grapes
1 c. white seedless grapes
1 c. chopped celery
1 c. cooked bacon, chopped fine
1 c. toasted slivered almonds (walnut can be used instead)
1 c. diced apples

3 c. mayonnaise
1 c. sugar
2 1/2 Tbsp. vinegar

Mix mayonnaise, sugar, and vinegar together. Toss the rest of the ingredients with the dressing to moisten well. Let chill 1 hour before serving. Serves 10 to 12.
This is the wonderful salad served at the Ridgecrest Kitchen.

Fannie Clark Group

GREEK SALAD

2 c. raw broccoli, cut up
1 sliced red onion
2 c. red or black grapes, seedless and cut in half
1/4 c. Sunflower seeds
1 c. chopped pecans
1/4 c. mayonnaise fat free
1 individual pkg. sweet and low artificial sweetener
1 Tbsp. red wine vinegar with garlic

In large bowl, mix broccoli, onion, grapes, seeds and pecans. In another bowl, mix mayonnaise, sweetener, and vinegar. Pour over salad and toss well. Yields 20 servings.

Brenda Kelley

PEA-BEAN SALAD

1 can Lesueur English peas
1 can long green beans, cut
1 medium onion, chopped
1 small green pepper, chopped
5 stalks celery, chopped
Jar of pimiento, drained
Dressing:
1/2 cup corn oil
3/4 cup sugar
1/2 cup white vinegar

Pour dressing over vegetables. Cover and refrigerate before serving (at least overnight). Drain to serve. Return unused portion to dressing. Will keep for at least two weeks.
Serves 16.

Methodist Women at Jackson

FESTIVE RICE SALAD

3 c. cooked rice
1 can Vienna sausage, cut in 1/4 inch slices
1 - 8 1/2 oz. can peas and carrots, drained
1 - 2 oz. jar pimento, drained
2 boiled eggs, chopped
1/2 c. chopped onion
1/2 c. chopped green pepper
1/2 c. mayonnaise

Mix all ingredients in a large bowl. Chill. Makes 6 to 8 servings.
Easy to prepare and real tasty.

Reggie Crumm

SLAW

16 oz. shredded cabbage with diced carrots
1 bundle of green onions
1 pkg. of sunflower seeds
2 pkg. of ramen noodles-chicken flavor

Dressing: 3/4 cup of canola oil
1/4 white vinegar
1/2 cup of sugar
2 pkgs. of chicken flavor from the noodle pkg.

Mix the dressing ingredients and refrigerate. Break ramen noodles into small pieces. Slice green onions and mix cabbage, onions, and ramen noodles together. Refrigerate. Thirty minutes before serving, add the dressing to the cabbage and sprinkle on the sunflower seeds.

Lisa Voelkel

LEMON-LIME SALAD

1 pkg. lemon Jell-O
1 pkg. lime Jell-O
2 c. hot water
1- 15 oz. can crushed pineapple
1- 12 oz cottage cheese
1 c. mayonnaise
1/2 can sweetened condensed milk
1 c. chopped pecans

Dissolve Jell-O in hot water and add remaining ingredients in order given.

Elizabeth Coffman, Billie Todd

CHILE CORN BREAD SALAD

1 - 8 1/2 oz. pkg. corn bread/muffin mix
1 - 4 oz. can chopped green chilies, undrained
1/8 tsp. ground cumin
1/8 tsp. dried oregano
Pinch of rubbed sage
1 c. mayonnaise
1 - 8 oz. carton sour cream
1 envelope ranch salad dressing mix
2 - 15 oz cans pinto beans, rinsed and drained
1 - 15 1/4 oz. cans whole-kernel corn, drained
3 medium tomatoes, chopped
1 c. chopped green bell pepper
1 c. chopped green onions
10 bacon strips, cooked and crumbled
2 c. shredded Cheddar cheese

Preheat oven to 400 degrees. Prepare the corn bread batter according to package directions. Stir in chilies, cumin, oregano and sage.

Spread in a greased 8 inch square baking pan. Bake for 20 to 25 minutes or until a toothpick inserted near the center comes out clean. Cool.

In a small bowl, combine mayonnaise, sour cream and dressing mix. Set aside. Crumble half of the corn bread into a 9 x 13 inch dish. Layer with half the beans, mayonnaise mixture, corn, tomatoes, green pepper, onions, bacon and cheese. Repeat layers (dish will be very full). Cover and refrigerate for 2 hours before serving. Makes 12 servings. Reduced-fat cheese, sour cream and mayonnaise will work in this recipe. I got it from a friend and it is very good.

Betty Gossett

FROZEN FRUIT SALAD

8 oz. softened cream cheese
3/4 c. sugar
Large can crushed pineapple, drained
10 oz. frozen sliced strawberries
2 bananas, quartered and sliced
8 oz. cool whip

Mix all ingredients together in bowl and freeze (ring mold is nice). You can make it healthier by using reduced fat cream cheese, no-fat cool whip, pineapple in its own juice (not syrup) and strawberries not packed in syrup.

Pam McLamb Freeman

CORN SALAD

4 - 8 oz. cans white and yellow mixed Delmonte corn, drained
1 c. finely chopped celery
1 c. finely chopped red bell pepper
1 c. chopped fresh cucumber
1 carton cherry tomatoes, halved
1 c. finely chopped chives
1 c. Hellmann's mayonnaise
Salt and pepper to taste

Mix all together and refrigerate.
You can half or forth this very easy. You can use your favorite brand of corn.

Kim Baudo

LIME FLUFF

1 - 6 oz. pkg. lime flavored gelatin mix
1 - 8 oz. container frozen whipped topping, thawed
1 - 20 oz. can crushed pineapple with juice
1 - 16 oz. container sour cream
1 - 16 oz pkg. miniature marshmallows
1 c. chopped pecans

In a large bowl, mix all ingredients together. Cover and chill in refrigerator for at least 1 hour. Serve cold. Makes 8 to 10 servings. This salad is great with everything. You can use nuts of your choice.

Betty Sheppard

LAYERED ORANGE GELATIN

2 pkg. sugar free orange gelatin
2 c. boiling water
1 - 15 oz. can mandarin oranges
1 - 3 oz. pkg. reduced fat cream cheese, cubed
1 pt. orange sherbet, softened
1 1/2 c. reduced fat whipped topped

Put gelatin in mixing bowl and dissolve in boiling water. Drain oranges and reserve juice. Set oranges aside and stir juice in gelatin. Add cream cheese and beat until smooth. Stir in sherbet and whipped topping. Pour into a slightly buttered or oiled 8 x 8 inch dish. Cover and put in refrigerator overnight. Cover mandarin oranges and put in refrigerator. After salad is congealed, lay oranges on top of each serving. Cut the servings about 1 1/2 inch wide by 3 or 4 inches long. Each serving has 125 calories.

Ann Toothman

BROCCOLI SLAW

1 bag of broccoli slaw
1 pkg. ramen noodles, (I use Oriental flavored)
1 c. sliced almonds, toasted
1 c. sunflower seeds
3 to 6 green onions, diced (I used 3)

DRESSING:

1/3 c. vinegar, (I used apple cider vinegar)
1/2 c. oil
1/2 c. sugar (can use Equal or Splenda, 10 packets)
Seasoning mix from Ramen noodles

Mix dressing ingredients and keep separate in refrigerator until ready to use. Mix salad ingredients in separate bowl. Break up Ramen noodles. Toast almonds at 350 degrees

for 8 to 10 minutes. Toss salad ingredient, dressing, noodles, and almonds when ready to serve.

Debbie Jamison

WATERGATE SALAD

2 pkg. Jell-O pistachio instant pudding and pie filling
2 cans (20 oz. each) crushed pineapple in juice, undrained
2 c. Jet-Puffed Miniature Marshmallows
1 c. chopped pecans
3 c. (8 oz. tub) thawed Cool Whip topping

Mix dry pudding mix, pineapple, marshmallows and pecans in large bowl until well blended. Gently stir in cool whip. Refrigerate for 1 hour or until ready to serve. Top with cool whip and pecans if desired. Makes 16 servings 1/2 cup each

Janice Dininger

RICE, BLACK BEAN, & FETA CHEESE SALAD

1 - 15 oz. can black beans, rinsed and drained
1 1/2 c. chopped tomatoes
1 1/2 c. cooked rice
1 pkg. (3.5 oz.) Reduced Fat Feta Cheese
1/2 c. each chopped celery and green onions
1/2 c. Italian dressing
2 Tbsp. chopped fresh cilantro or parsley

Mix all ingredients. Refrigerate.

Makes 5 servings. It would be a complete meal with some chicken, shrimp, or sausage added to it.

Marta Smith