

## **\*Caesar Salad**

Serves 4

1 garlic clove, peeled and sliced  
1/2 cup olive oil  
1 cup French bread, cubed  
2 heads romaine lettuce  
1 ½ teaspoons salt  
¼ teaspoon dry mustard  
black pepper

5 fillets of anchovy  
dash Worcestershire  
2 tablespoons wine vinegar  
1 teaspoon Balsamic vinegar  
1 egg, raw  
juice of 1 lemon  
2 to 3 tablespoon grated Parmesan cheese

Soak anchovies in water overnight. Soak garlic in oil overnight; discard garlic when ready to use.

Sauté bread in 2 tablespoons garlic oil until golden brown; set aside. Wash romaine, cut into bite-size pieces and dry with a salad spinner or paper towels. Mince anchovies and add to oil. Pre-mix: egg, oil, anchovies, Worcestershire, both vinegars, salt, dry mustard. In a large bowl toss lettuce with egg-anchovy mixture. In order, add lemon, cheese, croutons and pepper, toss and serve.

### **Cranberry Mold**

1-6 ounce package raspberry Jell-O  
1-8 ounce can crushed pineapple with juice  
1-14 ounce jar Ocean Spray cranberry-orange relish  
1 cup minced celery  
1 tablespoon lemon juice  
1/2 cup chopped pecans

Garnish: sour cream

Dissolve Jell-O in 2  $\frac{3}{4}$  cups boiling water. Add pineapple with juice. Chill until very thick but not set. Mix in remaining ingredients except garnish. Pour into a 1 quart mold. When ready to serve, release Jell-O from mold by setting the bottom briefly in hot water. Then invert it onto a serving plate.

Garnish with sour cream.

**\*Italian Dressing**

Makes 1 cup

1/3 cup white wine vinegar  
2 cloves garlic, sliced  
1/2 teaspoon oregano  
1/4 teaspoon basil  
1 tablespoon fresh dill, chopped

2/3 cup olive oil  
1 1/2 teaspoon lemon juice

Seep together the first 5 ingredients for no longer than 1 hour. Strain into oil and lemon juice.

## Spinach Salad

Serves 6

3 eggs, hard boiled and chopped  
8 bacon slices, crumbled  
1 pound baby spinach leaves  
1 red onion, finely sliced  
Optional: sliced mushrooms  
3/4 cup dressing (See below)

### Blue Cheese Dressing:

1/4- pound blue cheese, crumbled

1 cup mayonnaise  
1/2 pint sour cream  
salt and pepper to taste

### French Dressing:

1 cup mayonnaise  
1/2 cup ketchup  
juice of 1/2 lemon  
6 cloves garlic About 2 hours before  
serving, quarter garlic and add to  
dressing. Remove before serving.)

Soak onions in a mixture of 1/2 cup cold water and 1 tablespoon salt for 30 minutes. Drain, rinse well and dry on paper toweling. You can use the mushrooms raw, or if you prefer, sauté them in a mixture of butter and oil.

### Broccoli and Cauliflower Salad

3 stems *each*: broccoli and cauliflower,  
cut into small florets.  
½ cup mayonnaise  
½ cup sour cream  
2 tablespoons red wine vinegar

1 tablespoon sugar  
¼ cup red onion, minced  
½ cup raisins, soaked in hot water for  
10 minutes, then drained  
Garnish: ½ pound bacon, cooked and  
chopped or chopped ham

You can use the broccoli and cauliflower raw; however, I prefer to parboiled slightly. To parboil bring a large pot of water to boil. Stir in the broccoli and cauliflower. Return to a boil. Simmer, uncovered 2 minutes for the broccoli and 3 minutes for the cauliflower or until the vegetables ever-so-slightly soften. Drain and dunk vegetables in a bowl of cold water to stop further cooking. Drain and dry with paper towels.

Mix mayonnaise, sour cream, vinegar and sugar. Lightly toss with the vegetables, onion and raisins. Refrigerate overnight. Garnish with bacon. Serve cold or slightly chilled.

## Santa Fe Coleslaw

Serves 6

Dick Napp

1 pound green cabbage, finely shredded  
1 medium cucumber, peeled, seeded and cut in thin diagonal slices  
5 scallions, thinly sliced on the diagonal  
1 medium red bell pepper, julienne  
1 medium yellow bell pepper, julienne  
2 celery ribs, peeled and thinly sliced on the diagonal

1 large carrot, shredded  
1 small white onion, cut into thin slivers  
Dressing:  
¼ cup lime juice  
2 tablespoons cider vinegar  
½ - ¾ teaspoon hot pepper sauce  
2 tablespoons sugar  
2 tablespoons olive oil  
1 teaspoon salt

Soak onion in salted water for 30 minutes; drain, rinse and dry with paper towels.  
Combine vegetables. Whisk dressing ingredients until sugar is dissolved. Toss vegetables with dressing. Let stand at room temperature for 30 minutes, then refrigerate and 1 hour. Toss often and just before serving.

### **\*Roasted Pepper Salad**

Serves 5

Cook's Illustrated

6 medium peppers: different colors  
1 tablespoon sherry vinegar  
2 tablespoon extra-virgin olive oil  
salt and pepper  
mixed greens

Garnishes:  
6 green olives  
1 tablespoon drained capers  
1 tablespoon chopped fresh oregano

Roast the pepper over the flame of your gas stove or broil in the oven until blackened. Using tongs, place in the peppers in a paper bag to steam for about 10 to 15 minutes.

Remove blackened skin with your fingers (don't use water) and cut into 1-inch wide strips. Place strips in bowl and toss gently with vinegar, oil and salt and pepper to taste. Serve over mixed greens garnished with olives, capers and oregano.

## **Diana's Slaw I**

Serves 4

¾ head Napa cabbage

1 red pepper, thinly sliced

½ red onion, chopped

1 small can corn

4 slices dried or fresh mango, diced

salt, pepper and sugar to taste

Italian Dressing: (See recipe)

Boston lettuce

Mix pepper, onion, corn and mango. Just before serving, mix in finely shredded cabbage. Add salt, pepper and sugar to taste. Toss with small amount of Italian dressing. Mound on individual leaves of lettuce. Serve immediately (or cabbage will wilt).



### **Diana's Slaw II (Serve with Crab Cakes)**

cabbage, sliced very thin  
carrot, grated  
red bell pepper, slices thin  
poblano pepper, par boiled and sliced thinly  
green onion, cut on diagonal  
pickled ginger, chopped  
pickle relish  
1000 island dressing

red bell peppers halved, seeds and ribs removed

Toss all slaw ingredients and serve inside the red pepper.  
Serve with crab cakes

### **\*International Cherry Tomato Dishes**

Serves 6

2 boxes multi-colored cherry tomatoes halved or quartered depending on their size.

#### **Master Recipe:**

1 tablespoon olive oil  
½ tablespoon sherry vinegar  
dash balsamic vinegar  
salt and pepper to taste

#### **Italian:** (add to Master Recipe)

2 balls fresh mozzarella, cubed  
fresh basil, thinly sliced

#### **Greek:** (Add to Master Recipe)

feta cheese, crumbled

Greek olives, pitted and halved  
chopped mint or oregano

#### **Mexican:** (Add to Master Recipe)

1 ½ tablespoons corn  
chili powder, to taste  
lime juice instead of sherry vinegar  
1 teaspoons grated orange rind  
1 tablespoon minced green onion  
Optional: 2 teaspoons minced green  
bell pepper  
hot sauce to taste

## Sweet and Sour Cucumber with Fresh Dill

Serves 6-8

Bon Appetit

2 English hothouse cucumbers, unpeeled, very thinly sliced  
1 tablespoon coarse salt  
½ cup white vinegar  
¼ cup finely chopped fresh dill  
3 tablespoons sugar  
½ teaspoon pepper  
Optional: plain yogurt or sour cream

Place cucumber slices in colander. Sprinkle with salt; toss to coat. Let stand 15 minutes, stirring occasionally.

Meanwhile, for dressing, stir vinegar, dill, sugar and pepper in large bowl until sugar is dissolved.

Drain cucumbers well; pat dry. Add cucumbers to dressing and stir to blend. Refrigerate at least 15 minutes and up to 2 hours. Serve cold.

### **\*Danish Potato Salad**

Serves 6 to 8

Bon Appetit

3 pounds Yukon Gold, each about 3 inches in diameter  
½ cup finely chopped chives or green onion tops  
½ cup chopped parsley

2 tablespoons drained capers  
3 tablespoons white wine vinegar  
1 tablespoon caper liquid from jar  
1 teaspoon coarse-grained Dijon mustard  
½ cup extra-virgin olive oil

Cook potatoes in large pot of boiling salted water until just tender, about 15 minutes. Drain, cool 30 minutes and peel, if desired. Cut into ½-inch thick slices. Place potatoes in large bowl. Add chives, parsley and capers.

Combine vinegar, caper liquid and mustard in small bowl. Whisk in oil. Season dressing to taste with salt and pepper. Pour dressing over potatoes; toss gently. Season with salt and pepper. (Can be made 2 hours ahead. Let stand at room temperature.)

**\*Diana's Beet Salad**

Boston lettuce  
iceberg lettuce  
honey mustard salad dressing  
S&W sliced pickled beets, drained and julienned  
feta cheese, crumbled  
1 orange rind, grated

Toss lettuce with dressing. Assemble in order: lettuce, beets, feta cheese, orange rind.

### **Spinach Salad Dressing**

Kay Heise

12 ounces fresh spinach, prepared

1 large garlic clove, peeled and thinly sliced

2 teaspoons (or less) Dijon mustard

2 teaspoons red wine vinegar

2 tablespoons olive oil

salt and pepper

Soak garlic in olive oil overnight; drain and discard garlic. Add other dressing ingredients and whisk together. Lay spinach on top of dressing and toss.

## Marinated Vegetable Salad

Serves 10

Joanne Nawrocki

### Marinade:

1 cup sugar

$\frac{3}{4}$  cup white vinegar

$\frac{1}{2}$  cup corn oil

1 teaspoon salt

1 teaspoon coarse pepper

1 tablespoon water

$\frac{1}{2}$  package frozen tiny peas

$\frac{1}{2}$  package tiny whole green beans

$\frac{1}{2}$  package frozen corn

1 can chopped pimento

1 cup chopped celery

1 cup chopped green onion

1 cup chopped green pepper

1 can garbanzo beans, drained

1 can black beans, rinsed and drained

1 can kidney beans, rinsed and drained

Whisk marinade ingredients and mix with remaining ingredients. Marinate at least 24 hours. Remove from refrigerator before serving and toss.

## Salishan Cabbage Blend Slaw

Serves 8 to 10

Dressing: combine all ingredients  
(can store for up to 2 weeks  
½ cup seasoned rice wine vinegar  
1 cup salad oil  
1 tablespoon sesame oil  
1 tablespoon garlic chili paste  
1 teaspoon salt  
1 tablespoon soy sauce

1/2 cup mayonnaise  
1 teaspoon sugar

Cabbage Blend:  
1 Napa cabbage, very thinly sliced  
1 bunch scallions cut on bias  
½ bunch cilantro, chopped  
2 carrots, shredded

Whisk all dressing ingredients. Mix all Cabbage Blend ingredients and toss with enough dressing to coat just before serving. Use immediately as cabbage will not hold over a prolonged period.

Optional Additions: radish, diakon, sprouts, julienned snow peas.



### **\*Black Bean and Roasted Pepper Salad**

Serves 4

2 large red bell peppers, roasted

¼ cup rice vinegar

1 tablespoon each: water, olive oil,  
honey

½ teaspoon chili oil

1 15-ounce can black beans, rinsed and  
drained

¾ cup cooked corn

8 grape tomatoes, quartered

2 tablespoons minced cilantro

1 tablespoon green onion, thinly sliced  
salt

Sauce: sour cream, lime juice milk, salt

Cut peppers into quarters; slice each crosswise into thin strips. In a medium bowl, whisk vinegar, water, olive oil, honey and chili oil. Add beans, corn and peppers; mix gently but thoroughly. Cover and refrigerate overnight.

Sauce: Mix together sauce ingredients to taste and enough milk to make a thick drizzle. Cover and refrigerate overnight. To serve, stir tomatoes, cilantro and onion into bean mixture. Arrange on plates and drizzle bean salad with sauce.

### **\*Macaroni Salad**

Serves 4+

7 ounces elbow macaroni, cooked, drained well

2 tablespoons vinegar

½ cup finely chopped green pepper

¼ cup finely chopped celery

2 tablespoons pickle relish

optional: ¼ cup 4-ounce jar chopped pimentos, or to taste

2 tablespoons minced green onion

½ cup each: diced cheddar cheese, cubed smoky Polish sausage

2/3 cup mayonnaise

In a large bowl, add macaroni and vinegar; mix lightly and let stand 10 minutes. Add remaining ingredients. Refrigerate.

Suggestion: Instead of mayonnaise, try basil olive oil.

## Vegetable (with Shrimp) Salad

Serves 4

Bon Appétit

### Dressing:

1 tablespoon Dijon mustard  
2 tablespoons rice vinegar  
2 ½ tablespoons fresh orange juice  
1 ½ tablespoons olive oil  
1 ½ tablespoons chopped fresh oregano  
1 large shallot, minced  
1 teaspoon packed grated orange peel  
salt and pepper

### Vegetables:

1 large yellow bell pepper, char

roasted  
1 large red bell pepper, char roasted  
12 ounces small green beans, trimmed  
1 large Yukon potato, cut into ½-inch pieces  
1 large ear fresh corn, kernels cut from cob, or ¾ to 1 cup cooked corn  
4 cups mixed baby green  
1 tablespoon rice vinegar  
  
optional: cooked shrimp

Dressing: Place dressing ingredients in a jar and shake well. Season with salt and pepper to taste.

Vegetables: Peel and cut green beans into ½-inch pieces. Blanch until crisp-tender. Transfer to ice water (TIW). Boil potatoes and cook until just tender; TIW. Boil corn about 30 seconds; TIW. Drain all vegetables well and pat dry with paper towels.

Serving: (If using shrimp, mix with 1 ½ tablespoons dressing.) Mix remaining dressing into vegetables. Toss greens with 1 tablespoon rice vinegar. To serve, plate greens add vegetables (and top with shrimp).

## **Chopped Vegetable Salad**

corn  
red and green pepper  
black beans  
green onion  
jicama  
red cabbage  
carrot  
Green Goddess Dressing  
served over lettuce leaves

### **Green Goddess Dressing**

1 cup mayonnaise  
1 cup chopped scallions  
1 cup chopped fresh basil leaves  
2 tablespoons lemon juice  
2 teaspoons chopped garlic  
2 teaspoons anchovy paste  
1 teaspoons kosher salt  
1 teaspoon pepper<sup>1</sup>/<sub>2</sub> teaspoon sugar  
1 cup sour cream

Process mayonnaise, scallions, basil, lemon juice, garlic, anchovy paste, salt, pepper and sugar. Add sour cream and process just until blended. Taste and adjust seasonings if necessary. Refrigerate until ready to serve.

## **Carrot-Raisin Salad**

### Classic:

4 cups shredded carrots  
3/4 to 1-1/2 cups raisins  
1/4 cup mayonnaise  
1 tablespoons sugar  
2 to 3 tablespoons 2% milk  
salt and pepper to taste

Optional Additions: diced  
pineapple, cumin

### Lemony Carrot Salad:

1 tablespoon lemon juice  
1 tablespoon extra-virgin olive oil  
1/2 small clove garlic, minced  
1/8 teaspoon salt  
Freshly ground pepper, to taste  
1 cup shredded carrots  
1 1/2 tablespoons chopped fresh dill  
1 tablespoon chopped scallion

## Seven Layer Salad

Serves 6-8

about 4 cups mixed greens (baby spinach, iceberg, butter lettuce),  
torn into pieces

1 cup Green Goddess dressing

3 hard-cooked eggs, sliced

½ large red onion, chopped

4 ounces fresh mushrooms, sliced

5 ounces shredded cheddar cheese  
½ pound bacon, cooked, drained  
and crumbled

½ pint cherry tomatoes, halved

5 ounces frozen peas (do not thaw)

optional: sliced cucumber

Put half the lettuce in bottom of a 2-quart glass salad bowl. Save the rest for filler of other layers. Press eggs around circumference of bowl, then add rest to center, filling in with lettuce. Layer in onion and mushrooms, Cover with ½ cup Green Goddess dressing. Layer cheddar cheese, bacon and tomatoes, and finally the peas. Cover with the remainder of the dressing. Cover with plastic wrap and refrigerate overnight or for several hours. Good the day after serving.



## **Guacamole-Salsa Salad**

Serves about 8

butter lettuce

1 guacamole recipe

fresh pico de gallo salsa

optional salsa flavorings: chopped cilantro, lime juice, salt, sugar

If using store bought salsa, mix in the optional flavorings to taste. Separate out 8 small butter leaves. Mound each with a scoop of guacamole and a scoop of salsa.