The Salad Cookbook

2762 Recipes

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Refreshing Mint and Tuna Salad

Ingredients

1 (6 ounce) can tuna in water, drained
1 (6 ounce) package crumbled garlic and herb feta cheese
3 hearts of romaine lettuce, torn into pieces
1 cucumber, peeled and chopped
4 green onions, chopped
1/4 cup olive oil
1/4 cup lemon juice
4 cloves garlic, minced
1/4 cup chopped fresh parsley
1/4 cup chopped fresh mint leaves
salt and pepper to taste

Directions

In a large serving bowl, toss together the tuna, feta cheese, lettuce, cucumber and green onion. In a smaller bowl, whisk together the olive oil, lemon juice, garlic, parsley, mint leaves, salt and pepper. Pour over salad and toss gently. Serve immediately.

Chinese Cabbage Salad II

Ingredients

3 tablespoons red wine vinegar
2 tablespoons white sugar
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1 (3 ounce) package chicken flavored ramen noodles, crushed, seasoning packet reserved
1/2 cup vegetable oil
1 (16 ounce) package broccoli coleslaw mix
1/2 cup chopped green onions
4 ounces toasted slivered almonds
1/4 cup sesame seeds, toasted

Directions

In a small saucepan, cook the vinegar and sugar over medium heat until dissolved. Remove from heat and stir in salt, pepper, ramen seasoning packet and oil. Set aside to cool.

In a large bowl, combine the uncooked ramen noodles, broccoli coleslaw mix, and green onions. Pour dressing over salad; toss evenly to coat. Refrigerate until chilled.

Sprinkle with almonds and sesame seeds before serving.

Basic Chicken Salad

Ingredients

1/2 cup mayonnaise
1 tablespoon lemon juice
1/4 teaspoon ground black pepper
2 cups chopped, cooked chicken meat
1/2 cup blanched slivered almonds
1 stalk celery, chopped

Directions

Place almonds in a frying pan. Toast over medium-high heat, shaking frequently. Watch carefully, as they burn easily.

In a medium bowl, mix together mayonnaise, lemon juice, and pepper. Toss with chicken, almonds, and celery.

Avocado and Cantaloupe Salad with Creamy

Ingredients

2 tablespoons white sugar
2 teaspoons paprika
1/4 teaspoon salt
1/4 teaspoon dry mustard powder
3 tablespoons apple cider vinegar
1 clove garlic, minced
1 teaspoon Worcestershire sauce
1 pinch cayenne pepper
3/4 cup vegetable oil
B
6 cups baby arugula leaves
1/4 cantaloupe - peeled, seeded, and cubed
1 avocado - peeled, pitted, and cubed
1/2 cup toasted slivered almonds

Directions

Whisk the sugar, paprika, salt, mustard, vinegar, garlic, Worcestershire sauce, and cayenne pepper together in a mixing bowl. Slowly drizzle in the vegetable oil while whisking rapidly until the salad dressing is thick and creamy.

Place the arugula leaves into a salad bowl, and sprinkle with the cantaloupe and avocado pieces. Drizzle with the salad dressing, then sprinkle with toasted almonds to serve.

Zesty Feta and Shrimp Summer Pasta Salad

Ingredients

2 skinless, boneless chicken breast halves
1 (16 ounce) package uncooked farfalle (bow tie) pasta
1/2 pound frozen cooked cocktail shrimp
1 (2.25 ounce) can diced black olives, drained
1 pint cherry tomatoes
1/2 cup baby carrots, chopped
1 cucumber, diced
1/2 cup balsamic vinegar
1 (6 ounce) package feta cheese, crumbled
salt-free seasoning blend to taste

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place the chicken in a baking dish, and roast 25 minutes in the preheated oven, or until juices run clear. Remove from heat, cool, and cut into bite-size pieces.

Bring a large pot of lightly salted water to a boil. Add farfalle pasta, cook 8 to 10 minutes, until al dente, and drain. Cool to room temperature.

In a large bowl, mix the chicken, pasta, shrimp, olives, tomatoes, carrots, and cucumber. Toss with balsamic vinegar and feta cheese, and season with salt-free seasoning blend.

Avocado-Egg Salad Tostada Filling

Ingredients

3 eggs
3 slices bacon
1 avocado - peeled, pitted, and diced
3 tablespoons lime juice
1/2 teaspoon dry mustard powder
1 teaspoon paprika
1/4 cup light creamy salad dressing (such as Miracle Whip LightB®)
1/2 tomato, diced
1/4 small onion, diced
salt and cayenne pepper to taste

Directions

Place the eggs into a saucepan in a single layer and fill with water to cover the eggs by 1 inch. Cover the saucepan and bring the water to a boil over high heat. Once the water is boiling, remove from the heat and let the eggs stand in the hot water for 15 minutes. Pour out the hot water, then cool the eggs under cold running water in the sink. Peel and chop once cold.

Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain the bacon slices on a paper towel-lined plate. Crumble once cool.

Mash the avocado in a mixing bowl with the lime juice, mustard powder, paprika, and salad dressing. Stir in the chopped eggs, crumbled bacon, diced tomato, and diced onion until evenly combined. Season to taste with salt and cayenne pepper.

Cucumber Fennel Salad

Ingredients

3 large cucumbers, sliced
1 medium Sweet Onion, thinly sliced
1 small fennel bulb, thinly sliced
3 tablespoons lemon juice
3 tablespoons olive or canola oil
3/4 teaspoon dill weed
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon grated lemon peel

Directions

In a large bowl, combine the cucumber, onion and fennel. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Pour over cucumber mixture and toss to coat. Refrigerate until chilled.

New Wife Tuna Salad

Ingredients

5 hard-cooked eggs, chopped
4 (6 ounce) cans tuna, drained
1 stalk celery, chopped
1/2 cup chopped sweet onion
1 cup mayonnaise
1 tablespoon honey mustard
2 tablespoons dill pickle relish
1/2 teaspoon celery seed
1/2 teaspoon ground black pepper
1/2 teaspoon seasoned salt

Directions

Place the tuna, hard-cooked egg, celery and onion in a large bowl. In a small bowl, stir together the mayonnaise, honey mustard, relish, celery seed, pepper and seasoned salt. Pour over the ingredients in the other bowl, and stir gently to coat. Serve immediately at room temperature, or chill until ready to serve.

Cherry Cola Salad

Ingredients

1 (6 ounce) package cherry gelatin
1 1/2 cups boiling water
1 1/2 cups cola carbonated beverage
1 (21 ounce) can cherry pie filling
whipped topping

Directions

Dissolve gelatin in water. Add cola and pie filling; mix well. Pour into an 8-in. square baking dish. Refrigerate until firm. Garnish with whipped topping if desired.

Preety's Chickpea Salad

Ingredients

1 clove garlic, minced
2 teaspoons olive oil
1 (16 ounce) can garbanzo beans (chickpeas), drained and rinsed
1 tomato, chopped
1/3 onion, chopped
1 teaspoon cider vinegar (optional)
1/2 teaspoon salt, or to taste
1 pinch ground black pepper
1/2 lemon, sliced

Directions

Mix the garlic and olive oil in a small microwave-safe bowl. Cook 15 seconds in the microwave on High, or just until warm.

In a large bowl, toss together the garlic and olive oil, garbanzo beans, tomato, onion, and vinegar. Season with salt and pepper, and garnish with lemon slices. Cover and chill until serving.

Mindy's Macaroni Salad

Ingredients

2 cups dry small elbow macaroni
3/4 cup chopped celery
1/4 cup chopped sweet onion
1 (2 ounce) jar diced pimentos, drained
1 medium sweet gherkin pickle, diced
3/4 cup creamy salad dressing
2 tablespoons prepared yellow mustard
3 tablespoons apple cider vinegar
1/3 cup white sugar
1 teaspoon salt
3 hard-cooked eggs, chopped

Directions

Bring a large pot of lightly salted water to a boil. Place macaroni in the pot, and cook for 8 to 10 minutes, or until al dente. Drain and rinse under cold water.

In a large bowl, mix the macaroni, celery, sweet onion, pimentos, and pickle. In a separate bowl, mix the creamy salad dressing, mustard, vinegar, sugar, and salt. Stir dressing into the macaroni mixture. Fold in the eggs. Chill in the refrigerator at least 2 hours before serving.

Beaumont Ranch Potato Salad

Ingredients

5 pounds red potatoes
B
1 (.7 ounce) package dry Italian salad dressing mix (such as Good SeasonsB®)
1/4 cup tarragon vinegar
1/4 cup water
1 cup extra-virgin olive oil
1/2 cup chopped celery
1 cup real bacon bits
1/4 cup chopped dill pickle (optional)
1/4 cup chopped green onion
3 cups mayonnaise

Directions

Place the potatoes into a large pot and cover with water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes. Drain and allow to steam dry for a minute or two.

In a bowl, whisk together the dry Italian dressing mix, tarragon vinegar, water, and olive oil until thoroughly blended. Set aside.

Place the hot potatoes into a large bowl, and roughly but thoroughly slice them with a table knife until the potatoes are in chunks. Pour the dressing mixture over the hot potatoes, toss to coat, and let the potatoes cool. Add the celery, bacon bits, dill pickle, and green onion to the potatoes; lightly stir in mayonnaise until all ingredients are well combined, and serve.

Favorite Broccoli Salad

Ingredients

1 bunch broccoli, separated into florets
1 head cauliflower, separated into florets
8 bacon strips, cooked and crumbled
1/3 cup chopped onion
1 cup chopped seeded tomatoes
2 hard-cooked eggs, sliced
1 cup mayonnaise or salad dressing
1/3 cup sugar
2 tablespoons vinegar

Directions

In a large salad bowl, combine broccoli, cauliflower, bacon, tomatoes, onion and eggs; set aside. In another bowl, combine mayonnaise, sugar and vinegar; mix until smooth. Just before serving, pour dressing over salad and toss.

Plum Tomato and Escarole Salad with Parmesan

Ingredients

2 cups escarole - torn, rinsed and dried
2 cups romaine lettuce - torn, washed and dried
2 cups Bibb lettuce, rinsed and torn
12 slices plum tomato
1/2 cup balsamic vinegar
1 tablespoon olive oil
1 tablespoon grated Parmesan cheese
2 cloves garlic, minced
1 tablespoon lemon juice
1/4 cup low fat, low sodium chicken broth
salt and pepper to taste

Directions

In a salad bowl, combine the escarole, romaine, bibb lettuce and tomatoes.

Whisk together the vinegar, olive oil, cheese, garlic lemon juice, chicken broth and salt and pepper. Pour over salad, toss and serve.

Blue Spinach Salad

Ingredients

1 cup pre-washed spinach leaves
1/3 cup seedless red grapes, rinsed and dried
1 tablespoon blue cheese, crumbled
2 tablespoons roasted, salted pumpkin seeds
1 tablespoon blue cheese salad dressing (optional)

Directions

Toss together the spinach leaves, grapes, blue cheese, and pumpkin seeds. Serve with blue cheese salad dressing if desired.

Tarragon Tuna Salad

Ingredients

1/3 cup mayonnaise
3 tablespoons chopped fresh parsley
2 tablespoons chopped fresh chives
2 tablespoons chopped fresh tarragon
1 teaspoon minced lemon zest
2 teaspoons lemon juice
1 teaspoon Dijon mustard
1/8 teaspoon black pepper
1 (12 ounce) can solid white tuna packed in water, drained and flaked
8 (1 ounce) slices white or whole wheat bread
8 thin slices red tomato (optional)
4 (1 ounce) slices provolone cheese (optional)

Directions

Whisk together mayonnaise, parsley, chives, tarragon, lemon zest, lemon juice, Dijon mustard, and pepper in a bowl until well combined. Gently stir in the flaked tuna, cover, and refrigerate until chilled, about 30 minutes.

Spread tuna evenly over four of the bread slices. Top with tomatoes, and cheese if using, then top with remaining bread slices.

Jonny's Easy Garbonzalicious Tangy Artichoke

Ingredients

2 (15 ounce) cans garbanzo beans (chickpeas), drained and rinsed
1 (16 ounce) can dark red kidney beans, drained and rinsed
1 (15 ounce) can light red kidney beans, drained and rinsed
1 (14 ounce) can artichoke hearts, drained, quartered
1 (6 ounce) can jumbo black olives, halved
6 radishes, chopped
2 carrots, coarsely grated

Dressing
2/3 cup extra virgin olive oil
1/3 cup red wine vinegar
1 teaspoon garlic powder
1 teaspoon Italian seasoning
1/2 teaspoon onion powder
1/4 teaspoon ground black pepper
1/4 cup sunflower seeds (optional)

Directions

Combine garbanzo beans, dark and light red kidney beans, artichoke hearts, olives, radishes, and carrots in a large glass bowl.

Whisk together the olive oil and vinegar in a small glass bowl. Add the garlic powder, Italian seasoning, onion powder, and black pepper; whisk to combine. Pour dressing over the bean mixture and toss carefully to evenly distribute. Cover and refrigerate for at least 4 hours before serving. Stir every hour to redistribute dressing.

Sprinkle with sunflower seeds to serve.

Strawberry Spinach Salad

Ingredients

1 (10 ounce) package fresh spinach, torn
2 cups sliced fresh strawberries
1 cup sliced fresh mushrooms
1/3 cup real bacon bits
1/3 cup raspberry vinaigrette

Directions

In a large salad bowl, combine the spinach, strawberries, mushrooms and bacon. Drizzle with vinaigrette and toss to coat.

Couscous Feta Salad

Ingredients

2 cups water
1 1/3 cups couscous

1 teaspoon salt
1/2 teaspoon ground black pepper
2 tablespoons red wine vinegar
1 1/2 tablespoons Dijon mustard
1/2 cup olive oil

1 cucumber, seeded and chopped
1 (4 ounce) container crumbled feta cheese
6 green onions, chopped
1/2 cup chopped fresh parsley
1/4 cup toasted pine nuts

Directions

Bring the water to a boil in a saucepan over high heat. Remove from the heat, and stir in the couscous. Cover, and let stand for 10 minutes. Scrape the couscous into a mixing bowl, fluff with a fork, and refrigerate until cold, about 1 hour.

Once the couscous is cold, make the dressing by whisking together the salt, black pepper, red wine vinegar, and Dijon mustard in a small bowl. Slowly drizzle in the olive oil while continuing to whisk until the oil has thickened the dressing. Fold the cucumber, feta cheese, green onions, parsley, and pine nuts into the couscous. Pour the dressing overtop, and stir until evenly moistened. Chill 30 minutes before serving.

Cucumber and Dill Pasta Salad

Ingredients

2 cups macaroni
2 cups cucumber - peeled, seeded and chopped
1 cup chopped tomatoes
1 cup low-fat sour cream
1/2 cup skim milk
1 tablespoon chopped fresh dill weed
1/2 teaspoon coarse ground black pepper
1/2 teaspoon salt
1 tablespoon distilled white vinegar

Directions

Cook pasta in boiling salted water until al dente. Drain, and rinse in cold water. Transfer noodles to a large bowl.

In a separate bowl, mix together sour cream, milk, dill, vinegar, and salt and pepper. Set dressing aside.

Mix cucumbers and tomatoes into the pasta. Pour in dressing, and mix thoroughly. Cover, and refrigerate at least 1 hour and preferably overnight. Stir just before serving.

Shrimp Garden Salad

Ingredients

1 head romaine lettuce- rinsed, dried and chopped
2 bunches radishes, sliced
1 bunch green onions, chopped
1 cucumber, cleaned and chopped
3 tomatoes, chopped
3 stalks celery, chopped
1 (4.5 ounce) can small shrimp, drained

Directions

In a large bowl, combine the Romaine, radishes, green onions, cucumber, tomatoes, celery and shrimp. Toss with favorite salad dressing and serve.

Avocado Citrus Salad

Ingredients

1/2 cup vegetable oil
3 tablespoons cider vinegar
2 tablespoons sugar
1/2 teaspoon salt
2 ripe avocado, peeled and sliced
8 cups torn salad greens
2 medium oranges, peeled and sectioned
1 large grapefruit, peeled and sectioned
1 pear, cored and thinly sliced
1 cup green grapes
1/4 cup chopped walnuts

Directions

In a small bowl, combine oil, vinegar, sugar and salt. Add avocados. In a large salad bowl, toss remaining ingredients. Pour the dressing over salad and gently toss to coat. Serve immediately.

Awesome Egg Salad with a Kick

Ingredients

12 hard-cooked eggs, peeled and chopped
1/2 cup light mayonnaise
1/2 cup low-fat sour cream
1/4 teaspoon paprika
3 tablespoons Dijon mustard
2 tablespoons prepared horseradish
2 tablespoons chopped red onion
1/4 cup real bacon bits
salt and pepper to taste

Directions

In a medium bowl, stir together the eggs, mayonnaise, sour cream, paprika, mustard, horseradish, red onion and bacon bits. Season with salt and pepper to taste. Serve immediately, or refrigerate until serving.

Cucumbers And Egg Salad

Ingredients

4 eggs
4 small seedless cucumbers
4 small dill pickles
3 tablespoons mayonnaise

Directions

Place eggs in a saucepan and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, and cool.

Peel eggs. Chop into eighths, and transfer to a medium salad bowl.

Cube cucumbers and pickled cucumbers, and add to eggs. Mix in mayonnaise. Refrigerate until thoroughly chilled.

Green Bean and Tomato Salad

Ingredients

1 pound fresh green beans, trimmed
1/2 cup thinly sliced red onion
1 pint grape or cherry tomatoes, halved
2 tablespoons lemon juice
1 tablespoon olive or canola oil
1 tablespoon water
3/4 teaspoon salt
1/4 teaspoon pepper
1 cup chopped celery

Directions

Place beans in a saucepan and cover with water; bring to a boil. Cook, uncovered, for 8-10 minutes or until crisp-tender. Drain and rinse with cold water. Place in a large bowl; add onion. Place tomatoes in another bowl. In a small bowl, whisk together the lemon juice, oil, water, salt and pepper. Pour over the vegetables in each bowl; toss to coat. Cover and refrigerate for at least 1 hour.

Stir celery into bean mixture; transfer to a serving platter. Surround with tomatoes.

Awesome Ham Pasta Salad

Ingredients

8 ounces ziti pasta
1 pound cooked ham, cubed
1 large red bell pepper, cut into 1 inch pieces
1 large green bell pepper, cut into 1 inch pieces
1 large red onion, coarsely chopped
15 small sweet pickles, chopped, juice reserved
1 cup cherry tomatoes, halved
1 cup mayonnaise
1/2 cup sour cream
2 1/2 teaspoons beef bouillon granules
1 tablespoon white vinegar
1/2 teaspoon salt
1/4 teaspoon ground black pepper
2 cloves garlic, minced

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a large bowl, mix together the drained pasta, ham, peppers, onion, pickles and tomatoes.

In a small bowl, whisk together the mayonnaise, sour cream, beef bouillon granules, vinegar, salt, pepper, garlic and 1/2 cup of reserved pickle juice. Fold into the salad and toss gently until evenly coated. Chill overnight to allow the flavors to blend. Serve near room temperature.

Bird's Nest Egg Salad

Ingredients

1 egg
3 cups chow mein noodles
1/4 teaspoon garlic salt
EGG SALAD:
6 hard-cooked eggs, chopped
1/3 cup mayonnaise
1/3 cup finely chopped celery
2 tablespoons finely chopped onion
2 tablespoons minced fresh parsley
1 1/2 teaspoons ground mustard
1/2 teaspoon lemon juice
1/4 teaspoon seasoned salt
Lettuce Leaves

Directions

In a small bowl, beat egg. Add chow mein noodles and garlic salt; stir to coat. Drop by 1/3 cupfuls onto a greased baking sheet. Using fingers, shape each into a nest; make an indentation in the center of each. Bake at 350 degrees F for 11-13 minutes or until set. Cool for 2 minutes; remove to a wire rack to cool completely.

In a bowl, combine the first eight egg salad ingredients; mix well. Just before serving, spoon 1/4 cupful into each nest. Serve on a lettuce-lined plate if desired.

Fruited Gelatin Salad

Ingredients

2 (3 ounce) packages orange gelatin
2 cups boiling water
1 cup apricot nectar
1 cup pineapple juice
1 (15 ounce) can apricot halves, drained and mashed
1 (8 ounce) can crushed pineapple, drained
4 cups miniature marshmallows
TOPPING:
1/2 cup sugar
2 tablespoons all-purpose flour
1/2 cup apricot nectar
1/2 cup pineapple juice
1 egg, lightly beaten
2 tablespoons butter
1 cup heavy whipping cream
1 cup shredded Cheddar cheese

Directions

In a bowl, dissolve gelatin in boiling water. Stir in the juices, apricots and pineapple. Transfer to a 13-in. x 9-in. x 2-in. dish coated with nonstick cooking spray. Refrigerate for 30 minutes or until partially set. Sprinkle with marshmallows; refrigerate.

For topping, combine sugar and flour in a saucepan. Gradually whisk in juices. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Removed from the heat. Stir a small amount into egg; return all to the pan, stirring constantly. Cook and stir until a thermometer reads 160 degrees F and mixture is thickened. Remove from the heat; stir in butter. Cool to room temperature.

In a mixing bowl, beat cream on high speed until stiff peaks form. Gently fold into custard. Spread over gelatin; sprinkle with cheese. Refrigerate 1 hour or until chilled.

Marinated Artichoke Salad

Ingredients

1 (14 ounce) can water-packed artichoke hearts, drained and quartered
1 medium tomato, cut into wedges
1/2 cup chopped green pepper
1/3 cup chopped red onion
1/4 cup prepared Italian salad dressing

Directions

In a bowl, combine the artichokes, tomato, green pepper and onion. Drizzle with salad dressing; toss to coat. Cover and refrigerate for at least 1 hour.

Sweet Potato Potato Salad

Ingredients

2 potatoes
1 sweet potato
4 eggs
2 stalks celery, chopped
1/2 onion, chopped
3/4 cup mayonnaise
1 tablespoon prepared mustard
1 teaspoon salt
1 1/2 teaspoons ground black pepper

Directions

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 30 minutes. Drain, cool, peel and chop.

Place eggs in a saucepan and cover with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water; cool, peel and chop.

Combine the potatoes, eggs, celery and onion.

Whisk together the mayonnaise, mustard, salt and pepper. Add to potato mixture, toss well to coat. Refrigerate and serve chilled.

Roast Beef and Potato Salad

Ingredients

2 cups cubed cooked roast beef
2 cups cubed peeled potatoes, cooked
1/2 cup chopped green pepper
1/2 cup thinly sliced celery
1/4 cup chopped onion
2 tablespoons chopped pimientos
1/3 cup vegetable oil
2 tablespoons vinegar
2 teaspoons prepared horseradish
1/2 teaspoon salt
1/8 teaspoon pepper
Lettuce Leaves
2 tablespoons chopped fresh parsley

Directions

In a large bowl, combine beef, potatoes, green pepper, celery, onion and pimientos. Combine the next five ingredients; mix well. Pour over beef mixture and toss to coat. Cover and refrigerate for at least 1 hour. Serve on lettuce; sprinkle with parsley.

Easy and Good Honey Mustard Salad Dressing

Ingredients

1 cup vegetable oil
2 cups honey
1/2 cup lemon juice
1/4 cup Dijon-style prepared mustard

Directions

In a large jar with a tight fitting lid, combine the vegetable oil, honey, lemon juice and mustard. Cover and shake until thoroughly combined. Refrigerate until chilled and shake before serving.

Broccoli Salad II

Ingredients

1/2 pound bacon
2 heads fresh broccoli, chopped
1 bunch green onions, chopped
1/2 cup shredded carrots
salt and pepper to taste
1 cup mayonnaise
1/2 cup distilled white vinegar
1/2 cup raisins (optional)

Directions

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

In a large bowl, combine the bacon, broccoli, green onions, carrots and salt and pepper.

In a small bowl whisk together the mayonnaise and vinegar. Pour dressing over vegetables and toss to coat evenly. Chill for 1 hour before serving.

Grilled Salmon With Cucumber Salad

Ingredients

2 large cucumbers, peeled, halved lengthwise, seeds scraped out, then thinly sliced
1 teaspoon salt
1/4 medium red onion, thinly sliced
6 tablespoons sour cream
1 tablespoon red wine vinegar
1/2 teaspoon dried dill
Ground black pepper
4 (5 ounce) salmon fillets
Olive oil

Directions

Place cucumbers in a colander and toss with salt; let stand until several tablespoons of liquid has drained, 30 to 45 minutes. Pat dry with paper towels and transfer to a medium bowl. Add onion, sour cream, vinegar, dill and a few grinds of pepper. Toss to coat. (Can be refrigerated several hours ahead.)

Meanwhile, heat gas grill, with all burners on high, until fully preheated, 10 to 15 minutes. Use a wire brush to clean grill rack, then brush lightly with oil. Close lid and let return to temperature. Brush salmon with oil and season with salt and pepper; grill until just opaque, about 3 minutes per side.

Set each warm or room-temperature salmon fillet on a plate; spoon cucumber salad over part of and alongside the fish.

Asian Pasta Salad with Beef, Broccoli and Bean

Ingredients

Soy-Ginger Dressing:
3 medium garlic cloves, minced
6 tablespoons soy sauce
1 tablespoon rice wine vinegar
1 tablespoon sugar
1 tablespoon sesame oil
1 teaspoon ground ginger
3/4 teaspoon hot red pepper flakes
2 tablespoons mayonnaise
1/4 cup vegetable oil
B
Pasta Salad:
2 tablespoons salt
1 pound penne pasta
8 ounces broccoli florets
1 pound rare deli roast beef, sliced 1/8 inch thick and cut into bite-size strips
3 medium carrots, peeled and coarsely grated
1 medium red bell pepper, cut into bite-size strips
2 cups bean sprouts
3 green onions, thinly sliced
1/2 cup chopped roasted (or honey-roasted) peanuts
1/4 cup chopped fresh cilantro

Directions

Mix garlic, soy sauce, vinegar, sugar, sesame oil, ginger, and pepper flakes in a 2-cup Pyrex measuring cup. Whisk in mayonnaise until smooth, then in a slow steady stream, whisk in oil to make an emulsified dressing; keep chilled until ready to toss with salad. Store in a clean jar with lid.

Bring 1 gallon of water and 2 tablespoons of salt to boil in a large soup kettle. Add pasta and, using package times as a guide, boil, stirring frequently and adding broccoli the last 1 minute, until just tender. Drain thoroughly (do not rinse) and dump onto a large, lipped cookie sheet. Set aside while preparing remaining salad ingredients.

Place all salad ingredients (except soy-ginger dressing) in a large bowl or transfer to a gallon-size zipper bag. (Can be covered and refrigerated several hours at this point). When ready to serve, add dressing; toss to coat and serve.

Michigan Chicken Salad

Ingredients

3 cups diced cooked chicken
1/2 cup diced celery
1/4 cup diced onion
1/4 cup chopped dried cherries
3/4 cup mayonnaise
3 tablespoons Dijon mustard
1/2 teaspoon poultry seasoning
ground black pepper to taste

Directions

Combine the chicken, celery, onion, and cherries in a bowl. Whisk together the mayonnaise, mustard, and poultry seasoning in a separate bowl; pour over the chicken mixture and toss to combine. Season with pepper. Chill at least 30 minutes before serving.

Avocado Ranch Salad Dressing

Ingredients

1/4 cup ripe avocado
1/4 cup mayonnaise
1/4 cup sour cream
1 tablespoon buttermilk
1 1/2 teaspoons distilled white vinegar
1/8 teaspoon salt
1/8 teaspoon dried parsley
1 pinch dried dill weed
1/8 teaspoon onion powder
1 pinch garlic powder

Directions

Mash avocado in a bowl, then stir in mayonnaise, sour cream, buttermilk, and vinegar. Sprinkle with salt, parsley, dill, onion powder, and garlic powder. Stir until well blended, chill until ready to serve.

Cold Macaroni and Tuna Salad

Ingredients

3 eggs
3 cups macaroni
1/2 (10 ounce) package frozen green peas
2 (6 ounce) cans tuna, drained
1/4 cup mayonnaise
1/4 teaspoon salt
1/8 teaspoon black pepper

Directions

Place eggs in a saucepan and cover with cold water. Over medium heat, bring water to a full boil. Lower heat and simmer for 10 to 15 minutes. Immediately plunge eggs into cold water.

Bring a large pot of lightly salted water to a boil. Add macaroni pasta and cook for 8 to 10 minutes or until al dente; drain and rinse under cold water.

Put frozen peas into a colander and rinse with hot water; drain well. In a large bowl place the macaroni and peas. Peel eggs and dice them into the bowl. Put the tuna in the bowl, flaking it apart.

Stir mayonnaise into the mixture a little at a time, so the mixture is moist but not soggy. Sprinkle the salt and pepper and mix one last time. Cover and refrigerate for a least one hour or overnight.

Nutty Fresh Strawberry Salad

Ingredients

1/4 cup apple cider vinegar
1/4 cup SPLENDA® No Calorie Sweetener, Granulated
1/4 cup vegetable oil
1/4 teaspoon paprika
1 dash Worcestershire sauce
1 tablespoon butter
1/2 cup slivered almonds
1 quart strawberries
2 romaine hearts, chopped into bite size pieces

Directions

In a bowl, mix the vinegar, SPLENDA® Granulated Sweetener, oil, paprika, and Worcestershire sauce. Cover, and refrigerate at least 6 hours.

Melt butter in a skillet over medium heat. Stir in the almonds, and cook until golden brown. Remove from heat, and cool.

In a bowl, toss the strawberries, romaine, and almonds. Mix with the dressing just before serving.

The Best Spinach Salad Ever

Ingredients

1 cup slivered almonds
1 cup mayonnaise
1/2 cup milk
1/4 cup white sugar
1 (3 ounce) jar bacon bits
1/2 cup grated Parmesan cheese
1 (10 ounce) bag baby spinach leaves
1/2 head cauliflower, chopped

Directions

Preheat an oven to 350 degrees F (175 degrees C). Spread the slivered almonds onto a baking sheet, and toast until the nuts start to turn golden brown and become fragrant, 5 to 10 minutes. Watch the nuts carefully as they bake, because they burn quickly. Once toasted, set the nuts aside to cool to room temperature.

Mix together the mayonnaise, milk, and sugar in a large salad bowl. Stir in the bacon bits and Parmesan cheese until the dressing is well combined and creamy.

Place the spinach leaves, chopped cauliflower, and toasted almonds into the salad bowl, and stir lightly to coat with dressing.

Pea Salad II

Ingredients

1 cup macaroni
3 eggs
1/4 cup Ranch-style salad dressing
1 teaspoon white sugar
2 teaspoons white wine vinegar
salt to taste
1/4 teaspoon ground black pepper
2 cups frozen green peas, thawed
3 green onions, chopped
2 medium sweet pickles, chopped
2 stalks celery, chopped
1 cup shredded Cheddar cheese

Directions

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

Place eggs in a saucepan and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

Whisk together the salad dressing, sugar, vinegar, salt and pepper.

In a large bowl, combine the pasta, eggs, peas, green onion, pickles, celery and cheese. Pour dressing over salad; mix well and chill before serving.

Aunt Dorothy's Marinated Carrot Salad

Ingredients

2 pounds carrots, peeled and sliced into rounds
1 (10.75 ounce) can condensed tomato soup
1 cup white sugar
1 cup vegetable oil
3/4 cup white vinegar
1/2 teaspoon cayenne pepper
1 teaspoon salt
1 teaspoon mustard powder
1 green bell pepper, seeded and diced
1 red bell pepper, seeded and diced
1 yellow bell pepper, seeded and diced
1 large onion, chopped

Directions

Place the carrots in a large pot and fill with enough water to cover. Bring to a boil and cook until carrots are tender. Do not over cook, the carrots should be firm but easy to bite into. Drain and rinse under cold water to stop the cooking.

In the container of a food processor or blender, combine the tomato soup, sugar, oil, vinegar, cayenne pepper, salt and mustard powder. Blend for about 3 minutes or until creamy.

In a large bowl, mix together the carrots, green, red and yellow bell peppers and onion. Toss with the dressing, cover and refrigerate overnight. The longer this salad is allowed to sit, the better it is.

Spicy Sesame Noodle Salad

Ingredients

3 1/2 ounces uncooked linguine pasta
9 ounces fresh green beans, trimmed and cut on the diagonal

1/4 cup lime juice
3 tablespoons canola oil
3 tablespoons soy sauce
2 tablespoons brown sugar
1 tablespoon Asian (toasted) sesame oil
1 tablespoon minced garlic
1 tablespoon grated orange zest
2 small serrano chile peppers, chopped
2 cups carrots, cut into matchsticks
1 cup thinly sliced green onions
salt and black pepper to taste

Directions

Fill a saucepan with lightly salted water and bring to a rolling boil. Once the water is boiling, stir in the linguine, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes. Drain well in a colander set in the sink, and rinse with cold water until the pasta is cool.

Bring a saucepan of lightly salted water to a boil, stir in the green beans, and cook, stirring occasionally, until the beans are bright green and slightly tender, 5 to 8 minutes. Drain the beans, and rinse with cold water to chill.

In a large salad bowl, combine lime juice, canola oil, soy sauce, brown sugar, sesame oil, garlic, orange zest, and serrano peppers, stirring until the sugar has dissolved. Allow the dressing to stand for 30 minutes. Lightly toss in the carrots, green onions, linguini and green beans, and season to taste with salt and pepper. Cover and chill before serving.

Americana Salad

Ingredients

1 (16 ounce) package DOLE® American Blend
2 cups DOLE® Broccoli, cut in florets
1 cup DOLE® Cauliflower, cut in florets
1 cup sliced DOLE® Celery
1 large red, green or yellow bell pepper, cut into chunks
1/3 cup DOLE® Pineapple Orange Juice
1/4 cup cider vinegar
3 tablespoons grated Parmesan cheese
2 tablespoons vegetable oil

Directions

Combine classic salad, broccoli, cauliflower, celery and bell pepper, in large bowl.

Stir together pineapple juice, vinegar, cheese and oil, in small bowl. Pour dressing over salad. Toss together and serve.

Potato Beet Salad

Ingredients

1 pound potatoes, peeled and cut into 1-inch chunks
1 (14.5 ounce) can beets, drained and cut into 1-inch pieces*
1 cup Hellmann's® or Best Foods® Real Mayonnaise
1 (10 ounce) package frozen mixed vegetables, thawed and drained
1/3 cup green onions, finely chopped
Juice of 1 lime

Directions

Cover potatoes with water in 2-quart saucepan; bring to a boil over medium-high heat. Reduce heat and simmer 10 minutes or until potatoes are tender. Drain and cool.

Combine potatoes with remaining ingredients in large bowl. Season, if desired, with salt and ground black pepper. Garnish, if desired, with sliced hard cooked eggs and sliced black olives.

Pepper Salad

Ingredients

14 green bell peppers
6 cloves garlic, minced
1 cup fresh lemon juice
salt and pepper to taste

Directions

Seed peppers and cut into strips. Place peppers in a large baking pan. Add garlic cloves. Sprinkle with salt, pepper and half of the lemon juice. Toss slightly to distribute the seasonings.

Broil on the top rack (closest to the heat source) stirring occasionally until all peppers are soft and some are slightly charred, about 20 min. Place peppers and any accumulated liquid into a bowl or container. Add remaining lemon juice and toss well.

Serve this salad warm or after it has been refrigerated for at least a few hours. Toss before serving.

Filipino Chicken Salad

Ingredients

1 skinless, boneless chicken breast
2/3 cup elbow macaroni
1 (20 ounce) can pineapple chunks, drained
1 apple, cored and diced
2 stalks celery, sliced
1 carrot, diced
2 (1.5 ounce) boxes raisins
1 cup mayonnaise
1 teaspoon white sugar
1 teaspoon seasoned salt

Directions

Bring a pot of water to a simmer over low heat. Add the chicken breast to the water and cook until no longer pink in the center and the juices run clear, about 30 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Remove the chicken from the water and allow to cool before shredding the meat into a large bowl.

While the chicken cooks, bring a pot of lightly salted water to a boil. Cook the macaroni at a boil until cooked through, but is still firm to the bite, about 8 minutes. Drain and rinse with cool water to halt the cooking process until the pasta is cool to the touch. Add to the bowl with the chicken.

Stir the pineapple, apple, celery, carrot, and raisins to the bowl; toss to combine. Add the mayonnaise, sugar, and seasoned salt; gently stir the mixture until evenly coated. Refrigerate at least 30 minutes before serving.

Thai Shrimp, Chicken, Grapefruit, and Coconut

Ingredients

1/2 cup fresh lime juice
1 1/2 tablespoons fish sauce
2 teaspoons white sugar
2 cloves garlic, crushed

1 red grapefruit, peeled and sectioned
2 cups shelled cooked tiny shrimp, thawed if frozen
2 cups shredded precooked chicken breast meat
1 1/2 cups shredded coconut meat, unsweetened
6 shallots, thinly sliced
1 teaspoon chopped red chile pepper
1/2 cup fresh mint leaves
1 1/2 tablespoons finely chopped fresh cilantro
1 head iceberg lettuce, shredded

Directions

Make the dressing by whisking together the lime juice, fish sauce, sugar, and garlic in a bowl.

Toss together the sectioned grapefruit, shrimp, chicken breast, coconut, shallots, chile pepper, mint, and cilantro in a large bowl. Drizzle approximately 3/4 of the dressing into the grapefruit mixture and toss to combine. Combine the remaining dressing with the shredded lettuce in a separate bowl shortly before serving.

Arrange the lettuce on a large platter. Layer the grapefruit mixture on top of the lettuce.

Bing Cherry Congealed Salad

Ingredients

1 (16.5 ounce) can pitted Bing cherries, drained, juice reserved
1 (15 ounce) can crushed pineapple, drained with juice reserved
1 (6 ounce) package cherry gelatin
1 (3 ounce) package cream cheese
6 fluid ounces cola-flavored carbonated beverage
1 cup chopped pecans

Directions

In a sauce pan, combine reserved cherry juice and pineapple juice to equal 1 cup. Bring to boil, add gelatin and whisk together. Remove from heat and add cream cheese and blend together until smooth.

Add cola and beat until mixture becomes fluffy. Fold in cherries, pineapple, and nuts. Pour into molded container, chill 6 to 8 hours or until firm.

Beet, Bean and Apple Salad

Ingredients

1 (8.25 ounce) can sliced beets, drained and diced
1 (15 ounce) can cut green beans, drained
1 large Granny Smith apple - peeled, cored and diced
1 teaspoon olive oil
2 tablespoons apple cider vinegar

Directions

Combine the beets, green beans and apple in a serving bowl. Stir in olive oil and vinegar. Chill for 1 hour before serving. Serve cold.

Green Onion Potato Salad

Ingredients

2 pounds red potatoes
1 tablespoon Kosher salt
1 1/4 cups Hellmann's® or Best Foods® Real Mayonnaise
2 tablespoons white wine vinegar
1 jalapeno pepper, chopped
2 teaspoons Kosher salt
1/4 teaspoon ground black pepper
6 green onions (green and pale green part), thinly sliced
1/4 cup chopped fresh cilantro or flat leaf parsley

Directions

Cover potatoes with water in 4-quart saucepot. Bring to a boil over medium-high heat. Add 1 tablespoon salt. Reduce heat to low and simmer 10 minutes or until potatoes are tender; drain and cool slightly. Slice into 1/4-inch-thick slices.

Combine Hellmann's® or Best Foods® Real Mayonnaise, vinegar, jalapeno peppers, salt and black pepper in large bowl. Stir in remaining ingredients and toss gently. Season, if desired, with additional salt and pepper. Serve chilled or at room temperature.

Curry Pasta Salad

Ingredients

1 (8 ounce) package uncooked tri-color spiral pasta
1 teaspoon curry powder
salt to taste
1 tablespoon mayonnaise
1 tablespoon lemon juice
1 apple - peeled, cored and finely chopped
1/4 cup raisins
1/4 cup chopped green onions
2 carrots, grated
1/4 cup firm tofu, crumbled
3 tablespoons pine nuts

Directions

Bring a large pot of salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente. Drain.

In a large bowl, combine the curry powder, salt, mayonnaise and lemon juice. Add cooked pasta and toss to coat. Then add the apple, sultanas or raisins, green onion, carrots, tofu and nuts. Mix well. Serve and enjoy!

Black Bean Salad

Ingredients

1 (15 ounce) can black beans, rinsed and drained
2 (15 ounce) cans whole kernel corn, drained
8 green onions, chopped
2 jalapeno peppers, seeded and minced
1 green bell pepper, chopped
1 avocado - peeled, pitted, and diced
1 (4 ounce) jar pimentos
3 tomatoes, seeded and chopped
1 cup chopped fresh cilantro
1 lime, juiced
1/2 cup Italian salad dressing
1/2 teaspoon garlic salt

Directions

In a large bowl, combine the black beans, corn, green onions, jalapeno peppers, bell pepper, avocado, pimentos, tomatoes, cilantro, lime juice, and Italian dressing. Season with garlic salt. Toss, and chill until serving.

Cherry Tomato Corn Salad

Ingredients

1/4 cup minced fresh basil
3 tablespoons olive oil
2 teaspoons lime juice
1 teaspoon sugar
1/2 teaspoon salt
1/4 teaspoon pepper
2 cups frozen corn, thawed
2 cups cherry tomatoes, halved
1 cup chopped seeded peeled cucumber

Directions

In a jar with a tight-fitting lid, combine the basil, oil, lime juice, sugar, salt and pepper; shake well. In a large bowl, combine the corn, tomatoes and cucumber. Drizzle with dressing and toss to coat. Refrigerate until serving.

San Antonio Taco Salad

Ingredients

CRISCO® Corn Oil* for deep frying
4 (6 inch) flour tortillas
1 pound ground beef or ground turkey
1/2 medium onion, finely chopped
1 cup salsa
1 (15.25 ounce) can kidney beans
2 teaspoons chili powder
2 teaspoons cumin
1 teaspoon salt
1/8 teaspoon pepper
4 cups shredded iceberg lettuce
1 cup shredded Cheddar cheese
Optional garnish: sour cream, chopped tomato, sliced black olives and additional salsa

Directions

Heat 3 inches CRISCO® Oil to 365 degrees F in deep fryer or deep saucepan. Place one tortilla in oil. Let float 5 seconds. Press center of tortilla into oil with metal ladle to form bowl.

Holding ladle in place, fry 1 - 2 minutes, or until lightly golden brown. Drain on paper towel. Repeat with remaining tortillas.

Brown ground meat and onion in a large heavy skillet over medium-high heat; drain.

Add salsa, beans, chili powder, cumin, salt and pepper. Cook over medium heat, stirring frequently, for 5 minutes. Divide lettuce equally between tortilla bowls. Top with meat mixture. Sprinkle with cheese. Top with desired garnishes; serve.

Awesome Summer Watermelon Salad

Ingredients

1/4 cup balsamic vinegar
1 tablespoon Dijon mustard
1 tablespoon chopped garlic
1/2 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
3/4 cup olive oil

3 cups 2-inch cubes watermelon
1 cup crumbled feta cheese
1/2 red onion, sliced very thin
coarsely ground black pepper to taste

Directions

Mix the vinegar and Dijon mustard in a bowl. Stir the garlic, salt, and pepper into the mixture. Slowly stream the olive oil into the dressing while whisking vigorously. Place the dressing in the refrigerator until ready to use.

Combine the watermelon, feta cheese, and red onion in a large bowl; toss lightly to mix. Season with the coarsely ground black pepper. Pour about half the dressing over the salad; gently toss to coat. Refrigerate the salad at least 30 minutes. Drizzle the remaining dressing over the salad just before serving.

Shrimp and Avocado Salad

Ingredients

1 cup cooked salad shrimp
2 tablespoons chopped fresh chives
1/3 cup mayonnaise
1 tablespoon Worcestershire sauce
2 tablespoons chili sauce
salt to taste
2 avocados, halved lengthwise and pitted
1 tablespoon lemon juice
Bibb lettuce leaves
1 teaspoon paprika
sliced pimento peppers, for garnish

Directions

In a bowl, mix the shrimp, chives, mayonnaise, Worcestershire sauce, and chili sauce. Season with salt.

Mound the shrimp mixture into avocado halves, and sprinkle with lemon juice. Place avocado halves on Bibb lettuce leaves that have been dusted with paprika. Garnish with strips of pimento to serve.

Chinese Turkey Pasta Salad

Ingredients

2 cups uncooked spiral pasta
2 cups cubed cooked turkey
1 1/2 cups fresh or frozen snow peas, thawed
1/2 cup chopped sweet red pepper
1/2 cup chopped green pepper
1/4 cup thinly sliced green onions
1/4 cup diced celery
1 (8 ounce) can sliced water chestnuts, drained
1 (2 ounce) jar diced pimientos, drained
1 cup mayonnaise
2 tablespoons soy sauce
1 teaspoon sugar
1 teaspoon ground ginger
1/4 teaspoon hot pepper sauce
1 cup salted cashew halves, divided

Directions

Cook pasta according to package directions; drain and rinse in cold water. Place in a large bowl; add the turkey and vegetables.

In a small bowl, combine the mayonnaise, soy sauce, sugar, ginger and hot pepper sauce. Stir in 1/2 cup cashews. Pour over pasta mixture and toss to coat. Cover and refrigerate for at least 1 hour before serving. Sprinkle with remaining cashews.

Simple Shrimp Pasta Salad

Ingredients

1 (16 ounce) package dry fusilli pasta
1 pound cooked medium shrimp, peeled and deveined
1 tomato, chopped
1 green bell pepper, chopped
2 tablespoons mayonnaise
salt and pepper to taste

Directions

Bring a large pot of salted water to a boil, add pasta and cook until al dente. Rinse under cold water and drain.

In a large bowl combine shrimp, tomato, green pepper, mayonnaise and salt and pepper to taste. Mix well. Add pasta and toss to coat. Chill for approximately one hour and serve.

Panzanella Salad Skewers

Ingredients

6 Callisons Garlic Herb Seasoned Skewers (appetizer size)
18 (1 inch) cubes artisanal-style bread
12 cherry or grape tomatoes
12 (1 inch) pieces red bell pepper
12 (1 inch) pieces yellow bell pepper
1 large fresh mozzarella ball, diced 1/4-inch
3 tablespoons store bought basil pesto
6 small romaine heart leaves
Olive oil, as needed
Salt and freshly ground pepper to taste

Directions

Thread onto each skewer in the following order: bread, tomato, red bell pepper, yellow bell pepper, bread. Repeat 1 more time adding an additional piece of bread on the end of each skewer. Let sit for 15 to 20 minutes.

Lightly brush skewers on each side with olive oil and season to taste with salt and pepper.

Place skewers on a preheated medium-high grill and cook until vegetables are cooked crisp/tender, and bread is lightly browned about 4 to 5 minutes per side.

Arrange one skewer on to each romaine leaf. Sprinkle each skewer with some of the diced mozzarella cheese and then drizzle with basil pesto.

Mediterranean Chicken Salad

Ingredients

1 1/2 cups sun-dried tomato and oregano salad dressing
4 skinless, boneless chicken breast halves
2 red bell peppers, halved and seeded
1 head romaine lettuce - rinsed, dried, and torn into bite-size pieces
1 cup black olives, drained
4 ounces feta cheese, crumbled
1/2 cup sun-dried tomato and oregano salad dressing

Directions

In a shallow dish, arrange chicken breasts and evenly cover with 1 cup of the salad dressing. Cover tightly and marinate in the refrigerator for 20 minutes to an hour.

Preheat your grill to high heat. While grill is preheating, arrange lettuce, olives and feta cheese in a salad bowl.

Remove chicken from marinade and place on grill. Cook chicken breasts for 6 to 8 minutes per side. Arrange peppers on grill, and baste with the reserved 1/2 cup dressing. (Don't use the leftover chicken marinade!) The peppers will need only a few minutes - be careful not to burn them!

Remove chicken and peppers from the grill and, when cool enough to handle, slice into strips. Arrange peppers and chicken on top of the salad and serve with the last 1/2 cup of dressing.

Cabbage Salad

Ingredients

1/4 cup vinegar
2 tablespoons olive oil or vegetable oil
2 teaspoons garlic salt
2 teaspoons sugar
1/2 teaspoon dried tarragon
6 cups shredded cabbage

Directions

In a small bowl or jar with tight-fitting lid, combine vinegar, oil, garlic salt if desired, sugar and tarragon. Place cabbage in a large bowl; add dressing and toss to coat. Cover and refrigerate for at least 2 hours.

Mozzarella Veggie Salad

Ingredients

1 pint grape or cherry tomatoes
2 cups fresh broccoli florets
1 cup fresh cauliflowerets
1 cup cubed mozzarella cheese
3/4 cup balsamic vinaigrette

Directions

In a large serving bowl, combine all ingredients.

Green Pepper Tomato Salad

Ingredients

3 medium tomatoes, seeded and chopped
1 medium green pepper, chopped
1 celery rib, thinly sliced
1/2 cup chopped red onion
2 tablespoons cider vinegar
1 tablespoon sugar
1/2 teaspoon salt
1/8 teaspoon pepper

Directions

In a large bowl, combine the tomatoes, green pepper, celery and onion. In a small bowl, combine the vinegar, sugar, salt and pepper. Stir into tomato mixture. Cover and refrigerate for at least 2 hours, stirring several times. Serve with a slotted spoon.

Zinfandel Salad Or Slaw Dressing

Ingredients

1/3 cup sliced green onions
1/4 cup red Zinfandel wine
3 tablespoons red wine vinegar
2 cloves garlic, minced
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
3/4 cup mayonnaise

Directions

In a food processor or blender, combine onions, wine, vinegar, garlic, salt and pepper. Process until onions and garlic are pureed. Add mayonnaise and blend until smooth. Refrigerate until very cold, and whisk dressing just before serving.

Cashew Avocado Chicken Salad

Ingredients

4 cooked, boneless chicken breast halves, shredded
1/3 cup prepared Ranch salad dressing
1 1/2 tablespoons chopped fresh dill
1 cup cashews
1 avocado - peeled, pitted and diced
salt and pepper to taste
12 slices bacon
6 slices Swiss cheese
12 slices bread, toasted

Directions

In a large bowl, mix the cooked chicken, dressing, dill, cashews, and avocado. Season with salt and pepper. Cover, and chill in the refrigerator at least 30 minutes.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown; drain.

Spread even amounts of the chicken mixture on 6 slices of toasted bread. Top each with 2 slices bacon and 1 slice Swiss cheese. Top with remaining bread slices to make sandwiches.

Chicken Pasta Salad II

Ingredients

1/2 pound rotini/corkscrew pasta
1/2 cup sliced fresh mushrooms
1/2 cup sliced green olives
1 stalk celery, chopped
1/4 cup minced onion
1 cup shredded Cheddar cheese
1 (10 ounce) package frozen corn kernels
1 green bell pepper, chopped
3/4 cup Italian-style salad dressing
1/2 cup mayonnaise
1 cup canned chicken meat - drained and flaked
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and rinse with cool water. Pour into a large dish.

Combine mushrooms, olives, celery, onion, cheese, corn and green bell pepper with pasta; mix well.

In a small bowl, whisk together dressing and mayonnaise; pour dressing over salad and toss again to coat.

Gently mix in flaked chicken; refrigerate for a few hours or serve.

Spinach Salad II

Ingredients

4 eggs
8 slices bacon
1 (10 ounce) package fresh spinach
1 small onion, chopped
6 tablespoons vegetable oil
3 tablespoons lemon juice
2 cloves garlic, minced
salt and pepper to taste

Directions

Place eggs in a saucepan and cover with cold water. Bring water to a boil; cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

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

In a large bowl, combine the eggs, bacon, spinach and onion.

In a small bowl, whisk together the oil, lemon juice, garlic and salt and pepper. Pour over salad and toss well to coat.

Field Salad

Ingredients

8 ounces mixed salad greens
3/4 cup chopped walnuts
8 ounces Gorgonzola cheese, crumbled
2 tart green apples, cored and diced
1/2 (8 ounce) bottle raspberry vinaigrette salad dressing

Directions

In a large bowl, combine salad greens, walnuts, cheese, and apples. Toss with raspberry vinaigrette, and serve.

Greens and Sprouts Salad

Ingredients

1 (10 ounce) package fresh baby spinach
3 cups torn leaf lettuce
2 hard cooked eggs, chopped
5 bacon strips, cooked and crumbled
2 (14.5 ounce) cans bean sprouts, drained
1 (8 ounce) can sliced water chestnuts, drained
1/2 cup chow mein noodles
FRENCH DRESSING:
1/2 cup vegetable oil
1/2 cup sugar
1/3 cup ketchup
2 tablespoons cider vinegar
1 1/2 teaspoons Worcestershire sauce
1/8 teaspoon salt
1 small onion, cut into wedges

Directions

In a large salad bowl, toss the spinach, lettuce, eggs, bacon, bean sprouts and water chestnuts. Sprinkle with chow mein noodles. In a blender, combine the dressing ingredients; cover and process until blended. Serve with salad.

Chicken Salad with Toasted Almonds

Ingredients

4 cups cubed, cooked chicken
2 tablespoons fresh lemon juice
1 cup creamy salad dressing, e.g. Miracle Whip в„ў
1 teaspoon salt
1 cup pineapple tidbits, drained
1 cup halved green grapes
1 cup blanched slivered almonds, toasted
1/2 cup chopped water chestnuts
1/4 cup shredded lettuce

Directions

In a large bowl, toss the chicken with the lemon juice. Cover and chill for 2 hours.

Mix the salad dressing, salt, pineapple, grapes, almonds, water chestnuts and lettuce into the chicken until evenly combined. Chill until serving.

Tex-Mex Pasta Salad

Ingredients

2 tablespoons olive oil
1 teaspoon salt
1 (16 ounce) package fusilli pasta
2 pounds extra lean ground beef
1 (1.25 ounce) package taco seasoning mix
1 (24 ounce) jar mild salsa
1 (8 ounce) bottle ranch dressing
1 1/2 red bell peppers, chopped
6 green onions, chopped
3/4 cup chopped pickled jalapeno peppers
1 (2.25 ounce) can sliced black olives (optional)
1 (8 ounce) package shredded Cheddar cheese

Directions

Fill a large pot with water; pour in the olive oil and salt. Bring to a rolling boil over high heat. Stir in the fusilli, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 9 minutes. Drain and set aside.

Heat a large skillet over medium-high heat and stir in the ground beef. Cook and stir until the beef is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease. Mix in taco seasoning mix, remove from heat, and cool completely.

Combine salsa, ranch dressing, bell peppers, green onions, jalapenos, and black olives in a medium bowl. Toss together the cooked pasta, cooled beef mixture, Cheddar cheese, and dressing mixture in a large bowl. Cover and refrigerate at least 1 hour before serving.

Detox Salad

Ingredients

1 tablespoon cottage cheese
1 clove garlic, minced
1 teaspoon cider vinegar
1 tablespoon walnut oil
salt and pepper to taste

2 Belgian endives, trimmed and leaves separated
1 apple, thinly sliced
1/2 cup stemmed watercress leaves
1/2 cup chopped walnuts
1/4 cup crumbled blue cheese

Directions

Mash the cottage cheese and garlic with a fork in a small mixing bowl until smooth. Add the cider vinegar, walnut oil, and salt and pepper; mix to blend, then set aside.

Arrange the Belgian endive leaves onto two plates in a circle with the tips pointing out. Place the apple into the center of the plates, then sprinkle with watercress, walnuts, and blue cheese. Top with the cottage cheese dressing to serve.

Soundview Crab Salad

Ingredients

2 tablespoons sour cream
2 tablespoons mayonnaise
2 tablespoons sweet pickle relish
1 large shallot, minced
1 1/2 teaspoons Worcestershire sauce
3/4 teaspoon dried dill weed
1/2 teaspoon chopped fresh parsley
1/4 teaspoon cayenne pepper
1/4 teaspoon paprika
1/4 teaspoon fresh lemon juice
1/4 teaspoon grated lemon zest
freshly ground black pepper to taste
1 pound crabmeat - drained, flaked and cartilage removed

Directions

In a large bowl, stir together the sour cream, mayonnaise, relish, shallot, and Worcestershire sauce. Season with dill, parsley, cayenne, paprika, lemon juice, lemon zest, and black pepper; mix until well blended. Stir in crabmeat until evenly coated. Cover and refrigerate for at least an hour before serving to blend flavors.

Simple Pasta Salad

Ingredients

1 (16 ounce) package uncooked rotini pasta
1 (16 ounce) bottle Italian salad dressing
2 cucumbers, chopped
6 tomatoes, chopped
1 bunch green onions, chopped
4 ounces grated Parmesan cheese
1 tablespoon Italian seasoning

Directions

Bring a large pot of lightly salted water to a boil. Place pasta in the pot, cook for 8 to 12 minutes, until al dente, and drain.

In a large bowl, toss the cooked pasta with the Italian dressing, cucumbers, tomatoes, and green onions. In a small bowl, mix the Parmesan cheese and Italian seasoning, and gently mix into the salad. Cover, and refrigerate until serving.

Tangy Potato Salad

Ingredients

12 medium red potatoes
1 medium onion, finely chopped
3 hard-cooked eggs, chopped
2 dill pickles, finely chopped
2 tablespoons snipped fresh parsley
3/4 cup chicken broth
3/4 cup mayonnaise or salad dressing
1 1/2 teaspoons salt
1/2 teaspoon pepper
1/4 teaspoon garlic powder
2 tomatoes, cubed
6 bacon strips, cooked and crumbled

Directions

Cook potatoes in boiling salted water until tender. Drain; cool slightly. Peel and slice potatoes; combine with onion, eggs, pickles and parsley in a large salad bowl. Set aside. Heat chicken broth until warm; remove from the heat. Add mayonnaise, salt, pepper and garlic powder; mix until smooth. Pour over potato mixture and mix lightly. Cover and chill. Just before serving, gently stir in tomatoes and bacon.

B.L.T. Salad with Basil Mayo Dressing

Ingredients

1/2 pound bacon
1/2 cup mayonnaise
2 tablespoons red wine vinegar
1/4 cup finely chopped fresh basil
4 slices French bread, cut into 1/2 inch pieces
1 teaspoon salt
1 teaspoon ground black pepper
1 tablespoon canola oil
1 pound romaine lettuce - rinsed, dried, and torn into bite-size pieces
1 pint cherry tomatoes, quartered

Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside, reserving 2 tablespoons of the drippings.

In a small bowl, whisk together the reserved bacon drippings, mayonnaise, vinegar and basil and let dressing stand, covered, at room temperature.

In a large skillet over medium heat, toss the bread pieces with the salt and pepper. Drizzle with the oil, continue tossing and cook over medium-low heat until golden brown.

In a large bowl mix together the romaine, tomatoes, bacon and croutons. Pour the dressing over the salad and toss well.

Refreshing Cucumber Salad

Ingredients

2 small cucumbers, thinly sliced
1/2 small red onion, thinly sliced
1 large tomato, halved and sliced
3 tablespoons mayonnaise
1 tablespoon white vinegar
1/4 teaspoon salt
1/2 teaspoon ground black pepper

Directions

In a medium bowl, toss together the cucumbers, red onion and tomato. Gently stir in the mayonnaise, vinegar, salt and pepper until coated. Cover and refrigerate for at least 1 hour before serving.

Watermelon Summer Salad

Ingredients

3/4 cup halved, thinly sliced red onion
1 tablespoon fresh lime juice
1 1/2 quarts seeded, cubed watermelon
3/4 cup crumbled feta cheese
1/2 cup pitted black olive halves
1 cup chopped fresh mint
2 tablespoons olive oil

Directions

Place the onion slices in a small bowl with the lime juice. The acid of the lime will mellow the flavor of the raw onion. Let stand for 10 minutes.

In a large bowl, combine the watermelon cubes, feta cheese, black olives, onions with the lime juice, and mint. Drizzle olive oil over it all, and toss to blend. Dig in and be prepared for a pleasant surprise!

Tomato, Basil, and Feta Salad

Ingredients

6 roma (plum) tomatoes, diced
1 small cucumber - peeled, quartered lengthwise, and chopped
3 green onions, chopped
1/4 cup fresh basil leaves, cut into thin strips
3 tablespoons olive oil
2 tablespoons balsamic vinegar
3 tablespoons crumbled feta cheese
salt and freshly ground black pepper to taste

Directions

In a large bowl, toss together the tomatoes, cucumber, green onions, basil, olive oil, balsamic vinegar, and feta cheese. Season with salt and pepper.

Wild Rice Salad

Ingredients

1 cup uncooked wild rice
seasoned salt
2 cups diced cooked chicken
1 1/2 cups halved green grapes
1 cup sliced water chestnuts, drained
3/4 cup light mayonnaise
1 cup cashews
Lettuce Leaves

Directions

Cook rice according to package directions, omitting salt or substituting seasoned salt if desired. Drain well; cool to room temperature. Spoon into a large bowl; add chicken, grapes, water chestnuts and mayonnaise. Toss gently with a fork. Cover and chill. Just before serving, add cashews if desired. Serve on lettuce leaves or line a bowl with lettuce leaves and fill with salad.

Spinach Salad With Ease

Ingredients

1 (10 ounce) package pre-washed fresh spinach
1 cup fresh green peas
1/4 cup olive oil
1 1/2 lemons, juiced
1/4 cup crumbled feta cheese
salt and pepper to taste

Directions

In a large bowl, toss together the spinach, peas and olive oil until evenly coated. Add the lemon juice, feta and salt and pepper, and toss again.

Momma Lamb's Famous Fruit Salad

Ingredients

1 (20 ounce) can pineapple chunks
1 (5 ounce) package instant vanilla pudding mix
1 (15 ounce) can mandarin oranges, drained
1 (10 ounce) jar maraschino cherries, drained
3 bananas

Directions

Drain all of the juice from the pineapple into a large bowl. Set the pineapple chunks aside.

Add the vanilla pudding mix to the pineapple juice and mix well until smooth. Stir in the pineapple chunks, mandarin oranges, and maraschino cherries. Mix well. Refrigerate for at least 30 minutes.

Just before serving slice the bananas into the bowl and fold in.

Chinese Shrimp Salad

Ingredients

1 (11 ounce) can lychee fruit, drained with juice reserved
1 pound cooked shrimp - peeled and deveined
3 Fuji apples - peeled, cored and cubed
1 tablespoon lemon juice
1/4 cup mayonnaise

Directions

In a large bowl, combine lychees, shrimp and apples. Stir in lemon juice and 1/4 cup reserved lychee juice. Let chill for 15 minutes.

Remove from refrigerator and drain liquid. Combine drained liquid with mayonnaise and toss together with fruit. Chill for at least another hour and serve cold.

Fresh Pear and Cherry Salad with Vanilla Pear

Ingredients

1/4 cup white sugar
1 teaspoon ground cinnamon
1 cup walnuts

1 (15.25 ounce) can pears in light syrup, drained reserving syrup
3 tablespoons white wine vinegar
3 tablespoons fat-free vanilla yogurt
2 tablespoons honey
3/4 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
1 teaspoon vanilla extract
1 pinch ground nutmeg

1/2 (10 ounce) package mixed salad greens
1/2 (10 ounce) bag spinach leaves
1 pear - peeled, cored and sliced
1/2 cup dried cherries
1/3 cup crumbled feta cheese

Directions

Combine sugar, cinnamon and walnuts in a skillet over medium heat. Mix together until sugar and cinnamon are melted and walnuts are evenly coated. Remove from heat. Spread walnuts on a large plate to cool.

In the container of a blender, combine the drained pears, 1/3 cup of the reserved syrup from the can, vinegar, yogurt, honey, salt, pepper, vanilla extract, and nutmeg; blend until smooth.

Assemble the salad by tossing together the mixed greens, spinach, pear slices, dried cherries, feta cheese, and walnuts in a serving bowl. Serve with dressing on the side.

Classic American-Style Potato Salad

Ingredients

2 pounds red boiling potatoes, scrubbed
2 tablespoons red wine vinegar
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
3 hard-cooked eggs
1 small celery stalk
1/4 cup chopped sweet pickle (not relish)
3 scallions
2 tablespoons chopped fresh parsley
1/2 cup mayonnaise
2 tablespoons Dijon-style mustard

Directions

Place potatoes in a pot with water to cover. Bring to a boil, cover and simmer, stirring to ensure even cooking, until a thin-bladed paring knife or a metal skewer inserted into a potato can be removed with no resistance, 25 to 30 minutes. Drain, rinse under cold water and drain again. Cool slightly.

Cut warm potatoes into 3/4-inch dice with a serrated knife. Layer them in a bowl, seasoning with vinegar, salt and pepper as you go. Cut eggs, celery and pickle in 1/4-inch dice and thinly slice scallions. Add to potatoes, along with parsley. Stir in mayonnaise and mustard until everything is combined. Chill, covered, before serving.

Bean N Corn Salad

Ingredients

1 (16 ounce) can kidney beans, rinsed and drained
1 (14.5 ounce) can cut green beans, drained
1 (14.5 ounce) can wax beans, drained
1 (11 ounce) can whole kernel corn, drained
2 celery ribs, thinly sliced
1 medium green pepper, chopped
1/2 cup chopped sweet red pepper
1/2 cup sliced ripe olives
1/2 cup sliced green onions
1 cup sugar
1 cup white vinegar
2 tablespoons vegetable oil
1/2 teaspoon ground mustard
1/4 teaspoon salt

Directions

In a large bowl, combine the first nine ingredients. In a jar with a tight-fitting lid, combine the sugar, vinegar, oil, mustard and salt; shake until sugar is dissolved. Pour over bean mixture and gently stir to coat. Cover and refrigerate overnight. Serve with a slotted spoon.

Italian Pasta Salad I

Ingredients

1 (16 ounce) package rotini pasta
1 cup Italian-style salad dressing
1 cup creamy Caesar salad dressing
1 cup grated Parmesan cheese
1 red bell pepper, diced
1 green bell pepper, chopped
1 red onion, diced

Directions

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, Italian salad dressing, Caesar dressing, red bell pepper, green bell pepper and red onion. Mix well and serve chilled or at room temperature.

Green and White Salad

Ingredients

1/2 cup cauliflowerets
1/2 cup broccoli florets
1/4 cup frozen peas, thawed
1 green onion, thinly sliced
1 bacon strip, cooked and crumbled
DRESSING:
3 tablespoons mayonnaise
1 tablespoon sour cream
3/4 teaspoon sugar
1/4 teaspoon vinegar
1/4 teaspoon garlic salt
Dash salt

Directions

In a bowl, combine the cauliflower, broccoli, peas, onion and bacon. In a small bowl, combine the dressing ingredients. Pour over vegetable mixture and toss to coat. Cover and refrigerate until serving.

Southwestern Rice and Bean Salad

Ingredients

2 cups cold, cooked long-grain rice
1 (16 ounce) can kidney beans, rinsed and drained
1 (8.75 ounce) can whole kernel corn, drained
1/2 cup sliced green onions with tops
1/2 cup picante sauce
1/4 cup bottled Italian dressing
1 teaspoon ground cumin

Directions

Combine all of the ingredients in a large salad bowl. Cover and refrigerate for 2-3 hours.

Yam Taeng (Spicy Cucumber Salad)

Ingredients

3 cucumbers - peeled, seeded, and grated
3 tablespoons crushed dried shrimp
2/3 pound long beans, sliced thin and mashed
5 cherry tomatoes, halved

5 Thai chilies, sliced thin
1 tablespoon palm sugar
2 tablespoons fish sauce
juice of 1 lime, or more to taste

3 tablespoons roasted peanuts, chopped

Directions

Toss the cucumbers, dried shrimp, beans, and tomatoes together in a bowl.

Stir the Thai chilies, palm sugar, fish sauce, and lime juice together in a small bowl; pour over the cucumber mixture. Toss to combine. Adjust seasoning to your taste. Sprinkle chopped peanuts over the mixture to serve.

Orange Buttermilk Salad

Ingredients

1 (20 ounce) can crushed pineapple, undrained
3 tablespoons white sugar
1 (6 ounce) package orange flavored gelatin
2 cups buttermilk
1 (8 ounce) container frozen whipped topping, thawed

Directions

Mix pineapple and sugar together in a medium saucepan, and bring to a low boil, stirring occasionally. Stir in gelatin until completely dissolved, remove from heat, and cool to room temperature. Add buttermilk, and refrigerate 1 hour, or until partially set.

Gently fold in whipped topping. Pour mixture into a lightly oiled gelatin mold. Refrigerate 8 hours, or until completely set.

Warm Mediterranean Farro Salad

Ingredients

1 cup farro, rinsed
2 cups water
1/2 teaspoon salt
3/4 cup ricotta salata, coarsely crumbled
2/3 cup chopped flat-leaf parsley
1/2 cup toasted walnut halves, coarsely chopped
1/3 cup moist-packed sun-dried tomatoes, thinly sliced
1 clove garlic, minced
1 tablespoon chopped fresh oregano
1/2 teaspoon grated fresh lemon rind
1/4 teaspoon crushed red pepper flakes
1/4 teaspoon freshly ground black pepper
1/3 cup Newman's Own® Greek Vinaigrette Dressing

Directions

Place farro, water, and salt in a 2-quart sauce pan and bring to a boil over high heat. Reduce to low, cover and simmer until liquid evaporates, about 20 minutes.

While farro is cooking, place all remaining salad ingredients except dressing in a medium serving bowl. After farro is cooked, drain in a colander and let cool for 5 minutes, stirring frequently to prevent clumping.

Place farro in serving bowl with other ingredients and stir to blend. Add dressing; stir to coat all ingredients. Serve warm.

Moore's Cranberry Gelatin Salad

Ingredients

2 (3 ounce) packages raspberry flavored gelatin mix
1 cup white sugar
2 cups boiling water
1 1/2 cups cold water
1 pound cranberries
1 orange
1 1/2 cups crushed pineapple, drained
2 cups seedless red grapes, halved
1 1/2 cups diced apples

Directions

Add the sugar to the gelatin. Stir in the boiling water and stir until the gelatin is dissolved. Stir in the cold water or the pineapples juice. Chill until gelatin is thick.

Finely grind the cranberries and the orange in food processor or run through the meat grinder.

Add the ground cranberry mixture, drained crushed pineapple, grapes and cubed apples to the thickened gelatin. Pour mixture into one 9 x 13 inch pan or a large bowl. Refrigerate overnight before serving.

Easy Pasta Salad

Ingredients

1 pound penne pasta
1 head broccoli, cut into florets
1 red bell pepper, julienned
1 (6.5 ounce) jar marinated artichoke hearts
1/4 cup grated Parmesan cheese
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 minutes. Add broccoli and cook 2 minutes more. Drain pasta and broccoli and rinse with cold water until cool.

In large bowl, combine pasta, broccoli, red bell pepper, the artichoke hearts with their marinade, Parmesan, salt and pepper. Toss, adjust seasoning and serve.

Blue Cheese Potato Salad

Ingredients

4 slices bacon
2 pounds red new potatoes
1/2 cup olive oil
3 tablespoons white vinegar
1 bunch green onions, chopped
1/2 teaspoon salt
1 teaspoon ground black pepper
1 1/2 ounces blue cheese, crumbled

Directions

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

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 chop. leaving skins on.

In a large bowl, whisk together the oil, vinegar, green onions, salt and pepper. Add the potatoes, bacon and cheese and toss to coat.

Roasted Red Potato Salad

Ingredients

2 pounds red potatoes, cut in 1-inch cubes
1 medium onion, chopped
4 hard-cooked eggs, sliced
6 bacon strips, cooked and crumbled
1 cup mayonnaise
1/2 teaspoon salt
1/4 teaspoon pepper
Paprika

Directions

Place the potatoes in a greased 15-in. x 10-in. x 1-in. baking pan. Bake, uncovered, at 400 degrees F for 25-30 minutes or until tender and golden brown, stirring occasionally. Cool for 15 minutes. Transfer to a large bowl; add onion, eggs, bacon, mayonnaise, salt and pepper. Toss to coat. Cover and refrigerate for several hours or overnight. Sprinkle with paprika if desired.

Gelatin Fruit Salad

Ingredients

1 cup applesauce
2 (3 ounce) packages cherry gelatin
1 (12 ounce) can lemon-lime soda
1 (8 ounce) can crushed pineapple, undrained

Directions

In a saucepan, bring applesauce to a boil. Remove from the heat; stir in gelatin until dissolved. Slowly add soda and pineapple. Pour into a 1-1/2 qt. serving bowl. Refrigerate until firm.

Guacamole Salad Bowl

Ingredients

5 cups torn leaf lettuce
2 medium tomatoes, cut into wedges
1 cup shredded Cheddar cheese
1 cup cooked salad shrimp
1 cup corn chips
1/2 cup sliced ripe olives
1/4 cup sliced green onions
AVOCADO DRESSING:
1/2 cup mashed ripe avocado
1 tablespoon lemon juice
1/2 cup sour cream
1/3 cup vegetable oil
1 garlic clove, minced
1/2 teaspoon sugar
1/2 teaspoon chili powder
1/4 teaspoon salt
1/4 teaspoon hot pepper sauce

Directions

In a large salad bowl, combine the first seven ingredients; set aside. In a mixing bowl or blender, combine dressing ingredients; beat or process until smooth. Pour over salad and toss. Serve immediately.

Chicken Rice Salad

Ingredients

5 cups cubed cooked chicken
3 cups cooked rice
1 1/2 cups diced green pepper
1 1/2 cups sliced celery
1 (20 ounce) can pineapple tidbits, drained
3/4 cup mayonnaise
4 teaspoons orange juice
2 teaspoons vinegar
1 teaspoon salt
1/2 teaspoon ground ginger
1/4 teaspoon garlic salt
1 (15 ounce) can mandarin oranges, drained
1 cup slivered almonds, toasted

Directions

In a large bowl, combine the first five ingredients. In a small bowl, combine mayonnaise, orange juice, vinegar, salt, ginger and garlic salt. Pour over salad and toss. Refrigerate. Just before serving, fold in the oranges and almonds.

Mint Corn Salad

Ingredients

1 tablespoon white sugar
1/2 cup distilled white vinegar
2 tablespoons vegetable oil
1 (16 ounce) package frozen corn, thawed
1 cucumber, peeled, seeded, and diced
3/4 cup chopped fresh mint
1/4 cup diced sun-dried tomatoes

Directions

Stir together the sugar, vinegar, and oil in a large bowl until the sugar has dissolved. Stir in the corn, cucumber, mint, and sun-dried tomatoes. Cover, and refrigerate for 1 hour before serving.

Mediterranean Medley Salad

Ingredients

4 cups roughly chopped raw vegetables (I like a combination of carrots, red onions, cucumbers, tomatoes, green or red bell peppers, and zucchini)
2 ounces feta cheese, crumbled
1/4 cup sliced Kalamata olives
1/2 cup torn basil leaves
2 tablespoons extra-virgin olive oil
1 tablespoon balsamic vinegar
1 pinch Salt and freshly ground black pepper, to taste

Directions

Toss all ingredients together.

Shrimp Couscous Salad

Ingredients

2 cups couscous
2 cups water

3/4 cup olive oil
1/4 cup apple cider vinegar
1 teaspoon Dijon mustard
1 teaspoon ground cumin
1 clove garlic, crushed
salt and pepper to taste

1 red bell pepper, chopped
1 yellow bell pepper, chopped
1 1/2 pounds cooked shrimp, peeled and deveined
2 medium tomatoes, chopped
1 cup chopped fresh parsley
1 cup crumbled feta cheese

Directions

Pour water into a saucepan, and bring to a boil. Stir in couscous, cover, and remove from heat. Let stand for 5 minutes, then immediately fluff with a fork. (otherwise it will clump). Set aside to cool.

In a small bowl, whisk together the olive oil, cider vinegar, Dijon mustard, garlic, salt and pepper. Set aside.

In a large salad bowl, toss together the shrimp, cooled couscous, red and yellow bell peppers, tomatoes, parsley and feta cheese. Whisk vinaigrette to blend, then pour in about half of it over the couscous. Toss to coat, and add more dressing to coat thoroughly without drenching. Refrigerate at least 2 hours before serving.

Sour Cream Cucumber Salad

Ingredients

3 medium cucumbers, peeled and thinly sliced
1/2 teaspoon salt
1/2 cup finely chopped green onions
1 tablespoon white vinegar
1 dash white pepper
1/4 cup sour cream

Directions

Sprinkle the cucumbers with salt. Let stand 15 minutes. Drain liquid. Add onions, vinegar and pepper. Just before serving, stir in sour cream.

Warm and Limey Chicken Salad

Ingredients

1/4 cup fresh lime juice
3 tablespoons white sugar
1 teaspoon grated lime zest
1/2 teaspoon rice vinegar
1/4 teaspoon Dijon mustard
1 pound skinless, boneless chicken breast halves - cut into thin strips
2 tablespoons frozen limeade concentrate, thawed
1/4 teaspoon black pepper
2 tablespoons vegetable oil
1 head red leaf lettuce - rinsed, dried and torn
1 (11 ounce) can mandarin oranges, drained
1/4 cup golden raisins
1/4 cup chopped walnuts

Directions

In a jar, combine lime juice, sugar, lime zest, rice vinegar, and mustard. Shake well, and set aside. In a small bowl, mix chicken with limeade concentrate and pepper.

Heat oil in a skillet over medium high heat. Cook and stir chicken 4 to 6 minutes, or until no longer pink, and juices run clear.

Divide lettuce onto 4 salad plates. Top with mandarin orange segments, golden raisins, and walnuts. Place cooked chicken on top, and drizzle lightly with dressing.

Creamy Egg Salad Sandwiches

Ingredients

1 (3 ounce) package cream cheese, softened
2 tablespoons butter or margarine, softened
1 tablespoon mayonnaise
1 teaspoon finely chopped onion
1 teaspoon sugar
1/2 teaspoon prepared horseradish
1/2 teaspoon lemon juice
1/4 teaspoon salt
1/8 teaspoon pepper
1 dash garlic powder
6 hard-cooked eggs, chopped
8 slices rye bread

Directions

In a medium bowl, combine the first 10 ingredients until smooth. Stir in eggs. Chill for 1 hour. Spread 1/2 cup onto four slices of bread. Cover with remaining bread.

Pool Party Pasta Salad

Ingredients

1 (16 ounce) package farfalle (bow tie) pasta
1 cup broccoli florets
8 ounces fresh asparagus spears, trimmed and chopped
8 ounces diced cooked chicken breast meat
1 (15 ounce) can kidney beans, drained
1 (4 ounce) can sliced black olives, drained
1 medium green bell pepper, seeded and diced
1/2 pint cherry tomatoes, halved
4 ounces crumbled feta cheese
1 cup Italian salad dressing, or as needed
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add pasta, and cook until tender, about 8 minutes. Add broccoli florets and asparagus to the boiling water during the last 5 minutes. Drain, and run under cold water to cool.

In a large serving bowl, stir together the diced chicken, kidney beans, black olives, green pepper, cherry tomatoes, feta cheese and Italian dressing. Stir in the pasta, broccoli and asparagus. Season with salt and pepper to taste. I like it pretty heavy on the pepper. This salad is best if chilled for a couple of hours before serving.

Bread Salad with Tofu

Ingredients

1 cup olive oil
2 tablespoons balsamic vinegar
1 cup tomato juice
dried basil to taste
salt and pepper to taste
1 (1 pound) loaf day-old bread, cut into 1 inch cubes
1 (7.5 ounce) package smoked tofu, diced
2 large tomatoes, diced
2 cups chopped fresh spinach

Directions

In a large bowl, whisk together the olive oil, balsamic vinegar, tomato juice, basil, salt, and pepper. Toss with the cubed bread, tofu, tomatoes, and spinach just before serving.

Salad Crunchers

Ingredients

2 cups old-fashioned oats
1/2 cup butter or margarine, melted
1/3 cup grated Parmesan cheese
1/3 cup wheat germ
1 teaspoon dried oregano
1/2 teaspoon dried thyme
1/4 teaspoon seasoned salt

Directions

In a mixing bowl, combine all ingredients; mix well. Spread into an ungreased 15-in. x 10-in. x 1-in. baking pan. Bake at 350 degrees F for 15-18 minutes or until lightly browned. Cool in pan on a wire rack. Store in an airtight container in the refrigerator for up to 3 months.

Sweet Pea and Noodle Salad

Ingredients

12 ounces rotelle pasta
1 (10 ounce) package frozen green peas
1 onion, chopped
1/2 cup mayonnaise
1 dash hot pepper sauce

Directions

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

In a mixing bowl, combine the pasta, peas, onions, mayonnaise and dash of hot sauce. Mix well and chill before serving.

Corn and Avocado Salad

Ingredients

8 slices bacon
2 heads butterhead lettuce
1 red bell pepper, chopped
1 bunch green onions, chopped
4 ears sweet corn, cut off the cob
2 avocados - peeled, seeded and cubed
2/3 cup red wine and vinegar salad dressing
3 tablespoons blue cheese salad dressing
2 tablespoons honey

Directions

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

In a large bowl, combine the lettuce, red bell pepper, green onions and corn, and mix together. Carefully stir in the cubed avocado.

In a separate small bowl, whisk together the red wine and vinegar dressing, the blue cheese dressing, and the honey.

Pour the dressing mixture over the salad and toss. Add bacon just before serving to keep it crunchy.

Sugar Snap Potato Salad

Ingredients

1 1/2 pounds small red potatoes, quartered
1/2 pound fresh sugar snap peas
1/2 cup finely chopped red onion
1/3 cup mayonnaise
1/3 cup plain yogurt
1 garlic clove, minced
3 tablespoons Dijon mustard
2 teaspoons dill weed
1/2 teaspoon salt

Directions

Cook potatoes in boiling water until tender, about 12 minutes. Rinse with cold water and drain. Place the potatoes in a large bowl; add peas and onion. In a small bowl, combine the remaining ingredients. Pour over potato mixture and gently toss to coat. Cover and refrigerate for at least 1 hour.

World's Best Egg Salad Sandwich

Ingredients

8 hard-cooked eggs, peeled
3 tablespoons mayonnaise
1 tablespoon minced jalapeno pepper
1/2 tablespoon honey mustard
1/2 teaspoon black pepper
1/2 teaspoon garlic powder
1 pinch salt (optional)
8 slices bread
24 leaves baby spinach
8 slices tomato

Directions

In a medium bowl, mash the hard-cooked eggs with a fork or pastry blender. Mix in mayonnaise, honey mustard, and jalapeno. Season with black pepper, garlic powder, and salt.

Spread egg mixture on four of the bread slices. Layer with baby spinach leaves and tomato slices, and top with remaining slices of bread.

Messy Taco Salad

Ingredients

1 pound lean ground beef
1 pound shredded Cheddar cheese
1 (15 ounce) can ranch-style beans
1 head iceberg lettuce, shredded
1 1/4 ounces taco seasoning mix
16 ounces thousand island dressing
14 1/2 ounces tortilla chips

Directions

In a large bowl, toss the lettuce and cheese.

In a separate bowl, mix together the dressing, taco seasoning, and beans.

Brown ground beef in a large skillet over medium-high heat, and drain. Add the ground beef and the dressing mixture to the lettuce and cheese, and mix well. Refrigerate until just before serving, then crush the tortilla chips while still in the bag and combine them with the salad.

Russian Potato Salad from Costa Rica

Ingredients

4 potatoes, peeled and cubed
1 (15 ounce) can sliced beets, drained and finely chopped
4 eggs
2 tablespoons mayonnaise, or as needed
salt and pepper to taste

Directions

Place the potatoes into a pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes. Drain and allow to steam dry for a minute or two. Allow the potatoes to cool.

While the potatoes are cooking, place the eggs into a saucepan in a single layer and fill with water to cover the eggs by 1 inch. Cover the saucepan and bring the water to a boil over high heat. Once the water is boiling, remove from the heat and let the eggs stand in the hot water for 15 minutes. Pour out the hot water, then cool the eggs under cold running water in the sink. Peel and dice once cold.

Place the potatoes, beets, eggs, and mayonnaise into a bowl, mix well, and season to taste with salt and pepper.

Raspberry Spinach Salad

Ingredients

3 tablespoons vegetable oil
2 tablespoons raspberry vinegar
2 tablespoons raspberry jam
1/8 teaspoon pepper
8 cups torn fresh spinach
2 cups fresh raspberries, divided
4 tablespoons slivered almonds, toasted and divided
1/2 cup thinly sliced onion
3 kiwifruit, peeled and sliced
1 cup seasoned salad croutons

Directions

In a jar with a tight-fitting lid, combine the oil, vinegar, jam and pepper; shake well. In a large salad bowl, gently combine spinach, 1 cup of raspberries, 2 tablespoons almonds and onion. Top with kiwi, croutons and remaining berries and almonds. Drizzle with dressing; serve immediately.

Overnight Chicken Fruit Salad

Ingredients

3 cups cubed cooked chicken
1 pound seedless red grapes, halved
1 cup sliced celery
1 (8 ounce) can sliced water chestnuts, drained
1 cup mayonnaise
1 tablespoon soy sauce
1 tablespoon lemon juice
1 teaspoon curry powder
1 cup slivered almonds, toasted

Directions

In a large bowl, combine chicken, grapes, celery and water chestnuts. Combine mayonnaise, soy sauce, lemon juice and curry powder. Pour over chicken mixture; toss lightly until coated. Cover and chill 8 hours or overnight. Stir in almonds just before serving.

Watergate Salad

Ingredients

1 (3.4 ounce) package instant pistachio pudding mix
1 (8 ounce) can crushed pineapple, with juice
1 cup miniature marshmallows
1/2 cup chopped walnuts
1/2 (8 ounce) container frozen whipped topping, thawed

Directions

In a large bowl, mix together pudding mix, pineapple with juice, marshmallows, and nuts. Fold in whipped topping. Chill.

Chinese Chicken Salad III

Ingredients

3 tablespoons hoisin sauce
2 tablespoons peanut butter
2 teaspoons brown sugar
3/4 teaspoon hot chile paste
1 teaspoon grated fresh ginger
3 tablespoons rice wine vinegar
1 tablespoon sesame oil
1 pound skinless, boneless chicken breast halves
16 (3.5 inch square) wonton wrappers, shredded
4 cups romaine lettuce - torn, washed and dried
2 cups shredded carrots
1 bunch green onions, chopped
1/4 cup chopped fresh cilantro

Directions

To prepare the dressing, whisk together the hoisin sauce, peanut butter, brown sugar, chili paste, ginger, vinegar and sesame oil.

Grill or broil chicken until cooked, cool and slice.

Preheat oven to 350 degrees F (175 C). Spray a large shallow pan with nonstick vegetable spray, arrange shredded wontons in a single layer and bake 20 minutes or until golden brown. Cool.

In a large bowl, combine the chicken, wontons, lettuce, carrots, green onions and cilantro. Toss with dressing and serve.

Tuna Pasta Salad with Dill

Ingredients

1 (16 ounce) package small uncooked seashell pasta
1 1/2 cups mayonnaise
1/2 cup milk
2 tablespoons pickle juice
2 teaspoons dried dill weed
1 teaspoon salt
1/8 teaspoon ground black pepper
2 (6 ounce) cans tuna packed in water, drained
1/2 cup chopped onion (optional)

Directions

Bring a large pot of lightly salted water to a boil. Place pasta in the pot, cook for 8 to 10 minutes, until al dente, and drain.

In a large bowl, whisk together the mayonnaise, milk, pickle juice, dill, salt, and pepper. Mix in tuna and onion. Toss with cooked pasta. Cover and refrigerate 1 to 2 hours before serving.

Gourmet Chicken Salad

Ingredients

2 (10 ounce) cans chicken chunks, drained
1 cup seedless green grapes, halved
1/2 cup sliced almonds
1/2 cup chopped celery
1 (8 ounce) can mandarin oranges, drained
3/4 cup creamy cucumber salad dressing

Directions

Mix together chicken, grapes, nuts, celery, oranges, and dressing. Chill.

Applesauce Salad

Ingredients

2 cups water
1/2 cup cinnamon red hot candies
1 (6 ounce) package cherry flavored gelatin mix
2 cups applesauce

Directions

Bring the water to a boil. Dissolve the cinnamon red hot candies in the boiling water. Mix in and dissolve the cherry flavored gelatin. Transfer to a medium bowl. Mix in the applesauce. Chill in the refrigerator 4 hours, or until firmly gelled.

Colorful Seafood Pasta Salad

Ingredients

1 1/2 (8 ounce) packages tri-color pasta
3 stalks celery
1 pound imitation crabmeat
1 cup frozen green peas
1 cup mayonnaise
1 1/2 tablespoons SPLENDA® No Calorie Sweetener, Granulated
2 tablespoons white vinegar
3 tablespoons milk
1 teaspoon salt
1/4 teaspoon ground black pepper

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; rinse under cold water until cool and drain.

While pasta is cooking, chop celery and crabmeat. Run hot water over peas to defrost.

In a large bowl, whisk together the mayonnaise, SPLENDA® Granulated Sweetener, vinegar, milk, salt and pepper. Add the pasta, celery and crabmeat and stir until evenly coated. Adjust the salt, SPLENDA® Granulated Sweetener or mayonnaise to suit your taste. Chill several hours before serving.

Grilled Vegetable Salad with Mustard Herb

Ingredients

1 tablespoon red wine vinegar
2 teaspoons Dijon-style mustard
1 large clove garlic, minced
3 tablespoons extra-virgin olive oil
1 tablespoon water
1 tablespoon finely chopped mixed fresh herbs (try parsley, basil, and oregano), plus more for garnish
Salt and freshly ground black pepper
1 (12 ounce) package DOLE® Vegetable Medley, blanched for 1 minute
1 cup DOLE® Snap Peas
1 red bell pepper, cut into 1/2-inch wide strips
1 small red onion, quartered lengthwise
1 1/2 tablespoons olive oil
1 (8 ounce) package DOLE® Field Greens or Mediterranean Salad Blend
1/2 cup crumbled goat cheese (optional)

Directions

Mix vinegar, mustard and garlic in small bowl. Whisk in olive oil and water. Add herbs; season with salt and pepper.

Combine blanched and raw vegetables in bowl. Add olive oil and toss to coat; season with salt and pepper. Cook vegetables in grill pan over medium heat, turning frequently, until slightly charred and just tender, about 5 to 7 minutes.

Place salad blend in large bowl; add half the dressing and gently toss to coat. Arrange salad on serving platter or on individual plates and top with grilled vegetables; drizzle with remaining dressing. Sprinkle with goat cheese and more fresh herbs, if desired.

Potato Salad Dressing II

Ingredients

1/2 cup creamy salad dressing
1/2 teaspoon mustard powder
2 tablespoons all-purpose flour
1 teaspoon butter
2 eggs, beaten
3/4 cup white sugar
1/4 cup water
1/4 cup white wine vinegar

Directions

In a saucepan, combine mustard, flour, butter, eggs, sugar, water and vinegar. Cook over medium heat stirring often until mixture becomes thick and smooth. Remove from heat and allow to cool.

Combine dressing mixture with creamy salad dressing, mix well. Fold into cooked potatoes.

Russian Salmon and Potato Salad

Ingredients

2 eggs
3 medium baking potatoes, peeled and cubed
1 tablespoon olive oil
1 large onion, chopped
1 (16 ounce) can salmon, drained
1 cup mayonnaise, or as needed
1 tablespoon chopped fresh parsley, for garnish

Directions

Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, and peel.

While the eggs are cooking, place the potatoes in a saucepan with just enough water to cover. Bring to a boil, and cook for 10 to 15 minutes, or until tender. Remove from heat, drain, and set aside.

Heat oil in a skillet over medium heat. Add onions, and saute until lightly browned and translucent, about 10 minutes.

Flake salmon and spread it over the bottom of a glass baking dish or serving dish. Spread the sauteed onions over the salmon. Gently spread a little bit of the mayonnaise over the onion layer. Top with potatoes, and spread enough mayonnaise just to add moisture to the layer. Finally, slice the eggs, and cover the layer of potatoes. Spread mayonnaise over the eggs, and garnish with chopped parsley. If you wish, you can reserve some of the egg to chop and sprinkle over the top as well. Chill for 1 hour before serving.

Teriyaki Mushroom Salad

Ingredients

2 teaspoons butter
1/2 pound sliced fresh mushrooms
1/2 medium green bell pepper, thinly sliced
1/2 small onion, thinly sliced
2 teaspoons reduced-sodium teriyaki sauce
2 teaspoons reduced-sodium soy sauce
4 lettuce leaves
2 bacon strips, cooked and crumbled

Directions

In a nonstick skillet, melt butter. Add the mushrooms, green pepper, onion, teriyaki sauce and soy sauce; saute for 5 minutes or until vegetables are crisp-tender. Spoon onto lettuce leaves. Sprinkle with bacon.

Asparagus and Tomato Salad with Yogurt-Cheese

Ingredients

1 (10 ounce) package frozen cut asparagus, thawed
1 tomato, chopped
2 tablespoons thinly sliced green onion
3 tablespoons nonfat plain yogurt
1 tablespoon grated Parmesan cheese
1 teaspoon prepared mustard
10 leaves lettuce

Directions

Thaw frozen asparagus and drain well. In a medium bowl, combine the asparagus, tomatoes, onions and set aside.

In a small bowl, whisk together the yogurt, cheese and mustard. Add to the vegetable mixture and toss until well coated. To serve, line salad plates with romaine lettuce leaves and spoon salad on top.

Special Potato Salad

Ingredients

2 1/2 pounds red potatoes
2 tablespoons red wine vinegar
1 tablespoon olive or vegetable oil
1 tablespoon Dijon mustard
1/2 teaspoon dried basil
1/2 teaspoon pepper
1/4 teaspoon salt
1/2 cup plain yogurt
1/4 cup sour cream
1 teaspoon garlic salt
3/4 cup chopped red onion
1/2 cup diced celery
4 bacon strips, cooked and crumbled
2 hard-cooked eggs, chopped

Directions

In a saucepan, cook potatoes in boiling salted water until tender. Meanwhile, in a large bowl, combine vinegar, oil, mustard, basil, pepper and salt; mix well. Drain potatoes; cut into 1-inch chunks and add to vinegar and oil mixture while still warm. Toss to coat; cool completely. In another bowl, combine yogurt, sour cream and garlic salt. Add onion, celery, bacon and eggs; mix well. Add to potato mixture; toss gently. Cover and chill for several hours.

Mommy's Summer Salad

Ingredients

3 cups rotelle pasta
1/2 pound chopped ham
2 cups shredded Colby cheese
1/2 cup ranch-style salad dressing
1 cup fat-free creamy salad dressing (ie: Fat Free Miracle Whip TM)
1 (15 ounce) can peas, drained

Directions

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, ham, cheese and peas.

Whisk together the ranch dressing and Miracle Whip в„ў. Pour over salad and toss to coat. Refrigerate until chilled and serve.

Congealed Chicken Salad

Ingredients

1 (4 pound) whole chicken
1/2 cup chopped sweet pickle
1 cup mayonnaise
1 (8 ounce) package cream cheese
1 (10.75 ounce) can condensed cream of mushroom soup
2 (.25 ounce) envelopes unflavored gelatin

Directions

In a large pot, boil chicken until done, drain and cool. Remove skin and bones and chop meat into small pieces. In a bowl, combine chicken, pickles and mayonnaise.

In a saucepan, heat soup and gelatin until gelatin dissolves. Remove from heat and add cream cheese. Stir until smooth.

Add chicken, pickles and mayonnaise to cream cheese mixture and mix until smooth. Pour into a greased mold and chill until firm.

Cauliflower Cashew Salad

Ingredients

1 medium head cauliflower, broken into florets
4 medium carrots, halved and thinly sliced
1 cup frozen peas, thawed
1 (8 ounce) bottle Ranch salad dressing
1/2 cup cashews

Directions

In a serving bowl, combine the cauliflower, carrots and peas. Drizzle with dressing; toss to coat. Cover and refrigerate until chilled. Just before serving, stir in cashews.

Seafood Pea-Asta Salad

Ingredients

1/2 cup mayonnaise
1/4 cup Italian-style salad dressing
2 tablespoons grated Parmesan cheese
2 cups black-eyed peas, rinsed and drained
8 ounces fusilli pasta
1 cup crabmeat
1 cup broccoli florets, parboiled
1/2 cup chopped green bell pepper
1/2 cup chopped tomatoes
1/4 cup chopped green onions

Directions

Bring a large pot of salted water to a boil. Add pasta and cook for time indicated on package. Drain, rinse and set aside.

In a large bowl, combine mayonnaise, Italian dressing and cheese and blend well.

Add peas, pasta, crabmeat, broccoli, pepper, tomato and onions. Toss gently to mix. Cover and refrigerate for at least 2 hours.

Fresh Broccoli Salad

Ingredients

2/3 cup Marzetti® Roasted Garlic Italian Vinaigrette Dressing
4 cups broccoli flowerets
1 (6 ounce) package sliced button mushrooms
1/4 cup chopped fresh parsley
3 scallions, 4-inch green and white parts, cut into 1/4-inch pieces
1/2 red pepper, cut into 1/4-inch pieces
1/2 yellow pepper, cut into 1/4-inch pieces

Directions

Bring a large pot of water to a boil. Cook broccoli for 2 minutes. Drain. Rinse and cool under cold water. Combine the mushrooms, parsley and scallions in a bowl. In another bowl, combine the broccoli, mushroom mixture and peppers and toss with 2/3 cup Marzetti Roasted Garlic Italian Dressing. Serve.

Billy's Pasta Salad

Ingredients

1 (16 ounce) package rainbow rotini pasta
2 cups shredded cooked chicken meat
2 stalks celery, diced
1 red onion, diced
2 cups mayonnaise
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain, and rinse with cold water to cool.

Stir together chicken, celery, onion, and mayonnaise; fold in cold pasts, and season to taste with salt and pepper. Place in refrigerator, and let rest for at least an hour before serving.

Red Potato Salad with Sour Cream and Chives

Ingredients

6 large red potatoes
1/2 cup sour cream
1/2 cup plain yogurt
1/4 cup fresh chives, finely chopped
1 teaspoon salt
ground black pepper to taste

Directions

Scrub potatoes (don't peel). If large, cut in half or in quarters. Boil potatoes in their skins until fork-tender. Drain, dry and cut into 1/2 inch cubes.

In a salad bowl, combine the potatoes, sour cream, yogurt, and chives; toss gently to coat. Add salt, and pepper to taste; refrigerate until chilled.

Zesty Garden Salad

Ingredients

1 teaspoon Dijon mustard
1 sprig fresh dill, chopped (optional)
1 tablespoon chopped green onion
2 tablespoons shredded Cheddar cheese
1/2 cup sweet corn kernels
1/2 cup sugar snap peas
1/3 cup frozen shelled edamame (green soybeans)
2 cups iceberg lettuce
1 pinch salt and pepper to taste

Directions

Stir the Dijon mustard, dill, green onion, Cheddar cheese, corn, peas, and edamame in a bowl until evenly combined. Stir in the iceberg lettuce, season to taste with salt and pepper, and toss to mix.

Grilled Scallop Salad

Ingredients

24 asparagus spears, trimmed
2 tablespoons olive oil
1 teaspoon soy sauce
24 sea scallops
2 cups sliced fresh mushrooms
2 cups torn red leaf lettuce
2 cups torn Bibb lettuce or Boston lettuce
1/4 cup crumbled cooked bacon
1 cup chopped walnuts, toasted
2 tablespoons grated Romano cheese
1/2 cup balsamic vinaigrette salad dressing

Directions

In a large saucepan, bring 6 cups water to a boil. Add asparagus; cover and boil for 3 minutes. Drain and immediately place asparagus in ice water. Drain and pat dry; set aside. In a large resealable plastic bag, combine oil and soy sauce; add scallops. Seal bag and turn to coat. Let stand for 10 minutes.

Coat grill rack with nonstick cooking spray before starting the grill. Grill scallops, uncovered, over medium heat for 7-8 minutes on each side or until the scallops are firm and opaque. Arrange mushrooms on a 9-in. square piece of heavy-duty foil coated with nonstick cooking spray. Grill mushrooms on foil, uncovered, over medium heat for 10-15 minutes or until tender, stirring often.

Arrange the lettuce on four serving plates. Top with asparagus, scallops.mushrooms, bacon, walnuts and cheese. Drizzle with dressing.

Parrothead Salad

Ingredients

1 head leaf lettuce - rinsed, dried, and torn into bite-size pieces
1/2 pound fresh strawberries, sliced
1/2 pound fresh blueberries
1 mango, peeled, seeded, and cut into strips
1 cup cherry tomatoes, halved
1/2 cup raisins
1/4 cup toasted slivered almonds
1/4 cup chopped red onion
4 slices bacon

Directions

Toss the lettuce, strawberries, blueberries, mango, tomatoes, raisins, almonds, and onions together in a salad bowl. Cover, and refrigerate at least 30 minutes to allow the flavors to mingle. Do not refrigerate more than 4 hours.

Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until crisp and evenly browned, about 10 minutes. Drain the bacon slices on a paper towel-lined plate. Crumble and sprinkle over the salad to serve.

Orange Chicken Salad

Ingredients

4 (4 ounce) boneless skinless chicken breast halves
1/3 cup raspberry vinegar
1/4 cup sugar
3 tablespoons orange juice
2 tablespoons olive or canola oil
2 tablespoons minced fresh parsley
1/2 teaspoon salt
1/4 teaspoon coarsely ground pepper
1/4 teaspoon hot pepper sauce
6 cups torn mixed salad greens
2 celery ribs, thinly sliced
1 cup fresh orange sections
1/2 cup thinly sliced red onion
1/4 cup dried cranberries
1/4 cup slivered almonds, toasted

Directions

Grill chicken, uncovered, over medium heat for 6-8 minutes on each side or until juices run clear. Slice and set aside. In a small bowl, combine the vinegar, sugar, orange juice, oil, parsley, salt, pepper and hot pepper sauce; set aside.

In a large bowl, combine the salad greens, celery, orange sections, onion and cranberries. Divide among individual serving plates. Top with chicken. Drizzle with dressing. Sprinkle with almonds.

Asparagus Ham Salad

Ingredients

1 pound fresh asparagus, trimmed
1/2 cup olive or vegetable oil
1/4 cup cider or white wine vinegar
1 tablespoon Dijon mustard
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon sugar
1 cup diced fully cooked ham
2 green onions, thinly sliced

Directions

In a skillet, cook asparagus in a small amount of water until crisp-tender, about 6-8 minutes; drain well. Cover and refrigerate for at least 1 hour.

Meanwhile, in a jar with tight-fitting lid, combine the oil, vinegar, mustard, salt, pepper and sugar if desired; shake well. Cover ad refrigerate at least 1 hour. Place asparagus in a serving bowl. Top with ham, onions and dressing. Serve with a slotted spoon.

Avocado Watermelon Spinach Salad

Ingredients

2 large avocados - peeled, pitted and diced
4 cups cubed watermelon
4 cups fresh spinach leaves
1 cup balsamic vinaigrette salad dressing

Directions

In a salad bowl, toss together the avocado, watermelon cubes and spinach. Stir in salad dressing just before serving.

Summer Vegetable Salad

Ingredients

1/2 cup red wine vinegar
1/3 cup vegetable oil
3 garlic cloves, minced
1/2 teaspoon salt
1/8 teaspoon pepper
1 teaspoon sugar
1/2 pint cherry tomatoes, halved
1 small cucumber, peeled and thinly sliced
1 small green pepper, julienned
1 small red onion, sliced into rings
1 tablespoon chopped fresh basil

Directions

In a large bowl, combine vinegar, oil, garlic, salt, pepper and sugar if desired; mix well. Add remaining ingredients and toss gently. Cover and chill for at least 1 hour.

Chicken Salad Pockets

Ingredients

2 cups cubed cooked chicken breast
1 medium cucumber, seeded and chopped
1 medium tomato, seeded and chopped
3 green onions, thinly sliced
1/4 cup lemon juice
3 tablespoons canola oil
2 garlic cloves, minced
1 teaspoon sugar
1/2 teaspoon dried basil
2 cups shredded red leaf lettuce
6 pita breads, cut in half

Directions

In a bowl, combine the chicken, cucumber, tomato and onions. In a small bowl, combine lemon juice, oil, garlic, sugar and basil; mix well. Pour over chicken mixture and toss to coat. Cover and refrigerate for 2 hours. Just before serving, add lettuce and toss to coat. Spoon about 1/2 cup into each pita half.

Shrimp and Caper Salad

Ingredients

2 pounds frozen cooked shrimp without tails, peeled and deveined
3/4 cup chopped green onions
1 1/2 cups chopped celery
3 tablespoons drained capers
1 cup black olives, sliced
1/2 cup oil and vinegar salad dressing
3/4 cup mayonnaise
1 tablespoon celery seed
1 dash lemon juice

Directions

In a large bowl, toss the shrimp, green onions, celery, capers, black olives, oil and vinegar dressing, mayonnaise, celery seed, and lemon juice. Chill at least 1 hour in the refrigerator before serving.

Delicious Krabby Salad Dip

Ingredients

1 pound imitation crabmeat, chopped
2 stalks celery, minced
2 tablespoons minced onion
2 tablespoons chopped fresh parsley
1 teaspoon mustard
1/2 cup mayonnaise
1/4 teaspoon pepper
1 pinch garlic powder
seasoned salt
1/2 cup black olives (optional)

Directions

In a large bowl, stir together the crabmeat, celery, onion, parsley, mustard, mayonnaise, pepper, and garlic powder. Season to taste with seasoned salt, fold in black olives if using. Cover, and refrigerate for at least 45 minutes. Taste before serving and adjust seasonings to taste.

Roasted Potato and Garlic Salad

Ingredients

8 red potatoes - unpeeled, scrubbed and cubed
2 red bell peppers
2 medium heads garlic
1/2 cup olive oil
salt and pepper to taste
1/3 cup balsamic vinegar
1/3 cup olive oil
1 teaspoon dried oregano

Directions

Preheat oven to 400 degrees F (200 degrees C).

Place 1/2 cup of olive oil in a large bowl. Toss the cubed potatoes in the oil until coated, and then spread them evenly on a baking sheet.

Pass the red peppers through the bowl of oil, making sure they are evenly coated. Place on a separate baking sheet.

Cut about 1/2 inch off the tops of the garlic and drizzle with the remaining oil from the bowl. Place on the baking sheet with the red peppers. Sprinkle the potatoes, peppers and garlic with salt and pepper, and then place both sheets in the oven for about 20 minutes.

Check the potatoes: they should be soft, brown and crispy. If not, return them to the oven for an additional 10 minutes or until they are done. The peppers and garlic will take longer, and are done when the skins on the peppers are black and garlic is dark brown (no more than 40 minutes total).

Once everything has been roasted, place the potatoes in a large bowl and seal the peppers in a plastic bag to let them steam for 10 minutes. (This will loosen their skins.)

Take the peppers out of the bag, remove their skins and seeds and chop them up. Add to the bowl with the potatoes and stir to mix.

Turn the garlic heads upside down and squeeze the softened garlic past into a separate, small bowl. Mix in the balsamic vinegar, 1/3 cup olive oil and oregano until smooth. Pour the dressing onto the potatoes and peppers and toss to coat. Season to taste with additional salt and pepper. Best when served warm or at room temperature. To prepare in advance for an occasion, refrigerate and then reheat in the microwave just until warmed through.

Nona's Famous Macaroni Salad

Ingredients

1 pound macaroni
1 bunch radishes, sliced
1 green onions
6 large stalks celery, chopped
1/4 cup mayonnaise
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; rinse under cold water, and drain.

In a large bowl, combine the pasta, radishes, green onions, celery, mayonnaise, salt and pepper. Mix well, chill, and serve with sliced tomatoes.

Six-Layer Gelatin Salad

Ingredients

2 (3 ounce) packages lime gelatin
4 1/2 cups boiling water, divided
4 1/2 cups cold water, divided
1 cup whipping cream
3 tablespoons confectioners' sugar
2 (3 ounce) packages orange gelatin
1 (8 ounce) can crushed pineapple, drained
1 (3 ounce) package strawberry gelatin
2 medium firm bananas, thinly sliced

Directions

In a bowl, dissolve one package of lime gelatin in 3/4 cup boiling water; stir in 3/4 cup cold water. Refrigerate until slightly thickened. In a small mixing bowl, beat cream until slightly thickened. Add sugar; beat until soft peaks form. Fold in a third of the whipped cream into the lime gelatin. Spoon into a 4-qt. bowl. Refrigerate until firm. Refrigerate remaining whipped cream

In a bowl, dissolve one package of orange gelatin in 3/4 cup boiling water; stir in 3/4 cup cold water. Refrigerate until slightly thickened. Fold in mandarin oranges. Spoon over creamy lime layer. Refrigerate until firm.

In a bowl, dissolve lemon gelatin in 3/4 cup boiling water; stir in 3/4 cup cold water. Refrigerate until slightly thickened. Fold in a third of the whipped cream. spoon over orange layer. Refrigerate until firm.

In a bowl, dissolve remaining package of lime gelatin in 3/4 cup boiling water; stir in 3/4 cup cold water. Refrigerate until slightly thickened. Fold in pineapple. Spoon over creamy lemon layer. Refrigerate until firm.

In a bowl, dissolve remaining package of orange gelatin in 3/4 cup boiling water; stir in 3/4 cup cold water. Refrigerate until slightly thickened. Fold in remaining whipped cream. Spoon over lime layer. Refrigerate until firm.

In a bowl, dissolve strawberry gelatin in remaining boiling water; stir in remaining cold water. Refrigerate until slightly thickened. Fold in bananas. Spoon over creamy orange layer. Refrigerate overnight.

Italian Taco Salad

Ingredients

1 pound ground beef
3 cups crushed tortilla chips
2 cups shredded mozzarella cheese
2 cups shredded Cheddar cheese
1 (10 ounce) package mixed salad greens
1 (8 ounce) bottle zesty Italian dressing

Directions

In a medium skillet over medium heat, cook the ground beef until evenly browned. Remove from heat, and drain.

In a large bowl, combine the ground beef, tortilla chips, mozzarella cheese, Cheddar cheese, and salad greens. Toss with Italian dressing until evenly coated, and serve.

Dinner Party Salad

Ingredients

1/2 cup olive oil
1/2 cup vegetable oil
3 tablespoons lemon juice
1/2 tablespoon distilled white vinegar
3/4 teaspoon salt
2 cloves garlic, minced

1 tablespoon butter
1/2 cup sliced almonds
3 romaine hearts, chopped into bite size pieces
1 cup crumbled blue cheese
1 cup grated Romano cheese

Directions

Mix the olive oil, vegetable oil, lemon juice, vinegar, salt, and garlic in a bowl. Refrigerate until ready to serve.

Melt the butter in a skillet over medium heat, and cook the almonds until lightly browned.

In a large bowl, toss the toasted almonds, lettuce, blue cheese, and Romano cheese. Pour in dressing, and toss to coat.

Strawberry-Sauced Crunchy Fruit Salad

Ingredients

2 1/2 cups crispy rice cereal
1 1/2 cups chopped hazelnuts
3/4 cup packed brown sugar
1/2 cup margarine, melted

1 pound fresh or frozen sliced strawberries
1/3 cup orange juice
2 tablespoons confectioners' sugar
1 tablespoon vanilla sugar

2 Red Delicious apples, cored and diced
2 Golden Delicious apples, cored and diced
2 Granny Smith apples, cored and diced
4 seedless oranges, peeled and diced
1 (20 ounce) can crushed pineapple, drained

Directions

Preheat the oven to 350 degrees F (175 degrees C). Place the rice cereal and nuts into a baking pan. Stir in the brown sugar and margarine. Bake for 10 to 15 minutes, until toasty. Stir occasionally. Set aside to cool.

In the container of a blender or large food processor, combine the strawberries, orange juice, confectioners' sugar and vanilla sugar. Puree into a smooth sauce. Set aside.

To make the salad, toss the red, green and yellow apples with oranges and pineapple in a large serving bowl. Sprinkle with the nut crunch and spoon strawberry sauce over the top. Or you can serve the toppings on the side.

World's Best Potato Salad

Ingredients

6 medium potatoes
1 small onion, finely chopped
1 cup celery, chopped
1 teaspoon salt
6 hard-cooked eggs, diced

2 eggs, beaten
1/2 cup white sugar
1 teaspoon cornstarch
salt to taste
1/2 cup vinegar
1 (5 ounce) can evaporated milk
1 teaspoon prepared yellow mustard
1/4 cup butter
1 cup mayonnaise

Directions

Place the potatoes into a large pot, and fill with enough water to cover. Bring to a boil, and cook for about 20 minutes, or until easily pierced with a fork. Drain. Cool, peel and dice. Transfer to a large bowl, and toss with the onion, celery, 1 teaspoon of salt, and hard-cooked eggs.

While the potatoes are cooking, whisk together 2 eggs, sugar, cornstarch, and salt in a saucepan. Stir in the vinegar, milk, and mustard. Cook over medium heat, stirring frequently, until thickened, about 10 minutes. Remove from heat, and stir in the butter. Refrigerate until cool, then stir in the mayonnaise.

Stir the dressing into the bowl of potato salad gently until evenly coated. Chill several hours or overnight before serving for best flavor.

Creamy Fruit Salad III

Ingredients

2 (8 ounce) packages cream cheese, softened
1 (14 ounce) can sweetened condensed milk
2 (15.25 ounce) cans fruit cocktail in light syrup, drained and liquid reserved
2 bananas, peeled and sliced
1 pint fresh strawberries, rinsed and sliced
1/2 honeydew melon, fruit removed with a melon baller
1/2 cantaloupe, fruit removed with a melon baller

Directions

In a large bowl, cream together the cream cheese and sweetened condensed milk until smooth. Mix in about 1/4 to 1/2 cup of the reserved fruit cocktail liquid. Fold in the fruit cocktail, bananas, strawberries, honeydew and cantaloupe. Serve immediately or chill until serving.

Persimmon Gelatin Salad

Ingredients

1 (6 ounce) package orange flavored gelatin mix
1 1/4 cups grapefruit juice
1 cup mandarin oranges, drained and quartered
2 cups persimmon pulp

Directions

Bring grapefruit juice to boil in a small saucepan. Pour juice into a medium bowl, and blend in orange flavored gelatin mix. Chill in the refrigerator 90 minutes, or until slightly gelled.

Stir mandarin oranges and persimmon pulp into gelatin mixture. Continue chilling in the refrigerator 3 hours, or until firm. Cut into squares to serve.

Hot German Potato Salad I

Ingredients

6 potatoes
4 large eggs
1 pound bacon
1 medium head escarole
1/4 cup apple cider vinegar

Directions

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 chop.

Place eggs in a saucepan and cover with cold water. Bring water to a boil; cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

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

Place potatoes in skillet with reserved bacon dripping, fry until heated through. Add escarole, bacon, eggs and vinegar. Cook until escarole becomes wilted and serve warm.

Oriental Cold Noodle Salad

Ingredients

15 ounces dried soba noodles
1 1/2 teaspoons dark sesame oil
1/3 cup rice vinegar
1/3 cup soy sauce
juice from one lime
zest of one lime
2 tablespoons brown sugar
2 cloves garlic, minced
2 teaspoons red pepper flakes, or to taste (optional)
1 cup finely grated carrot
1/4 cup coarsely chopped salted peanuts
1/2 cup chopped fresh cilantro

Directions

In a large pot, cook soba noodles according to package directions. Drain, rinse noodles with cold water, and set aside.

Pour into a large bowl the sesame oil, rice vinegar, soy sauce, and lime juice. Mix in lime zest, brown sugar, garlic, and red pepper flakes; stir until sugar dissolves. Toss in carrots, peanuts, and cilantro.

Cut noodles into 3-inch lengths. Stir into dressing mixture. Cover, and refrigerate at least 1 hour.

Toss salad again before serving. If dry, splash with soy sauce and vinegar. Serve cold.

Cloggers' Delight Salad

Ingredients

1 (3 ounce) package ramen noodle pasta, crushed
8 ounces cabbage, shredded
4 ounces slivered almonds
1/4 cup sunflower seeds
2 green onions, sliced
1/2 cup vegetable oil
1/3 cup cider vinegar
1/4 cup white sugar

Directions

In large bowl, combine noodles, shredded cabbage, almonds, sunflower seeds and green onion. In small bowl, combine oil, vinegar and sugar. Toss dressing with salad just before serving.

Vegetable Medley Salad

Ingredients

1 medium head cauliflower, broken into florets and blanched
1 medium onion, sliced into rings
1 (16 ounce) can green beans, drained
1 (16 ounce) can wax beans, drained
1 (16 ounce) can lima beans, drained
1 (16 ounce) can kidney beans, rinsed and drained
4 sweet pickles, sliced
3 carrots, sliced and blanched
1 1/2 cups vinegar
3/4 cup water
1/2 cup sweet pickle juice
2 cups sugar
1 teaspoon salt
1/2 teaspoon ground turmeric
1/4 teaspoon dry mustard

Directions

In a large bowl, combine cauliflower, onion, all of the beans, pickles and carrots. In a medium saucepan, bring remaining ingredients to a boil. Boil for 2 minutes, stirring occasionally. Pour over vegetables; stir gently. Cover and chill overnight. Stir again; drain before serving.

Show-Off Salad

Ingredients

2 cups uncooked elbow macaroni
1 tablespoon vegetable oil
3 cups shredded lettuce
1 medium green pepper, chopped
1 medium cucumber, peeled, seeded, and diced
3 hard-cooked eggs, sliced
1 cup shredded red cabbage
1 small red onion, chopped
2 medium carrots, shredded
1 cup diced fully cooked ham
1 (10 ounce) package frozen peas, thawed
1 cup shredded Colby-Monterey Jack or Monterey Jack cheese
1 cup mayonnaise or salad dressing
1/2 cup sour cream
1/2 cup chopped green onions, divided
1 tablespoon spicy brown mustard or horseradish mustard
1 teaspoon sugar
salt and pepper to taste

Directions

Cook macaroni according to package directions; drain and rinse in cold water. Drizzle with oil; toss to coat. Place lettuce in a shallow 3-qt. dish; top with the green pepper, cucumber, macaroni, eggs, cabbage, red onion, carrots, ham if desired, peas and cheese.

In a small bowl, combine the mayonnaise, sour cream, 1/4 cup of green onions, mustard, sugar, salt and pepper; spread over the top. Cover and refrigerate overnight. Just before serving, sprinkle with remaining green onions.

Broccoli Salad

Ingredients

1 1/2 cups fresh broccoli florets
3/4 cup shredded Cheddar cheese
4 bacon strips, cooked and crumbled
1/4 cup finely chopped onion
3 tablespoons mayonnaise
2 tablespoons white vinegar
1 tablespoon sugar

Directions

In a bowl, combine the broccoli, cheese, bacon and onion. In another bowl, whisk the mayonnaise, vinegar and sugar. Pour over broccoli mixture and toss to coat. cover and refrigerate for at least 1 hour before serving.

Jim's Macaroni Salad

Ingredients

1 (16 ounce) package macaroni
1 tablespoon cider vinegar
1 cup mayonnaise
1/2 cup chopped white onion
1 (4 ounce) jar sliced pimento peppers, drained
1/2 cup chopped dill pickles
1/2 cup chopped green bell pepper
6 slices American processed cheese, cut into 1/2-inch piece
1 (6 ounce) can pitted ripe olives, drained
4 hard-cooked eggs, chopped
salt and ground black pepper to taste

Directions

Cook the macaroni in a large pot of lightly salted boiling water until tender, 6-8 minutes depending on size. Drain, and set aside.

Stir the vinegar and mayonnaise together in a bowl until thoroughly blended.

Combine the cooked noodles, onions, pimentos, pickles, bell peppers, cheese, olives, and eggs in a large bowl. Add the mayonnaise mixture, and toss gently to coat ingredients. Season with salt and pepper to taste. Refrigerate until ready to serve.

Zesty Tuna Salad

Ingredients

1 (6 ounce) can tuna, drained
1 teaspoon mayonnaise
1 teaspoon sweet pickle relish
1 teaspoon Dijon-style prepared mustard
1 stalk celery, chopped
1/4 cup chopped onion
1/4 teaspoon ground black pepper

Directions

Mash tuna in a small bowl with a fork. Add mayonnaise, pickle relish, mustard, celery, onion, and black pepper; stir to combine. Chill and serve.

Autumn Salad

Ingredients

1 1/2 cups shredded carrots
1/3 cup chopped pecans
1/3 cup raisins
1/3 cup French dressing
1 (15 ounce) can pear halves
1/2 cup chopped pitted dates
1 (3 ounce) package cream cheese, softened
1 head green leaf lettuce, rinsed

Directions

In a medium bowl, combine carrots, pecans, raisins and enough French dressing to moisten. Mix lightly and chill.

Drain pears, reserving 2 tablespoons syrup. In a small bowl, combine reserved syrup, dates and softened cream cheese and mix until well blended.

Fill each pear half with cream cheese mixture. Spoon the carrot mixture onto 6 salad plates covered with lettuce leaves and place one pear half on each plate.

Jicama Corn Salad

Ingredients

4 cups frozen corn kernels, thawed
2 pounds jicama, peeled and diced
4 medium mangos - peeled, seeded, and diced
1 cup chopped red onion
1/2 cup chopped fresh cilantro
1/2 cup lime juice
salt and pepper to taste

Directions

In a large serving bowl, combine the corn kernels, jicama, mango, red onion and cilantro. Pour the lime juice over, and season with salt and pepper. Toss until well blended.

Whole Grain Panzanella Bread Salad

Ingredients

4 slices Roman Meal Bread
3 tablespoons olive oil, divided
2 tablespoons Parmesan cheese, shaved or grated
3 cups cherry tomatoes, sliced in half
2 cups cucumbers, seeded and diced
1 cup chickpeas, rinsed and drained
1/2 cup red onion, finely sliced
1/3 cup red wine vinegar
1/4 cup fresh basil leaves

Directions

Preheat broiler to 400 F. Foil-line one baking sheet.

Brush bread lightly on both sides with 1 tablespoon olive oil; place on baking sheet. Broil about 2 minutes, turning once, until golden. Watch carefully to avoid burning. Remove from oven. Sprinkle cheese on one side of toasted bread; return to oven for about 20 seconds until cheese is melted and bubbly; cool completely. Cut bread into 1-inch pieces.

Combine tomatoes, cucumbers, onion, vinegar, basil and remaining 2 tablespoons olive oil in large serving bowl. Sprinkle with salt and pepper to taste. Top with bread pieces just prior to serving.

Chili-Cumin Bean Salad

Ingredients

4 cups chopped tomatoes
1 (15 ounce) can yellow hominy, drained
1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can pinto beans, rinsed and drained
1 1/2 cups chopped red onion
1 cup minced fresh cilantro or parsley
1/4 cup lime juice
3 tablespoons olive or canola oil
2 1/2 teaspoons chili powder
2 1/2 teaspoons ground cumin
1 teaspoon pepper
1/2 teaspoon salt

Directions

In a large bowl, combine the tomatoes, hominy, beans, onion and cilantro. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Pour over salad and toss to coat. Refrigerate for at least 2 hours before serving.

Deliciously Sweet Salad with Maple, Nuts, Seeds,

Ingredients

3 cups torn romaine lettuce
1/2 cup blueberries
1/4 cup dried cranberries
1/4 cup sunflower seeds
1/4 cup walnut pieces
1/4 cup crumbled feta cheese
1/4 cup crumbled goat cheese
1/4 cup white balsamic vinegar, or to taste
1/4 cup maple syrup, or to taste
1/4 cup grapeseed oil, or to taste
salt, to taste

Directions

Toss the romaine lettuce, blueberries, dried cranberries, sunflower seeds, walnut pieces, feta cheese, and goat cheese in a large bowl. Pour the vinegar, syrup, and grapeseed oil over the salad one at a time; toss until evenly coated. Season with salt.

THE Pasta Salad

Ingredients

1 (8 ounce) package small seashell pasta
2 eggs
2 ounces cooked ham, cut into thin strips
1 (10 ounce) package frozen English peas, thawed
1 cup shredded Swiss cheese
1/2 cup mayonnaise
1/4 cup sour cream
green onions, chopped
1 teaspoon prepared mustard
1 teaspoon hot pepper sauce
1 teaspoon paprika

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes, or until al dente. Rinse under cold water, drain, and set aside.

Meanwhile, place eggs in a saucepan and cover with cold water. Over medium heat, bring water to a full boil. Lower heat and simmer for 10 to 15 minutes. Immediately plunge eggs into cold water. Let cool completely, then peel and slice.

In a large serving bowl, toss together the pasta, egg, ham, peas, and Swiss cheese. In a separate bowl, mix together the mayonnaise, sour cream, green onion, mustard, mustard, and hot pepper sauce. Stir until well blended.

Pour 3/4 of the dressing over the pasta, and toss to coat thoroughly. Spread the remaining dressing evenly over the top of the pasta salad, all the way to the edge of the bowl. Sprinkle with paprika, cover tightly, and chill 4 hours, or overnight for best flavor.

Minted Carrot Salad

Ingredients

2 pounds carrots
1 large onion, diced
1/4 cup chopped fresh mint leaves
1 cup tomato sauce
1/2 cup vegetable oil
1 cup sugar
3/4 cup malt vinegar
1/2 teaspoon mustard powder
1/2 teaspoon Worcestershire sauce

Directions

Bring a large pot of salted water to a boil. Add carrots and cook until tender but still firm. Drain, cool and grate into a large bowl.

In a small saucepan, whisk together the tomato sauce, oil, sugar, vinegar, mustard and Worcestershire sauce. Bring to a boil, whisking constantly, remove from heat and cool.

Add onions and mint leaves to the carrots, and pour the dressing over all. Toss until evenly coated and chill for 24 hours before serving.

Crisp Side Salad

Ingredients

1/4 cup olive oil
2 tablespoons cider vinegar
4 teaspoons sugar
1/2 teaspoon salt
1/4 teaspoon pepper
4 cups torn salad greens
3/4 cup sliced zucchini
2 medium carrots, sliced
2 celery ribs, sliced
2 green onions, sliced
1/4 cup seasoned croutons
1 tablespoon whole almonds, toasted
1 tablespoon sesame seeds, toasted

Directions

In a jar with a tight-fitting lid, combine the oil, vinegar, sugar, salt and pepper; shake well. In a large salad bowl, combine the greens, zucchini, carrots, celery and onions. Drizzle with dressing and toss to coat. Top with croutons, almonds and sesame seeds.

Lime Pear Gelatin Salad

Ingredients

1 (.6 ounce) package sugar-free lime gelatin
1 cup boiling water
1 (15.25 ounce) can pear halves in juice
1 (3 ounce) package reduced-fat cream cheese, softened
1 1/2 cups reduced-fat frozen whipped topping, thawed

Directions

Whisk together the lime gelatin and boiling water in a large bowl until the gelatin dissolves. Pour the mixture into the container of a blender, and add the pear halves and cream cheese. Cover and blend until smooth. Pour back into the bowl, and gently whisk in the whipped topping. Transfer to a mold or serving bowl, cover and refrigerate until firm, at least 4 hours. To unmold, dip the mold briefly into hot tap water to loosen the gelatin, then invert onto a plate.

French Bean Salad

Ingredients

2 cups frozen French-style green beans, thawed
2 tablespoons chopped onion
3 bacon strips, cooked and crumbled
1/4 cup Ranch salad dressing

Directions

In a serving bowl, combine the beans, onion and bacon; stir in dressing. Refrigerate until serving.

Favorite Hot Chicken Salad

Ingredients

2 cups mayonnaise
1/4 cup lemon juice
5 cups cubed cooked chicken
1 cup sliced celery
1 cup cooked rice
1 cup slivered almonds, toasted
1/4 cup minced onion
1 (2 ounce) jar diced pimientos, drained
1 cup shredded Cheddar cheese
1 1/2 cups crushed potato chips

Directions

In a large bowl, mix mayonnaise and lemon juice until smooth. Add chicken, celery, rice, almonds, onion and pimientos; mix well. Spoon into a greased 13-in. x 9-in. x 2-in. baking dish. Sprinkle with cheese and potato chips. Bake, uncovered, at 325 degrees F for 30 -35 minutes or until bubbly.

Southwest Pork and Bean Salad

Ingredients

1 cup cubed cooked pork
1/2 medium red bell pepper, chopped
3/4 cup frozen corn, thawed
1/2 cup canned kidney beans, rinsed and drained
1/4 cup chopped green onions
2 tablespoons balsamic vinegar
1 tablespoon water
1 tablespoon olive oil
1 garlic clove, minced
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon hot pepper sauce
Lettuce Leaves

Directions

In a small bowl, combine the first five ingredients. In another bowl, whisk the vinegar, water, oil, garlic, salt, pepper and hot pepper sauce. Pour over pork mixture and toss to coat. Cover and refrigerate for at least 30 minutes. Serve on lettuce-lined plates if desired.

Frog Eyed Salad

Ingredients

1 cup white sugar
3 egg yolks
2 tablespoons all-purpose flour
2 cups pineapple juice
1 tablespoon lemon juice
1 (16 ounce) package acini di pepe pasta
2 (20 ounce) cans pineapple chunks
2 (11 ounce) cans mandarin oranges, drained
3/4 cup maraschino cherries, chopped
1 (16 ounce) package miniature marshmallows
1 (12 ounce) container frozen whipped topping, thawed

Directions

In large saucepan over low heat, combine sugar, egg yolks, flour, pineapple juice and lemon juice. Stir and cook until thickened. Remove from heat.

While sauce is cooking, bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and rinse with cold water.

In large bowl, combine cooked mixture with pasta and toss to coat thoroughly. Refrigerate 8 hours or overnight.

Toss pasta with pineapple, mandarin oranges, maraschino cherries, marshmallows and whipped topping. Refrigerate until serving.

Moroccan Cooked Pepper Salad

Ingredients

2 green bell peppers
3 tablespoons olive oil
4 fresh tomatoes, peeled and chopped
2 teaspoons sugar
1 1/2 teaspoons paprika
1 teaspoon fresh parsley
1/2 teaspoon cumin
1/2 teaspoon salt
1/4 teaspoon garlic powder
ground black pepper to taste
1 (2.25 ounce) can sliced green olives

Directions

Preheat the oven broiler.

Place the green bell peppers on a baking sheet, and broil, turning occasionally, 5 minutes, or until tender and scorched on all sides. Remove from heat, peel, and chop.

Heat the olive oil in a skillet, and mix in the peppers and tomatoes. Stir in sugar. Season with paprika, parsley, cumin, salt, garlic powder, and pepper. Continue cooking until tomatoes are heated through. Serve topped with olives.

Barley, Shrimp, and Corn Salad

Ingredients

1 cup barley
2 1/2 cups water
1 pound cooked bay shrimp
2 cups frozen corn, thawed
1/2 cup diced green bell pepper
1/2 cup diced red bell pepper
4 green onions, chopped
1 tablespoon chopped fresh thyme
1 teaspoon minced lemon zest
1/4 cup fresh lemon juice
1/4 cup olive oil
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper

Directions

Combine barley and water in a saucepan. Bring to a boil. Cover, reduce heat, and simmer for approximately 35 minutes.

Transfer barley to a large bowl, and toss with shrimp, corn, bell peppers, green onions, thyme, and lemon zest.

In a small bowl, whisk together lemon juice and oil. Season with salt and pepper. Pour dressing over barley salad, and toss to combine.

Luncheon Chicken Salad

Ingredients

4 cups cooked, cubed chicken breast
1 (20 ounce) can unsweetened pineapple tidbits
1 (11 ounce) can mandarin oranges, drained
1 cup chopped celery
6 green onions, chopped
1/2 cup chopped green pepper
2/3 cup mayonnaise
7 1/2 teaspoons brown mustard
1 tablespoon brown sugar
1/2 teaspoon minced garlic

Directions

In a large bowl, gently combine the chicken, pineapple, oranges, celery, onions and green pepper. In a small bowl, combine the remaining ingredients. Pour over salad and toss to coat.

Grape-Walnut Salad

Ingredients

1 pound seedless green grapes, rinsed and patted dry
6 ounces roughly chopped walnuts
1/2 cup blue cheese dressing

Directions

Place grapes in a large bowl. Stir in the walnuts. Pour the blue cheese dressing over the grape mixture and stir until everything is evenly coated. Chill until ready to serve.

Salmon Salad

Ingredients

2 (6 ounce) cans pink salmon, drained
1/2 cup finely sliced green onions
1/2 cup finely chopped celery
1/4 cup mayonnaise
3/4 teaspoon lemon juice
3/4 teaspoon dried dill
3/4 teaspoon seasoned salt

Directions

In a bowl, combine salmon, green onions, celery, mayonnaise, and lemon juice. Season with dill and salt. Mix well.

Spinach and Tortellini Salad

Ingredients

1 (9 ounce) package cheese-filled tortellini
1 (10 ounce) package frozen chopped spinach, thawed and drained
1/3 cup grated Parmesan cheese
2 cups cherry tomatoes, halved
1 (2 ounce) can sliced black olives
1 (8 ounce) bottle Italian-style salad dressing

Directions

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 tortellini, spinach, cheese, tomatoes and olives. Add enough salad dressing to coat. Toss and season with salt and pepper.

Tangy Cucumber Salad

Ingredients

2 small cucumbers, thinly sliced
1 teaspoon salt, divided
2 medium tomatoes, chopped
1 medium onion, chopped
1/4 cup cider vinegar
2 tablespoons vegetable oil
1 tablespoon honey
1/2 teaspoon celery salt
1/2 teaspoon dried basil
1/2 teaspoon ground mustard
1/4 teaspoon garlic powder
1/4 teaspoon dried oregano
dash cayenne pepper

Directions

Place cucumbers in a strainer; sprinkle with 1/2 teaspoon of salt and toss. Let stand for 30 minutes. Rinse and drain well. Place in a large bowl; add tomatoes and onion. In a small bowl; add tomatoes and onion. In a small bowl, whisk together the remaining ingredients; pour over cucumber mixture and toss. Cover and refrigerate for several hours. Serve with a slotted spoon.

Venia's Tuna Salad

Ingredients

1 cup mayonnaise
1/2 teaspoon salt
1 large head iceberg lettuce - rinsed, dried, and chopped
1 onion, chopped
1 tomato, chopped
1 (6 ounce) can tuna, drained and flaked

Directions

In a large bowl, whisk together the mayonnaise and salt. Stir in the lettuce, onion, tomato and tuna until all ingredients are coated. Enjoy!

Fruity Curry Chicken Salad

Ingredients

4 skinless, boneless chicken breast halves - cooked and diced
1 stalk celery, diced
4 green onions, chopped
1 Golden Delicious apple - peeled, cored and diced
1/3 cup golden raisins
1/3 cup seedless green grapes, halved
1/2 cup chopped toasted pecans
1/8 teaspoon ground black pepper
1/2 teaspoon curry powder
3/4 cup light mayonnaise

Directions

In a large bowl combine the chicken, celery, onion, apple, raisins, grapes, pecans, pepper, curry powder and mayonnaise. Mix all together. Serve!

Spinach and Hazelnut Salad with Strawberry

Ingredients

1/4 cup extra virgin olive oil
1/4 cup aged balsamic vinegar
2 tablespoons sugar-free strawberry preserves
freshly ground black pepper to taste
3 1/2 cups torn fresh spinach
3 1/2 cups romaine lettuce leaves
1/3 cup chopped hazelnuts
1/4 cup golden raisins
1/2 small red onion, thinly sliced
1/2 cup plain mini shredded wheat cereal biscuits
1 ripe avocado, sliced

Directions

In a small bowl, whisk together olive oil, balsamic vinegar, strawberry preserves, and black pepper.

In a large bowl, toss together spinach, lettuce, hazelnuts, raisins, red onion, and shredded wheat biscuits. Drizzle salad dressing over the salad, and toss gently to combine. Serve topped with sliced avocado.

Blue Green and Red Potato Salad

Ingredients

10 small red potatoes
4 ounces crumbled blue cheese
3 large Granny Smith apples - peeled, cored and sliced
3 green onions, sliced
1/2 cup sliced celery
1/2 cup sour cream
3/4 cup mayonnaise
salt and pepper to taste

Directions

Place the potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, 15 to 20 minutes. Drain and allow to steam dry for a minute or two. Transfer potatoes to a large bowl and allow to cool to room temperature.

Cut potatoes into bite size pieces and return to bowl. Stir in the blue cheese, apples, green onions, and celery. Mix in the sour cream and mayonnaise; season with salt and pepper to taste.

Tuna Fish Salad

Ingredients

1 (6 ounce) can tuna, drained
1 tablespoon chopped fresh parsley
1/4 cup chopped celery
1/2 cup mayonnaise
1/2 teaspoon lemon juice
1/4 cup chopped onion
1/4 teaspoon garlic powder
1/8 teaspoon salt
1/8 teaspoon ground black pepper
paprika to taste

Directions

In a large bowl, combine the tuna, celery, onion, mayonnaise, lemon juice, parsley, garlic powder, salt and pepper. Mix well and refrigerate until chilled. Sprinkle with paprika if desired.

Chutney Chicken Salad

Ingredients

1/2 cup mayonnaise
1/2 cup chutney
1 teaspoon curry powder
2 teaspoons lime zest
1/4 cup fresh lime juice
1/2 teaspoon salt
4 cups diced, cooked chicken breast meat

Directions

In a large bowl, whisk together the mayonnaise, chutney, curry powder, lime zest, lime juice and salt. Add chicken and toss with the dressing until well coated. Add more mayonnaise to taste, if desired. Cover and refrigerate until serving.

Frozen Fruit Salad

Ingredients

1/2 cup white sugar
2 cups water
1 (6 ounce) can frozen orange juice concentrate, thawed
1 (6 ounce) can frozen lemonade concentrate, thawed
4 bananas, sliced
1 (20 ounce) can crushed pineapple with juice
1 (10 ounce) package frozen strawberries, thawed

Directions

Dissolve sugar in the water. Add orange juice, lemonade, bananas, crushed pineapple with juice, strawberries and mix well. Pour into 9x13 inch glass pan. Freeze until solid. When ready to serve, let it sit out for about 5 minutes before attempting to cut.

Three Bean Salad

Ingredients

1 (15 ounce) can green beans
1 pound wax beans
1 (15 ounce) can kidney beans, drained and rinsed
1 onion, sliced into thin rings
3/4 cup white sugar
2/3 cup distilled white vinegar
1/3 cup vegetable oil
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/2 teaspoon celery seed

Directions

Mix together green beans, wax beans, kidney beans, onion, sugar, vinegar, vegetable oil, salt, pepper, and celery seed. Let set in refrigerator for at least 12 hours.

South Indian Chickpea Salad

Ingredients

1 (16 ounce) can garbanzo beans (chickpeas), rinsed and drained
1 mango - peeled and diced
1 cup chopped hearts of romaine (optional)
1/2 cup diced cucumber
1/2 cup diced carrot
1/4 cup diced celery (optional)
2 tablespoons fresh lemon juice
salt to taste
1 cup chopped pineapple

Directions

Toss together the garbanzo beans, mango, romaine lettuce, cucumber, carrot, celery, lemon juice, and salt in a large bowl. Let the mixture set for 30 minutes. Top the salad with the pineapple to serve.

Olive Lover's Salad

Ingredients

1 (6 ounce) can pitted ripe olives, drained and chopped
1 (5 ounce) jar stuffed olives, drained and chopped
2 celery ribs, chopped
2 garlic cloves, minced
2 tablespoons olive or vegetable oil

Directions

In a bowl, combine olives, celery and garlic. Drizzle with oil; toss to coat. Cover and refrigerate for 4 hours or overnight.

Pork and Spinach Salad

Ingredients

10 ounces fresh spinach, washed, stems removed
1 (15.5 ounce) can black-eyed peas, rinsed and drained
1/3 cup Italian or low-fat Italian dressing
1/4 cup sliced green onions
1/2 cup sliced fresh mushrooms
1/4 cup sliced celery
1 (2 ounce) jar sliced pimentos, drained
2 tablespoons sliced ripe olives
2 garlic cloves, minced
1 tablespoon olive oil
1/2 pound pork tenderloin, cut into thin strips

Directions

Line four plates with spinach leaves; set aside. In a bowl, combine peas, mushrooms, Italian dressing, green onions, celery, pimientos and olives; set aside. In a medium skillet, saute garlic in oil for 30 seconds. Add pork and stir-fry for 2 to 3 minutes or until no pink remains. Remove from the heat; add vegetable mixture and mix well. Divide among spinach-lined plates. Serve immediately.

Chicken Pasta Salad

Ingredients

1 (14 ounce) can SwansonB® Chicken Broth (Regular or Natural Goodnessв„ў)
1/2 cup reduced-calorie mayonnaise
1/4 cup grated Parmesan cheese
1 teaspoon dried dill weed or dried basil leaves
3 cups cooked corkscrew-shaped pasta
1 cup cherry tomatoes, cut in half
1 cup cooked peas
1/2 cup sliced mushrooms
1 small red onion, chopped
2 cups cubed cooked chicken
Lettuce leaves

Directions

Mix broth, mayonnaise, cheese and dill weed.

Toss pasta, tomatoes, peas, mushrooms, onion, chicken and broth mixture until evenly coated. Cover and refrigerate at least 2 hours. Serve on lettuce.

Yogurt Salad Dressing

Ingredients

1 (8 ounce) container plain low-fat yogurt
2 teaspoons lemon juice
1 teaspoon Dijon-style prepared mustard
1 teaspoon chopped fresh parsley
1 teaspoon chopped fresh chives

Directions

In a small bowl, beat together yogurt and lemon juice until smooth. Stir in mustard, parsley, and chives. Refrigerate until ready to serve.

Hot Chicken Salad Casserole

Ingredients

4 boneless chicken breast halves, cooked and diced
1 cup chopped celery
1 (8 ounce) can sliced water chestnuts
1 (4.5 ounce) can sliced mushrooms
3/4 cup mayonnaise
1 teaspoon lemon juice
1/2 teaspoon salt
3 teaspoons grated onion
1/2 cup sliced almonds
1/2 cup shredded Cheddar cheese
1 1/2 cups crushed potato chips

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.

In a large bowl mix the chicken, celery, water chestnuts, mushrooms, mayonnaise, lemon juice, salt, onion, and almonds. Transfer to the baking dish, and top with Cheddar cheese and crushed potato chips.

Bake in the preheated oven for 30 minutes, until lightly browned

Pineapple Turkey Salad

Ingredients

2 teaspoons canola oil, divided
1 teaspoon minced fresh gingerroot
1 garlic clove, minced
1 (1/2 pound) turkey breast tenderloin, cut into 1/2 inch slices
1 cup fresh cauliflowerets
1/2 medium red bell pepper, chopped
3 green onions, sliced
1 fresh pineapple
2 cups chopped fresh spinach
2 tablespoons apricot nectar
1 tablespoon white wine vinegar
1/4 teaspoon pepper

Directions

In a large nonstick skillet, heat 1 teaspoon oil, ginger and garlic. Add turkey; stir-fry for 8-10 minutes or until no longer pink. Remove turkey and keep warm. Add remaining oil to the skillet; stir-fry cauliflower for 3 minutes. Add red pepper and onions; stir-fry 1 minute longer.

Cut pineapple in half and remove fruit, leaving 1-in. shells; set shells aside for serving. Cut fruit into cubes; set aside 1-1/2 cups (refrigerate remaining pineapple for another use). In a large bowl, combine the turkey, vegetables, spinach and reserved pineapple. In a small bowl, whisk the apricot nectar, vinegar and pepper; add to turkey salad and toss to coat. Serve in pineapple shells.

Melitzanosalata Agioritiki (Athenian Eggplant

Ingredients

1 large eggplant, washed
1 tomato, seeded and chopped
1 small onion, diced
2 tablespoons chopped fresh parsley
2 tablespoons extra-virgin olive oil
2 tablespoons distilled white vinegar
1/2 cup crumbled feta cheese
salt to taste

Directions

Preheat an outdoor grill for medium-high heat.

Pierce the eggplant a few times with the tip of a paring knife or fork. Cook eggplant on preheated grill, turning often, until the skin is charred and the eggplant is tender, about 15 minutes. Set aside until cool enough to handle.

Remove the skin from the eggplant and dice the pulp. Place into a mixing bowl, and add tomato, onion, parsley, olive oil, vinegar, and feta cheese; mix well. Refrigerate for one hour, and season to taste with salt before serving.

Artichoke-Red Pepper Tossed Salad

Ingredients

1 head iceberg lettuce, torn
1 head romaine, torn
1 (14 ounce) can water packed artichoke hearts, drained and chopped
2 medium sweet red peppers, julienned
1/2 cup thinly sliced red onion
1/2 cup olive oil
1/2 cup red wine vinegar
2 tablespoons Dijon mustard
2 teaspoons sugar
1 teaspoon seasoned salt
1/2 cup shredded Parmesan cheese

Directions

In a large bowl, combine the first five ingredients. In a jar with a tight-fitting lid, combine oil, vinegar, mustard, sugar and seasoned salt; cover and shake well. Drizzle over salad; toss to coat. Sprinkle with Parmesan cheese.

American Potato Salad

Ingredients

5 pounds red potatoes
6 eggs
2 cups mayonnaise
1 onion, diced
2 green onions, thinly sliced
1 small green bell pepper, seeded and diced
3 stalks celery, thinly sliced
2 teaspoons salt
1 teaspoon ground black pepper

Directions

Bring a large pot of water to a boil. Add potatoes, and cook for 15 to 20 minutes, or until tender but still firm. Drain, cool and cut into cubes.

Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

In a large bowl, combine chopped potatoes and eggs. Mix together mayonnaise, chopped onion, green onion, green pepper, and celery. Season with salt and pepper, then mix well. Cover, and refrigerate for several hours or overnight.

Ham and Swiss Salad with Red Currants

Ingredients

1 head romaine lettuce, rinsed, patted dry and chopped
4 ounces arugula, washed and dried
4 ounces sliced mushrooms
1 cup grape tomatoes, halved
1 shallot, thinly sliced
1 cup fresh red currants
1/2 cup shredded Swiss cheese
4 ounces honey ham, chopped
1/4 cup balsamic vinegar
1/4 cup extra virgin olive oil
salt and pepper to taste

Directions

Toss together the romaine, arugula, mushrooms, tomatoes, shallot, currants, Swiss cheese, and ham in a large salad bowl. Whisk together the balsamic vinegar, olive oil, salt, and pepper in a small bowl until mixed. Pour over the salad and toss to coat.

Left Bank Apple Salad

Ingredients

3 Granny Smith apples, cored and chopped
1 tablespoon lemon juice
1/3 cup diced celery
3/4 cup red seedless grapes, halved
1/4 cup coarsely chopped walnuts
1 (8 ounce) container low-fat peach yogurt

Directions

Place apples in a large bowl and sprinkle with lemon juice. Toss gently. Add the celery, grapes, and walnuts. Pour in the yogurt and mix until ingredients are coated. Cover bowl and refrigerate several hours or overnight to blend the flavors.

Copper Penny Salad

Ingredients

2 pounds carrots, sliced
1 stalk celery, chopped
1 green bell pepper, chopped
1 onion, chopped
1 (10.75 ounce) can condensed tomato soup
1/3 cup vegetable oil
1/2 cup distilled white vinegar
2/3 cup SPLENDA® No Calorie Sweetener, Granulated

Directions

Bring a pot of water to boil, add carrots and boil until the carrots are just tender, approximately 10 minutes. Drain well.

In a mixing bowl combine the celery, green pepper, carrots and onion.

Bring tomato soup, oil, vinegar and SPLENDA® Granulated Sweetener to a boil. Stir well. Remove the mixture from the heat and let cool, 10 to 15 minutes. Pour the mixture over the vegetables, mix until all of the vegetables are coated. Marinate this salad overnight before serving.

Lime Gelatin Salad

Ingredients

1 (6 ounce) package lime gelatin
1 cup boiling water
1 (8 ounce) package cream cheese, softened
1/2 teaspoon vanilla extract
1 (15 ounce) can mandarin oranges, drained
1 (8 ounce) can crushed pineapple, drained
1 cup lemon-lime soda
1/2 cup chopped pecans
1 (8 ounce) carton frozen whipped topping, thawed, divided

Directions

Dissolve gelatin in water. In a mixing bowl, beat cream cheese until fluffy. Stir in gelatin mixture and beat until smooth. Stir in vanilla, oranges, pineapple, soda and pecans. Chill until the mixture mounds slightly when dropped from a spoon. Fold in three-fourths of the whipped topping. Pour into a 13-in. x 9-in. x 2-in. dish. Refrigerate for 3-4 hours or until firm. Cut into squares; garnish with the remaining whipped topping.

Greek Pasta Salad

Ingredients

1 (16 ounce) package penne pasta
1/4 cup vegetable oil
1 teaspoon lemon juice
1 teaspoon dried basil
1 teaspoon ground black pepper
1 teaspoon garlic salt
2 tomatoes, chopped
1 green bell pepper, chopped
1 sweet onion, chopped
1 cucumber, coarsely chopped
1 cup black olives, chopped

Directions

Cook pasta in a large pot of boiling water until al dente. Drain, and rinse in cold water.

In a small bowl, mix together oil, lemon juice, basil, garlic salt, and black pepper.

In a large bowl, combine pasta, tomatoes, green pepper, onion, cucumber, and black olives. Add dressing, and toss to coat. Chill in the refrigerator for 30 minutes.

Bacon-Chive Tossed Salad

Ingredients

1/2 cup creamy Parmesan Romano salad dressing
2 tablespoons snipped chives
4 cups torn Bibb or Boston lettuce
1 medium red onion, thinly sliced and separated into rings
1 cup shredded Cheddar cheese
1/4 cup real bacon bits

Directions

In a small bowl, combine the salad dressing and chives. In a salad bowl, toss the lettuce, onion, cheese and bacon. Serve with dressing.

Grilled Tomato, Onion, and Bread Salad

Ingredients

2 red onions, sliced 1/2 inch thick
8 plum (Roma) tomatoes, cored
4 tablespoons olive oil, divided
4 cups cubed Italian bread
2 teaspoons dried thyme leaves
salt and pepper to taste
1 cucumber, peeled, halved lengthwise, seeded, and cut into 1/2 inch slices
1/2 cup shredded fresh basil
3 tablespoons red wine vinegar
2 tablespoons olive oil

Directions

Preheat an outdoor grill for medium-high heat.

Brush the onion slices and tomatoes with 2 tablespoons of olive oil, and set aside. Drizzle another 2 tablespoons of olive oil over the cubed bread in a large bowl. Sprinkle with thyme, salt, and pepper; toss well. Skewer the bread cubes with metal skewers.

Grill bread on preheated grill until golden brown on all sides, about 3 minutes. Grill onions and tomatoes until soft, about 5 minutes.

Chop the roasted onions and tomatoes into large pieces, and place into a large bowl along with the toasted bread, cucumber, and basil. Whisk the vinegar together with the remaining 2 tablespoons of oil to make a dressing. Pour over the salad, and toss to coat.

Garbanzo Bean and Pepper Salad

Ingredients

1 (19 ounce) can garbanzo beans, drained and rinsed
2 large red bell peppers, diced
2 large yellow bell peppers, diced
1 jalapeno pepper, diced
1 large red onion, diced
1/4 cup chopped fresh parsley
salt to taste
ground black pepper to taste
1 lime, juiced
1 lemon, juiced
1/4 cup extra virgin olive oil

Directions

In a large bowl, mix the garbanzo beans, red bell peppers, yellow bell peppers, jalapeno pepper, red onion, and parsley. Season with salt and pepper.

In a small bowl, whisk together the lime juice, lemon juice, and olive oil. Drizzle over the salad, and toss to coat. Refrigerate salad at least 4 hours before serving.

Cauliflower Lettuce Salad

Ingredients

1 head iceberg lettuce, torn
1 small head cauliflower, broken into florets
3/4 pound sliced bacon, cooked and crumbled
1/4 cup finely chopped red onion
1/4 cup sugar
1/4 cup grated Parmesan cheese
1 cup mayonnaise or salad dressing

Directions

In a large bowl, layer lettuce, cauliflower, bacon, onion, sugar and cheese. Spread mayonnaise over the top; do not toss. Cover and chill for 2 hours or overnight. Toss just before serving.

Ali's Greek Tortellini Salad

Ingredients

2 (9 ounce) packages cheese tortellini
1/2 cup extra virgin olive oil
1/4 cup lemon juice
1/4 cup red wine vinegar
2 tablespoons chopped fresh parsley
1 teaspoon dried oregano
1/2 teaspoon salt
6 eggs
1 pound baby spinach leaves
1 cup crumbled feta cheese
1/2 cup slivered red onion

Directions

Bring a large pot of lightly salted water to a boil. Add tortellini, and cook for 7 minutes or until al dente; drain.

In a large bowl, mix the olive oil, lemon juice, red wine vinegar, parsley, oregano, and salt. Place the cooked tortellini in the bowl, and toss to coat. Cover, and chill at least 2 hours in the refrigerator.

Place eggs in a saucepan with enough water to cover, and bring to a boil. Remove from heat, and allow eggs to sit in the hot water for 10 to 12 minutes. Drain, cool, peel, and quarter.

Gently mix the spinach, feta cheese, and onion into the bowl with the pasta. Arrange the quartered eggs around the salad to serve.

Cheese and Pecan Pasta Salad

Ingredients

1 pound spaghetti
2 tablespoons olive oil
2 cloves garlic, minced
1/4 cup torn fresh basil leaves
1 tablespoon chopped fresh oregano
1 teaspoon salt
1 teaspoon ground black pepper
1/2 cup half-and-half cream
1/2 cup olive oil
1 green bell pepper, seeded and thinly sliced
1 red bell pepper, seeded and thinly sliced
1/2 cup chopped fresh parsley
2/3 pound Jarlsberg cheese, cut into matchsticks
1/2 cup toasted, chopped pecans
1/4 pound grated Parmesan cheese

Directions

Bring a large pot of lightly salted water to a boil. Add spaghetti and cook for 8 to 10 minutes or until al dente. Drain and toss with 2 tablespoons olive oil in a large bowl; set aside.

Whisk together the garlic, basil, oregano, salt, pepper, half-and-half, an 1/2 cup olive oil in a bowl. Toss with the cooked spaghetti. Add the green bell pepper, red bell pepper, parsley, Jarlsberg, and pecans. Toss the salad again to mix, and sprinkle with Parmesan cheese to serve.

Red Broccoli Salad

Ingredients

2 pounds bacon
1 large head fresh broccoli, chopped
3/4 cup chopped celery
1/4 cup minced green onions
1/4 cup diced red onion
1 1/2 cups seedless grapes, halved
3/4 cup blanched slivered almonds
1/4 cup white sugar
2 tablespoons distilled white vinegar
1 cup mayonnaise

Directions

Place bacon in a large skillet. Cook, turning frequently, over medium high heat until evenly browned. Cool, and then crumble.

Preheat oven to 300 degrees F (150 degrees C). Spread slivered almonds on a cookie sheet. Bake for approximately 12 to 14 minutes or until lightly browned, turning once during toasting. Cool.

In a small bowl, mix together mayonnaise, sugar, and vinegar. Set aside.

In a large bowl, combine broccoli, crumbled bacon, celery, green onions, red onions, grapes, and toasted almonds. Toss with mayonnaise dressing. Chill for several hours in the refrigerator.

Blue Cheese Apple Salad

Ingredients

3 unpeeled red apples, cubed
2 teaspoons lemon juice
3 cups cubed cantaloupe
2 cups sliced celery
1/2 cup sour cream
1/2 cup crumbled blue cheese
1/3 cup mayonnaise or salad dressing
Lettuce Leaves

Directions

In a large bowl, toss apples with lemon juice. Add cantaloupe and celery; mix well. In a small bowl, combine the sour cream, blue cheese and mayonnaise. Pour over apple mixture and toss to coat. Cover and refrigerate for 1 hour. Serve in a lettuce-lined bowl.

Curry Chicken Salad

Ingredients

3 eggs
2 cups chopped, cooked chicken meat
4 stalks celery, chopped
1/4 cup chopped green onions
2 tablespoons dill pickle relish
1 1/2 teaspoons curry powder
2 tablespoons mayonnaise

Directions

Place eggs in a saucepan and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

In a large bowl, combine the chicken, celery, eggs, green onions, dill relish, curry and mayonnaise. Stir together until mixed well. Refrigerate until chilled.

Layered Salad

Ingredients

4 eggs
1 head lettuce, torn into small pieces
1 onion, chopped
1 (8 ounce) can water chestnuts
1 (16 ounce) package frozen green peas
2 cups mayonnaise
2 teaspoons white sugar
1 teaspoon seasoning salt
1/4 teaspoon garlic powder
1/2 pound bacon - cooked and crumbled
1 large tomato, chopped

Directions

Place eggs in a large saucepan and completely cover with water. Bring to a boil. Cover and remove from heat. Let stand for 12 minutes. Remove eggs and chill.

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 over the top evenly over the top of the peas. Cover and refrigerate overnight.

Peel and chop hard cooked eggs.

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

Spinach Salad with Red Potatoes

Ingredients

1 (10 ounce) package fresh spinach, torn
3 small red potatoes, cooked and diced
2 hard-cooked eggs, chopped
1/2 cup sliced fresh mushrooms
2 bacon strips, diced
1/4 cup chopped red onion
1/2 teaspoon cornstarch
1/4 cup apple juice
2 tablespoons cider vinegar
2 teaspoons granular no-calorie sucralose sweetener, e.g., Splenda ®
1/8 teaspoon pepper

Directions

In a salad bowl, combine spinach, potatoes, eggs and mushrooms. In a skillet, cook bacon until crisp. Remove bacon with a slotted spoon; drain on paper towels. In the drippings, saute onion until tender. Combine cornstarch, apple juice, vinegar, sweetener and pepper until smooth; stir into skillet. Bring to a boil; cook and stir for 1-2 minutes or until slightly thickened and bubbly. Pour over spinach mixture. Add bacon and toss. Serve immediately.

Raspberry Salad Dressing II

Ingredients

1 cup plain yogurt
1/2 cup raspberries
1 tablespoon red wine vinegar
2 teaspoons white sugar

Directions

In a blender, combine the yogurt, raspberries, vinegar and sugar. Blend until smooth and refrigerate until chilled.

Mexican Corn Salad

Ingredients

3 tablespoons butter
2 cups whole corn kernels, cooked
1 red bell pepper, diced
1 cup chopped zucchini
2 green onions, chopped
1 jalapeno pepper, seeded and minced
1/2 cup salsa
2 tablespoons chopped fresh cilantro

Directions

In a heavy large skillet, melt the butter over medium-high heat. Add the corn, bell pepper, zucchini, green onions and jalapeno pepper. Saute until vegetables are tender, about 6 minutes. Remove from heat and refrigerate vegetables until chilled.

Add salsa and chopped cilantro to vegetable mixture. Stir and season with salt and pepper to taste.

Sugar Toasted Almond Spinach Salad

Ingredients

1/2 cup slivered almonds
3 tablespoons white sugar

3/4 cup red wine vinegar
1/3 cup salad oil
1/3 cup white sugar
2 tablespoons yellow mustard
3/4 tablespoon poppy seeds
3/4 teaspoon salt

1 head romaine lettuce, torn into bite sized pieces
1 (6 ounce) bag baby spinach leaves
3/4 pound sliced mushrooms
3/4 pound shredded Swiss cheese
1 red onion, chopped
1 cup mandarin oranges

Directions

Combine almonds and sugar in a small skillet over medium-high heat; cook and stir until sugar is melted over almonds, about 3 minutes. Spread almonds in a single layer on waxed paper to cool.

To make the salad dressing, whisk together the vinegar, salad oil, sugar, mustard, poppy seeds, and salt in a bowl; set aside.

Toss together the romaine lettuce, spinach, mushrooms, Swiss cheese, onion, and oranges in a large bowl. Sprinkle almonds and drizzle dressing over top of salad just before serving.

Spring Asparagus Salad

Ingredients

1 tablespoon rice vinegar
1 teaspoon red wine vinegar
1 teaspoon soy sauce
1 teaspoon white sugar
1 teaspoon Dijon mustard
2 tablespoons peanut oil
1 tablespoon sesame oil
1 1/2 pounds fresh asparagus, trimmed and cut into 2-inch pieces
1 tablespoon sesame seeds

Directions

Whisk together the rice vinegar, red wine vinegar, soy sauce, sugar, and mustard. Drizzle in the peanut oil and sesame oil while whisking vigorously to emulsify. Set aside.

Bring a pot of lightly-salted water to a boil. Add the asparagus to the water and cook 3 to 5 minutes until just tender, but still mostly firm. Remove and rinse under cold water to stop from cooking any further.

Place the asparagus in a large bowl and drizzle the dressing over the asparagus. Toss until evenly coated. Sprinkle with sesame seeds to serve.

Igloo Salad

Ingredients

1 (15.25 ounce) can fruit cocktail, drained
1 (11 ounce) can mandarin oranges, drained
1/2 cup flaked coconut
1 3/4 cups whipped topping, divided
2 1/2 cups miniature marshmallows, divided

Directions

In a bowl, combine the fruit cocktail, oranges, coconut, 1 cup whipped topping and 1/2 cup marshmallows. Spoon into two balls, one 5-1/2 in. and one 3-1/2 in., on a serving plate, with smaller ball in front of larger ball. Spoon out some salad from small ball to make a doorway. Cover with remaining whipped topping and marshmallows.

Blueberry Walnut Salad

Ingredients

1 (10 ounce) package mixed salad greens
1 pint fresh blueberries
1/4 cup walnuts
1/2 cup raspberry vinaigrette salad dressing
1/4 cup crumbled feta cheese

Directions

In a large bowl, toss the salad greens with the blueberries, walnuts, and raspberry vinaigrette. Top with feta cheese to serve.

Couscous and Cucumber Salad

Ingredients

10 ounces uncooked couscous
2 tablespoons olive oil
1/2 cup lemon juice
3/4 teaspoon salt
1/4 teaspoon ground black pepper
1 cucumber, seeded and chopped
1/2 cup finely chopped green onions
1/2 cup fresh parsley, chopped
1/4 cup fresh basil, chopped
6 leaves lettuce
6 slices lemon

Directions

In a medium saucepan, bring 1 3/4 cup water to a boil. Stir in couscous; cover. Remove from heat; let stand, covered, 5 minutes. Cool to room temperature.

Meanwhile, in a medium bowl combine oil, lemon juice, salt and pepper. Stir in cucumber, green onion, parsley, basil and couscous. Mix well and chill for at least 1 hour.

Line a plate with lettuce leaves. Spoon couscous mixture over leaves and garnish with lemon wedges.

Corn Tomato Salad

Ingredients

6 ears corn, husked and cleaned
1 red bell pepper, seeded and diced
1/2 red onion, diced
1 medium tomato, diced
1/3 cup extra virgin olive oil
1/3 cup balsamic vinegar
1 tablespoon minced garlic
ground black pepper to taste

Directions

Place the corn in a large pot with enough water to cover, and bring to a boil. Cook 5 minutes, until kernels are tender but crisp. Drain, cool slightly, and use a knife to scrape kernels from the cobs.

In a large bowl, mix the corn kernels, red bell pepper, onion, tomato, olive oil, balsamic vinegar, and garlic. Season with pepper. Chill 15 minutes before serving.

Crab Salad III

Ingredients

1 1/2 cups seashell pasta
1 (12 ounce) package imitation crabmeat
1 small green bell pepper, diced
1 sweet onion, diced
1/2 cup diced black olives
5 radishes, diced
1 tomato, seeded and diced
1/2 cup diagonally sliced celery
3/4 cup mayonnaise
1 tablespoon white vinegar
1 teaspoon lemon juice
1/2 packet artificial sweetener
1/2 teaspoon garlic powder
1/2 teaspoon dried dill weed
1/2 teaspoon dried basil
1/2 teaspoon dried oregano

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; rinse with cold water and drain.

In a large bowl, whisk together the mayonnaise, vinegar, lemon juice, artificial sweetener, garlic powder, dill, basil and oregano, adjusting seasonings to suit your taste.

Add the pasta to the dressing and toss to coat. Add the crab, green pepper, onion, olives, radishes, tomato and celery and gently fold into the salad mixture. Cover and refrigerate until serving.

Couscous, Cranberry, and Feta Salad

Ingredients

1/3 cup couscous
1/3 cup dried cranberries
2/3 cup boiling water
1/2 cucumber, diced
2 tablespoons crumbled feta cheese
2 teaspoons balsamic vinaigrette salad dressing, or to taste
salt to taste

Directions

Place the couscous and cranberries in a heatproof bowl. Pour in the boiling water, and stir with a fork. Cover the bowl with plastic wrap, and set aside 5 to 10 minutes.

Fluff the couscous with a fork, and fold in the cucumber and feta cheese. Season to taste with balsamic vinaigrette and salt.

Carole's Sesame Chicken Salad

Ingredients

2 boneless chicken breast halves, cooked and chopped
1 cup mayonnaise
1 tablespoon sesame oil
1 tablespoon white sugar
1/8 teaspoon ground ginger
1/2 small head napa cabbage
2 green onions, chopped
1 tablespoon sesame seeds, toasted
1 carrot, shredded
1/2 cup crispy fried rice noodles, for garnish

Directions

Several hours before serving make the dressing. Combine mayonnaise, sesame oil, sugar and ginger. Cover and refrigerate.

Thinly slice the cabbage and place in large bowl along with the cubed chicken. Add the green onions, toasted sesame seeds and shredded carrot. Toss then mix in the dressing. Divide salad onto serving plates and top with additional green onion and crispy rice noodles.

Refreshing Fruit Salad

Ingredients

1 (11 ounce) can mandarin oranges, drained
1 (8 ounce) can pineapple chunks, drained
1 medium ripe banana, sliced
1/2 cup halved seedless grapes
3 tablespoons mayonnaise
3 tablespoons sour cream
1 tablespoon honey
1/4 cup chopped walnuts
1/4 cup flaked coconut

Directions

In a bowl, combine the fruit. In another bowl, combine the mayonnaise, sour cream and honey. Pour over fruit and toss to coat. Cover and refrigerate. Just before serving, stir in walnuts and coconut if desired.

Salad Dressing with a Kick

Ingredients

1/2 cup fat-free plain yogurt
1/4 cup chili sauce
1 teaspoon prepared horseradish
1 teaspoon steak sauce
1/2 teaspoon Worcestershire sauce
1/8 teaspoon garlic powder

Directions

In a small bowl, whisk all of the ingredients. Chill for at least 30 minutes before serving.

Pan Seared Ahi Tuna, Baby Beets and Watercress

Ingredients

Salad:
30 baby beets, any color, trimmed with 1-inch tops remaining
1/4 cup extra virgin olive oil
1 teaspoon sea salt
2 bunches watercress, washed, spun dry and trimmed
1 1/2 pounds seared ahi tuna

Ginger Vinaigrette:
1 lemon, juiced
1/4 cup rice wine vinegar
1/4 cup orange juice
2 tablespoons champagne vinegar
1 tablespoon fish sauce
2 packets Stevia Extract In The Raw®
2 tablespoons fresh peeled and chopped ginger
1 garlic clove, peeled and chopped
1 tablespoon sesame oil
1 tablespoon light soy sauce
1/2 cup extra virgin olive oil
1 tablespoon toasted sesame seeds

Directions

Salad: Preheat oven to 375 degrees F

Rinse beets in cold water. Place on roasting pan and add enough water to cover three-fourths. Cover pan tightly with foil and roast about 50 minutes or until just under fork tender. Remove from oven. Beets will finish cooking during the cooling process.

While beets are still warm, peel using soft towel rubbing skin off gently. Remove root top with a paring knife. Toss beets in bowl with olive oil and sea salt and set aside.

Prepare ahi tuna and slice. Place on bed of watercress with roasted beets and ginger vinaigrette.

Ginger Vinaigrette: In small container combine all ingredients in an airtight non-metallic container and shake vigorously to combine.

Refreshing Summertime Salad

Ingredients

4 cups mixed baby greens
1/2 cup diced mango
1/2 cup cubed seeded watermelon
1 tablespoon chopped fresh mint
1/4 cup crumbled feta cheese
2 tablespoons minced red onion
1 tablespoon white balsamic vinegar
1 tablespoon olive oil
1 tablespoon frozen mango juice concentrate, thawed

Directions

Combine the baby greens, mango, watermelon, mint, feta cheese, and minced onion in a mixing bowl. Whisk the vinegar, olive oil, and mango juice concentrate together in a small bowl, and pour over the salad. Toss gently to evenly coat.

Tangy Salad Dressing

Ingredients

1/2 cup olive or vegetable oil
1/4 cup cider vinegar
3 tablespoons sugar
1/2 teaspoon salt
1/2 teaspoon seasoned salt
1/4 teaspoon pepper
1/4 teaspoon ground mustard
mixed salad greens

Directions

In a jar with tight-fitting lid, combine the first seven ingredients; shake well. Toss with salad greens just before serving.

Barbecue Bean Salad

Ingredients

1 pound dried pinto beans
1/4 cup cider vinegar
1/4 cup vegetable oil
1/4 cup ketchup
1/4 cup packed brown sugar
1 tablespoon Dijon mustard
1 tablespoon Worcestershire sauce
2 teaspoons chili powder
3/4 teaspoon ground cumin
1 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon hot pepper sauce
1 (15.25 ounce) can whole kernel corn, drained
1 medium sweet red pepper, chopped
1 medium green pepper, chopped
1 medium onion, chopped
2 cups tortilla chips, coarsely crushed, divided

Directions

Place beans in a Dutch oven or soup kettle; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour. Drain and discard liquid. Add water to cover beans by 2 in. Bring to a boil. Reduce heat; cover and simmer for 1 to 1-1/2 hours or until tender. Rinse, drain and set aside. For dressing, in a saucepan, combine the vinegar, oil, ketchup, brown sugar, mustard, Worcestershire sauce, chili powder, cumin, salt, pepper and hot pepper sauce. Bring to a boil. Reduce heat; cover and simmer for 10 minutes. Cool slightly. In a large salad bowl, combine the beans, corn, peppers and onion. Just before serving, stir in dressing and half of the chips. Sprinkle with remaining chips.

Holiday Apple Side Salad

Ingredients

2 (16 ounce) cans dark red kidney beans, drained and rinsed
2 large Granny Smith apples - peeled, cored and diced
2 stalks celery, diced
1 bunch red globe grapes, halved and seeded
1 1/2 cups creamy salad dressing, e.g. Miracle Whip в„ў

Directions

In a large bowl mix together the kidney beans, celery, and grapes. Stir in the creamy salad dressing a little at a time. Adjust the amount of creamy salad dressing to suit your taste.

Salade de Carottes Rapes

Ingredients

2 tablespoons Dijon mustard
2 tablespoons olive oil
1 teaspoon salt and pepper to taste
10 carrots, peeled and shredded

Directions

In a medium bowl, whisk together the mustard, olive oil, salt and pepper. Add the shredded carrots, and mix until coated. Refrigerate for at least 2 hours before serving.

Winter Fruit Salad with Lemon Poppyseed

Ingredients

1/2 cup white sugar
1/2 cup lemon juice
2 teaspoons diced onion
1 teaspoon Dijon-style prepared mustard
1/2 teaspoon salt
2/3 cup vegetable oil
1 tablespoon poppy seeds
1 head romaine lettuce, torn into bite-size pieces
4 ounces shredded Swiss cheese
1 cup cashews
1/4 cup dried cranberries
1 apple - peeled, cored and diced
1 pears - peeled, cored and diced

Directions

In a blender or food processor, combine sugar, lemon juice, onion, mustard and salt. Process until well blended. With machine still running add oil in a slow steady stream until mixture is thick and smooth. Add poppy seeds and process just a few seconds more to mix.

In a large serving bowl combine the romaine lettuce, shredded Swiss cheese, cashews, dried cranberries, cubed apple and cubed pear. Toss to mix then pour dressing over salad just before serving and toss to coat.

Easy and Fast Cajun Chicken Caesar Salad

Ingredients

1/4 pound bacon
4 skinless, boneless chicken breast halves - cut into strips
1 teaspoon Cajun seasoning
1 tablespoon light olive oil
1 head romaine lettuce- rinsed, dried and chopped
1/2 cup Caesar salad dressing
1/3 cup grated Parmesan cheese

Directions

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

In a preheated skillet, add the chicken, seasoning mix and oil. Cook until chicken is golden brown. Remove from heat and set aside.

In a salad bowl, combine Romaine, enough salad dressing to coat, Parmesan cheese and bacon. Toss and place on individual salad plates. Top with the sliced chicken and serve.

Cold Spaghetti Salad

Ingredients

1 pound thin spaghetti
1 (8 ounce) bottle Italian salad dressing
1/4 cup red wine vinegar
1 small red onion, chopped
1 (8 ounce) package pepperoni sausage, chopped
1 (4 ounce) jar sliced mushrooms
1 (16 ounce) can Italian-style diced tomatoes, drained
1 (3 ounce) jar sliced green olives, drained
1/4 (2.62 ounce) bottle salad seasoning mix
2 cups shredded Parmesan cheese

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and place in a serving bowl.

Pour the salad dressing and vinegar over the noodles, and mix well. Add the onion, pepperoni, mushrooms, tomatoes, olives, seasoning mix, and parmesan cheese and stir until well combined. Serve at room temperature, or cover and refrigerate for several hours, or overnight.

Whipped Carrot Salad

Ingredients

1 (6 ounce) package orange gelatin
2 cups boiling water
1 (8 ounce) package reduced-fat cream cheese, cubed
2 (8 ounce) cans unsweetened crushed pineapple, drained
1 cup finely grated carrots
1 (8 ounce) tub reduced-fat whipped topping

Directions

In a bowl, dissolve gelatin in boiling water. Place cream cheese in a food processor or blender; cover and process until smooth. While processing, gradually add dissolved gelatin; process until smooth. Pour into a large bowl. Stir in pineapple and carrots; fold in whipped topping. Pour into a serving bowl. Refrigerate for 2 hours or until firm.

Wilted Lettuce Salad

Ingredients

5 slices bacon
2 tablespoons red wine vinegar
1 tablespoon lemon juice
1 teaspoon white sugar
1/2 teaspoon ground black pepper
1 head leaf lettuce - rinsed, dried and torn into bite-size pieces
6 green onions with tops, thinly sliced

Directions

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

To the hot bacon drippings, add the vinegar, lemon juice, sugar and pepper. Stir over medium heat until hot.

In a large bowl, combine the lettuce and green onions. Add the warm dressing and toss to evenly coat. Sprinkle with bacon and serve.

Strawberry and Feta Salad II

Ingredients

1 (10 ounce) package romaine lettuce
1 1/2 cups sliced fresh strawberries
1/2 cup crumbled feta cheese
1/3 cup dried cranberries
1 (3 ounce) package dried Golden Delicious apples
1/4 cup pine nuts
1/2 cup raspberry vinaigrette salad dressing

Directions

In a large bowl, mix the romaine lettuce, strawberries, feta cheese, dried cranberries, dried apples, and pine nuts. Toss with the raspberry vinaigrette salad dressing to serve.

Dill and Shrimp Salad

Ingredients

3 pounds cooked shrimp
2 lemons, juiced
1 lime, juiced
2 stalks celery, chopped
3 green onions, chopped
1 tablespoon chopped fresh dill
1 cup mayonnaise
ground black pepper to taste

Directions

In a large bowl, combine the shrimp, lemon juice, lime juice, celery, onion, dill, mayonnaise, and pepper. Mix well and refrigerate until chilled.

Belgian Salad

Ingredients

1/2 cup vegetable oil
1/2 cup white vinegar
1 cup white sugar
1 (15 ounce) can green beans, drained
1 (15 ounce) can baby peas
1 (15 ounce) can white corn, drained
1 (2 ounce) jar pimentos, drained
1 cup chopped celery
1 cup chopped onion
salt and freshly ground black pepper to taste

Directions

In a saucepan over medium-high heat, bring oil, vinegar, and sugar to a boil. Reduce to a simmer, and stir until sugar is completely dissolved. Refrigerate 1 hour.

In a medium bowl, mix together the green beans, peas, corn, pimentos, celery, and onion. Pour in dressing, and toss to coat. Cover and refrigerate 8 hours, or overnight. Season with salt and pepper, and serve chilled.

Grandma's Cranberry Salad

Ingredients

1 (12 ounce) package frozen cranberries
1 (8 ounce) can crushed pineapple, drained
1 cup chopped pecans
1 (10 ounce) package miniature marshmallows
1 cup sugar
1 pint heavy whipping cream

Directions

Put cranberries in a food processor and blend until well chopped. Transfer cranberries to a large bowl, and mix in pineapple, pecans, marshmallows and sugar.

In a medium bowl, beat cream with an electric mixer until stiff peaks form. Fold whipped cream into cranberry mixture. Chill until ready to serve. (Or, freeze for 2 hours before serving.)

Tossed Broccoli Salad

Ingredients

2 pounds fresh broccoli, trimmed and cut into 1 inch pieces
1/2 pound bacon, fried and crumbled
2 cups shredded mozzarella cheese
1/2 red onion, chopped
DRESSING:
1 cup mayonnaise
1/2 cup sugar
2 tablespoons cider vinegar

Directions

In a large salad bowl, combine broccoli, bacon, cheese and onion. In a separate bowl, combine all dressing ingredients. Toss with broccoli mixture.

Cauliflower Olive Salad

Ingredients

5 cups cauliflowerets
1 cup chopped green pepper
1 cup stuffed olives, sliced
1 (4.5 ounce) can chopped ripe olives, drained
1/2 cup chopped sweet red pepper
1/2 cup chopped red onion
DRESSING:
3 tablespoons lemon juice
3 tablespoons cider vinegar
1/2 teaspoon sugar
1/4 teaspoon pepper
1/2 cup vegetable oil

Directions

In a large bowl, combine the cauliflower, green pepper, olives, red pepper and onion if desired. In a small bowl, whisk the lemon juice, vinegar, sugar and pepper; gradually whisk in oil. Pour over vegetables and stir to coat. Cover and refrigerate for at least 4 hours. Serve with a slotted spoon.

Chicken Pasta Salad with Cashews and Dried

Ingredients

3 cups bow tie (farfalle) pasta
1 (16 ounce) bottle bottled coleslaw dressing
1/2 cup mayonnaise
1/2 cup creamy salad dressing (such as Miracle Whipв„ў)
4 cups cubed cooked chicken
1 1/2 cups seedless green grapes, halved
1 1/2 cups seedless red grapes, halved
2 (5 ounce) cans water chestnuts, drained and quartered
2 cups thinly sliced celery
1/2 cup thinly sliced green onions
2 cups cashew halves
2 cups dried cranberries

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain, and set aside.

In a medium bowl, whisk together coleslaw dressing, mayonnaise, and creamy salad dressing.

In a large bowl, combine pasta, chicken, green grapes, red grapes, water chestnuts, celery, and green onions. Stir in dressing, and mix well. Place the salad in the refrigerator to marinate for 2 hours, or overnight. Mix in cashews and dried cranberries just before serving. Serve cold.

Japanese Tofu Salad

Ingredients

1 (14 ounce) package firm tofu, drained
3 tablespoons soy sauce
1 tablespoon mirin (sweetened rice wine)
2 teaspoons sesame oil, or to taste
1 tablespoon rice vinegar
2 tablespoons vegetable oil
2 cloves garlic, minced
1 teaspoon minced fresh ginger
1 large tomato, seeded and chopped
1 small red onion, thinly sliced
1/4 cup chopped cilantro
1 tablespoon sesame seeds

Directions

Place tofu between two plates, and weigh down with a heavy book. Allow tofu to drain for 1 hour, pouring out the expelled liquid every 20 minutes.

Whisk together the soy sauce, mirin, sesame oil, and rice vinegar in a small bowl. Heat the oil in a small pan over medium heat, stir in the garlic and ginger, and gently cook until lightly golden; stir into the soy sauce mixture.

Cut tofu into bite-sized pieces, and toss together with the tomato, onion, and cilantro. Pour in the dressing and toss to coat. Garnish with a sprinkle of sesame seeds.

Tasty Cabbage Salad

Ingredients

1 cup vegetable oil
6 tablespoons distilled white vinegar
2 teaspoons salt
1 teaspoon ground black pepper
2 teaspoons monosodium glutamate (MSG)
4 teaspoons white sugar
2 (16 ounce) packages shredded coleslaw mix
1 (10 ounce) can chicken chunks, drained
2 (3 ounce) packages ramen noodles, crushed

Directions

In a medium bowl, whisk together the oil, vinegar, salt, pepper, monosodium glutamate and sugar.

In a large bowl, combine the coleslaw, chicken and noodles. Add dressing, and mix together well. Refrigerate until chilled and serve.

Hot Spinach and Artichoke Salad

Ingredients

1 tablespoon olive oil
1 (10 ounce) package spinach - rinsed, stemmed, and dried
1 red onion, thinly sliced
1 (8 ounce) jar marinated artichoke hearts
1 cup crumbled feta cheese

Directions

Preheat oven to 300 degrees F (150 degrees C).

Drizzle olive oil on a rimmed baking sheet. Spread spinach leaves in a thick layer covering the baking sheet. Arrange onions and artichokes over the spinach, and drizzle the marinade from the jar over the entire salad. Sprinkle with the cheese (and sausage, if you wish).

Bake for about 10 minutes, or until the spinach is wilted but NOT crispy.

Mystery Salad

Ingredients

1 (20 ounce) can pineapple chunks with juice
1 cup mandarin oranges with juice
1 cup miniature marshmallows
1 large banana, sliced
1 (3.4 ounce) package instant lemon pudding mix
1/2 cup chopped pecans (optional)

Directions

Drain the juice from the pineapple and mandarin orange segments into a serving bowl. Whisk in the instant pudding until smooth. Stir in pineapple chunks, orange segments, banana and miniature marshmallows. Mix in pecans if using. Cover and refrigerate until serving.

Tortellini Salad with Grilled Tomato Vinaigrette

Ingredients

1 pound rainbow tortellini pasta, uncooked
3 roma (plum) tomatoes
1 tablespoon tomato paste
1 clove garlic, minced
3 tablespoons red wine vinegar
3 tablespoons balsamic vinegar
2 teaspoons Dijon-style prepared mustard
1 teaspoon honey
1/3 cup olive oil
1/3 cup vegetable oil
salt and pepper to taste
3/4 cup shredded provolone cheese
3 ounces hard salami, diced
2/3 cup sliced celery
1/4 cup sliced black olives
1/2 cup red bell pepper, diced
1 tablespoon red onion, diced
1/4 cup chopped fresh parsley
1 teaspoon chopped fresh rosemary
1 tablespoon fresh lemon juice
salt and pepper to taste

Directions

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

Preheat oven broiler and place halved tomatoes on a sheet pan 6 inches from the broiler. Broil skin side up until the skin is wrinkled and partially blackened.

Place the tomatoes in a food processor and add the tomato paste, garlic, red wine vinegar, balsamic vinegar, mustard and honey. Blend until smooth. With the processor running, add the olive oil and vegetable oil in a thin steady stream. Season with salt and pepper.

In a large bowl, combine the tortellini, cheese, salami, celery, olives, bell pepper, onion, parsley, rosemary and lemon juice. Gently toss and drizzle with vinaigrette to coat. Season with salt and pepper and serve immediately. Best served at room temperature.

No Cook Cranberry Salad

Ingredients

1 (14.5 ounce) can whole cranberry sauce (such as Ocean Spray®)
6 seedless green grapes, halved
1/4 (11 ounce) can mandarin oranges, drained and quartered
2 tablespoons sweetened flaked coconut
1/2 teaspoon vanilla extract
1/2 cup chopped walnuts
1 red apple, diced

Directions

Combine cranberry sauce, grapes, mandarin oranges, coconut, vanilla, walnuts, and apple in a bowl. Allow to set for 30 minutes before serving.

Taco Salad Made Over

Ingredients

4 large whole wheat tortillas
3/4 pound extra-lean ground beef
1 tablespoon chili powder
1 cup rinsed canned no-salt-added kidney beans
1/2 cup chunky salsa
4 cups torn mixed salad greens
1/2 cup KRAFT Canada Tex Mex Cheese Light
1 large tomato, chopped
2 tablespoons KRAFT Calorie-Wise Rancher's Choice Dressing

Directions

Heat oven to 425 degrees F.

Crumple 4 large sheets of foil to make 4 (3-inch) balls; place on baking sheet. Top each with 1 tortilla; spray with cooking spray. Bake 6 to 8 min. or until tortillas are golden brown. (Tortillas will drape over balls as they bake.)

Meanwhile, brown meat with chili powder in large nonstick skillet. Stir in beans and salsa; cook 5 min. or until heated through, stirring occasionally.

Fill tortilla shells with salad greens, meat mixture, cheese and tomatoes. Drizzle with dressing.

Teriyaki Chicken Salad

Ingredients

4 skinless, boneless chicken breast halves
1 cup orange juice
1 cup soy sauce
1 (12 fluid ounce) can or bottle lemon-lime flavored carbonated beverage
1 lemon, juiced
3/4 cup vegetable oil
1 teaspoon salt
1/2 teaspoon ground black pepper
4 cloves garlic
2 heads romaine lettuce
2 tomatoes, chopped
1/3 cup mozzarella cheese
1/4 cup grated Parmesan cheese

Directions

Marinate chicken in the orange juice, soy sauce and lemon-lime carbonated beverage for several hours or overnight.

Preheat grill to medium-high heat. Remove chicken from marinade and drain. Place chicken on hot grill and cook for 6 to 8 minutes on each side, or until juices run clear. Remove, cool, and cut into strips.

Whisk together the lemon juice, vegetable oil, salt, pepper and garlic cloves. Allow garlic cloves to sit in dressing for a few hours and remove before pouring on the salad.

In a salad bowl, combine the lettuce, tomatoes, mozzarella, Parmesan and marinated chicken strips. Pour dressing over salad; toss and serve.

Baja Bean Salad

Ingredients

1 (15 ounce) can kidney beans, drained
1 (15 ounce) can garbanzo beans, drained
1 cup chopped tomatoes
3/4 cup cucumber - peeled, seeded, and chopped
2 tablespoons diced onion
1 (6 ounce) container guacamole
1/2 cup plain yogurt
1/4 teaspoon salt
1/4 cup milk
shredded lettuce
corn tortilla chips

Directions

In a large bowl, toss together the kidney beans, garbanzo beans, tomatoes, cucumber, and onion.

In a small bowl, mix the guacamole, yogurt, and salt. If dressing seems thick, stir in a little milk. Stir into the bean mixture, and chill. Serve topped with the shredded lettuce and corn chips.

Broccoli Noodle Salad with Asian Peanut Citrus

Ingredients

1 pound thin spaghetti
1/2 cup JIF® Creamy Peanut Butter
1/2 cup orange juice
1/2 cup lemon juice
1/2 cup soy sauce
1 tablespoon granulated sugar
1/2 cup CRISCO® Canola Oil
1 cup chopped onion
1/2 cup chopped red, yellow or green bell pepper, or any combination of bell peppers
2 tablespoons minced garlic
1 pound broccoli florets

Directions

Cook the spaghetti, drain well, put in a large bowl and toss with a little oil. Set aside.

Asian Citrus Peanut Sauce Combine the JIF® peanut butter, orange juice, lemon juice, soy sauce and sugar in a medium bowl.

Whisk until very well blended.

In a large, deep-sided skillet, heat 1/2 cup CRISCO® Canola Oil over medium heat. Add the chopped pepper, chopped onion, and minced garlic, cook about 1 minute. Add the broccoli florets and stir, add the Asian Citrus Peanut Sauce, and stir. Continue to cook stirring often, until the broccoli is cooked to your liking.

Toss with the pasta. Serve at room temperature. Refrigerate if not served immediately. Will keep refrigerated about 2 days.

Ukraine Baked Potato Salad

Ingredients

6 medium potatoes
6 hard-cooked eggs, sliced
1 large onion, peeled and sliced
1 (16 ounce) container sour cream
salt and pepper to taste

Directions

Place the potatoes into a large pot with enough water to cover. Bring to a boil, and cook until tender enough to insert a fork, 15 to 20 minutes. Drain and cool slightly, then peel and slice.

Preheat the oven to 350 degrees F (175 degrees C). Place a layer of potato slices in the bottom of a 9x13 inch baking dish. Top with a layer of onion slices, and then some of the sliced eggs. Cover with a thin layer of sour cream. Repeat layering, until ingredients are used up, ending with sour cream on top. Season with salt and pepper.

Bake for 35 to 40 minutes in the preheated oven, or until the top layer of sour cream is golden brown.

Green Salad

Ingredients

1/2 cup chopped onion
1/2 cup chopped green bell pepper
2 (10 ounce) packages mixed salad greens
4 thinly sliced chicken deli meat, chopped
1 tomato, chopped
1/4 teaspoon onion powder
3 dashes garlic powder
1 pinch ground black pepper
2 pinches salt
3 tablespoons balsamic vinaigrette salad dressing

Directions

Microwave or saute onion and bell pepper until soft; set aside to cool.

In a large salad bowl, combine the onion, pepper, salad greens, deli meat and tomato. Sprinkle with the onion powder, garlic powder, black pepper and salt. Toss to mix.

Pour on enough salad dressing or vinegar to coat, toss again and serve.

Crab and Pea Salad

Ingredients

8 slices bacon
1 (10 ounce) package frozen green peas, thawed
1 pound imitation crab meat, flaked
1/2 cup mayonnaise
1/4 teaspoon onion powder

Directions

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

In a medium bowl, combine peas, imitation crab, bacon, mayonnaise, and onion powder. Mix thoroughly. Cover and refrigerate until serving.

Korean Salad

Ingredients

1 cup salad oil
3/4 cup sugar
1/2 cup ketchup
1/4 cup vinegar
salt and pepper to taste

2 eggs
1 pound bacon
1 pound fresh spinach, torn
1 (4 ounce) can water chestnuts, drained and chopped
1 cup fresh bean sprouts
8 mushrooms, sliced

Directions

In a bowl, mix oil, sugar, ketchup and vinegar. Season with salt and pepper. Cover and chill at least 24 hours.

Place egg in a pot with enough cold water to cover. Bring to a boil and remove from heat. Cover pot and let egg stand in hot water for 10 to 12 minutes. Remove from water, cool, peel and slice.

Place bacon in a skillet over medium heat and cook until evenly brown. Drain and crumble.

In a large bowl, mix eggs, bacon, spinach, water chestnuts, bean sprouts and mushrooms. Toss with dressing just before serving.

Russian Beet Salad with Herring

Ingredients

3 whole russet potatoes
2 large carrots, peeled
2 beets, washed with tops and bottoms removed
1/2 yellow onion, chopped
1 (12 ounce) jar herring fillets, packed in oil
6 tablespoons mayonnaise
salt and ground black pepper to taste

Directions

Bring a large pot of water to a boil. Cook the potatoes, carrots, and beets in the boiling water until cooked but still firm, 15 to 20 minutes for the potatoes, 25 to 30 minutes for the carrots, and 40 minutes for the beets. Allow each to cool to the touch before further handling. Remove and discard the skins from the potatoes and beets. Shred the potatoes, carrots, and beets, keeping them separate.

Arrange about half the onion and half the herring fillets in a layer in the bottom of a bowl. Cover the layer with about half of the grated potatoes, then a layer of about half the carrot, and finally about half the beet. Spread about 3 tablespoons of mayonnaise over the salad; season with salt and pepper. Repeat the layers in the same order to finish building the salad. Cover with plastic wrap and chill in the refrigerator at least 1 hour. Serve cold.

Fruity Chicken Salad

Ingredients

1 (2 1/2 pound) fryer chicken or equivalent pieces
1/2 cup creamy salad dressing (such as Miracle Whip®)
2 tablespoons white sugar, or to taste
1/4 cup raisins
1 ripe mango, peeled and diced (optional)

Directions

Put the chicken in a large pot with enough water to cover. Bring to a boil; reduce heat to medium. Allow the chicken to simmer until no longer pink at the bone and the juices run clear, about 1 hour. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 180 degrees F (82 degrees C). Remove the chicken to a cutting board. Use a pair of forks to remove and shred the meat from the chicken. Discard the remains. Place shredded chicken in a single layer on a plate and allow to cool completely in refrigerator, about 15 minutes.

Stir together the salad dressing and sugar in a large bowl. Stir the chicken and raisins into the salad dressing. Add the mango and gently fold into the mixture. Refrigerate overnight or 8 hours before serving.

Sweet Macaroni Salad

Ingredients

1 (16 ounce) package elbow macaroni
2 medium carrots, shredded
1 large green pepper, chopped
1 medium red onion, chopped
2 cups mayonnaise
1 (14 ounce) can sweetened condensed milk
1 cup sugar
1 cup cider vinegar
1 teaspoon salt
1/2 teaspoon pepper

Directions

Cook macaroni according to package directions; drain and rinse in cold water. In a large serving bowl, combine the macaroni, carrots, green pepper and onion.

In a small bowl, whisk the mayonnaise, milk, sugar, vinegar, salt and pepper until smooth. Pour over macaroni mixture and toss to coat. Cover and refrigerate overnight.

Cinnamon-Curry Tuna Salad

Ingredients

2 (6 ounce) cans water packed tuna, drained and flaked
2 teaspoons mayonnaise
1 teaspoon Dijon mustard
1 tablespoon sweet pickle relish
2 teaspoons lemon juice
1 1/2 teaspoons ground cinnamon
1 teaspoon curry powder
1 teaspoon ground black pepper
salt to taste

Directions

In a bowl, mix the tuna, mayonnaise, mustard, relish, lemon juice, cinnamon, curry powder, pepper, and salt. Cover, and refrigerate until ready to serve.

Antipasto Salad

Ingredients

6 cups torn lettuce leaves
8 ounces hard salami, julienned
6 ounces provolone cheese, julienned
1 cup shredded mozzarella cheese
2 medium tomatoes, chopped
1 (6 ounce) can pitted ripe olives , drained, halved
1 tablespoon minced chives
1 (8 ounce) can tomato sauce
1/2 cup vegetable oil
1/4 cup red wine vinegar or cider vinegar
1 teaspoon sugar
1 teaspoon salt
1 teaspoon dried oregano
1/2 teaspoon garlic powder
1/4 teaspoon pepper

Directions

Place the lettuce on a large serving platter. Arrange the salami, cheeses, tomatoes and olives over top. Sprinkle with chives. In a blender, combine the remaining ingredients; cover and process until smooth. Drizzle over salad.

Roasted New Potato Salad With Olives

Ingredients

2 pounds small red new potatoes, rinsed, dried and halved
2 tablespoons olive oil
1 1/4 teaspoons herbes de Provence (mixed dried French herbs) or dried thyme leaves
Salt and freshly ground black pepper
1/2 cup pitted and coarsely chopped Kalamata olives
1/2 small red onion, cut into thin slivers
2 tablespoons chopped fresh parsley
1 1/2 tablespoons malt vinegar or rice wine vinegar
1 tablespoon mayonnaise
1 small garlic clove, minced
3 tablespoons extra-virgin olive oil

Directions

Toss potatoes in oil with herbs, a generous sprinkling of salt and a few grinds of pepper. Place potatoes, cut side down, in a single layer on a lipped cookie sheet. Set pan on lowest rack of cold oven; heat oven to 450 degrees. Roast until cut side is golden brown and potatoes are tender, 20 to 25 minutes.

Transfer potatoes to a large bowl; add olives, onion and parsley.

Whisk vinegar, mayonnaise, garlic, a big pinch of salt and a couple of grinds of pepper in a 1-cup glass measuring cup. Slowly whisk in oil, first in droplets, then in a slow, steady stream. Pour dressing over warm salad; toss to coat. Serve at room temperature for best flavor.

Southwest Chicken Salad I

Ingredients

1/4 cup lime juice
1/4 cup olive oil
1/4 teaspoon salt
1 clove garlic, minced
3 tablespoons chopped cilantro
1/2 teaspoon chili powder
1/2 teaspoon ground cumin

4 cups shredded romaine lettuce
4 cooked skinless, boneless chicken breast halves, cut into strips
1 (15 ounce) can black beans, drained and rinsed
1/2 small red onion, sliced into rings
1 large tomato, chopped
1/2 cup grated Parmesan cheese

6 ounces tortilla chips

Directions

In a covered jar, mix the lime juice, olive oil, salt, garlic, cilantro, chili powder, and cumin. Cover, and shake until well blended.

Place the lettuce in a large bowl. Toss with the chicken, black beans, onion, and tomato. Just before serving, toss with the dressing mixture and Parmesan cheese. Serve with tortilla chips, either crushed over the top of the salad, or on the side.

Restaurant-Style Potato Salad

Ingredients

2 pounds russet potatoes
1 cup mayonnaise
4 teaspoons sweet pickle relish
4 teaspoons white sugar
2 teaspoons chopped white onion
2 teaspoons prepared mustard
1 teaspoon white wine vinegar
1 tablespoon minced celery
1 teaspoon minced pimento
1/2 teaspoon shredded carrot
1/4 teaspoon dried parsley
1/4 teaspoon ground black pepper
salt to taste

Directions

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 chop.

In a large bowl, combine the potatoes, mayonnaise, sweet pickle relish, sugar, onion, mustard, vinegar, celery, pimentos, carrot, parsley, pepper and salt. Mix well, chill and serve.

Fresh Spinach Salad

Ingredients

1/2 cup white sugar
1/2 cup white vinegar
1 cup vegetable oil
2 tablespoons Worcestershire sauce
1/3 cup ketchup
1 small onion, chopped
5 slices bacon
3 eggs
1 pound fresh spinach - rinsed, dried and torn into bite size pieces
1 (4 ounce) can sliced water chestnuts, drained

Directions

In a blender or food processor, combine sugar, vinegar, oil, Worcestershire sauce, ketchup and onion, and process until smooth. Set aside.

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

Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

In a large bowl, toss together the spinach, water chestnuts, bacon and eggs. Serve with the dressing.

Carrot Salad

Ingredients

4 carrots, shredded
1 apple - peeled, cored and shredded
1 tablespoon lemon juice
2 tablespoons honey
1/4 cup blanched slivered almonds
salt and pepper to taste

Directions

In a bowl, combine the carrots, apple, lemon juice, honey, almonds, salt and pepper. Toss and chill before serving.

Warm Belgian Endive and Pine Nut Salad

Ingredients

1 tablespoon Dijon mustard
1 tablespoon red wine vinegar
1/2 tablespoon lemon juice
3 tablespoons extra-virgin olive oil, or as needed
salt and pepper to taste
4 heads Belgian endive
1/3 cup pine nuts
1 tablespoon chopped fresh parsley, for garnish

Directions

In a medium bowl, whisk together the Dijon mustard, red wine vinegar and lemon juice. Whisk in olive oil slowly until you have an almost creamy consistency. Taste and season with salt and pepper. Set aside.

Cut endive heads crosswise into rings. Remove the hard end of the stems and discard. Rinse in a colander, shaking to separate the slices into rings. Set aside to drain.

In a large dry skillet over medium heat, toast the pine nuts. Stir constantly so that they do not burn. Once the pine nuts are golden, throw in the endive rings. Once it has warmed just slightly, pour in the dressing and toss to coat. Reduce the heat slightly if the endive is wilting too quickly. You want to maintain some crispness and texture.

If you have guests to impress, throw in the parsley. The sharp green flecks will brighten the dish and enhance the flavour, but the salad is in no way lacking without. Serve immediately. It is best served directly from the pan to the plate. If is put in a bowl, the dressing will settle at the bottom and be difficult to toss again without damaging the endive.

Indian Salad

Ingredients

1 1/2 cups brown rice
4 cups water
1 (10 ounce) can asparagus tips, drained
1 red bell pepper, seeded and diced
2 red apples, cored and diced
1/4 cup golden raisins
1/2 cup heavy cream
1 teaspoon curry powder
1 teaspoon lemon juice
salt and pepper to taste

Directions

Combine the rice and water in a saucepan. Bring to a boil, then reduce heat to low, cover, and simmer for about 30 minutes, until rice is tender. Drain, if necessary, and cool.

While the rice is cooling, place golden raisins in a bowl, and fill with enough hot water to cover. Let soak for 20 minutes to plump. Drain.

In a medium bowl, whip cream until soft peaks form. Fold in curry powder, lemon juice, salt and pepper. In a separate bowl, stir together the brown rice, asparagus, red pepper, apples, and raisins. Fold into the curry cream, and chill until serving.

Stacked Salad

Ingredients

1 cup Marzetti® Light Balsamic Vinaigrette Dressing
1 cup pinenuts
4 large ripe tomatoes
2 large roasted red peppers, packed in water, cut into 1/2-inch pieces
1/2 cup pitted kalamata olives, slivered
10 large fresh basil leaves, chopped, plus extra leaves for garnish
8 slices mozzarella
1/4 cup coarsely chopped fresh parsley
1 (8 ounce) package toasted pita chips

Directions

Toast pinenuts in 350 degree F. oven for 5-7 minutes. Cool. Slice top and bottom off each tomato and save for another use or discard. Cut each tomato into three slices. Transfer to plates. In a bowl, combine peppers, olives, basil and parsley; toss with 1/4 cup Marzetti Light Balsamic Dressing.

Layer each tomato with a Mozzarella slice. Evenly distribute mixture in between each layer of tomato and on top. Sprinkle pinenuts and drizzle with remaining Marzetti Light Balsamic Dressing. Serve with pita chips.

Avocado-Corn Salad with Creamy Salsa Dressing

Ingredients

1/4 cup Hellmann'sB® or Best FoodsB® Real Mayonnaise
1/4 cup prepared salsa (one made with garlic, chiles and cilantro preferable)
2 tablespoons fresh lime juice or red wine vinegar
1 medium head romaine lettuce, shredded
1 ripe avocado, peeled and diced
1 large beefsteak tomato, halved, seeded and diced
1 cup fresh corn kernels, or frozen kernels, thawed
4 ounces Monterey pepper Jack cheese, diced
Corn tortilla chips, crumbled

Directions

Process Hellmann'sB® or Best FoodsB® Real Mayonnaise, salsa and lime juice in blender until smooth, adding water if necessary to thin to dressing consistency. Season, if desired, with salt and pepper.

Arrange lettuce in large bowl and toss with 1/2 of the dressing. Gently toss in remaining ingredients except corn chips. Drizzle with remaining dressing, then top with corn chips.

Cheddar Broccoli Salad

Ingredients

6 cups fresh broccoli florets
1 1/2 cups shredded Cheddar cheese
1/3 cup chopped onion
1 1/2 cups mayonnaise
3/4 cup sugar
3 tablespoons red wine vinegar or cider vinegar
12 bacon strips, cooked and crumbled

Directions

In a large bowl, combine the broccoli, cheese and onion. Combine the mayonnaise, sugar and vinegar; pour over broccoli mixture and toss to coat. Refrigerate for at least 4 hours. Just before serving, stir in the bacon.

Peanut Chicken Salad

Ingredients

1/4 cup sugar
1/4 cup cider vinegar
1 1/2 teaspoons vegetable oil
1/2 teaspoon salt
Dash pepper
4 cups shredded lettuce
2 cups cubed, cooked chicken
1 (15 ounce) can mandarin oranges, drained
1 celery rib, thinly sliced
1 cup chow mein noodles
1/2 cup salted peanuts, toasted

Directions

In a jar with a tight-fitting lid, combine the first five ingredients; shake well. In a serving bowl, combine the lettuce, chicken, oranges, celery and onion; stir in chow mein noodles and peanuts. Pour dressing over salad and toss to coat. Serve immediately.

Dilly-Of-A-Baked Potato Salad

Ingredients

3 russet potatoes
2 tablespoons vegetable oil
1/2 cup chopped onion
2 tablespoons all-purpose flour
1 teaspoon prepared mustard
1/4 teaspoon celery seed
1/3 teaspoon salt
1/2 cup water
2 tablespoons cider vinegar
1/2 cup chopped green bell pepper
1/4 cup shredded carrots
1/2 teaspoon chopped fresh dill weed
1/4 cup grated Parmesan cheese for topping

Directions

Preheat oven to 350 degrees F (175 degrees C).

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 to 20 minutes. Drain and cool. Peel potatoes and slice 1/4 inch thick; set aside.

Heat oil in a medium-size skillet; saute onion until soft. Stir in flour, mustard, celery seed and salt. Gradually add water and vinegar; cook over low heat, stirring constantly, until mixture boils and thickens.

In a mixing bowl, combine the potatoes, green pepper, carrots and dill; add sauce and mix well. Spoon half the mixture into a shallow 8x8 inch baking dish and sprinkle with half the cheese. Cover with remaining potato mixture and cheese.

Bake uncovered at 350 degrees F (175 degrees C) for 15 to 20 minutes, or until cheese is melted and vegetables are heated through.

Grilled Pepper Steak Salad

Ingredients

2 1/2 teaspoons minced garlic, divided
1 teaspoon freshly ground black pepper
1 pound lean skirt steak or flank steak
8 cups packed torn romaine lettuce or mixed salad greens
1 large tomato, seeded, chopped
1 ripe avocado, peeled, seeded, diced
1 1/4 cups Sargento® Shredded Reduced Sodium Mild Cheddar Cheese, divided
1/4 cup thinly sliced red onion (optional)
2 tablespoons extra virgin olive oil
1 tablespoon fresh lemon juice or white wine vinegar
2 teaspoons pureed chipotle chlies in adobo sauce (optional)

Directions

Rub 2 teaspoons garlic and pepper over steak. Grill over medium-hot heat on a covered grill 3 to 5 minutes per side for medium doneness depending on thickness of steak. Transfer steak to a carving board; tent with foil and let stand 5 minutes.

Meanwhile, combine lettuce, tomato, avocado, 1 cup cheese and red onion in a large bowl. Combine oil, lemon juice and remaining garlic in a small bowl; mix well. For a spicier dressing, add chipotle chilies. Add mixture to bowl; toss with lettuce mixture. Transfer to four serving plates.

Carve steak crosswise into thin slices; arrange over salads. Top with remaining cheese.

French Cafe Summer Salad

Ingredients

14 medium red potatoes
1/4 cup olive oil
2 cloves garlic, crushed
2 tablespoons Dijon mustard
2 cups shredded red cabbage
1 (11 ounce) can whole kernel corn, drained
1 large red onion, diced
1 red bell pepper, diced
1 green bell pepper, diced
1 yellow bell pepper, diced
1 cucumber, diced
1 (15.5 ounce) can white kidney or cannelini beans, rinsed and drained (optional)
1/2 cup grated Romano cheese
salt and ground black pepper to taste

Directions

Place the potatoes in a large pot with enough lightly salted water to cover. Bring to a boil over medium-high heat, and cook until tender, but still firm. It will take about 20 minutes. Drain, cool and cut into bite-size pieces.

In a large salad bowl, whisk together the olive oil, garlic, and Dijon mustard. Add the cabbage, corn, red onion, red pepper, green pepper, yellow pepper, and cucumber. Add kidney beans, if desired. Mix in the cooled potatoes. Wash your hands, and use them to mix everything together until well coated with the dressing. Gently stir in the Romano cheese, and season with salt and pepper to taste. Chill for one hour before serving.

Creamy Floret Salad

Ingredients

2 cups fresh cauliflowerets
2 cups fresh broccoli florets
1 cup cherry tomatoes, halved
1/2 cup Ranch salad dressing
1/4 cup shredded Parmesan cheese

Directions

In a serving bowl, combine all ingredients; toss to coat.

Pepperoni Caesar Pasta Salad

Ingredients

1 1/2 cups uncooked medium pasta shells
1 cup cubed mozzarella cheese
1 (3.25 ounce) package sliced pepperoni, quartered
1 cup fresh broccoli florets
1/2 cup prepared Caesar salad dressing

Directions

Cook the pasta according to package directions. In a large bowl, combine the mozzarella cheese, pepperoni and broccoli. Drain pasta and rinse in cold water; add to the pepperoni mixture. Drizzle with salad dressing; toss to combine. Refrigerate until serving.

Mediterranean Medley Salad

Ingredients

2 cups cooked brown rice
1 (6 ounce) can light water-packed tuna, drained and flaked
1/2 cup sliced ripe olives
1/2 cup sliced celery
1/2 cup frozen peas, thawed
1 medium tomato, diced
1/2 cup chopped green pepper
1/4 cup thinly sliced radishes
1/4 cup sliced green onions
1/4 cup grated carrots
LEMON HERB SALAD DRESSING:
2 tablespoons olive oil
2 tablespoons water
2 tablespoons lemon juice
1 tablespoon Italian seasoning
1 teaspoon sugar
1/2 teaspoon salt
1 garlic clove, minced
1/4 teaspoon lemon-pepper seasoning

Directions

In a large bowl, combine the first 10 ingredients. In a jar with a tight-fitting lid, combine salad dressing ingredients; shake well. Pour over salad and toss to coat. Cover and refrigerate for at least 1 hour.

Summer Medley Salad

Ingredients

1 cantaloupe, peeled and seeded
3 large cucumbers
1 honeydew melon
1 pinch salt

Directions

Cut up the cantaloupe, cucumbers and honeydew into small bite-size pieces. Mix together in a large bowl and sprinkle the salt over all. Mix again.

California Cherry and Walnut Salad

Ingredients

1 (10 ounce) bag mixed salad greens
1/4 cup raspberry vinaigrette
1/4 cup walnut pieces
2 tablespoons dried tart cherries
4 ounces goat cheese, sliced
1/4 pound cooked chicken breast strips

Directions

Toss the salad greens, raspberry vinaigrette, walnut pieces, and dried cherries together in a large bowl. Divide the salad into individual salad bowls or plates. Garnish each salad with two slices of goat cheese and a few strips of chicken breast.

Pretzel Salad

Ingredients

2 cups crushed pretzels
3/4 cup margarine, melted
2 teaspoons white sugar
1 (8 ounce) package cream cheese
3/4 cup white sugar
4 1/2 ounces frozen whipped topping, thawed
1 (6 ounce) package strawberry flavored gelatin
2 cups boiling water
2 (10 ounce) packages frozen strawberries

Directions

Preheat oven to 400 degrees F (200 degrees C).

In a medium bowl, mix crushed pretzels, margarine and sugar.

Press crushed pretzel mixture into the bottom of a 9x13 inch baking dish, and bake in the preheated oven 8 minutes. Remove from heat and allow to cool.

Blend together the cream cheese and sugar. Fold in whipped topping and spread evenly over cooled pretzel mixture.

In a medium bowl, dissolve the strawberry flavored gelatin in boiling water. Mix in strawberries and set aside to cool for 15 minutes.

Pour gelatin mixture over cream cheese mixture and refrigerate until set, about 4 hours.

Curried Cashew, Pear, and Grape Salad

Ingredients

3/4 cup cashew halves
4 slices bacon, coarsely chopped
1 tablespoon melted butter
1 teaspoon chopped fresh rosemary
1 teaspoon curry powder
1 tablespoon brown sugar
1/2 teaspoon kosher salt
1/2 teaspoon cayenne pepper

Dressing:
3 tablespoons white wine vinegar
3 tablespoons Dijon mustard
2 tablespoons honey
1/2 cup olive oil
salt and black pepper to taste

Salad:
1 (10 ounce) package mixed salad greens
1/2 medium Bosc pear, thinly sliced
1/2 cup halved seedless red grapes

Directions

In a large, dry skillet over medium-high heat, toast cashews until golden brown, about 5 minutes. Remove cashews to a dish to cool slightly.

Return skillet to medium-high heat, cook bacon strips until crisp on both sides, about 7 minutes. Remove bacon with a slotted spoon, and soak up grease with a paper towel. Coarsely chop bacon, and set aside.

In a medium bowl, stir together butter, rosemary, curry powder, brown sugar, salt, cayenne pepper, and toasted cashews. Set aside.

In a small bowl, stir together white wine vinegar, mustard, and honey. Slowly whisk in olive oil, and sprinkle with salt and pepper to taste.

In a large salad bowl, toss dressing with greens, pear slices, grapes, and bacon, and sprinkle with nut mixture.

Grandma's Cranberry-Orange Gelatin Salad

Ingredients

1 (6 ounce) package raspberry flavored gelatin mix
2 cups boiling water
1 (16 ounce) can whole berry cranberry sauce
1 (8 ounce) can crushed pineapple, undrained
1 cup chopped celery
1 cup chopped pecans
1 teaspoon orange zest
1 (4 ounce) package cream cheese, softened
1/2 cup whipped topping

Directions

Place the gelatin into a bowl, pour in the boiling water, and stir until the gelatin dissolves. Mix in the cranberry sauce, pineapple, celery, pecans, and orange zest until evenly blended. Pour the gelatin mixture into a mold or serving dish.

Chill in the refrigerator overnight, or up to 8 hours.

To make the topping, beat the cream cheese with half of the whipped topping. Fold in the remaining whipped topping until well blended. Unmold the gelatin, and spread with the topping mixture.

Sweet Dijon Salad Dressing

Ingredients

1/4 cup apple cider vinegar
1/4 cup Dijon mustard
1/4 cup olive oil
4 (1 gram) packets granular sucrolose sweetener (such as Splenda®)

Directions

Place the cider vinegar, Dijon mustard, olive oil and sugar substitute into a jar with a tight fitting lid. Close the jar, and shake vigorously to blend. Refrigerate until chilled before using.

Thai Noodle Salad

Ingredients

8 ounces Udon noodles
1/2 cup unsalted crunchy peanut butter
1/2 cup milk
1 teaspoon grated fresh ginger
1 clove garlic, minced
3 tablespoons rice wine vinegar
3 tablespoons soy sauce
1 tablespoon dark sesame oil
1/8 teaspoon crushed red pepper flakes
1 cucumber, julienned
2 cups fresh bean sprouts
2 carrots, grated
6 green onions, thinly sliced
1/4 cup chopped fresh mint
1 head romaine lettuce
1 cup chopped peanuts

Directions

In a large pot of lightly salted boiling water, cook the udon noodles for about five minutes or until tender. Drain and rinse the noodles under cold running water and let cool.

Whisk the peanut butter, milk, ginger, garlic, vinegar, soy sauce, sesame oil, and red pepper flakes in a small bowl until well blended.

In a large salad bowl, combine the cooked noodles, cucumber, sprouts, carrot, green onions and mint. Wisk the peanut butter dressing and pour it over the salad. Stir until well coated and serve chilled on a bed of romaine leaves. Garnish with the roasted and chopped peanuts.

Three Bean Salad I

Ingredients

1 (14.5 ounce) can green beans, drained
1 (14.5 ounce) can wax beans, drained
1 (15.25 ounce) can red kidney beans, drained
1 (15 ounce) can garbanzo beans, drained
1 (15 ounce) can black beans, drained
1 red onion, chopped
1 green bell pepper, chopped
3/4 cup red wine vinegar
3/4 cup white sugar
3/4 cup vegetable oil
3/4 teaspoon ground dry mustard
1/2 teaspoon dried tarragon
1 1/2 teaspoons dried cilantro

Directions

In a large bowl, layer the beans, onion and green pepper. Set aside.

In a small saucepan, mix the vinegar, sugar, oil, mustard, tarragon and cilantro. Cook and stir over medium heat until sugar dissolves. Remove from heat and pour over bean mixture. Stir until all ingredients are coated. This is best if it is left to marinate for a few hours in the refrigerator, and stirred occasionally.

Strawberry Spinach Salad II

Ingredients

1/2 cup white sugar
2 tablespoons sesame seeds
1/2 teaspoon sesame oil
1 tablespoon poppy seeds
1 1/2 teaspoons dried minced onion
1/4 teaspoon paprika
1/2 cup vegetable oil
1/2 cup balsamic vinegar
2 bunches fresh spinach - chopped, washed and dried
1 pint strawberries, halved

Directions

Whisk together the sugar, sesame seeds, sesame oil, poppy seeds, dried onion, paprika, oil and vinegar. Refrigerate until chilled.

In a salad bowl, combine the spinach and strawberries. Drizzle with dressing, toss lightly and serve.

Surprise Apple Salad

Ingredients

3 Snickers® bars (2.07 ounces each), chopped
3 medium tart apples, peeled and chopped
1 (8 ounce) carton frozen whipped topping, thawed

Directions

In a large bowl, combine all ingredients. Refrigerate until serving.

Greek Salad IV

Ingredients

4 large tomatoes, chopped
1 green bell pepper, chopped
1 cucumber, peeled and chopped
1 red onion, chopped
3 ounces crumbled feta cheese
1/4 cup olive oil
1/8 cup lemon juice

Directions

In a large bowl, combine the tomatoes, green bell pepper, cucumber, red onion, olive oil, and lemon juice. Refrigerate until thoroughly chilled. Sprinkle with feta cheese before serving.

Savory Sweet Potato Salad

Ingredients

3 pounds sweet potato, cooked, peeled and cubed
1 cup chopped sweet red pepper
1/2 cup chopped onion
1 1/4 cups mayonnaise
1 teaspoon salt
1/4 teaspoon pepper
1/8 teaspoon hot pepper sauce

Directions

In a large bowl, combine potatoes, red pepper and onion. In a small bowl, blend mayonnaise, salt, pepper and hot pepper sauce. Pour over potato mixture and toss to coat. Cover and refrigerate for at least 1 hour.

Fruited Lemon Gelatin Salad

Ingredients

1 (6 ounce) package lemon gelatin
2 cups boiling water
1 (12 ounce) can lemon-lime soda
1 (20 ounce) can crushed pineapple
1 (15 ounce) can mandarin oranges, drained
2 cups halved green grapes
1 egg
1/2 cup sugar
2 tablespoons all-purpose flour
1 tablespoon butter or margarine
1 cup heavy whipping cream, whipped
Lettuce Leaves

Directions

Dissolve gelatin in boiling water. Stir in soda. Refrigerate until partially set.

Drain pineapple, reserving juice; set pineapple aside. Add water to pineapple juice, if necessary, to measure 1 cup; set aside. Stir pineapple, oranges and grapes into gelatin. Pour into a 13-in. x 9-in. x 2-in. dish. Refrigerate.

In a saucepan over medium heat, combine egg, sugar, flour, butter and reserved pineapple juice. Bring to a boil; cook and stir for 2 minutes or until thickened. Cool completely. Fold in whipped cream. Spread over gelatin. Refrigerate until firm. Cut into squares; serve on lettuce if desired.

Beefy Rice Salad Sandwiches

Ingredients

1 1/2 cups rice, cooked
1/2 small onion, finely chopped
1/2 red bell pepper, finely chopped
1 tablespoon olive oil
3/4 pound lean ground beef
1/2 teaspoon dried thyme, crushed
1/2 avocado - peeled, pitted and diced
1/4 cup chopped fresh parsley
salt and pepper to taste
3 tablespoons olive oil
3 tablespoons seasoned rice vinegar
3 pita bread rounds, cut in half
lettuce leaves
tomato slices

Directions

Rinse rice in a fine mesh strainer under cold running water until no longer cloudy. Transfer to a medium saucepan and cover with 2 1/2 cups water. Bring to a boil, cover, and reduce heat to low. Simmer for 15 minutes, remove from heat and let stand for at least 10 minutes, or until all liquid has evaporated. Set aside to cool.

Cook onion and bell pepper in 1 tablespoon oil over medium high heat until tender. Add ground beef and thyme, and cook until well browned, stirring occasionally and reducing heat if necessary.

In a bowl, stir together cooked rice, meat mixture, avocado, and parsley. In a separate bowl, whisk together olive oil, rice vinegar, and desired amount of salt and pepper. Pour over rice mixture, and toss lightly. Line each pita half with lettuce and tomato, and fill each with rice mixture. Serve warm or cold. Enjoy!

Meal-In-One Salad

Ingredients

1 cup vegetable oil
3/4 cup cider vinegar
1/2 cup packed light brown sugar
1/2 teaspoon dried tarragon
1/2 teaspoon dried oregano
1/2 teaspoon salt
1/4 teaspoon garlic powder
1/4 teaspoon dried dill weed
1 teaspoon ground dry mustard
8 ounces broccoli, chopped
1 small head cabbage, chopped
1 1/2 cups raisins
1 1/2 cups peanuts
1/4 cup sesame seeds
1/4 cup poppy seeds
1/4 cup sunflower seeds
2 stalks celery, diced
2 carrots, diced
1 banana, diced
3 green onions, chopped
1 green bell pepper, seeded and diced

Directions

In a jar with a tight fitting lid, combine the oil, vinegar, brown sugar, tarragon, oregano, salt, garlic powder, dill weed and mustard. Cover and shake vigorously. Chill for one hour.

In a large bowl, combine the broccoli, cabbage, raisins, peanuts, sesame seeds, poppy seeds, sunflower seeds, celery, carrots, banana, green onion and green bell pepper. Pour dressing over salad and toss. Serve immediately.

Creamy Cranberry Salad

Ingredients

1 (12 ounce) package fresh cranberries
1 cup white sugar
1 (6 ounce) package red gelatin mix
1 (8 ounce) can crushed pineapple, drained
3/4 cup orange juice
1 apple with peel, grated
1 cup chopped pecans
1 cup whipping cream
1 (8 ounce) package cream cheese, softened

Directions

Process cranberries in blender or food processor; pour sugar over cranberries and stir to dissolve.

Bring 3/4 cup of water to a boil; stir in gelatin and let cool. Stir cooled gelatin into cranberries, and add pineapple, orange juice, apple and pecans. Mix well, cover and refrigerate overnight.

Whip cream and beat in cream cheese.

In a glass serving dish, layer half of the cranberry mixture, then the whipped cream mixture, then the remaining cranberry mixture.

Cranberry Cherry Salad

Ingredients

1 (14.5 ounce) can pitted tart red cherries
1 (3 ounce) package cherry gelatin
1 (8 ounce) can jellied cranberry sauce
1 (3 ounce) package lemon gelatin
1 cup boiling water
1 (3 ounce) package cream cheese, softened
1/3 cup mayonnaise
1 (8 ounce) can crushed pineapple, undrained
1/2 cup whipping cream, whipped
1 cup miniature marshmallows

Directions

Drain cherries, reserving juice; set cherries aside. Add water to juice to measure 1 cup; transfer to a saucepan. Bring to a boil. Add cherry gelatin; stir until dissolved. Whisk in cranberry sauce until smooth. Add cherries; pour into an 11-in. x 7-in. x 2-in. dish. Refrigerate until firm.

In a bowl, dissolve lemon gelatin in boiling water. In a small mixing bowl, beat the cream cheese and mayonnaise. Gradually beat in lemon gelatin until smooth. Stir in pineapple. Refrigerate until almost set. Fold in whipped cream and marshmallows. Spoon over cherry layer. Refrigerate until firm.

Ambrosia Salad

Ingredients

1 (11 ounce) can mandarin oranges, drained
1 (8 ounce) can pineapple chunks, drained
1 cup miniature marshmallows
1 cup flaked coconut
1 cup sour cream

Directions

In a large bowl, combine the oranges, pineapple, marshmallows and coconut. Add sour cream and toss to mix. Cover and refrigerate for several hours.

Sauteed Scallops with Watercress and Corn Salad

Ingredients

1/4 teaspoon Dijon-style prepared mustard
1 tablespoon balsamic vinegar
3 tablespoons olive oil
1/2 pound scallops
2 tablespoons shallots, minced
1 bunch watercress, trimmed and chopped
1 carrot, shredded
1/2 cup fresh corn kernels

Directions

Whisk together the mustard, vinegar and 2 tablespoons of the olive oil. Salt and pepper to taste.

In a large skillet, heat the remaining 1 tablespoon oil over moderately high heat and saute the scallops until they are golden and cooked through. With a slotted spoon transfer the scallops to a bowl and keep them warm.

To the skillet add the shallot and about 1 tablespoon of the vinaigrette and cook the mixture over moderate heat, stirring, until the shallot is softened. Remove skillet from the heat, add the scallops, and shake the skillet to coat with the vinaigrette.

In a mixing bowl toss the remaining vinaigrette with the watercress, carrot, and corn, divide the salad between 2 dinner plates, and arrange half the scallops around each salad.

Summertime Tuna Pasta Salad

Ingredients

1 cup creamy salad dressing (e.g. Miracle Whip)
1 teaspoon dried dill weed
1/2 teaspoon ground black pepper
2 cups elbow macaroni
1 (6 ounce) can tuna, drained
1 cup broccoli florets
1 cup chopped carrots
1 cup sliced celery
1 cup cucumber - peeled, seeded and chopped

Directions

In a large bowl, mix dressing, dill weed and ground black pepper. Mix in macaroni, tuna, broccoli, celery and cucumber until well blended. Cover and refrigerate until ready to serve.

Kitchen Sink Salad Dressing

Ingredients

1 cup vegetable oil
1 (10.75 ounce) can condensed tomato soup
1/2 cup packed brown sugar
1/3 cup red wine vinegar
1 teaspoon ground mustard
1 teaspoon garlic salt
1/2 teaspoon onion salt
1/2 teaspoon celery salt
1/4 teaspoon Worcestershire sauce
1/4 teaspoon paprika
1 dash hot pepper sauce
1 cup mayonnaise

Directions

In a blender, combine oil, tomato soup, brown sugar, wine or white vinegar, dry mustard, garlic salt, onion salt, celery salt, Worcestershire sauce, paprika, hot sauce, and mayonnaise. Cover, and blend on low speed. Increase speed, and blend until thoroughly mixed. Refrigerate, covered, until ready to use.

Holiday Cranberry Salad

Ingredients

1 (12 ounce) package fresh or frozen cranberries, coarsely chopped
1 (20 ounce) can crushed pineapple, with juice
2 cups white sugar
1/2 pint heavy whipping cream
1 cup chopped walnuts
2 cups miniature marshmallows

Directions

In a large bowl, stir together the cranberries, pineapple (with juice) and sugar. Let stand for about an hour, to let sugar dissolve, and then pour the mixture into a strainer over a bowl. Let drain, covered, in the refrigerator for at least two hours, or overnight. (Note: The drippings make a wonderful cranberry punch, when mixed with lemon-lime soda!)

Before serving, whip the cream until soft peaks form. (You can sweeten the whipped cream with a little sugar, if desired.) In a large bowl, mix together the cranberry mixture, walnuts and marshmallows. Fold in the whipped cream and store in refrigerator until serving.

Orange Sherbet Salad

Ingredients

2 (3 ounce) packages orange flavored gelatin (such as JELL-O®)
2 cups boiling water
1 pint orange sherbet
1 (10 ounce) can mandarin oranges, drained

Directions

Whisk the gelatin into the boiling water until dissolved. Allow to cool for 10 minutes, then stir in the orange sherbet until completely melted. Once the gelatin begins to thicken, stir in the drained mandarin oranges. Pour into a gelatin mold, and refrigerate until set, about 6 hours.

Oriental Green Bean Salad

Ingredients

3 tablespoons vegetable oil
2 cloves garlic, minced
2 slices fresh ginger root, minced
1 dried red chile pepper
3/4 pound chopped fresh green beans
2 tablespoons soy sauce
2 tablespoons oyster sauce

Directions

In a large pan or wok, heat oil over medium-high heat. Stir in the garlic, ginger, and chile pepper. As the garlic and ginger begin to sweat, add beans, toss to mix, cover and reduce heat. Steam for 5 -8 minutes. Add 1/4 cup of water if necessary.

Remove cover, increase heat to high; add soy and oyster sauce and stir for two minutes more or until sauce thickens. Serve warm.

Four Bean Salad

Ingredients

1 cup white sugar
1 cup white wine vinegar
1 tablespoon vegetable oil
1 onion, chopped
1 green bell pepper, chopped
6 stalks celery, chopped
1 (15 ounce) can green beans, drained
1 (15 ounce) can lima beans, drained
1 (15 ounce) can kidney beans, drained
1 (15 ounce) can pinto beans, drained
1 (4 ounce) jar pimentos

Directions

In a large salad bowl, whisk together the sugar, vinegar and oil.

Add the onion, bell pepper, celery, green beans, lima beans, kidney beans, pinto beans and pimentos.

Toss to evenly coat and place in large sealed container. Place in refrigerator and turn periodically to mix.

Tomato Bacon Salad

Ingredients

1 (2.1 ounce) package Bob Evans® Express Fully Cooked Bacon
6 cups mixed torn salad greens
1 pint grape tomatoes cut in half
1/2 small red onion, thinly sliced
1 cup Italian salad dressing
1/4 cup crumbled blue cheese

Directions

Prepare bacon according to package directions. Crumble into small pieces. Place salad greens into serving bowl. Top with tomatoes, onion and bacon. Drizzle with Italian dressing and blue cheese.

Creamy Corn Salad

Ingredients

1 (15.25 ounce) can whole kernel corn, drained
1 medium tomato, seeded and diced
2 tablespoons chopped onions
1/3 cup mayonnaise
1/4 teaspoon dill weed

Directions

In a small bowl, combine all ingredients; mix well. Cover and refrigerate until serving.

Cold Rice Salad

Ingredients

2 cups water
1 cup uncooked white rice
3 hard-cooked eggs, peeled and sliced
1 tablespoon olive oil
2 boneless skinless chicken breasts, bite-size pieces
3 tablespoons olive oil
1 teaspoon vinegar
1 teaspoon salt
1/4 teaspoon pepper
1 cup tomatoes, diced
1 bunch raw broccoli, with stalk, chopped
1 cup frozen peas, thawed
1 cup frozen corn kernels, thawed

Directions

Bring water to a boil in a medium saucepan. Add rice and stir. Reduce heat, cover and simmer for 20 minutes. Remove from heat, and set aside to cool.

Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Cool, peel, and slice.

Heat 1 tablespoon of oil in a skillet over medium-high heat. Cook chicken, stirring occasionally, until no longer pink and juices run clear.

Whisk oil, vinegar, salt, and pepper together in a small bowl until lightly emulsified; set aside. Place tomatoes, broccoli, peas, and corn together in a large mixing bowl; toss to combine. Add eggs and rice, and toss again. Cover, and refrigerate for at least 1 hour before serving. Toss with dressing to coat just before serving.

Sweet-Sour Broccoli Salad

Ingredients

4 cups broccoli florets
1 cup peanuts
1 cup raisins
1/2 cup chopped onion
1 cup mayonnaise
2 tablespoons cider vinegar
2 tablespoons sugar

Directions

In a bowl, combine the broccoli, peanuts, raisins and onion. In a small bowl, combine the mayonnaise, vinegar and sugar; pour over vegetables and toss to coat. Cover and refrigerate for at least 2 hours.

Microwave German Potato Salad

Ingredients

2 pounds red potatoes, cooked and sliced
3 hard-cooked eggs, chopped
1/2 cup chopped onion
1/2 cup chopped celery
6 bacon strips, diced
2 tablespoons sugar
4 teaspoons all-purpose flour
2 tablespoons vinegar
1/2 teaspoon salt
1/8 teaspoon pepper
3/4 cup milk

Directions

In a large bowl, combine potatoes, eggs, onion and celery; set aside. Place bacon in a microwave-safe bowl; cover with a paper towel and microwave on high for 2 minutes. Stir. Microwave 3-4 minutes longer or until the bacon is crisp, stirring after each minute. Remove bacon to paper towel to drain; reserve 2 tablespoons drippings. Stir sugar, flour, vinegar, salt and pepper into drippings until smooth; gradually add milk. Microwave on high for 5-6 minutes, stirring every 2 minutes until thickened. Pour over potato mixture; toss. Top with bacon. Serve immediately.

Ruby Red Layered Salad

Ingredients

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

Directions

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.

Spinach Caprese Salad

Ingredients

1 cup baby spinach leaves
1 large tomato, sliced 3/4 inch thick
1 ball of fresh mozzarella cheese, sliced
2 tablespoons chopped fresh basil
1 tablespoon extra-virgin olive oil
2 tablespoons balsamic vinegar

Directions

Spread the spinach out on a serving plate. Place the slices of tomato on the bed of spinach. Top each slice of tomato with a slice of fresh mozzarella. Sprinkle the basil over the salad and drizzle with olive oil and balsamic vinegar.

Parmesan and Basil Chicken Salad

Ingredients

2 whole skinless, boneless chicken breasts
salt and pepper to taste
1 cup mayonnaise
1 cup chopped fresh basil
2 cloves crushed garlic
3 stalks celery, chopped
2/3 cup grated Parmesan cheese

Directions

Season chicken with salt and pepper. Roast at 375 degrees F (190 degrees C) for 35 minutes, or until juices run clear. Let cool, and chop into chunks.

In a food processor, puree the mayonnaise, basil, garlic, and celery.

Combine the chunked chicken, pureed mixture, and Parmesan cheese; toss. Refrigerate, and serve.

Brian's German Potato Salad

Ingredients

4 pounds red potatoes, halved
1 pound Bacon, cut into 1/2-inch pieces
1 cup chopped onion
1/4 cup all-purpose flour
1/4 cup white sugar
1 1/2 teaspoons salt
1 cup apple cider vinegar
2 teaspoons celery seed
2 tablespoons chopped fresh parsley

Directions

Place the potatoes into a large pot and cover with salted water. Bring to a boil; reduce heat to medium-low, cover, and simmer until just tender, about 10 minutes. Drain and allow to steam dry for a minute or two; cut into 1/2-inch pieces and place into a large mixing bowl.

Meanwhile, stir the bacon and onion together in a large skillet over medium heat until the fat has rendered from the bacon and the onion is very tender but not brown, about 15 minutes. Stir in the flour, sugar, and salt; cook for 1 minute. Pour in the vinegar; bring to a simmer and cook until slightly thickened, about 5 minutes.

Pour the dressing over the potatoes and sprinkle with celery seed and parsley. Stir gently to combine. Serve hot.

Pork and Bean Salad I

Ingredients

1 (28 ounce) can baked beans, rinsed and drained
1 onion, chopped
1 cup dill pickle relish
3 tablespoons mayonnaise

Directions

In a serving bowl, mix together the rinsed beans, onion, relish, and mayonnaise. Refrigerate for at least one hour before serving.

Kay's Pear Salad Stuffed with Nutty Cream

Ingredients

1 (8 ounce) package cream cheese
1/4 cup chopped pecans
1/2 cup mayonnaise
1/8 cup maraschino cherry juice
8 leaves of lettuce
2 (15 ounce) cans pear halves
8 maraschino cherries
1/2 cup shredded Cheddar cheese

Directions

Mix together the cream cheese and pecans. Refrigerate until chilled.

Blend together the mayonnaise and cherry syrup. Refrigerate until chilled.

Arrange lettuce leaves on individual plates. Place a pear half on lettuce.

Place a round ball of cream cheese mixture in the pear half. Top with a spoonful of mayonnaise mixture and place one maraschino cherry on top.

Sprinkle with grated cheese and serve.

Aegean Chicken Salad

Ingredients

1 (12.5 fl oz) can chicken breast chunks, drained
1/4 cup finely chopped red onion
1 teaspoon fresh lemon juice
2 tablespoons Greek yogurt
1/4 cup hummus
1/4 cup kalamata olives, chopped
1/4 cup finely chopped red bell pepper
1 teaspoon chopped fresh dill
1/4 cup crumbled feta cheese

Directions

Break up chicken in a large bowl using a fork. Stir in onion, lemon juice, yogurt, hummus, olives, red bell pepper, and dill. Sprinkle with feta cheese.

Coconut Rice Salad

Ingredients

2 cups basmati rice
1 (10 ounce) can unsweetened coconut milk
2 3/4 cups water
2 large limes, juiced
2 tablespoons peanut butter
1/4 cup sesame oil
1 teaspoon fish sauce
1 teaspoon curry paste
1 clove garlic, crushed
1/4 cup flaked coconut, toasted
1/2 cup raisins
1/4 cup slivered almonds, toasted

Directions

In a saucepan, combine the rice, coconut milk and water. Bring to a boil, then cover and reduce heat to low. Simmer for 15 to 20 minutes, or until the rice has absorbed all of the liquid. Set aside to cool down.

In a small bowl, stir together the lime juice, peanut butter, sesame oil, fish sauce, curry paste and garlic. Taste, and adjust the flavor of the dressing to your liking.

When the rice has cooled, stir in the dressing along with the coconut, raisins and almonds. Refrigerate for at least 1 hour, and up to one day.

Wonderful Chicken Curry Salad

Ingredients

5 skinless, boneless chicken breast halves
1 cup mayonnaise
3/4 cup chutney
1 teaspoon curry powder
1/4 teaspoon pepper
2/3 cup chopped pecans
1 cup seedless grapes, halved
1/2 cup chopped onion

Directions

In a large saucepan, simmer chicken breasts in water for about 7 to 10 minutes, or until cooked through. Drain, cool, and tear into small pieces with a fork.

In a large bowl, combine mayonnaise, chutney, curry powder, and pepper. Stir in chicken, pecans, grapes, and onions. Chill.

Spinach Salad with Oranges

Ingredients

1 (10 ounce) package fresh spinach, torn
1 (11 ounce) can mandarin oranges, drained
1 cup sliced fresh mushrooms
3 bacon strips, cooked and crumbled
DRESSING:
3 tablespoons ketchup
2 tablespoons cider vinegar
1 1/2 teaspoons Worcestershire sauce
1/4 cup sugar
2 tablespoons chopped onion
1/8 teaspoon salt
Dash pepper
1/2 cup vegetable oil

Directions

In a large salad bowl, toss the spinach, oranges, mushrooms and bacon; set aside. In a blender or food processor, combine the ketchup, vinegar, Worcestershire sauce, sugar, onion, salt and pepper; cover and process until smooth. While processing, gradually add oil in a steady steam. Serve with salad.

Cooked Fruit Salad Dressing

Ingredients

1 (20 ounce) can pineapple chunks
2/3 cup sugar
1 tablespoon cornstarch
1/2 cup orange juice
3 tablespoons lemon juice
1 egg, beaten
1/2 teaspoon butter or margarine

Directions

Drain pineapple, reserving the juice. Set pineapple aside for salad. In a saucepan, combine sugar and cornstarch. Stir in the pineapple juice, orange juice and lemon juice. Add egg, mix well. Cook over medium heat, stirring constantly, until slightly thickened and bubbly. Reduce heat; cook and stir 2 minutes more. Remove from the heat and stir in butter. Cover and chill. Serve over a mixture of fresh or canned fruit.

Roasted Portobello, Red Pepper, and Arugula

Ingredients

1 portobello mushroom, stem removed
1 tablespoon olive oil
1 teaspoon red wine vinegar
1 clove garlic, thinly sliced
1/4 shallot, thinly sliced
salt and pepper to taste
1/2 roasted red pepper, cut into strips
3 cups arugula leaves
1 ounce grated Romano cheese
1 tablespoon Greek salad dressing

Directions

Preheat oven to 425 degrees F (220 degrees C). Line a baking sheet with a piece of aluminum foil.

Brush the mushroom on both sides with olive oil and place gill-side up onto the baking sheet. Drizzle with any remaining olive oil, and the red wine vinegar. Sprinkle with sliced garlic and shallot; season to taste with salt and pepper. Top with the piece of roasted red pepper, and wrap the foil tightly around the mushroom.

Bake in preheated oven until the mushroom is tender, about 30 minutes.

Toss the arugula with Romano cheese and salad dressing. Place onto a plate and top with the hot mushroom and pepper. Dig in!

Chicken Salad With Thai-Flavored Dressing

Ingredients

4 cups rotisserie chicken, skinned and boned, meat shredded into bite-sized pieces
2 medium celery ribs, cut into small dice
2 medium green onions, sliced thin
1/4 cup chopped honey-roasted peanuts
2 tablespoons lime juice
2 tablespoons Asian fish sauce
1 teaspoon ground ginger
2 teaspoons white sugar
1/2 teaspoon hot red pepper flakes
2 tablespoons minced fresh cilantro leaves
2 tablespoons chopped fresh mint leaves
To serve:
Boston lettuce
sliced cucumbers
grated carrots
chopped honey-roasted peanuts

Directions

In a medium bowl, mix chicken, celery, green onions and peanuts. In a small bowl, whisk lime juice, fish sauce, ginger, sugar, red pepper, cilantro and mint, plus 2 Tbs. water.

Toss dressing with chicken mixture and serve on a bed of Boston lettuce with the suggested accompaniments.

Apple Almond Crunch Salad

Ingredients

1 (10 ounce) package mixed salad greens
1/2 cup slivered almonds
1/2 cup crumbled feta cheese
1 cup tart apple, cored and chopped
1/4 cup sliced red onion
1/4 cup golden raisins
1 cup raspberry vinaigrette salad dressing

Directions

In a large salad bowl, combine the salad greens, almonds, feta cheese, apple, red onion and raisins. Toss to blend. Apply salad dressing to individual servings.

Tuna and Black Bean Salad Wraps

Ingredients

1 (15 ounce) can black beans, drained
1 (11 ounce) can white albacore tuna
3/4 cup fresh tomatoes, peeled, seeded and chopped
1/3 cup finely chopped red onion
1 tablespoon minced serrano pepper
1/2 cup extra-virgin olive oil
2 tablespoons fresh lime juice
1/4 cup chopped parsley
1/4 cup chopped cilantro
Salt and pepper, to taste
6 large butter lettuce leaves

Directions

In a large bowl, combine beans, tuna, tomatoes, onion, peppers, oil and lime juice. Toss gently, being careful to keep tuna in bite-size pieces. Cover and refrigerate at least one hour. Add parsley and cilantro; season with salt and pepper. Spoon tuna salad into lettuce leaves. Fold up leaves and eat taco style.

Fresh Ginger Carrot Salad

Ingredients

2 (8 ounce) cans crushed pineapple, undrained
3 1/2 cups shredded carrots
1 cup raisins
3/4 cup flaked coconut
1/2 cup chopped walnuts
1 1/2 cups fat-free plain yogurt
2 teaspoons minced fresh gingerroot

Directions

Drain crushed pineapple, reserving 3 tablespoons juice. In a bowl, combine the pineapple, carrots, raisins, coconut and walnuts. Combine the yogurt, ginger and reserved pineapple juice. Pour dressing over carrot mixture; toss gently to coat. Refrigerate for at least 1 hour.

Bacon and Egger Dinner Salad

Ingredients

8 slices bacon, cut into small pieces
4 eggs
6 cups iceberg lettuce, torn into bite-sized pieces
1 green bell pepper, diced
4 green onions, chopped
1 cucumber, peeled and diced
3 stalks celery, sliced
2 cups small broccoli florets
1/4 cup mayonnaise

Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Reserving a small amount of the grease, drain the bacon, crumble, and set aside.

Using the same pan, heat the reserved bacon grease to medium-high. Fry the eggs until yolks are cooked through, but still tender, approximately 2 to 3 minutes. Remove from heat, cool slightly, and cut into long strips.

Divide lettuce among salad plates, and arrange bell pepper, green onion, cucumber, celery, and broccoli over lettuce. Top each salad with bacon, sliced eggs, and 1 tablespoon of mayonnaise. To be tossed on the plate once served.

Herbal Tuna Salad

Ingredients

2 hard-cooked eggs
2 tablespoons mayonnaise
2 tablespoons sour cream
1 tablespoon Worcestershire sauce
1 teaspoon prepared mustard
1 teaspoon dried dill weed
1 teaspoon dried rosemary
1 teaspoon grated lemon zest
salt and pepper to taste
2 (6 ounce) cans tuna in water, drained

Directions

In a blender or food processor, combine eggs, mayonnaise, sour cream, Worcestershire sauce, and mustard. Season with dill, rosemary, and lemon zest, salt. and pepper. Blend until smooth, then spoon into a medium bowl. Stir in tuna.

Chickpea and Cheese Salad

Ingredients

1 (19 ounce) can garbanzo beans, drained
4 green onions, finely chopped
1 green bell pepper, diced
1 red bell pepper, diced
1 tablespoon dried chives
1 tablespoon dried dill weed
1 cup Havarti cheese cubes
1 tablespoon red wine vinegar
1/4 cup olive oil
salt and pepper to taste
2 teaspoons chopped fresh parsley

Directions

Mix the garbanzo beans, green onions, green bell pepper, red bell pepper, chives, dill, and Havarti cheese in a large bowl.

Whisk the red wine vinegar, olive oil, salt, and pepper together in a separate bowl; pour the mixture over the salad and toss to coat. Sprinkle parsley over the salad to garnish.

Thai Beef Noodle Salad

Ingredients

1/2 cup reduced-sodium soy sauce
1/2 cup rice wine vinegar
3 tablespoons orange juice
3 tablespoons canola oil
1 tablespoon sesame oil
2 garlic cloves, minced
2 teaspoons ground ginger
1 teaspoon peanut butter
3/4 teaspoon salt
1/2 teaspoon cayenne pepper
12 ounces uncooked spaghetti
1 cup fresh broccoli florets
1 cup fresh or frozen snow peas, thawed
1 cup julienned sweet red pepper
1 cup julienned zucchini
1/2 cup thinly sliced celery
1 pound boneless beef sirloin steak, cooked and cut into thin strips
2 tablespoons sesame seeds, toasted

Directions

For dressing, combine the first 10 ingredients in a blender; cover and process until blended. Cook spaghetti according to package directions; drain and place in a large bowl. Add the broccoli, peas, red pepper, zucchini, celery and cooked beef. Add dressing and toss to coat. Cover and refrigerate for at least 2 hours. Just before serving, sprinkle with sesame seeds.

Simple Sicilian Salad Dressing

Ingredients

3 tablespoons extra virgin olive oil
2 tablespoons balsamic vinegar
1/2 teaspoon dried oregano
salt and pepper to taste

Directions

Mix together olive oil, balsamic vinegar, oregano, salt and pepper.

Green Goddess Salad Dressing

Ingredients

2 cups mayonnaise
4 anchovy fillets, minced
1 green onion, chopped
2 teaspoons chopped fresh parsley
2 teaspoons chopped fresh chives
1 tablespoon tarragon vinegar
1 teaspoon chopped fresh tarragon

Directions

Mix together mayonnaise, anchovy, green onion, parsley, chives, vinegar and tarragon.

Refrigerate until ready to serve and pour over favorite salad or greens.

Lemon Chicken Salad

Ingredients

1 cup creamy salad dressing, e.g. Miracle Whip в„ў
1/4 cup sour cream
1 tablespoon lemon juice
1/2 teaspoon lemon pepper
1 teaspoon dried basil
1 teaspoon dried parsley
4 cups cubed, cooked chicken
2 cups sliced snow peas
1 cup finely diced red onion
1 cup shredded lettuce
1 cup blanched slivered almonds, toasted

Directions

In a large bowl, whisk together the salad dressing, sour cream, lemon juice, lemon pepper, basil and parsley. Add chicken, peas, onion, lettuce and almonds and stir until evenly coated. Refrigerate until serving.

Restaurant-Style House Salad

Ingredients

1 large head romaine lettuce- rinsed, dried and torn into bite sized pieces
1 large head iceberg - rinsed, dried and torn into bite sized pieces
1 (14 ounce) can artichoke hearts, drained and quartered
1 cup sliced red onion
1 (4 ounce) jar diced pimento peppers, drained
2/3 cup extra virgin olive oil
1/3 cup red wine vinegar
1 teaspoon salt
1/4 teaspoon ground black pepper
2/3 cup grated Parmesan cheese

Directions

In a large bowl, combine the romaine lettuce, iceberg lettuce, artichoke hearts, red onions and pimentos. Toss together.

Prepare the dressing by whisking together the olive oil, red wine vinegar, salt, pepper and cheese. Refrigerate until chilled and pour over salad to coat. Toss and serve.

Quick Potato Salad

Ingredients

2 potatoes, peeled and diced
3 hard-cooked eggs, peeled and diced
1/2 cucumber, peeled and diced
1 tomato, diced
1 celery stalk, diced
1/4 onion, diced
1/4 cup chopped green onion
3/4 cup low-fat mayonnaise
1 tablespoon prepared yellow mustard
salt and ground black pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add potatoes and cook until soft, 5 to 7 minutes; drain and rinse with cold water.

Combine the potatoes, eggs, cucumber, tomato, celery, onion, green onion, mayonnaise, and mustard in a large bowl; stir until evenly combined. Season with salt and pepper.

Avocado-Shrimp Salad

Ingredients

2 avocados - peeled, pitted, and cubed
2 tomatoes, diced
1 small sweet onion, chopped
1 pound cooked salad shrimp
1 pinch salt and pepper to taste
2 tablespoons lime juice

Directions

Stir together avocadoes, tomatoes, onion, and shrimp in a large bowl. Season to taste with salt and pepper. Stir in lime juice. Serve cold.

Spicy Mexican Salad

Ingredients

1 (10 ounce) package chopped romaine lettuce
1 1/2 cups shredded Cheddar and Monterey cheese blend
1 (15 ounce) can pinto beans, drained
1 (15 ounce) can black beans, rinsed and drained
2 tomatoes, chopped
1 (16 ounce) package corn chips
1 (16 ounce) bottle Catalina salad dressing

Directions

In a large bowl, combine the romaine, cheese, pinto beans, black beans, and tomatoes.

Add the corn chips and enough dressing to coat; toss and serve.

Italian Scallop and Shrimp Salad

Ingredients

5 cloves garlic, minced
3 tablespoons chopped fresh parsley
3 tablespoons chopped celery leaves
1 teaspoon kosher salt
1/2 cup corn oil
2 cups frozen petite peas
2 pounds bay scallops
2 pounds peeled and deveined small shrimp

Directions

In a small bowl, stir together the garlic, parsley, celery leaves, salt, and corn oil; set aside. Bring a large pot of lightly salted water to a boil over high heat. Pour in the peas, and return to a boil. Stir in the scallops, and boil for 3 minutes, then add the shrimp and continue cooking for 1 1/2 minutes more. Drain well, then cool in the refrigerator for 30 minutes.

Once the seafood has cooled, toss it with the garlic dressing until coated. Refrigerate overnight before serving.

Cottage Cheese Potato Salad

Ingredients

3 eggs
4 large potatoes
1 cup diced celery
1/2 cup sliced radishes
1/2 cup diced green bell pepper
1/2 cup diced green onion
1 cup cottage cheese
3/4 cup mayonnaise
2 teaspoons salt, or to taste
1/4 teaspoon black pepper
1 tablespoon sliced black olives

Directions

Place the eggs into a saucepan in a single layer and fill with water to cover the eggs by 1 inch. Cover the saucepan and bring the water to a boil over high heat. Once the water is boiling, remove from the heat and let the eggs stand in the hot water for 15 minutes. Pour out the hot water, then cool the eggs under cold running water in the sink. Peel once cold.

Place the potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes. Drain and allow to steam dry for a minute or two. Rinse the potatoes in cold water, and allow to cool. Slice the cooled potatoes into a large salad bowl.

Chop 2 hard-cooked eggs into the bowl with the potatoes, and mix in the celery, radishes, green pepper, and green onion. Stir together the cottage cheese and mayonnaise in a bowl, and pour over the potato mixture. Toss lightly to combine, and season to taste with salt and pepper. Slice the remaining hard-cooked egg, arrange the slices on top of the salad for a garnish, and sprinkle with black olives.

Chicken Macaroni Salad

Ingredients

2 1/2 pounds skinless, boneless chicken breast halves
2 cups macaroni
1 (15 ounce) can mixed vegetables, drained
2 cups shredded lettuce
3 cups mayonnaise
1/4 tablespoon dried basil
salt and pepper to taste
1 pinch garlic powder

Directions

In a medium skillet over medium heat, cook chicken until no longer pink and juices run clear. Let rest until cool enough to handle, then shred with two forks. Set aside 4 cups of shredded meat.

In a medium pot with boiling salted water cook elbow macaroni until al dente. Drain and rinse under cold water.

Meanwhile, in a large bowl mix together the cooked chicken, drained vegetables, shredded lettuce, and mayonnaise. Add basil, pepper, salt, and garlic powder to taste.

Add drained elbow macaroni to chicken mixture. Toss to coat.

Refrigerate for several hours before serving.

Heavenly Marshmallow Salad

Ingredients

2 (5 ounce) jars pimento cheese spread
1 (20 ounce) can crushed pineapple, drained
2 cups miniature marshmallows
2 (8 ounce) containers frozen whipped topping, thawed

Directions

In a large bowl, mix together the cheese spread, pineapple, marshmallows and whipped topping until evenly combined. Transfer to a gelatin mold coated with non-stick spray, and refrigerate until set.

Greek Pasta Salad with Shrimp, Tomatoes,

Ingredients

Dijon Vinaigrette
1/4 cup rice wine vinegar
2 tablespoons Dijon mustard
1 large clove garlic, minced
Big pinch of salt
Black pepper, to taste
2/3 cup extra-virgin olive oil

Pasta Salad
2 medium zucchini, thinly sliced lengthwise
1 medium yellow pepper, halved lengthwise, seeded
2 tablespoons olive oil
Ground black pepper and salt, to taste
2 tablespoons salt for pasta water
1 pound medium pasta shells
1 pound cooked shrimp, halved lengthwise
8 ounces cherry tomatoes, halved
3/4 cup coarsely chopped, pitted Kalamata olives
1 cup crumbled feta cheese
1/2 small red onion, cut into small dice
2 teaspoons dried oregano

Directions

To make the vinaigrette, whisk together the first five ingredients, then slowly whisk in the oil for a thick consistency. Pour into a jar with a tight-fitting lid to transport it to the picnic.

Adjust oven rack to highest position and turn broiler on high. Toss zucchini and bell pepper with olive oil, salt and pepper, and arrange on a large baking sheet with sides. Broil eight to 10 minutes, until spotty brown, turning zucchini slices and pepper halves once. Set aside in a large bowl to cool, then cut into bite-sized pieces.

Bring 1 gallon of water and 2 Tbs. of salt to boil. Add pasta; boil using package times, until just tender. Drain thoroughly (do not rinse) and dump onto the baking sheet. Set aside to cool.

Put vegetables, pasta and remaining ingredients (except dressing) in the bowl or a gallon-sized zipper bag (can be refrigerated for several hours). To serve, add dressing; toss to coat.

Egg Salad II

Ingredients

9 eggs
1 cup frozen green peas, thawed
3/4 cup diced celery
2 tablespoons chopped pimento
2 tablespoons chopped onion
1 1/2 cups dry bread crumbs
1 cup mayonnaise
1/3 cup milk
1/2 teaspoon garlic salt
salt and pepper to taste
2 tablespoons butter

Directions

Preheat oven to 400 degrees F (200 degrees C).

Place eggs in a saucepan and cover with cold water. Bring water to a boil; cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

In a large bowl, combine the eggs, peas, celery, pimento, onion, 1 cup bread crumbs, mayonnaise, milk, garlic salt, salt and pepper. Mix well and pour into a 1 quart casserole dish.

Melt butter and fry remaining 1/2 cup bread crumbs until lightly browned. Sprinkle over casserole and bake at 400 degrees F (200 degrees C) for 30 minutes.

A Great Pepper Salad

Ingredients

1 1/2 (16 ounce) jars sliced pepperoncini peppers, drained
1 (32 ounce) jar sweet pepper rings, drained
1 (4 ounce) jar diced pimento peppers, drained
1 pound pepperoni sausage, cubed
1 pound provolone cheese, cubed
1/2 pound Swiss cheese, cubed
1/2 pound sharp Cheddar cheese, cubed
1 (6 ounce) can mushrooms, drained and thinly sliced
2 (6 ounce) cans black olives, drained and thinly sliced
4 cloves garlic
4 1/2 tablespoons dried oregano
1 cup canola oil
1/4 cup olive oil

Directions

In a large bowl with a lid, stir together the pepperoncini peppers, sweet pepper rings, pimentos, pepperoni, Provolone, Swiss, Cheddar, mushrooms, olives, garlic, oregano, canola oil and olive oil until evenly coated. Cover tightly with the lid and let stand in fridge for 3 days. Shake the bowl often. This can be served cold, but is better when you let it come to room temperature!

Garden Gazpacho Salad

Ingredients

1 (16 ounce) package fusilli (spiral) pasta
2 cups chopped cooked chicken
1 small cucumber, chopped
1 red bell pepper, chopped
1 large tomato, chopped
1 clove garlic, chopped
3/4 cup spicy tomato-vegetable juice cocktail (e.g., V-8)
1/4 cup lemon juice
1/2 teaspoon ground black pepper
1/4 teaspoon salt

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Mix the pasta with the chicken, cucumber, bell pepper, tomato, and garlic. Pour the tomato-vegetable juice cocktail and lemon juice over the salad; gently toss to coat. Season with black pepper and salt; serve warm or chilled.

'Out of Salad Dressing' Salad Dressing

Ingredients

1 1/2 lemons, juiced
1 cup freshly grated Parmesan cheese
2 teaspoons garlic salt
3/4 cup mayonnaise
1 cup milk

Directions

Mix together lemon juice, parmesan cheese, garlic salt, and mayonnaise until smooth. Stir in milk, adjusting the amount or adding a little water, to make the dressing as thin or thick as you like. Cover and refrigerate 8 hours, or overnight.

Tofu Salad

Ingredients

1 tablespoon sweet chili sauce
1/2 teaspoon grated fresh ginger root
2 cloves garlic, crushed
1 tablespoon dark soy sauce
1 tablespoon sesame oil
1/2 (16 ounce) package extra-firm tofu, drained and diced
1 cup snow peas, trimmed
2 small carrots, grated
1 cup finely shredded red cabbage
2 tablespoons chopped peanuts

Directions

In a large bowl, mix the chili sauce, ginger, garlic, soy sauce, and sesame oil. Place tofu in the mixture, and marinate 1 hour in the refrigerator.

Bring a pot of water to a boil. Immerse the snow peas in the boiling water for 1 to 2 minutes, then immerse in a a bowl of cold water. Drain, and set aside.

Toss the peas, carrots, cabbage, and peanuts with the tofu and marinade to serve.

Club Sandwich Salad

Ingredients

1 cup mayonnaise
1/4 cup ketchup
1 tablespoon chopped green onion
salt and pepper to taste
1 large head lettuce, torn
2 large tomatoes, cut into wedges
2 hard-cooked eggs, chopped
10 bacon strips, cooked and crumbled
2 cups cubed cooked turkey or chicken
Croutons

Directions

In a small bowl, combine mayonnaise, ketchup, onion, salt and pepper; mix well. Cover and refrigerate. Just before serving, toss lettuce, tomatoes, eggs, bacon and turkey in a large bowl. Add croutons if desired. Serve with dressing.

Spicy Pasta Salad

Ingredients

1 pound penne pasta
1 (15 ounce) can black beans, rinsed and drained
2 green onions, chopped
1/2 (6 ounce) can black olives, chopped
1/4 cup sun-dried tomatoes, softened in water and sliced
1/4 cup crumbled feta cheese
1 (16 ounce) bottle Italian-style salad dressing

Directions

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, beans, green onions, olives, sun dried tomatoes and feta cheese. Add enough salad dressing to coat; toss and chill before serving.

Macaroni Salad with a Twist

Ingredients

1 (16 ounce) package small seashell pasta
1 cup mayonnaise
1/4 cup distilled white vinegar
2/3 cup white sugar
2 1/2 tablespoons prepared yellow mustard
1 1/2 teaspoons salt
1/2 teaspoon ground black pepper
1 large Vidalia or sweet onion, chopped
2 stalks celery, chopped
1 green bell pepper, seeded and chopped
1/4 cup grated carrots
1 pound diced cooked ham

Directions

Bring a large pot of lightly salted water to a boil. Add pasta, and cook until al dente, 8 to 10 minutes. Drain pasta, but do not rinse. Let stand 5 minutes.

To make the dressing, combine the mayonnaise, vinegar, sugar, mustard, salt, and pepper in a bowl. Set aside.

Combine the onion, celery, bell pepper, carrots, and ham in a large bowl. Stir in the dressing. Add the pasta and toss gently to blend all ingredients. Chill at least 4 hours before serving.

Green Pea Salad

Ingredients

1 (16 ounce) package frozen green peas
1 (8 ounce) can sliced water chestnuts, drained and cut into strip
6 roma (plum) tomatoes, chopped
1/2 onion, minced
2 medium sweet pickles, finely chopped
3/4 cup mayonnaise
1/8 cup lemon juice

Directions

In a colander, rinse frozen peas in cold water until thawed. Drain, and transfer to a large salad bowl.

Add water chestnuts, tomatoes, onion, and sweet pickles; mix well.

In a small bowl, mix together mayonnaise and a little pickle or lemon juice. Do not make the mixture to soupy. Pour over vegetables, and gently stir to coat.

Bologna Salad Sandwich Spread I

Ingredients

4 eggs
1 (16 ounce) package bologna
1 (16 ounce) jar creamy salad dressing
1 cup sweet pickle relish

Directions

Place eggs in a medium saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

Grind the bologna and eggs in a meat grinder with a medium blade.

In a large bowl, mix the bologna mixture with desired amount of creamy salad dressing and desired amount of sweet pickle relish. Refrigerate 2 to 3 hours, or until chilled.

Tuna Salad With Fresh Dill

Ingredients

1 (6 ounce) can tuna
1/4 cup diced celery
1/4 cup chopped fresh dill weed
2 tablespoons chopped fresh parsley
2 tablespoons thinly sliced green onion
2 tablespoons fat-free mayonnaise
2 tablespoons plain low-fat yogurt
1/2 teaspoon prepared Dijon-style mustard

Directions

In a small bowl, mash tuna with juices from can. Add celery, dill, parsley, chives, mayonnaise, yogurt, and mustard; mix well.

Corn Pasta Salad

Ingredients

2 cups cooked tri-colored spiral pasta
1 (16 ounce) package frozen corn, thawed
1 cup chopped celery
1 medium green pepper, chopped
1 cup chopped seeded tomatoes
1/2 cup diced pimientos
1/2 cup chopped red onion
1 cup picante sauce
2 tablespoons vegetable oil
1 tablespoon lemon juice
1 garlic clove, minced
1 tablespoon sugar
1/2 teaspoon salt

Directions

In a large bowl, combine the first seven ingredients. In a jar with a tight-fitting lid, combine the picante sauce, oil, lemon juice, garlic, sugar and salt; shake well.

Pour over pasta mixture and toss to coat. Cover and refrigerate overnight.

Corn Salad II

Ingredients

2 (15 ounce) cans whole kernel corn, drained
3/4 cup cucumber slices, for garnish
1/4 cup diced onion
2 small tomatoes, coarsely chopped
1/4 cup sour cream
2 tablespoons mayonnaise
1 tablespoon distilled white vinegar
1/2 teaspoon salt
1/4 teaspoon dry mustard
1/4 teaspoon celery seed

Directions

In a large mixing bowl, combine the corn, cucumbers, onions and tomatoes.

Prepare the dressing by whisking together the sour cream, mayonnaise, vinegar, salt, mustard and celery seeds. Add to corn mixture and toss until all ingredients are evenly coated.

Sesame Pasta Chicken Salad

Ingredients

1/4 cup sesame seeds
1 (16 ounce) package bow tie pasta
1/2 cup vegetable oil
1/3 cup light soy sauce
1/3 cup rice vinegar
1 teaspoon sesame oil
3 tablespoons white sugar
1/2 teaspoon ground ginger
1/4 teaspoon ground black pepper
3 cups shredded, cooked chicken breast meat
1/3 cup chopped fresh cilantro
1/3 cup chopped green onion

Directions

Heat a skillet over medium-high heat. Add sesame seeds, and cook stirring frequently until lightly toasted. Remove from heat, and set aside.

Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 8 to 10 minutes, or until al dente. Drain pasta, and rinse under cold water until cool. Transfer to a large bowl.

In a jar with a tight-fitting lid, combine vegetable oil, soy sauce, vinegar, sesame oil, sugar, sesame seeds, ginger, and pepper. Shake well.

Pour sesame dressing over pasta, and toss to coat evenly. Gently mix in chicken, cilantro, and green onions.

Mandy's Marshmallow Jell-O® Salad

Ingredients

1 (15 ounce) can crushed pineapple, with juice
4 ounces cinnamon red hot candies
1 (3 ounce) package strawberry flavored gelatin (such as Jell-o®)
2 cups whipping cream, whipped
1 (10.5 ounce) package miniature marshmallows
1/3 cup coarsely crushed peppermint hard candies

Directions

Pour the pineapple with juice and cinnamon candies into a mixing bowl. Sprinkle the gelatin over the pineapple and stir until dissolved. Refrigerate 1 to 2 hours until set. Fold in the whipped cream, marshmallows, and crushed mints. Pour into a tube pan or gelatin mold and freeze until nearly solid, about 1 hour.

Unmold the gelatin and cut into 12 pieces. Serve partially frozen.

Chicken Bow Tie Salad

Ingredients

8 ounces bow tie pasta, uncooked
1 (4 ounce) can chopped green chilies, drained
3 tablespoons lime juice
3 tablespoons canola oil
2 garlic cloves, minced
1 teaspoon ground cumin
1/2 teaspoon sugar
1/2 teaspoon hot pepper sauce
2 cups cubed cooked chicken breast
2 large tomatoes, chopped
1/3 cup chopped red onion
3 tablespoons minced fresh cilantro or parsley

Directions

Cook pasta according to package directions; rinse with cold water and drain. Cool completely. For dressing, combine the chilies, lime juice, oil, garlic, cumin, sugar and hot pepper sauce in a small bowl; stir well. In a large bowl, combine the pasta, chicken, tomatoes, onion and cilantro. Add dressing and toss gently to coat. Cover and refrigerate overnight.

Beef Tenderloin Salad

Ingredients

1/4 cup fat-free mayonnaise
2 tablespoons Dijon mustard
1 tablespoon fat-free milk
2 teaspoons white wine vinegar or cider vinegar
1 teaspoon prepared horseradish
1 1/4 teaspoons sugar
3/8 teaspoon salt, divided
1/4 teaspoon pepper, divided
8 cups water
1 pound fresh asparagus, cut into 2 inch pieces
4 (4 ounce) beef tenderloin steaks
1 large clove garlic, peeled and halved
6 cups torn mixed salad greens
2 large ripe tomatoes, cut into wedges

Directions

For salad dressing, in a bowl, whisk the mayonnaise, mustard, milk, vinegar, horseradish, sugar, 1/8 teaspoon salt and 1/8 teaspoon pepper. Cover and refrigerate. In a large saucepan, bring water to a boil. Add asparagus; cover and boil for 3 minutes. Drain and immediately place asparagus in ice water; drain and pat dry. Cover and refrigerate.

If grilling the steaks, coat grill rack with nonstick cooking spray before starting the grill. Rub steaks with garlic; discard garlic. Sprinkle with remaining salt and pepper. Grill steaks, covered, over medium heat or broil 4-6 in. from the heat for 6-8 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F).

On four serving plates, arrange the greens, tomatoes and asparagus. Thinly slice beef; place over salad. Drizzle with dressing.

Almost Eggless Egg Salad

Ingredients

2 tablespoons mayonnaise
1 tablespoon sweet pickle relish
1 teaspoon distilled white vinegar
1 teaspoon prepared mustard
1 teaspoon white sugar
1/2 teaspoon ground turmeric
1/4 teaspoon dried dill weed
1 tablespoon dried parsley
1 pound firm tofu, sliced and well drained
1 tablespoon minced onion
2 tablespoons minced celery
salt to taste
ground black pepper to taste

Directions

In a small bowl, combine mayonnaise, sweet pickle relish, vinegar, mustard, sugar, turmeric, dill, and parsley. Mix well, and reserve.

Place drained tofu in large bowl, and crumble with a fork. Stir in onion and celery. Mix in reserved mixture. Season to taste with salt and pepper. Chill for several hours to allow flavors to blend.

Patty's Pasta Salad

Ingredients

1 1/2 pounds seashell pasta
1 (6 ounce) can pitted black olives, chopped
2 large tomatoes, chopped
4 ounces sliced pepperoni sausage, each slice cut in half
1/2 cup chopped green olives
3 bunches green onions, chopped
2 cups chopped ham
2 cups shredded mozzarella cheese
1 (16 ounce) bottle zesty Italian dressing

Directions

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, black olives, tomatoes, pepperoni, green olives, green onions and ham or turkey. Before serving, add shredded mozzarella and dressing. Toss well and serve.

Sue's Taco Salad

Ingredients

1 pound lean ground beef
1 (1 ounce) package taco seasoning mix
1/2 (14.5 ounce) package nacho-flavor tortilla chips
2 cups shredded Cheddar cheese
1/2 (15 ounce) can kidney beans, drained
1/2 cup ranch-style salad dressing
chopped tomato
chopped lettuce
chopped green onion

Directions

Place ground beef in a large, deep skillet. Cook over medium-high heat, stirring to crumble until well done; drain. Stir in taco seasoning mix. Set aside to cool.

Place chips into a large bowl, and crush into bite-size pieces. Combine with seasoned meat, cheese, beans, tomatoes, lettuce, and green onions. Pour dressing over all, and toss to coat.

Refried Bean Salad

Ingredients

1 (16 ounce) can vegetarian refried beans
1/2 cup fat free sour cream
1/2 cup fat-free creamy salad dressing (ie: Fat Free Miracle Whip TM)
1/2 (1.25 ounce) package taco seasoning mix
1/2 cup shredded sharp Cheddar cheese
1/2 head iceberg lettuce - rinsed, dried, and chopped
1 large tomato, chopped
2 green onions, chopped
4 large pitted black olives, sliced
1/4 cup salsa
1 (14.5 ounce) package low-fat baked tortilla chips

Directions

Spread the refried beans on a large flat platter.

Wisk together the sour cream, creamy salad dressing and taco seasoning mix. Spread on top of beans and follow with a layer of cheese, lettuce, and a mixed layer of the tomato, green onions and olives.

Lightly dot the top with salsa and insert chips, standing up, around the edge of the dish. Use the chips to scoop into the dish and serve extra chips on the side.

Whole Wheat Chicken Salad Sandwiches

Ingredients

2 (4.5 ounce) cans Swanson® Premium Chunk Chicken Breast in Water, drained
1/4 cup chopped celery
1 tablespoon finely chopped onion
2 tablespoons nonfat mayonnaise
2 tablespoons nonfat plain yogurt
1/8 teaspoon ground black pepper
8 slices Pepperidge Farm® Whole Grain 100% Whole Wheat Bread
4 tomato slices
4 lettuce leaves

Directions

Mix chicken, celery, onion, mayonnaise, yogurt and pepper.

Divide chicken mixture among 4 bread slices. Top with tomato, lettuce and remaining bread slices.

Southwestern Pasta Salad

Ingredients

1/2 (16 ounce) package rotini pasta
1/3 cup vegetable oil
1/4 cup fresh lime juice
2 tablespoons chili powder, or to taste
2 teaspoons ground cumin
1/2 teaspoon salt
2 cloves garlic, crushed
1 1/2 cups whole kernel corn
1 (15 ounce) can black beans, drained and rinsed
1/2 cup diced green bell pepper
1/2 cup diced red bell pepper
1/2 cup fresh cilantro leaves
1 cup chopped roma (plum) tomatoes

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a large bowl combine oil, lime juice, chili powder, cumin, salt and garlic. Stir in pasta and set aside to cool to room temperature, stirring occasionally.

Stir in corn, beans, green pepper, red pepper and 1/2 of the cilantro leaves. Spoon onto a platter and garnish with tomatoes and remaining cilantro. Serve chilled or at room temperature.

American-Italian Pasta Salad

Ingredients

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

Directions

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.

Philly Steak Salad

Ingredients

16 ounces flank steak, cut into strips
1 green bell pepper, seeded and cut into strips
1 large onion, sliced into rings
1 (8 ounce) bottle Italian-style salad dressing
1/2 (32 ounce) package frozen curly-style French fries
1 (8 ounce) package shredded Cheddar cheese
1 head iceberg lettuce, torn into bite-sized pieces
4 tomatoes, quartered
1 (15 ounce) can garbanzo beans, drained
1 (8 ounce) bottle Ranch-style salad dressing

Directions

In a covered dish, spread out sliced steak, peppers and onions and pour the Italian dressing over all. Cover and refrigerate for at least 20 minutes.

Cook French fries according to package instructions while steak is marinating.

In a large skillet over medium-high heat, saute steak, peppers and onions until vegetables are tender and steak is cooked to your liking. Separate steak mixture into 8 equal portions while in the skillet, and top each portion with cheese. Cover and set aside to let cheese melt.

Arrange lettuce, tomatoes and garbanzo beans on 8 separate plates. Top each salad with 1/8 of the French fries and 1/8 of the steak mixture and serve with Ranch-style salad dressing.

My Grandma's Anise Potato Salad

Ingredients

6 medium baking potatoes, peeled and cubed
1 cup chopped celery
1 bunch green onions, chopped
1 cup mayonnaise, or to taste
1/2 teaspoon anise seed
salt and pepper to taste
4 hard-cooked eggs sliced, for garnish
1 dash ground paprika (optional)

Directions

Place potatoes in a saucepan with enough water to cover. Bring to a boil over medium heat, and cook until tender, about 8 to 10 minutes. Remove from heat, drain, and run under cold water to cool. Drain well.

In a large bowl, mix together the potatoes, celery, onion, mayonnaise, and anise seed. Season with salt and pepper to taste. Refrigerate until cold. Garnish with sliced hard-cooked eggs, and dust with paprika, if desired.

Fruit Salad Abalos Style

Ingredients

1 (30 ounce) can fruit cocktail, drained
1 (15 ounce) can lychees, drained
1 (12 ounce) jar macapuno (coconut preserves), drained
1 (20 ounce) can palm seeds, drained
1 (15 ounce) can creamed corn
1 Red Delicious apple, cored and diced
1 Asian pear, cored and cubed
1 (8 ounce) container sour cream
1 (14 ounce) can sweetened condensed milk

Directions

Stir together the fruit cocktail, lychees, macapuno, palm seeds, creamed corn, apple, Asian pear, sour cream and condensed milk in a large bowl. Chill for at least one hour before serving.

Quick 'n Easy Grape Salad with Concord Dressing

Ingredients

1 cup fresh lemon juice
1/4 cup honey
1 tablespoon lemon zest
2 tablespoons chopped fresh parsley
1 1/4 pounds seedless red grapes, halved

2 cups Concord grape juice
3 tablespoons honey
1/3 cup fresh lemon juice
5 tablespoons mayonnaise

Directions

Stir together 1 cup of lemon juice, 1/4 cup of honey, lemon zest, and parsley in a bowl until the honey has dissolved. Add the halved grapes, toss to coat, and set aside.

Whisk together grape juice, 3 tablespoons of honey, and 1/3 cup of lemon juice until the honey has dissolved. Whisk in the mayonnaise until smooth. Pour this dressing over the grapes, toss to coat, and serve.

Catalina Tomato Salad

Ingredients

6 plum tomatoes, chopped
1 (5 ounce) jar stuffed olives, drained and halved
3/4 cup Catalina salad dressing
1 small onion, chopped
1/4 teaspoon pepper

Directions

In a bowl, combine all ingredients; mix well. Cover and refrigerate for at least 2 hours.

Summer Rainbow Salad

Ingredients

3 vine-ripe tomatoes, diced
2 mangos - peeled, seeded, and cubed
2 avocados - peeled, pitted, and cubed
1 orange bell pepper, chopped
1 cup fresh blueberries
1 red onion, chopped
1/2 bunch cilantro, chopped
1/4 cup fresh lime juice
1/2 cup pineapple juice

Directions

Place the tomato, mango, avocado, bell pepper, blueberries, onion, and cilantro into a large bowl. Pour the lime juice and pineapple juice overtop. Stir gently until evenly combined. Serve immediately for the freshest taste.

Kathy's Delicious Italian Pasta Salad

Ingredients

1 (16 ounce) package dry penne pasta
12 ounces roasted red peppers
7 ounces black olives, chopped
1 small yellow onion, chopped
1 clove garlic, minced
16 ounces mozzarella cheese, cubed
5 roma (plum) tomatoes, chopped
1/4 pound Genoa salami, cut into strips
3/4 cup olive oil
1/2 cup balsamic vinegar
ground black pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente. Drain and rinse under cold running water until cool.

Mix together: red peppers, olives, onion, garlic, mozzarella cheese, tomatoes and salami.

Combine in large bowl, pasta and vegetable mixture. Pour in olive oil, balsamic vinegar and black pepper. Mix well together.

Cold Corn Salad

Ingredients

1 (10 ounce) package frozen whole-kernel corn, thawed
1/4 cup diced yellow bell pepper
1/4 cup diced red bell pepper
1/4 cup diced green bell pepper
1/2 red onion, chopped
1/4 cup chopped cucumber
1 small tomato, chopped
1/2 cup mayonnaise, or to taste

Directions

In a large bowl, mix together the corn, yellow pepper, red pepper, green pepper, red onion, cucumber, tomato and mayonnaise. Adjust the amount of mayonnaise to your liking. Chill until serving.

Spinach Floret Salad

Ingredients

4 cups torn spinach leaves
2 cups torn iceberg lettuce
1 1/2 cups broccoli florets
1 1/4 cups cauliflowerets
1 cup chow mein noodles
8 bacon strips, cooked and crumbled (optional)
2 hard-cooked eggs, sliced
2 green onions, finely chopped
3 fresh mushrooms, thinly sliced
3 radishes, sliced
DRESSING:
1 cup vegetable oil
3/4 cup sugar
1/3 cup cider vinegar
1/4 cup chopped onion
1 teaspoon salt
1 teaspoon Worcestershire sauce

Directions

In a large salad bowl, toss the first 10 ingredients. Place dressing ingredients in a blender; cover and process until combined. Serve with salad. Refrigerate leftover dressing.

Cannellini Shrimp Salad

Ingredients

1/4 cup red wine vinegar
1/4 cup olive oil
1 teaspoon sugar
1/4 teaspoon dried cilantro
1/4 teaspoon dried basil
1/4 teaspoon dried tarragon
1 (15 ounce) can white kidney beans, drained and rinsed
1 roma (plum) tomato, diced
1/4 red onion, diced
3/4 pound cooked tiny shrimp

Directions

In a small bowl, whisk vinegar, oil, sugar, cilantro, basil, and tarragon until well blended. You may adjust these seasonings to your personal preference.

In a separate bowl, toss together the beans, tomato, onion, and shrimp. Pour dressing over salad, and toss again to coat.

Cover and refrigerate several hours, or overnight, to develop flavors.

Cranberry Pecan Salad

Ingredients

1 cup pecan halves
2 tablespoons raspberry vinegar
1/2 teaspoon Dijon mustard
1/2 teaspoon sugar
1/2 teaspoon salt
freshly ground black pepper to taste (optional)
6 tablespoons olive oil
6 cups mixed salad greens, rinsed and dried
3/4 cup dried cranberries
1/2 medium red onion, thinly sliced
crumbled feta cheese

Directions

Preheat oven to 400 degrees F (200 degrees C). Spread pecans evenly on a baking sheet. Toast for 8 to 10 minutes, or until lightly browned and fragrant.

In a small bowl, stir together the vinegar, mustard, sugar, salt, and pepper; mix until sugar and salt dissolve. Whisk in olive oil.

In a salad bowl, toss together the greens, cranberries, pecans, onions, and cheese. Drizzle with vinaigrette, and toss gently to coat.

Macaroni Salad

Ingredients

5 cups macaroni
4 tablespoons mayonnaise
1 egg
1 teaspoon distilled white vinegar
1 bunch green onions, finely chopped
3 hard-cooked eggs, diced
1 dill pickle, finely chopped

Directions

Bring a large pot of lightly salted water to a boil. Add macaroni and cook until al dente; drain.

In a mixing bowl, combine mayonnaise, raw egg and vinegar; whisk until smooth. Mix the green onions, hard-cooked eggs, and pickle into a bowl. Stir in cooled macaroni and mix until thoroughly combined.

Mashed Potato Salad

Ingredients

5 red potatoes
5 Yukon Gold potatoes
2 tablespoons butter
salt and pepper to taste
1/2 cup mayonnaise
1/2 cup prepared mustard
1/2 cup sour cream
1 stalk celery, finely chopped
1 red onion, finely diced
2 small sweet pickles, finely chopped
1 green bell pepper, chopped

Directions

Cube potatoes, if desired you may peel them. Place potatoes in a large saucepan and cover with water. Cook over medium heat until potatoes are tender. Drain and place cooked potatoes in a large bowl.

Mash potatoes with butter and salt and pepper to taste. Once mashed stir in the mayonnaise, mustard and sour cream, mixing well. Stir in the celery, onion, pickles and green pepper. Serve warm or at room temperature.

Crunchy Chicken Salad

Ingredients

1 1/2 cups cubed cooked chicken
3 tablespoons chopped celery
3 tablespoons mayonnaise
2 tablespoons chopped water chestnuts
4 teaspoons sweet pickle relish
4 teaspoons diced pimientos, drained
1 tablespoon chopped pecans
1/4 teaspoon salt
1/8 teaspoon pepper
2 lettuce leaves
1 hard-cooked egg, sliced

Directions

In a bowl, combine the first nine ingredients. Serve on lettuce-lined plates. Garnish with egg slices.

Greens 'n' Grapefruit Salad

Ingredients

4 cups torn salad greens
2 tablespoons chopped red onion
1 medium grapefruit, peeled and sectioned
1/2 cup sliced fresh mushrooms
1/2 cup sliced water chestnuts
DRESSING:
1/2 cup mayonnaise or salad dressing
1/4 cup Catalina salad dressing
1/4 cup sesame seeds, toasted
2 tablespoons sugar
2 tablespoons cider vinegar

Directions

In a salad bowl, combine the greens, onion, grapefruit, mushrooms and water chestnuts. In a small bowl, whisk together the dressing ingredients. Drizzle over salad; serve immediately.

Corn N Cucumbers Salad

Ingredients

2 medium cucumbers, peeled and thinly sliced
2 cups cooked corn kernels
1/2 medium onion, thinly sliced
1/2 cup vinegar
2 tablespoons sugar
2 tablespoons water
1 teaspoon dill weed
1 teaspoon salt
1/4 teaspoon pepper
1 pinch cayenne pepper

Directions

Combine all ingredients in a large bowl. Cover and chill for several hours.

Cranberry Gelatin Salad

Ingredients

1 (16 ounce) can jellied cranberry sauce
1 (16.5 ounce) can pitted dark sweet cherries, drained
10 1/2 ounces crushed pineapple with juice
1 (6 ounce) package cherry gelatin
2 cups boiling water
1 cup chopped pecans (optional)

Directions

In a medium saucepan over low heat, melt the cranberry sauce.

Cut the cherries into pieces and add them to the melted sauce. Stir in the pineapple with its juice. Remove mixture from heat.

In a medium bowl pour the boiling water over the gelatin. And stir until all the gelatin has dissolved.

Add the gelatin mixture to the cranberry mixture and stir. Stir in the optional nuts. Pour into a 9x13 inch pan and chill until set.

Chicken Salad Sandwiches

Ingredients

2 cups cubed, cooked chicken
2 celery ribs, chopped
1/2 cup chopped green pepper
1/2 cup mayonnaise
1/3 cup slivered almonds, toasted
1/4 cup sweet pickle relish
1/4 cup sliced pimiento-stuffed olives
2 tablespoons chopped onion
2 teaspoons prepared mustard
3/4 teaspoon salt
1/4 teaspoon pepper
12 English muffins, split and toasted
12 lettuce leaves
12 thin slices tomato

Directions

In a bowl, combine the first 11 ingredients. Top 12 muffin halves with lettuce leaves; spread with chicken salad. Top with tomato slices and remaining muffin halves.

Dilly Tomato and Beet Salad

Ingredients

1/4 cup safflower oil
2 tablespoons walnut oil
2 tablespoons olive oil
2 tablespoons red wine vinegar
1 tablespoon lemon juice
1/4 cup minced fresh dill weed
salt and pepper to taste

2 tomatoes, diced
1 stalk celery, chopped
1 green onion, chopped
1 (15 ounce) can red beets, drained and chopped

Directions

In a bowl, whisk together the safflower oil, walnut oil, olive oil, red wine vinegar, lemon juice, and dill. Season with salt and pepper.

In a separate bowl, toss together the tomatoes, celery, green onion, and beets. Toss with the dressing mixture just before serving.

Egg Rice Salad

Ingredients

1/2 cup cooked rice, room temperature
1 hard-cooked egg, chopped
1/4 cup chopped celery
1 green onion, chopped
2 tablespoons mayonnaise
1 tablespoon sweet pickle relish
salt and pepper to taste
Lettuce Leaves

Directions

In a bowl, combine the rice, egg, celery and onion. In another bowl, combine the mayonnaise, pickle relish, salt and pepper. Add to rice mixture and toss to coat. Transfer to two custard cups or a 1/2-cup mold. Cover and refrigerate until chilled. Just before serving, unmold onto lettuce-lined plates.

Amby Rae's Cucumber Salad

Ingredients

2 large cucumbers, peeled and cubed
2 cups sour cream
4 sprigs fresh mint, chopped
3 cloves garlic, peeled and minced
1/4 cup lemon juice
1/4 cup olive oil
1/4 teaspoon salt
1/8 teaspoon ground black pepper

Directions

Place cucumbers in a large salad bowl, and set aside.

In a small bowl, whisk together the sour cream, mint, garlic, lemon juice, olive oil, salt, and pepper until well blended. Pour over the cucumbers, and mix until well coated.

Green Bean Blue Cheese Salad

Ingredients

1 pound fresh green beans, cut into 2 inch pieces
1/4 cup blue cheese, crumbled
1/4 red onion, thinly sliced
1/2 cup olive oil
4 tablespoons balsamic vinegar
1/2 cup pecan pieces, toasted
salt and pepper to taste

Directions

Place green beans in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 2 to 6 minutes. Allow to cool.

In a medium bowl, combine beans, onion, blue cheese, and pecans. Stir in olive oil and balsamic vinegar. Season with salt and pepper. Chill for at least an hour before serving.

Feta Chicken Salad

Ingredients

3 cups diced cooked chicken
2 large stalks celery, diced
1 red bell pepper, seeded and diced
1/2 red onion, diced
6 tablespoons mayonnaise
6 tablespoons sour cream
1 (4 ounce) package feta cheese, crumbled
2 teaspoons dried dill weed
1 pinch salt and pepper to taste

Directions

In a serving bowl, mix together the chicken, celery, and red onion. In a separate bowl, stir together the mayonnaise, sour cream, feta cheese, and dill. Pour over the chicken mixture, and stir to blend. Taste, and season with salt and pepper as needed. Serve immediately, or refrigerate until serving.

Carrie's Garlic Pesto Tuna Salad Sandwiches

Ingredients

2 (6 ounce) cans tuna in water, drained
2 tablespoons mayonnaise
1 tablespoon prepared mustard
2 tablespoons basil pesto
2 cloves garlic, minced
8 slices rye bread
8 leaves lettuce
1 large ripe tomato, sliced

Directions

In a medium bowl, mix together tuna, mayonnaise, mustard, pesto, and garlic.

Make four sandwiches by layering tuna, lettuce, and tomato slices between slices of bread. Serve.

Dill Veggie Tuna Salad

Ingredients

1/2 cup small pasta shells, uncooked
1 (6 ounce) can water-packed tuna, drained and flaked
1 large tomato, chopped
1 cucumber - peeled, seeded, and chopped
1 small red bell pepper, chopped
1/2 cup chopped green onions
2 stalks celery, chopped
6 tablespoons ranch dressing
3 tablespoons chopped fresh dill

Directions

Fill a pot with lightly salted water and bring to a rolling boil. Once the water is boiling, stir in the shell pasta, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, about 13 minutes. Drain well in a colander set in the sink, and chill by rinsing with cold water.

Combine the cooled pasta, tuna, tomato, cucumber, red bell pepper, green onions, and celery in a salad bowl, and toss lightly to mix. Stir in the ranch dressing and dill, cover, and refrigerate until chilled, at least 1 hour.

Waldorf Salad with Turkey & Apricot

Ingredients

Dressing:
1/3 cup SMUCKER'S® Apricot Preserves
1/2 cup nonfat plain yogurt
1 tablespoon chopped dried tarragon, chives, parsley, or curry powder
1 teaspoon Dijon mustard
2 tablespoons lemon juice
1/2 teaspoon grated lemon peel
1/2 teaspoon salt
1/8 teaspoon freshly ground pepper

Salad:
1 pound boneless, skinless turkey or chicken, cooked and cubed*
1 cup diced unpeeled red apple (1/2-inch pieces)
1 cup diced unpeeled green apple (1/2-inch pieces)
1 cup diced celery (1/4-inch pieces)
1/4 cup raisins
6 lettuce leaves
1 tablespoon chopped fresh parsley or chives

Directions

Combine all dressing ingredients; stir until well blended. Add turkey or chicken, apples, celery and raisins. Toss to coat the salad ingredients. Season with additional salt and pepper, if desired.

Place lettuce leaf on each of 6 serving plates. Top each with mound of salad. Garnish each salad with chopped fresh parsley or chives.

Deli turkey breast may be used in the recipe. Ask the deli to slice the turkey into 3/4- or 1-inch slices, then cube the meat at home before adding to this salad.

Chicken Salad Panini

Ingredients

1/4 cup mayonnaise
1 1/2 teaspoons honey
3/4 teaspoon snipped fresh dill
3/4 teaspoon Dijon mustard
Dash salt
Dash pepper
1 cup cubed cooked chicken breast
3/4 cup shredded Cheddar cheese
1/2 cup chopped, peeled apple
1/4 cup chopped pecans, toasted
6 slices white bread
4 teaspoons butter, softened

Directions

In a small bowl, combine the first six ingredients. In another bowl, combine the chicken, cheese, apple and pecans; add dressing and toss to coat.

Spread half of the chicken salad on two slices of bread. Top each with another slice of bread, remaining chicken salad and remaining bread. Spread butter on both sides of sandwiches. Cook on a panini maker or indoor grill until bread is toasted and cheese is melted.

Hearts of Palm Salad

Ingredients

3 (14.25 ounce) cans hearts of palm, drained and sliced
2 (.7 ounce) packages dry Italian-style salad dressing mix
1/2 cup white wine or champagne vinegar
6 tablespoons water
1 cup olive oil
1 (8 ounce) jar green olives, sliced
1 (6 ounce) can sliced black olives
2 tablespoons bacon bits

Directions

In a medium bowl, whisk together the dressing mix, vinegar, and water until well blended. Whisk in olive oil. Add hearts of palm to the bowl, and stir to coat. Cover and refrigerate for at least one hour or overnight.

Before serving, sprinkle the green and black olives, and bacon bits over the salad.

Fiesta Salad

Ingredients

1 cup mayonnaise
1 (4 ounce) can chopped green chilies, drained
1 tablespoon chili powder
1 tablespoon lemon or lime juice
1/2 teaspoon salt
1/4 teaspoon hot pepper sauce
3 1/2 cups cooked rice, chilled
2 cups cubed, cooked chicken
1 green onion, sliced
1/2 cup chopped green pepper
Lettuce Leaves
1 medium tomato, chopped
1 medium avocado, peeled and sliced
1/4 cup ripe olives, sliced
Tortilla chips

Directions

In a large bowl, combine first six ingredients. Stir in rice, chicken, green onion and green pepper. Cover and chill for 1-2 hours. Serve on a lettuce-lined platter; top with tomato, avocado, olives and chips.

Spinach Salad Supreme

Ingredients

1/4 cup vegetable oil
2 tablespoons red wine vinegar or cider vinegar
1 teaspoon sugar
1 teaspoon finely chopped onion
1 teaspoon finely chopped green pepper
1 teaspoon minced fresh parsley
1 teaspoon ketchup
1/4 teaspoon salt
1/4 teaspoon ground mustard
1/4 teaspoon paprika
2 cups torn fresh spinach
1 hard-cooked egg, sliced
3 bacon strips, cooked and crumbled

Directions

In a jar with a tight-fitting lid, combine the first 10 ingredients; shake well. Divide spinach between two serving bowls or plates; top with egg and bacon. Drizzle with dressing. Serve immediately.

California Style Israeli Salad

Ingredients

8 roma (plum) tomatoes, diced
1 English cucumber, peeled and diced
1 cup peeled, chopped jicama
1 small yellow bell pepper, diced
1/2 cup diced red onion
3 tablespoons fresh lemon juice
3 tablespoons extra virgin olive oil
1 tablespoon dried parsley
salt and pepper to taste

Directions

In a large bowl, toss together the tomatoes, cucumber, jicama, bell pepper, and red onion. Add the lemon juice, olive oil, and parsley, and mix thoroughly to coat. Season with salt and pepper. Serve cold, or at room temperature.

Pasta Chick Pea Salad

Ingredients

1 (16 ounce) package rotelle pasta
2 tablespoons extra virgin olive oil
1/2 cup chopped oil-cured olives
2 tablespoons minced fresh oregano
2 tablespoons chopped fresh parsley
1 bunch green onions, chopped
1 (15 ounce) can garbanzo beans, drained
1/4 cup red wine vinegar
1/2 cup grated Parmesan cheese
salt and pepper to taste

Directions

Bring a large pot of salted water to a boil, add pasta and cook until al dente. Drain and rinse under cold water. Set aside to chill.

In a large skillet heat the olive oil over medium low heat. Add the olives, oregano, parsley, scallions and chick peas. Cook over low for about 20 minutes. Set aside to cool.

In a large bowl toss the pasta with the chick pea mixture. Ad the vinegar, grated cheese and salt and pepper to taste. Let sit in refrigerator overnight. When ready to serve taste for seasoning and add more vinegar, olive oil and salt and pepper if desired.

Seven Layer Mixed Up Salad

Ingredients

1 (10 ounce) package frozen green peas, thawed and drained
2/3 cup sour cream
1/2 cup shredded sharp Cheddar cheese
1/2 cup chopped green onions
1/2 cup chopped celery
1/2 cup grape tomatoes
1 ounce bacon pieces
salt and pepper to taste
1 teaspoon dry ranch salad dressing mix

Directions

In a large bowl, gently mix the peas, sour cream, Cheddar cheese, green onions, celery, tomatoes, and bacon pieces. Season with salt, pepper, and dry ranch salad dressing mix. Chill at least 1 hour before serving.

Italian Penne Pasta Salad

Ingredients

1 cup Marzetti® Asiago Peppercorn Dressing
1 pound penne pasta, cooked, drained and cooled
1 1/2 pounds grilled or roasted boneless, skinless chicken breast, sliced
8 ounces feta cheese, crumbled
1 (16 ounce) jar pitted kalamata olives, halved
1 teaspoon dried oregano or Italian seasoning
6 sundried tomatoes packed in oil, diced
2 medium roasted sweet peppers (in jar) packed in water, sliced thin
1 (6 ounce) package baby spinach leaves, cleaned

Directions

In large bowl, combine all ingredients with Marzetti Asiago Peppercorn Salad Dressing. Toss well. Serve. Store remaining portion, covered in the refrigerator.

Tropical Turkey Salad

Ingredients

1/3 cup low-fat sour cream
2 tablespoons mango chutney
1 tablespoon fresh lemon juice
1 tablespoon honey
1/4 teaspoon curry powder
4 cups chopped cooked turkey
1 cup diced red bell pepper
1 cup diced celery
1 cup pineapple chunks
1 cup chopped orange segments
1/2 cup chopped green onion

Directions

For the dressing, blend sour cream, chutney, lemon juice, honey, and curry powder in a small bowl. Mix well, and refrigerate until ready to use.

In a large bowl, combine turkey, red pepper, celery, pineapple, orange segments, and green onion. Add dressing, and toss well to coat. Refrigerate for 1 hour before serving.

Babi's Bean Salad

Ingredients

1 1/2 cups dried black-eyed peas, soaked overnight
1/3 cup chopped celery, with leaves
1 1/2 cups shredded carrot
3/4 cup chopped fresh parsley
1/2 cup chopped white onion
1/8 cup chopped fresh mint

Dressing:
1/4 cup olive oil
2 oranges, juiced
1/2 lemon, juiced
1 garlic clove, pressed
1/2 teaspoon ground coriander
1/2 teaspoon salt
1/8 teaspoon freshly ground black pepper
1 teaspoon brown sugar

Directions

Place the beans in a saucepan with enough water to cover them by one inch. Bring beans to a slow boil. Reduce heat to low, and simmer until tender but not mushy (about 35 minutes). Set aside to cool.

When the beans have cooled, place them in a large bowl. Add the celery, carrots, parsley, white onion, and mint; toss to blend.

For dressing, blend olive oil, orange and lemon juice, garlic, coriander, salt, pepper, and brown sugar in a blender for 6 seconds. Transfer to a small saucepan, and simmer over low heat for five minutes. Remove from heat, and cool. Pour dressing over the bean salad, and refrigerate for at least 1 hour before serving.

Gorgonzola Cheese Salad

Ingredients

8 ounces Gorgonzola cheese, crumbled
1/2 teaspoon dried oregano
1 clove garlic, crushed
1/2 teaspoon dried tarragon
1/2 teaspoon dried basil
1/3 cup olive oil
1 cup milk
1 tablespoon red wine vinegar
2 heads Boston lettuce, cored and shredded
1 avocado, diced
1/4 cup walnuts

Directions

Place the Gorgonzola cheese, oregano, garlic, tarragon, basil, olive oil, milk, and vinegar in a blender or food processor. Blend until smooth.

In a large bowl, toss the Gorgonzola dressing with lettuce, avocado, and walnuts.

Curry Chicken Salad

Ingredients

3 cooked skinless, boneless chicken breast halves, chopped
3 stalks celery, chopped
1/2 cup low-fat mayonnaise
2 teaspoons curry powder

Directions

In a medium bowl, stir together the chicken, celery, mayonnaise, and curry powder.

Lobster Salad

Ingredients

5 pounds cooked lobster meat, shredded
3 yellow bell peppers, seeded and diced
8 stalks celery, diced
1 large white onion, diced
2 cups mayonnaise
2 tablespoons ground black pepper

Directions

In a large bowl, mix together the lobster meat, yellow peppers, celery, onion, mayonnaise and pepper until evenly combined. Chill before serving.

Asian Chicken Salad

Ingredients

2 tablespoons brown sugar
2 teaspoons soy sauce
1 tablespoon sesame oil (optional)
1/4 cup vegetable oil
3 tablespoons rice vinegar
1 (8 ounce) package dried rice noodles
1 head iceberg lettuce - rinsed, dried, and chopped
4 boneless chicken breast halves, cooked and shredded
3 green onions, chopped
1 tablespoon sesame seeds, toasted

Directions

Prepare the dressing 30 minutes ahead of time by combining the brown sugar, soy sauce, sesame oil, salad oil, and rice vinegar in a salad dressing carafe.

To prepare the Chinese rice noodles, heat a skillet with a few tablespoons of oil and break off a little bit of the noodles and add them to the skillet and fry them. They will puff up in the skillet, so only add a few at a time. As they begin to puff up, remove and drain them on paper towels. Be sure to cook long enough as the under cooked noodles will be like eating needles. Once cooked, add them to the salad mixture.

In a large bowl combine the iceberg lettuce, cooked and shredded chicken, green onions and toasted sesame seeds. Let chill about 10 minutes, and just before serving add the cooked rice noodles. Serve in salad bowls and offer the dressing in a pourable container so your family can add as much dressing as they want. You can also pour the dressing over the top of the salad, toss, and serve immediately.

Chrissy's Sweet 'n' Sour Tomato Salad

Ingredients

7 tomatoes
1 small yellow onion
1/2 cup white sugar
1/2 cup distilled white vinegar
1/2 cup vegetable oil
salt and pepper to taste

Directions

Thinly slice the tomatoes. Cut the onion in half through root end, then thinly slice into half-circles. In a large bowl, toss together tomatoes, onion, sugar, vinegar, oil, salt and pepper. You may adjust the amounts of vinegar and sugar according to your taste. Serve at room temperature.

Vietnamese Chicken Salad

Ingredients

1 tablespoon finely chopped green chile peppers
1 tablespoon rice vinegar
2 tablespoons fresh lime juice
3 tablespoons Asian fish sauce
3 cloves garlic, minced
1 tablespoon white sugar
1 tablespoon Asian (toasted) sesame oil
2 tablespoons vegetable oil
1 teaspoon black pepper

2 cooked skinless boneless chicken breast halves, shredded
1/2 head cabbage, cored and thinly sliced
1 carrot, cut into matchsticks
1/3 onion, finely chopped
1/3 cup finely chopped dry roasted peanuts
1/3 cup chopped fresh cilantro

Directions

Stir together the chopped green chiles, rice vinegar, lime juice, fish sauce, garlic, sugar, sesame oil, vegetable oil, and black pepper until the mixture is thoroughly combined and the sugar is dissolved.

Place the chicken, cabbage, carrot, onion, peanuts, and cilantro in a salad bowl, and toss thoroughly together with tongs. Pour the dressing over the salad and toss again. Serve immediately.

Farmer's Salad

Ingredients

1 head iceberg lettuce, torn into bite-sized pieces
1 head fresh broccoli florets
3/4 cup mayonnaise
3 tablespoons white sugar
1 tablespoon distilled white vinegar
1 pound bacon

Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble, measure out 1 cup and set aside.

In a large bowl, combine the lettuce and broccoli.

Prepare the dressing by whisking together the salad dressing, sugar and vinegar.

Pour dressing over lettuce mixture and toss evenly to coat. Sprinkle with bacon and refrigerate until chilled. Serve cold.

Artichoke Pasta Salad

Ingredients

1 cup uncooked elbow macaroni
1 cup halved grape tomatoes
1 cup sliced ripe olives
1 (6.5 ounce) jar marinated artichoke hearts, undrained
1 tablespoon minced fresh parsley
1/4 teaspoon salt
1/4 teaspoon pepper

Directions

Cook the macaroni according to package directions; drain and rinse in cold water. Place in bowl; add the remaining ingredients and toss gently. Cover and refrigerate until serving.

Tomato and Strawberry Salad

Ingredients

1 teaspoon honey mustard
2 tablespoons balsamic vinegar
1/4 cup olive oil
1 (10 ounce) bag mixed salad greens
1 pint grape tomatoes, halved
1 pint strawberries, sliced
1/2 cup candied walnuts
1 (4 ounce) container crumbled feta cheese
3 sprigs fresh dill

Directions

Whisk the honey mustard, and balsamic vinegar together in a small bowl until combined. Drizzle in the olive oil while whisking to make the dressing; set aside.

Place the salad greens, tomatoes, strawberries, walnuts, and feta cheese into a large salad bowl. Tear off the dill fronds and add to the salad. Toss gently to mix, then pour on the dressing, and toss to coat.

Citrus Tossed Salad

Ingredients

1 teaspoon cornstarch
1/4 cup orange juice
1/4 cup grapefruit juice
2 tablespoons cider vinegar
2 tablespoons orange marmalade
1 teaspoon Dijon mustard
1/2 teaspoon grated orange peel
1/8 teaspoon garlic powder
1/8 teaspoon onion powder
8 cups torn leaf lettuce
1 medium grapefruit, peeled and sectioned
1 medium navel orange, peeled and sectioned

Directions

In a saucepan, combine cornstarch and orange juice until smooth. Stir in the grapefruit juice, vinegar, marmalade, mustard, orange peel, garlic powder and onion powder. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat; refrigerate until chilled. Divide lettuce and fruit among four salad plates; drizzle with dressing.

Waldorf Salad for Two

Ingredients

1 small apple, diced
1 small pear, diced
1 celery rib, diced
2 tablespoons chopped walnuts
1/4 cup mayonnaise or salad dressing
1 tablespoon orange juice
2 lettuce leaves

Directions

In a small bowl, toss the apple, pear, celery and walnuts. Combine mayonnaise and orange juice; spoon over salad and toss to coat. Serve on lettuce.

Lemon Dill Salad Dressing

Ingredients

2 cups mayonnaise
1/2 cup lemon juice
1/4 cup dried dill weed to taste
1/2 cup buttermilk

Directions

In a medium bowl, whisk together the mayonnaise, lemon juice, dill and buttermilk. Chill until serving.

Amish Potato Salad

Ingredients

6 medium white potatoes with skin
1 small onion, finely chopped
1 cup chopped celery
1 cup chopped carrots
1 teaspoon celery seed
4 hard-cooked eggs, peeled and chopped

2 eggs, beaten
3/4 cup white sugar
1 teaspoon cornstarch
1/2 teaspoon salt
1/3 cup apple cider vinegar
1/2 cup milk
1 teaspoon prepared yellow mustard
3 tablespoons butter
1 cup mayonnaise or salad dressing

Directions

Place the potatoes into a large pot, and fill with enough water to cover. Bring to a boil, and cook for about 20 minutes, or until easily pierced with a fork. Drain, and set aside to cool.

While the potatoes are cooking, whisk together 2 eggs, sugar, cornstarch, and salt in a saucepan. Stir in the vinegar, milk, and mustard. Cook over medium heat, stirring frequently, until thickened, about 10 minutes. Remove from heat, and stir in the butter. Refrigerate until cool, then stir in the mayonnaise.

Peel the potatoes if desired, and cut into medium dice. Place in a large bowl, and toss with the onion, celery, carrots, celery seed and hard-cooked eggs. Gently fold in the dressing. Refrigerate until serving. I personally like this to sit for at least a day before serving to let the flavors blend, but you may serve it as soon as it is chilled.

Watermelon Fruit Salad Bowl

Ingredients

1 large watermelon
1 cantaloupe, halved and seeded
1 honeydew melon, halved and seeded
2 (15 ounce) cans mandarin oranges, drained
2 (20 ounce) cans pineapple chunks, drained
2 cups halved fresh strawberries
2 cups seedless grapes
1/2 cup water
1/4 cup SPLENDA® No Calorie Sweetener, Granulated
2 tablespoons grated lemon zest

Directions

With a large, sharp knife, remove the top 1/4 section of the watermelon. With a melon baller, scoop flesh from inside of watermelon, removing as many seeds as possible. Leave 1/2 inch of flesh inside the shell of the watermelon. Scoop cantaloupe and honeydew in the same manner, removing as much flesh as possible, and discarding the rinds. Refrigerate fruits separately until ready to assemble.

In a small saucepan over medium-high heat, bring water and SPLENDA® Granulated Sweetener to a boil. Remove from heat, and continue stirring until SPLENDA® Granulated Sweetener has completely dissolved. Add lemon zest, and set aside to cool.

To serve, place watermelon balls, cantaloupe, honeydew, oranges, pineapple, strawberries, and grapes, in a large mixing bowl. Pour syrup over, and toss thoroughly. Transfer mixture to watermelon bowl, and serve. Set aside any fruit mixture that will not fit. There will be enough fruit to refill the bowl.

Vietnamese Salad Rolls

Ingredients

1 (8 ounce) package rice vermicelli
8 ounces cooked, peeled shrimp, cut in half lengthwise
8 rice wrappers (6.5 inch diameter)
1 carrot, julienned
1 cup shredded lettuce
1/4 cup chopped fresh basil
1/2 cup hoisin sauce
water as needed

Directions

Bring a medium saucepan of water to boil. Remove from heat. Place rice vermicelli in boiling water, remove from heat, and let soak 3 to 5 minutes, until soft. Drain, and rinse with cold water.

Fill a large bowl with hot water. Dip one rice wrapper in the hot water for 1 second to soften. Lay wrapper flat, and place desired amounts of noodles, shrimp, carrot, lettuce and basil in the center. Roll the edges of the wrapper slightly inward. Beginning at the bottom edge of wrapper, tightly wrap the ingredients. Repeat with remaining ingredients.

In a small bowl, mix the hoisin sauce with water until desired consistency has been attained. Heat the mixture for a few seconds in the microwave.

Serve the spring rolls with the warm dipping sauce.

Nell's Macaroni Salad

Ingredients

1 (16 ounce) package elbow macaroni
4 eggs
1/2 cup chopped celery
1 (15 ounce) can whole kernel corn, drained
1/3 cup chopped green onions
1 cup mayonnaise
1/2 cup creamy salad dressing
1/4 cup sweet pickle juice
1 tablespoon Dijon-style prepared mustard
salt and ground black pepper to taste
1 pinch paprika

Directions

In a large pot of boiling salted water cook pasta until al dente. Drain and cool under cold water.

Place eggs in a saucepan, and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool and slice.

Place pasta in a large bowl and add the celery, corn, onion, and eggs; mix.

In a separate bowl, combine the mayonnaise, mustard, pickle juice, salt and pepper together until smooth. Pour dressing over the macaroni and mix well. Sprinkle with paprika and keep the salad refrigerated until ready to serve.

Grilled Chicken and Pasta Salad

Ingredients

4 skinless, boneless chicken breast halves
steak seasoning to taste
8 ounces rotini pasta
8 ounces mozzarella cheese, cubed
1 red onion, chopped
1 head romaine lettuce, chopped
6 cherry tomatoes, chopped

Directions

Preheat the grill for high heat. Season both sides of chicken breast halves with steak seasoning.

Lightly oil the grill grate. Grill chicken 6 to 8 minutes per side, or until juices run clear. Remove from heat, cool, and cut into strips.

Meanwhile, place the rotini pasta in a large pot of lightly salted boiling water. Cook 8 to 10 minutes, until al dente. Drain, and rinse with cold water to cool.

In a large bowl, mix together the cheese, onion, lettuce, and tomatoes. Toss with the cooled chicken and pasta to serve.

Orange Blossom Salad

Ingredients

3 oranges, peeled and sectioned
2 cups cauliflowerets
1/4 cup chopped green pepper
2 cups torn fresh spinach
DRESSING:
1 (12 fluid ounce) can evaporated skim milk
1 (6 ounce) can frozen orange juice concentrate, thawed

Directions

In a large salad bowl, combine orange segments, cauliflower, green pepper and spinach. Place dressing ingredients in a jar with a tight-fitting lid; shake until well mixed. Add desired amount of dressing to salad and toss. Refrigerate leftover dressing.

Pretzel Salad II

Ingredients

CRUST
2 1/2 cups crushed pretzels
3 tablespoons confectioners' sugar
3/4 cup melted butter
FILLING
1 (8 ounce) package cream cheese, softened
1 cup confectioners' sugar
1 cup frozen whipped topping, thawed
TOPPING
1 (6 ounce) package strawberry flavored gelatin mix
1 1/2 cups boiling water
1 (16 ounce) package frozen strawberries

Directions

Preheat oven to 375 degrees F (190 degrees C).

In a medium bowl combine crushed pretzels, 3 tablespoons confectioner's (powdered) sugar and melted butter. Mix well and press into a 9 x 13 inch casserole dish.

Bake in preheated oven for 10 minutes. Cool.

To make the filling, combine in a medium bowl the cream cheese and 1 cup confectioner's (powdered) sugar; beat until smooth. Stir in whipped topping; spread mixture in crust and refrigerate.

Meanwhile, combine gelatin mix and boiling water; add strawberries. Let gelatin mixture thicken slightly, and then pour over the crust and filling layers. Refrigerate for 4 hours.

Doris's Shrimp Salad

Ingredients

1 pound cooked shrimp - peeled, deveined, and cut into thirds
1 stalk celery, finely chopped
1 small onion, minced
2 teaspoons lemon juice
salt and pepper to taste
1 cup mayonnaise
6 small tomatoes

Directions

Combine shrimp, celery, onion, lemon juice, salt, pepper and one cup mayonnaise in a mixing bowl. Refrigerate and chill the shrimp mixture for at least one hour.

Cut the tops off of the tomatoes and scoop out their insides; chill until the shrimp mixture is well chilled.

Scoop the shrimp mixture into the hollowed out tomatoes. Serve.

Strawberry Salad

Ingredients

1 head romaine lettuce, cut or torn into bite-size pieces
1 (10 ounce) package shredded cabbage
1 1/2 cups golden raisins
1 cup red grapes, halved
1 pint strawberries, sliced
1/2 red onion, sliced
1 (12 ounce) bottle creamy poppy seed salad dressing
2 (2.25 ounce) packages pine nuts
2 (2.45 ounce) packages sliced almonds

Directions

Mix the lettuce, cabbage, raisins, grapes, strawberries, and onion together in a large bowl; add the dressing and toss to coat. Top with the pine nuts and almonds to serve.

Crunchy Vegetable Salad

Ingredients

1 cup cauliflowerets
1/2 cup chopped celery
1/2 cup shredded carrot
1 tablespoon finely chopped green pepper
1/4 cup mayonnaise
2 tablespoons milk
1 teaspoon snipped chives
1 teaspoon cider vinegar
1/4 teaspoon salt
Dash pepper
Lettuce Leaves

Directions

In a bowl, combine the cauliflower, celery, carrot and green pepper. In another bowl, combine the mayonnaise, milk, chives, vinegar, salt and pepper; mix well. Pour over vegetables and toss to coat. Serve on lettuce if desired.

Sparkling Fruit Salad

Ingredients

1 fresh pineapple, cut into chunks
1 (11 ounce) can mandarin oranges, drained
1 cup halved fresh strawberries
1 cup halved green grapes
1 cup white wine or white grape juice
1/2 cup chilled club soda

Directions

In a large serving bowl, combine the pineapple, oranges, strawberries and grapes. Combine wine or grape juice and club soda; pour over fruit. Cover and refrigerate for at least 2 hours, stirring occasionally. Serve with a slotted spoon.

Italian Spinach Salad

Ingredients

1 (6 ounce) package fresh baby spinach
1 green onion, thinly sliced
1 hard-cooked egg, chopped
3 bacon strips, cooked and crumbled
3 tablespoons Italian salad dressing
2 tablespoons shredded Parmesan cheese

Directions

In a large salad bowl, toss spinach, onion, egg and bacon. In a microwave-safe bowl, heat salad dressing on high for 30-45 seconds or until warm. Pour over the salad and toss to coat. Sprinkle with Parmesan cheese. Serve immediately.

Spicy Summer Pasta Salad

Ingredients

3 cups rotelle pasta
1/4 cup olive oil
1/4 cup red wine vinegar
2 tablespoons chili powder
1 teaspoon dried parsley
2 green bell peppers, chopped
1 red bell pepper, chopped
5 large tomatoes, chopped
1 cup shredded mozzarella cheese

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a large bowl, whisk together the olive oil, vinegar, chili powder and parsley. Add the peppers and tomatoes and stir to coat. Add the pasta and mozzarella and toss until evenly coated. Chill until ready to serve.

Pretzel Salad I

Ingredients

1 (15 ounce) package pretzels
2/3 cup peanut oil
1 (1 ounce) package garlic and herb salad dressing mix
2 pinches salt

Directions

In a large bag combine pretzels, peanut oil, salad dressing mix and salt. Shake bag to coat pretzels.

Asian Pasta Salad

Ingredients

1 (16 ounce) package pasta
2 cups broccoli florets
1 red bell pepper, chopped
1/2 cup diced red onion
1 cup snow peas
1 cup Asian-style salad dressing
salt to taste
ground black pepper to taste
1 tablespoon minced fresh ginger root (optional)
1 tablespoon minced garlic (optional)
1 tablespoon sesame oil
1/2 tablespoon sesame seeds

Directions

Blanch broccoli in rapidly boiling water for 3 to 5 minutes. Remove from the water. Blanch snow peas for 1 to 2 minutes. Remove from water.

Cook one pound of pasta in a large pan of boiling water until al dente. Drain, and transfer to a large bowl.

Toss pasta with salad dressing. Toss with broccoli, red pepper, red onion, and snow peas, ginger, and garlic. Season with salt and pepper to taste.

Refrigerate for several hours or overnight. When serving, sprinkle with sesame oil and sesame seeds.

Fennel and Watercress Salad

Ingredients

1/2 cup chopped dried cranberries
1/4 cup red wine vinegar
1/4 cup balsamic vinegar
1 tablespoon minced garlic
1 1/4 teaspoons salt
1 cup extra virgin olive oil
6 bunches watercress - rinsed, dried and trimmed
3 bulbs fennel - trimmed, cored and thinly sliced
3 small heads radicchio, cored and chopped
1 cup pecan halves, toasted

Directions

In a bowl, combine the cranberries, red wine vinegar, balsamic vinegar, garlic and salt. Whisk in the olive oil.

In a large salad bowl, combine the watercress, fennel, radicchio and pecans. Stir the vinaigrette and pour over salad. Toss well and serve at once.

Easy Thai Beef or Chicken Salad

Ingredients

1 cup white rice
2 1/2 cups water
2 tablespoons vegetable oil
1 pound skinless, boneless chicken breasts
salt to taste
garlic powder to taste
1 head lettuce - rinsed, dried and torn
3 large cucumbers, seeded and chopped
1 large onion, finely diced
2 tomatoes, diced
1 bell pepper, diced
1 cup chopped fresh cilantro
1 cup freshly squeezed lime juice
1/2 cup fish sauce
1 tablespoon sugar
1 tablespoon crushed red pepper flakes

Directions

Rinse rice in a fine mesh strainer under cold running water until no longer cloudy. Transfer to a medium saucepan and cover with 2 1/2 cups water. Bring to a boil, cover, and reduce heat to low. Simmer for 15 minutes, remove from heat and let stand for at least 10 minutes, or until all liquid has evaporated.

Preheat oven to 250 degrees F (120 degrees C).

Season chicken with salt and garlic powder. Heat 2 tablespoons vegetable oil in a skillet over medium-high heat. Cook chicken, reducing heat when necessary, until no longer pink in center and juices run clear. Transfer to preheated oven to keep warm.

Place lettuce, cucumbers, onions, tomatoes, bell peppers, and cilantro together in a large mixing or serving bowl. Toss to combine. In another bowl, stir together the lime juice, fish sauce, sugar, and crushed red pepper until well blended and sugar is dissolved.

Remove chicken from oven, slice into thin strips, and drizzle with dressing. Divide salad and rice among serving plates, and top each with chicken slices. Dressing may also be served at the table and each salad dressed individually.

Greek Pasta Salad II

Ingredients

1 (16 ounce) package rotini pasta
1 (10 ounce) package frozen chopped spinach
3 tablespoons olive oil
3 cloves garlic, minced
7 ounces crumbled feta cheese
1 tablespoon dried dill weed
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and reserve. Meanwhile, in a medium saucepan over medium heat, bring water to a boil. Add spinach and cook for 5 minutes or until spinach is tender; drain and reserve.

In a large pot over medium heat, warm olive oil and saute garlic until golden; add pasta and spinach and mix.

Remove from heat and let cool for ten minutes. Add feta and dill; mix well and serve.

Zucchini Apple Salad

Ingredients

2 medium red apples, chopped
2 small zucchini, chopped
1/2 cup coarsely chopped walnuts
2/3 cup Italian-style salad dressing

Directions

In a serving bowl, toss the apples, zucchini, walnuts and salad dressing. Serve immediately.

Fresh Tomato Salad

Ingredients

5 tomatoes, diced
1 onion, chopped
1 cucumber, sliced
1 green bell pepper, chopped
1/2 cup chopped fresh basil
1/2 cup chopped parsley
2 tablespoons crushed garlic
salt and pepper to taste
2 tablespoons white wine vinegar

Directions

In a large bowl, combine the tomato, onion, cucumber, bell pepper, basil, parsley, garlic and vinegar. Toss and add salt and pepper to taste. Chill and serve.

Cordon Bleu Salad

Ingredients

1 (16 ounce) package farfalle (bow tie) pasta
2 cups cubed cooked chicken
2 cups cubed fully cooked ham
2 cups cubed Swiss cheese
1 cup broccoli florets
1/4 cup honey
1 1/2 cups mayonnaise
2 tablespoons Dijon mustard
2 tablespoons distilled white vinegar
2 tablespoons chopped onion
1/2 cup olive oil
1/4 cup white sugar
1/2 teaspoon garlic salt
2 tablespoons chopped parsley
1/4 cup grated Parmesan cheese

Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the bow tie pasta and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 12 minutes. Drain well in a colander set in the sink.

Combine pasta, chicken, ham, Swiss cheese, and broccoli in a large bowl. Set aside. Blend honey, mayonnaise, mustard, vinegar, onion, olive oil, sugar, and garlic salt in a blender. Stir in parsley. Stir dressing into the pasta, reserving 1/2 cup of dressing. Chill salad and reserved dressing in the refrigerator for at least 1 hour. Stir in the remaining dressing and Parmesan cheese before serving.

Summer Pasta Salad II

Ingredients

1 pound rotini/corkscrew pasta
1 red bell pepper, chopped
1 small zucchini, sliced
1 small red onion, chopped
1 (2 ounce) can sliced black olives
1 (6 ounce) can artichoke hearts, drained
1/4 cup chopped fresh broccoli
1/2 pound salami, cut into strips
1/2 pound pepperoni, each piece cut into 4
1/2 pound mozzarella cheese, cut into strips
2 cups Italian-style salad dressing, divided
1/4 cup grated Parmesan cheese
2 tablespoons chopped fresh parsley
1 clove garlic, chopped
salt and pepper to taste
1 tomato, quartered

Directions

Bring a large pot of lightly salted water to a boil. Add rotini pasta and cook for 8 to 10 minutes or until al dente; drain and rinse under cold water.

In a bowl combine cooked pasta, red pepper, zucchini, onion, olives, artichoke hearts, broccoli, salami, pepperoni and mozzarella cheese. Toss until well mixed. Pour on one cup of the dressing and mix well. Cool in the refrigerator until ready to serve.

When ready to eat, toss with remaining one cup of dressing, Parmesan cheese, parsley, salt, pepper and garlic. Garnish with tomato wedges

Cabbage Waldorf Salad

Ingredients

1 medium head Cabbage, shredded
2 cups halved seedless red grapes
2 cups miniature marshmallows
1 1/2 cups shredded carrots
1 (20 ounce) can pineapple tidbits, drained
1 large apple, cored and diced
1 cup raisins
1 cup chopped walnuts
1 1/2 cups mayonnaise

Directions

In a large bowl, combine the first eight ingredients. Add mayonnaise; toss to coat.

Sarah's Pasta Salad

Ingredients

8 ounces uncooked rotini pasta
1 avocado - peeled, pitted and diced
1 large tomato, diced
1/2 cup Ranch dressing
2 tablespoons crumbled cooked bacon

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes, until al dente. Drain, and rinse under cold running water to cool.

In a bowl, gently toss together pasta, avocado, tomato, dressing, and bacon. Chill until ready to serve.

Green Salad with Posole and Creamy Cilantro-

Ingredients

For the Creamy Cilantro-Lime Vinaigrette dressing:
1 (15 ounce) can cannellini beans, drained and rinsed
1/4 cup canned, diced green chilies
1/4 cup fresh lime juice
1/4 cup hot water
1/4 cup chopped cilantro
1 tablespoon olive oil
1 teaspoon hot-pepper sauce
1 clove garlic, halved
Kosher salt, to taste

For the salad:
1 (9 ounce) bag romaine lettuce mix
1 small head radicchio, cored and broken in bite-size pieces
36 grape tomatoes, halved
1 (15 ounce) can posole (whole hominy), drained and rinsed
1 cup shredded carrot
3 scallions (green onions), trimmed and sliced
1/3 cup canned, sliced ripe olives

Directions

To make the dressing, puree all of the dressing ingredients in a blender or food processor until smooth.

Toss the romaine, radicchio, tomatoes, posole, carrot, scallions, and olives in a large salad bowl. Toss with the dressing and serve.

Awesome Pasta Salad

Ingredients

1 (16 ounce) package fusilli (spiral) pasta
3 cups cherry tomatoes, halved
1/2 pound provolone cheese, cubed
1/2 pound salami, cubed
1/4 pound sliced pepperoni, cut in half
1 large green bell pepper, cut into 1 inch pieces
1 (10 ounce) can black olives, drained
1 (4 ounce) jar pimentos, drained
1 (8 ounce) bottle Italian salad dressing

Directions

Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 8 to 10 minutes or until al dente. Drain, and rinse with cold water.

In a large bowl, combine pasta with tomatoes, cheese, salami, pepperoni, green pepper, olives, and pimentos. Pour in salad dressing, and toss to coat.

Wonderful Raspberry Walnut Dinner Salad

Ingredients

1 (10 ounce) package mixed salad greens, rinsed and dried
1 (8 ounce) package sweetened dried cranberries
1/4 cup sunflower seeds
4 roma (plum) tomatoes, chopped
1 avocado - peeled, pitted and diced
1/2 (8 ounce) bottle raspberry walnut vinaigrette

Directions

In a large bowl, toss together the salad greens, cranberries, sunflower seeds and tomatoes. Top with avocado (and chicken strips, if desired), add vinaigrette and serve.

Chicken Salad I

Ingredients

6 potatoes
1 1/2 pounds skinless, boneless, roasted chicken
1 (15 ounce) can peas, drained
1 (15 ounce) can whole kernel corn, drained
1 (16 ounce) jar creamy salad dressing
3 large tomatoes, sliced
salt and pepper to taste

Directions

Bring a large pot of salted water to a boil. Add potatoes; cook until tender but still firm, about 15 minutes. Drain, cool and chop.

In a mixing bowl, combine the potatoes, chicken, peas and corn.

Add enough salad dressing to coat, mix well. Top with sliced tomatoes, cover and refrigerate for 2 hours. Season with salt and pepper to taste.

Melon Grape Salad

Ingredients

2 tablespoons orange juice
1 tablespoon honey
4 1/2 teaspoons vegetable oil
1/8 teaspoon ground ginger
1 pinch paprika
Lettuce Leaves
1 cup cubed cantaloupe or watermelon
1/2 cup seedless green and red grapes

Directions

In a bowl, combine the first five ingredients. Refrigerate. Just before serving, arrange lettuce, melon and grapes on salad plates. Drizzle with dressing.

Sweet-Sour Lettuce Salad

Ingredients

1/2 cup sugar
1/4 cup vinegar
2 tablespoons water
3/4 cup half-and-half cream
8 cups torn salad greens
6 bacon strips, cooked and crumbled

Directions

In a jar with tight-fitting lid, combine the sugar, vinegar and water; shake until sugar is dissolved. Add cream; shake well. Just before serving, toss greens, bacon and dressing in a large bowl.

Springtime Pasta Salad

Ingredients

2 cups spiral pasta
1 medium zucchini, cubed
1/2 cup sliced ripe olives
1/2 cup chopped sweet red pepper
1/4 cup chopped onion
1/2 cup mayonnaise or salad dressing
1/4 cup sour cream
1 1/4 teaspoons dill weed
1/2 teaspoon salt
1/2 teaspoon ground mustard
1/4 teaspoon pepper
1/4 teaspoon garlic salt

Directions

Cook pasta according to package directions; drain and rinse with cold water. Place in a large bowl. Add zucchini, olives, red pepper and onion. Combine remaining ingredients; pour over salad and toss to coat. Cover and chill for 2 hours.

Quinoa and Lentil Salad

Ingredients

1 1/2 cups quinoa
3 cups water
1/2 cup dry lentils
2 cups water
2 tablespoons rice vinegar
2 tablespoons olive oil
1 teaspoon lemon juice
1 teaspoon agave nectar
sea salt and ground black pepper to taste
1 small carrot, chopped
1/2 cucumber, chopped
2 green onions, chopped
1/2 yellow bell pepper, chopped

Directions

Bring the quinoa and 6 cups water to a boil in a large pot. Reduce heat to medium-low, cover, and simmer until the quinoa is tender and the water has been absorbed, 15 to 20 minutes. Run under cold water to cool; drain. Pour into a large bowl.

Meanwhile, bring the lentils and 2 cups water to a boil in a separate saucepan. Reduce heat to medium-low, cover, and simmer until the lentils are tender, 15 to 20 minutes. Run under cold water to cool; drain any excess moisture.

Whisk the rice vinegar, olive oil, lemon juice, and agave nectar together in a bowl until well incorporated. Season with sea salt and black pepper. Pour the dressing over the quinoa and stir to coat evenly. Add the lentils, carrot, cucumber, green onions, and yellow bell pepper; stir until evenly mixed. Serve immediately.

Debra's Tomato Salad

Ingredients

8 large tomatoes, cut into wedges
2 red onions - cut into wedges and separated
2 yellow onions - cut into wedges and separated
2 cucumbers, peeled and diced
1 cup olive oil
1/4 cup red wine vinegar
1 teaspoon white sugar
1 tablespoon minced garlic
2 teaspoons minced fresh oregano
salt and pepper to taste
1 head romaine lettuce, torn into bite-size pieces
2 hard-cooked eggs, sliced
8 anchovy filets (optional)

Directions

In a large bowl, combine tomatoes, red onions, yellow onions, and cucumbers. Mix together olive oil, vinegar, sugar, garlic, oregano, salt, and pepper. Pour dressing over tomato mixture, and toss to coat evenly. Cover and refrigerate overnight.

Arrange lettuce on plates, and place marinated tomato salad on top. Garnish with egg slices and anchovies (optional).

Coconut Apple Avocado Salad

Ingredients

2 small Red Delicious apples, cored and diced
1 avocado - peeled, pitted and diced
1 cup flaked coconut
1/2 cup slivered almonds
3 tablespoons nonfat vanilla yogurt
3 tablespoons honey
1 cup fresh blueberries

Directions

Toss together the apple, avocado, coconut and almonds in a bowl. Stir together the yogurt and honey in a separate bowl; pour over the apple mixture and stir to coat. Add the blueberries and mix to combine.

Curried Egg-white Salad Sandwich

Ingredients

4 hard-boiled eggs
3 tablespoons low-fat mayonnaise
2 tablespoons red onions, thinly sliced
1 tablespoon fresh parsley, chopped
1 teaspoon white vinegar
1/2 teaspoon curry powder
salt and pepper, to taste
4 slices Roman Meal Bread

Directions

Remove eggshells, separating egg whites from yolks; dice egg whites. Combine diced egg whites with mayonnaise, onion, parsley, vinegar and curry powder in small bowl.

Spread egg salad between slices of bread creating 2 sandwiches.

Oriental Asparagus Salad

Ingredients

1 pound asparagus, cut into 2-inch pieces
2 tablespoons soy sauce
1 tablespoon vegetable oil
1 tablespoon vinegar
1 1/2 teaspoons sugar
1 teaspoon sesame seeds, toasted
1/4 teaspoon ground ginger
1/4 teaspoon ground cumin

Directions

In a saucepan, cook the asparagus in a small amount of water until crisp-tender, about 3-4 minutes. Drain well and place in a large bowl.

Combine the soy sauce, oil, vinegar, sugar, sesame seeds, ginger and cumin; pour over asparagus and toss to coat. Cover and chill for 1 hour. Drain before serving.

Trainor Family Cranberry Salad

Ingredients

1 (3 ounce) package strawberry flavored gelatin mix
1 cup boiling water
3/4 cup cold water
2 oranges - peeled, sectioned, and cut into bite-size pieces
1 lemon - peeled, seeded and chopped
3 medium tart apples, peeled and chopped
2 cups cranberries, coarsely chopped
1/4 cup white sugar, or to taste

Directions

In a medium bowl, whisk together the gelatin mix and boiling water until gelatin is dissolved. Stir in the cold water. Transfer to a gelatin mold, or keep in a bowl; cover and refrigerate.

Place the oranges, lemon, apples, and cranberries into a bowl. Sprinkle the sugar over the top. Set aside so the fruit has time to bleed.

When the gelatin is partially set, stir in the fruit. Chill until set, preferably overnight. It becomes tastier with age!

Apple and Brown Rice Salad

Ingredients

3/4 cup low-fat orange yogurt
1/2 cup reduced-fat mayonnaise
3 cups cooked Texmati® Brown Rice
2 medium apples, diced
1 cup chopped celery
3/4 cup coarsely chopped pecans, toasted
3/4 cup dried cranberries

Directions

Combine yogurt and mayonnaise in large bowl. Add remaining ingredients, mixing well. Serve immediately or chill until ready to serve.

Cold Green Bean Salad

Ingredients

2 (15 ounce) cans green beans, drained
1 red onion, sliced in rings
1 (16 ounce) bottle Italian-style salad dressing

Directions

Place beans in a serving dish. Toss with onions and salad dressing. Cover with plastic wrap, and chill for 1 hour.

Mediterranean Couscous Salad

Ingredients

1/4 cup lemon juice
2 tablespoons olive oil
3 tablespoons tahini paste
1/4 cup chopped fresh mint leaves
1/2 teaspoon asafoetida powder
1/4 cup chopped fresh parsley
salt and pepper to taste

1 1/2 cups water
1 teaspoon salt
2 tablespoons olive oil
1 1/2 cups couscous
1/2 cup diced tomato
1/4 cup diced red bell pepper
1/4 cup diced green bell pepper
1/4 cup canned green beans, diced
1/2 cup cooked chickpeas
1/2 cup diced Persian cucumbers
1/4 cup green olives, pitted and quartered
1/4 cup roasted peanuts

Directions

Make a dressing by whisking together the lemon juice, 2 tablespoons olive oil, tahini paste, mint, asafoetida powder, and parsley; season with salt and pepper. Set aside.

Combine the water with 1 teaspoon salt and 2 tablespoons olive oil in a saucepan; bring to a boil over medium heat. Remove from heat and stir the couscous into the water; cover for 10 minutes.

Place the couscous in a large bowl. Mix the diced tomato, red bell pepper, green bell pepper, green beans, chickpeas, cucumber, olives, and peanuts into the couscous. While stirring, slowly pour the dressing into the mixture. Serve immediately.

Winter Endive Salad

Ingredients

1 bunch watercress
2 heads endive, thinly sliced crosswise
1 small shallots, thinly sliced
1 pomegranate, peeled and seeds separated
1 lemon, juiced and zested
6 tablespoons olive oil, or to taste
salt and pepper to taste

Directions

Spread the watercress on a platter. Arrange the endive and shallots evenly over the watercress. Scatter the pomegranate seeds over the mixture.

Whisk the lemon juice, lemon zest, olive oil, salt, and pepper in a small bowl; drizzle over the salad immediately before serving.

Beet, Orange and Apple Salad

Ingredients

1 1/2 pounds beets
2 cups shredded beet greens
1 large orange
2 Granny Smith apples - peeled, cored and sliced
1 tablespoon olive oil
1 tablespoon raspberry vinegar
1/2 teaspoon white sugar
1/4 teaspoon salt
1 clove garlic, minced
2 tablespoons unsalted sunflower seeds, toasted

Directions

Wash and dry beet roots and greens. Shred greens to measure 2 cups and set aside.

Place beets in a sauce pan with enough water to cover. Bring to boil, cover, reduce heat and simmer for 20 minutes or until tender. Drain and allow to cool.

Trim and peel off skins; cut into 8 wedges.

Peel and section orange. In a bowl, combine orange sections, beets and apples.

Whisk together olive oil, vinegar, sugar, salt and garlic. Pour over beet mixture and toss well.

Arrange 1/2 cup beet greens on 4 salad plates. Top with beet mixture, sprinkle with sunflower seeds and serve.

Lime Gelatin Salad II

Ingredients

2 cups water
1/2 cup white sugar
2 teaspoons lemon juice
1 (6 ounce) package lime flavored gelatin mix
1 cup pineapple chunks, drained
1 cup shredded Colby longhorn cheese
1/2 cup mixed nuts
1 (8 ounce) container frozen whipped topping, thawed

Directions

In a medium saucepan, bring the water, sugar and lemon juice to a boil. Pour into a 9x13 inch dish with the lime flavored gelatin mix, allowing mix to dissolve. Stir in pineapple. Chill in the refrigerator 30 minutes, or until mixture begins to gel.

Stir the Colby longhorn cheese, nuts and frozen whipped topping into the mixture. Chill in the refrigerator 3 to 4 hours, or until firm.

Asian Crab and Cuke Salad

Ingredients

1 cucumber, sliced
salt and ground black pepper to taste
1 (8 ounce) package imitation crabmeat, coarsely chopped
1 tablespoon white wine vinegar
1 tablespoon soy sauce

Directions

Place cucumber slices in a bowl and season with salt and pepper. Toss in imitation crabmeat. Whisk vinegar and soy sauce together in a separate bowl. Pour over the cucumber and crab mixture and toss to coat.

Carrot and Raisin Salad II

Ingredients

1/2 cup sour cream
1/2 cup light mayonnaise
1 tablespoon lemon juice
1/2 teaspoon salt
1 tablespoon brown sugar
4 cups shredded carrot
1 cup raisins

Directions

In a large bowl, whisk together the sour cream, mayonnaise, lemon juice, salt and brown sugar. Add carrots and raisins and stir until coated.

Picnic Celery and Potato Salad

Ingredients

10 medium red potatoes, cut into 1-inch pieces
1 (10.75 ounce) can Campbell's® Condensed Cream of Celery Soup (Regular or 98% Fat Free)
2 tablespoons prepared mustard
2 tablespoons lemon juice
1 tablespoon cider vinegar
1/4 teaspoon prepared horseradish
4 stalks celery, chopped
1 small onion, chopped
Ground black pepper

Directions

Place the potatoes into a 6-quart saucepot and add water to cover. Heat over medium-high heat to a boil. Reduce the heat to low. Cook for 10 minutes or until the potatoes are tender. Drain the potatoes well in a colander.

Stir the soup, mustard, lemon juice, vinegar and horseradish in a large bowl. Add the potatoes, celery and onion and toss to coat. Season with the black pepper. Cover and refrigerate for 2 hours.

Fruited Chicken Salad

Ingredients

3 tablespoons vegetable oil
3 tablespoons red wine vinegar
2 tablespoons sugar
3 tablespoons orange juice
1 teaspoon dry mustard
1 tablespoon poppy seeds
10 cups torn fresh spinach
2 (11 ounce) cans mandarin oranges, drained
2 cups fresh strawberries, hulled and halved
1 1/2 cups cubed cooked chicken

Directions

Combine first six ingredients in a jar with a tight-fitting lid; shake well. Chill for at least 2 hours. Just before serving, combine spinach, mandarin oranges, strawberries and chicken in a large salad bowl. Pour dressing over and toss lightly.

Pineapple Pretzel Salad

Ingredients

2 cups crushed pretzels
1 cup butter, melted
1 (8 ounce) package cream cheese
1 cup white sugar
1 (8 ounce) container frozen whipped topping, thawed
2 (20 ounce) cans crushed pineapple
1/2 (3.4 ounce) package instant vanilla pudding mix

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place crushed pretzels in the bottom of a 9x13 inch baking dish. Pour melted butter carefully over top. Bake in preheated oven 10 minutes.

Cream together cream cheese and sugar. Fold in whipped topping. Spread over cooled crust. Combine pineapple and pudding mix. Spread over whipped topping layer. Chill until serving.

Rachel's Cranberry Chicken Salad

Ingredients

2 cooked chicken breast halves, chopped
1/2 cup mayonnaise, or to taste
2 green onions, chopped
1/2 cup sweetened dried cranberries (such as Ocean SprayB® CraisinsB®)
1/4 green apple, shredded
1/4 cup chopped pecans
1 tablespoon lime juice
1 pinch salt and black pepper to taste
1/4 teaspoon dried dill weed

Directions

Mix together the chicken and mayonnaise in a bowl, stir to coat well, then stir in the green onions, dried cranberries, apple, pecans, lime juice, salt, pepper, and dill weed. Serve immediately, or refrigerate several hours or overnight (the flavor just gets better).

Mandarin Orange Salad

Ingredients

50 buttery round crackers, crushed
1/4 pound butter, melted
1/2 cup white sugar
1 (6 ounce) can frozen orange juice concentrate
1 (14 ounce) can sweetened condensed milk
2 (11 ounce) cans mandarin oranges, drained
1 (8 ounce) container frozen whipped topping, thawed

Directions

Mix together the cracker crumbs, butter and sugar; press into the bottom of a 9x13 inch dish.

Stir together the orange juice, condensed milk, oranges and whipped topping. Pour over cracker crumbs, sprinkle remaining crumb mixture over top. Refrigerate until chilled.

Grated Potato Salad

Ingredients

6 cups grated peeled cooked potatoes
6 hard-cooked eggs, chopped
1 celery rib, chopped
1 cup mayonnaise
3/4 cup sugar
1/4 cup milk
2 tablespoons cider vinegar
2 teaspoons prepared mustard

Directions

In a large bowl, combine potatoes, eggs and celery. In a small bowl, whisk the mayonnaise, sugar, milk, vinegar, salt and mustard. Pour over potato mixture; stir until combined. Cover and refrigerate for 4 hours.

Crab Salad

Ingredients

1/2 green bell pepper, chopped
1 onion, chopped
3 tablespoons butter
12 ounces imitation crabmeat
1 cup mayonnaise

Directions

In a medium skillet, saute the green pepper and onion in the butter for 3 minutes, or until vegetables are tender.

Stir in imitation crabmeat, and saute for another 3 minutes. Remove from heat, and put mixture into a medium bowl. Stir in mayonnaise. May be served warm or cold.

Artichoke Rice Salad

Ingredients

4 cups chicken stock
2 cups uncooked white rice
3 (6.5 ounce) jars marinated artichoke hearts, chopped
2 cups mayonnaise
1 teaspoon curry powder
salt and pepper to taste
5 green onions, chopped
1 green bell pepper, chopped
3 stalks celery, chopped
1/4 cup chopped parsley

Directions

Combine chicken stock and rice in a medium saucepan. Bring to a boil, reduce heat to low. Cook until tender, about 20 minutes.

In a small bowl, mix together artichoke marinade, mayonnaise, and curry powder. Season to taste with salt and pepper. Set aside.

In a large bowl, combine artichoke hearts, green onions, green bell pepper, parsley, and celery. Mix in cooked rice, then mix in reserved marinade mixture. Cover and chill overnight. Serve cold.

New Jersey Diner Salad

Ingredients

2 cups shredded cabbage
2 large onions, sliced
1 large carrot, sliced
1 green bell pepper, seeded and chopped
1 medium cucumber, thinly sliced
3 tablespoons vinegar
3 tablespoons vegetable oil
3 tablespoons white sugar
1 teaspoon salt

Directions

In a large bowl, toss together the cabbage, onions, carrot, pepper, and cucumber. In a small bowl, whisk together the vinegar, oil, sugar, and salt. Pour the dressing over the salad, and stir to coat. Cover tightly, and refrigerate overnight before serving.

Crunchy Potato Salad

Ingredients

9 medium potatoes, cut into cubes
1 (10.75 ounce) can Campbell's® Condensed Cream of Celery Soup (Regular or 98% Fat Free)
3/4 cup mayonnaise
1/4 cup vinegar
1/2 teaspoon ground black pepper
2 stalks celery, chopped
1 small green pepper, chopped
2 medium green onions, chopped
2 hard-cooked eggs, chopped

Directions

Place the potatoes into a 3-quart saucepan and add water to cover. Heat over medium-high heat to a boil. Reduce the heat to low. Cook for 10 minutes or until the potatoes are tender. Drain the potatoes well in a colander.

Stir the soup, mayonnaise, vinegar and black pepper in a large bowl. Add the potatoes, celery, green pepper, onions and eggs and toss to coat. Cover and refrigerate for 3 hours or overnight.

Chicken MacRanch Salad

Ingredients

1 pound macaroni, cooked
1 cup chopped cooked chicken breast
4 cups frozen mixed vegetables, thawed
1/4 cup shredded Cheddar cheese
1 cup Ranch-style salad dressing

Directions

In a large bowl toss together the macaroni, chicken, vegetables, cheese and dressing. Chill for 20 minutes and serve.

Wheat Salad

Ingredients

1 1/2 cups whole wheat berries
1 (8 ounce) package cream cheese, softened
1 (15.25 ounce) can crushed pineapple in juice, drained
2 tablespoons lemon juice
1 (3.4 ounce) package instant vanilla pudding mix
1 (8 ounce) tub frozen whipped topping, thawed

Directions

Soak wheat berries in a bowl of water for at least 5 hours or overnight. Drain and place in a slow cooker with enough water to cover by one inch. Cover, and cook on Low setting for 5 to 6 hours, until tender. Add more water if needed. When tender, drain, and rinse under cold water to chill.

In a large bowl, stir together the cream cheese, pineapple and lemon juice. Stir in the dry pudding mix until smooth. Stir in the wheat berries until evenly coated. Fold in whipped topping just before serving. Refrigerate any leftovers.

Two-Bean Salad

Ingredients

1 (10 ounce) package frozen cut green beans, cooked and drained
1 cup canned garbanzo beans, rinsed and drained
1/3 cup julienned red onion
1/4 cup Italian salad dressing
1/8 teaspoon salt or salt-free seasoning blend

Directions

In a bowl, combine beans and onion. Add dressing and salt; toss to coat. Cover and chill until serving.

Easy Cold Pasta Salad

Ingredients

14 ounces uncooked rotini pasta
2 cucumbers, chopped
1/2 onion, finely chopped
10 cherry tomatoes, quartered
3/4 cup pitted black olives, sliced
1 cup Italian-style salad dressing

Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the rotini, and return to a boil. Cook uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes. Drain and cool by running cold water over the pasta in a colander set in the sink.

Combine cooked and cooled pasta with the cucumbers, onion, tomatoes, and olives in a large bowl. Pour the Italian dressing over the salad and stir to combine. Cover and refrigerate for at least two hours before serving.

Watermelon and Tomato Salad

Ingredients

1 pint cherry tomatoes, halved
2 cups cubed seeded watermelon
6 large basil leaves, thinly sliced
1/2 cup crumbled feta cheese
1 teaspoon lemon zest
2 tablespoons extra-virgin olive oil
1 1/2 tablespoons white balsamic vinegar
salt and pepper to taste

Directions

Place the tomatoes and watermelon into a mixing bowl. Sprinkle with the basil, feta cheese, and lemon zest. Drizzle with the olive oil and balsamic vinegar. Toss gently. Season to taste with salt and pepper before serving.

Kikuchan's Potato-Crab Salad

Ingredients

6 small russet potatoes
3 hard-cooked eggs, chopped
1 (6 ounce) can lump crabmeat, drained
1 (2.25 ounce) can sliced black olives, drained
1/2 carrot, grated
1/2 cup mayonnaise, or to taste
1/2 teaspoon white sugar
salt and pepper to taste

Directions

Place potatoes into a large saucepan with enough water to cover. Bring to a boil, and cook over medium-high heat for 30 minutes, or until tender. Drain, peel and dice while still hot. This is what will make the salad fluffy. Cover and refrigerate until cold.

In a large serving bowl, toss together the potatoes, eggs, crabmeat, black olives and carrot. Sprinkle with sugar, and stir in enough mayonnaise to moisten. Season with salt and pepper to taste. Chill until ready to serve.

Southwestern Summer Salad

Ingredients

4 large tomatoes, sliced
1 tablespoon lime juice
2 tablespoons extra virgin olive oil
1/4 teaspoon ground cumin
1/4 teaspoon fennel seed
1 dried red chile pepper
2 tablespoons chopped fresh cilantro
salt and pepper to taste

Directions

Arrange tomato slices on a platter; sprinkle with lime juice.

Warm oil in a small pan over moderate heat. Add cumin, fennel and chili pepper; cook for 30 seconds. Remove from heat, discard pod and cool.

Spoon seasoned oil over tomatoes, sprinkle with cilantro, salt and pepper.

Easy Chicken Salad

Ingredients

6 skinless, boneless chicken breast halves - boiled
1 (15 ounce) can mixed vegetables, drained
1 (8.75 ounce) can sweet corn
1 bunch green onions, chopped
1/2 cup mayonnaise
1 tablespoon prepared mustard
salt and pepper to taste

Directions

Combine the chicken, vegetables, corn, scallions, mayonnaise, mustard, salt and pepper. Mix well. Ready to serve!

Olive Corn Salad

Ingredients

1 (16 ounce) package frozen corn, thawed
3 hard-cooked eggs, diced
1/3 cup sliced stuffed olives
1/2 cup mayonnaise
2 tablespoons snipped chives
1/2 teaspoon chili powder
1/4 teaspoon ground cumin
1/8 teaspoon salt

Directions

In a bowl, combine the corn, eggs and olives. In a small bowl, combine the mayonnaise and seasonings. Stir into corn mixture and mix well. Cover and refrigerate for 2 hours or until chilled.

Avocado and Lobster Salad

Ingredients

2 tablespoons butter
1 1/2 cups cooked lobster meat, diced
1 teaspoon seafood seasoning
1 tomato, diced
1/2 avocado, diced
2 cups chopped iceberg lettuce
1/4 cup crumbled feta

Directions

Melt butter in a skillet over medium heat, add lobster, and gently reheat until hot. Season with seafood seasoning, then transfer to a serving dish. Toss with tomato, avocado, and lettuce. Sprinkle with crumbled feta cheese.

Creamy Italian Spiral Salad

Ingredients

2 (16 ounce) packages multicolored spiral pasta
1 bunch broccoli, cut into florets
1 medium head cauliflower, cut into florets
1 (10 ounce) package frozen peas and carrots, thawed
2 cups quartered cherry tomatoes
1 cup shredded Parmesan cheese
6 green onions, chopped
1/2 cup chopped green pepper
1 (2.25 ounce) can sliced ripe olives, drained
2 (16 ounce) bottles creamy Italian salad dressing

Directions

Cook pasta according to package directions; drain and rinse in cold water. In a large bowl, combine the pasta, broccoli, cauliflower, peas and carrots, tomatoes, Parmesan cheese, onions, green pepper and olives. Add the dressing; mix well. Cover and refrigerate for 2-3 hours or until chilled.

Sweet Carrot Salad

Ingredients

1 pound carrots, grated
1 cup crushed pineapple
1/2 cup raisins
1 tablespoon honey
2 tablespoons mayonnaise, or to taste
1 dash lemon juice

Directions

In a large bowl, mix together the carrots, pineapple and raisins. Stir in the honey, mayonnaise and lemon juice until evenly coated. Refrigerate for at least 30 minutes before serving to let the flavors meld.

Angel's Chunky Chicken Salad

Ingredients

1 cooked, boneless chicken breast half, chopped
2 stalks celery, chopped
3 tablespoons mayonnaise
1/2 onion, finely diced
2 dill pickles, chopped
1/4 teaspoon garlic powder
salt and pepper to taste

Directions

Combine the chicken, celery, mayonnaise, onion and pickle; mix well.

Season with the garlic powder, salt and pepper. Serve with lettuce on fresh crusty bread or bun.

Summer Pasta Salad I

Ingredients

1 (16 ounce) package penne pasta
1 cup distilled white vinegar
1/2 cup white sugar
1 (16 ounce) bottle Catalina salad dressing
1 cup Italian-style salad dressing
1 cucumber, chopped
2 (2 ounce) cans sliced black olives
1 tomato, chopped
1/2 cup chopped onion
1 cup chopped baby carrots
1 green bell pepper, chopped
1/2 teaspoon celery salt
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a small saucepan, bring vinegar and sugar to a boil. Boil for one minute.

In large bowl, combine vinegar mixture, Catalina dressing and Italian dressing. Mix well. Add pasta, cucumber, olives, tomato, onion, carrots, and bell pepper; toss. Season with celery salt, salt and pepper. Refrigerate until serving.

Springtime Spinach Salad

Ingredients

2 eggs
4 slices bacon
5 cups fresh spinach, rinsed and torn into bite-size pieces
1/2 cup sliced fresh mushrooms
1 cup sliced fresh strawberries
1/2 cup thinly sliced onion
1 kiwi, sliced
1/2 mandarin orange, peeled and segmented

1/4 cup ketchup
1/4 cup water
1/4 cup olive oil
1/4 cup brown sugar
2 tablespoons cider vinegar
1/2 teaspoon spicy brown mustard
1 dash garlic powder
salt and pepper to taste
1 cup seasoned croutons

Directions

Place the eggs in a saucepan with enough cold water to cover. Bring to a boil and immediately remove from heat. Cover, and let eggs stand in hot water for 12 to 15 minutes. Remove from hot water and cool. Peel, chop, and set aside.

Cook the bacon in a skillet over medium high heat until crisp and evenly brown. Drain, crumble and set aside.

In a large bowl, toss together the eggs, bacon, spinach, mushrooms, strawberries, onion, kiwi, and orange.

In a separate bowl, mix the ketchup, water, olive oil, brown sugar, cider vinegar, and brown mustard. Season with garlic powder, salt, and pepper. Pour over the salad mixture, and top the salad with croutons.

Byrdhouse Dream Salad Dressing

Ingredients

1/2 cup rice vinegar
2 tablespoons red wine vinegar
2 tablespoons honey
1 tablespoon sesame oil
1 teaspoon dried rosemary
1 teaspoon dried basil
1 teaspoon dried marjoram
1 teaspoon dry mustard powder
3 cloves garlic, pressed
salt and pepper to taste
1 cup vegetable oil

Directions

Whisk together the rice vinegar, red wine vinegar, honey, sesame oil, rosemary, basil, marjoram, mustard, garlic, salt, and pepper in a bowl until evenly combined. Whisk in the vegetable oil, then pour into a vinaigrette shaker; refrigerate overnight before using to blend the flavors. Shake to mix before pouring.

Maple Syrup Salad

Ingredients

1 (8 ounce) package cream cheese, softened
1 cup maple syrup
1 (20 ounce) can crushed pineapple, drained
1 cup chopped dates
1 cup chopped walnuts
1 (8 ounce) container frozen whipped topping, thawed

Directions

In a large bowl, mix together the cream cheese and maple syrup until blended. Stir in the pineapple, dates and walnuts. Fold in the whipped topping. Chill at least 1 to 2 hours. This salad can be frozen.

Ranch Potato Salad

Ingredients

3 potatoes, peeled and cubed
1/4 cup low-fat mayonnaise
1/2 cup fat free ranch dressing
3/4 cup diced celery
1/2 cup frozen green peas, thawed
1 teaspoon paprika
1/4 cup chopped green onions
salt and pepper to taste

Directions

Boil the potatoes for 10 to 15 minutes or until tender. Drain and set aside.

In a mixing bowl, mix together the mayonnaise, ranch salad dressing, celery, peas, paprika, scallions and salt and pepper.

Add the potatoes, toss and refrigerate 1 hour before serving.

Pittsburgh Football Sunday Pasta Salad

Ingredients

1 1/2 pounds uncooked penne pasta
1/3 cup light mayonnaise
1 (8 ounce) bottle Italian-style salad dressing
1/4 teaspoon Italian seasoning, or to taste
1/4 teaspoon garlic powder, or to taste
1/4 teaspoon cayenne pepper, or to taste
salt and ground black pepper to taste
1/2 (12 ounce) package broccoli coleslaw mix
2 Roma tomatoes, diced
1 cucumber, diced
1 (3 ounce) can tuna, drained
1/4 cup shredded Cheddar cheese
1/4 cup shredded Monterey Jack cheese
2 green onions, chopped

Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the penne, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes. Drain well in a colander set in the sink. Rinse with cold water to stop the cooking process.

Combine the mayonnaise, salad dressing, Italian seasoning, garlic powder, cayenne pepper, salt, and pepper in a blender; blend until completely mixed.

Place the coleslaw mix, tomatoes, cucumber, tuna, Cheddar cheese, Monterey Jack cheese, green onions, and the cooked pasta in a large bowl; pour mayonnaise mixture into the bowl; toss to coat. Serve cold.

Broccoli Salad Supreme

Ingredients

10 cups broccoli florets
6 cups seedless red grapes
1 cup sliced celery
6 green onions, sliced
2 cups mayonnaise
2/3 cup sugar
2 tablespoons cider vinegar
1 pound sliced bacon, cooked and crumbled
1 1/3 cups slivered almonds, toasted

Directions

In a large salad bowl, combine the broccoli, grapes, celery and onions. In a small bowl, combine the mayonnaise, sugar and vinegar. Pour over broccoli mixture and toss to coat. Cover and refrigerate for at least 4 hours or overnight. Just before serving, gently stir in bacon and almonds.

Hot Turkey Salad Sandwiches

Ingredients

2 cups diced cooked turkey
2 celery ribs, diced
1 small onion, diced
2 hard-cooked eggs, chopped
3/4 cup mayonnaise
1/2 teaspoon salt
1/4 teaspoon pepper
6 hamburger buns, split

Directions

In a bowl, combine the turkey, celery, onion, eggs, mayonnaise, salt and pepper. Spoon into buns. Wrap each in foil. Bake at 400 degrees F for 20-25 minutes or until heated through.

Lemon Lime Vegetable Salad

Ingredients

1 (3 ounce) package lemon flavored gelatin mix
1 (3 ounce) package lime flavored gelatin mix
4 cups boiling water
1 tablespoon apple cider vinegar
2 stalks celery, finely chopped
1/2 cup chopped pimento-stuffed green olives
2 carrots, peeled and grated

Directions

In a large bowl, stir together the lemon gelatin mix, lime gelatin mix, and boiling water until gelatin has dissolved. Stir in the apple cider vinegar, cover, and refrigerate for about 1 hour to thicken.

When the gelatin is thick but not set, stir in the celery, olives, and carrot so they are evenly dispersed throughout. Pour into a 1 quart mold and refrigerate until firm, at least 3 hours. To serve, unmold onto a plate.

Unique Fruity Green Salad

Ingredients

1 teaspoon white sugar
1 tablespoon water
1/2 cup blanched slivered almonds
1 head leaf lettuce - rinsed, dried and torn into bite-size pieces
1 head romaine lettuce - rinsed, dried, and torn into bite-size pieces
2 bananas, peeled and sliced
1 avocado - pitted, peeled, and cubed
2 (11 ounce) cans mandarin oranges, drained
1 red onion, thinly sliced
1 cup vegetable oil
1/2 cup honey
1 teaspoon salt
1/3 cup distilled white vinegar
1 teaspoon dry mustard
1/2 teaspoon poppy seeds

Directions

Stir together water and sugar in a skillet over medium heat. Add the slivered almonds, toss to coat, and cook and stir until the almonds are brown. Remove from heat.

In a large bowl, gently toss together the almonds, lettuce, avocado, orange segments and onion, and set aside.

In a small bowl, whisk together the oil, honey, salt, vinegar, mustard and poppy seeds. Pour over the salad mixture and toss to coat.

Cranberry Salad Dressing

Ingredients

1 cup cranberries
1 medium navel orange, peeled and sectioned
2/3 cup sugar
1/2 cup vinegar
1 teaspoon salt
1 teaspoon ground mustard
1 teaspoon grated onion
1 cup vegetable oil

Directions

In a blender or food processor, combine cranberries, orange, sugar, vinegar, salt, mustard and onion. While processing, gradually add oil in a steady stream. Refrigerate.

Zesty Broccoli and Cauliflower Salad

Ingredients

2 cups fresh broccoli florets
2 cups cauliflower, chopped
1 red onion, sliced in rings
1/2 cup zesty Italian dressing
1/4 cup sunflower seeds

Directions

In a mixing bowl, combine the broccoli, cauliflower, onions and dressing. Toss, cover and refrigerate. Sprinkle with sunflower seeds before serving.

Avocado Fennel Citrus Salad

Ingredients

1 grapefruit
2 oranges
2 Chilean Hass avocados
1 tablespoon lime or lemon juice
1 tablespoon honey
1/2 teaspoon salt
1 bulb fennel, trimmed and sliced very thin (reserve fronds for garnish)

Directions

Working over a large bowl to catch juice, peel and section the grapefruit and the oranges. Cut avocados in half, remove the pit, and peel. Cut into slices or chunks, reserving a few for garnish. Add to grapefruit mixture and toss gently to coat with juices. Drain juices off into small bowl. Stir in honey, lime or lemon juice and salt. Add fennel slices and juice mixture to avocado mixture and toss gently to mix.

Fire and Ice Salad

Ingredients

6 large tomatoes, peeled and quartered
1 green bell pepper, sliced in rings
1 red onion, sliced in rings
3/4 cup white wine vinegar
1 1/2 teaspoons celery salt
1 1/2 teaspoons mustard seed
4 1/2 teaspoons white sugar
1/8 teaspoon cayenne pepper
1/8 teaspoon ground black pepper
1/4 cup water
1 large cucumber

Directions

In a large bowl, combine the tomatoes, bell peppers and onions.

Prepare the dressing in a saucepan by combining the vinegar, celery salt, mustard seed, sugar, cayenne pepper, black pepper and water. Boil for 1 minute and pour hot dressing over vegetables. Refrigerate until chilled.

Before serving, peel and slice cucumber; add to vegetables and toss.

Chicken Ranch Pasta Salad

Ingredients

3 TysonB® Grilled & Readyв„ў Fully Cooked Grilled Breast Fillets
2 cups penne pasta, cooked, drained and cooled
1 medium zucchini, chopped
1 medium yellow squash, chopped
1 green bell pepper, chopped
1 red bell pepper, chopped
1/4 cup Parmesan cheese, freshly grated
3/4 cup ranch-style salad dressing

Directions

Cook chicken according to package directions. Cut into cubes.

Toss chicken, pasta, zucchini, squash and peppers together in large bowl.

Combine cheese and dressing in small bowl. Pour over chicken and pasta mixture. Toss to coat. Chill before serving.

Cooler Than A Cucumber Salad

Ingredients

1 large cucumber, peeled and cut into chunks
2 small cucumbers, peeled leaving stripes of skin and sliced
1 large heirloom tomato, seeded and diced
1/3 small onion, finely chopped
1/4 cup champagne vinegar
1 tablespoon balsamic vinegar
1 tablespoon extra-virgin olive oil
2 teaspoons agave nectar, or more to taste
1 pinch sea salt, or to taste
freshly ground black pepper to taste

Directions

Place the cucumber chunks and slices in a large bowl with the tomato and onion. Whisk together the champagne vinegar, balsamic vinegar, olive oil, agave nectar, salt, and pepper in a small bowl until frothy. Pour dressing over the vegetables. Gently toss to coat. Cover and refrigerate for at least 1 hour before serving.

Beef Tip Salad Topping

Ingredients

1/2 cup olive oil
1 tablespoon soy sauce
1 onion, sliced
1 green bell pepper, seeded and thinly sliced
1 pound beef stew meat, cut into 1/2 inch pieces

Directions

Heat olive oil in a large skillet over medium heat. Stir in soy sauce, onion and green bell pepper. Cook 3 to 5 minutes, until tender. Mix in beef stew meat. Cook 15 minutes, stirring occasionally, until evenly browned.

Lime Salad

Ingredients

1 (6 ounce) package lime flavored gelatin mix
3/4 cup boiling water
1/4 teaspoon salt
3/4 cup cold water
1 cup shredded cabbage
1/2 cup grated carrots
1/2 cup chopped walnuts

Directions

Dissolve gelatin mix in boiling water. Stir in salt. Stir in cold water. Chill until slightly thickened.

Fold cabbage, carrots, and nuts into thickened gelatin. Pour mixture into an 8 inch mold that has been sprayed with a non-stick spray. Chill until firm.

Set mold in a sink of hot water for a few seconds when ready to unmold. Place serving plate on top of mold, and turn over. Lift off mold.

My Mom's Good Old Potato Salad

Ingredients

5 pounds potatoes, peeled and chopped
10 eggs
1 large onion, chopped
1 (24 ounce) jar sweet pickles, drained and chopped
2 cups mayonnaise

Directions

Place the potatoes in a large pan of water and boil over medium-low heat until tender, about 12 minutes. Drain the potatoes, and place in the refrigerator to cool.

Place the eggs in a saucepan of cold water over medium heat, and bring to a full boil. Turn off the heat, cover the pan, and allow the eggs to sit in the hot water for about 15 minutes. Cool the eggs thoroughly under cold running water and shell them. Chop the cooled eggs and place them in a large salad bowl.

Stir the onion, sweet pickles, and mayonnaise into the eggs, and let the mixture chill in the refrigerator at least l/2 hour to blend the flavors. Mix in the chilled chopped potatoes, and refrigerate for at least 1/2 hour. Serve cold.

Modern Caesar Salad

Ingredients

3 slices bread
1/2 cup vegetable oil
1/4 cup red wine vinegar
2 teaspoons Worcestershire sauce
1 garlic clove, minced
1/4 teaspoon salt
Dash pepper
8 cups torn romaine and leaf lettuce
1/2 cup grated or shredded Parmesan cheese
1/4 cup crumbled blue cheese

Directions

Cut bread into 1-in. cubes and place on a baking sheet. Toast at 225 degrees F for 1-2 hours or until crisp, turning occasionally. Meanwhile, combine the oil, vinegar, Worcestershire sauce, garlic, salt and pepper in a jar with tight-fitting lid; shake well. Refrigerate for several hours. In a large salad bowl, toss lettuce, cheeses and croutons. Shake the dressing; pour over the salad and toss to coat. Serve immediately.

Authentic German Potato Salad

Ingredients

3 cups diced peeled potatoes
4 slices bacon
1 small onion, diced
1/4 cup white vinegar
2 tablespoons water
3 tablespoons white sugar
1 teaspoon salt
1/8 teaspoon ground black pepper
1 tablespoon chopped fresh parsley

Directions

Place the potatoes into a pot, and fill with enough water to cover. Bring to a boil, and cook for about 10 minutes, or until easily pierced with a fork. Drain, and set aside to cool.

Place the bacon in a large deep skillet over medium-high heat. Fry until browned and crisp, turning as needed. Remove from the pan and set aside.

Add onion to the bacon grease, and cook over medium heat until browned. Add the vinegar, water, sugar, salt and pepper to the pan. Bring to a boil, then add the potatoes and parsley. Crumble in half of the bacon. Heat through, then transfer to a serving dish. Crumble the remaining bacon over the top, and serve warm.

Tangy Tuna Macaroni Salad

Ingredients

1 cup uncooked elbow macaroni
1 cup chopped celery
1 (6 ounce) can light water-packed tuna, drained and flaked
3/4 cup Frozen Peas, thawed
3 tablespoons minced fresh parsley
2 tablespoons sliced stuffed green olives
1/2 cup reduced-fat mayonnaise
1/2 cup fat-free plain yogurt
1 tablespoon red wine vinegar or cider vinegar
1/2 teaspoon paprika
1/4 teaspoon salt
1/4 teaspoon garlic salt
1/4 teaspoon ground mustard

Directions

Cook macaroni according to package direction; drain and rinse in cold water. In a serving bowl, combine the macaroni, celery, tuna, peas, parsley and olives. In a small bowl, combine the remaining ingredients; add to tuna mixture and toss to coat. Cover and refrigerate for at least 4 hours or overnight.

Sweet-Sour Spinach Salad

Ingredients

1 cup sugar
1 tablespoon all-purpose flour
1/4 teaspoon ground mustard
Dash salt
1/3 cup cold water
1/3 cup white vinegar
1 egg, lightly beaten
18 cups fresh spinach, torn
3 hard-cooked eggs, sliced
1/2 pound sliced bacon, cooked and crumbled
4 slices red onion, separated into rings

Directions

In a small saucepan, combine the sugar, flour, mustard and salt. Gradually stir in water and vinegar until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat. Gradually stir a small amount of hot dressing into beaten egg; return all to the pan, stirring constantly. Bring to a gentle boil.

Place spinach in a large salad bowl. Drizzle with warm dressing; toss to coat. Top with the hard-cooked eggs, bacon and onion. Serve immediately.

Greek Pasta Salad

Ingredients

1 (16 ounce) package penne pasta
1/4 cup vegetable oil
1 teaspoon lemon juice
1 teaspoon dried basil
1 teaspoon ground black pepper
1 teaspoon garlic salt
2 tomatoes, chopped
1 green bell pepper, chopped
1 sweet onion, chopped
1 cucumber, coarsely chopped
1 cup black olives, chopped

Directions

Cook pasta in a large pot of boiling water until al dente. Drain, and rinse in cold water.

In a small bowl, mix together oil, lemon juice, basil, garlic salt, and black pepper.

In a large bowl, combine pasta, tomatoes, green pepper, onion, cucumber, and black olives. Add dressing, and toss to coat. Chill in the refrigerator for 30 minutes.

Red, White, and Blueberry Fruit Salad

Ingredients

1 pint strawberries, hulled and quartered
1 pint blueberries
1/2 cup white sugar
2 tablespoons lemon juice
4 bananas

Directions

Mix the strawberries and blueberries together in a bowl, sprinkle with sugar and lemon juice, and toss lightly. Refrigerate until cold, at least 30 minutes. About 30 minutes before serving, cut the bananas into 3/4-inch thick slices, and toss with the berries.

Italian Leafy Green Salad

Ingredients

2 cups romaine lettuce - torn, washed and dried
1 cup torn escarole
1 cup torn radicchio
1 cup torn red leaf lettuce
1/4 cup chopped green onions
1/2 red bell pepper, sliced into rings
1/2 green bell pepper, sliced in rings
12 cherry tomatoes
1/4 cup grapeseed oil
2 tablespoons chopped fresh basil
1/4 cup balsamic vinegar
2 tablespoons lemon juice
salt and pepper to taste

Directions

In a large bowl, combine the romaine, escarole, radicchio, red-leaf, scallions, red pepper, green pepper and cherry tomatoes.

Whisk together the grapeseed oil, basil, vinegar, lemon juice and salt and pepper. Pour over salad, toss and serve immediately.

Yummy Bok Choy Salad

Ingredients

1/2 cup olive oil
1/4 cup white vinegar
1/3 cup white sugar
3 tablespoons soy sauce
2 bunches baby bok choy, cleaned and sliced
1 bunch green onions, chopped
1/8 cup slivered almonds, toasted
1/2 (6 ounce) package chow mein noodles

Directions

In a glass jar with a lid, mix together olive oil, white vinegar, sugar, and soy sauce. Close the lid, and shake until well mixed.

Combine the bok choy, green onions, almonds, and chow mein noodles in a salad bowl. Toss with dressing, and serve.

Spiced Corn Salad

Ingredients

2 (15.25 ounce) cans whole kernel corn, drained
1 (15 ounce) can black beans, rinsed and drained
1 (4.5 ounce) jar sliced mushrooms, drained
1 (4 ounce) can chopped green chilies
1/2 cup vinegar
1/4 cup vegetable oil
2 garlic cloves, minced
2 tablespoons minced fresh cilantro or parsley
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon ground cumin

Directions

In a large bowl, combine corn, beans, mushrooms and chilies. Combine remaining ingredients in a small bowl; pour over salad and toss to coat. Chill until serving.

Chicken Pasta Salad I

Ingredients

12 ounces rotini pasta
1 1/2 pounds skinless, boneless chicken breast halves - cut into strips
1/4 teaspoon lemon pepper
1/4 teaspoon garlic powder
4 ounces crumbled feta cheese
4 roma (plum) tomato, diced
1/4 cup Italian-style salad dressing

Directions

In a large pot with boiling salted water cook pasta until al dente. Drain.

Meanwhile, season chicken strips with lemon pepper and garlic powder. Broil in oven for 5 to 7 minutes, or until juices run clear. Cool chicken. Cut into bite size pieces.

In a large bowl, mix together the cooked pasta, chicken, quartered tomatoes, and feta cheese.

Serve with Italian dressing poured over top of pasta.

Pineapple Carrot Salad

Ingredients

1 (20 ounce) can pineapple tidbits, drained
1 (10 ounce) package julienned carrots
1 cup sliced celery
1 cup chopped dates
1/2 cup sour cream

Directions

In a large bowl, combine the pineapple, carrots, pineapple, celery and dates. Stir in sour cream until coated. Serve immediately. Refrigerate leftovers.

Pork 'n' Bean Salad

Ingredients

1 (16 ounce) can pork and beans, drained
1/2 cup chopped tomato
1/2 cup chopped celery
1/4 cup chopped green pepper
3 tablespoons mayonnaise
2 tablespoons chopped onion

Directions

Combine all ingredients in a small bowl. Cover and refrigerate for 2 hours. Refrigerate leftovers.

Tangy Mediterranean Tuna Salad

Ingredients

1 cup whole, pitted kalamata olives
1 tablespoon garlic, minced
1 tablespoon capers, drained
3 tablespoons olive oil
1 (6 ounce) can water-packed tuna, drained
1/2 one lemon, juiced

Directions

Combine the olives, garlic and capers in an electric food processor, and process to form a paste. With the motor still running, slowly add the olive oil through the feed tube and blend thoroughly. Then add the tuna and lemon juice, and continue processing until smooth.

Vegetable Rice Salad

Ingredients

1 1/2 cups cooked rice
1 cup broccoli florets
1 cup cauliflowerets
3 green onions, thinly sliced
1/2 cup mayonnaise
2 tablespoons dry ranch salad dressing mix
2 tablespoons milk
1 tablespoon vinegar
2 teaspoons sugar

Directions

In a bowl, combine rice, broccoli, cauliflower and onions. In a small bowl, combine the remaining ingredients; mix well. Stir in rice mixture. Cover and refrigerate for 1 hour or until serving.

Chinese Napa Cabbage Salad

Ingredients

1 (3 ounce) package chicken flavored ramen noodles
1/4 cup butter
1/2 cup sesame seeds, toasted
1/2 cup blanched slivered almonds
1 large head napa cabbage, shredded
6 green onions, chopped
1/4 cup vegetable oil
1/4 cup rice wine vinegar
1 tablespoon soy sauce
1 tablespoon sesame oil
1/8 cup white sugar

Directions

Crush noodles, place them in a medium skillet and brown in butter over medium heat. Add almonds and sesame seeds. Stir often to prevent burning. Add seasoning mix from noodles and cool. Toss in a large bowl with cabbage and onions.

Prepare the dressing by whisking together the vegetable oil, rice vinegar, soy sauce, sesame oil and sugar. Pour over salad, toss and serve.

Herb Vegetable Orzo Salad

Ingredients

1 cup uncooked orzo pasta
2 cups frozen corn, thawed
1/2 cup chopped sweet red pepper
1/2 cup grape or cherry tomatoes
1/2 cup pitted Greek olives, halved
1/4 cup chopped sweet onion
1/4 cup minced fresh basil
2 tablespoons minced fresh parsley
3 tablespoons olive oil
2 tablespoons balsamic vinegar
1/4 teaspoon salt
1/4 teaspoon pepper

Directions

Cook pasta according to package directions; drain and rinse in cold water. Place in a large serving bowl; add the corn, red pepper, tomatoes, olives, onion, basil and parsley. In a jar with a tight-fitting lid, combine the oil, vinegar, salt and pepper; shake well. Pour over salad and toss to coat.

Freda's Cherry Supreme Salad

Ingredients

1 (3 ounce) package strawberry flavored gelatin mix
1 cup boiling water
1 (21 ounce) can cherry pie filling

1 (3 ounce) package lemon flavored gelatin mix
3/4 cup boiling water
1/4 cup lemon juice
1 (3 ounce) package cream cheese
1/3 cup mayonnaise
1 (8 ounce) can crushed pineapple, undrained
2 cups miniature marshmallows
1/2 cup whipped cream
1/2 cup chopped walnuts

Directions

Dissolve the strawberry gelatin in 1 cup of boiling water. Stir in the cherry pie filling, then spread the mixture into a 7x11 inch pan, and refrigerate until nearly set, about 45 minutes.

Dissolve the lemon gelatin in 3/4 cup boiling water; stir in the lemon juice, and set aside. Mash the cream cheese in a separate bowl until soft, then stir in the mayonnaise. Pour the lemon gelatin into the cream cheese mixture and stir until smooth. Next, stir in the undrained pineapple. Finally, fold in the marshmallows and whipped cream. Spread the pineapple mixture over the chilled cherry layer, and sprinkle with chopped walnuts. Chill in the refrigerator until fully set, about 2 hours.

South of the Border Salad

Ingredients

2 (15.25 ounce) cans whole kernel corn, drained
2 (15 ounce) cans black beans, rinsed and drained
1 (10 ounce) can diced tomatoes and green chilies, undrained
3/4 cup thinly sliced green onions
1/3 cup olive or vegetable oil
1/3 cup lime juice
1 tablespoon minced fresh cilantro
1 teaspoon salt
1 teaspoon ground cumin

Directions

In a large bowl, combine the corn, beans, tomatoes and onions. In a small bowl, combine the remaining ingredients; add to corn mixture and mix well. Cover and refrigerate for at least 2 hours. Serve with a slotted spoon.

Spicy Strawberry Salad

Ingredients

3/4 cup vegetable oil
1/2 cup white sugar
1 tablespoon poppy seeds
1 1/2 teaspoons garlic powder
1 teaspoon mustard powder
1/3 cup balsamic vinegar
1 1/2 cups fresh sliced mushrooms
8 cups mixed salad greens
1 1/2 cups chopped pecans
4 cups sliced fresh strawberries

Directions

Whisk together the oil, sugar, poppy seeds, garlic powder, dry mustard and vinegar. Refrigerate until chilled.

In a salad bowl, combine the mushrooms and mixed greens; add dressing and toss. Sprinkle with strawberries and pecans.

Garbanzo Bean and Quinoa Salad

Ingredients

1 cup quinoa
2 cups water
1 (15 ounce) can garbanzo beans, drained
1/2 cup dried cranberries
1/2 cup golden raisins
1/3 cup sliced almonds
1/4 cup mint leaves, chopped
3/4 teaspoon ground coriander
1/4 teaspoon ground cumin
1 tablespoon extra-virgin olive oil
salt and pepper to taste

Directions

Bring the quinoa and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, and the water has been absorbed, 15 to 20 minutes. Scrape the quinoa into a large bowl, and refrigerate until cold.

Stir the garbanzo beans, cranberries, raisins, almonds, mint, coriander, cumin, and olive oil into the quinoa. Season to taste with salt and pepper.

Mediterranean Potato Salad

Ingredients

2 pounds small red potatoes, unpeeled, cooked, cooled, and cut in bite-size pieces
1 pint grape tomatoes, halved
1 cup sliced celery
1 cup sliced green onions, with green
1/2 cup basil leaves, shredded
2 garlic cloves, crushed
2 tablespoons white balsamic vinegar, or other white vinegar
6 tablespoons extra-virgin olive oil
2 teaspoons Dijon mustard
Salt and freshly ground black pepper, to taste

Directions

In a large bowl, combine potatoes, tomatoes, onions, basil, and celery.

In a small bowl, whisk together garlic, vinegar, oil, mustard, salt and pepper. Add dressing to potatoes and toss. Refrigerate until ready to serve.

Simple Potato Salad

Ingredients

3 red potatoes
2 eggs
1 1/2 cups creamy salad dressing

Directions

Bring a small pot of salted water to a boil. Add potatoes; cook until tender but still firm, about 15 minutes. Drain and cool.

Place eggs in a saucepan, and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, and cool.

Peel the eggs and cut around the egg white; keep the yolk whole.

Dice the egg whites and potatoes. Combine in a mixing bowl and add the salad dressing.

Toss the potatoes and egg; crumble the egg yolk on top and serve chilled.

Salsa Pasta Salad

Ingredients

2 cups dry rainbow radiatore pasta
1 onion, chopped
1 red bell pepper, chopped
1 (6 ounce) can sliced black olives
3 tomatoes, diced
1 (4 ounce) can diced green chiles
1/3 cup distilled white vinegar
1/4 cup chopped fresh cilantro
1 1/2 teaspoons garlic salt
1/3 cup lemon juice
1/2 cup vegetable oil
1 tablespoon white sugar
1 tablespoon chili powder

Directions

In a large pot with boiling salted water cook radiatore pasta until al dente. Drain.

Meanwhile, combine chopped onion, bell pepper, olives, tomatoes, and green chilies in a large bowl.

In a small bowl, whisk together vinegar, cilantro, garlic salt, lemon juice, vegetable oil, sugar and chili powder.

Mix cooked pasta with vegetables. Toss with cilantro dressing and serve.

Kristi's Corn Salad

Ingredients

2 (16 ounce) packages frozen corn kernels, thawed
2 small zucchini, diced
1 (2 ounce) jar chopped pimento peppers
1/2 cup chopped red onion
1 (4 ounce) can chopped green chile peppers, drained
2/3 cup olive oil
1/4 cup fresh lime juice
2 tablespoons cider vinegar
2 teaspoons ground cumin
1 1/2 teaspoons salt
1 teaspoon ground black pepper
1/2 teaspoon garlic salt

Directions

In a large bowl, toss together the corn, zucchini, pimentos, red onion, and green chile peppers.

In a jar with a lid, mix the olive oil, lime juice, cider vinegar, cumin, salt, pepper, and garlic salt. Seal, and shake well.

Pour the oil mixture over the corn mixture, and gently stir to coat all ingredients. Cover, and chill at least 3 hours in the refrigerator before serving.

Tarragon Chicken Salad

Ingredients

3/4 cup sour cream
3/4 cup mayonnaise
1 cup finely chopped celery
1/4 cup minced fresh tarragon
5 cups cubed cooked chicken

Directions

In a medium bowl, combine sour cream, mayonnaise, celery and tarragon; stir in chicken. Refrigerate for 2-3 hours.

Green Onion Salad

Ingredients

3 bunches green onions, chopped
2 hard-cooked eggs, peeled and chopped
1 cup mayonnaise
1 (4 ounce) packet saltine crackers, crushed

Directions

Toss together the green onions and hard-cooked eggs until blended. Stir in the mayonnaise. Carefully stir in the crackers until well coated. Serve immediately so the crackers do not get soggy.

Romaine Rice Tuna Salad

Ingredients

2 cups long grain white rice
4 cups water
1 head romaine lettuce, chopped
1 large carrot, grated
1 (7 ounce) can albacore tuna in water, drained and flaked
3 tablespoons olive oil
4 tablespoons balsamic vinegar
1/4 teaspoon salt, or to taste
1/4 teaspoon ground black pepper, or to taste

Directions

Combine the rice and water in a saucepan, and bring to a boil. Reduce heat to low, cover, and simmer for 20 minutes, or until rice is tender and the water has been absorbed.

In a medium bowl, toss together the romainee lettuce, carrot, and tuna. Pour the olive oil and vinegar over this mixture, and season with salt and pepper. Toss to coat. When the rice is done, cool for about 5 minutes, then toss with the salad. The warm rice will wilt the romaine lettuce slightly. Taste and adjust the amounts of vinegar and oil or salt and pepper if desired. Serve immediately. This does not keep well.

Betsy's Mandarin Orange Salad

Ingredients

1/2 cup vegetable oil
1/4 cup cider vinegar
1/4 cup white sugar
2 teaspoons dried parsley
1 teaspoon salt
1 pinch ground black pepper
1/2 cup sliced almonds
1/4 cup white sugar
1 head red leaf lettuce - rinsed, dried and torn
1 red onion, chopped
1 cup chopped celery
2 (11 ounce) cans mandarin orange segments, drained

Directions

In a jar with a tight fitting lid, combine the oil, vinegar, sugar, parsley, salt and pepper. Cover and shake well. Refrigerate until use.

In a medium saucepan over medium low heat, cook and stir the almonds and sugar until the sugar is melted and the almonds are coated. Remove from heat, cool, and break apart. Store at room temperature until ready to serve salad.

In a large bowl, toss together the lettuce, celery, oranges, almonds and dressing until evenly coated.

Virgina's Tuna Salad

Ingredients

1 egg
3 (6 ounce) cans tuna, drained and flaked
3 tablespoons mayonnaise
2 stalks celery, chopped
2 tablespoons sweet pickle relish
1 pinch ground black pepper

Directions

Place egg in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

In a medium bowl, mix together tuna and mayonnaise. Mix in egg, celery, relish and black pepper.

Beef and Broccoli Salad

Ingredients

1 1/2 pounds broccoli - cut into florets, stems peeled and sliced 1/4 inch thick
2 tablespoons white wine vinegar
2 teaspoons Dijon mustard
1/2 teaspoon prepared horseradish, or to taste
3/4 teaspoon salt
1/8 teaspoon ground black pepper
1/2 cup olive oil
3 tablespoons sour cream
3/4 pound thick sliced deli roast beef, cut into 1/2-inch pieces
2 1/2 cups cherry tomatoes, halved
6 green onions cut diagonally into thin slices

Directions

Pour 1/2 inch of water into a pan fitted with a steamer basket. Place the broccoli in the basket. Cover, and bring to a boil. Cook until tender, about 4 to 5 minutes. Drain, and cool.

To make the dressing, whisk together the vinegar, mustard, horseradish, salt, and pepper in a bowl. Continue whisking while slowly adding the olive oil to make a smooth mixture. Whisk in the sour cream.

Place the broccoli, roast beef, tomatoes, and green onions into a bowl. Stir in the dressing and toss until evenly coated. Divide the salad evenly among 4 serving plates.

Sunday Best Fruit Salad

Ingredients

1 (20 ounce) can pineapple chunks, juice reserved
2 apples, peeled and cored
1 (21 ounce) can peach pie filling
2 bananas, peeled and diced
3 kiwis
1 pint strawberries

Directions

In a small bowl, toss the chopped apples in reserved pineapple juice. Allow to sit for 5 to 10 minutes.

In a large salad bowl, combine the peach pie filling and pineapple chunks.

Remove apples from pineapple juice and add to pie filling and pineapple mixture. Add chopped bananas to reserved pineapple juice and let sit for 5 to 10 minutes.

Peel and slice kiwi and 1/2 of strawberries. Chop the other 1/2 of strawberries and set aside.

Remove bananas from pineapple juice and add to pie filling mixture. Add chopped strawberries; toss together.

Arrange kiwi slices around the edge of the serving bowl and alternate with strawberry slices. Chill and serve.

Karen's Salmon Salad

Ingredients

1 (16 ounce) package elbow macaroni
2 ripe tomatoes, diced
4 green onions, chopped
2 dill pickles, diced
1 (14.75 ounce) can salmon, drained
1/2 cup mayonnaise
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

When pasta has come to room temperature, combine it with tomatoes, green onions, pickles, salmon, mayonnaise, salt and pepper in a large bowl and mix well. Chill before serving.

Grilled Flank Steak Salad

Ingredients

1/4 cup olive oil
1/3 cup balsamic vinegar
1 tablespoon brown sugar
1 tablespoon Dijon mustard
1/2 teaspoon minced garlic
1/2 teaspoon pepper
3/4 pound beef flank steak
1 (5 ounce) package spring mix salad greens
1 plum tomato, cut into wedges
1/4 cup sliced radishes
1/4 cup chopped celery
2 green onions, cut into 1-inch strips

Directions

In a bowl, whisk the first six ingredients. Pour 1/3 cup into a large resealable plastic bag; add steak. Seal bag and turn to coat; refrigerate for 3 hours. Cover and refrigerate remaining marinade for dressing.

Drain and discard marinade from steak. Grill, covered, over indirect medium heat for 11-12 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F). Cut across the grain into thin slices.

In a large serving bowl, combine the greens, tomato, radishes, celery, onions and beef. Drizzle with reserved marinade and toss to coat.

Mandarin-Nut Tossed Salad

Ingredients

1 (16 ounce) package salad greens
1 (11 ounce) can mandarin oranges, drained
3/4 cup chopped salted peanuts
1/2 cup Italian salad dressing
1 tablespoon reduced-sodium soy sauce

Directions

In a bowl combine the salad greens and oranges. Sprinkle with peanuts. Combine salad dressing and soy sauce; drizzle over salad and toss to coat.

Pea and Mint Pasta Salad

Ingredients

12 ounces campanelle or shell pasta
1 1/4 cups frozen green peas
3/4 cup Hellmann'sB® or Best FoodsB® Real Mayonnaise
1/4 cup sour cream
2 tablespoons Dijon mustard
1 small red onion, halved and thinly sliced
2 medium celery stalks, thinly sliced
1/4 cup chopped flat-leaf parsley
1/2 cup chopped mint

Directions

Cook campanelle according to package directions, adding peas during last 1 minute of cooking. Drain and rinse with cold water until completely cool.

Combine Hellmann'sB® or Best FoodsB® Real Mayonnaise, sour cream, mustard, onion and celery with wire whisk in large bowl. Season, if desired, with salt and pepper. Stir in pasta and herbs. Serve at room temperature or cover and chill, if desired.

Crab and Pea Salad

Ingredients

1 (10 ounce) package frozen peas, thawed
1 (8 ounce) package imitation crabmeat, flaked
6 bacon strips, cooked and crumbled
1/2 cup mayonnaise
1/4 teaspoon onion powder

Directions

In a bowl, combine peas, crab and bacon. Combine mayonnaise and onion powder; fold into the crab mixture. Cover and refrigerate until serving.

Southwestern Chicken Salad

Ingredients

1 lemon, thinly sliced
1 bay leaf
1 teaspoon whole black peppercorns
3/4 teaspoon dried thyme, divided
2 skinless, boneless chicken breast halves
3/4 teaspoon paprika
1/3 cup light mayonnaise
1/4 cup sour cream
1/2 teaspoon salt
1/4 teaspoon coarsely ground black pepper
1/8 teaspoon ground nutmeg
1 1/2 cups fresh corn, cooked and cut from the cob
2 tablespoons chopped fresh cilantro
3/4 cup diced orange bell pepper
1 jalapeno pepper, seeded and minced

Directions

Fill a large skillet with 1 inch (2.5 cm) of water. Add lemon slices, bay leaf, peppercorns and 2/3 of the thyme, and bring to boiling over high heat. Add chicken, reduce heat to low and simmer for 15 -18 minutes, turning chicken once, until juices run clear and chicken is no longer pink. Remove chicken from liquid and set aside to cool.

In a small skillet, stir together the paprika and remaining thyme over medium-low heat for 2 minutes. In a small bowl, whisk together the toasted paprika mixture, mayonnaise, sour cream, salt, ground pepper and nutmeg until evenly blended.

Cube cooled chicken and transfer to a medium bowl. Add prepared dressing, corn, cilantro, orange pepper and jalapeno and toss until evenly coated. Serve warm, or refrigerate until ready to serve.

Date-Marshmallow Waldorf Salad

Ingredients

2 cups peeled, diced tart apples
1 tablespoon white sugar
1 teaspoon lemon juice
1 pinch salt
1/2 cup chopped celery
1/2 cup chopped pitted dates
1/2 cup chopped walnuts
1/4 cup mayonnaise
1/2 cup heavy cream
1/4 cup miniature marshmallows

Directions

Place the apples in a medium serving bowl and sprinkle with sugar, lemon juice and salt. Stir in the celery, dates and walnuts. In a separate bowl, whip the cream with an electric mixer until it can hold a peak. Mix in mayonnaise and gently fold into the apple mixture along with the marshmallows. Refrigerate for at least 1 hour before serving.

Daddy's Apple Salad

Ingredients

1 cup creamy salad dressing, e.g. Miracle Whip в„ў
1 cup peanut butter
1/2 cup white sugar
1/2 cup distilled white vinegar
1 cup diced red apple
1 cup diced yellow apple
1 cup halved red grapes
1/2 cup peanuts
1/2 cup miniature marshmallows
1/2 cup raisins
1/2 cup diced celery

Directions

In a large bowl, whisk together the salad dressing, peanut butter and sugar until smooth. Add the vinegar, whisking until dressing is creamy. Add additional vinegar to get creamy consistency, if necessary.

Add the apples, grapes, peanuts, marshmallows, raisins and celery to the dressing mixture and toss until evenly coated. Serve immediately.

Cucumber Pasta Salad

Ingredients

1/2 cup rotelle pasta
4 English cucumbers - peeled, quartered and chopped
4 stalks celery, chopped
1 large onion, chopped
1 cup creamy salad dressing (e.g. Miracle Whip)
1 cup buttermilk
2 teaspoons celery seed

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In large bowl, combine pasta, cucumber, celery and onion. In small bowl, combine dressing, buttermilk and celery seed. Toss salad with dressing and serve.

Mimi's Curried Hawaiian Chicken Salad

Ingredients

6 boneless, skinless chicken breasts, cubed
3 cups mayonnaise
1 tablespoon curry powder
1 teaspoon lemon juice
1 tablespoon soy sauce
2 1/2 cups slivered almonds, toasted
1 pound seedless green grapes, halved
2 cups chopped celery
1 (8 ounce) can sliced water chestnuts
1 (20 ounce) can pineapple chunks, thoroughly drained
paprika, for garnish

Directions

Place chicken in a large pot of lightly salted water, and bring to a boil; simmer until tender and cooked through, about 25 minutes. Drain, set aside. When cool enough to handle, chop coarsely, and place into a large bowl.

In a separate bowl, stir together mayonnaise, curry powder, lemon juice, and soy sauce.

Stir into the chopped chicken 2 1/4 cups of the toasted almonds. Stir in grapes, celery, water chestnuts, and pineapple. Gently fold in all but 1/2 cup of the dressing. Cover, and refrigerate salad and reserved dressing for several hours (or overnight).

Before serving, adjust dressing to taste, and garnish with paprika and remaining 1/4 cup almonds.

Warm Mushroom Salad

Ingredients

1 tablespoon olive oil
1 1/2 cups sliced fresh mushrooms
1 clove garlic, chopped (optional)
2 1/2 tablespoons olive oil
2 1/2 tablespoons balsamic vinegar
salt and pepper to taste
1 (10 ounce) package baby greens mix

Directions

Heat 1 tablespoon of olive oil in a skillet over medium heat. Add mushrooms, and cook stirring until soft. Continue cooking until the juices from the mushrooms have reduced to about 2 tablespoons. Stir in the remaining olive oil, balsamic vinegar, salt and pepper until evenly blended. Turn off heat, and let the mushrooms sit in the pan until they are just warm, but no longer hot - otherwise the greens will wilt too much.

Put the baby greens into a serving bowl, and pour the warm mushroom mixture over them. Toss to blend, and serve immediately.

Lazy Katie's Taco Salad

Ingredients

1 pound ground beef
1 (8 ounce) bag corn tortilla chips
1/2 head romaine lettuce - rinsed, dried, and chopped
2 tomatoes, diced
2 cups shredded Cheddar cheese
1/2 cup chopped onion
3/4 cup taco sauce

Directions

In a large skillet over medium high heat, saute the ground beef for 5 to 10 minutes, or until well browned. Drain excess fat.

Crumble tortilla chips on a large plate. Layer with the beef, lettuce, tomatoes, cheese, onion and taco sauce.

Orange-Avocado Tossed Salad

Ingredients

1/2 cup vegetable oil
1/3 cup white wine vinegar or cider vinegar
1 garlic clove, minced
2 tablespoons brown sugar
1 teaspoon curry powder
1 teaspoon soy sauce
10 cups torn red leaf lettuce
1 cup torn fresh spinach
1 (11 ounce) can mandarin oranges, drained
1 cup halved green grapes
1/2 cup slivered almonds, toasted
1 ripe avocado, peeled and sliced

Directions

In a jar with a tight-fitting lid, combine the first six ingredients; shake well. In a large salad bowl, toss the lettuce, spinach, oranges, grapes and almonds. Add dressing and toss to coat. Garnish with avocado.

Curried Chicken Salad

Ingredients

3 cups diced cooked chicken
1/2 cup finely chopped celery
1 (8 ounce) can water chestnuts, drained
1 medium apple, cored and diced
3/4 cup seedless green grapes, halved
3/4 cup pineapple tidbits, drained with juice reserved
1/2 cup raisins
1/2 cup slivered almonds
DRESSING:
1 1/4 cups mayonnaise
1/4 cup reserved pineapple juice
1 tablespoon soy sauce
1 tablespoon vinegar
1/4 teaspoon lemon or lime juice
1 teaspoon curry powder

Directions

In a large bowl, combine first eight ingredients. Blend all dressing ingredients and toss with chicken mixture. Chill several hours.

Red Pepper Salad with Parsley Dressing

Ingredients

1/3 cup finely chopped onion
1/3 cup olive oil
1/4 cup minced fresh parsley
2 tablespoons red wine vinegar
2 tablespoons reduced fat sour cream
1 teaspoon salt
1 teaspoon sugar
1/4 teaspoon pepper
6 cups torn Boston lettuce
2 cups watercress, stems removed
3 1/2 cups sliced fresh mushrooms
1 teaspoon lemon juice
2 large red bell peppers, cut into 1 inch pieces

Directions

In a jar with a tight-fitting lid, combine the first eight ingredients; shake well. Refrigerate until serving.

In a salad bowl, combine the lettuce and watercress. Toss the mushrooms with lemon juice; add to greens. Top with red peppers. Drizzle with dressing; toss to coat.

Betty's Best Hot Chicken Salad

Ingredients

2 cups chopped cooked chicken
1 cup chopped celery
1/2 cup cashews
1 cup mayonnaise
1 small onion, grated
1/2 teaspoon salt
2 tablespoons lemon juice
1/2 cup shredded Cheddar cheese
1 cup crushed potato chips

Directions

Preheat the oven to 400 degrees F (200 degrees C).

In a medium bowl, mix together the chicken, celery, cashews, mayonnaise, onion, salt and lemon juice. Transfer the mixture to a casserole dish, then top with shredded cheese and potato chips.

Bake uncovered for 20 minutes in the preheated oven, or until heated through and bubbly.

Tomato-Cornbread Salad with Avocado and

Ingredients

5 cups 1/2-inch cubed cornbread made from an 8.5-ounce box mix
1 1/2 pounds tomatoes, stemmed and cut into medium dice
salt, to taste
2 medium garlic cloves, minced
1/2 large red onion, cut into small dice
1/4 cup chopped fresh cilantro
2 ripe avocados cut into medium dice
1/4 cup olive oil
2 tablespoons red wine vinegar
Ground black pepper, to taste

Directions

Adjust oven rack to center position and heat oven to 250 degrees.

Place cornbread cubes on a cookie sheet with a rim; bake until bread is dried out, about 30 minutes, then set aside to cool.

Salt the tomatoes, stir in the garlic and let stand until juicy, about 30 minutes.

Prepare remaining ingredients; toss with tomatoes. Add bread; toss. Let stand 10 minutes before serving.

The Original Potato Salad with Real Mayonnaise

Ingredients

2 pounds potatoes, peeled and cut into 3/4 inch chunks
1 cup Hellmann'sB® or Best FoodsB® Real Mayonnaise
2 tablespoons vinegar
1 1/2 teaspoons salt
1 teaspoon sugar
1/4 teaspoon ground black pepper
1 cup thinly sliced celery
1/2 cup chopped onion
2 hard-cooked eggs, chopped (optional)

Directions

Cover potatoes with water in 4-quart saucepot; bring to a boil over medium-high heat. Reduce heat and simmer 10 minutes or until potatoes are tender. Drain and cool slightly.

Combine Hellmann'sB® or Best FoodsB® Real Mayonnaise, vinegar, salt, sugar and pepper in large bowl. Add potatoes, celery, onion and eggs and toss gently. Serve chilled or at room temperature.

Kiki's Mexican Chicken Salad

Ingredients

2 1/2 cups shredded cooked chicken meat
1/2 cup julienned carrots
1/4 cup julienned red bell pepper
1/4 cup julienned jicama
1/4 cup julienned red onion
2 (11 ounce) cans whole kernel corn, drained
1 cup cherry tomatoes, halved
3 avocados - peeled, pitted, and chopped
2 tablespoons chopped fresh cilantro
1/2 cup sour cream
2/3 cup mayonnaise
2 tablespoons fresh lemon juice
1/2 teaspoon ground cumin
1/2 teaspoon salt
1/4 teaspoon pepper
1 (1.25 ounce) package taco seasoning
1 teaspoon hot pepper sauce

Directions

In a large bowl, gently mix the chicken, carrots, red bell pepper, jicama, red onion, corn, cherry tomatoes, avocados, and cilantro.

In a separate bowl, mix the sour cream, mayonnaise, lemon juice, cumin, salt, pepper, taco seasoning, and hot pepper sauce. Pour over the salad, and toss to coat. Cover and refrigerate at least 1 hour before serving.

Southwestern Chicken Salad

Ingredients

2 (6 inch) flour tortillas, cut into 1/2 inch strips
Butter-flavored nonstick cooking spray
1 pound boneless skinless chicken breasts, cut into 1-inch cubes
1 teaspoon olive oil
6 cups ready-to-serve salad greens
1 (15.25 ounce) can whole kernel corn, drained
1 (15 ounce) can black beans, rinsed and drained
2 cups chopped tomatoes, divided
1 medium green pepper, diced
1/2 cup cubed peeled jicama or sliced water chestnuts
1/3 cup chopped green onions
1/2 cup shredded reduced-fat Cheddar cheese
2/3 cup fat-free ranch salad dressing
4 teaspoons barbecue sauce

Directions

Place tortilla strips on a baking sheet; spritz both sides of strips with butter-flavored cooking spray. Bake at 350 degrees F for 4-5 minutes or until crisp. Meanwhile, in a large nonstick skillet, cook chicken in oil over medium heat until no longer pink; set aside.

Combine the salad greens, corn, beans, 1 cup tomatoes, green pepper, jicama and onions; arrange on a serving platter. Place chicken in center of salad; sprinkle with cheese and remaining tomatoes. Arrange tortilla strips around chicken. In a small bowl, combine the ranch dressing and barbecue sauce; serve with salad.

Crunchy Cabbage Salad

Ingredients

1 (3 ounce) package chicken flavored ramen noodles
1/2 cup vegetable oil
3 tablespoons cider vinegar
2 tablespoons sugar
1/2 teaspoon dried oregano
1/2 teaspoon salt
1/2 teaspoon pepper
5 cups shredded green cabbage
3/4 cup chopped green pepper
3/4 cup chopped sweet red pepper
1/2 cup shredded red cabbage
1/2 cup shredded carrot
1/2 cup chopped green onions
1/2 cup slivered almonds, toasted
2 tablespoons sesame seeds, toasted

Directions

Break noodles; set aside. In a jar with a tight-fitting lid, combine the oil, vinegar, sugar, oregano, salt, pepper and half of the contents from the noodle seasoning packet; shake well. (Discard remaining seasoning or save for another use.) In a large bowl, combine the remaining ingredients. Add noodles and dressing; toss to coat. Serve immediately.

Salad with Egg Dressing

Ingredients

2 eggs, beaten
1/2 cup sugar
1/4 cup water
1/4 cup vinegar
8 cups mixed salad greens
1 small onion, chopped
4 bacon strips, cooked and crumbled
1 medium tomato, cut into wedges
1/2 cup sliced cucumber

Directions

In a microwave-safe bowl, combine the eggs, sugar and water. Microwave, uncovered, on high for 1 minute. Stir in vinegar; cook for 1 to 1-1/2 minutes or until a thermometer reads 160 degrees F.

Meanwhile, in a salad bowl, combine greens, onion, bacon, tomato and cucumber. Drizzle with warm dressing; toss to coat.

Green Bean and Stuffed Olive Salad

Ingredients

1 (15 ounce) can green beans, drained
1 medium red onion, thinly sliced
1 (7 ounce) jar stuffed green olives, with liquid
1 head leaf lettuce, torn
1/4 cup bacon bits (optional)

Directions

Place the green beans and onion in a large resealable plastic bag. Pour in the olives and liquid. Seal bag, and marinate at least 1 hour, turning occasionally. Serve over lettuce leaves, and sprinkle with bacon bits.

Superstar Spinach Salad

Ingredients

1/2 cantaloupe, seeded and peeled
7 cups torn fresh spinach
1 1/2 cups cubed fully cooked ham
1 cup thinly sliced red onion
1/2 cup halved green grapes
DRESSING:
3 tablespoons sugar
2 tablespoons orange juice
2 tablespoons vinegar
1 tablespoon chopped onion
1 1/2 teaspoons grated orange peel
Dash pepper
1/3 cup vegetable oil
1 teaspoon poppy seeds
1/3 cup chopped pecans, toasted

Directions

Cut melon half into 1/2-in. rings. Cut rings with a 1-1/2-in. star-shaped cookie cutter or into 1-in. pieces; place in a bowl. Add spinach, ham, onion and grapes. Chill for at least 2 hours. Place sugar, orange juice, vinegar, onion, orange peel and pepper in a blender; cover and blend until smooth. With blender running, gradually add oil until slightly thickened. Stir in poppy seeds. Cover and chill. Just before serving, pour dressing over salad and toss. Top with pecans.

Fruity Pasta Salad With Lemon Poppy Seed

Ingredients

3/4 cup seashell pasta
2 cups washed, dried and torn butterhead lettuce
1 small pear, cored and chopped
1 cup sliced fresh strawberries
1/3 cup chopped celery
1/3 cup low-fat lemon yogurt
1 tablespoon orange juice
1/2 teaspoon poppy seeds

Directions

Cook pasta in boiling water until al dente. Drain, and rinse in cold water until cool.

In a salad bowl, combine macaroni, lettuce, pears, strawberries, and celery. Set aside.

In a small bowl, stir together yogurt, orange juice, and poppy seeds. Add to the macaroni mixture, and gently toss until well coated.

Three Amigos Salad

Ingredients

1 Haas avocado, cut into bite-sized pieces
1 mango, cut into bite-sized pieces
1 grapefruit, cut into bite-sized pieces
1/2 lime

Directions

Place the avocado, mango, and grapefruit into a mixing bowl. Squeeze the lime over the fruit, and stir gently until mixed.

Chicken Salad with Couscous

Ingredients

1 cup couscous
2 cups chicken broth
1/2 cup dry white wine
2 teaspoons olive oil
2 tablespoons fresh lime juice
1 1/2 teaspoons ground cumin
1 clove garlic, minced
1 pound skinless, boneless chicken breast meat - cubed
1 green bell pepper, cut into large chunks
1 red bell pepper, cut into large chunks
1 yellow bell pepper, cut into large chunks
4 green onions, chopped
1/4 cup pitted black olives

Directions

Prepare couscous pasta according to package directions, using chicken broth for liquid. Drain and set aside.

In a large skillet combine the wine, oil, 1 tablespoon lime juice, 1 teaspoon cumin and garlic; mix all together and add chicken. Simmer over low heat until all liquid has evaporated and chicken juices run clear, 5 to 7 minutes.

Remove chicken from skillet and mix in a large bowl with remaining 1 tablespoon lime juice, remaining 1/2 teaspoon cumin, green bell pepper, red bell pepper, yellow bell pepper, green onion and couscous. Garnish with a few black olives per serving.

Beet Salad

Ingredients

4 bunches fresh small beets, stems removed
2 tablespoons olive oil
1 tablespoon lemon juice
2 tablespoons white wine vinegar
1 tablespoon honey
2 tablespoons Dijon mustard
1 teaspoon dried thyme, crushed
1/2 cup vegetable oil
salt and pepper to taste
2 medium heads Belgian endive
1 pound spring lettuce mix
1 cup crumbled feta cheese

Directions

Preheat oven to 450 degrees F (230 degrees C). Coat beets lightly with oil and roast for approximately 45 minutes, or until tender. Allow to cool thoroughly, then peel and dice.

For the dressing, place lemon, vinegar, honey, mustard, and thyme in a blender. While blender is running, gradually add 1/2 cup of oil. Season to taste with salt and pepper. Place spring lettuce mix in a salad bowl, pour desired amount of dressing over greens, and toss to coat.

Rinse endive, tear off whole leaves, and pat dry. Arrange 3 leaves on each plate. Divide dressed salad greens among them, and top with diced beets and feta cheese.

Mom's Macaroni Salad

Ingredients

2 1/2 cups macaroni
2 onions, thinly sliced
1 small tomato, chopped
4 cucumbers, sliced
1/2 cup white sugar
1 tablespoon chopped fresh parsley
2/3 cup distilled white vinegar
1/2 teaspoon salt
3 tablespoons olive oil
1/2 teaspoon ground mustard
1/8 teaspoon garlic powder
ground black pepper to taste

Directions

Cook macaroni according to package instructions. Drain and rinse with cold water

In a small bowl mix sugar, parsley, vinegar, salt, oil, dried mustard, garlic powder, and black pepper.

Combine onions, tomato and cucumber with macaroni. Pour dressing over noodles. Chill and serve.

Melon Salad with Ginger Dressing

Ingredients

DRESSING:
2/3 cup mayonnaise
2/3 cup sour cream
Juice of 1 lime
2 teaspoons honey
1/2 teaspoon ground ginger
1/2 teaspoon salt
1/4 teaspoon pepper
SALAD:
3 skinless, boneless chicken breast halves
1 cup apple juice
1 cup water
1 teaspoon whole black peppercorns
2 celery ribs, sliced
2 cups cantaloupe balls
2 cups honeydew balls
1/4 cup chopped fresh parsley
Lettuce Leaves

Directions

In a small bowl, combine all dressing ingredients; cover and chill. In a large covered saucepan, simmer chicken in apple juice, water and peppercorns for 20 minutes or until chicken juices run clear. Discard broth; allow chicken to cool. Slice into thin strips and place in a large bowl. Add celery, melon balls and parsley. Serve on a bed of lettuce if desired. Drizzle with dressing.

Cranberry Turkey Salad

Ingredients

1 (3 ounce) package lemon gelatin
2 cups boiling water, divided
2 cups cubed cooked turkey or chicken
4 celery ribs, chopped
8 ounces process cheese (eg. Velveeta), cubed
1 cup chopped almonds
3 hard-cooked eggs, chopped
1 cup mayonnaise or salad dressing
1 cup whipping cream, whipped
1/2 teaspoon salt
1/2 teaspoon onion salt
1 (3 ounce) package raspberry gelatin
1 (16 ounce) can whole berry cranberry sauce

Directions

In a mixing bowl, dissolve lemon gelatin in 1 cup of boiling water; refrigerate for 1 hour or until slightly thickened. Beat for 1 minute on high speed. Stir in turkey, celery, cheese, almonds, eggs if desired, mayonnaise, cream, salt and onion salt. Spread evenly into a 13-in. x 9-in. x 2-in. dish. Cover and refrigerate until firm, about 2 hours.

Dissolve the raspberry gelatin in remaining boiling water; stir in cranberry sauce until melted and blended. Spoon over turkey mixture. Refrigerate for 2 hours or until set. Cut into squares.

BLT Macaroni Salad

Ingredients

2 cups uncooked elbow macaroni
5 green onions, finely chopped
1 large tomato, diced
1 1/4 cups diced celery
1 1/4 cups mayonnaise
5 teaspoons white vinegar
1/4 teaspoon salt
1/8 teaspoon pepper
1 pound sliced bacon, cooked and crumbled

Directions

Cook macaroni according to package directions; drain and rinse in cold water. In a large bowl, combine the macaroni, green onions, tomato and celery. In a small bowl, combine the mayonnaise, vinegar, salt and pepper. Pour over macaroni mixture and toss to coat. Cover and refrigerate for at least 2 hours. Just before serving, add bacon.

Dressing for Potato Salad

Ingredients

1/2 cup mayonnaise
1/2 cup sour cream
2 teaspoons prepared mustard
1 tablespoon ketchup
1 1/2 teaspoons Worcestershire sauce
1/2 cup diced onion (optional)
salt and pepper to taste

Directions

Mix together the mayonnaise, sour cream, mustard, ketchup, Worcestershire sauce, onion and salt and pepper. Refrigerate until ready to toss with potatoes.

Tri-Mustard Salad

Ingredients

1 cucumber, scored and cut into 1/4 inch slices
1 green bell pepper, sliced
1 red onion, sliced
4 large tomatoes
1/4 cup vegetable oil
2 tablespoons white wine vinegar
2 tablespoons Dijon-style prepared mustard
2 tablespoons mustard seed
1 teaspoon mustard powder
1/2 teaspoon hot pepper sauce

Directions

Slice the tomato into wedges. In a salad bowl, combine the cucumber, bell pepper, red onion and tomatoes.

Whisk together the oil, vinegar, Dijon mustard, mustard seed, dry mustard and hot sauce. Pour the vinaigrette over salad and toss to coat. Season with salt and pepper to taste. Chill for several hours.

Apple, Beet and Avocado Salad

Ingredients

3 medium beets
4 cups mixed salad greens
1 onion, sliced into thin rings
1 apple - peeled, cored and thinly sliced
1/2 avocado - peeled, pitted and sliced
1/2 cup toasted chopped walnuts
3/4 cup apple cider
2/3 cup cider vinegar
1/2 cup vegetable oil
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1 teaspoon prepared mustard
1/4 teaspoon celery seed

Directions

Preheat oven to 400 degrees F (200 degrees C). Wash beets, and place in a baking dish with 1/4 cup water. Cover and bake for 1 hour or until tender. Remove from oven and set aside to cool.

Whisk together the apple cider, vinegar, oil, salt, pepper, mustard and celery seed.

Peel and slice the beets, combine with the vinaigrette and refrigerate at least half an hour.

Divide the greens among four salad plates. Drain beets, and reserve dressing. Decoratively arrange overlapping layers of beet, onion, apple, and avocado on the greens. Drizzle with reserved dressing. Sprinkle on the nuts, and serve at once.

Ham and Sweet Potato Salad

Ingredients

4 cups cubed peeled sweet potatoes
1 cup mayonnaise
1/3 cup orange juice
1 tablespoon honey
1 tablespoon grated orange peel
1/8 teaspoon salt
1/8 teaspoon ground ginger
1/8 teaspoon ground nutmeg
1 1/2 cups julienned fully cooked ham
2 celery ribs, thinly sliced
1/4 cup chopped dried apricots
1 whole fresh pineapple
1 cup chopped pecans

Directions

Place the sweet potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and simmer for 20 minutes or until tender. Drain and cool. In a large bowl, combine the mayonnaise, orange juice, honey, orange peel, salt, ginger and nutmeg. Stir in the ham, celery, apricots and sweet potatoes.

Stand pineapple upright and cut in half vertically, leaving the top attached. Remove fruit, leaving a 1/2-in. shell. Cut fruit into chunks; stir 1 cup into the salad (save remaining fruit for another use). Cover and refrigerate salad and shells for at least 4 hours. Just before serving, stir pecans into salad. Spoon into pineapple shells.

Chicken Cashew Salad

Ingredients

2 cups seashell pasta
1/4 cup brown sugar
1 cup creamy salad dressing (e.g. Miracle Whip)
2 teaspoons lemon juice
1 tablespoon distilled white vinegar
1 pinch salt
2 cups chopped celery
1/2 cup chopped green bell pepper
1 onion, chopped
3 boneless chicken breast halves, cooked and cut into bite-sized pieces
1 cup cashew halves

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and rinse with cold water.

In large bowl, combine brown sugar, salad dressing, lemon juice, vinegar and salt. Toss dressing mixture with cooked pasta, celery, green pepper, onion and chicken. Chill until ready to serve. Mix in cashews just before serving.

Applesauce Cinnamon Gelatin Salad

Ingredients

1/3 cup cinnamon red hot candies
1 1/2 cups boiling water
1 (3 ounce) package lemon flavored gelatin mix
1 1/2 cups applesauce

Directions

In a large bowl, dissolve candies in boiling water. Add gelatin and stir until dissolved. Stir in applesauce and a few ice cubes and chill for 3 hours, or until set. Serve cold with whipped cream.

Surprise Tuna Salad

Ingredients

2 (6 ounce) cans tuna, drained and flaked
1 medium apple, peeled and chopped
1/2 cup golden raisins
1/2 cup mayonnaise or salad dressing
1/3 cup chopped pecans
1 tablespoon sweet pickle relish
12 slices bread, toasted
6 slices Monterey Jack cheese

Directions

In a bowl, combine the first six ingredients; spread over six slices bread. Top each with a cheese slice and remaining bread.

James' Fire Salad

Ingredients

1 head red leaf lettuce - rinsed, dried and torn
4 fresh jalapeno peppers, seeded and sliced into rings
3 medium ripe tomatoes, chopped
1 Anaheim pepper, seeded and diced
1/2 red onion, sliced and separated into rings
1/4 cup chopped fresh cilantro

Directions

In a large salad bowl, toss lettuce with jalapeno peppers, tomatoes, Anaheim pepper, red onion, and cilantro. Serve.

Texas German Potato Salad

Ingredients

2 pounds red potatoes, scrubbed
1 (12 ounce) package sliced bacon
2 cups sour cream
2 tablespoons light mayonnaise
2 tablespoons prepared yellow mustard
1 bunch green onions, chopped
3/4 cup chopped green olives
5 hard-cooked eggs, chopped
1 pinch Italian seasoning
2 tablespoons ranch salad dressing
1 pinch paprika, as garnish

Directions

Place the potatoes into a large pot and fill with enough water to cover. Bring to a boil and cook until tender enough to pierce with a fork. Drain, cool enough to handle, and cut into cubes.

Meanwhile, cook bacon in a large skillet over medium heat until browned and crisp. Remove from the pan with a slotted spoon and drain on paper towels. Reserve bacon grease.

In a large bowl, combine the potatoes, sour cream, mayonnaise, mustard, green onions, olives, eggs, Italian seasoning and ranch dressing. Crumble the bacon into the bowl and pour half of the reserved bacon grease over all. Stir gently until everything is evenly distributed. Garnish with a dash of paprika before serving.

Stir-Fry Spinach Salad

Ingredients

1 (8 ounce) can pineapple chunks
1 pound skinless, boneless chicken breast halves - julienned
2 tablespoons cooking oil
1 medium green pepper, julienned
3 tablespoons brown sugar
1 tablespoon cornstarch
1/4 cup ketchup
3 tablespoons soy sauce
6 cups torn fresh spinach
1 cup cherry tomato halves

Directions

Drain pineapple, reserving 3 tablespoons juice in a small bowl; set pineapple aside. (Discard remaining juice or save for another use.) In a skillet or wok, stir-fry chicken in oil for 5 minutes or until no longer pink. Add green pepper; stir-fry for 2-4 minutes or until crisp-tender. Meanwhile, add brown sugar and cornstarch to pineapple juice; mix well. Stir in ketchup, vinegar and soy sauce until smooth; add to skillet and cook until thickened. On a large serving platter, arrange spinach, pineapple and tomatoes. Top with chicken and green pepper; serve immediately.

Pea Salad with Creamy Dressing

Ingredients

1 (10 ounce) package frozen peas, thawed
6 bacon strips, cooked and crumbled
1 (8 ounce) can sliced water chestnuts, drained
1/4 cup thinly sliced green onions
DRESSING:
1/4 cup sour cream
4 teaspoons red wine vinegar
1 garlic clove, minced
1/2 teaspoon sugar
1/8 teaspoon salt

Directions

In a bowl, combine peas, bacon, water chestnuts and onions; set aside. Combine all dressing ingredients until smooth; pour over salad and toss to coat. Refrigerate for at least 1 hour.

Pork Salad Croissants

Ingredients

2 cups diced cooked pork tenderloin
1 medium tart apple, diced
1/2 cup halved seedless red grapes
1/2 cup mayonnaise
2 tablespoons chopped walnuts
2 tablespoons chutney
1/2 teaspoon salt
1/4 teaspoon ground ginger
Lettuce Leaves
4 croissants, split

Directions

In a bowl, combine the first eight ingredients; mix well. Serve on lettuce-lined croissants.

The Ultimate Pasta Salad

Ingredients

1 (16 ounce) package uncooked tri-colored spiral pasta
1 head fresh broccoli, cut into bite size pieces
1 head fresh cauliflower, chopped into bite size pieces
1 red onion, chopped
2 teaspoons minced garlic
8 ounces pepperoni slices, cut into quarters
1 (8 ounce) package mozzarella cheese, cut into cubes
1 (6 ounce) can large pitted black olives, drained and sliced
1/2 cup olive oil, or to taste
1/2 cup red wine vinegar, or to taste
salt and pepper to taste
Italian seasoning to taste

Directions

Bring a large pot of lightly salted water to a boil. Place pasta in the pot, cook for 8 to 10 minutes, until al dente, and drain. Transfer to a bowl, cover, and chill 1 hour in the refrigerator.

Toss chilled pasta with the broccoli, cauliflower, red onion, garlic, pepperoni, mozzarella cheese, olives, olive oil, and red wine vinegar. Season with salt, pepper, and Italian seasoning. Chill in the refrigerator until serving.

Wonder Bread Chinese Chicken Salad Appetizer

Ingredients

12 slices Wonder® Classic White Bread
1 (9.75 ounce) can white chunk chicken breast, drained
1/2 teaspoon ground ginger
1/4 teaspoon garlic powder
3 drops hot pepper sauce
1/2 cup finely chopped green bell pepper
1/3 cup shredded carrot
1/4 cup finely chopped red onion
2 tablespoons light mayonnaise
Salt and pepper, to taste
1/4 cup sliced toasted almonds

Directions

Preheat oven to 400 degrees F.

Wonder Bread Croustades: Cut crusts from Wonder Bread and flatten with a rolling pin until quite flat, about 1/8-inch thick. Cut circles from the bread with a 2 1/2-inch round cookie cutter. (You can cut 2 circles from each slice of bread.)

Lightly brush mini-muffin pan with melted butter. Gently press each round of bread into a mini-muffin cup, forming it into a bowl shape. Repeat, making as many Croustades as specified in the recipe.

Bake about 9 to 10 minutes, or until golden brown.

Cool slightly, then remove the Croustades from the pan and allow them to cool completely on a wire rack.

Chinese Chicken Salad: Place remaining ingredients, except almonds, in a mixing bowl and blend together.

Fill Croustades and top with toasted almonds.

When serving, plan on 2 filled Croustades per serving.

Coriander Tabbouleh Salad with Shrimp

Ingredients

1 cup bulgur (cracked wheat), uncooked
2 1/2 cups boiling water
3 tablespoons olive oil
1/4 cup fresh lemon juice
1 cucumber, peeled and chopped
1 cup chopped green onions
1 cup chopped fresh parsley
1/4 cup chopped fresh mint leaves
1 tablespoon ground coriander
1 tablespoon minced fresh ginger root
salt and pepper to taste
10 jumbo cooked shrimp - peeled and deveined

Directions

Place bulgur in a large bowl, and pour the boiling water and olive oil over it. Stir, cover, and let stand for 15 to 20 minutes.

When all of the water has been absorbed and the bulgur is tender, stir in the lemon juice, cucumber, green onions, parsley, and mint. Season with coriander, ginger, salt and pepper. Garnish with shrimp.

Warm Steak and Potato Salad

Ingredients

1 pound new potatoes
1 pound beef sirloin steak
1/2 teaspoon salt
1/4 teaspoon ground black pepper
8 cups mixed baby salad greens
1 pint cherry tomatoes, halved
2 tablespoons minced shallot
2 tablespoons olive oil
1 tablespoon red wine vinegar
1 teaspoon Dijon mustard
1/4 teaspoon dried tarragon

Directions

Place potatoes into a pot, and fill with enough water to cover. Bring to a boil and cook until tender but still firm, about 10 minutes. Drain and cover to keep warm.

Preheat oven to broil or preheat a grill for medium-high heat. Season both sides of steak with salt and pepper. Broil or grill steaks for 6 to 8 minutes per side, or to desired doneness.

Meanwhile, whisk together oil, vinegar, mustard, and tarragon for dressing; season dressing to taste with salt and pepper.

Divide greens, tomatoes, and shallots among 4 plates. Cut warm, unpeeled potatoes into quarters; slice steak into 1/4 inch thick strips. Top salad greens with steak and potatoes; drizzle dressing over salads. Serve warm.

Marinated Chicken and Pasta Salad

Ingredients

3 tablespoons soy sauce
2 tablespoons honey
2 tablespoons tomato sauce
2 tablespoons plum sauce
1 tablespoon Worcestershire sauce
1 teaspoon sesame seeds
1 teaspoon chopped fresh basil
3 skinless, boneless chicken breast halves
2 cups elbow macaroni
2 tablespoons olive oil

1/2 cup low-fat mayonnaise
1/2 cup fat free sour cream
1 teaspoon coarse grained prepared mustard
1 tablespoon honey
1 tablespoon tomato sauce
1 teaspoon Worcestershire sauce
1/4 cup shredded sharp Cheddar cheese
1 avocados - peeled, pitted and sliced
1/2 cup cashews

Directions

In a large bowl, combine 3 tablespoons soy sauce, 2 tablespoons honey, 2 tablespoons tomato sauce, 2 tablespoons plum sauce, 1 tablespoon Worcestershire sauce, sesame seeds, and basil. Add chicken, and turn to coat. Marinate in refrigerator for at least 1 hour.

Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 8 to 10 minutes or until al dente; drain and rinse.

Heat olive oil in a skillet over medium heat. Cook chicken until no longer pink, and juices run clear. Drain on paper towels. Allow to cool, then cut into bite-size strips.

In a large bowl, whisk together mayonnaise, sour cream, mustard, 1 tablespoon honey, 1 tablespoon tomato sauce, and 1 teaspoon Worcestershire sauce. Mix in cooked pasta, chicken, and Cheddar cheese. Gently stir in sliced avocado and cashews just before serving.

Pineapple Salad Dressing

Ingredients

1/2 cup unsweetened pineapple juice
1/4 cup white vinegar
1 teaspoon ground cumin
1 garlic clove, minced
mixed salad greens

Directions

In a jar with a tight-fitting lid, combine the pineapple juice, vinegar, cumin and garlic; shake well. Serve with salad greens. Refrigerate leftovers; shake or stir before serving.

Grilled Tuna Salad

Ingredients

20 ounces fresh tuna steaks, 1 inch thick
3 tablespoons white wine
3 tablespoons olive oil
2 tablespoons red wine vinegar
1/2 teaspoon chopped fresh rosemary
1/2 teaspoon ground black pepper
1/8 teaspoon salt
1 clove garlic, minced
6 cups packed torn salad greens
1 cup halved cherry tomatoes

Directions

Preheat grill for medium heat.

Place tuna in a glass dish. Prepare the vinaigrette by whisking together the wine, olive oil, red wine vinegar, rosemary, pepper, salt and garlic. Pour 2 tablespoons over fish and turn to coat. Marinate 15 to 30 minutes, turning once. Reserve remaining vinaigrette for salad dressing.

Coat grill rack with cooking spray and place on grill to heat 1 minute. Place tuna on grill 4 to 6 inches over hot coals. Cover with lid or tent with foil. Cook, turning once, just until tuna begins to flake easily when tested with a fork, about 7 minutes. Discard marinade.

Arrange salad greens on 4 plates. Place hot tuna on greens and add cherry tomatoes. Stir remaining vinaigrette and drizzle over salads.

Strachan Gelatin Salad

Ingredients

1 (3 ounce) package orange flavored gelatin mix
1 (16 ounce) container cottage cheese
1 (8 ounce) tub frozen whipped topping, thawed
1 (10 ounce) can mandarin oranges, drained and halved
1 (8 ounce) can pineapple tidbits, drained
1/2 (4 ounce) jar maraschino cherries, drained and halved
1/3 cup chopped pecans (optional)

Directions

In a large bowl, mix together the gelatin mix and cottage cheese until gelatin is dissolved; then fold in the whipped topping, mandarin oranges, pineapple, maraschino cherries, and pecans. Transfer to a greased mold, or cover and refrigerate in the bowl until set, at least 2 hours.

Pasta Salad

Ingredients

1 pound tri-colored spiral pasta
6 tablespoons salad seasoning mix
1 (16 ounce) bottle Italian-style salad dressing
2 cups cherry tomatoes, diced
1 green bell pepper, chopped
1 red bell pepper, diced
1/2 yellow bell pepper, chopped
1 (2.25 ounce) can black olives, chopped

Directions

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

Whisk together the salad spice mix and Italian dressing.

In a salad bowl, combine the pasta, cherry tomatoes, bell peppers and olives. Pour dressing over salad; toss and refrigerate overnight.

Thousand Island Salad Dressing

Ingredients

1 cup mayonnaise or salad dressing
1/4 cup chili sauce
2 hard-cooked eggs, chopped
2 tablespoons chopped green onion
2 tablespoons chopped celery
4 1/2 teaspoons finely chopped onion
1 teaspoon paprika
1/2 teaspoon salt

Directions

In a bowl, combine all ingredients; mix well. Cover and refrigerate until serving. Serve over salad greens.

Cucumber and Tomato Salad

Ingredients

1 tomato, chopped
1 cucumber, seeded and chopped
1/4 cup thinly sliced red onion
1/4 cup canned kidney beans, drained
1/4 cup diced firm tofu
2 tablespoons chopped fresh basil
1/4 cup balsamic vinaigrette salad dressing
salt and pepper to taste

Directions

In a large bowl, combine the tomato, cucumber, red onion, kidney beans, tofu, and basil. Just before serving, toss with balsamic vinaigrette salad dressing, and season with salt and pepper.

Bacon 'n' Egg Salad Sandwiches

Ingredients

12 hard cooked eggs, chopped
1/2 cup mayonnaise
1 small onion, chopped
1 small sweet pickle, diced
1 tablespoon prepared mustard
2 teaspoons sweet pickle juice
1 1/2 teaspoons salt
1 teaspoon minced fresh parsley
1/4 teaspoon pepper
1/4 teaspoon Italian seasoning
1/4 teaspoon dried oregano
1/8 teaspoon garlic powder
1/8 teaspoon chili powder
1/8 teaspoon paprika
5 bacon strips, cooked and crumbled
Lettuce Leaves
8 sandwich rolls, split

Directions

In a bowl, combine the first 14 ingredients; mix well. Cover and refrigerate for at least 1 hour. Just before serving, stir in the bacon. Place a lettuce leaf and about 1/2 cup egg salad on each roll.

Simple Waldorf Salad

Ingredients

1/2 cup mayonnaise
2 1/2 tablespoons distilled white vinegar
1 apple - peeled, cored, and chopped
1 large stalk celery, diced
1/2 cup raisins
1/2 cup chopped walnuts
salt and pepper to taste

Directions

In a mixing bowl, whisk together the mayonnaise and vinegar.

Add the apples, celery, raisins and walnuts if desired. Add salt and pepper to taste.

Mix together well and serve chilled.

German Potato Salad

Ingredients

6 bacon strips, diced
7 medium unpeeled red potatoes, cubed
2 medium onions, thinly sliced
1/3 cup cider vinegar
1/3 cup water
2 tablespoons sugar
3 tablespoons minced fresh parsley, divided
1 teaspoon salt
1 teaspoon prepared mustard
1/4 teaspoon pepper

Directions

In a pressure cooker, cook bacon over medium heat until crisp; drain. Add potatoes and onions. In a bowl, combine the vinegar, water, sugar, 2 tablespoons of parsley, salt, mustard and pepper; pour over potatoes.

Close cover securely; place pressure regulator on vent pipe. Bring cooker to full pressure over high heat. Reduce heat to medium and cook for 5 minutes. (Pressure regulator should maintain a slow steady rocking motion or release of steam; adjust heat if needed.) Remove from the heat. Immediately cool according to manufacturer's directions until pressure is completely reduced. Just before serving, sprinkle with remaining parsley.

BLT Salad

Ingredients

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

Directions

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.

Pea and Crab Salad

Ingredients

14 slices bacon
1 1/4 pounds imitation crabmeat, flaked
1 (16 ounce) package frozen green peas
3/4 cup mayonnaise, or to taste
2 teaspoons onion powder
1 1/2 cups diced tomatoes

Directions

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

In a large bowl, mix together the imitation crab, bacon and peas. Stir onion powder into mayonnaise, and then stir into the crab mixture until well blended. Cover and refrigerate. Top with diced tomatoes before serving.

Sweet and Crunchy Salad

Ingredients

2 (3 ounce) packages chicken flavored ramen noodles
1/2 cup vegetable oil
1/2 cup white sugar
1/3 cup white wine vinegar
1 (16 ounce) package shredded coleslaw mix
1 (11 ounce) can mandarin oranges, drained and sliced
1 (8 ounce) can water chestnuts
1 bunch green onions, chopped
1/2 cup sunflower seeds
1/2 cup cashews

Directions

Place noodles in a bowl of warm water and soak for 15 minutes or until soft.

Whisk together the oil, sugar, vinegar and seasoning packs.

Drain the noodles and combine in a large bowl with the coleslaw, oranges, water chestnuts, green onions and sunflower seeds.

Pour dressing over salad and toss to coat evenly. Refrigerate for 2 to 4 hours. Add cashews before serving.

Lemony Caesar Salad

Ingredients

1/2 cup olive or vegetable oil
3 tablespoons lemon juice
2 garlic cloves, minced
1 teaspoon Dijon mustard
1/2 teaspoon salt (optional)
1/8 teaspoon pepper
9 cups torn romaine lettuce
1/4 cup grated Parmesan cheese
1 cup salad croutons (optional)
Sliced red onion (optional)

Directions

In a small bowl, combine oil, lemon juice, garlic, mustard, salt if desired and pepper; mix well.

In a salad bowl, combine romaine and cheese. Drizzle with dressing; add croutons and onion if desired. Toss to coat. Serve immediately.

Raspberry Tossed Salad

Ingredients

9 cups torn mixed salad greens
3 cups fresh or frozen unsweetened raspberries
2 tablespoons olive or canola oil
2 tablespoons cider vinegar
4 teaspoons sugar
1/8 teaspoon salt
Dash pepper

Directions

In a large salad bowl, gently combine the salad greens and 2-3/4 cups raspberries. Mash the remaining berries; strain, reserving juice and discarding seeds. In a bowl, whisk the raspberry juice, oil, vinegar, sugar, salt and pepper. Drizzle over salad; gently toss to coat.

Seafood Salad II

Ingredients

1 pound cooked shrimp - peeled and deveined
1/2 pound cooked crabmeat
1 cup chopped celery
1/4 cup chopped green onion
1/4 cup chopped green bell pepper
1 jalapeno pepper, seeded and minced
1 teaspoon chopped pimento pepper
1 teaspoon lemon juice
1 cup mayonnaise
1/4 cup sour cream
salt and pepper to taste

Directions

In a large bowl, mix together shrimp, crabmeat, celery, green onion, green pepper, jalapeno, pimento, lemon juice, mayonnaise, sour cream, salt and pepper. Cover and let stand for at least three hours in the refrigerator to allow flavors to blend.

Grilled Wonton Chicken Salad

Ingredients

4 (6 ounce) skinless, boneless chicken breast halves
teriyaki marinade

8 green onions, chopped
1 teaspoon salt
1 teaspoon pepper
1/2 cup sugar
3/4 cup rice vinegar
1 cup olive oil

1/2 (14 ounce) package wonton wrappers
oil for frying

1 head iceberg lettuce, chilled, and torn into bite-size pieces
1 (4 ounce) can sliced water chestnuts, drained
1/4 cup toasted sesame seeds
1/2 cup toasted sliced almonds
1 (10 ounce) can mandarin orange segments, drained

Directions

Place chicken breasts in a bowl, pour teriyaki sauce over them, and coat well. Cover, and refrigerate for 1 hour.

Preheat an outdoor grill for direct heat.

For the dressing, place green onions, salt, pepper, and sugar in a blender. Pour in olive oil and rice vinegar. Blend until smooth. Remove to a bowl, cover, and refrigerate until ready to serve.

Grill chicken, turning, until done. Remove to a cutting board, and cut into strips.

In a large skillet or wok, warm oil over medium-high heat. Cut wonton wrappers into strips. Fry wonton strips until crisp. Remove to paper towels.

In a large bowl, toss together lettuce, water chestnuts, sesame seeds, sliced almonds, and mandarin oranges. Pour dressing over salad, and toss gently. Top with fried wontons and grilled chicken strips.

Fresh Vegetable Salad

Ingredients

2 cups sliced celery
2 cups thinly sliced cauliflower
2 cups halved cherry tomatoes
2 cups thinly sliced carrots
2 cups sliced cucumber
1 medium onion, thinly sliced, separated into rings
3/4 cup olive or vegetable oil
1/2 cup minced fresh parsley
3 tablespoons white wine vinegar or cider vinegar
1 teaspoon salt
1 teaspoon ground mustard
1/8 teaspoon pepper
1 garlic clove, minced

Directions

In a large serving bowl, combine the celery, cauliflower, tomatoes, carrots, cucumber and onion. In a jar with a tight-fitting lid, combine the remaining ingredients. Pour over vegetables and toss gently. Cover and refrigerate for at least 2 hours or overnight. Serve with a slotted spoon.

Spinach Salad with Pepper Jelly Dressing

Ingredients

3 tablespoons mild pepper jelly
2 tablespoons olive oil
1/8 teaspoon salt
1/8 teaspoon Dijon mustard

2 cups baby spinach leaves
2 ounces goat cheese, sliced
2 tablespoons chopped walnuts

Directions

In a small bowl, whisk together the pepper jelly, olive oil, salt and mustard to make the dressing. Heat in the microwave for 30 seconds. Let cool.

Place the spinach in a large bowl, and toss with the dressing. Divide between two serving bowls. Top each one with slices of goat cheese and sprinkle with walnuts.

Strawberry-Mango Mesclun Salad

Ingredients

1/2 cup sugar
3/4 cup canola oil
1 teaspoon salt
1/4 cup balsamic vinegar
8 cups mixed salad greens
2 cups sweetened dried cranberries
1/2 pound fresh strawberries, quartered
1 mango - peeled, seeded and cubed
1/2 cup chopped onion
1 cup slivered almonds

Directions

Place the sugar, oil, salt, and vinegar in a jar with a lid. Seal jar, and shake vigorously to mix.

In a large bowl, mix salad greens, sweetened dried cranberries, strawberries, mango, and onion. To serve, toss with dressing and sprinkle with almonds.

Three-Step Salad

Ingredients

1/2 cup sliced almonds
3 tablespoons sugar
6 cups torn romaine
1 (11 ounce) can mandarin oranges, drained
1 cup sliced celery
3 green onions, sliced
DRESSING:
1/2 cup vegetable oil
1/4 cup vinegar
2 tablespoons sugar
1/2 teaspoon salt
1/2 teaspoon ground mustard
1/4 teaspoon garlic powder

Directions

In a small saucepan over medium heat, cook and stir almonds and sugar until almonds are coated and lightly browned, about 4 minutes. Spread the almonds on heavy-duty foil to cool; gently bread apart.

In a large salad bowl, combine romaine, oranges, celery and onions. Top with almonds. In a jar with tight-fitting lid, combine the dressing ingredients; shake well. Pour over the salad and toss gently.

Spinach-And-Berries Salad With Non-Fat Curry

Ingredients

6 ounces fresh spinach, torn in bite-sized pieces
1 cup thickly sliced strawberries
1 cup blueberries
1 small red onion, thinly sliced, pulled into rings
1/2 cup chopped pecans
Non-Fat Curry Dressing
2 tablespoons balsamic vinegar
2 tablespoons rice vinegar
4 teaspoons honey
1 teaspoon curry powder
2 teaspoons Dijon mustard
Salt, pepper to taste

Directions

Wash and dry spinach. Whip together dressing. Add to spinach and toss lightly. Add berries, onion and pecans. Toss lightly.

Vietnamese Chicken Cabbage Salad

Ingredients

1 head cabbage, cored and shredded
2 onions, halved and thinly sliced
2 cups shredded, cooked chicken breast
1/4 cup olive oil
salt and pepper to taste
3 tablespoons lemon juice, or to taste

Directions

In a large bowl, toss together the cabbage, onions, and chicken. Toss with olive oil until everything is lightly coated. Season with salt and pepper and continue to toss while adding lemon juice. Add enough lemon juice so that you can taste it in every bite. Cover and refrigerate for at least 4 hours before serving. The longer it sets the more the flavors mesh together and the better it tastes!

Blue Cheese Pear Salad

Ingredients

8 cups mixed salad greens
1 cup unpeeled fresh pear slices
1 cup fresh raspberries
1/2 cup crumbled blue cheese
1/4 cup chopped walnuts, toasted
1/3 cup olive or vegetable oil
1/4 cup cider vinegar
1 1/2 teaspoons Dijon mustard
1 teaspoon sugar
pepper to taste

Directions

In a large salad bowl, combine the greens, pears, raspberries if desired, blue cheese and nuts. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Pour over salad and toss to coat. Serve immediately.

Fruit 'N' Cheese Salad

Ingredients

8 cups torn salad greens
3 grapefruit, peeled and sectioned
1 cup halved seedless red grapes
3/4 cup crumbled blue cheese
1/2 cup thinly sliced red onion
1/4 cup chopped walnuts, toasted
1/4 cup cider or red wine vinegar
2 tablespoons olive or vegetable oil
2 tablespoons honey
1 tablespoon Dijon mustard
1/4 teaspoon salt

Directions

In a large bowl, combine greens, fruit, cheese, onion and nuts if desired. In a small bowl, whisk vinegar, oil, honey, mustard and salt if desired. Pour over salad and toss to coat.

Cucumber Crunch Salad

Ingredients

2 cucumbers, peeled and thinly sliced
1/2 red onion, thinly sliced
1 1/2 cups water
1/2 cup rice wine vinegar
1 teaspoon white sugar
1 teaspoon SPLENDAB® No Calorie Sweetener, Granulated
1/4 teaspoon seasoning salt

Directions

Combine cucumbers and red onion in a salad bowl.

In a small bowl, stir together water, rice wine vinegar, SPLENDAB® Granulated Sweetener, and seasoned salt. Pour over vegetables. Chill for 1 hour. Serve chilled or at room temperature.

Sunflower Strawberry Salad

Ingredients

2 cups sliced fresh strawberries
1 medium apple, diced
1 cup seedless green grapes, halved
1/2 cup thinly sliced celery
1/4 cup raisins
1/2 cup strawberry yogurt
2 tablespoons sunflower seeds
Lettuce Leaves

Directions

In a large bowl, combine strawberries, apple, grapes, celery and raisins. Stir in the yogurt. Cover and refrigerate for at least 1 hour. Add sunflower seeds and toss; serve on lettuce leaves if desired.

Best Bean Salad

Ingredients

1 (14.5 ounce) can green beans, drained
1 (14.5 ounce) can wax beans, drained
1 (15.5 ounce) can garbanzo beans, drained
1 (14.5 ounce) can kidney beans, drained
1 (14.5 ounce) can black beans, drained
1/2 cup chopped green pepper
1/2 cup chopped onion
1/2 cup chopped celery
1/2 cup salad oil
1/2 cup vinegar
1/2 teaspoon salt
1/2 teaspoon ground black pepper
3/4 cup white sugar

Directions

Combine the green beans, wax beans, garbanzo beans, kidney beans, green pepper, onion, and celery in a large bowl; toss to mix.

Whisk together the oil, vinegar, salt, pepper, and sugar in a separate bowl until the sugar is dissolved; pour over the bean mixture. Refrigerate 8 hours or overnight before serving.

Pear, Feta, and Lettuce Salad

Ingredients

1/2 head iceberg lettuce, torn into bite-sized pieces
1/2 cup crumbled feta cheese
1 Bosc pear, cored and cut into bite-sized pieces
1 Asian pear, cored and cut into bite-sized pieces
1/2 cup balsamic vinaigrette salad dressing

Directions

Place the lettuce into a salad bowl, sprinkle on the feta cheese in a layer, and top with a layer of Bosc and Asian pears. Serve with balsamic vinaigrette on the side.

Mediterranean Chop Salad

Ingredients

3 ribs celery, sliced
1 cup chopped roasted red or yellow pepper
1 large seedless cucumber, peeled and chopped
1/2 cup chopped pitted ripe olives
1/2 cup prepared balsamic vinaigrette salad dressing
1 (12 ounce) package hearts of romaine, rinsed and chopped
1 (6 ounce) box Pepperidge FarmB® Seasoned Croutons or any variety
Freshly ground black pepper
Parmesan cheese shavings

Directions

Mix celery, peppers, cucumber, olives and dressing in large serving bowl. Cover and refrigerate until serving time.

Toss chopped lettuce, croutons and dressing mixture just before serving. Sprinkle with black pepper and Parmesan cheese.

Cherry Waldorf Salad

Ingredients

2 large apples, chopped
1 tablespoon lemon juice
2 celery ribs, chopped
1 cup pitted tart red cherries
1/2 cup dried cranberries
1/2 cup slivered almonds, toasted
1/4 cup mayonnaise
1/4 cup sour cream
2 tablespoons honey
1/8 teaspoon salt

Directions

In a large salad bowl, toss apples with lemon juice. Add the celery, cherries, cranberries and almonds.

In a small bowl, whisk the mayonnaise, sour cream, honey and salt until well blended. Pour over salad and toss to coat.

Cover and refrigerate for 1 hour before serving.

Caesar Salad Croutons

Ingredients

1/2 bulb garlic, peeled
1 cup extra virgin olive oil
3/4 (1 pound) loaf sourdough bread, cubed
1 cup ghee

Directions

Combine garlic and oil in a small saucepan. Simmer until cloves are a light gold color, about 15 minutes. Pour oil through a fine sieve, squeeze all juice from cloves, and then discard the solids. Set garlic oil aside.

Preheat oven to 300 degrees F (150 degrees C). Lightly oil a baking sheet.

Arrange bread cubes in a single layer on baking sheet. Bake, turning bread cubes periodically, until lightly browned, about 20 minutes.

In a large, non-stick skillet, melt 1/3 cup ghee with 1/3 cup garlic oil over medium heat. Cook toasted bread cubes in batches until light to medium golden brown, turning frequently. Add more ghee and garlic oil as needed. Turn out into basket lined with paper towels, and drain for about 20 minutes.

Festive Fruit Salad

Ingredients

2 cups reduced-fat vanilla yogurt
4 large firm bananas, sliced
2 (11 ounce) cans mandarin oranges, drained
1 (20 ounce) can pineapple chunks, drained
1 cup miniature marshmallows
1/4 cup flaked coconut, toasted

Directions

Line a strainer with 4 layers of cheesecloth and place over a bowl. Place yogurt in prepared strainer; cover yogurt with edges of cheesecloth. Refrigerate for 8 hours or overnight. Remove yogurt from cheesecloth and discard liquid from bowl.

Combine the bananas, oranges, pineapple, marshmallows and coconut. Add yogurt; stir gently to combine. Cover and refrigerate for at least 1 hour before serving.

Cucumber Potato Salad

Ingredients

5 pounds red potatoes
4 celery ribs, sliced
1 bunch green onions, sliced
2 tablespoons dill weed
2 teaspoons salt
2 cups mayonnaise
1 (16 ounce) bottle cucumber ranch salad dressing

Directions

Place potatoes in a large kettle; cover with water. Bring to a boil. Reduce heat; cover and simmer for 20-25 minutes or until tender. Drain and cool. Cut potatoes into small cubes.

In a large serving bowl, combine the potatoes, celery, onions, dill and salt. In a small bowl, whisk mayonnaise and salad dressing until blended. Pour over potato mixture and stir gently to coat. Cover and refrigerate for at least 6 hours before serving.

Tomato, Fennel and Watercress Salad

Ingredients

2 tablespoons white wine vinegar
4 teaspoons chopped fresh tarragon
2 teaspoons Dijon-style prepared mustard
1 teaspoon fennel seed, ground
5 tablespoons olive oil
3 cups trimmed and coarsely chopped watercress
2 bulbs fennel, trimmed and thinly sliced
6 large tomatoes

Directions

Whisk together the vinegar, tarragon, mustard, fennel seed and olive oil.

Cut the tomatoes into 1/2 inch thick wedges. In a large salad bowl, combine the watercress, fennel and tomatoes. Toss with vinaigrette to coat, season with salt and pepper and serve.

Macaroni Salad III

Ingredients

10 pounds macaroni
3 tablespoons vegetable oil
salt
6 onions, chopped
3 green bell pepper, chopped
2 carrots, chopped
12 eggs
1/2 pound cooked ham, diced
3 cloves garlic, crushed
1 cup olive oil
2 cups mayonnaise
3 tablespoons balsamic vinegar
salt and pepper to taste

Directions

Bring a very large pot of lightly salted water with oil to a boil. Add macaroni and cook for about 30 minutes or until al dente; drain.

Place eggs in a large saucepan and cover with cold water. Over medium heat, bring water to a boil. Lower heat and simmer for 12 to 17 minutes. Immediately remove from heat and plunge in cold water. Remove from water, peel and chop.

In a large bowl mix together: onion, bell pepper, carrots, chopped eggs and ham. In another bowl mix together garlic, olive oil, mayonnaise, balsamic vinegar, salt and pepper.

Stir together: vegetable and egg mixture, mayonnaise mixture and cooked macaroni.

Great Chicken Salad

Ingredients

2 cooked, boneless chicken breast halves, chopped
1/4 cup mayonnaise
4 tablespoons cole slaw dressing
1/2 lemon, juiced
1 stalk celery, chopped
salt and pepper to taste

Directions

In a food processor, combine the chicken, mayonnaise, coleslaw dressing, lemon juice and celery.

Blend until well mixed. Season with salt and pepper to taste and refrigerate until chilled.

Charlotte's Tortellini Salad

Ingredients

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 into thin strips
1/4 cup olive oil
2 teaspoons grated lemon zest, minced
1/4 cup lemon juice
2 tablespoons ground walnuts
1 tablespoon honey

Directions

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.

Mixed Vegetable Salad I

Ingredients

1/2 cup distilled white vinegar
1/2 cup olive oil
2 teaspoons Italian seasoning
1/2 teaspoon dried oregano
1/2 teaspoon dried rosemary
1/2 teaspoon salt and pepper
1/2 clove garlic, minced
1/2 teaspoon dried basil
1/2 teaspoon dried marjoram
mixed fresh vegetables

Directions

Whisk together the vinegar, olive oil, Italian seasoning, oregano, rosemary, salt and pepper, garlic, basil and marjoram.

Pour dressing over vegetables, toss and chill for at least 4 hours. Drain by serving with a slotted spoon.

Frenchie's Salad Dressing

Ingredients

1 cup sunflower seed oil
3/4 cup white wine vinegar
1 cup white sugar
1/2 cup ketchup
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/2 teaspoon cayenne pepper
1 tablespoon Worcestershire sauce
1 onion, minced
2 cloves garlic, minced

Directions

In a medium bowl, whisk together the oil, vinegar, sugar, ketchup, salt, pepper, cayenne, Worcestershire sauce, onion and garlic. Whisk until the sugar is dissolved. Refrigerate and whisk before using.

Quinoa Veggie Salad with Zesty Vinaigrette

Ingredients

4 cups quinoa
4 cups water

1/4 cup red wine vinegar
2 teaspoons salt
1 teaspoon ground black pepper
1 teaspoon lemon juice
4 teaspoons Dijon mustard
1 cup canola oil

2 cucumbers, peeled and chopped
1 green bell pepper, chopped
1/2 red onion, chopped
2 tomatoes, chopped
1 (15 ounce) can black olives, chopped

Directions

Bring the quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the quinoa is tender and the water has been absorbed, about 15 to 20 minutes. Scrape the cooked quinoa into a large bowl and refrigerate until cold, about 1 hour.

Place the vinegar, salt, pepper, lemon juice, and mustard into a blender. Drizzle in the oil while blending at high speed until the dressing is thick.

Add the cucumbers, bell pepper, red onion, tomato, and olives to the bowl with the quinoa. Pour the dressing overtop and gently fold until evenly mixed.

Kidney Bean and Chickpea Salad

Ingredients

1 (16 ounce) can kidney beans, rinsed and drained
1 (15 ounce) can chickpeas (garbanzo beans), drained and rinsed
1 cup chopped tomatoes
1/2 cup julienned green pepper
1/4 cup thinly sliced onion
1/2 cup reduced-fat ranch salad dressing

Directions

In a large bowl, combine the beans, chickpeas, tomatoes, green pepper and onion. Cover and refrigerate. Toss with dressing just before serving.

Mom's Cucumber Salad

Ingredients

1 cup mayonnaise
1/4 cup white sugar
4 teaspoons distilled white vinegar
1/2 teaspoon dried dill weed
1/2 teaspoon seasoned salt
4 medium cucumbers, peeled and sliced

Directions

In a large bowl, stir together the mayonnaise, sugar, vinegar, dill, and seasoned salt. Mix in the cucumber slices, tossing to coat.

Marinated Broccoli Salad

Ingredients

4 cups broccoli florets
4 medium carrots, thinly sliced
2 small onions, sliced, separated into rings
1 (2.25 ounce) can sliced ripe olives, drained
1 (2 ounce) jar diced pimientos, drained
1 (8 ounce) bottle Italian salad dressing
1 teaspoon sugar
3/4 cup chopped walnuts

Directions

In a bowl, combine the broccoli, carrots, onions, olive and pimientos. Add dressing and sugar; toss to coat. Cover and refrigerate for at least 4 hours, stirring occasionally. Just before serving, stir in walnuts if desired.

Southwestern Cactus Salad

Ingredients

1 (16 ounce) jar nopales - drained, rinsed, and dried
2 cups chopped tomatoes
1/2 cup diced onion
5 jalapeno peppers, seeded and minced
1/2 cup fresh cilantro leaves
2 lemons
1/2 teaspoon garlic salt (optional)

Directions

In a medium size mixing bowl, combine cactus, tomatoes, onions, jalapenos and cilantro. Squeeze the juice from both lemons over the mixture. Cover and refrigerate for at least 1 hour. Sprinkle with garlic salt (if you'd like) and serve.

Neptune Pasta Salad

Ingredients

3/4 cup uncooked tricolor spiral pasta
4 ounces imitation crabmeat, chopped
2 tablespoons chopped green onion
1/4 cup mandarin oranges
2 tablespoons sour cream
2 tablespoons mayonnaise
2 tablespoons orange juice
1/4 teaspoon salt
1/4 teaspoon dill weed

Directions

Cook pasta according to package directions; drain and rinse in cold water. In a bowl, combine the pasta, crab, onions and oranges. In another bowl, combine the sour cream, mayonnaise, orange juice , salt and dill. Add to the pasta mixture; toss to coat. Cover and refrigerate until serving.

Macaroni and Cheese Salad

Ingredients

1 1/2 cups macaroni
2 tablespoons cider vinegar
1 cup shredded Cheddar cheese
1/2 cup chopped green bell pepper
1/4 cup chopped celery
3 tablespoons thinly sliced green onion
8 cherry tomatoes
1 cup mayonnaise
salt and pepper to taste
1/4 teaspoon Beau Monde в„ў seasoning

Directions

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

In a large bowl, combine pasta and vinegar. Mix well and allow to sit 15-20 minutes.

Add cheese, peppers, celery, green onions, tomatoes, mayonnaise and seasonings. Mix well and refrigerate until chilled.

Hot Chicken Salad IV

Ingredients

2 cups chopped, cooked chicken meat
2 cups chopped celery
1 green bell pepper, chopped
1 onion, chopped
3 tablespoons pimento, chopped
1 teaspoon salt
2 tablespoons fresh lemon juice
1/2 cup mayonnaise
1 pound Cheddar cheese, shredded
3 cups crushed potato chips

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl blend together the chicken, celery, bell pepper, onion, pimento, salt, lemon juice and mayonnaise. Spread mixture into the bottom of a lightly greased 9x13 inch baking dish, sprinkle with cheese and top with potato chip crumbs.

Bake at 350 degrees F (175 degrees C) for 25 to 30 minutes, or until cheese is melted and casserole is bubbly.

Roasted Chicken Salad Bites

Ingredients

1 (2 to 3 pound) whole chicken
4 tablespoons olive oil
1 teaspoon salt
1/2 teaspoon ground black pepper

3/4 cup mayonnaise
2 tablespoons chopped fresh dill
1 cup seedless red grapes, sliced
1 (11 ounce) can mandarin oranges, drained
1/2 cup sunflower seeds

24 miniature croissants

Directions

Preheat oven to 350 degrees F (175 degrees C).

Brush chicken with olive oil, salt and pepper. Wrap in foil and bake in the preheated oven 1 to 1 1/2 hours, until internal temperature has reached 160 degrees F (70 degrees C).

Remove chicken from heat. Cool, debone and chop.

In a large bowl, mix chicken, mayonnaise and dill. Gently fold in grapes, mandarin oranges and sunflower seeds.

Spread the mixture on miniature croissants. Cover and chill in the refrigerator until serving.

Patchwork Quilt Pasta Salad

Ingredients

1 (12 ounce) package rotini/corkscrew pasta
1 (16 ounce) package frozen mixed vegetables, thawed
1 (15.25 ounce) can kidney beans, drained
1 1/2 cups finely chopped celery
1 cucumber - peeled, seeded and chopped
1/2 cup finely chopped green bell pepper
1/2 cup finely chopped onion

2/3 cup cider vinegar
2 tablespoons margarine
2/3 cup sugar
1 tablespoon all-purpose flour
1/2 teaspoon salt
1 tablespoon prepared brown mustard

Directions

In a large bowl combine cooked pasta, mixed vegetables, kidney beans, celery, cucumber, green pepper and onion.

To make the dressing combine in a saucepan over medium heat: vinegar, margarine, sugar, flour, salt and brown mustard; bring to boil. Continue to cook for 5 minutes stirring frequently. Cool completely.

Pour cooled dressing over bowl of vegetables. Toss to distribute dressing evenly. Cover tightly and store in refrigerator.

Corn Salad I

Ingredients

10 ounces white corn, drained
3 green onions, thinly sliced
3 hard-cooked eggs, chopped
1/4 cup creamy salad dressing (e.g. Miracle Whip)

Directions

In a bowl, mix the corn, green onions and eggs. Add enough salad dressing to create a smooth creamy consistency. Sprinkle with paprika for color.

Salad Ole

Ingredients

2 cups tomatoes, seeded and chopped
1 cup diced zucchini
1 cup frozen corn kernels
1/3 cup chopped green onions
1 avocado - peeled, pitted and diced
1/3 cup picante sauce
2 tablespoons vegetable oil
2 tablespoons lemon juice
1/2 teaspoon garlic salt
1/4 teaspoon ground cumin

Directions

In a large bowl, combine the tomatoes, zucchini, corn, green onions, and avocado.

Whisk together the picante sauce, oil, lemon juice, garlic salt, and cumin. toss gently with the vegetables. Chill 3-4 hours, and toss before serving.

Vonciel's Seafood Salad

Ingredients

2 tablespoons olive oil
1 large onion, diced
1 pound large shrimp, peeled and deveined
1 pound scallops, rinsed and patted dry
1 (6 ounce) can crabmeat, drained and flaked
1 (12 ounce) can water packed tuna, drained and flaked
salt and pepper to taste
1 tablespoon seafood seasoning, such as Old Bayв„ў
1 cup mayonnaise, or to taste
2 tablespoons yellow mustard
1/2 teaspoon garlic powder, or to taste
1 teaspoon dried oregano
1/2 teaspoon ground turmeric
2 tablespoons white sugar
1 large green bell pepper, chopped
2 stalks celery, chopped
5 hard-cooked eggs, chopped
1 hard-cooked egg, sliced
1/2 teaspoon paprika, as garnish

Directions

Heat oil over medium heat in a large skillet and add onions, stirring until translucent, about 7 minutes. Add shrimp, scallops, crab meat and tuna. Cook until shrimp are pink and the scallops are opaque, 8 to 10 minutes. Season with salt, pepper, and Old Bay Seasoning. Remove from heat.

Whisk together the mayonnaise, mustard, garlic powder, oregano, turmeric and sugar in a large bowl. Mix in the bell pepper, celery and chopped eggs.

Add seafood and toss until evenly combined. Garnish with eggs slices and sprinkle with paprika.

Cover and refrigerate for 2 to 3 hours or overnight before serving to let flavors blend.

Mexican Salad

Ingredients

1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can garbanzo beans, drained
3 cups frozen corn kernels
1/2 onion, diced
2 jalapeno peppers, seeded and minced
1 red bell pepper, diced
3 tablespoons chopped fresh cilantro
1 roma (plum) tomato, diced
1/2 cup olive oil
3 tablespoons fresh lime juice
1/2 teaspoon honey
1 teaspoon ground black pepper
salt to taste

Directions

In a large bowl, combine the black beans, garbanzo beans, corn, onion, jalapenos, red bell pepper, cilantro, tomato, olive oil, lime juice, honey, pepper and salt. Mix well and allow to sit 1 hour before serving.

Easy Cucumber Salad

Ingredients

2 tablespoons white vinegar
1 tablespoon chopped fresh parsley
1 tablespoon chopped fresh dill
1 teaspoon minced garlic
1 tablespoon white sugar
1 teaspoon salt
1 seedless cucumber, peeled and chopped

Directions

Whisk together the vinegar, parsley, dill, garlic, sugar, and salt in a bowl; add the cucumber and stir to coat. Cover and chill in refrigerator 4 to 8 hours. Stir well before serving.

Tropical Tuna Salad

Ingredients

1 head romaine, torn
2 cups canned unsweetened pineapple chunks
1/2 cup sliced green onions
1 (12.5 ounce) can water-packed tuna, drained
1 (11 ounce) can mandarin oranges in light syrup, drained
1 (8 ounce) can sliced water chestnuts, drained
1/2 cup fat-free mayonnaise
4 teaspoons light soy sauce
1/2 teaspoon lemon juice

Directions

In a large bowl, toss romaine, pineapple, onions, tuna, oranges and water chestnuts. In a small bowl, combine mayonnaise, soy sauce and lemon juice; pour over salad and toss.

Italian Pasta Veggie Salad

Ingredients

10 ounces fusilli pasta
1 onion, chopped
1 green bell pepper, chopped
2 tomatoes, chopped
1 cup chopped mushrooms
3/4 cup fat free Italian-style dressing

Directions

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, onion, bell pepper, tomatoes and mushrooms. Pour enough dressing over to coat; toss and refrigerate until chilled.

Asian Spinach Salad

Ingredients

1 1/2 pounds boneless chicken breast
1 cup Newman's OwnB® Teriyaki Marinade
1 (3 ounce) package ramen noodles
1/2 cup slivered almonds
1 teaspoon sesame seeds
1 tablespoon sesame oil
2 bunches baby spinach
3 scallions
8 ounces Mandarin oranges
1/3 cup Newman's OwnB® Lighten UpB® Low Fat Sesame Ginger Dressing

Directions

Clean and trim chicken. Place in bowl with 1 cup marinade. Cover and refrigerate for an hour or longer.

Remove from bowl, discard marinade and grill or saute over medium heat, approximately 7 minutes each side. Set aside, let cool, then shred into small pieces with two forks.

In medium saute pan over medium heat add sesame oil. Crumble ramen noodles and add to pan along with almond slices and sesame seeds. Lightly brown and remove from heat.

Wash and dry baby spinach and place in a large bowl. Thinly slice scallions and add to spinach. Add Mandarin oranges and shredded chicken.

Drizzle salad with Sesame Ginger Dressing to taste, toss, and serve.

Steak Salad

Ingredients

1 3/4 pounds beef sirloin steak
1/3 cup olive oil
3 tablespoons red wine vinegar
2 tablespoons lemon juice
1 clove garlic, minced
1/2 teaspoon salt
1/8 teaspoon ground black pepper
1 teaspoon Worcestershire sauce
3/4 cup crumbled blue cheese
8 cups romaine lettuce - rinsed, dried, and torn into bite-size pieces
2 tomatoes, sliced
1 small green bell pepper, sliced
1 carrot, sliced
1/2 cup sliced red onion
1/4 cup sliced pimento-stuffed green olives

Directions

Preheat grill for high heat.

Lightly oil grate. Place steak on grill and cook for 3 to 5 minutes per side or until desired doneness is reached. Remove from heat and let sit until cool enough to handle. Slice steak into bite size pieces.

In a small bowl, whisk together the olive oil, vinegar, lemon juice, garlic, salt, pepper and Worcestershire sauce. Mix in the cheese. Cover and place dressing in refrigerator.

Onto chilled plates arrange the lettuce, tomato, pepper, onion and olives. Top with steak and drizzle with dressing. Serve with crusty grilled French bread. Enjoy!

Tri-Color Chopped Salad with Pine Nuts and

Ingredients

Vinaigrette:
1 tablespoon Dijon mustard
1 tablespoon red wine vinegar
1 tablespoon chopped fresh oregano
3 tablespoons extra-virgin olive oil
salt and pepper to taste

1 cup chopped radicchio
1 cup chopped Belgian endive leaves
2 cups chopped arugula
1/4 cup freshly grated Parmigiano-Reggiano cheese
1/4 cup toasted pine nuts

Directions

For the vinaigrette: Whisk together the mustard, red wine vinegar and chopped oregano in a small bowl. Whisk in the olive oil until the consistency is smooth and creamy. Season with salt and pepper to taste. Set aside.

Toss together the radicchio, Belgian endive, arugula, grated Parmigiano-Reggiano cheese and pine nuts in a large salad bowl. Pour the vinaigrette over the salad ingredients and toss lightly to coat. Divide onto four chilled salad plates and serve.

Potato Salad Dressing I

Ingredients

1/2 teaspoon mustard powder
1 tablespoon all-purpose flour
1 teaspoon butter
2 eggs, beaten
3/4 cup white sugar
1/4 cup water
1/4 cup white wine vinegar
1/4 cup creamy salad dressing (e. g. Miracle Whip)

Directions

In a saucepan, combine the dry mustard, flour, butter, eggs, sugar, water and vinegar. Cook over medium-high heat until thick and nice and smooth, stirring often. If necessary, add up to 1 tablespoon additional flour. Set aside to cool.

Blend together cooled dressing with one equal part creamy salad dressing. Pour enough dressing over cooked potatoes to coat.

Schwabischer Kartoffelsalat (Schwabish Potato

Ingredients

5 pounds white potatoes with skin
2 cubes chicken bouillon
3/4 cup boiling water
1/4 cup balsamic vinegar
1 hard-cooked egg, diced
freshly ground black pepper to taste
1 tablespoon chopped fresh parsley
2 teaspoons mayonnaise
1 cup olive oil

Directions

Place the potatoes into a large pot, and fill with enough water to cover. Bring to a boil, and cook for about 20 minutes, or until easily pierced with a fork. Drain, and let them cool slightly. If you wish to peel them, do it while they are still hot. It will be much easier. Allow to cool completely, then slice thinly.

Place the potatoes in a large bowl. Dissolve the chicken bouillon in boiling water, and pour in with the potatoes. Gently stir in the vinegar, egg, pepper, mayonnaise and parsley. Mix in the olive oil last. Let stand at room temperature for 15 minutes before serving. This salad is best at room temperature.

Hearty Rice Salad

Ingredients

2 cups cooked rice
1 medium carrot, chopped
1 small zucchini, chopped
1 celery rib, thinly sliced
1/2 cup cubed cooked chicken
1/2 cup cubed fully cooked ham
1/2 cup cubed Swiss cheese
2 hard-cooked eggs, chopped
2 tablespoons mayonnaise
1 tablespoon minced fresh parsley
1 tablespoon lemon juice
1 tablespoon olive or vegetable oil
1/2 teaspoon salt
1/8 teaspoon pepper

Directions

In a large bowl, combine all ingredients. Cover and refrigerate for 4 hours or overnight.

Make-Ahead Vegetable Salad

Ingredients

6 medium tomatoes, cut into eighths
1 medium green pepper, thinly sliced
1 medium red onion, thinly sliced
1 medium cucumber, thinly sliced
3/4 cup cider vinegar
1/4 cup water
2 tablespoons sugar
1 1/2 teaspoons celery salt
1 1/2 teaspoons mustard seed
1/4 teaspoon salt
1/8 teaspoon cayenne pepper
1/8 teaspoon pepper

Directions

In a large bowl, combine the tomatoes, green pepper, onion and cucumber; set aside. In a saucepan, combine the remaining ingredients. Bring to a boil; boil for 1 minute. Pour over vegetables and toss to coat. Cover and refrigerate for 8 hours or overnight. Serve with a slotted spoon.

Roast Beef Pasta Salad

Ingredients

1 (16 ounce) package spiral pasta
2 cups chopped cooked roast beef
1 cup chopped green pepper
1 cup sliced celery
3/4 cup chopped red onion
1/2 cup chopped sweet red pepper
1/3 cup chopped dill pickle
2 green onions, sliced
DRESSING:
2 tablespoons beef bouillon granules
1/4 cup boiling water
1/2 cup milk
2 cups mayonnaise
1 cup sour cream
1 teaspoon dill weed
Dash pepper

Directions

Cook the pasta according to package directions; drain and rinse in cold water. Place in a large bowl; add the beef, green pepper, celery, onion, red pepper, pickle and green onions.

For dressing, dissolve bouillon in water. Add the milk, mayonnaise, sour cream, dill and pepper; mix well. Toss with pasta mixture. Cover and refrigerate until ready to serve.

Avocado Asian Black Bean Salad

Ingredients

1/3 cup rice wine vinegar
1/4 cup soy sauce, low sodium
1/4 cup lemon juice
1 tablespoon sesame oil
1 teaspoon hot chile oil
2 Chilean Hass avocados
2 (16 ounce) cans black beans, drained and rinsed
4 green onions, sliced
1 sweet red pepper, seeded and diced
1/2 cup cilantro or Italian parsley, chopped

Directions

In large bowl, stir together vinegar, soy sauce, lemon juice, sesame and chile oil. Cut avocado in half, remove pit and peel. Cut into chunks. Add to vinegar/soy sauce mixture in bowl and gently toss to coat. Stir in beans, green onions, red pepper and cilantro. Cover and chill until serving time.

Veggie Potato Salad for a Crowd

Ingredients

3 pounds small red potatoes, unpeeled
2 cups chopped red onions
12 ounces fresh green beans, trimmed, cooked al dente
3 1/2 cups roughly chopped red cabbage
1 pint grape tomatoes, halved
3 tablespoons capers, drained
2 ounces basil leaves, trimmed and torn in large pieces
salt and freshly ground black pepper to taste

Mustard Dressing:
2/3 cup extra virgin olive oil
3 tablespoons white balsamic or rice vinegar
1 teaspoon salt
1 1/2 teaspoons Dijon mustard
3 cloves garlic, crushed

Directions

In a large pot, cook whole potatoes until done. Cool. Cut into bite-sized pieces. In a very large bowl, combine all ingredients from potatoes through basil. Whisk together dressing ingredients. Toss with vegetables, and add salt and pepper to taste. Chill. Serve.

Champagne Salad

Ingredients

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

Directions

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. Enjoy!

Spicy Chicken and Spelt Salad

Ingredients

1/4 cup soy sauce
3 tablespoons Asian sesame oil
2 tablespoons olive oil
2 tablespoons rice wine vinegar
2 tablespoons creamy peanut butter
1/8 teaspoon cayenne pepper
1 tablespoon freshly grated ginger
1 tablespoon grated fresh garlic
1 serrano chile peppers, minced

1 cup spelt kernels
6 cups water
1/2 teaspoon kosher salt

1 quart water
1/2 teaspoon salt
1 onion, peeled and cut into chunks
4 skinless, boneless chicken breast halves

1 red bell pepper, sliced
1 bunch green onions, thinly sliced
1/4 cup coarsely chopped fresh parsley
1/4 cup coarsely chopped cilantro
3 carrot, thinly sliced
2 cups thinly sliced red cabbage

Directions

Whisk together soy sauce, sesame oil, olive oil, vinegar, peanut butter, cayenne pepper, ginger, garlic, and serrano in a small bowl; set aside.

Toast spelt kernels in a dry skillet on medium-high heat until the kernels are browned and some have popped. Remove, place in a mesh strainer, and rinse well with cold water. Drain. Bring 6 cups of water to a boil in a large saucepan; add 1/2 teaspoon kosher salt and stir in spelt kernels. Return to a boil then cover, reduce heat to low, and simmer until tender, about 1 hour. Drain well and set aside to cool.

While the spelt is simmering, fill a skillet with 1 quart water, 1/2 teaspoon salt, and onion. Bring to a boil over high heat. Add chicken breasts, reduce the heat to medium-low, cover, and simmer until the chicken is cooked through, about 15 minutes. Remove chicken from liquid and allow to cool.

Once chicken is cool enough to handle, shred into bite-sized chunks and place in a large bowl. Stir in spelt, bell pepper, green onions, parsley, cilantro, carrots, and cabbage. Pour sauce over salad and stir well to combine.

Grandma's Easy Turkey Taco Salad

Ingredients

1 pound ground turkey
1 (1.25 ounce) package taco seasoning mix
1 (15 ounce) can black beans, rinsed and drained
1 head iceberg lettuce, shredded
2 tomatoes, diced
1 (10 ounce) bag tortilla chips, coarsely crumbled
1 (8 fluid ounce) bottle thousand island dressing

Directions

Heat a large skillet over medium-high heat, and stir in the ground turkey. Cook and stir until the turkey is crumbly, evenly browned, and no longer pink. Mix in taco seasoning mix as directed on package. Remove from heat.

Combine the turkey, black beans, lettuce, tomatoes, and tortilla chips in a large bowl. Toss with salad dressing. Serve immediately, or refrigerate for an hour before serving.

Ginny's Cauliflower and Pea Salad

Ingredients

1 large head cauliflower, broken into small florets
1 (10 ounce) package frozen peas, thawed
1 small onion, chopped
2 stalks celery, chopped
1/4 cup bacon bits
1/2 cup grated Parmesan cheese
1 cup shredded reduced-fat Cheddar cheese
1 cup light mayonnaise
1 (8 ounce) container reduced fat sour cream
1 tablespoon prepared mustard
2 tablespoons granular no-calorie sucralose sweetener (such as Splenda®)
2 tablespoons distilled white vinegar
1 teaspoon seasoned salt (such as LAWRY'S®)

Directions

In a large bowl, toss together the cauliflower, peas, onion, and celery. Mix in bacon bits, Parmesan cheese, and Cheddar cheese.

Mix the mayonnaise, sour cream, mustard, sweetener, vinegar, and seasoned salt in a separate bowl. Pour over the vegetables, and mix well.

Greek Orzo Salad

Ingredients

1 cup uncooked orzo pasta
2 cups frozen corn, thawed
1/2 cup chopped sweet red pepper
1/2 cup grape or cherry tomatoes
1/2 cup pitted Greek olives, halved
1/4 cup chopped sweet onion
1/4 cup minced fresh basil
2 tablespoons minced fresh parsley
3 tablespoons olive oil
2 tablespoons balsamic vinegar
1/4 teaspoon salt
1/4 teaspoon pepper

Directions

Cook pasta according to package directions; drain and rinse in cold water. Place in a large serving bowl; add the corn, red pepper, tomatoes, olives, onion, basil and parsley. In a jar with a tight-fitting lid, combine the oil, vinegar, salt and pepper; shake well. Pour over salad and toss to coat. Yield: 8 servings.

Crunchy Crab Salad

Ingredients

1 (6 ounce) can crabmeat - drained, flaked and cartilage removed
1 (10 ounce) package frozen peas, thawed
1 cup chopped celery
1 small onion, chopped
3/4 cup mayonnaise
1 tablespoon lemon juice
1 teaspoon soy sauce
1/4 teaspoon garlic salt
1/4 teaspoon curry powder
1 (3 ounce) can chow mein noodles
1/2 cup slivered almonds

Directions

In a bowl, combine the crab, peas, celery and onion; set aside. Combine the mayonnaise, lemon juice, soy sauce, garlic salt and curry powder; add to the crab mixture and toss to coat. Stir in the chow mein noodles and almonds.

Cucumber Salad I

Ingredients

2 cucumbers, peeled and thinly sliced
1/2 red onion, thinly sliced
1 1/2 cups water
1/2 cup rice wine vinegar
1 teaspoon white sugar
1/4 teaspoon seasoning salt

Directions

Combine cucumbers and red onion in a salad bowl.

In a small bowl, stir together water, rice wine vinegar, sugar, and seasoned salt. Pour over vegetables. Chill for 1 hour. Serve chilled or at room temperature.

Dilly Romaine Salad

Ingredients

8 cups torn romaine
1 medium cucumber, sliced
1 cup halved cherry tomatoes
1 small red onion, sliced and separated into rings
CREAMY DILL DRESSING:
1/2 cup evaporated milk
1/2 cup vegetable oil
3 tablespoons cider vinegar
2 teaspoons minced fresh dill
1/2 teaspoon onion salt
1/2 teaspoon dried minced onion
1/2 teaspoon salt
1/2 teaspoon ground mustard
1/8 teaspoon white pepper

Directions

In a large salad bowl, toss the romaine, cucumber, tomatoes and onion. In a jar with a tight-fitting lid, combine the dressing ingredients; cover and shake well. Serve with salad. Refrigerate any leftover dressing.

Tangy Salad Dressing

Ingredients

1/2 cup vinegar
1/2 cup sugar
3 tablespoons olive or vegetable oil
1 teaspoon celery seed
1/4 teaspoon salt
1/8 teaspoon pepper

Directions

In a jar with a tight-fitting lid, combine all ingredients; shake well. Store in the refrigerator.

Colorful Pasta Salad

Ingredients

1 (8 ounce) package seashell pasta
1/2 cup finely chopped cauliflower
1/2 cup finely chopped broccoli
1/2 cup diced red bell pepper
1 cup cottage cheese
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and rinse with cold water.

In a medium bowl combine cooled pasta, cauliflower, broccoli, red bell pepper, cottage cheese, salt and pepper.

Fruited Spinach Salad

Ingredients

1 (11 ounce) can mandarin oranges
1/4 cup olive or vegetable oil
3 tablespoons raspberry jam or spreadable fruit
1 tablespoon red wine vinegar
1 (10 ounce) package fresh spinach, torn
1 red apple, chopped
1 cup chopped pecans, toasted

Directions

Drain oranges, reserving 1/2 cup juice. In a jar with tight-fitting lid, combine oil, jam, vinegar and reserved juice; shake well. In a large salad bowl, toss oranges, spinach, apple and pecans. Serve with the dressing.

Salad with Prosciutto and Caramelized Pears and

Ingredients

2 cups fresh orange juice
2 tablespoons red wine vinegar
2 tablespoons finely chopped red onion
1 tablespoon white sugar
1 tablespoon white wine
salt and pepper to taste
3/4 cup extra virgin olive oil

1 tablespoon butter
2 pears - peeled, cored and cut into wedges
1 cup walnut halves
1/2 cup white sugar
1/4 cup water
1/4 pound prosciutto, cut into thin strips
2 romaine hearts, rinsed and torn

Directions

In a medium saucepan, heat orange juice over medium-high heat, whisking often, until it is reduced by 1/4.

Add to a blender, along with the vinegar, onion, sugar, wine, salt and pepper, and process until smooth. Then, while blending on a low speed, remove cap and slowly drizzle in the olive oil to emulsify (thicken) the dressing. Chill until ready to use.

Melt butter in a non-stick skillet over medium heat. Saute pears and nuts in butter for 3 minutes. Add sugar and water and cook, stirring constantly, until golden brown and caramelized. Remove from heat and set aside to cool.

In a large bowl, combine prosciutto, lettuce and the pear and walnut mixture. Add vinaigrette and toss to coat. Serve on a large Italian platter. Enjoy!

Tangy Cucumber and Avocado Salad

Ingredients

2 medium cucumbers, cubed
2 avocados, cubed
4 tablespoons chopped fresh cilantro
1 clove garlic, minced
2 tablespoons minced green onions (optional)
1/4 teaspoon salt
black pepper to taste
1/4 large lemon
1 lime

Directions

In a large bowl, combine cucumbers, avocados, and cilantro. Stir in garlic, onions, salt, and pepper. Squeeze lemon and lime over the top, and toss. Cover, and refrigerate at least 30 minutes.

Broccoli Delight Salad

Ingredients

5 cups fresh chopped broccoli
1/2 cup raisins
1/4 cup chopped red onion
2 tablespoons sugar
3 tablespoons vinegar
1 cup mayonnaise
10 bacon strips, cooked and crumbled
1 cup sunflower kernels

Directions

In a large bowl, combine broccoli, raisins and onion. In a small bowl, combine sugar, vinegar and mayonnaise. Pour over broccoli; toss to coat. Refrigerate. Just before serving, sprinkle with bacon and sunflower seeds; toss.

Crunchy Egg Salad

Ingredients

4 eggs
1 (4 ounce) can sliced water chestnuts, drained and chopped
1/3 cup mayonnaise
1/3 cup sweet pickle relish
1 teaspoon dry mustard
1 teaspoon paprika
salt and pepper to taste

Directions

Place the eggs into a saucepan in a single layer and fill with water to cover the eggs by 1 inch. Cover the saucepan and bring the water to a boil over high heat. Once the water is boiling, remove from the heat and let the eggs stand in the hot water for 15 minutes. Cool the eggs under cold running water. Peel and chop.

Combine eggs, water chestnuts, mayonnaise, pickle relish, dry mustard, and paprika in a large bowl. Stir until well combined. Season to taste with salt and pepper.

That Addicting Salad

Ingredients

1 cup mayonnaise
1/4 cup freshly grated Parmesan cheese
2 tablespoons white sugar

1 (10 ounce) package spring lettuce mix
1/2 cup freshly grated Parmesan cheese
1/2 cup grated carrot
1/2 cup small cauliflower florets
1/2 cup bacon bits

Directions

In a small bowl, mix together the mayonnaise, 1/4 cup Parmesan cheese, and sugar until well blended. Cover, and refrigerate overnight. Stir again just before using.

In a large serving bowl, combine the lettuce, 1/2 cup Parmesan cheese, carrot, cauliflower, and bacon bits. Toss with chilled dressing just before serving.

Fabulous Hot Five Bean Salad

Ingredients

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

Directions

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.

Pistachio Salad

Ingredients

1 (3 ounce) package instant pistachio pudding mix
1 (12 ounce) container frozen whipped topping, thawed
1 cup miniature marshmallows
1 (20 ounce) can crushed pineapple with juice
1 cup chopped walnuts
3 bananas, sliced

Directions

In a large bowl, fold together the pudding mix and whipped topping.

Add the marshmallows, pineapple with syrup, nuts and bananas. Mix well and refrigerate overnight.

Cabbage, Tomato and Onion Salad

Ingredients

2 cups shredded cabbage
4 large firm tomatoes, chopped
1 large onion, finely chopped
2 green chile peppers, seeded and minced
salt to taste
white sugar to taste
1 tablespoon roasted peanut powder
1 tablespoon clarified butter
1 teaspoon cumin seeds
1/2 cup chopped fresh cilantro

Directions

In a large bowl, toss together the cabbage, tomatoes, onion, chiles, salt, sugar and peanut powder until evenly combined.

In a small saute pan, heat the clarified butter over medium heat. Add the cumin and stir until toasted. Remove from heat, pour over the salad mixture and gently mix together. Chill until serving, and serve garnished with cilantro.

Lemon-Lime Soda Gelatin Salad

Ingredients

1 (3 ounce) package lime flavored gelatin mix
1 teaspoon white sugar
1 cup boiling water
1 (8 ounce) package cream cheese
1 (8 ounce) can crushed pineapple, with juice
1 teaspoon vanilla extract
1 cup lemon-lime flavored carbonated beverage
1/2 cup chopped pecans

Directions

In a large bowl, dissolve the gelatin and sugar in the boiling water. Add the cream cheese and whisk until the melted into small chunks. Add pineapple with juice, soda and nuts and stir until evenly combined. Chill until set.

Lemon Mint Pasta Salad

Ingredients

1 (12 ounce) package farfalle (bow tie) pasta
2 (6 ounce) containers lemon yogurt
1/3 cup mayonnaise
3 tablespoons chopped fresh mint
1 bunch green onions, chopped
3 cups seedless red grapes
1 1/2 teaspoons salt
1 teaspoon ground black pepper

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 minutes or until al dente; drain but no need to cool. Transfer to a large bowl. Add the lemon yogurt, mayonnaise, mint, green onion, grapes, salt and pepper. Stir to coat the pasta evenly and distribute the grapes. This can be served warm or cold, but I prefer it cold during the summer because it makes such a refreshing treat.

Summer Delight Salad

Ingredients

2 small cantaloupes, halved, seeded
1 pint strawberries, hulled
1 cup pineapple or lemon sherbet
1/2 cup SMUCKER'S® Strawberry Preserves
1/4 cup orange juice
Mint sprigs (optional)

Directions

Remove fruit from melons with melon baller. Arrange melon balls and strawberries in melon halves. Top each with scoops of sherbet.

Mix preserves and orange juice; spoon over sherbet. Garnish with mint.

Christmas Eve Salad

Ingredients

1 (8 ounce) package cream cheese, softened
1 1/2 cups mayonnaise
1 (20 ounce) can crushed pineapple, drained with juice reserved
1 pint heavy cream, whipped
1 (10.5 ounce) package miniature marshmallows

Directions

In a large mixing bowl, cream together softened cream cheese, mayonnaise, and 3 tablespoons of reserved pineapple juice. Gently fold in whipped cream and marshmallows.

Transfer the mixture to a serving bowl, smoothing top with a rubber spatula or large spoon. Cover, and refrigerate 8 hours, or overnight. Serve chilled.

Dill Potato Salad

Ingredients

7 cups chopped new potatoes
1 (8 ounce) container sour cream
2 teaspoons chopped fresh dill weed
1 teaspoon dried parsley
2 tablespoons Dijon mustard
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain, cool, peel and chill.

Meanwhile, in a medium bowl combine sour cream, dill, parsley, Dijon, salt and pepper.

Pour dressing over potatoes and toss gently. Chill before serving.

Bacon and Macaroni Salad

Ingredients

1 pound sliced bacon
1 (16 ounce) package elbow macaroni

1 cup mayonnaise
1/2 cup sour cream
2 tablespoons prepared yellow mustard
1/4 cup white sugar
1/4 cup cider vinegar
1/2 teaspoon salt
1/2 teaspoon ground black pepper
3 tomatoes, seeded and chopped
1 large cucumber, peeled and chopped
4 hard-cooked eggs, chopped
1/2 cup chopped celery
1/2 cup sliced green olives

Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside. Bring a large pot of lightly salted water to a boil. Add the macaroni pasta, and cook until al dente, 8 to 10 minutes. Drain and rinse with cold water.

Whisk the mayonnaise, sour cream, mustard, sugar, vinegar, salt, and pepper in a large bowl until the sugar has dissolved. Add the bacon, pasta, tomato, cucumber, egg, and celery. Gently fold until the salad is evenly covered with the dressing. Sprinkle with the sliced olives to serve.

Roasted Corn and Basmati Rice Salad

Ingredients

2 cups uncooked basmati rice
1 quart water
8 ears corn, kernels cut from cob
3 tablespoons corn oil
1 lemon, juiced
1/2 cup red wine vinegar
1/2 cup corn oil
1 tablespoon white sugar
1/2 cup minced fresh basil
salt and pepper to taste
3 tomatoes - peeled, seeded and diced
1 large red onion, diced
6 green onions, chopped

Directions

In a medium pot, bring the basmati rice and water to a boil. Reduce heat to low, cover, and simmer 20 minutes.

Preheat oven to 400 degrees F (200 degrees C). In a bowl, toss the corn kernels with 3 tablespoons corn oil. Spread the corn on a large baking sheet. Bake 15 minutes, stirring occasionally, until lightly browned. remove from heat, and cool.

In a bowl, mix the lemon juice, red wine vinegar, 1/2 cup corn oil, sugar, basil, salt, and pepper.

In a large bowl, toss together the cooked rice, cooked corn, tomatoes, corn oil mixture, red onion, and green onions. Cover, and chill at least 1 hour before serving.

California Potato Salad

Ingredients

4 potatoes, peeled and cubed
4 eggs
1 (14 ounce) can artichoke hearts, drained and chopped
4 cloves garlic, minced
1/2 cup shaved fresh Parmesan cheese
1/2 cup herb seasoned croutons
1 tablespoon Dijon mustard
2 tablespoons rice vinegar, or to taste
3 tablespoons mayonnaise, or as needed

Directions

Place the potatoes into a large pot and cover with salted water. Bring to a boil; reduce heat to medium-low, cover, and simmer until tender, about 15 minutes. Drain and allow to steam dry for a minute or two. Allow to cool.

Place the eggs into a saucepan in a single layer and fill with water to cover the eggs by 1 inch. Cover the saucepan and bring the water to a boil. Once the water is boiling, remove from the heat and let the eggs stand in the hot water for 15 minutes. Pour out the hot water and cool the eggs under cold running water in the sink. Peel once cold. Dice the eggs.

In a salad bowl, lightly toss the potatoes, eggs, artichoke hearts, garlic, Parmesan cheese, croutons, Dijon mustard, rice vinegar, and mayonnaise until all ingredients are coated with dressing.

Arugula Salad with Citrus Vinaigrette

Ingredients

1/3 cup freshly squeezed grapefruit juice
1/3 cup freshly squeezed orange juice
1/3 cup extra virgin olive oil
salt to taste
6 ounces arugula - rinsed, dried and torn
1 pear, cored and sliced
1 red bell pepper, thinly sliced

Directions

In a jar with a tight fitting lid, combine grapefruit juice, orange juice, olive oil, and salt. Shake vigorously.

In a salad bowl, combine arugula, pear, and red pepper. Drizzle dressing over salad, and toss to coat. Serve immediately.

Cheesy Apple Salad

Ingredients

1/4 cup orange juice
3 tablespoons mayonnaise
1 teaspoon lemon juice
1/4 teaspoon grated orange peel
1 large apple, chopped
1/2 cup shredded Cheddar cheese
2 tablespoons chopped celery
2 tablespoons chopped walnuts

Directions

In a small bowl, whisk the orange juice, mayonnaise, lemon juice and orange peel until combined. In another bowl, combine the apple, cheese, celery and walnuts. Add orange juice mixture and stir to coat. Cover and refrigerate for 15 minutes.

Cranberry Salad II

Ingredients

2 cups cranberries
1 large orange
1 cup white sugar
1 cup finely chopped walnuts
1 cup chopped celery
1 cup crushed pineapple, drained
1 (3 ounce) package raspberry flavored gelatin mix
2 cups hot water

Directions

Combine the gelatin with hot water (don't let stand). Grind cranberries and orange (including rind) mix with sugar. Stir in nuts, celery and pineapple. Mix with prepared gelatin and chill.

Green Bean and Potato Salad

Ingredients

1 1/2 pounds red potatoes
3/4 pound fresh green beans, trimmed and snapped
1/4 cup chopped fresh basil
1 small red onion, chopped
salt and pepper to taste

1/4 cup balsamic vinegar
2 tablespoons Dijon mustard
2 tablespoons fresh lemon juice
1 clove garlic, minced
1 dash Worcestershire sauce
1/2 cup extra virgin olive oil

Directions

Place the potatoes in a large pot, and fill with about 1 inch of water. Bring to a boil, and cook for about 15 minutes, or until potatoes are tender. Throw in the green beans to steam after the first 10 minutes. Drain, cool, and cut potatoes into quarters. Transfer to a large bowl, and toss with fresh basil, red onion, salt and pepper. Set aside.

In a medium bowl, whisk together the balsamic vinegar, mustard, lemon juice, garlic, Worcestershire sauce and olive oil. Pour over the salad, and stir to coat. Taste and season with additional salt and pepper if needed.

Chilled Rice Salad

Ingredients

1 (6.9 ounce) package chicken-flavored rice and vermicelli mix
1 teaspoon vegetable oil
12 stuffed green olives, sliced
4 green onions, thinly sliced
1/2 green pepper, chopped
2 (6.5 ounce) jars marinated artichoke hearts, drained, liquid reserved
1/3 cup mayonnaise
1/2 teaspoon curry powder

Directions

Prepare rice mix according to package directions, except substitute 1 teaspoon oil for butter called for. Cool. Add olives, green onions and green pepper; toss to mix. Cut the artichokes into quarters and add to rice mixture; set aside. In a small bowl, combine mayonnaise, curry powder and reserved marinade; blend well. Pour over rice mixture; toss to mix. Cover and chill for at least 2 hours.

Wild Rice and Turkey Salad

Ingredients

4 cups torn fresh spinach
2 cups cubed cooked turkey breast
2 cups cooked wild rice
1 medium onion, chopped
1 cup sliced fresh mushrooms
2 medium tomatoes, chopped
1 (2 ounce) jar chopped pimientos, drained
1 (8 ounce) bottle Italian salad dressing

Directions

In a large bowl, combine the first seven ingredients. Add dressing just before serving; toss to coat.

Zesty Ranch Potato Salad

Ingredients

2 cups Marzetti® Classic Ranch Dressing
4 pounds new potatoes, rinsed, boiled, cooled and quartered
2 bunches green onions, 6-inch section both green and white parts, chopped
4 hard-boiled eggs, peeled and coarsely chopped
1 1/2 cups chopped celery, 1/4-inch pieces
2 teaspoons minced fresh thyme
1 tablespoon minced chives
2 cups coarsely chopped parsley

Directions

In a large bowl, combine all ingredients with Marzetti Classic Ranch Salad Dressing. Toss well and serve. Store remaining portion, covered, in the refrigerator.

Southwestern Quinoa Salad

Ingredients

1 cup quinoa
1 tablespoon butter
2 cups chicken broth
1/2 cup diced green bell pepper
1/2 cup diced red onion
1 cup corn
1 (15 ounce) can black beans, drained
1/4 cup chopped cilantro
1 large tomato, diced
1/2 cup fresh lime juice, or to taste
2 tablespoons red wine vinegar
2 tablespoons olive oil
1 tablespoon adobo seasoning
1/2 cup feta cheese
salt and black pepper to taste

Directions

Rinse the quinoa thoroughly under cold water, and drain. Melt butter in a large saucepan over medium heat, and cook and stir the quinoa until the water has evaporated and the quinoa is lightly toasted, about 3 minutes. Pour in the chicken broth, bring to a boil, reduce heat to low, and simmer until the quinoa has absorbed all the broth, about 10 minutes. Cool quinoa in refrigerator at least 10 minutes.

Mix together green pepper, red onion, corn, black beans, cilantro, tomato, lime juice, red wine vinegar, olive oil, adobo seasoning, and feta cheese in a large salad bowl. Lightly stir in the quinoa, and season with salt, pepper, and additional lime juice to taste, if desired. Chill the salad at least 30 minutes before serving; serve cold.

Fruit 'N' Nut Tossed Salad

Ingredients

1 head romaine lettuce, torn
1 (11 ounce) can mandarin oranges, drained
1 cup seedless red grapes, halved
1/2 cup slivered almonds, toasted
DRESSING:
1/4 cup vegetable oil
3 tablespoons sugar
3 tablespoons lemon juice
1/4 teaspoon grated lemon peel
1 dash salt and pepper

Directions

In a large bowl, gently toss the romaine, oranges, grapes and almonds. In a small bowl, whisk the dressing ingredients. Drizzle over salad and toss to coat.

Wedge Salad with Elegant Blue Cheese Dressing

Ingredients

1/2 pound crumbled blue cheese
1/4 cup sour cream
1/3 cup buttermilk
1/2 cup mayonnaise
1/4 cup red wine vinegar
1 tablespoon extra-virgin olive oil
1 1/2 tablespoons white sugar
1 clove garlic, minced
ground black pepper to taste

1 head iceberg lettuce, cut into 8 wedges
2 roma tomatoes, diced
1 small red onion, thinly sliced
1/2 pound crumbled blue cheese

Directions

Combine 1/2 pound blue cheese, sour cream, buttermilk, mayonnaise, vinegar, olive oil, sugar, garlic, and pepper in a bowl; blend using a hand mixer; chill until serving.

Build the salad by placing 1 lettuce wedge on each of 8 plates. Drizzle equal amounts of dressing over each wedge. Scatter tomatoes, onion, and 1/2 pound blue cheese over each salad.

Mediterranean Bean Salad

Ingredients

1 (15.5 ounce) can garbanzo beans, drained
1 (15 ounce) can kidney beans, drained
1 lemon, zested and juiced
1 medium tomato, chopped
1/4 cup chopped red onion
1/2 cup chopped fresh parsley
1 teaspoon capers, rinsed and drained
3 tablespoons extra virgin olive oil
1/2 teaspoon salt, or to taste

Directions

In a large bowl, stir together the garbanzo beans, kidney beans, lemon juice and zest, tomato, onion, parsley, capers, olive oil and salt. Cover, and refrigerate for about 2 hours, stirring occasionally, before serving.

Egg Salad I

Ingredients

8 eggs
1 tablespoon mayonnaise
2 tablespoons prepared Dijon-style mustard
1 teaspoon dried dill weed
1 teaspoon paprika
1/2 red onion, minced
salt and pepper to taste

Directions

Place eggs in a saucepan and cover with cold water. Bring water to a boil; cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

In a large bowl, combine the egg, mayonnaise, mustard, dill, paprika, onion and salt and pepper. Mash well with a fork or wooden spoon.

Serve on bread as a sandwich or over crisp lettuce as a salad.

Cajun Pineapple Salad

Ingredients

1/4 cup mayonnaise
1/8 cup prepared mustard
4 teaspoons sweet relish
2 (16 ounce) cans pineapple chunks
1 teaspoon Cajun pepper
2 pounds iceberg lettuce, shredded
1 cup bay leaves

Directions

In a small mixing bowl, stir together mayonnaise, mustard, and relish. Mix well until it becomes a nice pastel color.

In a separate bowl, stir together pineapple and Cajun pepper.

Place shredded lettuce into a large bowl. Pour pineapple mixture on top of the lettuce. Place bay leaves as a garnish around the edge of the bowl. Drizzle dressing lightly over the salad.

Fruit Salad in Seconds

Ingredients

1 pint fresh strawberries, sliced
1 pound seedless green grapes, halved
3 bananas, peeled and sliced
1 (8 ounce) container strawberry yogurt

Directions

In a large bowl, toss together strawberries, grapes, bananas, and strawberry yogurt. Serve immediately.

Horseradish Beet Salad

Ingredients

2 tablespoons sugar
2 tablespoons cider vinegar
1 tablespoon prepared horseradish
1 1/2 pounds beets, cooked and julienned
Lettuce Leaves

Directions

In a bowl, combine sugar, vinegar and horseradish. Add beets and toss to coat. Cover and chill for 6 hours or overnight. Serve on lettuce.

Garbanzo Bean Salad

Ingredients

1 (15 ounce) can garbanzo beans, drained
1/2 cup chopped celery
1 tablespoon diced onion
1 apple, cored and chopped
1/4 cup chopped walnuts
1/4 cup mayonnaise
1 tablespoon honey
1/2 teaspoon prepared mustard
1/4 teaspoon lemon juice
1/2 head iceberg lettuce - rinsed, dried, and shredded

Directions

In a salad bowl, combine the chick peas, celery, onion, apple or grapes and chopped nuts.

Prepare the dressing by whisking together the mayonnaise, honey, mustard and lemon juice.

Combine the salad mixture and dressing. Toss and serve on a bed of shredded lettuce.

Chicken Caesar Salad Sandwich

Ingredients

1 cup chopped cooked chicken breast
1/4 cup low-fat Caesar salad dressing
1/4 cup finely diced red onions
2 tablespoons shredded Parmesan cheese
1 tablespoon chopped fresh parsley
2 slices Roman Meal Bread
6 leaves baby romaine lettuce
6 cherry tomato halves (optional)

Directions

Combine chicken, dressing, red onions, cheese and parsley in small bowl.

Place 3 lettuce leaves on toast. Top each with 1/2 cup chicken salad. Garnish with tomatoes if desired.

Creamy Pea Salad

Ingredients

1/2 cup fat-free sour cream
2 bacon strips, cooked and crumbled
1 green onion, chopped
1 teaspoon white wine vinegar or cider vinegar
1/2 teaspoon salt
1/8 teaspoon pepper
3 cups peas, fresh or frozen

Directions

In a bowl, combine the first six ingredients; mix well. Add peas; toss to coat. Refrigerate for at least 1 hour before serving.

Chinese Chicken Salad II

Ingredients

1 head lettuce
1 cup chopped cooked chicken breast
1 (8 ounce) can chopped water chestnuts
1 bunch green onions, chopped
1 cup sliced almonds
1 (5 ounce) can chow mein noodles
1/2 cup vegetable oil
4 tablespoons vinegar
4 tablespoons white sugar
1/2 teaspoon salt
1 pinch ground black pepper
1 tablespoon poppy seeds

Directions

In a small bowl, whisk together the oil, vinegar, sugar, salt, pepper, and poppy seeds, and set aside. Wash lettuce and tear into bite-sized pieces. To a large bowl, first add the lettuce, then the onions, water chestnuts, and chicken. Just before serving, top with the almonds, noodles and dressing, and toss lightly.

Fruit Salad Dessert

Ingredients

1 egg
1/4 cup sugar
1 tablespoon lemon juice
2 teaspoons butter or margarine
1 (8 ounce) can pineapple chunks, drained
1/2 cup green grapes
1/2 cup fresh orange pieces
1/2 cup miniature marshmallows
1/2 cup whipping cream
1 tablespoon confectioners' sugar

Directions

In a small saucepan, combine egg, sugar, lemon juice and butter; cook and stir over low heat for 5-7 minutes or until thickened. Cool. Meanwhile, combine pineapple, grapes, oranges and marshmallows in a small bowl; set aside. In a small mixing bowl, beat cream and confectioners' sugar until soft peaks form. Fold into fruit mixture. Add cooled dressing. Chill for at least 1 hour.

Cool Cucumber Salad

Ingredients

1 medium cucumber, quartered and sliced
1 medium tomato, chopped
1/2 cup chopped green pepper
1/3 cup chopped sweet onion
2 tablespoons lime juice
2 tablespoons red wine vinegar or cider vinegar
3/4 teaspoon dill weed
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

In a large bowl, combine the cucumber, tomato, green pepper and onion. in a small bowl, combine lime juice, vinegar, dill, salt and pepper. Pour over cucumber mixture; toss to coat. Cover and refrigerate for 15 minutes. Serve with a slotted spoon.

Crunchy Romaine Strawberry Salad

Ingredients

1 (3 ounce) package ramen noodles
1 cup chopped walnuts
1/4 cup butter
1/4 cup vegetable oil
1/4 cup sugar
2 tablespoons red wine vinegar
1/2 teaspoon soy sauce
8 cups torn romaine
1/2 cup chopped green onions
2 cups fresh strawberries, sliced

Directions

Discard seasoning packet from ramen noodles or save for another use. Break noodles into small pieces. In a skillet, saute noodles and walnuts in butter for 8-10 minutes or until golden; cool.

For dressing, in a jar with a tight-fitting lid, combine the oil, sugar, vinegar and soy sauce; shake well. Just before serving combine the romaine, onions, strawberries and noodle mixture in a large bowl. Drizzle with dressing and toss gently.

Old Fashioned Macaroni Salad

Ingredients

2 cups macaroni
2 (6 ounce) cans tuna, drained
1 onion, chopped
1 green bell pepper, chopped
2 stalks celery, chopped
2 tablespoons garlic powder
1 1/2 cups mayonnaise
2 tablespoons prepared mustard
salt to taste
ground black pepper to taste

Directions

Cook noodles in a large pot of boiling water until al dente. Rinse under cold water, and drain.

Mix tuna, onion, bell pepper, celery, garlic powder, mayonnaise, salt and pepper, and mustard together in a large bowl. Add pasta, and mix well.

Twenty-Four Hour Salad

Ingredients

3 egg yolks
2 tablespoons white sugar
2 tablespoons white wine vinegar
1 tablespoon butter
salt to taste

1 cup heavy cream
2 cups pitted white cherries
2 cups quartered marshmallows
2 large orange, peeled, sectioned, and cut into bite-size
2 cups pineapple tidbits, juice reserved

Directions

In a double boiler, combine the egg yolks, sugar, vinegar, butter, salt, and reserved juice from the pineapple tidbits. Cook and stir constantly until thick. Remove from heat, set aside to cool.

In a large mixing bowl, beat cream until soft peaks form.

Fold the whipped cream, cherries, marshmallows, pineapple and oranges into egg yolk mixture. Chill for 24 hours. Garnish top with extra chopped oranges and maraschino cherries if desired.

Easiest Salad Dressing

Ingredients

1/2 cup mayonnaise
3 teaspoons milk
1/4 teaspoon salt
1 pinch ground black pepper

Directions

Combine the mayonnaise, milk, salt and pepper in a jar with a tight fitting lid. Shake vigorously to mix, then pour over your salad.

Feta Cheese with Basil Salad

Ingredients

1/2 cup chopped walnuts
1 pint cherry tomatoes, halved
1 bunch fresh basil leaves, sliced
1 bunch green onions, sliced
1 avocado, peeled and diced
1 (6 ounce) package crumbled feta cheese with basil and sun-dried tomatoes
1/2 cup kalamata olives, pitted and chopped
1 red bell pepper, seeded and diced
garlic salt to taste
1 tablespoon balsamic vinegar, or to taste
1 tablespoon extra-virgin olive oil, or to taste

Directions

Place the walnuts in a small skillet over medium heat. Cook, stirring constantly, until golden brown.

In a bowl, gently mix the walnuts, tomatoes, basil, green onions, avocado, feta cheese with basil and sun-dried tomatoes, kalamata olives, and red bell pepper. Season with garlic salt, and drizzle with balsamic vinegar and extra-virgin olive oil. Allow to sit about 15 minutes, and toss again just before serving.

Napa Cabbage Salad with Lemon-Pistachio

Ingredients

1 teaspoon lemon zest
1 tablespoon lemon juice
1 tablespoon pistachio oil
3 cups thinly sliced napa cabbage
2 cups thinly sliced romaine lettuce leaves
1/4 cup chopped fresh Italian flat-leaf parsley
1 tablespoon finely sliced fresh basil
1/8 teaspoon kosher salt
1/8 teaspoon freshly ground black pepper
2 tablespoons chopped pistachios

Directions

In a small bowl, whisk together lemon zest and lemon juice. Slowly drizzle in the pistachio oil, whisking constantly, until the dressing is mixed well.

In a large bowl, toss together the sliced napa cabbage, sliced romaine lettuce, parsley and basil. Mix in the dressing, salt and pepper. Gently toss until dressing is distributed evenly. Top with chopped pistachios. Enjoy!

Lime Grilled Chicken Caesar Salad

Ingredients

4 skinless, boneless chicken breast halves
1/2 cup mesquite-lime marinade
1/2 head lettuce, torn into small pieces
1 large tomato, cut into wedges
1/2 sweet onion, sliced
1 green bell pepper, seeded and thinly sliced
2 tablespoons grated Parmesan cheese
1 cup large cheese and garlic croutons
1/2 cup creamy Caesar-style salad dressing

Directions

In a shallow baking pan, arrange chicken and pour mesquite-lime marinade over all. Cover and place in the refrigerator to marinate for 1/2 hour before grilling.

Preheat a charcoal or gas grill to medium high heat.

Grill chicken breasts for approximately 15 minutes on each side, or until meat is cooked through and is no longer pink inside. Remove from heat, cool and slice into strips.

In a large bowl, toss together the lettuce, tomato, onion, pepper, cheese, croutons, dressing and chicken until evenly coated. Serve immediately.

Rachel's Cream Cheese Fruit Salad

Ingredients

2 pears
2 apples, cored and chopped
2 ripe bananas, sliced
1 pint fresh strawberries, sliced
3 cups seedless grapes
1/2 lemon, juiced
8 ounces fat-free strawberry cream cheese
1/2 cup packed light brown sugar
2 teaspoons vanilla extract
1/2 tablespoon ground cinnamon
1 cup fat-free pretzels, broken

Directions

Combine the pears, apples, bananas, strawberries and grapes. Add lemon juice and toss.

Blend together the cream cheese, brown sugar, vanilla and cinnamon; add the fruit and pretzels. Fold together. Serve immediately with a dollop of lite whipped topping or refrigerate until chilled.

Fabulous Pesto Pasta Salad

Ingredients

1 1/2 tablespoons white sugar
1 teaspoon salt, or to taste
1 1/2 teaspoons ground black pepper
1 teaspoon onion powder
1 1/2 teaspoons Dijon mustard
2 cloves garlic, chopped
1 1/2 cups chopped fresh basil
1/2 cup chopped fresh oregano
1/4 cup chopped fresh cilantro
2 teaspoons hot pepper sauce (e. g. Tabascов„ў)
1/3 cup red wine vinegar
1/2 cup olive oil
1 teaspoon lemon juice
1 (4 ounce) package grated Parmesan cheese

4 roma (plum) tomatoes, chopped
6 green onions, chopped
1 (4 ounce) can minced black olives
1 (16 ounce) package farfalle (bow tie) pasta
1/2 cup pine nuts
1 cup shredded mozzarella cheese

Directions

In a large bowl, whisk together the sugar, salt, pepper, onion powder, mustard, garlic, basil, oregano, cilantro, hot pepper sauce, red wine vinegar, olive oil, lemon juice, and Parmesan cheese. Add the tomatoes, green onions and olives to the bowl, and stir to coat. Refrigerate.

Bring a large pot of lightly salted water to a boil. Add the pasta, and cook for 7 minutes, or until tender. Drain, and rinse with cold water to cool. Add pasta to the bowl of dressing, and mix well. Top with mozzarella cheese and pine nuts. Refrigerate for at least 1 hour before serving.

Yvonne's Pea Salad

Ingredients

1 (10 ounce) package frozen green peas, thawed
1/2 pound Cheddar cheese, cubed
10 ounces sour cream
1/2 cup chopped white onion
1 tablespoon curry powder
1 tablespoon dried dill weed

Directions

In a large bowl, combine peas, Cheddar cheese, and sour cream. Stir in chopped onion, curry powder and dill.

Asian-German Fusion Potato Salad

Ingredients

1 1/2 pounds red potatoes, scrubbed
1/2 cup frozen mixed vegetables
2 tablespoons extra virgin olive oil
1 large yellow onion, diced
1 tablespoon dried minced garlic
salt and pepper to taste
1 cup mayonnaise
1 tablespoon lemon juice
1 tablespoon Worcestershire sauce
1/2 tablespoon sesame oil
1/2 tablespoon hot sauce
1 teaspoon wasabi powder
1 teaspoon ground ginger
1 teaspoon ground turmeric
1 cup cooked, cubed ham
1/4 cup chopped fresh cilantro

Directions

Place the potatoes in a large pot of boiling salted water, and cook about 10 minutes. Stir in the frozen mixed vegetables, and continue cooking 10 to 12 minutes, until potatoes and vegetables are tender. Transfer to a large bowl. Cut potatoes while still hot, into 1 inch pieces. Set aside to cool.

Heat the olive oil in a skillet. Place the onion in the skillet, and season with garlic, salt, and pepper. Cook and stir until tender.

In a bowl, whisk together the mayonnaise, lemon juice, Worcestershire sauce, sesame oil, hot sauce, wasabi powder, ginger, and turmeric. Season with salt and pepper.

Toss the cooled potato and vegetable mixture with the onions, mayonnaise mixture, ham, and cilantro until evenly coated. Chill until serving.

Egg Salad with a Kick

Ingredients

3 eggs
1/4 cup fat-free mayonnaise
1/4 cup light sour cream
1 1/2 teaspoons Chinese hot prepared mustard
1 stalk celery, finely chopped
5 pimento-stuffed green olives, chopped
1 tablespoon sweet pickle relish
1/4 teaspoon paprika
1 pinch red pepper flakes
salt and pepper to taste

Directions

Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 15minutes. Drain hot water, and run eggs under cold water to chill. Crack shells by rolling on the counter, and peel.

Place eggs in the container of a food processor, and briefly pulse to chop. Transfer the eggs to a medium bowl, and stir in the mayonnaise, sour cream, Chinese mustard, celery, olives, and relish. Season with paprika, red pepper flakes, salt and pepper. Taste, and adjust seasoning to your liking.

Rainbow Salad with Lemon Poppyseed Dressing

Ingredients

3 cups torn romaine lettuce leaves
1 cup chopped English cucumber
2 green onions, chopped
1/2 cup chopped yellow bell pepper
1/2 cup chopped red bell pepper
1 large carrot, peeled and sliced thin
1 Granny Smith apple, sliced thin
1 cup fresh blueberries
1/2 cup walnuts
2/3 cup crumbled feta cheese
3 tablespoons apple cider vinegar
2 tablespoons fresh lemon juice
2 teaspoons Dijon mustard
2 teaspoons honey
1/2 teaspoon onion powder
1/4 teaspoon kosher salt
1/2 cup grapeseed oil
2 tablespoons poppy seeds

Directions

Toss the romaine lettuce, cucumber, green onions, yellow bell pepper, red bell pepper, and carrot together in a large bowl. Arrange the apple slice atop the vegetable mixture. Scatter the blueberries, walnuts, and feta cheese over the top of the salad.

Whisk the apple cider vinegar, lemon juice, Dijon mustard, honey, onion powder, and salt together in a small bowl. Slowly drizzle the grapeseed oil into the mixture, whisking constantly until combined. Stir the poppy seeds into the dressing; drizzle over the salad to serve.

Pistachio Fluff Fruit Salad

Ingredients

1 (20 ounce) can crushed pineapple with juice
1 (3 ounce) package instant pistachio pudding mix
1 (12 ounce) container frozen whipped topping, thawed
2 large bananas, sliced
2 cups miniature marshmallows
1 (15.25 ounce) can fruit cocktail, drained
1 (11 ounce) can mandarin oranges, drained

Directions

Dump instant pudding into a large mixing bowl. Add pineapple, and mix well. Mix in nondairy whipped topping. Stir in bananas, marshmallows, fruit cocktail, and mandarin oranges. Cover, and refrigerate until thoroughly chilled.

Pomegranate Feta Salad with Lemon Dijon

Ingredients

1 (10 ounce) package mixed baby greens
1 pomegranate, peeled and seeds separated
1 (8 ounce) package crumbled feta cheese
1 lemon, zested and juiced
1 teaspoon Dijon mustard
3 tablespoons red wine vinegar
3 tablespoons extra-virgin olive oil
salt and pepper to taste

Directions

Place the lettuce, pomegranate seeds, and feta cheese into a large mixing bowl; set aside. Whisk together the lemon juice and zest, mustard, vinegar, olive oil, salt, and pepper in a separate bowl. Pour over the salad and toss to coat. Serve immediately.

Southwestern Rice Salad

Ingredients

2 cups Minute® White or Brown Rice, uncooked
1 (15 ounce) can black beans, drained, rinsed
1 cup corn
1 medium red bell pepper, chopped
3 green onions, sliced
1 cup Italian dressing
1 cup salsa
1 cup lightly crushed tortilla chips

Directions

Prepare rice according to package directions. Place in large bowl; cool.

Add beans, corn, bell peppers, onions, dressing and salsa; mix lightly. Cover and refrigerate at least 1 hour or until ready to serve.

Top with crushed chips.

Apricot Salad

Ingredients

1 (6 ounce) package apricot flavored gelatin mix
2/3 cup white sugar
2/3 cup water
2 (4 ounce) jars apricot baby food
1 (20 ounce) can crushed pineapple with juice
1 (8 ounce) package cream cheese, softened
1 (14 ounce) can sweetened condensed milk
1/3 cup chopped pecans
1 (8 ounce) container frozen whipped topping, thawed

Directions

In a small saucepan, combine gelatin, sugar and water. Bring to a boil and mix until dissolved. Remove from heat, add baby food and pineapple with juice. Stir, set aside to cool for 10 minutes.

In a small bowl, combine the cream cheese and sweetened condensed milk, mix together until smooth. Pour into fruit mixture and whisk together.

Stir in pecans and pour into a 9x13 inch pan. Refrigerate until chilled. Top with thawed whipped topping if desired. Sprinkle with pecans to decorate and cut into squares.

Nicole's Balsamic Beet and Fresh Spinach Salad

Ingredients

1/4 cup aged balsamic vinegar
1/4 cup white wine vinegar
1 tablespoon Chardonnay wine
2 tablespoons white sugar (optional)
1 (15 ounce) can sliced beets, drained and cut into 1/4 inch slivers
1/4 cup thinly sliced red onions
4 cups chopped fresh spinach (optional)

Directions

Whisk together the balsamic vinegar, white wine vinegar, Chardonnay, and sugar in a small bowl. Place the beets and onions in a small, sealable container. Pour the vinegar mixture over the beets and onions to completely cover. Seal top; marinate in refrigerator for 4 to 5 hours.

When ready to serve, divide spinach leaves between four salad plates. Top with beet mixture, and drizzle salads with a bit of the marinating liquid.

Asian Cucumber Salad

Ingredients

2 cucumbers - halved lengthwise, seeded, and sliced
2 teaspoons salt
1/2 cup rice vinegar
1/4 cup white sugar
2 tablespoons sesame oil
1 tablespoon minced garlic
1 tablespoon minced fresh ginger root
1 tablespoon sesame seeds
4 fresh red chile peppers, sliced

Directions

Put the cucumber slices in a colander and sprinkle with salt; set aside to drain for 1 hour.

Whisk the vinegar and sugar together until the sugar is dissolved; add the sesame oil, garlic, ginger, and sesame seeds; stir.

Rinse salt off the cucumber slices by running under cold water; place in a large bowl with the sliced red chile peppers. Drizzle the dressing over the vegetables and toss to coat. Serve immediately.

Cherry Pineapple Salad

Ingredients

3 (3 ounce) packages cherry gelatin
2 1/3 cups boiling water
1 (20 ounce) can pineapple tidbits, drained with juice reserved
2 (16.5 ounce) cans pitted dark sweet cherries, drained with juice reserved
1/3 cup lemon juice
1/3 cup whipping cream
1/3 cup mayonnaise
2 (3 ounce) packages cream cheese, softened
Dash salt
1/2 cup coarsely chopped nuts

Directions

In a mixing bowl, dissolve gelatin in water. Combine pineapple and cherry juices to measure 2-1/2 cups; add along with lemon juice to gelatin. Divide gelatin in half. Set half of the gelatin aside and chill other half until partially set. Fold pineapple into chilled gelatin; pour into a 13-in. x 9-in. x 2-in. pan. Chill until almost firm. Whip cream, mayonnaise, cream cheese and salt until light and fluffy. Spread over chilled gelatin layer. Refrigerate until firm. Chill remaining gelatin mixture until partially set. Fold in cherries and nuts; spread over cream cheese layer. Chill for at least 3 hours.

Cranberry-Pear Tossed Salad

Ingredients

1/3 cup apricot nectar
1/3 cup red wine vinegar
1/3 cup canola oil
2 teaspoons Dijon mustard
1/4 teaspoon salt
1/8 teaspoon pepper
2 tablespoons sugar
1/2 cup chopped walnuts
12 cups torn mixed salad greens
3 medium pears, sliced
1/2 cup dried cranberries
3/4 cup crumbled blue cheese

Directions

For dressing, in a bowl, whisk together the first six ingredients; set aside. In a heavy skillet, melt sugar over medium heat, stirring constantly. Add walnuts; stir to coat. Remove from the heat.

In a large salad bowl, combine greens, pears and cranberries. Drizzle with dressing. Add nuts and blue cheese; toss.

Russian Beet and Potato Salad

Ingredients

2 beets
4 small potatoes
2 small carrots
3 small dill pickles, diced
1/4 cup vegetable oil
2 tablespoons champagne vinegar
salt to taste
3 green onions, chopped

Directions

Bring a large pot of water to a boil, and cook beets until tender, about 30 minutes. Bring a separate pot of water to a boil and cook potatoes and carrots until tender, about 20 minutes. Drain vegetables, cool, and remove skins. Dice and place in a large bowl.

Place the diced pickles in the bowl with beets, potatoes, and carrots. Drizzle the olive oil and vinegar over the mixture and toss to coat. Season with salt. Sprinkle with green onions. Chill completely before serving.

Tangy Dill Potato Salad

Ingredients

3 pounds new potatoes, scrubbed and quartered
1/2 cup Italian-style salad dressing
3/4 cup mayonnaise
1/4 cup chopped green onions
2 teaspoons chopped fresh dill
1 teaspoon Dijon mustard (optional)
1 teaspoon lemon juice
1/8 teaspoon pepper

Directions

Bring a large pot of water to a boil. Add potatoes, and cook for about 10 minutes, or until tender. Drain, and set aside to cool.

Meanwhile, in a large bowl, stir together the salad dressing, mayonnaise, green onions, dill, mustard, lemon juice, and pepper. When the potatoes are cooled, stir into the bowl until coated. Refrigerate for a couple of hours to blend flavors before serving.

Simple Caesar Salad Dressing

Ingredients

1/3 cup lemon juice
1/3 cup white vinegar
1/3 cup water
1/4 cup shredded Parmesan cheese
2 1/2 tablespoons prepared Dijon-style mustard
1 teaspoon garlic powder
1/4 teaspoon ground black pepper

Directions

In a jar with a lid, combine lemon juice, vinegar, water, cheese, mustard, garlic powder and pepper. Cover and shake well. Refrigerate until ready to use.

Strawberry Onion Salad

Ingredients

1/4 cup mayonnaise
1/4 cup sour cream
2 tablespoons red wine vinegar
1/3 cup white sugar
1/4 cup milk
2 tablespoons poppy seeds

1 pint fresh strawberries, sliced
1 head red leaf lettuce, rinsed and torn
1 red onion, thinly sliced

Directions

In a small bowl, mix together the mayonnaise, sour cream, red wine vinegar, sugar, milk and poppy seeds. Set aside.

Divide the lettuce into 6 individual salad bowls. Sprinkle strawberries over the lettuce, and garnish with onion slices. Pour dressing over salads just before serving.

Beautiful Summer Salad

Ingredients

3 tomatoes, cut into thin wedges
1 cup sweet onion, cut into wedges
1 papaya - peeled, seeded, and cut into wedges
1/4 cup three cheese Italian salad dressing

Directions

In a bowl, mix the tomatoes, onion, and papaya. Pour in the dressing, and toss to coat.

Ham and Shell Salad

Ingredients

1 (8 ounce) package medium pasta shells
1 (10 ounce) package frozen peas, thawed
1/4 pound deli ham, diced
1 cup diced Cheddar cheese
1/4 cup chopped onion
3 tablespoons mayonnaise
2 tablespoons vegetable oil
1 tablespoon lemon juice
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

Fill a pot with lightly-salted water and bring to a boil. Stir in the shell pasta and cook until the pasta is tender but firm to the bite, about 11 minutes; drain.

Stir the peas, ham, Cheddar cheese, onion, mayonnaise, vegetable oil, lemon juice, salt, and pepper in a large bowl; add the cooked pasta and stir to coat. Cover and refrigerate 1 hour, or until completely chilled, before serving.

Korean Cucumber Salad

Ingredients

1/4 cup white vinegar
1/4 teaspoon black pepper
1/2 teaspoon red pepper flakes
1 teaspoon vegetable oil
2 tablespoons sesame seeds
1 cucumber, thinly sliced
1/2 green onion, sliced
1/2 carrot, julienned

Directions

In a medium bowl, stir together vinegar, black pepper, and red pepper flakes.

Heat oil in a saucepan over medium-high heat. Stir in sesame seeds, and reduce heat to medium. Cook until seeds are brown, about 5 minutes. Remove seeds with a slotted spoon, and stir into vinegar mixture. Mix in cucumber, green onions, and carrot. Cover, and refrigerate at least 5 minutes.

Mediterranean Orzo Spinach Salad

Ingredients

1 cup uncooked orzo pasta
2 tablespoons extra virgin olive oil, divided
1 pound ground lamb
2 cloves garlic, chopped
1 tablespoon ground coriander
salt and pepper to taste
4 cups fresh spinach leaves, chopped
3 tomatoes, seeded and chopped
1 lemon, zested and juiced
1/4 cup chopped fresh mint leaves
1/4 cup chopped fresh parsley
5 green onions, chopped
1 cup crumbled feta cheese

Directions

Bring a pot of lightly salted water to a boil. Add orzo pasta, cook for 5 minutes, or until al dente. Drain.

Heat 1 tablespoon olive oil in a skillet over medium heat. Place the lamb and garlic in the skillet. Season lamb with coriander, salt, and pepper. Cook until evenly browned. Remove from heat, and drain.

In a large bowl, mix the spinach, tomatoes, lemon juice and zest, mint, parsley, green onions, and remaining olive oil. Toss with the orzo, lamb, and feta cheese to serve.

Potato Arugula Salad

Ingredients

1 1/2 pounds red potatoes, cubed
3 tablespoons white vinegar
2 cloves garlic, minced (optional)
1/2 teaspoon salt
1/4 teaspoon black pepper
1/4 cup olive oil
1 bunch arugula - rinsed, dried and torn

Directions

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain, and cool. Transfer to a large bowl.

Meanwhile, mix vinegar, garlic, salt, and pepper in a mixing bowl. Drizzle in olive oil, whisking until mixture thickens.

Toss potatoes with vinegar and oil mixture and arugula. Serve at room temperature.

Confetti Salad by Jean Carper

Ingredients

2 cups red cabbage, shredded
1 (19 ounce) can white (cannellini) beans, drained and rinsed
1 (11 ounce) can mandarin oranges, drained
1/3 cup walnuts, toasted
2 large scallions, sliced, with green tops
3 tablespoons extra virgin olive oil
2 tablespoons balsamic vinegar
2 tablespoons orange juice
Salt and pepper, to taste

Directions

Put first five ingredients in a bowl. Whisk together oil, vinegar, juice. Toss all. Serve.

Quick Greek Pasta Salad with Steak

Ingredients

8 ounces whole wheat penne pasta
2 tablespoons extra virgin olive oil

1 tablespoon butter
1 (1 pound) beef rib eye steak
1 tablespoon butter
1 teaspoon minced garlic
1/4 cup chopped shallots
1 tablespoon soy sauce

1/2 cup sun-dried tomato pesto
1/2 cup sliced black olives
1 cup chopped fresh spinach
1 teaspoon basil
1 tablespoon chopped parsley
1/2 cup crumbled feta cheese
3 tablespoons sunflower kernels

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente. When cooked, drain, then toss with olive oil, and keep warm.

Meanwhile, melt 1 tablespoon butter in a skillet over medium-high heat. Sear the rib-eye on both sides until rosy-pink in the center, 7 to 10 minutes depending on thickness. Remove steak from skillet and cut into bite-size pieces. Melt the remaining 1 tablespoon of butter in the skillet, and stir in the garlic and shallots. Cook 5 to 10 seconds until fragrant, then return the steak to the pan and cook for another 5 minutes or to desired doneness. Stir in the soy sauce, and cook a few seconds longer, allowing it to evaporate.

Remove the skillet from the heat and stir in the sun-dried tomato pesto, olives, spinach, basil, parsley, feta cheese and sunflower kernels. Toss with the pasta in a large bowl and serve.

Cranberry Salad II

Ingredients

1 (12 ounce) package fresh cranberries
2 large oranges, peeled and seeded
2 apples, cored and chopped
1/2 cup chopped walnuts
2 tablespoons honey

Directions

In a food processor, combine the cranberries and oranges. Coarsely chop until mixed; place in salad bowl.

Add apples to the food processor and coarsely chop. Combine apples with cranberry and orange mixture.

Add chopped nuts to fruit mixture, stir and sweeten to taste. Refrigerate and serve chilled.

Georgie's Mango Papaya Salad

Ingredients

1 large mango - peeled, seeded and halved
1 medium papaya - peeled, seeded and halved
1 avocado - peeled, pitted and diced
3 tablespoons balsamic vinegar
1 tablespoon butter
1/4 cup blanched slivered almonds
1 teaspoon brown sugar
1 head romaine lettuce, torn into bite-size pieces
salt to taste

Directions

Place half of the mango and half of the papaya into the container of a food processor or blender along with balsamic vinegar. Puree until smooth, and set aside.

Melt butter in a small skillet over medium heat. Add almonds, and cook stirring constantly until lightly browned. Add brown sugar, and stir to coat. Remove from heat, and pour candied almonds onto a piece of waxed paper, separating any clumps. Set aside to cool.

Just before serving, place romaine lettuce in a large serving bowl. Cube remaining mango and papaya halves, and toss gently with avocado and lettuce. Drizzle the pureed fruit over the salad and lightly salt. Sprinkle with candied almonds, and serve immediately.

Bacon Ranch Pasta Salad

Ingredients

1 (12 ounce) package uncooked tri-color rotini pasta
10 slices bacon
1 cup mayonnaise
3 tablespoons dry ranch salad dressing mix
1/4 teaspoon garlic powder
1/2 teaspoon garlic pepper
1/2 cup milk, or as needed
1 large tomato, chopped
1 (4.25 ounce) can sliced black olives
1 cup shredded sharp Cheddar cheese

Directions

Bring a large pot of lightly salted water to a boil. Stir in rotini pasta and cook for 10 to 12 minutes or until al dente; drain.

Place bacon in a skillet over medium-high heat and cook until evenly brown. Drain and chop.

In a large bowl, mix mayonnaise, ranch dressing mix, garlic powder, and garlic pepper. Stir in milk until smooth. Place bacon, tomato, black olives and cheese in bowl and toss to coat with dressing. Cover and chill at least 1 hour in the refrigerator. Toss with additional milk if the salad seems a little dry.

Amazing Asian Chicken Salad

Ingredients

1/4 cup rice vinegar
1/4 cup sesame oil
3 green onions, chopped
2 cloves garlic, minced
2 tablespoons white sugar
2 tablespoons ground ginger
2 tablespoons soy sauce
1 tablespoon vegetable oil
1 teaspoon ground coriander
2 teaspoons prepared yellow mustard

4 skinless, boneless chicken breast halves

1/4 medium head shredded green cabbage
1/4 medium head shredded red cabbage
2 large carrots, shredded
3 green onions, chopped
1/2 bunch cilantro, coarsely chopped leaves
1/2 cup slivered almonds

Directions

Whisk together the rice vinegar, sesame oil, 3 green onions, garlic, sugar, ginger, soy sauce, vegetable oil, coriander, and mustard in a mixing bowl until the sugar has dissolved. Pour half of the dressing into another container, and refrigerate for later. Place the chicken breasts into the remaining dressing, and coat on all sides. Cover, and refrigerate 30 minutes to 1 hour.

Preheat an oven to 350 degrees F (175 degrees C). Remove the chicken breasts from the marinade, and shake off excess. Discard the remaining marinade. Place the chicken into a baking dish.

Bake the chicken breasts in the preheated oven until no longer pink in the center and the juices run clear, about 45 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Remove from the oven, and allow to cool. Shred the chicken using 2 forks and set aside.

To assemble the salad, combine the green cabbage, red cabbage, carrots, 3 green onions, cilantro, almonds, and cooled chicken in a large mixing bowl. Pour the reserved dressing overtop and toss to coat.

Lena's Potato Salad

Ingredients

8 extra large eggs
8 large potatoes, peeled and chopped
1 (3 ounce) jar pitted and sliced green olives
1/2 cup mayonnaise
2 tablespoons Dijon mustard
salt and pepper to taste

Directions

Place eggs in a saucepan with enough cold water to cover. Bring water to a boil, and immediately remove from heat. Cover pan, and let eggs stand in hot water for 10 to 12 minutes. Remove eggs from hot water, cool, and peel. Do not chop.

In a pot with enough water to cover, boil the potatoes 15 minutes, or until tender. Remove from heat, and allow to remain in the hot water about 10 minutes. Drain, and cool.

Place the eggs and potatoes in a large bowl. By hand, mix in the olives, mayonnaise, and mustard, and mash the eggs and potatoes. Season with salt and pepper. Cover, and refrigerate until serving.

Basil Bean Salad

Ingredients

1 (15 ounce) can kidney beans, rinsed and drained
1 (15 ounce) can garbanzo beans, rinsed and drained
1 (14.5 ounce) can wax beans, drained
1 (14.5 ounce) can cut green beans, drained
1 medium green pepper, thinly sliced
1 medium onion, thinly sliced
1/2 cup white wine vinegar
1/2 cup vegetable oil
6 tablespoons sugar
1 tablespoon minced fresh basil
3/4 teaspoon ground mustard
3/4 teaspoon salt

Directions

In a large bowl, combine beans, green pepper and onion. In a small bowl, combine vinegar, oil, sugar, basil, mustard and salt. Pour over bean mixture; toss to coat. Chill for several hours or overnight.

Cold Tuna Macaroni Salad

Ingredients

1 (12 ounce) package macaroni
3 tomatoes - peeled, seeded and diced
3 stalks celery, chopped
1 (12 ounce) can tuna
1 1/2 cups light mayonnaise
1 tablespoon Italian-style salad dressing
1 tablespoon white sugar
1 pinch ground black pepper

Directions

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, tomatoes, celery and tuna.

Prepare the dressing by whisking together the mayonnaise, salad dressing, sugar and pepper. Add to pasta salad, mix together, and refrigerate for 1 hour.

Chunky and Creamy Potato Salad

Ingredients

3 pounds yellow mini potatoes
12 slices bacon
5 hard-boiled eggs, chopped
1 cup chopped broccoli florets
1 cup diced Cheddar cheese
1 (8 ounce) bottle ranch salad dressing (such as Hidden Valley® Original Ranch®)
2 1/2 teaspoons dried dill weed
1 teaspoon salt
1/2 teaspoon ground black pepper

Directions

Place the potatoes in a saucepan of lightly salted water, bring to a boil, and cook until tender, about 20 minutes. Drain the potatoes in a colander, and let cool.

Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned and crisp, about 10 minutes. Drain the bacon slices on a paper towel-lined plate. Snip the cooked bacon into pieces with a scissors, or chop.

In a large bowl, mix the mini potatoes, chopped bacon, hard-boiled eggs, broccoli, Cheddar cheese, ranch salad dressing, dill weed, salt, and pepper until thoroughly combined, and serve.

Asian Noodle and Pasta Salad

Ingredients

1 1/2 cups rotini pasta
1 1/2 cups sugar snap peas
1/2 cup thinly sliced carrots
2 red onions, cut into strips
1/3 cup vegetable oil
2 tablespoons white sugar
1 (3 ounce) package ramen noodles

Directions

In a large pot with boiling salted water cook rotini pasta until al dente. Rinse with cool water.

In a large bowl combine cooked and drained rotini pasta, thawed sugar snap peas, thinly sliced carrots, and red onion.

In small bowl combine oil, sugar, and Oriental noodle flavor packet; blend well.

Pour sauce over large bowl of pasta and vegetables. Cover and refrigerate for at least 1 hour to blend flavors.

Just before serving break Oriental ramen noodles into small pieces and toss into salad. Serve chilled.

Springtime Pea Salad

Ingredients

1 (10 ounce) package frozen peas, thawed
2 celery ribs, thinly sliced
1 cup small cauliflowerets
3 green onions, thinly sliced
1/2 cup Ranch salad dressing
1/4 cup sour cream
4 bacon strips, cooked and crumbled
1/4 cup sunflower kernels

Directions

In a large bowl, combine peas, celery, cauliflower and onions. Combine dressing and sour cream; pour over salad and mix well. Cover and refrigerate for 1 hour. Just before serving, stir in bacon and sunflower kernels.

Cheddar Waldorf Salad

Ingredients

2 large Red Delicious apples, cubed
2 large Golden Delicious apples, cubed
1/2 cup chopped pecans
1/4 cup mayonnaise or salad dressing
3 tablespoons sugar, divided
1/4 cup chopped fresh or frozen cranberries
1/4 cup shredded Cheddar cheese

Directions

In a large bowl, combine the apples and pecans. Combine mayonnaise and 2 tablespoons sugar; add to apple mixture and mix well. Combine cranberries and remaining sugar; sprinkle over apple mixture. Top with cheese. Serve immediately.

Chicken Salad with Peaches and Walnuts

Ingredients

2 large fresh peaches
2 cups chopped, cooked chicken meat
1/2 cup thinly sliced red onion
1/2 cup poppyseed salad dressing
6 cups mixed salad greens
1/2 cup toasted walnuts, chopped

Directions

Chop 1 peach into 1/2 inch pieces; place in large bowl. Add chicken and onion; toss with enough dressing to coat.

Add greens and walnuts to bowl and toss to coat. Mound salad on large plate. Cut remaining peach in thin wedges and place on top to garnish.

Mandarin Tuna Salad

Ingredients

1 (8 ounce) package elbow macaroni
1 (11 ounce) can mandarin oranges, drained
1 (9 ounce) can tuna packed in water, drained
1 cup chopped apple
1 cup diced celery
1 cup fat-free mayonnaise or salad dressing
1 teaspoon lemon juice
1/2 teaspoon salt
1/8 teaspoon paprika

Directions

Prepare macaroni according to package directions; drain and rinse in cold water. Place in a large bowl; add the oranges, tuna, apple and celery. In a small bowl, combine the mayonnaise, lemon juice and salt; fold into macaroni mixture. Sprinkle with paprika. Cover and refrigerate for at least 2 hours before serving.

Cranberry Salad III

Ingredients

2 cups cranberries
2 large oranges, peeled and seeded
1 carrot, chopped
1 cup chopped pecans
3/4 cup white sugar
1 (8 ounce) can crushed pineapple, drained
2 (3 ounce) packages raspberry flavored gelatin mix
1 cup boiling water
1 cup cold water

Directions

In a food processor, combine the cranberries, oranges, carrot and pecans. Process until finely ground; add sugar and pineapple, mix well.

In a mixing bowl, combine the gelatin and boiling water. Stir until gelatin is dissolved and add cold water.

Mix together the fruit mixture and gelatin; pour into dish or mold and refrigerate until chilled.

Orange Gelatin Salad

Ingredients

1 (12 ounce) container frozen whipped topping, thawed
1 (11 ounce) can mandarin oranges, drained
2 (16 ounce) packages cottage cheese
1 (6 ounce) package orange flavored gelatin mix

Directions

In a large bowl, blend the thawed frozen whipped topping, mandarin oranges, cottage cheese and orange flavored gelatin mix. Chill in the refrigerator 2 to 3 hours before serving.

Black-Eyed Pea Salad II

Ingredients

1 cup dehydrated sun-dried tomatoes
2 (15 ounce) cans black-eyed peas, drained
1/2 small red onion, chopped
1 small green bell pepper, chopped
1 (6 ounce) package crumbled feta cheese
1/3 cup olive oil
1/4 cup balsamic vinegar
1 tablespoon Dijon mustard
1 tablespoon honey

Directions

Place sun-dried tomatoes in a small bowl with enough boiling water to cover. Allow to sit 3 minutes, or until softened. Drain, and cut into strips.

In a medium bowl, mix the sun-dried tomatoes, black-eyed peas, onion, bell pepper, and feta.

In a separate bowl, whisk together olive oil, balsamic vinegar, Dijon mustard, and honey. Drizzle over the salad, and gently toss to coat. Refrigerate 1 hour before serving.

Hot German Potato Salad III

Ingredients

9 potatoes, peeled
6 slices bacon
3/4 cup chopped onions
2 tablespoons all-purpose flour
2 tablespoons white sugar
2 teaspoons salt
1/2 teaspoon celery seed
1/8 teaspoon ground black pepper
3/4 cup water
1/3 cup distilled white vinegar

Directions

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 30 minutes. Drain, cool and slice thin.

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

Saute onions in bacon drippings until they are golden-brown.

In a small bowl, whisk together the flour, sugar, salt, celery seed, and pepper. Add to the sauteed onions and cook and stir until bubbly, then remove from heat. Stir in water and vinegar, then return to the stove and bring to a boil, stirring constantly. Boil and stir for one minute. Carefully stir bacon and sliced potatoes into the vinegar/water mixture, stirring gently until potatoes are heated through.

Fruity Crunch Salad

Ingredients

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
2 large oranges - peeled, sectioned, and cut into bite-size pieces
3 bananas, peeled and sliced
2 cups chopped pears
2 cups chopped grapefruit

Directions

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.

Green Bean Salad

Ingredients

1 (15 ounce) can green beans, drained
1 (15 ounce) can peas, drained
1 (15 ounce) can whole kernel corn, drained
1 (4 ounce) jar pimentos
1 onion, chopped
4 stalks celery, chopped
1 green bell pepper, chopped
1/2 cup vegetable oil
1 cup distilled white vinegar
1 cup white sugar
1 teaspoon salt
2 tablespoons water

Directions

Combine vegetables in a large bowl.

In a small bowl, mix together oil, vinegar, sugar, salt, and water. Pour over vegetables, and stir to coat. Refrigerate, covered, for 4 hours or overnight.

Five Food Groups Macaroni Salad

Ingredients

1 (16 ounce) package tri-color pasta
1 cup creamy salad dressing
1/2 (1 ounce) package ranch dressing mix
1 (12 ounce) can tuna, drained and flaked
1/3 cup shredded Cheddar cheese
1 medium apple - peeled, cored and chopped
1 large carrot, peeled and chopped
1/3 cup raisins

Directions

Bring a large pot of lightly salted water to a boil. Add pasta, cook for 8 to 10 minutes, until al dente. Drain, and cool.

In a large bowl, mix the cooled pasta, creamy salad dressing, ranch dressing mix, tuna, Cheddar cheese, apple, carrot, and raisins. Chill 1 hour in the refrigerator before serving.

Fresh Mint and Cilantro Melon Salad

Ingredients

4 cups 1-inch chunks honeydew
1 tablespoon fresh lime juice
3 tablespoons chopped cilantro leaves and stems
1/3 cup chopped fresh mint leaves
white sugar to taste

Directions

Combine the honeydew, lime juice, cilantro, mint, and sugar in a bowl; toss to combine; refrigerate at least two hours before serving.

Carrot Pineapple Salad

Ingredients

4 tablespoons Marzetti® Slaw Dressing
1 large carrot, pared and shredded
1 (8 ounce) can crushed pineapple, drained
1/4 cup almonds, chopped
1/4 cup golden raisins
1 dash ground nutmeg

Directions

Combine all ingredients in a small bowl and mix well. Chill to blend flavors.

Festive Cranberry Salad

Ingredients

1 (14 ounce) can sweetened condensed milk
1/4 cup lemon juice
1 (20 ounce) can crushed pineapple, drained
1 (16 ounce) can whole berry cranberry sauce
2 cups miniature marshmallows
1/2 cup chopped pecans
red food coloring
1 (8 ounce) carton frozen whipped topping, thawed

Directions

In a bowl, combine milk and lemon juice; mix well. Stir in pineapple, cranberry sauce, marshmallows, pecans and food coloring if desired. Fold in whipped topping. Spoon into a 13-in. x 9-in. x 2-in. baking dish. Freeze until firm, 4 hours or overnight. Cut into squares.

Spinach Salad with Pistachio Chicken

Ingredients

1 cup shelled pistachio nuts
4 tablespoons olive oil
4 skinless, boneless chicken breast halves
garlic powder to taste
black pepper to taste
1 (10 ounce) package baby spinach leaves, rinsed and drained
1 pint cherry tomatoes
1 avocado - peeled, pitted and sliced
1 yellow bell pepper, julienned
2 green onions, sliced
grated Parmesan cheese for topping
bottled balsamic salad dressing, to taste

Directions

Place pistachio in a food processor or blender, and pulse until finely diced. Sprinkle half of diced pistachios onto a large plate.

Warm oil in a skillet over medium-high heat. Press chicken breast halves into the pistachio pieces, adding more diced nuts to the plate as needed. Sprinkle chicken breasts with garlic powder and black pepper. Place in the skillet, and cook until golden brown. Reduce heat to medium low, and cook for about 3 to 5 minutes on each side, until the chicken is no longer pink inside. Remove chicken to a cutting board, and slice into thin slices.

Into four bowls, place equal amounts of spinach leaves, tomatoes, avocado, bell pepper, and green onions. Place chicken slices on top. Sprinkle with Parmesan, pour on Balsamic vinegar, and season with black pepper.

Tasty Home Salad

Ingredients

1 head romaine lettuce- rinsed, dried and chopped
1/2 cup cubed Cheddar cheese
1/4 cup chopped green onions
1/2 cup cucumber - peeled, seeded and chopped
1/4 cup grated carrots
1 tablespoon dried oregano
1 tablespoon poultry seasoning
1/4 cup diced celery
1 (16 ounce) bottle ranch-style salad dressing

Directions

In a large salad bowl, combine the Romaine, cheese, green onion, cucumber, carrot, oregano, poultry seasoning and celery. Add enough salad dressing to coat, toss and serve.

Patriotic Gelatin Salad

Ingredients

2 (3 ounce) packages berry blue gelatin
2 (3 ounce) packages strawberry flavored gelatin
4 cups boiling water, divided
2 1/2 cups cold water, divided
2 envelopes unflavored gelatin
2 cups milk
1 cup sugar
2 cups sour cream
2 teaspoons vanilla extract

Directions

In four separate bowls, dissolve each package of gelatin in 1 cup boiling water. Add 1/2 cup cold water to each and stir. Pour one bowl of blue gelatin into an oiled 10-in. fluted tub pan; chill until almost set, about 30 minutes.

Set other three bowls of gelatin aside at room temperature. Soften unflavored gelatin in remaining cold water; let stand 5 minutes.

Heat milk in a saucepan over medium heat just below boiling. Stir in softened gelatin and sugar until sugar is dissolved. Remove from heat; stir in sour cream and vanilla until smooth. When blue gelatin in pan in almost set, carefully spoon 1-1/2 cups sour cream mixture over it. Chill until almost set, about 30 minutes.

Carefully spoon one bowl of strawberry gelatin over cream layer. Chill until almost set. Carefully spoon 1-1/2 cups cream mixture over the strawberry layer. Chill until almost set. Repeat, adding layers of blue gelatin, cream mixture and strawberry gelatin, chilling in between each. Chill several hours or overnight.

Drop Dead Delicious Tuna Salad

Ingredients

4 (6 ounce) cans tuna, drained
1 lemon, juiced
2 cups mayonnaise
4 stalks celery, diced
1/2 cup sweet pickle relish

Directions

In a mixing bowl, combine the tuna, lemon juice, mayonnaise, celery and pickle relish. Mix together well and refrigerate until ready to serve.

Pepperoni Pizza Salad

Ingredients

10 plum tomatoes, chopped
3 medium green peppers, cut into 1-inch pieces
2 cups shredded mozzarella cheese
1 (3.25 ounce) package sliced pepperoni
1 (2.25 ounce) can sliced ripe olives, drained
1/4 cup chopped onion
1/3 cup tomato juice
1/4 cup red wine vinegar or cider vinegar
1/4 cup olive or vegetable oil
1 garlic clove, minced
1/2 teaspoon dried basil
1/4 teaspoon pepper
3/4 cup seasoned salad croutons

Directions

In a large bowl, combine the tomatoes, green peppers, cheese, pepperoni, olives and onion. In a small bowl, combine the tomato juice, vinegar, oil, garlic, basil and pepper; mix well. Pour over tomato mixture and toss to coat. Cover and refrigerate for several hours. Just before serving, sprinkle with croutons.

BBQ Pork Salad with Summer Fruits and Honey

Ingredients

4 cooked pork chops, sliced
8 cups mixed greens
2 nectarines, cut into 12-wedges each
1 grapefruit, segmented
2 avocados, cut into wedges
16 cherry tomatoes
1 tablespoon salad oil
2 tablespoons slivered, toasted almonds
salt and black pepper

Honey Balsamic Vinaigrette:
2 tablespoons balsamic vinegar
2 tablespoons honey
1/2 tablespoon Dijon mustard
2 tablespoons mayonnaise
1 teaspoon chili powder
1 teaspoon salt
1/2 teaspoon black pepper
3/8 cup salad oil

Directions

For the Vinaigrette: In a blender, combine all ingredients except oil. Blend at medium speed for one minute. Next, with blender at medium speed, pour oil very slowly into blender. Add salt and pepper.

For each serving, toss 2 cups greens with 2 tablespoons dressing, top with 4 cherry tomatoes, 1 sliced pork chop, 1/2 avocado, sliced in wedges, 1/2 nectarine sliced in wedges, 1/4 grapefruit segments. Drizzle with more dressing and sprinkle with toasted almonds. Serve immediately.

Barbecue BLT Chicken Salad

Ingredients

1/4 cup reduced-fat mayonnaise
1/4 cup barbecue sauce
1 tablespoon lemon juice
1/2 teaspoon pepper
1/4 teaspoon salt
2 cups chopped cooked chicken breast
2 medium tomatoes, chopped
1 celery rib, sliced
5 cups torn salad greens
4 bacon strips, cooked and crumbled

Directions

In a small bowl, combine the mayonnaise, barbecue sauce, lemon juice, pepper and salt. Cover and refrigerate for at least 1 hour. Just before serving, combine the chicken, tomatoes and celery; stir in dressing. Serve over salad greens; sprinkle with bacon.

Ham Salad Spread

Ingredients

3 cups ground fully cooked ham
1 hard-cooked egg, chopped
2 tablespoons finely chopped celery
2 teaspoons finely chopped onion
2 teaspoons sweet pickle relish
3/4 cup mayonnaise
1 tablespoon prepared mustard
Assorted crackers

Directions

In a bowl, combine the first five ingredients. Combine mayonnaise and mustard; add to ham mixture and mix well. Refrigerate until serving. Serve with crackers.

Mexican Bean Salad

Ingredients

1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can kidney beans, drained
1 (15 ounce) can cannellini beans, drained and rinsed
1 green bell pepper, chopped
1 red bell pepper, chopped
1 (10 ounce) package frozen corn kernels
1 red onion, chopped
1/2 cup olive oil
1/2 cup red wine vinegar
2 tablespoons fresh lime juice
1 tablespoon lemon juice
2 tablespoons white sugar
1 tablespoon salt
1 clove crushed garlic
1/4 cup chopped fresh cilantro
1/2 tablespoon ground cumin
1/2 tablespoon ground black pepper
1 dash hot pepper sauce
1/2 teaspoon chili powder

Directions

In a large bowl, combine beans, bell peppers, frozen corn, and red onion.

In a small bowl, whisk together olive oil, red wine vinegar, lime juice, lemon juice, sugar, salt, garlic, cilantro, cumin, and black pepper. Season to taste with hot sauce and chili powder.

Pour olive oil dressing over vegetables; mix well. Chill thoroughly, and serve cold.

Arugula Salad with Cannellini Beans

Ingredients

2 tablespoons olive oil
2 cloves garlic, minced
1 (14.5 ounce) can diced tomatoes
3 tablespoons white wine
1 teaspoon dried sage
1 teaspoon dried thyme
1 (15 ounce) can cannellini beans, drained and rinsed
2 tablespoons chopped fresh basil
salt and pepper to taste
3 cups arugula
1/4 cup shaved Parmesan cheese (optional)

Directions

Heat the olive oil in a large skillet over medium heat; cook the garlic in the hot oil about 1 minute. Add the tomatoes, wine, sage, and thyme; increase the heat to medium-high and simmer 2 to 3 minutes. Stir in the cannellini beans and basil. Season with salt and pepper. Continue cooking until beans are heated through, 3 to 4 minutes.

Arrange the arugula on a serving platter. Spoon the bean mixture over the arugula. Top with the shaved Parmesan cheese if desired.

Fluffy Lime Salad

Ingredients

1 (8 ounce) can crushed pineapple
1 (3 ounce) package lime gelatin
3 tablespoons water
2 (3 ounce) packages cream cheese, softened
1 cup chopped walnuts
1 cup miniature marshmallows
1 cup whipping cream, whipped

Directions

Drain pineapple, reserving juice; set the pineapple aside. In a saucepan, combine gelatin, water and reserved juice. Cook and stir over low heat until gelatin is dissolved. Refrigerate until syrupy, about 30 minutes.

In a small mixing bowl, beat cream cheese until fluffy. Stir in gelatin mixture, walnuts, marshmallows and reserved pineapple. Fold in the whipped cream. Transfer to a 1-qt. serving bowl. Cover and refrigerate for 2 hours or until set.

Crunchy Fruit Salad

Ingredients

2 medium apples, chopped
1 medium firm banana, sliced
1/3 cup sunflower seeds
1/4 cup green grapes, halved
1/4 cup chopped celery
1/4 cup reduced-fat plain yogurt

Directions

In a bowl, combine the first five ingredients. Add yogurt; stir to coat. Refrigerate until serving.

Black Bean Avocado Salad

Ingredients

1 (15 ounce) can black beans, rinsed and drained
1 (11 ounce) can Mexicorn, drained
1 1/3 cups chopped peeled avocado
1 cup chopped seeded cucumber
1 cup chopped seeded tomatoes
1/2 cup thinly sliced green onions
1 small jalapeno pepper, seeded and chopped
1 teaspoon lime juice
DRESSING:
2 tablespoons cider vinegar
1 tablespoon olive oil
1 teaspoon ground cumin
1/2 teaspoon dried oregano
1/4 teaspoon salt
1/8 teaspoon pepper

Directions

In a large bowl, combine the first eight ingredients. In a small bowl, whisk the dressing ingredients. Pour over salad and toss to coat. Cover and refrigerate for at least 1 hour before serving.

Pickled Carrot Salad

Ingredients

1 pound julienned carrots
1/2 cup vegetable oil
1/2 cup vinegar
1/3 cup water
1 tablespoon sugar
2 garlic cloves, minced
2 teaspoons dried oregano
1 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon ground mustard

Directions

In a saucepan, cook carrots in a small amount of water until crisp-tender; drain. Transfer to a serving dish. Combine remaining ingredients in a jar with a tight-fitting lid; shake well. Pour over carrots; cover and refrigerate for several hours or overnight. Serve with a slotted spoon.

Summer Italian-Style Tomato Salad

Ingredients

6 slices Wonder® Classic White Sandwich Bread
2 large, ripe tomatoes
2 thin slices red onion, halved and separated into rings
1/2 cup thinly sliced cucumber
2 tablespoons minced fresh basil
1/4 cup extra-virgin olive oil
3 tablespoons red wine vinegar
2 cloves garlic, minced
Salt and pepper, to taste
Torn romaine or crisp lettuce (optional)
Shredded Parmesan cheese (optional)

Directions

Cut bread into 3 strips; cut each strip into thirds, making 9 cubes. Arrange bread cubes in a single layer on a tray. Allow to stand at room temperature several hours, or overnight, until dry and crisp. Stir cubes once or twice to be sure they crisp evenly. Set aside.

Cut each tomato into wedges about 3/4 to 1-inch thick. Combine tomato wedges, red onion rings and sliced cucumber in a large salad bowl. Sprinkle with basil.

Whisk together oil, vinegar, garlic, salt and pepper. When ready to serve, drizzle dressing mixture over salad. Top with bread cubes and toss to combine. Spoon onto salad plates lined with torn romaine and garnish with Parmesan cheese if desired.

Melon, Mango, and Avocado Salad

Ingredients

1 small red onion, chopped
2 tablespoons red wine vinegar
1/2 cup freshly squeezed orange juice
2 teaspoons extra-virgin olive oil
1 tablespoon grated orange zest
1/4 teaspoon kosher salt
freshly ground black pepper
2 cups small cantaloupe balls
2 cups 1/2-inch diced seedless watermelon
1 ripe mango, cut into 1/4-inch dice
1 cup loosely packed cilantro leaves
2 ripe Hass avocados
1 tablespoon fresh lime juice
1/4 teaspoon kosher salt
6 thin lime slices

Directions

To make pickled onions, combine the red onion and the red wine vinegar in a small bowl. Cover; chill for at least one hour.

Pour the orange juice into a large salad bowl. Whisk in the olive oil and orange zest; season with 1/4 teaspoon salt, and a pinch of black pepper. Toss the cantaloupe, watermelon, and mango in the dressing. Just before serving, stir in the pickled onions and cilantro leaves.

Cut the avocados into 1/2 inch dice; place in a small bowl. Sprinkle with the lime juice, and season with the remaining 1/4 teaspoon salt. Stir lightly to combine. Spoon an even amount of avocado into the bottom of 6 large martini or wine glasses. Top avocado with melon salad; garnish each salad with a lime slice.

Guacamole Salad

Ingredients

4 avocados - peeled, pitted, and sliced
2 tomatoes, seeded and chopped
1/2 small red onion, chopped
1/2 cucumber, sliced
1 small fresh jalapeno pepper, seeded and diced
1 (15.25 ounce) can whole kernel corn, drained
1/2 teaspoon garlic salt
salt and black pepper to taste
juice of 1 fresh lime
1/4 cup extra virgin olive oil

Directions

Lightly toss avocados, tomatoes, red onion, cucumber, jalapeno, and corn in a salad bowl until well mixed, and sprinkle with garlic salt, salt, and black pepper.

Mix lime juice with olive oil in a small bowl, and pour over the salad. Chill for at least 30 minutes before serving.

Lemon Artichoke Romaine Salad

Ingredients

10 cups torn romaine
4 plum tomatoes, sliced
1 (14 ounce) can water-packed artichoke hearts, rinsed, drained and quartered
1 (2.25 ounce) can sliced ripe olives, drained
3 tablespoons water
3 tablespoons lemon juice
3 tablespoons olive oil
2 garlic cloves, minced
1 teaspoon salt
1 teaspoon coarsely ground pepper
1/3 cup shredded Parmesan cheese

Directions

In a bowl, combine first four ingredients. Combine water, lemon juice, oil, garlic, salt and pepper. Pour over salad; toss to coat. Sprinkle with cheese.

Spaghetti Salad IV

Ingredients

1 (16 ounce) package spaghetti
1 large tomato, chopped
1 large green bell pepper, chopped
1 onion, chopped
2 tablespoons salad seasoning mix
2 tablespoons sesame seeds
1 (16 ounce) bottle Italian-style salad dressing

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and run water over to cool.

Combine in a large bowl, tomato, bell pepper, onion, salad seasoning, sesame seeds and Italian dressing. Chill and serve.

Melon Turkey Salad

Ingredients

4 medium cantaloupes, halved and seeded
4 cups cubed cooked turkey breast
1 1/2 cups seedless red grapes, halved
1 cup chopped celery
1/2 cup fat-free plain yogurt
1/4 cup reduced-fat mayonnaise
1 teaspoon lemon juice
1/2 teaspoon ground ginger
1/8 teaspoon salt
1/2 cup chopped unsalted dry roasted cashews

Directions

Make melon balls from one cantaloupe half; refrigerate remaining cantaloupe halves. In a large bowl, combine the turkey, grapes, celery and cantaloupe balls. In a small bowl, combine the yogurt, mayonnaise, lemon juice, ginger and salt. Pour over turkey mixture and stir gently to coat. Cover and refrigerate for 1 hour. Stir in cashews just before serving. Spoon 1 cup salad into each cantaloupe half.

California Chicken Salad Tacos

Ingredients

3/4 cup PaceB® Picante Sauce
2 tablespoons lime juice
1/2 teaspoon chili powder
2 cups cooked chicken strips
3 cups shredded lettuce
12 (8 inch) flour tortillas
1 medium tomato, chopped
1 cup shredded Cheddar cheese

Directions

Mix picante sauce, lime juice and chili powder in large bowl. Add chicken and lettuce and toss until evenly coated.

Spoon about 1/2 cup chicken mixture down center of tortilla. Top with tomato, cheese and additional picante sauce. Fold tortilla around filling.

Cranberry Salad V

Ingredients

1 (3 ounce) package lemon flavored gelatin mix
1 cup boiling water
1/2 cup white sugar
1 (12 ounce) package fresh cranberries
1 cup chopped celery
1/2 cup chopped walnuts
1 (15 ounce) can crushed pineapple

Directions

Chop cranberries, celery, and walnuts lightly in a food processor.

Mix gelatin, water, and sugar. Combine cranberry mixture, gelatin mixture, and pineapple (with juice) and mix thoroughly. Pour into mold and refrigerate to set.

Serve on leaf of lettuce with a dollop of mayonnaise.

P.J.'s Fresh Corn Salad

Ingredients

8 ears fresh corn
1 tomato, chopped
1 zucchini, chopped
1 cucumber, peeled and chopped
1 red onion, chopped
1 red bell pepper, chopped
1/2 cup Italian-style salad dressing

Directions

Husk the corn and slice the kernels from the cob. In a large bowl, mix together the corn, tomato, zucchini, cucumber, onion and red bell pepper. Pour dressing over vegetables and toss to coat. Refrigerate until chilled, at least 1 hour.

Cantaloupe Chicken Salad

Ingredients

1 1/2 cups diced cooked chicken
2 celery ribs, sliced
1/3 cup mayonnaise
2 tablespoons diced pimientos
1 tablespoon finely chopped onion
1/2 teaspoon salt
1/8 teaspoon pepper
1 small cantaloupe
Lettuce Leaves
3 tablespoons lemon juice

Directions

In a bowl, combine the first seven ingredients; stir well. Cut cantaloupe in half; discard seeds. Cut into 1-in.-wide wedges; peel. Place cantaloupe on four lettuce-lined plates; sprinkle with lemon juice. Serve chicken salad alongside melon.

Affy Tapple Salad

Ingredients

1 tablespoon all-purpose flour
1/2 cup white sugar
2 tablespoons instant tapioca
2 tablespoons cider vinegar
1 (8 ounce) can crushed pineapple, drained with juice reserved
4 apples, cored and chopped
2 cups unsalted peanuts
1 (8 ounce) container frozen whipped topping, thawed

Directions

In a medium saucepan, stir together the flour, sugar, tapioca, vinegar, and the reserved pineapple juice. Cook over medium heat, stirring constantly, until thick. Remove from heat and chill.

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

Cornbread Salad

Ingredients

2 (8 ounce) packages dry corn bread mix
1 red onion, chopped
1 green bell pepper, chopped
1 tomato, chopped
4 cups mayonnaise

Directions

Prepare cornbread according to the box instructions. Cool, crumble and place in a large bowl.

Mix in red onion, bell pepper, tomato, and mayonnaise. Cover, and refrigerate for at least 18 hours.

Egg Salad in Squash Boats

Ingredients

6 medium yellow squash
4 hard-cooked eggs, finely chopped
1/4 cup minced celery
1/4 cup minced red bell pepper
1/4 cup sliced green olives
1/4 cup shredded sharp Cheddar cheese
2 tablespoons chopped fresh basil
1 tablespoon chopped fresh dill weed
2 tablespoons mayonnaise
1/4 teaspoon cayenne pepper
1/4 teaspoon seasoned salt

Directions

Bring a large pot of water to a boil over medium-high heat. Cut squash in half lengthwise. Remove and discard pulp. Blanch squash halves by putting in boiling water for about 30 seconds. Plunge squash in ice water to stop cooking.

In a medium bowl, combine chopped eggs, celery, red pepper, sliced green olives, shredded cheese, basil, dill and mayonnaise. Season with cayenne and seasoned salt. Mix well.

Spoon egg mixture into squash halves, mounding if necessary. Cover with plastic wrap and refrigerate until chilled thoroughly.

Balsamic Brown Rice Salad

Ingredients

2 cups water
1 cup brown rice
1/4 cup diced red onion
1/2 cup diced celery
1/4 cup dried cranberries
1/2 cup balsamic vinaigrette salad dressing
1 tablespoon SPLENDAB® No Calorie Sweetener, Granulated

Directions

In a saucepan, bring water to a boil. Stir in rice, cover, and reduce heat to low. Simmer for 45 to 60 minutes, or until done.

Transfer rice to a serving bowl, and stir in onion, celery, cranberries, salad dressing, and SPLENDAB® Granulated Sweetener. Cover, refrigerate, and serve cold.

The Best Vegetable Salad

Ingredients

1 cucumber, peeled and chopped
2 fresh tomatoes, chopped
2 green onion, minced
1 red bell pepper, chopped
5 radishes, chopped
1 small jicama, peeled and julienned
5 romaine lettuce leaves, torn into bite size pieces
1 clove garlic, minced
1 1/2 tablespoons lemon juice
2 tablespoons olive oil
1 tablespoon pomegranate juice
1 teaspoon salt
1 teaspoon ground black pepper
1 teaspoon chopped fresh dill
1 teaspoon chopped fresh basil
1 1/2 teaspoons water

Directions

Toss together the cucumber, tomato, onion, pepper, radish, jicama, and lettuce in a large salad bowl. Whisk together the garlic, lemon juice, olive oil, pomegranate juice, salt, pepper, dill, basil, and water in a small bowl. Drizzle dressing over the salad just before serving.

Strawberry Spinach Salad I

Ingredients

2 tablespoons sesame seeds
1 tablespoon poppy seeds
1/2 cup white sugar
1/2 cup olive oil
1/4 cup distilled white vinegar
1/4 teaspoon paprika
1/4 teaspoon Worcestershire sauce
1 tablespoon minced onion
10 ounces fresh spinach - rinsed, dried and torn into bite-size pieces
1 quart strawberries - cleaned, hulled and sliced
1/4 cup almonds, blanched and slivered

Directions

In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce and onion. Cover, and chill for one hour.

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

Lamb Chops with Prosciutto and Salad

Ingredients

4 boneless loin lamb chops
8 (1 ounce) slices very thin prosciutto
12 sage leaves
1 tablespoon BertolliB® Extra Lightв„ў Tasting Olive Oil
5 ounces microgreens or baby salad greens
1/2 cup chopped walnuts
1/2 cup crumbled blue cheese

Directions

Preheat oven to 350 degrees F. Season chops, if desired, with salt and pepper.

Arrange 2 slices prosciutto on flat surface. Top with 3 sage leaves, then wrap around 1 chop; repeat with remaining chops. Heat BertolliB® Extra Lightв„ў Tasting Olive Oil in 12-inch skillet over medium-high heat and cook chops, turning once, 5 minutes or until prosciutto browns.

Arrange chops in 9-inch baking dish and bake 10 minutes or until chops are desired doneness.

Meanwhile, combine remaining ingredients in large serving bowl. Just before serving, drizzle with additional BertolliB® Extra Lightв„ў Tasting Olive Oil.

Sesame Broccoli Salad

Ingredients

2 tablespoons sesame seeds
1 1/2 pounds fresh broccoli, cut into bite size pieces
2 tablespoons rice vinegar
2 tablespoons soy sauce
2 tablespoons sesame oil
2 teaspoons white sugar

Directions

Preheat oven to 375 degrees F (190 degrees C). Toast sesame seeds for 3 to 5 minutes, or until the seeds begin to turn golden brown. Set aside.

Bring a large pot of water to a boil. Cook broccoli in boiling water for 3 to 5 minutes, or until desired tenderness. Drain, and transfer to a large bowl.

In a small bowl, whisk together the vinegar, soy sauce, sesame oil, sugar, and sesame seeds. Pour over broccoli, and toss to coat.

Rainbow Pasta Salad II

Ingredients

1 (16 ounce) package tri-colored pasta assortment
2 large tomatoes, diced
1 large cucumber, peeled and diced
1 red onion, finely chopped
1 (16 ounce) bottle Italian-style salad dressing

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and rinse in cold water.

In a large bowl combine tomatoes, cucumbers, onion, cooled pasta and Italian dressing. Refrigerate overnight, or for at least 1 hour.

Turkey Taco Salad

Ingredients

1 pound extra-lean ground turkey breast
1 head iceberg lettuce - rinsed, dried, and chopped
6 green onions, chopped
1 (15 ounce) can kidney beans, drained and rinsed
2 cups shredded Cheddar cheese
1/2 cup diced dill pickles
1/2 cup sliced black olives
2 cups fat-free mayonnaise
1 teaspoon lemon juice
1 teaspoon white wine vinegar
3/4 cup taco sauce
1 (14.5 ounce) package low-fat baked tortilla chips

Directions

Place turkey in a large deep skillet, season with garlic salt and cook over medium high heat until fully cooked. Crumble and set aside to cool.

Mix together the turkey, lettuce, green onions, kidney beans, cheese, pickles and olives.

Whisk together the mayonnaise, lemon juice, vinegar and taco sauce.

Pour dressing over salad and refrigerate. Before serving, mix in 2 cups broken tortilla chips. Garnish with whole chips and serve.

Pea, Jicama, and Cashew Salad

Ingredients

2 (3 ounce) packages ramen noodles (flavor packets saved for another use) broken into pieces

1/2 cup rice vinegar
1/4 cup reduced-sodium soy sauce
1 clove garlic, minced
1 teaspoon ground ginger
1/4 teaspoon crushed red pepper flakes
black pepper to taste
1 tablespoon peanut oil
3 tablespoons toasted sesame oil

2 (10 ounce) packages frozen petite peas, thawed
1 jicama, peeled and diced
2 (8 ounce) cans water chestnuts, drained and diced
3 stalks celery, diced
3 green onions, chopped
1 cup cashew pieces

Directions

Toast the dry ramen noodles in a skillet over medium heat until golden brown, stirring frequently, about 10 minutes. Spread the noodles into a large mixing bowl to cool; set aside. Make the dressing by whisking the vinegar, soy sauce, garlic, ginger, red pepper flakes, and black pepper together in a small bowl. Whisk in the peanut oil and sesame oil until blended and thick.

Combine the peas, jiciama, water chestnuts, celery, green onions, and cashews in the bowl containing the toasted noodles. Pour the dressing overtop, and toss to mix immediately prior to serving.

Baby Zucchini Salad

Ingredients

5 baby zucchini, sliced thinly
1/2 red onion, sliced thin
1 red bell pepper, diced
2 leaves fresh basil, minced
2 tablespoons smoked olive oil
2 tablespoons balsamic vinegar
salt and pepper to taste

Directions

Toss the zucchini, onion, bell pepper, and basil together in a large bowl. Drizzle the olive oil and balsamic vinegar over the mixture and toss again to evenly coat. Season with salt and pepper to serve.

Fresh Fruit Salad with Baby Spinach and Yogurt-

Ingredients

1 tablespoon apple cider vinegar
1/2 teaspoon dry mustard
1/2 teaspoon honey
1/8 teaspoon salt
3 tablespoons plain or vanilla yogurt
1 1/2 tablespoons vegetable oil
1/2 teaspoon poppy seeds
1 teaspoon water, or more if needed, to thin
3 cups DOLE® Baby Spinach
1 DOLE® Banana, sliced
1 cup peeled sliced fresh DOLE® Tropical Gold® Pineapple
1/2 cup DOLE® Raspberries

Directions

Place vinegar, mustard, honey and salt in small bowl. Whisk in yogurt and oil; stir in poppy seed. Thin with water as needed.

Arrange spinach on platter or individual plates. Compose fruit on top of salad. Drizzle with dressing.

Cornbread Salad I

Ingredients

1 (16 ounce) package corn bread mix
10 slices bacon
1 (1 ounce) package ranch dressing mix
1 1/2 cups sour cream
1 1/2 cups mayonnaise
2 (15 ounce) cans pinto beans, drained
3 tomatoes, chopped
1 cup chopped green bell pepper
1 cup chopped green onion
2 cups shredded Cheddar cheese
2 (11 ounce) cans whole kernel corn, drained

Directions

Prepare corn bread according to package directions. Cool, crumble, and set aside.

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

Whisk together the dressing mix, sour cream, and mayonnaise.

Crumble half the corn bread in the bottom of a large serving dish. Top with half the beans. Layer the beans with half of the tomatoes, green bell pepper, and green onions. Sprinkle with half the cheese, corn, bacon, and the salad dressing mixture. Repeat the layers. Cover, and chill at least 2 hours before serving.

Dilly Crab Salad

Ingredients

1 (16 ounce) package medium shell pasta
2 (8 ounce) packages imitation crabmeat, flaked
1 1/2 cups sour cream
1 1/2 cups mayonnaise
1 tablespoon dill weed

Directions

Cook pasta according to package directions; rinse in cold water and drain.

Place in a large bowl. Add crab. Combine sour cream, mayonnaise and dill; add to paste mixture and mix well. Chill until serving.

Three Bean Salad

Ingredients

1 (15 ounce) can green beans
1 pound wax beans
1 (15 ounce) can kidney beans, drained and rinsed
1 onion, sliced into thin rings
3/4 cup white sugar
2/3 cup distilled white vinegar
1/3 cup vegetable oil
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/2 teaspoon celery seed

Directions

Mix together green beans, wax beans, kidney beans, onion, sugar, vinegar, vegetable oil, salt, pepper, and celery seed. Let set in refrigerator for at least 12 hours.

Five Cup Salad

Ingredients

1 cup fruit cocktail, drained
1 cup mandarin orange segments, drained
1 cup pineapple chunks, drained
1 cup sour cream
1/2 cup shredded coconut
1 cup rainbow colored miniature marshmallows

Directions

Combine the fruit cocktail, mandarin oranges and pineapple chunks in a large bowl. Fold in the sour cream and coconut. Chill. Just before serving, stir in the marshmallows and serve.

Fugi Salad

Ingredients

2 tablespoons butter
3/4 cup blanched slivered almonds
1/2 cup sesame seeds
1 medium head cabbage, chopped
8 green onion, chopped
2 (3 ounce) packages ramen noodles
1/2 cup vegetable oil
1/2 cup white sugar
1/3 cup rice wine vinegar
1/4 teaspoon ground black pepper
2 teaspoons salt

Directions

In a skillet over low heat, melt the butter or margarine; add the almonds and sesame seeds. Cook until lightly toasted.

In a large bowl, combine the cabbage, onions, almonds, sesame seeds and broken uncooked ramen noodles.

Wisk together the oil, sugar, vinegar, pepper and salt. Pour over salad, toss, and serve.

Asparagus and Artichoke Pasta Salad

Ingredients

6 slices bacon
10 asparagus spears, ends trimmed
1/2 (16 ounce) package rotini, elbow, or penne pasta
3 tablespoons low fat mayonnaise
3 tablespoons balsamic vinaigrette salad dressing
2 teaspoons lemon juice
1 teaspoon Worcestershire sauce
1 (6 ounce) jar marinated artichoke hearts, drained and coarsely chopped
1 cooked chicken breast, cubed
1/4 cup dried cranberries
1/4 cup toasted sliced almonds
salt and pepper to taste

Directions

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

Meanwhile, bring a large pot of lightly salted water to a boil. Add asparagus and cook until tender, about 1 minute. Strain asparagus out of water and immediately plunge into a bowl filled with ice water; let sit in ice water until completely cold, then cut into 1 inch pieces. Next, add pasta to boiling water and cook for 8 to 10 minutes or until al dente; drain, rinse with cold water until chilled, then drain well.

Stir together mayonnaise, balsamic vinaigrette, lemon juice, and Worcestershire sauce in a large bowl. Fold in artichoke, chicken, cranberries, almonds, crumbled bacon, and asparagus. Season to taste with salt and pepper, then fold in cooked pasta. Refrigerate for at least 1 hour before serving.

Mediterranean Chicken and Orzo Salad In Red

Ingredients

1/2 pound uncooked orzo pasta
1/4 cup olive oil
1/3 cup red wine vinegar
1 teaspoon Dijon mustard
3/4 teaspoon garlic powder
3/4 teaspoon dried oregano
3/4 teaspoon dried basil
3/4 teaspoon onion powder
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/2 cup grape tomatoes, cut in half
1/4 cup black olives, cut in half lengthwise
2 ounces crumbled feta cheese
1 grilled chicken breast half, diced
2 red bell peppers, cut in half lengthwise and seeded
4 sprigs fresh oregano

Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the orzo, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes. Drain well in a colander set in the sink, transfer to a bowl, and let cool in the refrigerator.

In a small bowl, whisk together the olive oil, red wine vinegar, Dijon mustard, garlic powder, oregano, basil, onion powder, salt, and pepper. In a large bowl, stir together the cooked orzo, tomatoes, olives, feta cheese, and chicken breast meat until thoroughly combined. Pour the dressing over the orzo mixture, lightly mix to coat all ingredients with dressing, and spoon into the red pepper halves. Garnish each serving with an oregano sprig.

Ham Salad Pineapple Boats

Ingredients

1 medium pineapple
1/4 cup mayonnaise
1/2 teaspoon prepared mustard
1 cup cubed fully cooked ham
1/2 cup chopped celery
1 tablespoon chopped green pepper

Directions

Stand pineapple upright and cut in half, leaving the top attached. Remove fruit, leaving a 1-in. shell. Dice fruit; set aside 1 cup for salad and refrigerate the remaining fruit for another use.

In a bowl, combine mayonnaise and mustard. Stir in the ham, celery, green pepper and reserved pineapple. Spoon into pineapple halves.

Curried Tofu Salad

Ingredients

1 (12 ounce) package extra firm tofu, drained and cubed
1 teaspoon curry powder
1 tablespoon lemon juice
2 tablespoons mayonnaise
1 tablespoon distilled white vinegar
1/4 teaspoon crushed red pepper flakes
1 tablespoon soy sauce
1 large carrot, grated
1 chopped red bell pepper
1/4 cup peanuts
1/4 cup pitted dates
1 clove garlic, chopped
1 large green onion, chopped

Directions

Preheat an oven to 350 degrees F (175 degrees C). Place tofu on a lightly greased baking sheet.

Bake tofu in the preheated oven for 25 minutes, stirring halfway through the cooking time. Remove tofu from the oven and allow to cool.

Mix curry powder, lemon juice, mayonnaise, vinegar, red pepper flakes, and soy sauce in a small bowl. Set aside. Combine tofu, carrots, red pepper, peanuts, dates, garlic, and green onion in a large bowl. Top with sauce and mix thoroughly. Chill for an hour before serving.

Spinach and Mushroom Salad

Ingredients

4 slices bacon
2 eggs
2 teaspoons white sugar
2 tablespoons cider vinegar
2 tablespoons water
1/2 teaspoon salt
1 pound spinach
1/4 pound fresh mushrooms, sliced

Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Crumble and set aside. Reserve 2 tablespoons bacon fat.

Place eggs in a saucepan and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and cut in wedges.

Return 2 tablespoons bacon fat to skillet, stir in sugar, vinegar, water and salt. Keep warm.

Wash and remove stems from spinach, dry thoroughly and break into pieces in salad bowl. Pour warm dressing over and toss until coated.

Top salad with mushrooms and bacon, garnish with egg.

Fizzy Gelatin Salad

Ingredients

1 cup unsweetened applesauce
1 (3 ounce) package lime flavored gelatin mix
1 cup ginger ale

Directions

Pour applesauce into a small saucepan, and bring to a boil. Stir in gelatin until dissolved, then set aside to cool for about 1 hour. When cooled, gradually whisk in the ginger ale. Refrigerate until set, about 4 hours.

Tequila Lime Salad

Ingredients

1 head romaine lettuce, chopped
4 green onions, sliced
2 roma (plum) tomatoes, chopped
1 avocado - peeled, pitted, and diced
1 tablespoon fresh lime juice
1/4 cup apple cider vinegar
2 tablespoons tequila
1 tablespoon chilled lime juice
salt and ground black pepper to taste
1/4 cup extra-virgin olive oil

Directions

Place the lettuce, onions, tomato, avocado, and 1 tablespoon lime juice in a large bowl; toss to coat.

Whisk together the vinegar, tequila, 1 tablespoon lime juice, salt, and pepper in a small bowl; slowly stream in the olive oil while whisking; pour the mixture over the salad and toss to coat. Serve immediately.

Winter Root Vegetable Salad

Ingredients

1 (10 ounce) package mixed baby greens
1 red bell pepper, chopped
1 sweet potato, peeled and thinly sliced
2 stalks celery, chopped
1 jicama, peeled and thinly sliced
1 kohlrabi bulbs, peeled and diced
1 (14 ounce) can artichoke hearts in water, drained and halved
2 tablespoons olive oil
2 tablespoons fresh lemon juice
1/2 teaspoon oregano
1 teaspoon Greek seasoning
salt and pepper to taste
3 pepperoncini peppers, minced
1/4 cup crumbled feta cheese

Directions

Layer the baby greens, bell pepper, sweet potato, celery, jicama, kohlrabi, and artichokes, in a salad bowl. Whisk together the olive oil, lemon juice, oregano, Greek seasoning, salt, and pepper in a small bowl. Drizzle over the salad, then sprinkle with pepperoncini and feta cheese to serve.

Caribbean Sweet Potato Salad

Ingredients

1 large russet potato, peeled and quartered
1 large sweet potato, peeled and quartered
1 cup corn
1 teaspoon prepared Dijon-style mustard
2 tablespoons fresh lime juice
3 tablespoons chopped fresh cilantro
1 clove garlic, minced
3 tablespoons canola oil
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1 cucumber, halved lengthwise and chopped
1/2 red onion, thinly sliced
1/4 cup finely chopped peanuts

Directions

Place the Russet potato pieces into a large saucepan, and cover with salted water. Bring to a boil, turn the heat down, and simmer for 10 minutes. Add the sweet potato, and cook about 15 minutes more. Remove a piece of each potato, and cut it in half to see if it is cooked enough. Once the potatoes are tender, add corn kernels; cook another 30 seconds. Drain through a colander. Fill the saucepan with cold water, and drop vegetables into water. Cool for 5 minutes, and drain.

In a large bowl, whisk together mustard, lime juice, cilantro, and garlic. Slowly whisk in oil. Mix in salt and black pepper.

Cut cooled potatoes into 1 inch cubes, and add to dressing along with cucumber, and red onion. Toss well. Serve at room temperature or chilled. Toss the peanuts in just before serving.

Warm Camembert Salad

Ingredients

1/2 pound young Swiss chard leaves
2 cups sliced zucchini
1/2 small head cauliflower, broken into small florets
1 green apple, cored and sliced
1 tablespoon lemon juice
3 tablespoons mayonnaise
3 tablespoons sour cream
4 ounces Camembert cheese, cubed
freshly ground black pepper to taste

Directions

Arrange the chard, zucchini and cauliflower in a salad bowl

Toss the apple slices in the lemon juice and add to the bowl.

In a medium saucepan, stir together the mayonnaise, sour cream, Camembert and pepper. Heat gently, stirring constantly, until hot but not boiling. Pour over salad mixture, toss well, and serve immediately.

Broccoli Buffet Salad

Ingredients

3 cups broccoli florets
1/2 cup chopped red onion
1/4 cup sunflower seeds
1/2 cup chopped raisins
1/2 cup crumbled feta cheese
1/2 cup plain low-fat yogurt
1/4 cup light mayonnaise
2 tablespoons white sugar
1 tablespoon lemon juice
salt and pepper to taste

Directions

In a measuring cup, mix together yogurt, mayonnaise, sugar, and lemon juice.

In a salad bowl, stir together broccoli, red onion, sunflower seeds, raisins, and crumbled feta cheese. Toss with yogurt dressing, and season with salt and pepper to taste. Cover, and refrigerate for 2 hours.

Jicama Salad with Cilantro and Lime

Ingredients

2 pounds jicama, peeled and julienned
1/4 cup chopped cilantro leaves
salt and pepper to taste
1/4 cup lime juice

Directions

Combine the julienned jicama, chopped cilantro, and salt and pepper in a large bowl. Sprinkle with lime juice and toss to coat. Refrigerate until ready to serve.

Balsamic Salad dressing

Ingredients

3/4 cup tomato juice
1/4 cup balsamic vinegar or red wine vinegar
1 envelope Italian salad dressing mix
2 teaspoons sugar

Directions

In a jar with a tight-fitting lid, combine all ingredients; shake well. Store in the refrigerator.

Asparagus and Crab Salad

Ingredients

2 pounds fresh asparagus spears, trimmed
1 pint grape tomatoes
2 tablespoons olive oil
salt and pepper to taste
1 clove garlic, minced
1/2 pound bacon strips, diced
1 pound imitation crabmeat, flaked
4 hearts of palm, drained and sliced
2 tablespoons freshly squeezed lemon juice
3 tablespoons extra-virgin olive oil
1 clove garlic, minced

Directions

Preheat an oven to 430 degrees F (225 degrees C).

Toss the asparagus, tomatoes, and olive oil together in a bowl until the vegetables are evenly coated; season with salt and pepper. Pour into a baking dish; sprinkle 1 minced clove of garlic over the mixture.

Roast in the preheated oven until tender, about 9 minutes. Set aside to cool. Cut the asparagus into 2 inch pieces.

Cook the bacon in a large, deep skillet over medium-high heat until crisp, about 10 minutes. Remove the bacon to a plate lined with paper towels, reserving 2 tablespoons of the bacon drippings in the skillet. Add the crabmeat to the hot bacon drippings and cook until warmed through, 2 to 3 minutes. Transfer to a large mixing bowl; add the asparagus, tomatoes, and hearts of palm.

Whisk the lemon juice, olive oil, and 1 minced clove garlic together in a small bowl; season with salt and pepper. Pour the dressing over the salad and toss to coat. Sprinkle the bacon over the salad just before serving.

Rosie's Bok Choy Salad

Ingredients

1/2 cup red wine vinegar
1/2 cup olive oil
1/2 cup white sugar
1 tablespoon soy sauce
1/4 cup margarine
1/4 cup blanched slivered almonds
1/4 cup sesame seeds
2 (3 ounce) packages ramen noodle pasta, crushed
1 medium head bok choy
3 green onions

Directions

In a small bowl, whisk together the vinegar, oil, sugar and soy sauce. Set aside.

Melt the margarine over medium heat in a small skillet. Crush the ramen noodles while still in their packaging, and add to the margarine along with the almonds and sesame seeds. Saute until everything is golden brown. Remove from heat and drain on a paper towel.

Chop the bok choy and green onions and add to a large bowl. Just before serving, sprinkle with the noodle mixture and dressing, and toss to coat.

Hearts of Palm and Spinach Salad

Ingredients

2 (10 ounce) bags fresh spinach, rinsed and dried
1 (14.25 ounce) can hearts of palm, drained and chopped
1 pint cherry tomatoes
2 large avocados - peeled, pitted and diced
1 (10 ounce) package fresh mushrooms, sliced
1/3 cup sliced almonds
1/2 cup canola oil
1/3 cup white vinegar
1/2 cup ketchup
2 cloves garlic, chopped
1/2 cup sugar
1 teaspoon salt
1/2 teaspoon dry mustard powder
1/2 teaspoon paprika

Directions

In a large serving bowl, toss the spinach with hearts of palm, tomatoes, avocados, mushrooms, and almonds.

Combine oil, vinegar, ketchup, garlic and sugar in a jar. Season with salt, mustard and paprika. Cover with a tight fitting lid. Shake vigorously until well blended.

Before serving, pour dressing over salad, and toss to coat evenly.

Strawberry Romaine Salad I

Ingredients

1 head romaine lettuce - rinsed, dried, and chopped
2 bunches fresh spinach - chopped, washed and dried
1 pint fresh strawberries, sliced
1 Bermuda onion, sliced
1/2 cup mayonnaise
2 tablespoons white wine vinegar
1/3 cup white sugar
1/4 cup milk
2 tablespoons poppy seeds

Directions

In a large salad bowl, combine the romaine, spinach, strawberries and sliced onion.

In a jar with a tight fitting lid, combine the mayonnaise, vinegar, sugar, milk and poppy seeds. Shake well and pour the dressing over salad. Toss until evenly coated.

Sugar Snap Pea Salad

Ingredients

1/2 pound sugar snap peas, trimmed
1 English cucumber, halved lengthwise
1 pound radishes
1/4 cup sesame seeds, toasted
2 tablespoons rice vinegar
1 tablespoon CRISCO® Oil
Salt and pepper to taste

Directions

Cook sugar snap peas in a pan of boiling salted water, about 30 seconds, or just until they turn bright green.

Drain and plunge into cold water to stop cooking. Drain. Cut cucumber and radishes cross-wise into 1/4-inch thick slices.

Toss peas, cucumber, radishes and sesame seeds with vinegar and CRISCO® Oil. Season with salt and pepper to taste.

Key West Crab Salad

Ingredients

3 cups fresh spinach - rinsed, dried and torn into bite-size pieces
2 cups leaf lettuce - rinsed, dried and torn into bite-size pieces
1 cup finely shredded cabbage
2 large oranges, peeled and segmented
1 red onion, sliced in rings
2 (6 ounce) cans crabmeat
1/2 teaspoon orange zest
3 tablespoons orange juice
2 tablespoons balsamic vinegar
2 teaspoons olive oil
1 teaspoon fresh chopped tarragon

Directions

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.

Horseradish Gelatin Salad

Ingredients

1 cup boiling water
1/2 tablespoon unflavored gelatin
1 (3 ounce) package lime flavored gelatin mix
1 cup mayonnaise
1 cup small curd cottage cheese
2 teaspoons prepared horseradish
1 (20 ounce) can crushed pineapple, drained
1 cup chopped pecans
1 pinch salt

Directions

In a medium bowl, stir together the boiling water, unflavored gelatin, and lime flavored gelatin mix until completely dissolved, about 1 minute. Set aside to cool until slightly thickened. This should take about 1 hour.

In a separate bowl, mix the mayonnaise, cottage cheese, and horseradish with an electric mixer until foamy. Stir in the pineapple, pecans and salt by hand. Fold the thickened gelatin mixture into the pineapple mixture. Pour into molds, and refrigerate until set, at least 2 hours.

To release gelatin from molds, dip the mold in hot water for 30 seconds to loosen, then invert onto a serving plate.

Crispy N Crunchy Salad

Ingredients

1 medium Golden Delicious apple, chopped
1 medium red apple, chopped
2 celery ribs, thinly sliced
1/2 cup chopped walnuts
1/2 cup golden raisins
1/4 cup honey

Directions

In a bowl, combine the apples, celery, walnuts and raisins. Add the honey and mix well. Serve immediately.

Wilted Spinach Salad

Ingredients

6 eggs
1 pound bacon
2 bunches fresh spinach, rinsed and dried
4 green onions, thinly sliced
2 eggs
1/4 cup white sugar
1/4 cup white vinegar
1/4 cup red wine vinegar

Directions

Place 6 eggs in a medium saucepan with enough cold water to cover. Bring water to a boil, and immediately remove from heat. Cover, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel, and chop.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble, and set aside, reserving approximately 1/2 cup of drippings in the skillet.

In a large bowl, toss together the spinach and green onions.

Heat the reserved drippings over low heat. In a small bowl, whisk together the 2 remaining eggs, sugar, white vinegar, and red wine vinegar. Add to warm grease, and whisk for about a minute, until thickened. Pour at once over spinach, add crumbled bacon, and toss to coat. Garnish with chopped egg.

Tex-Mex Chicken Salad

Ingredients

2 pounds skinless, boneless chicken breasts
1/2 cup chopped jalapeno pepper
1 green onion, sliced
2 tablespoons butter
2 (8 ounce) cartons Lucerne Whipped Cream Cheese Spread
1 (14.5 ounce) can diced tomatoes
1/2 cup salsa
1/2 teaspoon salt
Shredded lettuce
1 cup shredded Monterey Jack cheese
1 (4 ounce) can sliced ripe olives, drained
3 cups crushed tortilla chips

Directions

In a large skillet, saute the chicken, jalapenos and onion in butter until chicken is no longer pink.

Add the cream cheese, tomatoes, salsa and salt; stir until blended. Serve over lettuce; sprinkle with cheese, olives and tortilla chips.

Mad Hatter Salad

Ingredients

1 (16 ounce) package coleslaw mix
8 green onions, chopped
1/2 cup butter or margarine
1 head fresh broccoli, cut into florets
2 (3 ounce) packages chicken flavored ramen noodles
1 cup slivered almonds
1 cup unsalted sunflower seeds
1/2 cup white sugar
1/4 cup apple cider vinegar
1/2 cup vegetable oil
1 teaspoon soy sauce

Directions

In a large bowl, toss together the coleslaw mix, green onions and broccoli. Set aside.

Melt the butter in a large skillet over medium heat. Crumble the ramen noodles into a bowl, and mix with the almonds and sunflower seeds. Sprinkle the seasoning packets over all. Add to the skillet; cook and stir until noodles and nuts are toasted, about 8 minutes.

In a jar with a tight fitting lid, combine the sugar, vinegar, oil and soy sauce. Seal, and shake vigorously to blend.

Just before serving, combine the slaw mixture with the nuts and noodles. Pour the dressing over all, and stir briefly to coat.

Orange Cream Fruit Salad

Ingredients

1 (20 ounce) can pineapple tidbits, drained
1 (16 ounce) can peach slices, drained
1 (11 ounce) can mandarin oranges, drained
2 medium firm bananas. sliced
1 medium apple, chopped
1 (3.4 ounce) package instant vanilla pudding mix
1 1/2 cups milk
1/3 cup frozen orange juice concentrate
3/4 cup sour cream

Directions

In a large salad bowl, combine fruits; set aside. In a small mixing bowl, beat pudding mix, milk and orange juice concentrate for 2 minutes. Add sour cream; mix well. Spoon over fruit; toss to coat. Cover and refrigerate for 2 hours.

Delicious Egg Salad for Sandwiches

Ingredients

8 eggs
1/2 cup mayonnaise
1 teaspoon prepared yellow mustard
1/4 cup chopped green onion
salt and pepper to taste
1/4 teaspoon paprika

Directions

Place egg in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

Place the chopped eggs in a bowl, and stir in the mayonnaise, mustard and green onion. Season with salt, pepper and paprika. Stir and serve on your favorite bread or crackers.

Paradise Rice Salad

Ingredients

1/3 cup orange juice
1/4 cup reduced-fat Italian salad dressing
1 tablespoon grated orange peel
2 teaspoons honey
1/2 teaspoon salt
4 cups cooked rice
2 cups torn fresh spinach
2 small navel oranges, peeled and sectioned
1 celery rib, chopped
1/4 cup slivered almonds, toasted

Directions

In a large bowl, combine the orange juice, Italian dressing, orange peel, honey and salt. Add rice; toss to coat. Cover and refrigerate for 2 hours. Just before serving, add the spinach, oranges, celery and almonds; toss to coat.

Moroccan Lentil Salad

Ingredients

1/2 cup dry lentils
1 1/2 cups water
1/2 (15 ounce) can garbanzo beans, drained
2 tomatoes, chopped
4 green onions, chopped
2 minced hot green chile peppers
1 green bell pepper, chopped
1/2 yellow bell pepper, chopped
1 red bell pepper, chopped
1 lime, juiced
2 tablespoons olive oil
1/4 cup chopped fresh cilantro
salt to taste

Directions

Place lentils and water in a pot. Bring water to boil, reduce to simmer. Cook for 30 minutes or until tender.

In a medium size mixing bowl combine lentils, chickpeas, tomatoes, green onions, green chilies, bell peppers, lime juice, olive oil, cilantro, and salt to taste. Toss well. Chill for 20 minutes. Serve chilled.

Fruit Mix Salad

Ingredients

2 oranges, peeled and cut into bite size pieces
1 cup seedless red grapes
1/2 cup pitted and halved Bing cherries
1/4 cup golden raisins
1/4 cup chopped pitted dates
1/4 cup walnut halves

Directions

Combine the orange pieces, grapes, cherries, raisins, dates, and walnuts in a bowl; toss to combine.

Mexican Orzo Salad

Ingredients

1 (16 ounce) package orzo pasta
1 small red bell pepper, chopped
1 small yellow bell pepper, chopped
1 bunch green onions, chopped
1 small red onion, finely chopped
1 (15 ounce) can chickpeas, rinsed and drained
1 (15 ounce) can kidney beans, rinsed and drained
1 (15 ounce) can black beans, rinsed and drained
1 (8.75 ounce) can whole kernel corn, drained
1 cup chopped cilantro leaves
salt to taste
pepper to taste
5 limes, juiced
6 tablespoons canola oil

Directions

Fill a large pot with lightly salted water and bring to a boil over high heat. Stir in the orzo, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 10 minutes. Drain.

Place the drained orzo in a large salad bowl, and fold in the red pepper, yellow pepper, green onions, red onion, chickpeas, kidney beans, black beans, corn, cilantro, and salt and pepper to taste. Pour the lime juice and oil over the salad, toss to coat, and refrigerate at least 2 hours to chill before serving.

Crabby Orange Salad

Ingredients

1 (6 ounce) can crabmeat, drained and flaked
3 large oranges, peeled and segmented
1/3 cup orange juice
1/4 cup mayonnaise
1/2 cup sweetened whipped cream
2 tablespoons white sugar

Directions

In a medium bowl, toss together the crabmeat and oranges. Cover and chill.

In a small bowl, whisk together the orange juice, mayonnaise, whipped cream and sugar. Serve over the chilled crab mixture.

Chicken Fiesta Salad

Ingredients

2 skinless, boneless chicken breast halves
1 (1.27 ounce) packet dry fajita seasoning, divided
1 tablespoon vegetable oil
1 (15 ounce) can black beans, rinsed and drained
1 (11 ounce) can Mexican-style corn
1/2 cup salsa
1 (10 ounce) package mixed salad greens
1 onion, chopped
1 tomato, cut into wedges

Directions

Rub chicken evenly with 1/2 the fajita seasoning. Heat the oil in a skillet over medium heat, and cook the chicken 8 minutes on each side, or until juices run clear; set aside.

In a large saucepan, mix beans, corn, salsa and other 1/2 of fajita seasoning. Heat over medium heat until warm.

Prepare the salad by tossing the greens, onion and tomato. Top salad with chicken and dress with the bean and corn mixture.

Broccoli and Tortellini Salad

Ingredients

6 slices bacon
20 ounces fresh cheese-filled tortellini
1/2 cup mayonnaise
1/2 cup white sugar
2 teaspoons cider vinegar
3 heads fresh broccoli, cut into florets
1 cup raisins
1 cup sunflower seeds
1 red onion, finely chopped

Directions

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

Bring a large pot of lightly salted water to a boil. Cook tortellini in boiling water for 8 to 10 minutes or until al dente. Drain, and rinse under cold water.

In a small bowl, mix together mayonnaise, sugar and vinegar to make the dressing.

In a large bowl, combine broccoli, tortellini, bacon, raisins, sunflower seeds and red onion. Pour dressing over salad, and toss.

Greek Salad Dip

Ingredients

8 ounces crumbled feta cheese
1 (2.25 ounce) can chopped black olives
1 tomatoes, seeded and chopped
3 green onions, finely chopped
1/2 cup Caesar salad dressing

Directions

Mix the feta cheese, olives, tomatoes, green onions, and Caesar salad dressing in a bowl. Chill 25 minutes in the refrigerator.

Grilled Garlic Flank Steak Salad

Ingredients

1 cup MarzettiB® Supreme Caesar Dressing
1 (1 1/2-pound) whole flank steak, scored
2 teaspoons minced garlic
2 tablespoons vegetable oil
2 heads romaine lettuce, outer leaves discarded, inner leaves separated and left whole or chopped
1 pint cherry tomatoes, sliced in half lengthwise
1 small red onion, cut into 1/4-inch slices
2 ounces Parmigiano-Reggiano cheese, shaved or grated
Salt and freshly ground black pepper, to taste

Directions

Place meat in a shallow dish or plastic bag. Lightly sprinkle both sides of meat with salt and pepper. Combine garlic and oil and press into the meat. Marinate 20 minutes or up to 12 hours. Wipe off excess garlic with paper towel. Reseason with salt and pepper.

Prepare grill to medium hot. While grill is heating, arrange lettuce, tomatoes and onions on platter or individual plates. Spray grill rack with non-stick cooking spray for the grill. Place meat on rack grill 4 to 6 minutes over direct heat; with tongs, turn the meat and grill an additional 4 to 5 minutes for rare to medium-rare.

Transfer meat to cutting board and allow meat to rest for 5 minutes before carving. Cut meat across grain into 1/4-inch bite-size strips. Arrange on top of composed salad. Drizzle with Marzetti Supreme Caesar Salad Dressing. Sprinkle with pepper and cheese. Serve. Pass additional dressing.

Chicken Rice Salad II

Ingredients

1 cup uncooked white rice
2 cups water
1 tablespoon vegetable oil
2 skinless, boneless chicken breast halves
1/2 head lettuce, chopped

Directions

Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.

Heat the vegetable oil in a large skillet over medium heat. Cook the chicken breasts until no longer pink in the center and the juices run clear, about 25 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Cut the chicken into bite size pieces.

Toss chicken, rice, and lettuce in a large bowl. Serve immediately.

Spinach Cantaloupe Salad with Mint

Ingredients

4 cups fresh spinach leaves
1 cup sliced cantaloupe
1 cup sliced avocado
1/2 cup diced red bell pepper
2 tablespoons chopped fresh mint leaves

1 tablespoon mint apple jelly
1 1/2 teaspoons white wine vinegar
3 tablespoons vegetable oil
1 clove garlic, minced

Directions

Divide spinach between 2 serving plates. Arrange half of the cantaloupe and half of the avocado in a circular pattern over the spinach on each plate. Sprinkle with diced red pepper and fresh mint.

Mix together the mint jelly, white wine vinegar, oil and garlic. Drizzle over the salads. Serve.

Artichoke Bean Salad

Ingredients

1 (16 ounce) can kidney beans, rinsed and drained
1 (14.5 ounce) can cut green beans, drained
1 (6.5 ounce) jar marinated artichoke hearts, undrained
1 1/2 cups chopped red onion
1/2 cup chopped green pepper
1/2 cup Italian salad dressing

Directions

In a large bowl, toss all ingredients. Cover and refrigerate until serving.

Italian Salad Dressing

Ingredients

1/3 cup sugar
1 envelope Italian salad dressing mix
3 garlic cloves, minced
3/4 cup cider vinegar
3/4 cup water
3/4 cup vegetable oil

Directions

In a small bowl, combine the sugar, salad dressing mix, garlic, vinegar and water; gradually whisk in oil. Store in the refrigerator. Stir before serving.

Delicious Spicy Tomato Salad

Ingredients

1 chile pepper, chopped (optional)
1/2 teaspoon salt
1 teaspoon white sugar
1 teaspoon soy sauce
1 lemon
2 tomatoes, sliced
1 apple - peeled, cored and sliced
1 cup chopped salted peanuts

Directions

In a medium bowl, stir together the chile pepper, salt, sugar, and soy sauce. Squeeze in the juice from the lemon. Add the tomatoes and apple, and toss to coat. Sprinkle the chopped peanuts over the top. Chill until serving.

Tomato Tossed Salad

Ingredients

6 cups shredded lettuce
2 medium tomatoes, cut into wedges
1/4 cup oil and vinegar salad dressing
1 teaspoon snipped chives
1/4 teaspoon dried thyme

Directions

Place lettuce and tomatoes in a salad bowl. Combine salad dressing, chives and thyme; drizzle over salad and toss gently.

Chicken Potato Salad

Ingredients

2 boneless chicken breast halves, cooked
2 hard-cooked eggs
3 potatoes, cooked
1 1/4 cups pickled cucumbers
1/4 teaspoon salt
2 tablespoons olive oil
2/3 cup mayonnaise

Directions

Chop the chicken, eggs, potatoes and pickled cucumbers into very small pieces. Mix all together. Add the salt and mayonnaise, then the olive oil. Toss to coat. Refrigerate for 2 to 3 hours before serving.

Sweet Potato Salad

Ingredients

2 pounds sweet potatoes, peeled and cubed
1 cup mayonnaise
1/2 cup packed brown sugar
1 cup chopped walnuts
1/2 cup raisins

Directions

Place potatoes into a large saucepan, and fill with enough water to cover. Bring to a boil, and cook for about 8 minutes, or until tender. Drain, and cool slightly.

In a large bowl, stir together the mayonnaise and brown sugar. Stir in the sweet potatoes, walnuts and raisins until evenly coated. Chill for at least 1 hour before serving.

Creamy Fruit Salad

Ingredients

1 (20 ounce) can unsweetened pineapple chunks, drained
1 (15 ounce) can sliced peaches, drained
1 (11 ounce) can mandarin oranges, drained
4 medium tart apples, peeled and diced
1 1/2 cups cold fat-free milk
1/3 cup orange juice concentrate
1 (1 ounce) package sugar-free instant vanilla pudding mix
3/4 cup fat-free sour cream

Directions

In a large bowl, combine the fruit; set aside. In another bowl, whisk milk, orange juice concentrate and pudding mix for 2 minutes or until smooth. Add sour cream; mix well. Fold into fruit. Cover and refrigerate until serving.

Crab & Avocado Salad with Fruit Salsa

Ingredients

1 pound pasteurized crabmeat (preferably lump or back fin), picked over for stray shells
1 1/2 cups mangoes, peaches or nectarines, diced
1/4 medium red onion, cut into small dice
1/4 medium red bell pepper, cored and cut into medium dice
1 tablespoon chopped fresh cilantro or parsley
2 tablespoons fresh lime juice
1/2 teaspoon Salt and pepper, to taste
3 ripe avocados

Directions

Gently mix all ingredients except avocado in a medium bowl. (Can be covered and refrigerated several hours.)

When ready to serve, halve, pit, peel and slice avocado. Fan half an avocado on each plate and serve crab salad alongside.

Pina Colada Salad

Ingredients

1 (16 ounce) container vanilla yogurt
1 cup sweetened, flaked coconut
1/4 cup coconut milk
2 pineapples, peeled, cored, and cut into 1-inch chunks
3 bananas, peeled and sliced

Directions

Whisk together the yogurt, coconut, and coconut milk in a large bowl. Stir in the pineapple and banana. Serve cold.

Mexican Salad

Ingredients

1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can garbanzo beans, drained
2 cups frozen corn kernels
1/2 onion, finely diced
1 tablespoon chopped fresh cilantro
2 jalapeno peppers, seeded and minced (optional)
1 red bell pepper, diced
1/4 cup olive oil
3 tablespoons fresh lime juice
1 teaspoon ground black pepper
salt to taste
1/2 teaspoon honey

Directions

In a large bowl, combine the black beans, garbanzo beans, corn, onion, cilantro, jalapenos, bell pepper, olive oil, lime juice, pepper, salt and honey. Mix well; refrigerate and allow flavors to blend.

Barb's Broccoli-Cauliflower Salad

Ingredients

12 slices bacon
1 head fresh broccoli, diced
1 head cauliflower, chopped
1/2 red onion, diced
3/4 cup sunflower seeds
1 cup creamy salad dressing
1 1/2 tablespoons white wine vinegar
1/4 cup white sugar

Directions

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

Combine the bacon, cauliflower, broccoli, onion and sunflower seeds or pecans.

Whisk together the salad dressing, vinegar and sugar. Pour over salad and toss to coat. Refrigerate and allow to chill before serving.

Mama's Macaroni Salad

Ingredients

1 (16 ounce) package elbow macaroni
3 cups mayonnaise
3/4 cup prepared yellow mustard
1/3 cup sweet pickle relish, or to taste
1 (10 ounce) can sliced black olives, drained
1 cup chopped celery
1/2 cup chopped green onions
salt and pepper to taste
1 pinch paprika, for garnish

Directions

Bring a large pot of lightly salted water to a boil. Add the macaroni, and cook until tender, about 8 minutes. Drain and cool.

In a large bowl, mix together the mayonnaise, mustard, relish, olives, celery and green onions. Mix in the macaroni, and season with salt and pepper to taste. Add more mayonnaise if you like. For best flavor, cover and refrigerate over night. Sprinkle with paprika just before serving.

Italian Salad Croutons

Ingredients

1/4 cup butter or margarine, melted
1 1/2 teaspoons Italian seasoning
1/2 teaspoon garlic powder
5 slices white bread, cut into 1/2-inch cubes

Directions

In a large bowl, combine the butter, Italian seasoning and garlic powder. Add bread cubes and toss to coat. Arrange in a single layer on an ungreased baking sheet. Bake at 325 degrees F for 15-20 minutes or until lightly browned, stirring occasionally.

Rotelle Pasta Salad

Ingredients

1 (8 ounce) package rotelle pasta
6 slices bacon
1 (16 ounce) package frozen mixed vegetables
1 cup Italian-style salad dressing
1 teaspoon yellow mustard
1 tablespoon seasoning salt
1/4 teaspoon black pepper
1/2 green bell pepper, chopped
3 ounces turkey breast, cut into bite size pieces
1 cup shredded Cheddar cheese

Directions

Bring a large pot of lightly salted water to a boil. Add rotelle pasta and cook for 8 to 10 minutes or until al dente; drain.

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

Cook the frozen vegetables in the microwave approximately 4 to 6 minutes, making sure they stay crisp; drain.

In a large bowl mix together Italian dressing, mustard, seasoning salt, and pepper. Add pasta, mixed vegetables, bell pepper, turkey, 1/2 of the bacon and 1/2 of the cheese; mix well. Sprinkle remainder of cheese and bacon on the top. Cover and chill thoroughly before serving.

Mango Pineapple Salad with Mint

Ingredients

2 cups peeled, diced ripe mango
1 cup chopped fresh pineapple
1/4 cup dried cranberries
1/4 cup flaked coconut
1/4 sprig chopped fresh mint

Directions

In a medium bowl, toss together mango, pineapple, cranberries, and coconut. Garnish with mint. Cover, and chill in the refrigerator until serving.

Thai Steak Salad

Ingredients

2 green onions, chopped
1 lemon grass, cut into 1 inch pieces
1 cup chopped fresh cilantro
1 cup chopped fresh mint leaves
1 cup lime juice
1/3 cup fish sauce
1 tablespoon sweet chili sauce
1/2 cup SPLENDA® No Calorie Sweetener, Granulated
1 1/2 pounds (1 inch thick) steak fillet
1 head leaf lettuce - rinsed, dried and torn into bite-size pieces
1/2 English cucumber, diced
1 pint cherry tomatoes

Directions

In a large bowl, stir together the green onions, lemon grass, cilantro, mint leaves, lime juice, fish sauce, chili sauce, and SPLENDA® Granulated Sweetener, until well combined and the SPLENDA® Granulated Sweetener is dissolved. Adjust the flavor, if desired, by adding more SPLENDA® Granulated Sweetener and/or fish sauce. Set aside.

Cook the steak over high heat on a preheated grill for approximately 4-6 minutes on each side, until it is cooked medium. Do not overcook the meat! Remove from heat and slice into thin strips. Add the meat and its juices to the sauce and refrigerate, tightly covered, for at least 3 hours.

Tear the lettuce into bite size pieces and place in a salad bowl. Arrange the cucumber on top of the lettuce, and then pour the meat and sauce over. Top with the cherry tomatoes and garnish with fresh cilantro leaves.

Crunchy Tossed Salad

Ingredients

1/2 cup vegetable oil
1/4 cup sugar
2 tablespoons vinegar
1 teaspoon salt
1/4 teaspoon pepper
1 head iceberg lettuce, sliced
6 bacon strips, cooked and crumbled
1/3 cup sliced almonds, toasted
1/4 cup sesame seeds, toasted
4 green onions, sliced
3/4 cup chow mein noodles

Directions

In a jar with tight-fitting lid, combine oil, sugar, vinegar, salt and pepper; shake well. Chill for 1 hour. Just before serving, combine the lettuce, bacon, almonds, sesame seeds and onions in a large bowl; add dressing and toss. Top with chow mein noodles.

Caribbean Crabmeat Salad

Ingredients

3 cups uncooked rotini pasta
1 (8 ounce) package imitation crabmeat, flaked
1 red bell pepper, julienned
1 mango - peeled, seeded and cubed
2 tablespoons chopped fresh cilantro
1 jalapeno pepper, seeded and minced
1 teaspoon lime zest
3 tablespoons fresh lime juice
2 tablespoons olive oil
1 tablespoon honey
1/2 teaspoon ground cumin
1/2 teaspoon ground ginger
1/4 teaspoon salt

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and rinse under cold water.

Place pasta, crabmeat, red pepper, mango, cilantro and jalapeno in a large bowl and set aside.

In a small bowl, whisk together the lime zest, lime juice, olive oil, honey, cumin, ginger and salt. Pour over salad, toss to coat and let sit in refrigerator for at least one hour before serving.

Blueberry Banana Salad

Ingredients

2 cups sliced firm bananas
1 1/2 cups fresh blueberries
1 (11 ounce) can mandarin oranges, drained
1/2 cup miniature marshmallows
2 tablespoons flaked coconut
1/2 cup sour cream

Directions

In a bowl, combine the bananas, blueberries,s oranges, marshmallows and coconut. Gently fold in the sour cream. Refrigerate leftovers.

Bacon-Swiss Tossed Salad

Ingredients

1/2 cup mayonnaise
1 tablespoon sugar
1/4 teaspoon salt
1/4 teaspoon pepper
6 cups mixed salad greens
1 medium red onion, sliced
1 (10 ounce) package frozen peas, thawed
8 ounces sliced Swiss cheese, julienned
1 pound bacon, cooked and crumbled

Directions

In a small bowl, combine mayonnaise, sugar, salt and pepper. In a large salad bowl, layer a third of the greens and a third of the mayonnaise mixture, onion, peas and cheese. Repeat the layers twice. Cover and refrigerate for at least 2 hours. Just before serving, add the bacon and toss.

Black Bean and Rice Salad

Ingredients

2 tomatoes, chopped
1 large red bell pepper, chopped
2 jalapeno peppers, minced
3/4 cup lemon juice
1 1/4 teaspoons dried cilantro
1/4 teaspoon dried basil
1/8 teaspoon red pepper flakes
1 (15 ounce) can whole kernel corn; drain and reserve liquid
1 (15 ounce) can black beans; drain and reserve liquid
1 tablespoon olive oil
1/2 cup chopped onion
1/2 teaspoon minced garlic
1 1/2 cups instant brown rice
salt and pepper to taste

Directions

In a large bowl, combine tomatoes, red bell pepper, jalapeno pepper, lemon juice, cilantro, basil, red pepper flakes, corn, and beans. Stir to combine the vegetables, then set aside.

In a medium saucepan, heat olive oil at a medium-low heat. Add onions and saute until they are translucent. Add garlic and saute for another minute. Pour in rice and toss to coat. Add reserved liquid from the corn and beans, along with any additional liquid as directed on the rice box. Cook the rice to package specifications. Let the rice cool slightly.

Combine the rice and vegetable mixture. Salt and pepper to taste and serve.

Pimiento Potato Salad

Ingredients

2 pounds small red potatoes, cooked
4 green onions, thinly sliced
3 celery ribs, thinly sliced
1 (2 ounce) jar diced pimientos, drained
1 (8 ounce) bottle Italian salad dressing

Directions

Cut potatoes into 1/4-in. slices.

In an ungreased 13-in. x 9-in. x 2-in. dish, layer half of the potatoes, onions, celery and pimientos. Repeat layers. Pour dressing over all. Cover and refrigerate overnight. Stir before serving.

Avocado Egg Salad

Ingredients

6 hard-boiled eggs, peeled
2 avocados - peeled, pitted, and cubed
1/2 cup minced red onion
3 tablespoons chopped sweet pickles
1 tablespoon prepared yellow mustard
1/3 cup mayonnaise
salt and pepper to taste

Directions

Mash the eggs with a fork in a mixing bowl to break up. Add the avocado, onion, pickle, mustard, and mayonnaise. Gently smash the ingredients together until blended. Season to taste with salt and pepper.

Sunrise Salad

Ingredients

1 (6 ounce) package strawberry flavored gelatin mix
2 cups boiling water
2 (10 ounce) packages frozen strawberries
2 tablespoons lemon juice
1 medium banana, mashed
1 pint sour cream

Directions

In a bowl, pour boiling water over gelatin, stirring to dissolve. Stir in frozen strawberries until thawed. Set aside.

In a small bowl, stir lemon juice into mashed banana. Stir banana mixture into gelatin, and mix in sour cream. Pour into serving bowl, cover, and refrigerate overnight, or until set.

Creamy Fruit Salad

Ingredients

1 (15.25 ounce) can fruit cocktail
2 medium firm bananas. sliced
1 medium apple, diced
1 medium navel orange, peeled and sectioned
2 tablespoons instant vanilla pudding mix
1 (8 ounce) container vanilla yogurt

Directions

In a serving bowl, combine the fruit cocktail, bananas, apple and orange. Combine the pudding mix and yogurt until smooth. Add to fruit mixture; stir to coat. Refrigerate leftovers.

Lemon Zucchini and Cucumber Salad

Ingredients

1 zucchini, sliced into rounds
1 cucumber, peeled and thinly sliced
1/3 cup balsamic vinegar
3 tablespoons olive oil
1 tablespoon lemon juice
salt and pepper to taste
1 twist lemon peel for garnish

Directions

Place the zucchini slices into a steamer basket and set over one inch of water in a saucepan. Bring to a boil, cover and steam for 3 to 5 minutes, or until tender. Remove from the steamer and cool slightly.

In a salad bowl, combine the zucchini and cucumber slices. In a separate bowl, whisk together the balsamic vinegar, olive oil, lemon juice, salt and pepper. Pour over the zucchini and cucumber. Toss to coat, then garnish with lemon peel.

Caesar Salad II

Ingredients

1 head romaine lettuce
2 cups croutons, divided
6 cloves garlic, minced
1 tablespoon prepared Dijon-style mustard
1 lemon, juiced
1 dash Worcestershire sauce
1/2 cup olive oil
1/4 cup grated Parmesan cheese

Directions

Clean and chop lettuce, set aside.

Crush 5 or 6 of the croutons in a deep mixing bowl. Add the garlic, mustard, lemon juice and Worcestershire sauce. Blend thoroughly in a mixer and slowly add olive oil until creamy.

Pour dressing over the lettuce, add parmesan, remaining croutons, toss and enjoy.

Russian Tomato Salad

Ingredients

2 sweet onions, chopped
2 tomatoes, chopped
3 green bell peppers, chopped
1 cup sour cream
1 tablespoon chopped fresh dill

Directions

In a medium bowl, toss together sweet onions, tomatoes, and green bell peppers.

Blend sour cream and dill in a small bowl. Lightly toss into the salad mixture. Cover, and chill in the refrigerator until serving.

Layered Beef Salad with Warm Dressing

Ingredients

1/2 cup soy sauce
1/2 cup sukiyaki sauce
1/2 cup water
2 teaspoons grated fresh ginger root
2 teaspoons minced garlic
1 (1 1/2) pound beef sirloin steak, sliced thinly across the grain
2 heads red leaf lettuce, torn into bite-sized pieces
1 onion, sliced thin
1 bunch radishes, sliced into thin rounds
1 English cucumber, thinly sliced
2 tomatoes, sliced
1 jicama, peeled and julienned
6 hard-cooked eggs, sliced
1 cup peanut oil

Directions

Whisk together the soy sauce, sukiyaki sauce, water, ginger, and garlic in a small bowl.

Arrange the sliced steak in the bottom of a shallow baking dish. Pour about 1/2 of the soy sauce mixture over the steak. Allow to marinate 30 minutes.

Build the salad by layering onto a platter the lettuce, onion, radish, cucumber, tomato, jicama, and eggs in that order.

Heat the oil in a skillet over medium-high heat. Cook the marinated steak strips in the hot oil to desired doneness, 3 minutes each side for medium-well.

Pasta Salad I

Ingredients

3 cups fusilli pasta
3/4 cup broccoli florets
3/4 cup cauliflower florets
1/2 cup red onion, sliced
1/2 cup thinly sliced carrots
1/2 cup red bell pepper, chopped
1/2 cup chopped green bell pepper
1/2 cup chopped mushrooms
1/2 cup chopped celery
3/4 cup light mayonnaise
1/4 cup distilled white vinegar
1/4 cup white sugar
salt and pepper to taste

Directions

Cook pasta according to package directions. Drain and rinse pasta under cold water.

Place pasta in a large serving bowl add the all the vegetables and toss to combine.

Combine the mayonnaise, vinegar and sugar together, whisk until smooth. Pour over salad and mix well. Season to taste with salt and pepper and serve.

Pistachio Mallow Salad

Ingredients

1 (16 ounce) container frozen whipped topping, thawed
1 (3.4 ounce) package instant pistachio pudding mix
6 drops green food coloring (optional)
3 cups miniature marshmallows
1 (20 ounce) can crushed pineapple, undrained
1/2 cup chopped pistachios or walnuts

Directions

In a large bowl, combine whipped topping, pudding mix and food coloring if desired. Fold in the marshmallows and pineapple. Cover and refrigerate for at least 2 hours. Just before serving, sprinkle with nuts.

Green Bean Salad with Feta

Ingredients

4 cups mixed baby salad greens
1/2 pound fresh green beans, trimmed, cooked al dente and cut in half
2 ounces feta cheese, crumbled
2 tablespoons extra-virgin olive oil
1 tablespoon balsamic vinegar
1 tablespoon orange juice
1/2 teaspoon fennel seeds
Salt and pepper, to taste
1/3 cup dried cranberries (optional)

Directions

In a medium-size bowl, combine greens, beans and cheese. Add oil, vinegar, juice, fennel seeds, salt and pepper; toss. Sprinkle with dried cranberries, if desired.

Gourmet Chicken Salad II

Ingredients

4 skinless, boneless chicken breast halves
1 lemon, zested and juiced
1 tablespoon chopped fresh rosemary leaves
1 1/2 cups chicken broth
1 cup chopped walnuts
1/2 cup chopped celery
1/2 cup crumbled blue cheese
1 cup mayonnaise
2 tablespoons brown mustard
salt and pepper to taste
garlic powder to taste

Directions

Place chicken in a skillet, and sprinkle with lemon juice and 1/2 the rosemary. Pour broth into the skillet. Bring to a boil, reduce heat to low, and simmer 25 minutes, or until chicken juices run clear. Drain, cool, and dice chicken.

In a large bowl, toss chicken with lemon zest, remaining rosemary, walnuts, celery, blue cheese, mayonnaise, brown mustard, salt and pepper, and garlic powder. Chill in the refrigerator at least 1 hour before serving.

Potato Salad I

Ingredients

5 pounds red potatoes, diced
4 eggs
4 stalks celery, chopped
1 green bell pepper, chopped
1 (16 ounce) jar sweet pickles, cubed
3/4 tablespoon prepared mustard
3/4 cup mayonnaise
1 onion, finely chopped
1 teaspoon white sugar
salt and pepper to taste

Directions

Bring a large pot of salted water to a boil. Add potatoes, and cook until tender but still firm, about 15 minutes. Drain, and transfer to a large bowl.

Place eggs in a medium saucepan, and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, and peel under cold, running water. Chop, and set aside.

Stir the eggs, celery, green bell pepper, sweet pickle cubes, prepared mustard, mayonnaise, onion and white sugar into the potatoes. Season to taste with salt and pepper. Cover, and chill in the refrigerator for at least 3 hours before serving.

Strawberry, Spinach, and Pear Salad

Ingredients

1/2 cup black walnuts
1 (10 ounce) bag spinach leaves
1 (10 ounce) bag romaine lettuce, torn
1/2 cup balsamic vinaigrette
8 large strawberries, sliced
2 pears - peeled, cored and sliced
1 (6 ounce) container crumbled feta
3 tablespoons balsamic vinaigrette

Directions

Place the walnuts in a small skillet over medium-high heat; toast the nuts while stirring constantly for 4 to 5 minutes; set aside to cool completely.

Toss together the spinach and romaine lettuce in a large mixing bowl, and toss with 1/2 cup of balsamic vinaigrette. Arrange the strawberries, pears, feta cheese, and walnuts over the top of the salad. Dress the salad with another 3 tablespoons vinaigrette to serve.

Mexican Bean and Rice Salad

Ingredients

2 cups cooked brown rice
1 (15 ounce) can kidney beans, rinsed and drained
1 (15 ounce) can black beans, rinsed and drained
1 (15.25 ounce) can whole kernel corn, drained
1 small onion, diced
1 green bell pepper, diced
2 jalapeno peppers, seeded and diced
1 lime, zested and juiced
1/4 cup chopped cilantro leaves
1 teaspoon minced garlic
1 1/2 teaspoons ground cumin
salt to taste

Directions

In a large salad bowl, combine the brown rice, kidney beans, black beans, corn, onion, green pepper, jalapeno peppers, lime zest and juice, cilantro, garlic, and cumin. Lightly toss all ingredients to mix well, and sprinkle with salt to taste.

Refrigerate salad for 1 hour, toss again, and serve.

Ruby Gelatin Salad

Ingredients

1 (3 ounce) package cherry gelatin
1 cup boiling water
1 cup orange juice
1 cup diced peeled apples
1 cup chopped celery
1/2 cup chopped walnuts

Directions

In a bowl, dissolve gelatin in water. Add orange juice; refrigerate until partially set. Stir in apple, celery and walnuts. Refrigerate until firm.

Pineapple Congealed Salad

Ingredients

1 (3 ounce) package lemon flavored gelatin mix
1 (3 ounce) package lime flavored gelatin mix
2 cups boiling water
2 cups water
1 (15 ounce) can crushed pineapple, with juice
1 (16 ounce) package small curd cottage cheese
3 tablespoons prepared horseradish
1 cup mayonnaise
1 cup chopped pecans

Directions

In a 9x13 inch dish, mix lemon flavored gelatin mix, lime flavored gelatin mix and boiling water. When the mixes are completely dissolved, pour in remaining water. Chill in the refrigerator 1 hour, or until the gelatin begins to set.

Stir in the crushed pineapple, cottage cheese, horseradish, mayonnaise and pecans. Continue to chill 3 hours, or until completely gelled.

Reduced Fat Yogurt Ranch Salad Dressing

Ingredients

1/4 cup powdered buttermilk
1 teaspoon garlic powder
1 teaspoon dried dill weed
1 teaspoon dried parsley
1 teaspoon dried chives
1/2 teaspoon onion powder
1/4 teaspoon ground black pepper
1/4 teaspoon salt
2 cups low-fat plain yogurt

Directions

Combine buttermilk, garlic powder, dill weed, parsley, chives, onion powder, pepper, and salt in a bowl, making sure to break up any clumps. Gently fold in the yogurt until combined, being careful not to over mix. Refrigerate for 1 hour before serving. Pour off any whey before serving.

Green Bean 'N' Pea Salad

Ingredients

1 (16 ounce) package frozen peas, thawed
3 cups frozen French-style green beans, thawed
1 cup chopped celery
1/2 cup chopped green pepper
1/3 cup finely chopped onion
1/4 cup diced pimientos
3/4 cup sugar
1/3 cup cider vinegar
2 tablespoons water
1/2 teaspoon salt

Directions

In a large bowl, combine the first six ingredients. In a small bowl, combine the sugar, vinegar, water and salt; stir until sugar is dissolved. Pour over vegetables; toss to coat. Refrigerate for 3-4 hours. Serve with a slotted spoon.

Curried Brown Rice Salad

Ingredients

4 cups cooked brown rice, cooled
1 cup chopped unpeeled tart apple
1/2 cup raisins
1/2 cup chopped onion
1/2 cup slivered almonds, toasted
1/4 cup reduced-fat mayonnaise
1/4 cup fat-free plain yogurt
3 teaspoons curry powder
1/2 teaspoon salt

Directions

In a large bowl, combine the rice, apple, raisins, onion and almonds. In another bowl, combine the remaining ingredients. Pour over rice mixture and stir to combine. Refrigerate for at least 1 hour before serving.

Mock Tuna Salad

Ingredients

1 (19 ounce) can garbanzo beans, drained and mashed
2 tablespoons mayonnaise
2 teaspoons spicy brown mustard
1 tablespoon sweet pickle relish
2 green onions, chopped
salt and pepper to taste

Directions

In a medium bowl, combine garbanzo beans, mayonnaise, mustard, relish, chopped green onions, salt and pepper. Mix well.

Spinach Salad with Peaches and Pecans

Ingredients

3/4 cup pecans
2 ripe peaches
4 cups baby spinach, rinsed and dried
1/4 cup poppyseed salad dressing

Directions

Preheat oven to 350 degrees F (175 degrees C). Arrange pecans on a single layer on a baking sheet and roast in preheated oven for 7 -10 minutes, until they just begin to darken. Remove from oven and set aside.

Peel peaches (if desired) and slice into bite-sized segments. Combine peaches, spinach and pecans in a large bowl. Toss with dressing until evenly coated, adding a little additional dressing, if necessary.

Super Spicy Pea Salad

Ingredients

2 (15 ounce) cans peas, drained
1/4 cup chopped red onion
2 tablespoons dill pickle relish, drained
1 hard-cooked egg, chopped
1 large jalapeno pepper, seeded and chopped
1/4 cup mayonnaise
1/2 cup shredded pepperjack cheese
salt to taste

Directions

In a medium bowl, combine peas, onion, relish, egg and jalapeno. Stir in mayonnaise and cheese. Chill for at least two hours before serving.

Corn Relish Salad

Ingredients

2 cups fresh or frozen corn
3 medium tomatoes, seeded and chopped
1 medium green pepper, diced
1/2 cup chopped red onion
1/2 cup sliced celery
1 (2.25 ounce) can sliced ripe olives, drained
1 (6.5 ounce) jar marinated artichoke hearts, undrained
1/4 cup reduced-fat Italian salad dressing
5 fresh basil leaves, finely chopped
1/2 teaspoon garlic powder
1/2 teaspoon dried oregano
1/4 teaspoon lemon-pepper seasoning

Directions

In a large bowl, combine the first six ingredients. In another bowl, combine the artichoke, salad dressing, basil, garlic powder, oregano and lemon-pepper. add to corn mixture and toss gently. Cover and refrigerate for at a least 6 hours before serving.

Sweet and Sour Chicken Salad

Ingredients

1/3 cup sour cream
3 tablespoons mayonnaise
1 tablespoon white vinegar
1 tablespoon apricot jam
1/4 cup sliced green onion
3 fresh apricots, pitted and diced
1 cup chopped celery
1 pound diced cold, cooked chicken

Directions

In a medium bowl, whisk together sour cream, mayonnaise, vinegar and jam. Add green onion, apricots, celery and chicken and toss until evenly coated. Chill and serve over lettuce leaves.

Sylvia's Easy Greek Salad

Ingredients

3/4 cup red bell pepper, chopped
3/4 cup chopped green bell pepper
1 cup cucumber - peeled, seeded and chopped
1 tomato, chopped
1/2 cup diced red onion
4 large black olives, quartered
1/2 cup crumbled feta cheese
1/2 cup vegetable oil
2 teaspoons white wine vinegar
salt to taste

Directions

In a large bowl, combine the red bell pepper, green bell pepper, cucumber, tomato, red onion, and olives.

Whisk together the oil and vinegar. Before serving add the oil and vinegar, feta cheese and salt. Toss together and serve.

Deep Dish Layered Salad

Ingredients

2 eggs
1 1/2 heads iceberg lettuce - rinsed, dried, and shredded
1 cup chopped celery
1 cup chopped green bell pepper
1 cup chopped green onions
2 cups sliced fresh mushrooms
2 cups frozen green peas, thawed
2 tablespoons bacon bits
2 tablespoons grated Parmesan cheese
2 cups mayonnaise
2 tablespoons brown sugar
1/2 teaspoon garlic powder
1/2 teaspoon curry powder

Directions

Place eggs in a saucepan and cover with cold water. Bring water to a boil; cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove the eggs from hot water, cool, peel and chop.

Layer 1/2 of the lettuce in the bottom of a large bowl. Follow with a layer of celery, bell pepper, green onion, mushrooms, peas and egg. Top with remaining lettuce.

Prepare the dressing by whisking together the mayonnaise, brown sugar, garlic powder and curry powder. Spread evenly over top of salad. Sprinkle with bacon bits and Parmesan cheese. Refrigerate until ready to serve.

Dennis' Honey-Mustard Salad Dressing

Ingredients

1/4 cup chopped onion
1 tablespoon fresh parsley
1/3 cup apple cider vinegar
2 tablespoons Dijon mustard
1 cup mayonnaise
1/4 cup honey
2 teaspoons lime zest
sea salt and ground black pepper to taste

Directions

Place the onion, parsley, vinegar, mustard, mayonnaise, honey, salt, pepper, and lime zest in the bowl of a small food processor or blender. Process until thoroughly blended. Serve immediately, or place in a covered container and refrigerate until needed.

Cinnamon Candy Apple Salad

Ingredients

1 cup boiling water
1 (3 ounce) package cherry flavored gelatin
1/3 cup cinnamon red hot candies
3/4 cup cold water
1/2 cup tart apples, diced
1/2 cup celery, chopped
1/2 cup walnuts, chopped

Directions

In a medium bowl, add boiling water to the cherry gelatin and stir to dissolve. Carefully add the cinnamon candies. Let them sit for a minute, then stir to dissolve the candies into the gelatin mixture. Once they are fully dissolved, add the cold water. Allow the mixture to sit for ten minutes to come to room temperature.

At room temperature, mix in the apples, celery, and walnuts. Pour gelatin mixture into a decorative mold or serving bowl and refrigerate overnight to set.

Asparagus and Smoked Salmon Salad

Ingredients

1 pound fresh asparagus, trimmed and cut into 1 inch pieces
1/2 cup pecans, broken into pieces
2 heads red leaf lettuce, rinsed and torn
1/2 cup frozen green peas, thawed
1/4 pound smoked salmon, cut into 1 inch chunks

1/4 cup olive oil
2 tablespoons lemon juice
1 teaspoon Dijon mustard
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

Bring a pot of water to a boil. Place asparagus in the pot, and cook 5 minutes, just until tender. Drain, and set aside.

Place the pecans in a skillet over medium heat. Cook 5 minutes, stirring frequently, until lightly toasted.

In a large bowl, toss together the asparagus, pecans, red leaf lettuce, peas, and salmon.

In a separate bowl, mix the olive oil, lemon juice, Dijon mustard, salt, and pepper. Toss with the salad or serve on the side.

Rice, Asparagus and Cucumber Salad

Ingredients

1 3/4 cups water
1 cup long-grain white rice
1 pound thin asparagus spears, trimmed and cut into 1 inch
1 1/2 cups English cucumber - peeled, seeded and chopped
3 green onions, chopped
2 tablespoons Dijon mustard
1 tablespoon white sugar
1 tablespoon white wine vinegar
1/2 teaspoon dry mustard
2 1/2 tablespoons vegetable oil
1/4 cup chopped fresh dill weed
4 heads butter lettuce

Directions

In a medium saucepan, bring 1 3/4 cups water to boil. Add rice; return to boil. Reduce heat to low, cover and cook until water is absorbed and rice is tender, about 20 minutes. Fluff with fork; transfer to bowl. Cool to room temperature.

Cook asparagus in a large saucepan of boiling salted water until tender, about 1 minute. Drain and rinse with cold water to cool. Cut the asparagus into 1-inch pieces. Add asparagus, cucumber and green onions to rice.

Whisk together the mustard, sugar, vinegar, dry mustard, oil and chopped dill. Cover salad and dressing separately. Refrigerate until chilled.

Pour dressing into salad and season with salt and pepper. Line large bowl with lettuce and mound salad in bowl. Garnish with dill sprigs.

Tropical Salad with Pineapple Vinaigrette

Ingredients

6 slices bacon
1/4 cup pineapple juice
3 tablespoons red wine vinegar
1/4 cup olive oil
freshly ground black pepper to taste
salt to taste
1 (10 ounce) package chopped romaine lettuce
1 cup diced fresh pineapple
1/2 cup chopped and toasted macadamia nuts
3 green onions, chopped
1/4 cup flaked coconut, toasted

Directions

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

In a cruet or jar with a lid, combine pineapple juice, red wine vinegar, oil, pepper and salt. Cover and shake well.

In a large bowl, toss together the lettuce, pineapple, macadamia nuts, green onions and bacon. Pour dressing over salad and toss to coat. Garnish with toasted coconut.

Golden Gelatin Salad

Ingredients

1 (.25 ounce) envelope unflavored gelatin
1/4 cup cold water
1 (20 ounce) can crushed pineapple
1/4 cup sugar
1/4 teaspoon salt
1/2 cup orange juice
1/4 cup vinegar
1 cup grated carrots

Directions

In a bowl, sprinkle gelatin over cold water; let stand for 1 minute. Drain pineapple, reserving 1 cup juice (discard remaining juice or save for another use). Set the pineapple aside.

In a saucepan, bring reserved juice to a boil. Remove from the heart. Stir in sugar, salt and gelatin mixture until dissolved. Add orange juice and vinegar. Refrigerate for 2 hours or until partially set. Fold in the carrots and pineapple. Transfer to a 4-cup mold coated with nonstick cooking spray. Refrigerate until firm. Unmold onto a serving platter.

Hearty Pasta Dinner Salad

Ingredients

8 ounces rotini pasta, uncooked
1/4 cup olive oil
3 tablespoons white wine vinegar
1 teaspoon kosher salt
1 teaspoon ground black pepper
1 (12 ounce) package Hebrew NationalB® Jumbo Beef Franks
1 (14.5 ounce) can Hunt'sB® Diced Tomatoes, drained
1 medium yellow bell pepper, cut into bite-sized strips
1 cup frozen green peas

Directions

Prepare pasta according to package directions, omitting salt. Drain; set aside. Meanwhile, whisk olive oil, vinegar, salt, and black pepper together in large bowl to make dressing; set aside. Cut franks lengthwise in half; then slice into 1/4-inch-thick half moons.

Heat large skillet over high heat for 1 minute. Add franks; cook and stir 5 minutes or until lightly browned. Add tomatoes, bell pepper, and peas; cook an additional 5 minutes, stirring occasionally, or until peas are hot and peppers are crisp-tender.

Place pasta into bowl with prepared dressing. Add frank mixture; toss to coat all with dressing. Serve hot.

Rosy Rhubarb Salad

Ingredients

4 cups diced fresh or frozen rhubarb
1/2 cup water
1/2 cup sugar
2 (3 ounce) packages strawberry flavored gelatin
1 cup applesauce
1 cup orange juice
2 teaspoons grated orange peel
1 cup sliced fresh strawberries

Directions

In a saucepan, combine rhubarb, water and sugar. Cook over medium heat until rhubarb is tender. In a large bowl, combine hot rhubarb and gelatin. Stir until dissolved. Add applesauce, orange juice and peel. Chill until syrupy. Fold in strawberries. Pour into a lightly greased 5-6 cup mold. Chill until set, about 4 hours or overnight.

Waldorf Salad II

Ingredients

1/2 cup mayonnaise
1 tablespoon white sugar
1 teaspoon lemon juice
1/8 teaspoon salt
3 apples -- peeled, cored, and chopped
1 cup thinly sliced celery
1/2 cup chopped walnuts
1/2 cup raisins (optional)

Directions

In a medium bowl, whisk together the mayonnaise, sugar, lemon juice, and salt.

Stir in the apples, celery, walnuts, and raisins. Chill until ready to serve.

Cantaloupe Salad

Ingredients

8 slices bacon
2 bananas, cut into bite-size pieces
2 teaspoons fresh lemon juice
1 cantaloupe, cut into bite-size pieces
1 cup seedless red grapes
1/2 cup poppy seed salad dressing
3 tablespoons chopped green onions

Directions

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

In a large bowl, toss bananas in the lemon juice. Mix in the cantaloupe and grapes. Just prior to serving, toss with the poppy seed dressing. Garnish with bacon and green onions, and serve.

Pudding-Topped Fruit Salad

Ingredients

1 (20 ounce) can pineapple chunks
1 (8 ounce) can crushed pineapple, undrained
1 cup sour cream
1 (3.4 ounce) package instant vanilla pudding mix
2 medium ripe bananas, sliced
2 cups fresh blueberries or frozen blueberries, thawed
2 ripe peaches, peeled and sliced
2 cups sliced fresh strawberries
1 cup seedless green grapes
1 cup seedless red grapes
fresh mint

Directions

Drain pineapple chunks, reserving juice; refrigerate pineapple. add water to juice if necessary to measure 3/4 cup. In a bowl, combine the juice, crushed pineapple, sour cream and pudding mix until blended. Cover and refrigerate for at least 3 hours.

In a large bowl, combine the bananas, blueberries, peaches, strawberries, grapes and pineapple chunks. Spread pudding mixture over the top. Garnish with mint if desired.

Tom's Crunchy Salad

Ingredients

2 red bell pepper, seeded and diced
2 green bell peppers, seeded and diced
2 tomatoes, chopped
4 stalks celery, chopped
1 cup bean sprouts
1/2 white onion, diced (optional)
1/2 cup Italian salad dressing, or as needed

Directions

In a serving bowl, toss together the red bell pepper, green bell pepper, tomatoes, celery, bean sprouts and onion. Stir in the Italian dressing just before serving. This salad can also be stored in a resealable bag in the refrigerator until you are ready to serve it.

Potato Salad Soup

Ingredients

5 tablespoons unsalted butter
1 onion, chopped
1/2 cup chopped celery
1/4 cup chopped carrots
2 cloves garlic, minced
2 tablespoons chopped fresh parsley
4 tablespoons all-purpose flour
1 1/2 cups chicken stock
1 1/2 cups milk
3 potatoes, cut into 1/4-inch slices
2 teaspoons Worcestershire sauce
1 1/2 teaspoons mustard powder
1 pinch ground allspice
3/4 teaspoon celery salt
1/2 teaspoon dried thyme
1/2 teaspoon seasoning salt
2 tablespoons white wine
1/4 teaspoon poultry seasoning
3 hard-cooked eggs, chopped

Directions

Saute the onion, celery, carrots, garlic, and parsley in the butter until soft. Sprinkle in the flour and cook, stirring, for 2 minutes.

Add the stock, milk, potatoes, Worcestershire sauce, dry mustard powder, allspice, celery salt, thyme, seasoning salt, white wine and poultry seasoning. Allow to simmer and thicken, stirring occasionally. Cook until the potatoes are cooked through, about 25 minutes. During the cooking break up the potatoes with the back of a spoon to make large chunks. Serve warm with chopped hard boiled egg sprinkled over.

Instant Pistachio Salad

Ingredients

1 (20 ounce) can crushed pineapple, drained
1 (3 ounce) package instant pistachio pudding mix
1 (8 ounce) container frozen whipped topping, thawed
1/2 (10.5 ounce) package miniature marshmallows

Directions

In a large bowl, combine the pineapple and dry pistachio pudding mix. Fold in thawed whipped topping and marshmallows until well mixed. Refrigerate until chilled and serve.

Red and Green Apple Salad

Ingredients

3 medium unpeeled green apples, coarsely chopped
3 medium unpeeled red apples, coarsely chopped
2 tablespoons lemon juice
1 cup sour cream
1/4 cup mayonnaise
1 cup chopped dates
1 cup chopped walnuts
20 red maraschino cherries, halved
20 green maraschino cherries, halved

Directions

In a large bowl, toss apples with lemon juice. Cover and refrigerate. Just before serving, combine sour cream and mayonnaise. Pour over apples and toss to coat. Stir in dates, nuts and cherries.

New Year Three-Bean and Artichoke Salad

Ingredients

1 (15.5 ounce) can Great Northern beans, drained
1 (15.5 ounce) can garbanzo beans, drained
1 (15.5 ounce) can black-eyed peas, drained
1 (13.75 ounce) can marinated artichoke hearts, drained and chopped
4 green onions, chopped
2 large tomatoes, diced
3 cloves garlic, minced
3 tablespoons olive oil
3 tablespoons balsamic vinegar
1/4 cup chopped fresh parsley
2 teaspoons crushed dried oregano
1 teaspoon ground black pepper

Directions

Mix the Great Northern beans, garbanzo beans, black-eyed peas, artichokes, green onions, tomatoes, and garlic together in a bowl. Toss with the olive oil, balsamic vinegar, parsley, oregano, and black pepper until well mixed. Refrigerate for 1 hour before serving.

'I Hate Cucumbers!' Cucumber Salad

Ingredients

1/2 cup red wine vinegar
2 teaspoons white sugar
1/2 teaspoon black pepper
1 teaspoon dried dill weed
1/4 cup mayonnaise
5 cucumbers, scored and thinly sliced
1 stalk celery, thinly sliced
1/2 red onion, chopped
salt to taste

Directions

Stir together vinegar, sugar, pepper, and dill in a large bowl until the sugar has dissolved. Stir in the mayonnaise until smooth, then add cucumbers, celery, and red onion until evenly coated with the dressing. Cover and refrigerate at least 1 hour. Season to taste with salt and stir once again before serving.

Classic Rice Salad

Ingredients

2 cups MinuteB® White Rice, uncooked
1/2 cup onions, chopped
1/2 cup sweet pickle relish
1/2 teaspoon salt
1/2 cup light mayonnaise
2 teaspoons prepared mustard
1/4 cup pimentos, chopped
2 eggs, hard cooked, chopped

Directions

Prepare rice according to package directions.

Mix all ingredients. Chill.

Serve on lettuce leaves, if desired.

Cookie Salad I

Ingredients

2 (3.4 ounce) packages instant vanilla pudding mix
2 cups buttermilk
12 ounces frozen whipped topping, thawed
1 (20 ounce) can pineapple chunks, drained
2 (11 ounce) cans mandarin oranges, drained
1/2 (11.5 ounce) package fudge stripe cookies

Directions

In a large bowl, mix together the pudding mix and the buttermilk. Fold in the whipped topping. Mix in the pineapple chunks and mandarin oranges. Chill until ready to serve. Crush cookies and mix in just before serving.

Hot Bacon Asparagus Salad

Ingredients

7 bacon strips, diced
1 pound fresh asparagus, trimmed
1/3 cup vinegar
1 tablespoon sugar
1/2 teaspoon ground mustard
1/4 teaspoon pepper
4 cups torn salad greens
1/2 cup sliced almonds
2 hard-cooked eggs, sliced

Directions

In a skillet, cook bacon until crisp; remove with a slotted spoon to paper towel. Drain, reserving 2-3 tablespoons drippings.

Cut asparagus into 1-1/2-in. pieces; saute in drippings until crisp-tender. Add vinegar, sugar, mustard, pepper and bacon. Cook and stir for 1-2 minutes.

In a large bowl, combine the salad greens and almonds. Add the asparagus mixture and toss gently. Top with eggs. Serve immediately.

Hot Ham Salad

Ingredients

3 cups cubed fully cooked ham
3/4 cup pineapple tidbits
1/4 cup chopped green pepper
1/4 cup chopped sweet red pepper
1 cup mayonnaise*
1/4 cup shredded mozzarella cheese
1 (11 ounce) can mandarin oranges, drained
1/2 cup slivered almonds

Directions

In a bowl, combine the first six ingredients. Gently fold in the oranges. Transfer to a greased 1-1/2-qt. baking dish. Sprinkle with almonds. Bake, uncovered, at 350 degrees F for 30 minutes or until heated through.

Fruit Rice Salad

Ingredients

1 (15 ounce) can crushed pineapple, drained
1/2 cup sliced strawberries
1/4 cup sliced fresh peaches
1 cup uncooked white rice
1/3 cup golden raisins
2/3 cup flaked coconut
5/8 cup heavy whipping cream
2 tablespoons white sugar
1/4 teaspoon vanilla extract
1/8 teaspoon ground ginger
1 pinch salt
1/4 cup slivered almonds
12 leaves lettuce
1/4 cup sliced almonds

Directions

In a saucepan bring salted water to a boil. Add rice, reduce heat to low, cover and simmer--without stirring--for 20 minutes. Remove from heat and chill until cold.

In a medium bowl, mix together pineapple, strawberries, peaches, a heaping cup of the cold rice, raisins and coconut. Set aside.

In a separate large bowl, whip together cream, sugar, vanilla, ginger and salt until stiff. Fold in rice mixture, and stir in 1/4 cup slivered almonds.

Spoon mixture onto lettuce leaf beds, and sprinkle each portion with 1/4 cup sliced almonds.

Emily's Strawberry Balsamic Salad

Ingredients

1/4 cup balsamic vinegar
1 1/2 tablespoons Dijon mustard
1 tablespoon honey
1 small shallot, peeled and chopped
2 small cloves garlic, peeled
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/2 cup olive oil
1 head red lettuce leaves, rinsed, dried, and torn
1/2 small red onion, peeled, cut into 1/2-inch-wide slivers
1/4 cup sliced almonds, lightly toasted
1 pint fresh strawberries, rinsed and sliced
1/2 cup crumbled feta cheese

Directions

To make the dressing, place the balsamic vinegar, Dijon mustard, honey, shallot, garlic, salt, and pepper in the bowl of a mini food processor. Pulse until blended. Slowly pour in the olive oil, and pulse again until thoroughly blended. Set aside or refrigerate until needed.

Divide lettuce between 6 serving plates, and top with red onion, almonds, strawberries, and feta cheese. Serve dressing on the side.

Restaurant-Style Italian Salad Dressing

Ingredients

1 cup Italian-style salad dressing
1 clove garlic, minced
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1 tablespoon white sugar

Directions

In a mixing bowl, whisk together the bottled dressing, garlic, basil, oregano and sugar. Refrigerate at least 24 hours before serving.

Watergate Salad

Ingredients

1 pkg. (4 serving size) JELL-O Pistachio Flavor Instant Pudding & Pie Filling
1 (20 ounce) can DOLE Crushed Pineapple, in juice, undrained
1 cup JET-PUFFED Miniature Marshmallows
1/2 cup chopped PLANTERS Pecans
1 1/2 cups thawed COOL WHIP Whipped Topping

Directions

Mix dry pudding mix, pineapple, marshmallows and pecans in large bowl until well blended.

Add whipped topping; stir gently until well blended. Cover.

Refrigerate 1 hour or until ready to serve.

Potato Salad Deviled Eggs

Ingredients

8 eggs
1 large potato, coarsely chopped
2 teaspoons pickle relish
2 teaspoons mustard
4 teaspoons creamy salad dressing (such as Miracle Whip®)
salt to taste
ground black pepper to taste
paprika for garnish

Directions

Place the eggs into a saucepan in a single layer and fill with water to cover the eggs by 1 inch. Cover the saucepan and bring the water to a boil over high heat. Once the water is boiling, remove from the heat and let the eggs stand in the hot water for 15 minutes. Pour out the hot water, then cool the eggs under cold running water in the sink. Peel once cold. Slice the cooled eggs in half lengthwise, and scoop out and reserve the yolks.

While the eggs are cooking, place the cut-up potato into a saucepan with water to cover, bring to a boil, reduce heat, and simmer until the potato pieces are tender, 10 to 15 minutes. Drain the potato, and let cool.

In a bowl, mash the reserved egg yolks with pickle relish, mustard, creamy dressing, salt, and pepper until well combined. Place the potato into a bowl, and coarsely mash with a fork. Lightly combine the potato with the yolk mixture. Stuff each egg half generously with potato salad, and sprinkle with paprika. Cover and chill until ready to serve, at least 20 minutes.

Mama's Potato Salad

Ingredients

5 pounds potatoes, peeled and cubed
2 cups mayonnaise
1/2 cup yellow mustard
1 cup chopped onion
2 tablespoons prepared horseradish
sea salt to taste
8 hard-cooked eggs, chopped
3 dill pickles, chopped (optional)
freshly ground black pepper to taste

Directions

Place the potatoes in a large pot with enough water to cover. Bring to a boil, and cook for about 10 minutes, or until tender. Drain, and place in a serving bowl.

Stir the onion, salt and pepper into the potatoes while they are still hot. This allows the potatoes to absorb the flavor. Allow to cool for about 20 minutes.

Add the mayonnaise, mustard and horseradish to the salad, and mix well. Gently stir in the eggs and dill pickles. Finish off with a generous grinding of black pepper on top. Chill for about 30 minutes before serving.

A Twist on Pasta Salad

Ingredients

1 1/4 cups uncooked tri-color spiral pasta
1/4 cup reduced sodium chicken broth or vegetable broth
3 tablespoons red wine vinegar or cider vinegar
1 tablespoon canola oil
1 garlic clove, minced
1 teaspoon sugar
1 teaspoon dried basil
1/2 teaspoon salt
2 cups broccoli florets
1 cup halved cherry tomatoes
1 large sweet red pepper, julienned
1/4 cup grated Parmesan cheese

Directions

Cook pasta according to package directions; rinse under cold water. Drain. In a large bowl, whisk together the broth, vinegar, oil, garlic, sugar, basil and salt. Add pasta, broccoli, tomatoes, pepper and Parmesan and toss to coat.

Mom's Dill Potato Salad

Ingredients

3 pounds new red potatoes
1 cup mayonnaise
3/4 cup sour cream
2 tablespoons dried dill weed
4 green onions, chopped
salt and ground black pepper to taste (optional)

Directions

Place potatoes in a large pot and cover with water. Bring to a boil over high heat, then turn heat to medium-low, cover, and cook until tender but still firm, about 15 minutes. Drain, cool in an ice water bath until cold, about 5 minutes. Leaving skins on, cut into bite-size pieces, and place in a large mixing bowl.

Combine mayonnaise, sour cream, dill weed, and green onions in a bowl and stir until blended. Season with salt and pepper to taste. Pour mayo mixture over potatoes and toss to coat evenly. Adjust seasoning if necessary. Cover and refrigerate at least 2 hours, or overnight.

Overnight Salad

Ingredients

1 (8 ounce) can pineapple tidbits
1 (11 ounce) can mandarin oranges
3 tablespoons lemon juice
1 tablespoon water
1 (3 ounce) package cook and serve vanilla pudding mix
1 cup miniature marshmallows
1 cup whipped topping
1 banana, sliced

Directions

Drain pineapple and oranges, reserving juices. Place juice in a saucepan with lemon juice and water; stir in pudding mix. Cook and stir over medium heat until mixture comes to a full boil. Remove from the heat; cool. Add pineapple, oranges and marshmallows. Fold in whipped topping. Chill overnight. Just before serving, fold in banana.

Spaghetti Salad I

Ingredients

1 pound spaghetti
1 (8 ounce) bottle zesty Italian dressing
1 tablespoon Italian seasoning
1 bunch green onions, chopped
1 cucumber, chopped
2 tomatoes, chopped
1 (2 ounce) can sliced black olives

Directions

In a large pot of salted boiling water cook pasta until al dente. Drain and cool under cold water.

Combine cooked pasta with Italian dressing, Italian salad seasoning, green onions, cucumber, tomatoes and black olives. Toss to coat and refrigerate overnight before serving.

Corn Salad

Ingredients

2 cups sweet corn
3/4 cup chopped tomato
1/2 cup chopped green pepper
1/2 cup chopped celery
1/4 cup chopped onion
1/4 cup prepared Ranch salad dressing

Directions

In a large salad bowl, combine vegetables; stir in dressing. Cover and refrigerate until serving.

Avocado, Beet and Arugula Salad with Chevre

Ingredients

4 ounces goat cheese, softened
1 teaspoon dried basil
4 (1/2 inch thick) slices crusty bread
B
1 tablespoon Dijon mustard
2 tablespoons balsamic vinegar
salt and pepper to taste
1/4 cup olive oil
B
1 (15 ounce) can sliced beets, drained and diced
1 (10 ounce) package mixed salad greens with arugula
2 avocados - peeled, pitted and diced
1/3 cup chopped toasted hazelnuts

Directions

Preheat broiler for high heat. Line a baking sheet with foil.

Mix the goat cheese with the basil in a bowl. Spread cheese mixture evenly on four slices of bread. Place on prepared baking sheet.

Cook under preheated broiler until cheese has begun to turn golden brown, 3 to 5 minutes. Remove and set aside.

To make the vinaigrette, whisk together the mustard and vinegar in a small bowl until blended; season with salt and pepper to taste. Slowly pour in olive oil while continually whisking until dressing is smooth.

Place diced beets and mixed greens into a large bowl. Drizzle vinaigrette over top; toss to coat. Divide salad onto four chilled plates. Top with avocado and hazelnuts. Serve with goat-cheese tartines.

Cranberry Salad with Grapes

Ingredients

1 pound ground raw cranberries
2 cups white sugar
2 cups seedless grapes, halved
1 cup chopped walnuts
1/4 pound miniature marshmallows
1 cup frozen whipped topping, thawed

Directions

In a medium bowl, mix cranberries and sugar. In the refrigerator, allow the mixture to stand 4 hours.

Place cranberry and sugar mixture in a colander. Place colander in a large bowl. Allow the mixture to drain 8 hours, or overnight.

Discard drained juices. Place cranberry mixture in a medium bowl. Stir in grapes, walnuts, marshmallows and thawed frozen whipped topping. Chill in the refrigerator until serving.

Carrot Broccoli Salad

Ingredients

2 cups fresh broccoli florets
1 cup shredded carrot
1/2 cup sunflower kernels
1/2 cup dried cranberries
1/2 cup coleslaw dressing

Directions

In a small bowl, combine all ingredients. Serve or refrigerate.

Best Baconless Broccoli Salad

Ingredients

6 cups chopped fresh broccoli
1/4 cup chopped red onion
3/4 cup dried cranberries
1/2 cup pumpkin seeds
2 tablespoons flax seeds

1/2 cup mayonnaise
2 tablespoons raspberry vinegar
2 tablespoons white sugar
1/2 cup chopped pecans

Directions

Make the salad by tossing together the broccoli, onion, cranberries, pumpkin seeds, and flax seeds in a large bowl.

Whisk together the mayonnaise, vinegar, and white sugar; pour over the salad. Toss to evenly coat. Chill at least 30 minutes. Sprinkle with pecans before serving.

Best Wild Rice Salad

Ingredients

2/3 cup uncooked wild rice
2 skinless, boneless chicken breast half
1 tablespoon butter
1 tablespoon olive oil
1/4 cup sliced water chestnuts, drained
4 tablespoons walnut oil
2 tablespoons balsamic vinegar
salt and pepper to taste
1 head romaine lettuce, rinsed and dried

Directions

In a medium saucepan, cover wild rice with three inches (7.5 cm) of salted water. Bring to a boil and boil, uncovered, for 30 minutes, or until tender. Drain the excess water, turn heat to lowest setting, cover rice and let steam for 15-20 minutes, or until the grains split open. Remove from heat and let cool.

In a medium skillet over medium heat, saute the chicken lightly in the butter and oil, cooking gently and thoroughly. Do not overcook the chicken. Cool and shred the chicken into bite-size pieces.

In a medium bowl, mix together the rice, chicken and water chestnuts. Set aside.

For the dressing, whisk together the walnut oil, vinegar, salt and pepper. Pour over the wild rice mixture and combine. To serve, place 2-3 romaine leaves on each plate and spoon the wild rice mixture onto the leaves.

Italian Pasta Salad II

Ingredients

1 (16 ounce) package rigatoni pasta
1/2 cup extra-virgin olive oil, or as needed
2 red bell peppers, seeded and chopped
1 green bell pepper, seeded and chopped
2 pints cherry tomatoes, halved
3 tablespoons jarred minced garlic
salt and pepper to taste
1 bunch fresh basil, chopped
1 teaspoon fresh parsley, chopped
1 teaspoon dried oregano, or to taste
1 cup diced Asiago cheese
1/2 cup grated Parmesan cheese

Directions

Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 8 to 10 minutes, until tender. Drain, and transfer to a large bowl. Stir in enough olive oil to coat, but not so that it pools at the bottom of the bowl. Mix in the red and green bell peppers, tomatoes, garlic, salt, pepper, basil, parsley, oregano and Asiago cheese. Mix in the Parmesan cheese. Refrigerate until 20 minutes before serving. If the pasta soaks up a lot of the oil, you may need to add more. Taste the salad as you are preparing it, you may like more or less ingredients.

'Who Needs Lettuce?' Salad

Ingredients

1 large avocado - peeled, pitted, and cut into 1/2-inch cubes
2 Roma tomatoes, cut into 1/2-inch cubes
1/4 red onion, cut into 1/2-inch cubes
2 tablespoons red wine vinaigrette dressing

Directions

Stir together the avocado, Roma tomatoes, red onion, and red wine vinaigrette dressing in a bowl.

Onion Orange Salad

Ingredients

1/3 cup olive or vegetable oil
1/4 cup orange juice
3 tablespoons vinegar
1 garlic clove, minced
1 teaspoon minced fresh parsley
1/4 teaspoon salt
Dash pepper
8 cups torn spinach or mixed salad greens
3 medium Oranges, peeled and sliced
1 cup sliced red onion
1/2 cup crumbled blue cheese
1/4 cup slivered almonds, toasted

Directions

In a small bowl, whisk the first seven ingredients. On a serving platter or individual plates, arrange greens, oranges and onion. Drizzle with dressing. Sprinkle with cheese and almonds.

Red Pepper and Fennel Bulb Salad

Ingredients

1 medium red bell pepper
1/3 cup pine nuts, toasted
3 tablespoons sesame seeds, toasted
1 head leaf lettuce - rinsed, dried and torn into bite-size pieces
1/2 bulb fennel, diced
2 tablespoons soy sauce
1/4 cup vegetable oil
black pepper to taste

Directions

Preheat broiler. Grill pepper under the broiler until the skin is blackened, and the flesh has softened slightly. Place pepper in a paper bag or resealable plastic bag to cool. Remove the seeds and skin (the skin should come off the peppers easily now). Slice into strips.

Set oven to bake at 350 degrees F (175 degrees C). Place pine nuts and sesame seeds on a baking sheet, and toast until beginning to brown. They'll smell great!

Combine lettuce greens, fennel bulb, and red pepper in a salad bowl. In a small bowl, whisk together soy sauce and vegetable oil. Pour over salad, and toss to coat. Sprinkle with pine nuts and sesame seeds, and season to taste with ground black pepper.

Fruit-Nut Gelatin Salad

Ingredients

2 1/2 cups crushed pineapple, with juice
1 (3 ounce) package orange flavored gelatin
1 (3 ounce) package cream cheese, softened
1 cup chopped pimento
1 cup heavy cream, whipped
1 cup diced celery
1 cup chopped walnuts

Directions

In a medium saucepan, heat pineapple and juice over medium heat until boiling. Add gelatin and stir to dissolve. Remove from heat and refrigerate until partially set.

In a small bowl, blend the pimento into the softened cream cheese. Mix the gelatin mixture and cream cheese together, and then fold in the whipped cream, nuts and celery. Pour into a 1 1/2 quart mold and chill until firm.

Tahini Salad

Ingredients

2 pickle-size Persian cucumbers, diced
1 large tomato, diced
3 radishes, diced (optional)
1 green onion, sliced
10 mint leaves, sliced
1/3 bunch parsley, chopped
1 clove garlic, minced
3/4 cup tahini
1/4 cup lemon juice
2 tablespoons olive oil
Salt, to taste

Directions

Combine the cucumber, tomato, and radish in a bowl with the green onion, mint, and parsley. In a small bowl, stir together the garlic, tahini, lemon juice, and olive oil until smooth; season to taste with salt.

Toss the vegetables with the dressing until combined. Cover, and refrigerate for 30 minutes before serving.

Salsa Potato Salad

Ingredients

1/3 cup fat-free mayonnaise
2 tablespoons fat-free sour cream
1/4 cup salsa
1 tablespoon minced fresh parsley
3 cups cubed cooked unpeeled potatoes
1 celery rib, thinly sliced
1/4 cup chopped onion
1/2 cup reduced fat shredded Cheddar cheese

Directions

In a bowl, combine the mayonnaise, sour cream, salsa and parsley. In a large bowl, combine the potatoes, celery and onion. Add dressing and toss to coat. stir in cheese. Cover and refrigerate for at least 1 hour before serving.

Smiley Salad

Ingredients

1/4 head iceberg lettuce - rinsed, dried, and chopped
4 slices bacon
1/4 cup shredded Cheddar cheese
1/4 cup croutons
1 large tomato, cut into wedges

Directions

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

Place lettuce in a small serving bowl, sprinkle with bacon and cheese.

Circle the bowl with croutons. Place three croutons on the cheese to represent the eyes and nose of a face.

With 1/4 of the tomato, cut a wedge to represent a smiling mouth. Place at bottom of bowl.

Drizzle with favorite salad dressing.

Mosaic Salad

Ingredients

1 medium cucumber, sliced
2 yellow summer squash, thinly sliced
2 medium tomatoes, sliced
DRESSING:
1/4 cup vegetable oil
3 tablespoons minced fresh basil
2 tablespoons lemon juice
2 tablespoons cider vinegar
1 teaspoon sugar
1/2 teaspoon grated lemon peel
1/4 teaspoon salt

Directions

Arrange the cucumber, squash and tomatoes on a large serving platter. In a jar with a tight-fitting lid, combine the dressing ingredients; shake well. Drizzle over salad. Serve immediately.

Beef Sirloin Salad with Dried Cherries

Ingredients

1 1/4 pounds boneless beef top sirloin steak, cut 1 inch thick
8 cups torn Boston lettuce
1/2 cup crumbled blue cheese
1/2 cup dried cherries or dried cranberries
1/2 cup pine nuts or coarsely chopped walnuts, toasted
B
Dressing:
1/2 cup olive oil
1/4 cup red wine vinegar
2 cloves garlic, crushed
1 teaspoon salt
3/4 teaspoon pepper

Directions

In medium bowl, whisk together dressing ingredients. Remove and reserve 1/2 cup; cover and refrigerate.

Trim fat from beef steak. Cut steak lengthwise in half and then crosswise into 1/8 to 1/4-inch thick strips. Add beef to remaining dressing; toss to coat. Cover and marinate in refrigerator 30 minutes.

Remove beef from marinade; discard marinade. Heat large nonstick skillet over medium-high heat until hot. Add beef (1/2 at a time) and stir-fry 1 to 2 minutes or until outside surface is no longer pink. (Do not overcook.) Remove from skillet with slotted spoon.

In large bowl, combine lettuce and reserved dressing; toss to coat. Arrange beef over lettuce; sprinkle with cheese, cherries and nuts. Serve immediately.

Adrienne's Cucumber Salad

Ingredients

4 cucumbers, thinly sliced
1 small white onion, thinly sliced
1 cup white vinegar
1/2 cup water
3/4 cup white sugar
1 tablespoon dried dill, or to taste

Directions

Toss together the cucumbers and onion in a large bowl. Combine the vinegar, water and sugar in a saucepan over medium-high heat. Bring to a boil, and pour over the cucumber and onions. Stir in dill, cover, and refrigerate until cold. This can also be eaten at room temperature, but be sure to allow the cucumbers to marinate for at least 1 hour.

Thai Beef Salad

Ingredients

2 green onions, chopped
1 lemon grass, cut into 1 inch pieces
1 cup chopped fresh cilantro
1 cup chopped fresh mint leaves
1 cup lime juice
1/3 cup fish sauce
1 tablespoon sweet chili sauce
1/2 cup white sugar
1 1/2 pounds (1 inch thick) steak fillet
1 head leaf lettuce - rinsed, dried and torn into bite-size pieces
1/2 English cucumber, diced
1 pint cherry tomatoes

Directions

In a large bowl, stir together the green onions, lemon grass, cilantro, mint leaves, lime juice, fish sauce, chili sauce and sugar until well combined and the sugar is dissolved. Adjust the flavor, if desired, by adding more sugar and/or fish sauce. Set aside.

Cook the steak over high heat on a preheated grill for approximately 4-6 minutes on each side, until it is cooked medium. Do not overcook the meat! Remove from heat and slice into thin strips. Add the meat and its juices to the sauce and refrigerate, tightly covered, for at least 3 hours.

Tear the lettuce into bite size pieces and place in a salad bowl. Arrange the cucumber on top of the lettuce, and then pour the meat and sauce over. Top with the cherry tomatoes and garnish with fresh cilantro leaves.

Eagle Salad

Ingredients

2 cups elbow macaroni
2 tablespoons mayonnaise
1 small onion, chopped
1 (6 ounce) can tuna packed in oil, drained

Directions

Bring a pot of lightly salted water to a boil. Add macaroni, and cook until al dente, about 8 minutes. Drain, and rinse with cold water to chill. Set aside to dry.

In a medium bowl, mix together the cooled macaroni noodles, mayonnaise, onion and tuna. Taste and add more mayonnaise if desired. Refrigerate until serving.

Hominy Bean Salad

Ingredients

2 cups fresh green beans (2-inch pieces)
1 (16 ounce) can kidney beans, rinsed and drained
1 (15 ounce) can yellow hominy, drained
1 (15 ounce) can black beans, rinsed and drained
1 cup thinly sliced celery
1 cup thinly sliced red onion
1 medium sweet red pepper, julienned
1/2 cup white wine vinegar or cider vinegar
1/2 cup minced fresh cilantro or parsley
1/4 cup olive oil or canola oil
2 teaspoons sugar
1 garlic clove, minced
1/2 teaspoon salt
1/2 teaspoon coarsely ground pepper

Directions

Place green beans in a saucepan and cover with water. Bring to a boil. Cook, uncovered, for 8-10 minutes or until crisp-tender; drain and rinse in cold water. In a serving bowl, combine the green beans, kidney beans, hominy, black beans, celery, onion and red pepper.

In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Pour over vegetables and stir gently to coat. Cover and refrigerate for at least 1 hour.

Peachy Tossed Salad

Ingredients

1 (10 ounce) package ready-to-serve salad greens
1 medium fresh peach, cut into wedges
1/2 cup thinly sliced cucumber
1/2 cup crumbled feta cheese
1/4 cup thinly sliced red onion, separated into rings
CREAMY POPPY SEED DRESSING:
2/3 cup vegetable oil
1/4 cup sugar
1/4 cup white vinegar
1/4 cup sour cream
2 teaspoons poppy seeds
1/2 teaspoon salt

Directions

In a large salad bowl, combine the greens, peaches, cucumber, feta cheese and onion. In a jar with a tight-fitting lid, combine the dressing ingredients; shake well. Serve with salad.

Orange Vinaigrette Brown Rice Salad

Ingredients

1 1/2 cups uncooked brown rice
3 cups water
2/3 cup orange juice
2 tablespoons vegetable oil
2 tablespoons balsamic vinegar
2 tablespoons honey
2 teaspoons orange zest
1/2 teaspoon salt
1 1/2 cups spinach leaves, packed
2 large orange, peeled, sectioned, and cut into bite-size
1/3 cup slivered red onion

Directions

In a large saucepan combine rice and water. Cook over high heat until mixture boils. Reduce heat to low, cover and cook for 45 to 60 minutes or until rice has absorbed all liquid.

Meanwhile, in a small bowl whisk the orange juice, oil, balsamic vinegar, honey, orange zest and salt. Pour dressing over hot cooked rice and mix well. Cover and chill until cold.

Just before serving stir the spinach leaves, oranges and onion into the rice mixture.

Cabbage Salad

Ingredients

1/4 cup vinegar
2 tablespoons olive or vegetable oil
2 teaspoons garlic salt (optional)
2 teaspoons sugar
1/2 teaspoon dried tarragon
6 cups shredded cabbage

Directions

In a small bowl or jar with tight-fitting lid, combine vinegar, oil, garlic salt if desired, sugar and tarragon.

Place the cabbage in a large bowl; add dressing and toss to coat. Cover and refrigerate for at least 2 hours.

Minty Beet Carrot Salad

Ingredients

12 fresh beets, trimmed
6 large carrots, thinly sliced
1 cup crumbled goat cheese or feta cheese
2 tablespoons minced shallot
1/3 cup tarragon vinegar
1/3 cup chopped fresh mint
1/4 cup olive oil
1 1/2 teaspoons sugar
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 cup minced chives

Directions

Line a baking sheet with foil. Place beets on foil; sprinkle lightly with water. Wrap tightly in foil. Bake at 350 degrees F for 40-45 minutes or until tender; cool. Peel and cut beets into thin slices.

Place carrots in a steamer basket; place in a saucepan over 1 in. of water. Bring to a boil; cover and steam for 6-8 minutes or until crisp-tender.

On salad plates, arrange the beet and carrot slices, overlapping the slices. Sprinkle with cheese and shallot. In a small bowl, whisk the vinegar, mint, oil, sugar, salt and pepper; drizzle over vegetables. Sprinkle with chives.

Creamy Beet Salad

Ingredients

6 medium beets
1 red onion, thinly sliced
1/2 cucumber, sliced
5 tablespoons plain yogurt
2 tablespoons mayonnaise
1 tablespoon red wine vinegar
1/2 teaspoon prepared Dijon-style mustard
1/2 teaspoon prepared horseradish
2 tablespoons dried dill weed
1/3 teaspoon salt
1/3 teaspoon ground black pepper

Directions

Scrub, top, and tail beets. Boil in salted water about 45 minutes, or until tender. Drain hot water from pot, and fill with cold water. Set aside until beets are cool enough to handle.

Slice beets thinly, and transfer to a salad bowl. Add onion and cucumber.

In separate bowl, combine yogurt, mayonnaise, vinegar, mustard, horseradish, dill, and salt and pepper. Pour over vegetables, and toss to combine. Refrigerate 2 hours, or overnight. Serve chilled.

Hot Chicken Liver and Fennel Salad

Ingredients

4 cups spinach, rinsed and chopped
1 bulb fennel - trimmed, quartered and sliced
2 tablespoons butter
1/4 cup olive oil
2 cloves garlic, minced
1 pound chicken livers, trimmed and sliced
1/2 cup chicken broth
1 teaspoon capers, chopped
4 anchovy filets, rinsed and chopped
1 teaspoon dried sage
1/2 teaspoon salt
1/4 teaspoon ground black pepper

Directions

Divide spinach between 4 salad plates.

In a large deep skillet, melt 1 tablespoon butter over medium heat; add fennel and cook for about 3 minutes or until tender. Remove from skillet; set aside.

In same skillet, heat remaining butter with olive oil; add garlic and cook for 1 minute. Add chicken livers; cook for 3 to 4 minutes or until no longer pink in center.

Return fennel to skillet. Add stock, anchovies, capers, sage, salt and pepper; cook over high heat for 2 to 3 minutes or until sauce is reduced slightly.

Spoon mixture over individual salads and garnish with fennel leaves. Serve immediately.

Jarjeer (Arugula) Salad

Ingredients

1 bunch arugula
2 onions, thinly sliced
1 cup chopped mushrooms
1 tomato, diced (optional)
1 teaspoon extra virgin olive oil
1/2 lemon, juiced
2 teaspoons sumac (see Note)
Salt to taste

Directions

Wash and dry arugula leaves. Arrange leaves on a large plate and layer with onions, mushrooms and tomato.

Whisk together olive oil, lemon juice and sumac. Season to taste with salt, and pour over the salad.

Eureka Potato Salad

Ingredients

8 potatoes, peeled and cubed
1 cup sour cream
1/2 cup creamy salad dressing, e. g. Miracle Whip в„ў
1/2 cup shredded Monterey Jack cheese
2 hard-cooked eggs, peeled and chopped
salt and pepper to taste

Directions

Place the potatoes into a large pot, and fill with enough water to cover. Bring to a boil, and cook for about 10 minutes, or until easily pierced with a fork. Drain, and set aside to cool.

In a serving bowl, mix together the sour cream, salad dressing, shredded cheese and hard-cooked eggs. When the potatoes are cool, stir into the dressing. If you like it creamier, mix longer. Season with salt and pepper to taste.

Fennel and Grapefruit Salad

Ingredients

2 large fennel bulbs
2 ruby red grapefruit
3 bunches fresh arugula
1/2 cup black olives, pitted
1/2 cup NewmanвЂ™s OwnB® Lighten UpB® Balsamic Vinaigrette Dressing
Cracked black pepper to taste
Ground sea salt to taste

Directions

Trim and halve the fennel bulbs. Cut them paper thin with a sharp knife or mandolin.

Peel and section the grapefruit so that only the fleshy fruit remains.

Stem, wash and dry the arugula leaves.

In a large bowl place the arugula and dressing. Toss until coated and then add the fennel, grapefruit and olives. Pepper and salt and toss again

Ambrosia Salad II

Ingredients

1 (11 ounce) can mandarin oranges
1 (8 ounce) can crushed pineapple, drained
3 bananas, sliced
2 cups flaked coconut
2 cups miniature marshmallows
1 cup pecan pieces
1 (16 ounce) container frozen whipped topping, thawed
1 cup maraschino cherries

Directions

In a large bowl, combine mandarin oranges, crushed pineapple, bananas, coconut, marshmallows, and pecan pieces. Fold in whipped topping. Garnish with maraschino cherries. Chill for 1 hour or overnight.

Green Pea Salad With Cheese

Ingredients

2/3 cup mayonnaise
salt and pepper to taste
1/3 cup diced red bell pepper
1 cup diced celery
3 large sweet pickles, chopped
1 (16 ounce) package frozen green peas, thawed
3/4 cup cubed Cheddar cheese
6 leaves lettuce

Directions

In a large bowl, mix together mayonnaise, salt, pepper, red (or green) pepper, celery and pickles until combined. Stir in peas and cheese. Chill until ready to serve. Serve over lettuce leaves.

Crab Salad Supreme

Ingredients

2 cups crabmeat - drained, flaked and cartilage removed
1/2 cup minced green onions
1/2 cup diced celery
1/2 cup finely chopped green pepper
1 tablespoon ground mustard
1/2 teaspoon salt
1/4 teaspoon pepper
2 teaspoons celery seed
SAUCE:
1/3 cup mayonnaise
1/3 cup sour cream
1/3 cup chili sauce
2 teaspoons lemon juice
2 cups shredded lettuce
4 hard-cooked eggs, sliced
4 medium tomatoes, cut into wedges

Directions

In a large bowl, combine the crab, vegetables and seasonings. Combine the mayonnaise, sour cream, chili sauce and lemon juice; pour over salad and gently toss to coat.

Arrange lettuce on four individual plates or serving plate. Top with crab salad; garnish with eggs and tomatoes. Refrigerate until serving.

Red, White and Blue Slaw Salad

Ingredients

12 slices bacon
6 cups shredded cabbage
1 cup cole slaw dressing
1/2 cup blue cheese, crumbled
1 cup cherry tomatoes, halved

Directions

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

In a large bowl, combine the bacon, cabbage and dressing. Mix well. Sprinkle with halved cherry tomatoes and blue cheese. Refrigerate and serve chilled.

Shirazi Salad

Ingredients

2 large tomatoes, diced
2 medium cucumbers, peeled and diced
1 large onion, diced
1 tablespoon lemon juice
1/2 teaspoon salt

Directions

In a medium serving dish, toss the tomatoes, cucumbers and onion with lemon juice and salt.

Caribbean Chicken Salad

Ingredients

2 skinless, boneless chicken breast halves
1/2 cup teriyaki marinade sauce
2 tomatoes, seeded and chopped
1/2 cup chopped onion
2 teaspoons minced jalapeno pepper
2 teaspoons chopped fresh cilantro
1/4 cup Dijon mustard
1/4 cup honey
1 1/2 tablespoons white sugar
1 tablespoon vegetable oil
1 1/2 tablespoons cider vinegar
1 1/2 teaspoons lime juice
3/4 pound mixed salad greens
1 (8 ounce) can pineapple chunks, drained
4 cups corn tortilla chips

Directions

Place the chicken in a bowl, and cover with the teriyaki marinade sauce. Marinate at least 2 hours in the refrigerator.

In a small bowl mix the tomatoes, onion, jalapeno pepper, and cilantro. Cover salsa, and refrigerate.

In a small bowl, mix the mustard, honey, sugar, oil, vinegar, and lime juice. Cover dressing, and refrigerate.

Preheat the grill for high heat.

Lightly oil grill grate. Place chicken on the grill, and discard marinade. Cook for 6 to 8 minutes on each side, or until juices run clear.

Arrange mixed salad greens on plates. Spoon some of the salsa over each salad, and sprinkle with 1/4 of the pineapple chunks. Break tortilla chips into large chunks, and sprinkle over salads. Lay some of the grilled chicken strips on each salad. Finally, drizzle dressing over each salad, and serve.

Mom's Hot Mexican Salad

Ingredients

1 1/2 pounds lean ground beef
1 onion, diced
1 green bell pepper, diced
1 tablespoon garlic powder
1 tablespoon ground cumin
1 pound processed cheese food (e.g. Velveeta), cubed
1 (4 ounce) can diced green chiles
1 cup tomato sauce
3/4 head iceberg lettuce - rinsed, dried, and shredded
2 tomatoes, chopped
1 (16 ounce) package corn chips

Directions

Place beef, onion, bell pepper, garlic and cumin in a large, deep skillet. Cook over medium high heat until hamburger is evenly brown. Drain any excess fat.

Stir cheese, green chilies and tomato sauce into the beef mixture. Cook 5 minutes, or until cheese is melted.

Equally divide lettuce among salad plates. Pour meat and cheese mixture over lettuce and garnish with chopped tomato and corn chips.

Parsley-Pistachio Rice Salad

Ingredients

1/2 cup basmati rice
1 cup water
1/4 cup olive oil
1 tablespoon fresh lemon juice
1 teaspoon coarse grained mustard
salt and pepper to taste
1/2 cup chopped fresh flat-leaf parsley
2 tablespoons chopped fresh mint leaves
2 tomatoes, diced
1/2 red bell pepper, seeded and diced
1/4 cup chopped pistachio nuts
1/4 cup chopped pitted kalamata olives

Directions

Combine the rice and water in a small saucepan. Bring to a boil, then reduce the heat to low and simmer until rice has absorbed all of the water, about 20 minutes. Transfer to a bowl and set aside to cool.

In a separate bowl, whisk together the olive oil, lemon juice and mustard. Season with salt and pepper. Pour the dressing over the rice, and stir in the parsley, mint, tomatoes, bell pepper, pistachios and olives.

Minty Cucumber Salad

Ingredients

2 medium cucumbers, peeled, halved, seeded and sliced
1/4 cup red wine vinegar
2 tablespoons olive oil
1/4 cup minced fresh mint
2 tablespoons minced fresh parsley
1 tablespoon sugar
1 teaspoon grated orange peel

Directions

Place cucumbers in a bowl. In a small bowl, whisk together the vinegar and oil. Add the mint, parsley, sugar and orange peel; pour over cucumbers. Cover and refrigerate for at least 3 hours, stirring several times.

Egg Salad/Cucumber Sandwiches

Ingredients

3 hard-cooked eggs, chopped
1/2 cup chopped green pepper
1/4 cup mayonnaise
2 tablespoons chopped red onion
1/2 teaspoon lemon juice
1/8 teaspoon salt
1/8 teaspoon pepper
8 slices whole wheat bread
1 small cucumber, thinly sliced
4 lettuce leaves

Directions

In a small bowl, combine the eggs, green pepper, mayonnaise, onion, lemon juice, salt and pepper. Spread on four slices of bread. Top with cucumber and lettuce. Top with remaining bread.

Tangy Cauliflower Salad

Ingredients

1 large head cauliflower, broken into florets
1 cup halved green grapes
1 cup coarsely chopped walnuts
1 cup mayonnaise
1/3 cup honey
1 tablespoon prepared mustard

Directions

In a large bowl, combine cauliflower, grapes and walnuts. In a large bowl,combine the mayonnaise, honey and mustard. Pour over cauliflower mixture; toss to coat. Serve immediately.

Mom's Easy Pea Salad

Ingredients

1 (8 ounce) package deluxe American cheese, diced
3 (15 ounce) cans baby peas, drained
1 cup creamy salad dressing (such as Miracle Whip®)
1 (4 ounce) jar diced pimentos, drained
1/2 teaspoon salt
1/8 teaspoon ground black pepper

Directions

Place the diced cheese into a salad bowl. Gently stir in the peas, salad dressing, pimentos, salt, and pepper until the diced cheese separates into small squares and the salad is thoroughly mixed. Cover and refrigerate 3 hours or overnight to chill and blend the flavors.

Apple and Sunflower Seed Salad

Ingredients

2 green apples - washed, cored and cubed
1/2 cup sunflower seeds
1 head romaine lettuce - rinsed, dried, and chopped
2 dill pickles, diced
2 tomatoes, diced
1/2 cup ranch-style salad dressing

Directions

In a large bowl, mix together the apples, sunflower seeds, lettuce, pickles and tomato. Pour dressing on top, toss and enjoy!

Cucumber Potato Salad

Ingredients

5 pounds red potatoes
4 celery ribs, sliced
1 bunch green onions, sliced
2 tablespoons dill weed
2 teaspoons salt
2 cups mayonnaise
1 (16 ounce) bottle cucumber ranch salad dressing

Directions

Place potatoes in a large kettle; cover with water. Bring to a boil. Reduce heat; cover and simmer for 20-25 minutes or until tender. Drain and cool. Cut potatoes into small cubes.

In a large serving bowl, combine the potatoes, celery, onions, dill and salt. In a small bowl, whisk mayonnaise and salad dressing until blended. Pour over potato mixture and stir gently to coat. Cover and refrigerate for at least 6 hours before serving.

Taffy Apple Salad I

Ingredients

1 tablespoon all-purpose flour
1/2 cup white sugar
1 egg yolk
2 tablespoons cider vinegar
1 (8 ounce) can crushed pineapple, drained with juice reserved
4 large apples, cored and diced with peel
2 cups unsalted peanuts
1 (8 ounce) container frozen whipped topping, thawed

Directions

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.

Mushroom Spinach Salad

Ingredients

1 (6 ounce) package fresh baby spinach
4 ounces fresh mushrooms, sliced
1 (8 ounce) can sliced water chestnuts, drained
2 hard-cooked eggs, coarsely chopped
1/4 cup thinly sliced green onions
2 bacon strips, cooked and crumbled
DRESSING:
1/3 cup olive oil
3 tablespoons barbecue sauce
2 tablespoons sugar
2 tablespoons cider vinegar
1 tablespoon Worcestershire sauce
1/8 teaspoon garlic powder
1/8 teaspoon onion salt
1/8 teaspoon pepper

Directions

In a large salad bowl, toss the spinach, mushrooms, water chestnuts, eggs, onions and bacon. In a jar with a tight-fitting lid, combine the dressing ingredients; shake well. Drizzle over the salad; toss to coat. Serve immediately.

Newman's Own Honey of a Salad

Ingredients

2 (5 ounce) bags prepared salad greens
2 thinly sliced red onions
1 cup red grape tomatoes, cut in half
2 cups cooked chicken, diced
1/2 cup Newman's OwnB® Lighten UpB® Honey Mustard Dressing

Directions

Mix two lettuces together. Arrange on plates. Divide onions and tomatoes evenly among the plates. Top with chicken. Dress salads with Newman's Own Lighten Upв„ў Honey Mustard Salad Dressing. Serves 4 as a main course.

First Class Bleu Cheese Salad

Ingredients

1 hard-cooked egg, sieved or finely chopped
8 romaine lettuce leaves, torn into bite size pieces
1/2 cup blue cheese dressing
1/4 cup toasted sliced almonds
1/4 cup crumbled blue cheese

Directions

In a medium bowl, toss together the egg, romaine lettuce, blue cheese dressing, toasted almonds, and crumbled blue cheese. Divide between two serving plates.

Hawaiian Chicken Salad

Ingredients

2 (3 ounce) packages cream cheese, softened
1/3 cup creamy salad dressing, e. g. Miracle Whip в„ў
1 (8 ounce) can pineapple tidbits, juice reserved
3 (5 ounce) cans chunk chicken, drained
1 cup blanched slivered almonds
1 1/2 cups seedless grapes, halved

Directions

In a medium bowl, beat cream cheese until fluffy. Mix in salad dressing and 2 tablespoons reserved pineapple juice. Stir in the pineapple tidbits, chicken, almonds, and grapes until evenly coated. Chill until serving.

Basque Salad

Ingredients

1 green bell pepper, thinly sliced
1 red bell pepper, thinly sliced
1 yellow bell pepper, thinly sliced
3 medium fresh tomatoes - cored, quartered, and sliced as thin as possible
1 large cucumber - peeled, seeded, and thinly sliced
1 Spanish onion - peeled, cut in half, and thinly sliced
B
Dressing:
1/3 cup red wine vinegar
3/4 cup extra-virgin olive oil
1 teaspoon salt
1/2 teaspoon freshly ground black pepper
1 teaspoon white sugar
1/4 teaspoon dried oregano
1/4 teaspoon dried basil
1/4 teaspoon dried marjoram
chopped fresh parsley

Directions

In a large bowl, toss together the green, red, and yellow peppers with the tomatoes, cucumber, and onion.

In a medium bowl, whisk together the vinegar and olive oil. Season with salt, pepper, and sugar. Whisk in oregano, basil, and marjoram. Continue whisking until ingredients are well blended and the oil and vinegar are emulsified.

Pour dressing over vegetables, and toss gently with a wooden spoon. Cover, and marinate at room temperature for 1 to 2 hours, stirring frequently. Refrigerate until 1 hour before serving; then remove from the refrigerator, and let sit at room temperature. Garnish with chopped parsley.

Crab Pasta Salad

Ingredients

2 cups uncooked medium shell pasta
1 1/2 cups imitation crabmeat, chopped
1 cup broccoli florets
1/2 cup diced green pepper
1/2 cup quartered cherry tomatoes
1/4 cup chopped green onions
DRESSING:
1/2 cup mayonnaise
1/4 cup creamy Italian salad dressing
1/4 cup grated Parmesan cheese

Directions

Cook pasta according to package directions; drain and rinse in cold water. Place in a large bowl. Stir in crab, broccoli, green pepper, tomatoes and onions.

Combining dressing ingredients; pour over salad and toss gently to coat. Cover and refrigerate for 2-4 hours before serving.

Chicken Salad Puffs

Ingredients

CREAM PUFFS:
1/2 cup water
1/4 cup butter or margarine
Dash salt
1/2 cup all-purpose flour
2 eggs, room temperature
FILLING:
2 cups diced cooked chicken
3/4 cup chopped celery
1 (2.25 ounce) can sliced ripe olives, drained
1/3 cup mayonnaise or salad dressing
1 tablespoon lemon juice
1 teaspoon grated onion
1/4 teaspoon Worcestershire sauce
1/8 teaspoon pepper
salt to taste

Directions

In a medium saucepan, bring water and butter to a boil. Add flour and salt all at once; stir until a smooth ball forms and does not stick to pan. Remove from the heat; and let stand 5 minutes. Add eggs, one at a time, beating well after each addition. Continue to beat until dough to well blended. Drop by rounded tablespoonfuls onto a greased baking sheet, making six mounds 3 in. apart. Bake at 400 degrees F for 30-35 minutes or until golden brown and dry and firm to the touch. Transfer to a wire rack. Immediately split puffs open; remove tops and set aside. Discard soft dough from inside. Cool puffs.

For filling, combine the chicken, celery and olives in a large bowl. In a small bowl, combine remaining ingredients; stir into chicken mixture. Fill puffs just before serving.

French Salad with Russian Dressing

Ingredients

5 eggs
1 head iceberg lettuce, shredded
1 head romaine lettuce, torn
1 head leaf lettuce, torn
1 large cucumber, sliced
2 large carrots, shredded

Russian Salad Dressing:
1 cup French salad dressing
1 cup creamy salad dressing
1 teaspoon bottled hot pepper sauce

Directions

Place eggs in a saucepan with enough cold water to cover. Bring to a boil and immediately remove from heat. Cover pan, and let eggs stand in hot water for 10 to 12 minutes. Drain, cool, and peel. Cut in half and remove yolks. Mash yolks with a fork. Slice whites into small pieces.

In a large bowl, toss together the egg whites, iceberg lettuce, romaine lettuce, and leaf lettuce. Arrange the cucumber slices on top of the salad in a ring along the inside edge of the bowl. Sprinkle salad with carrots inside the cucumber ring. Sprinkle all with egg yolks.

In a separate bowl, mix the French salad dressing, creamy salad dressing, and hot pepper sauce. Serve as dressing for the salad.

Hamburger Salad

Ingredients

1 pound ground beef
1 pound bacon
1 cup chopped onion
1/2 cup ketchup
2 tablespoons white vinegar
3/4 cup brown sugar
1/2 cup white sugar
1 teaspoon mustard powder
1 (15 ounce) can baked beans with pork
3 (15 ounce) cans pinto beans, drained

Directions

Fry the bacon in a large skillet over medium heat until crisp, turning as needed. Remove to paper towels and drain off the grease from the skillet . Crumble the ground beef into the same skillet; cook and stir over medium heat until evenly browned. Add the onions and cook just until wilted.

Transfer the beef, onions and bacon to a slow cooker, crumbling the bacon as you put it in. Pour in the baked beans and pinto beans. Stir in the ketchup, vinegar, brown sugar, white sugar and mustard powder. Cover and heat on Low setting for 5 to 6 hours before serving.

Sharese's Spaghetti Salad

Ingredients

1 pound spaghetti, broken into pieces
10 slices bacon
1/2 cup chopped celery
1 large onion, diced
1 green bell pepper, chopped
1 (2 ounce) can sliced black olives, drained
2 tomatoes, chopped
1/4 cup salad seasoning mix
1 (16 ounce) bottle Italian-style salad dressing
1/2 cup grated Parmesan cheese

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a large skillet over medium heat, cook bacon until crisp. Drain and crumble.

In a large bowl combine spaghetti, bacon, celery, onion, bell pepper, olives, tomatoes, salad seasoning, salad dressing and Parmesan. Toss to coat. Chill until serving.

Minnesota Wild Rice Salad

Ingredients

6 cups water
3/4 cup uncooked wild rice
3/4 teaspoon salt, divided
2 1/2 cups cubed cooked chicken
1 (8 ounce) can pineapple chunks, drained and halved
2 cups sliced celery
1 1/2 cups seedless grapes, halved
3/4 cup mayonnaise
1/2 cup chutney
3/4 cup cashew pieces

Directions

In a medium saucepan, bring water to a boil. Add rice and 1/4 teaspoon salt. Cover tightly and simmer for 50 minutes. Cool; drain if necessary. In a large bowl, combine rice, chicken, pineapple, celery, grapes, mayonnaise, chutney and remaining salt. Cover and chill until ready to serve; toss with cashews.

Quinoa Salad with Dried Fruit and Nuts

Ingredients

1 1/2 cups quinoa
1/4 teaspoon salt
3 1/2 cups water
1 bunch green onions, chopped
3/4 cup chopped celery
1/2 cup raisins
1 pinch cayenne pepper
1 tablespoon vegetable oil
1 tablespoon distilled white vinegar
2 tablespoons lemon juice
2 tablespoons sesame oil
1/3 cup chopped fresh cilantro
3/4 cup chopped pecans

Directions

Bring the quinoa, salt, and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, 20 to 25 minutes. Once done, scrape into a large bowl, and allow to cool for 20 minutes. Stir in the green onions, celery, raisins, cayenne pepper, vegetable oil, vinegar, lemon juice, and sesame oil. Allow to stand at room temperature for 1 hour to allow the flavors to blend. Stir in the cilantro and pecans before serving.

Sweet 'n' Sour Tomato Salad

Ingredients

7 tomatoes
1 small yellow onion
1/2 cup SPLENDA® No Calorie Sweetener, Granulated
1/2 cup distilled white vinegar
1/2 cup vegetable oil
salt and pepper to taste

Directions

Thinly slice the tomatoes. Cut the onion in half through root end, then thinly slice into half-circles. In a large bowl, toss together tomatoes, onion, SPLENDA® Granulated Sweetener, vinegar, oil, salt and pepper. You may adjust the amounts of vinegar and sweetener according to your taste. Serve at room temperature.

Salad de Colores

Ingredients

1 bunch fresh spinach - torn, washed and dried
1/2 medium head red cabbage, shredded
2 large carrots, sliced
1 red bell pepper, chopped
3 tablespoons balsamic vinaigrette salad dressing
1 ounce pumpkin seeds (optional)

Directions

In a large bowl, combine the spinach, cabbage, carrots and bell pepper. Add enough salad dressing to coat. Toss, and sprinkle with pumpkin seeds and salt and pepper if desired.

Blue Cheese, Avocado, and Grape Salad

Ingredients

1 (10 ounce) bag mixed salad greens
2 tablespoons shredded Mexican four-cheese blend
1/2 cup red seedless grapes
1 avocado, pitted, peeled and sliced
1/4 cup blue cheese salad dressing

Directions

Divide the mixed salad greens between two large plates or bowls. Place half of the shredded cheese, grapes, and sliced avocado on each serving dish. Drizzle blue cheese dressing on each salad.

Minty Rice Salad

Ingredients

2 cups cooked brown or wild rice
3 medium tomatoes, seeded and finely chopped
1 cup fresh or frozen peas
1 cucumber, seeded and finely chopped
1 green bell pepper, finely chopped
1/2 cup sliced green onions
1/2 cup sliced radishes
1/3 cup olive oil
3 tablespoons lemon juice
1/2 teaspoon salt
2 tablespoons chopped fresh mint
1/4 teaspoon pepper

Directions

In a large bowl, combine rice, tomatoes, peas, cucumber, green pepper, green onions and radishes; set aside. In a small bowl, combine remaining ingredients. Pour over rice and vegetables; mix well. Chill for at least 1 hour. Serve cold.

Always A Winner Potato Salad

Ingredients

10 large baking potatoes, scrubbed
12 eggs
3 bunches green onions, chopped
6 dill pickles, chopped
1 (4 ounce) can shrimp
1 (4 ounce) can small shrimp, drained
2 cups low-fat mayonnaise
salt and pepper to taste
2 tablespoons celery salt
2 tablespoons paprika

Directions

Place potatoes in a large pot, and cover with water. Boil until soft. Remove from water; set aside to cool. Peel, and then chop into bite size chunks.

Place eggs in a saucepan, and cover completely with cold water. Bring water to a boil for one minute. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, and cool. Peel, and chop.

In a large bowl, combine potatoes, eggs, green onions, dill pickles, and cans of shrimp. Mix in mayonnaise, celery salt, and paprika. Season to taste with salt an ground black pepper. Chill for 2 hours, and serve.

Yogurt-Herb Salad Dressing

Ingredients

1 cup fat-free plain yogurt
1 tablespoon white vinegar
1 tablespoon cider vinegar
1 teaspoon honey
1 tablespoon dried minced onion
1 1/2 teaspoons Dijon mustard
3/4 teaspoon dill weed
3/4 teaspoon Italian seasoning
3/4 teaspoon prepared mustard
1/4 teaspoon seasoned salt
1/8 teaspoon pepper

Directions

In a small bowl, whisk the yogurt, vinegars and honey. Stir in the remaining ingredients. Cover and refrigerate for at least 1 hour before serving.

Cucumber, Tomato, and Red Onion Salad

Ingredients

4 tomatoes, cut into 8 wedges
2 large cucumbers, peeled and sliced
1 large red onion, chopped
1/4 cup chopped fresh cilantro
juice of 1 fresh lime
salt to taste

Directions

Mix the tomatoes, cucumbers, red onion, cilantro, and lime juice together in a bowl. Season with salt to serve.

Honey Bean Salad

Ingredients

2 (15 ounce) cans kidney beans
1 tablespoon honey
2 tablespoons apple cider vinegar
1/2 teaspoon ground black pepper
1 teaspoon dried basil
1 teaspoon dried sage
2 cloves garlic, minced
1/8 teaspoon hot pepper sauce (such as Tabasco®), or to taste
2 tablespoons olive oil, or to taste

Directions

Pour the beans into a mixing bowl, and stir with honey, vinegar, black pepper, basil, sage, garlic, hot pepper sauce, and olive oil. Stir until evenly coated, serve, and enjoy!

Dixie Pomegranate Salad

Ingredients

2 cups pomegranate seeds
1 (15 ounce) can pineapple tidbits, drained
4 bananas, peeled and sliced
3 cups peeled, cored, and chopped tart apple
1/2 cup chopped pecans
3 tablespoons mayonnaise
2 tablespoons creamy salad dressing, e.g. Miracle Whip в„ў

Directions

In a large bowl, combine the pomegranate seeds, pineapple, bananas, apples and pecans. Stir in the mayonnaise and salad dressing until evenly coated. Cover and refrigerate overnight before serving.

Seafood Salad III

Ingredients

1 cup light mayonnaise
1 tablespoon white sugar
1/4 teaspoon salt
1 teaspoon white vinegar
2 teaspoons skim milk
1 cup imitation crabmeat, flaked
1 stalk celery, chopped
1 tablespoon finely chopped green bell pepper

Directions

In a medium bowl, whisk together the mayonnaise, sugar, salt, vinegar and milk. Add the crabmeat, celery and green pepper and stir until evenly combined. Refrigerate until ready to use.

Orange Salad

Ingredients

1 egg, beaten
3/4 cup white sugar
1/3 cup all-purpose flour
1 (15 ounce) can pineapple chunks, drained
1 tablespoon margarine, softened
1 teaspoon vanilla extract
1 (8 ounce) container frozen whipped topping, thawed
1 (3 ounce) package orange flavored gelatin mix
1 cup boiling water
1 cup water
4 bananas, sliced

Directions

In a medium saucepan over low heat, mix the egg, sugar, flour, 1/2 can pineapple, margarine and vanilla extract. Slowly cook and stir until thickened. Pour into an 8x8 inch dish. Mix in the whipped topping. Chill in the refrigerator 1 hour, or until firm.

Dissolve the orange flavored gelatin mix in boiling water. Stir in remaining water. Chill in the refrigerator 1 hour, or until thick but not firm.

Mix bananas and remaining pineapple into the gelatin. Spread on top of the mixture in the dish. Chill in the refrigerator 3 hours, or until firm.

Dandelion Salad

Ingredients

1/2 pound torn dandelion greens
1/2 red onion, chopped
2 tomatoes, chopped
1/2 teaspoon dried basil
salt and pepper to taste

Directions

In a medium bowl, toss together dandelion greens, red onion, and tomatoes. Season with basil, salt, and pepper.

Arugula and Watermelon Salad

Ingredients

2 (5 ounce) packages arugula
1/2 large watermelon, seeded and cubed
1 red onion, sliced
1 cup crumbled feta cheese
1 1/2 cups balsamic vinaigrette

Directions

Toss the arugula, watermelon, red onion, and feta cheese with the balsamic vinaigrette in a large bowl. Serve cold.

Vegetable Pasta Salad I

Ingredients

4 skinless, boneless chicken breast halves
1 pound rotini pasta
8 ounces frozen mixed vegetables
2 tablespoons olive oil
salt and pepper to taste

Directions

Preheat oven to 400 degrees F (200 degrees C).

Bake chicken breast halves in a preheated oven until the juices run clear. About 30 minutes if thawed, 45 minutes if frozen.

Bring a large pot of lightly salted water to a boil. Add rotini pasta and cook for 8 to 10 minutes or until al dente; drain.

4 minutes before the pasta is ready, add frozen vegetables. When pasta is cooked, remove pasta and vegetables from heat, drain. Cut chicken into small cubes and add to the pasta-vegetable mix. Season with olive oil, pepper, salt.

Russian Salad Dressing

Ingredients

1/2 cup mayonnaise
1/3 cup ketchup
1 tablespoon red wine vinegar
1 tablespoon finely chopped onion
salt and pepper to taste

Directions

In a small bowl, whisk together the mayonnaise, ketchup, vinegar, onion, salt and pepper until thoroughly combined. Refrigerate until ready to use.

Black Bean, Corn, and Tomato Salad with Feta

Ingredients

1 (14 ounce) can black beans, drained and rinsed
2 fresh tomatoes, chopped
1 large green bell pepper, chopped
1 cup fresh sweet white corn, cut from the cob
1 bunch green onions, sliced
1 jicama, peeled and minced
1 fresh jalapeno pepper, minced
1 (8 ounce) package crumbled feta cheese
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1 clove garlic
1 pinch sea salt
1/4 cup fresh lime juice
1 teaspoon Dijon mustard
1/4 teaspoon fresh-ground black pepper
1 cup olive oil

Directions

Place the beans, tomato, bell pepper, corn, onion, jicama, jalapeno pepper, and feta cheese in a large salad bowl.

Mash the garlic and salt together with a mortar and pestle. Whisk together the mashed garlic, lime juice, mustard, and pepper in a small bowl. Add the oil in a slow, steady stream while whisking. Continue whisking until smooth. Drizzle the dressing over the salad and toss to coat. Chill overnight.

Green Salad with Dried Mint

Ingredients

1 head romaine lettuce - washed, dried and torn into bite-sized pieces
1 pint cherry tomatoes, rinsed, stemmed, and halved
1 (14.25 ounce) can hearts of palm, drained and sliced
1 (15 ounce) can black olives, drained
1 ripe avocado, pitted, peeled and cut into 3/4-inch chunks
1 coarsely chopped cucumber
garlic salt to taste
salt and ground black pepper to taste
2 tablespoons crushed dried mint
2 tablespoons olive oil

Directions

Place the lettuce in a bowl, and add the cherry tomatoes, hearts of palm, black olives, avocado, and cucumber. Season to taste with garlic salt, salt, and pepper. Rub the dried mint between the palms of your hands, and sprinkle over the salad. Drizzle with olive oil, and toss. Add additional olive oil if needed to lightly coat all ingredients.

Romaine and Mandarin Orange Salad with Poppy

Ingredients

6 slices bacon
1/3 cup apple cider vinegar
3/4 cup white sugar
1/2 red onion, coarsely chopped
1/2 teaspoon dry mustard powder
1/4 teaspoon salt
1/2 cup vegetable oil
1 teaspoon poppy seeds
10 cups torn romaine lettuce leaves
1 (10 ounce) can mandarin orange segments, drained
1/4 cup toasted slivered almonds

Directions

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

Place vinegar, sugar, red onion, mustard powder, and salt into the bowl of a blender. Cover, and puree on high until smooth. Reduce blender speed to medium-low; slowly pour in the vegetable oil and blend until incorporated and the dressing is creamy. Stir in the poppy seeds and set aside.

To serve, toss the romaine in a large bowl with the crumbled bacon, Mandarin oranges, and enough dressing to moisten. Place onto salad plates and sprinkle with toasted almonds.

Tomato Spinach Salad

Ingredients

1/2 cup mayonnaise or salad dressing
1/2 cup grated Parmesan cheese
1/4 cup milk
1 1/2 teaspoons dill weed
1 1/2 teaspoons dried minced onion
1 1/2 teaspoons lemon-pepper seasoning
1 (10 ounce) package fresh spinach, torn
2 cups cherry tomatoes

Directions

In a small bowl or a jar with tight-fitting lid, combine first six ingredients; mix or shake well. Chill for at least 1 hour. Just before serving, combine spinach and tomatoes in a large salad bowl. Whisk or shake dressing; pour over salad and toss.

Easy Lemony-Dilly Cucumber Salad

Ingredients

1 lemon, zested and juiced
2 tablespoons dried dill weed
1 teaspoon white sugar
1/4 cup mayonnaise
2 large English cucumbers, peeled and diced

Directions

Whisk together the lemon zest, lemon juice, dill, and sugar in a bowl until the sugar has dissolved. Stir in the mayonnaise until smooth; fold in the diced cucumber. Let stand 10 minutes before serving.

Simple Southwestern Chicken Salad

Ingredients

2 boneless chicken breast halves, cooked and cubed
3/4 cup mayonnaise
1/4 cup chopped celery
chopped fresh cilantro to taste
1 (1 ounce) package taco seasoning mix

Directions

In a medium bowl, combine the chicken, mayonnaise, celery, cilantro and seasoning mix. Mix well.

Cover bowl and refrigerate for 1 hour.

Picnic Zucchini Bean Salad

Ingredients

3 small zucchini, sliced
3/4 cup chopped green pepper
1/2 cup chopped onion
1 (15.5 ounce) can kidney beans, rinsed and drained
1/4 cup vegetable oil
3 tablespoons vinegar
1 1/2 teaspoons garlic salt
1/4 teaspoon pepper

Directions

In a bowl, combine all ingredients. Cover and refrigerate at least 4 hours, stirring occasionally.

Gazpacho Pasta Salad

Ingredients

1/2 pound rotelle pasta
4 green onions, chopped
1 cup chopped green bell pepper
1 jalapeno pepper, seeded and minced
2 tomatoes, chopped
1 cucumber
1/4 cup olive oil
1/4 teaspoon salt
1 clove garlic, crushed
1/4 cup fresh lime juice
1/4 teaspoon ground black pepper
6 fluid ounces tomato juice

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In large bowl combine pasta, onion, bell pepper, jalapeno, tomatoes, cucumber, oil, salt, garlic, lime juice, black pepper and tomato juice. Toss well and chill in refrigerator for 2 hours. Toss again before serving.

Orzo and Wild Rice Salad

Ingredients

1/2 cup wild rice
2 cups water
1 cup orzo pasta
3 tablespoons chopped red onion
3 tablespoons dried currants
2 tablespoons corn kernels, drained
3 tablespoons diced yellow bell pepper
3 tablespoons diced red bell pepper
3 tablespoons diced green bell pepper
2 tablespoons chopped fresh basil
1/2 teaspoon salt
1/2 teaspoon ground black pepper
2 tablespoons white balsamic vinegar
1 1/2 tablespoons honey
3/4 teaspoon Dijon mustard
1/4 teaspoon minced garlic
1/8 teaspoon pepper
1 1/2 teaspoons chopped fresh basil
1/4 cup canola oil
1/4 cup extra-virgin olive oil

Directions

Bring the wild rice and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the rice is tender but not mushy, 20 to 45 minutes depending on the variety of wild rice. Drain off any excess liquid, fluff the rice with a fork, and cook uncovered 5 minutes more. Once finished, spread into a shallow dish, and refrigerate until cold.

Bring a large pot of lightly salted water to a boil. Add the orzo pasta, and cook until al dente, 7 to 8 minute. Drain, rinse with cold water, and chill.

Place the chilled rice and orzo into a large mixing bowl. Stir in the red onion, currants, corn, yellow bell pepper, red bell pepper, and green bell pepper. Season with 2 tablespoons basil, salt, and 1/2 teaspoon pepper. In a separate bowl, whisk together the vinegar, honey, mustard, garlic, 1/8 teaspoon pepper, and 1 1/2 teaspoons basil. Slowly whisk in the canola and olive oils until emulsified. Stir the dressing into the pasta, and refrigerate 2 hours before serving.

Hot German Potato Salad II

Ingredients

3 pounds potatoes
1 pound bacon, cubed
1 onion, diced
2 cups white sugar
2 cups white wine vinegar

Directions

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 chop.

Place bacon and onion in a large, deep skillet. Cook over medium heat until bacon is evenly brown. Drain excess grease from skillet.

Add the sugar and vinegar to the bacon and onion mixture and bring to a boil. Pour the mixture over the potatoes and stir.

Russian Cheese Salad

Ingredients

3 cups shredded mozzarella cheese
2 tablespoons mayonnaise
3 cloves garlic, pressed

Directions

In a medium bowl, stir together the mozzarella cheese, mayonnaise and garlic. Chill until serving.

Spicy Southwest Chopped Salad with Salsa Verde

Ingredients

2 ears corn

1 pound tomatillos, husked
1/2 bunch fresh cilantro leaves
1/2 jalapeno chile pepper, chopped
1/4 large white onion, chopped
1 clove garlic, chopped
salt, to taste
4 teaspoons lime juice

1 avocado - peeled, pitted and diced
1 teaspoon lime juice
1/4 medium head red cabbage, chopped
1 (14.5 ounce) can black beans, rinsed and drained
1 red bell pepper, chopped

1 pound skinless, boneless chicken breast halves
2 teaspoons Cajun seasoning, or to taste

1 head green leaf lettuce
1 cup crumbled cotija cheese
1 lime, cut into wedges

Directions

Fill a large pot with water and bring to a rolling boil; add the corn and boil 15 to 20 minutes. Remove the corn and allow to cool until cool enough to handle. Cut the corn off of the cob and place into a large mixing bowl; set aside.

Place the tomatillos, cilantro, jalapeno, onion, garlic, salt, and 4 teaspoons of lime juice into a blender. Pulse until the vegetables have been finely chopped; set aside. Toss the avocado with 1 teaspoon of lime juice and mix with the corn, cabbage, black beans, and bell pepper.

Preheat an outdoor grill for medium-high heat and lightly oil the grate. Season the chicken breasts with Cajun seasoning.

Cook the chicken breasts on the preheated grill until no longer pink in the center and the juices run clear, about 6 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Set the breasts aside until cool enough to handle; cut into bite sized pieces.

Divide the lettuce leaves onto 4 plates. Mound the avocado mixture on top of the lettuce, followed by the chicken. Sprinkle with cotija cheese and garnish with lime wedges to serve.

Leftover Thanksgiving Salad

Ingredients

1 cup shredded cooked turkey
1/2 cup cubed cooked ham
1/2 cup sweetened dried cranberries, chopped
1 hard-cooked egg, diced
2 tablespoons chopped fresh basil leaves
1/4 cup light mayonnaise
salt and ground black pepper to taste

Directions

Combine the turkey, ham, cranberries, egg, and basil in a mixing bowl. Stir in the mayonnaise. Season to taste with salt and pepper.

Hot German Potato Salad

Ingredients

8 medium potatoes, cut into 1/4-inch slices
2 celery ribs, chopped
1 large onion, chopped
1 cup water
2/3 cup cider vinegar
1/3 cup sugar
2 tablespoons quick-cooking tapioca
1 teaspoon salt
3/4 teaspoon celery seed
1/4 teaspoon pepper
6 bacon strips, cooked and crumbled
1/4 cup minced fresh parsley

Directions

In a slow cooker, combine potatoes, celery and onion. In a bowl, combine water, vinegar, sugar, tapioca, salt, celery seed and pepper. Pour over potatoes; stir gently to coat. Cover and cook on high for 4-5 hours or until potatoes are tender. Just before serving, sprinkle with bacon and parsley.

Quick Tuna Salad

Ingredients

1 (7 ounce) can solid white tuna packed in water, drained
1/4 cup creamy salad dressing (such as Miracle Whipв„ў)
1 tablespoon sweet pickle relish, or to taste

Directions

Mash tuna together with salad dressing and relish in a small bowl with a fork. Serve.

Where's the Tuna Salad

Ingredients

1 (6 ounce) can tuna, drained
1/2 cup mayonnaise
1/4 cup finely chopped red onion
1/4 cup finely chopped celery
1/4 cup chopped dill pickle
1/4 cup chopped sweet pickle
1 tablespoon chopped fresh parsley

Directions

Mix together the tuna, mayonnaise, red onion, celery, dill pickle, sweet pickle, and parsley; chill in refrigerator at least 1 hour before serving.

Cucumber Pea Salad

Ingredients

1 cucumber - peeled, halved lengthwise, and sliced
3/4 cup frozen peas, thawed
6 ounces Monterey Jack cheese, cubed
1/2 cup mayonnaise
1 tablespoon milk

Directions

Combine the cucumber, peas, and Monterey Jack cheese in a bowl. Whisk the mayonnaise and milk together in a small bowl; pour the dressing over the salad. Stir to coat.

Mexican Spicy Bean Salad

Ingredients

1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can kidney beans, drained
1 (15 ounce) can cannellini beans, drained and rinsed
1 green bell pepper, chopped
1 red bell pepper, chopped
1 (10 ounce) package frozen corn kernels
1 red onion, chopped
1/2 cup olive oil
1/2 cup red wine vinegar
2 tablespoons fresh lime juice
1 tablespoon lemon juice
2 tablespoons SPLENDA® No Calorie Sweetener, Granulated
1 tablespoon salt
1 clove crushed garlic
1/4 cup chopped fresh cilantro
1/2 tablespoon ground cumin
1/2 tablespoon ground black pepper
1 dash hot pepper sauce
1/2 teaspoon chili powder

Directions

In a large bowl, combine beans, bell peppers, frozen corn, and red onion.

In a small bowl, whisk together olive oil, red wine vinegar, lime juice, lemon juice, SPLENDA® Granulated Sweetener, salt, garlic, cilantro, cumin, and black pepper. Season to taste with hot sauce and chili powder.

Pour olive oil dressing over vegetables; mix well. Chill thoroughly, and serve cold.

Blue Cheese Broccoli Salad

Ingredients

2 heads fresh broccoli, with stalks
2 tomatoes, seeded and coarsely chopped
1 cup blue cheese dressing
salt to taste
ground white pepper to taste

Directions

Cut the florets from the broccoli. With a vegetable peeler, peel the stalks, and slice 1/2 inch thick. Bring a large pot of water to a boil. Immerse the broccoli florets and stalks in the boiling water for 1 to 2 minutes, until bright green. Drain and cool.

In a bowl, mix the broccoli, tomatoes, and blue cheese dressing. Season with salt and white pepper.

Taco Pasta Salad

Ingredients

2 cups uncooked spiral pasta
1 pound ground beef
1 (1.25 ounce) package taco seasoning
3 cups shredded lettuce
2 cups halved cherry tomatoes
1 cup shredded Cheddar cheese
1/2 cup chopped onion
1/2 cup chopped green pepper
1/2 cup Catalina salad dressing
Tortilla chips

Directions

Cook pasta according to package directions. Meanwhile, in a skillet, cook beef over medium heat until no longer pink; drain. Stir in the taco seasoning; cool.

Drain pasta and rinse in cold water; stir into meat mixture. Add the lettuce, tomatoes, cheese, onion, green pepper and dressing; toss to coat. Serve with tortilla chips.

Strawberry Salad

Ingredients

1 (6 ounce) package strawberry flavored gelatin
1 1/2 cups boiling water
1 (16 ounce) package frozen strawberries, thawed and drained
1 (20 ounce) can crushed pineapple, drained
1 cup chopped walnuts
4 cups frozen whipped topping, thawed

Directions

Mix gelatin and water together. Stir until dissolved, then add frozen strawberries. Chill until slightly firm. Fold in nuts and pineapple. Add whipped topping. Keep in the fridge until serving.

Beef 'N' Black-Eyed Pea Salad

Ingredients

2 cloves garlic cloves, minced
1 teaspoon chili powder
12 ounces boneless beef sirloin steak
8 cups torn romaine
1 (15.5 ounce) can black-eyed peas, rinsed and drained
1 large sweet red pepper, julienned
1/2 cup sliced ripe olives
1 (4 ounce) can chopped green chilies, drained
2 green onions, chopped
2 tablespoons minced fresh cilantro or parsley
3 tablespoons lime juice
2 tablespoons canola oil
2 teaspoons sugar
1 teaspoon salt
1 teaspoon grated lime peel
1/4 teaspoon pepper

Directions

Combine garlic and chili powder; rub over both sides of steak. If grilling the steak, coat grill rack with nonstick cooking spray before starting the grill. Grill steak, covered, over medium heat or broil 4 in. from the heat for 5-7 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done 170 degrees F).

When cool enough to handle, slice meat across the grain into thin strips; place in a large bowl. Add the romaine, peas, red pepper, olives, chilies, onions and cilantro. In a small bowl, combine the remaining ingredients. Pour over salad and toss to coat.

Alyson's Broccoli Salad

Ingredients

10 slices bacon
1 head fresh broccoli, cut into bite size pieces
1/4 cup red onion, chopped
1/2 cup raisins
3 tablespoons white wine vinegar
2 tablespoons white sugar
1 cup mayonnaise
1 cup sunflower seeds

Directions

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

In a medium bowl, combine the broccoli, onion and raisins. In a small bowl, whisk together the vinegar, sugar and mayonnaise. Pour over broccoli mixture, and toss until well mixed. Refrigerate for at least two hours.

Before serving, toss salad with crumbled bacon and sunflower seeds.

Spinach and Mango Salad

Ingredients

3/4 cup blanched slivered almonds
1/4 cup red wine vinegar
2 tablespoons maple flavored balsamic vinegar
2 tablespoons olive oil
2 teaspoons dry mustard
1/4 teaspoon chopped fresh tarragon
salt and freshly ground black pepper to taste
1 bunch fresh spinach - rinsed, dried and torn into bite size pieces
2 mangos - peeled, seeded, and cubed

Directions

Preheat oven to 375 degrees F (190 degrees C).

Arrange almonds in a single layer on a baking sheet. Bake 5 to 10 minutes, stirring occasionally, until fragrant and lightly toasted.

In a small bowl, mix red wine vinegar, maple flavored balsamic vinegar, olive oil, dry mustard, tarragon, salt, and pepper.

In a medium bowl, toss the red wine vinegar mixture with the spinach and mangos. Top with the toasted almonds.

Peach and Berry Salad

Ingredients

3 fresh peaches
2 1/2 pints blackberries
1 pint strawberries, hulled and sliced
1/4 cup honey
1/2 teaspoon ground cardamom

Directions

Bring medium pot of water to boil. Add peaches and blanch for 30 seconds. Drain and transfer to medium bowl. Cover with cold water and cool. Drain, peel and slice.

In a medium bowl, combine peaches, blackberries, strawberries, honey and cardamom. Toss together and refrigerate.

Apple, Avocado and Hearts of Palm Salad

Ingredients

1 cup mayonnaise
1/4 cup ketchup
1 tablespoon white sugar
1 lemon, juiced
1/4 teaspoon paprika
1 pinch ground black pepper
2 tablespoons chopped fresh chives
3 cups mixed salad greens
1 avocado - pitted, peeled, and cubed
2 Granny Smith apples - peeled, cored and sliced thin
1/2 cup coarsely chopped walnuts
1 cup sliced hearts of palm

Directions

In a small bowl, whisk the mayonnaise, ketchup, sugar, lemon juice, paprika, and pepper together. Stir in the chives and set aside.

Arrange the watercress on individual serving plates. Place apple, avocado, hearts of palm on top. Sprinkle with walnuts and drizzle with dressing.

Evenly sprinkle dressing over salad and serve.

Asian Chicken Salad

Ingredients

1 (8 ounce) package DOLE® Field Greens or Chopped Romaine or any variety
1 (15 ounce) can DOLE® Mandarin Oranges, drained
2 cooked boneless, skinless chicken breasts, sliced
1/2 cup snow peas or fresh pea pods, cut in half (optional)
1/3 cup crispy noodles
1/3 cup sliced almonds, toasted
1/2 cup bottled Asian sesame dressing

Directions

Toss together salad, mandarin oranges, chicken slices, snow peas, crispy noodles and almonds, in large serving bowl. Pour dressing over salad; toss to evenly coat. Serve.

Cape Cod Turkey Salad

Ingredients

3 cups diced cooked turkey
1 cup diced celery
1/2 cup dried cranberries
1/2 cup coarsely chopped walnuts
1 cup mayonnaise
1/2 cup sour cream
2 tablespoons chopped fresh parsley
1 tablespoon chopped fresh rosemary
1/4 teaspoon salt
1/8 teaspoon black pepper

Directions

Mix the turkey, celery, cranberries, and walnuts together in a bowl.

To make the dressing, whisk the mayonnaise, sour cream, parsley, rosemary, salt, and pepper together in a bowl. Pour over the turkey mixture, and toss to coat evenly. Refrigerate the salad for at least 1 hour. Serve cold.

Chicken Salad on a Tortilla

Ingredients

1/2 pound skinless, boneless chicken breast halves - cut into thin strips
2 (8 inch) flour tortillas, warmed
1/4 cup mayonnaise
2 cups torn lettuce
1 large tomato, cut into wedges
4 thin slices red onion
1 medium carrot, grated
1/2 cup shredded Cheddar cheese
Salsa

Directions

In a skillet coated with nonstick cooking spray, cook chicken until no longer pink. To assemble, place tortillas on serving plates. Spread with mayonnaise. Top with lettuce, chicken, tomato, onion, carrot and cheese. Serve with salsa if desired.

Twig Salad

Ingredients

1/2 cup vegetable oil
1/4 cup white sugar
1/4 cup white vinegar
1/2 teaspoon salt
1 teaspoon salt-free herb and spice blend
1/4 teaspoon ground black pepper

1 1/2 heads iceberg lettuce, torn into bite-sized pieces
1 pound chopped cooked chicken breast meat
1 (5 ounce) can chow mein noodles
1 (2.25 ounce) package blanched slivered almonds
1/4 cup sesame seeds, lightly toasted
4 green onions, chopped
2 teaspoons poppy seeds

Directions

In small bowl, whisk together the oil, sugar, vinegar, salt, seasoning blend, and pepper. Set aside.

In a large bowl, combine the lettuce, chicken, chow mein noodles, almonds, sesame seeds, green onions, and poppy seeds. Toss to blend. Pour salad dressing over the salad just before serving.

Cranberry Grape Salad

Ingredients

1 (8 ounce) package cream cheese, softened
2 tablespoons frozen whipped topping, thawed
1 cup finely chopped walnuts
1 cup cranberries
1 tablespoon white sugar
2 1/2 cups heavy cream, whipped
1 cup diced mandarin oranges
1 (8 ounce) can pineapple tidbits, drained
1 cup halved seedless red grapes

Directions

In a medium bowl, mix together cream cheese, thawed frozen whipped topping and walnuts.

Thoroughly blend cranberries in a food processor.

Mix cranberries into cream cheese mixture. Gently fold in sugar and heavy cream. Stir in mandarin oranges, pineapple chunks and grapes. Chill in the refrigerator approximately 1 hour before serving.

Spinach Salad with Poppy Seed Dressing

Ingredients

1/2 cup creamy salad dressing (e. g. Miracle Whip®)
1/3 cup white vinegar
1/3 cup white sugar
1 teaspoon poppy seeds
4 cups baby spinach
4 cups mixed salad greens
1 (10 ounce) can mandarin oranges, drained
1/3 cup thinly sliced red onion
1/2 cup slivered almonds

Directions

Make the poppy seed dressing by whisking together the creamy salad dressing, vinegar, sugar, and poppy seeds; set aside. Arrange the spinach leaves, mixed salad greens, oranges, onion, and almonds onto individual salad plates. Drizzle with poppy seed dressing to serve.

Vietnamese Rice-Noodle Salad

Ingredients

5 cloves garlic
1 cup loosely packed chopped cilantro
1/2 jalapeno pepper, seeded and minced
3 tablespoons white sugar
1/4 cup fresh lime juice
3 tablespoons vegetarian fish sauce
1 (12 ounce) package dried rice noodles
2 carrots, julienned
1 cucumber, halved lengthwise and chopped
1/4 cup chopped fresh mint
4 leaves napa cabbage
1/4 cup unsalted peanuts
4 sprigs fresh mint

Directions

Mince the garlic with the cilantro and the hot pepper. Transfer the mixture to a bowl, add the lime juice, fish sauce or salt and sugar; stir well. Let the sauce sit for 5 minutes.

Bring a large pot of salted water to a boil. Add the rice noodles; boil them for 2 minutes. Drain well. Rinse the noodles with cold water until they have cooled. Let them drain again.

Combine the sauce, noodles, carrots, cucumber, mint and Napa cabbage in a large serving bowl. Toss well and serve the salad garnished with the peanuts and mint sprigs.

Bok Choy Salad

Ingredients

1 medium head bok choy, diced
1 bunch green onions, chopped
1 (3 ounce) package ramen noodles
1/2 cup blanched slivered almonds
2 tablespoons sesame seeds, toasted
1/3 cup olive oil
3 teaspoons lemon juice

Directions

Combine bok choy and green onions; cover and chill.

Whisk together the olive oil, lemon juice and ramen noodle seasoning packet. Refrigerate until chilled.

Break ramen noodles into small pieces; combine with toasted almonds and sesame seeds.

Before serving, combine the cabbage mixture and noodle mixture; add dressing and toss to coat.

Autumn Fruit Salad

Ingredients

1 1/2 cups sugar
1/2 cup all-purpose flour
1 1/2 cups water
1 teaspoon butter or margarine
1 teaspoon vanilla extract
6 cups cubed unpeeled apples
2 cups halved seedless red grapes
1 cup diced celery
1 cup walnut halves

Directions

In a saucepan, combine sugar and flour. Stir in water; bring to a boil. Cook and boil until mixture thickens. Remove from the heat; stir in butter and vanilla. Cool to room temperature. In a large bowl, combine apples, grapes, celery and walnuts. Add the dressing and toss gently. Refrigerate until serving.

Pineapple Couscous Salad

Ingredients

3/4 cup chicken broth
1 cup uncooked couscous
1 (20 ounce) can pineapple tidbits, drained
1 (4 ounce) can chopped green chilies, drained
1/4 cup chopped pecans, toasted
3 green onions, chopped
2 tablespoons olive oil
1 tablespoon minced fresh mint
1 garlic clove, minced
4 1/2 cups baby spinach leaves

Directions

In a small saucepan, bring broth to a boil. Stir in couscous. Cover and remove from the heat; let stand for 5 minutes. Fluff with a fork. In a large bowl, combine the couscous, pineapple, chilies, pecans, onions, oil, mint and garlic; toss to coat. Refrigerate until chilled. Serve over spinach.

Old Fashioned Potato Salad

Ingredients

5 potatoes
3 eggs
1 cup chopped celery
1/2 cup chopped onion
1/2 cup sweet pickle relish
1/4 teaspoon garlic salt
1/4 teaspoon celery salt
1 tablespoon prepared mustard
ground black pepper to taste
1/4 cup mayonnaise

Directions

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain, cool, peel and chop.

Place eggs in a saucepan and cover with cold water. Bring water to a boil; cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

In a large bowl, combine the potatoes, eggs, celery, onion, relish, garlic salt, celery salt, mustard, pepper and mayonnaise. Mix together well and refrigerate until chilled.

Mallow Fruit Salad

Ingredients

1 1/3 cups buttermilk
1 (5.1 ounce) package instant vanilla pudding mix
1 (30 ounce) can fruit cocktail, drained
2 (11 ounce) cans mandarin oranges, drained
1 cup rainbow colored miniature marshmallows
1 (8 ounce) carton frozen whipped topping, thawed

Directions

In a mixing bowl, beat the buttermilk and pudding mix on medium speed for 1 minute. let stand for 5 minutes. Fold in the fruit cocktail, oranges, marshmallows and whipped topping. Refrigerate until serving.

Tomato Corn Salad

Ingredients

1 (16 ounce) package frozen corn
3 medium tomatoes, diced
1/3 cup Italian salad dressing
1/4 cup minced fresh basil
1/2 teaspoon salt

Directions

Place corn and a small amount of water in a microwave-safe bowl. Cover and microwave on high for 3 to 3-1/2 minutes or until corn is crisp-tender; drain. In a bowl, combine the tomatoes, salad dressing, basil and salt. Stir in corn. Serve immediately or refrigerate. Serve with slotted spoon.

South of the Border DEEE-licious Chicken Salad

Ingredients

2 boneless chicken breasts, cooked and diced
2 ripe tomatoes, diced
1 small red onion, diced
1 large jicama, diced
1 bunch fresh cilantro, chopped
1 lime, juiced
1 avocado - peeled, seeded and sliced
salt and pepper to taste

Directions

In a large bowl, combine the chicken, tomatoes, red onion, jicama, cilantro and lime juice. Toss together well.

Garnish with slices of avocado, season with salt and pepper and serve immediately.

Holiday Chicken Salad

Ingredients

4 cups cubed, cooked chicken meat
1 cup mayonnaise
1 teaspoon paprika
1 1/2 cups dried cranberries
1 cup chopped celery
2 green onions, chopped
1/2 cup minced green bell pepper
1 cup chopped pecans
1 teaspoon seasoning salt
ground black pepper to taste

Directions

In a medium bowl, mix together mayonnaise with paprika and seasoned salt. Blend in dried cranberries, celery, bell pepper, onion, and nuts. Add chopped chicken, and mix well. Season with black pepper to taste. Chill 1 hour.

Tricolor Pasta Salad

Ingredients

1 (16 ounce) package tricolor spiral pasta
1 (16 ounce) package frozen California blend vegetables (broccoli, cauliflower and carrots)
1 (2.25 ounce) can sliced ripe olives, drained
1 cup Italian salad dressing
1/4 teaspoon garlic salt (optional)

Directions

Cook the pasta according to package directions. Meanwhile, place vegetables in a microwave-safe dish. Cover and microwave at 50% power for 7-8 minutes or until thawed; drain. Drain pasta and rinse in cold water. In a bowl, combine the pasta, vegetables and olives.

Combine salad dressing and garlic salt if desired; pour over salad and toss to coat. Refrigerate until serving.

Blue Cheese Salad

Ingredients

1/4 cup white wine vinegar
1/4 cup olive or vegetable oil
1 garlic clove, minced
1/4 teaspoon pepper
1/4 teaspoon seasoned salt
1/2 teaspoon dill weed
1 small head romaine lettuce, torn
3 hard-cooked eggs, chopped
1 cup croutons
1/2 cup crumbled blue cheese

Directions

In a small bowl or jar with tight-fitting lid, combine the first six ingredients; mix or shake until well blended. Place romaine in a large salad bowl; top with the eggs, croutons and blue cheese. Add dressing and toss. Serve immediately.

Southern Dill Potato Salad

Ingredients

10 unpeeled red potatoes
5 hard boiled eggs, roughly chopped
3/4 cup sour cream
3/4 cup mayonnaise
1 tablespoon apple cider vinegar, or to taste
1 tablespoon Dijon mustard, or to taste
1/2 white onion, finely chopped
1 stalk celery, finely chopped
1 teaspoon celery salt
salt and black pepper to taste
1 tablespoon dried dill weed

Directions

Place the potatoes in a large pot, cover them with water, and bring to a boil over high heat. Reduce the heat to medium-low, and simmer until the potatoes are cooked through but still firm, about 20 minutes. Remove from the water, let cool, and cut the potatoes into chunks. Set the potatoes aside.

In a bowl, stir together the sour cream, mayonnaise, apple cider vinegar, Dijon mustard, onion, celery, celery salt, and salt and pepper until well mixed.

Place the potatoes and eggs in a large salad bowl, and sprinkle with dried dill. Pour the dressing over the potatoes and eggs, and mix lightly. Cover and refrigerate the salad for at least 30 minutes. Serve cold.

Red Cabbage Salad

Ingredients

1/2 pound bacon
1 large head red cabbage, shredded
1 small head cauliflower, chopped
1 (8 ounce) bottle Italian-style salad dressing
1 (6 ounce) can French-fried onions
1/4 teaspoon ground black pepper

Directions

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

In a mixing bowl, combine cabbage and dressing. Toss and refrigerate overnight.

Before serving, toss together chilled cabbage and dressing with cauliflower, French fried onions, bacon and pepper.

Yummy Pasta Salad

Ingredients

1 pound rotini pasta
1 pound skinless, boneless chicken breast halves - cubed
1/4 cup Ranch-style salad dressing
1 (16 ounce) bottle Italian-style salad dressing
1 (4.25 ounce) can black olives, sliced

Directions

Bring a large pot of lightly salted water to a boil. Add rotini pasta and cook for 8 to 10 minutes or until al dente; drain.

In a skillet over medium heat, place the cubed chicken and dab with ranch dressing. Pour enough Italian dressing into the skillet to cover the bottom of the pan. Cook the chicken until it is nice and brown.

Mix together pasta, chicken, black olives and Italian dressing (to taste). Serve hot or cold.

Jenny's Sweet Waldorf Salad

Ingredients

2 Granny Smith apples, cored and diced
1 Red Delicious apple, cored and diced
1 Asian pear, cored and cubed
1 stalk celery, diced
1/2 cup sliced almonds
1 cup golden raisins
1 cup seedless green grapes, halved
1 1/2 cups sweetened dried cranberries

1 1/4 cups plain yogurt
1/4 cup white sugar
1/3 cup brown sugar
3/4 cup mayonnaise
3 tablespoons lemon juice
1/2 teaspoon ground cinnamon

Directions

In a large bowl, combine the Granny Smith apples, Red Delicious apple, Asian pear, celery, almonds, golden raisins, grapes and cranberries. In a separate bowl, stir together the yogurt, white sugar, brown sugar, mayonnaise, lemon juice and cinnamon. Pour the dressing over the fruit mixture and stir gently until evenly coated.

Hot Chicken Salad II

Ingredients

3 boneless chicken breast halves, cooked and cubed
1 cup mayonnaise
1 (10.75 ounce) can condensed cream of mushroom soup
1 (4.5 ounce) can mushrooms, drained
1 (8 ounce) can water chestnuts, drained and chopped
1/2 cup chopped celery
1 cup crushed butter crackers

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a small skillet, saute the mushrooms in oil.

Mix together the chicken, mayonnaise, soup, sauteed mushrooms, water chestnuts and celery. Place mixture in a 12x7.5 inch casserole dish. Top with the crushed crackers, tossed with melted butter. Bake in the preheated oven for 30 to 45 minutes.

Hamburger Salad Sandwiches

Ingredients

1 pound ground beef
1 medium onion, chopped
1 garlic clove, minced
1 medium tomato, chopped
1/2 cup mayonnaise
1/3 cup chopped dill pickle
2 tablespoons prepared mustard
1/2 teaspoon salt
1/2 teaspoon pepper
6 hamburger buns, split
Lettuce Leaves

Directions

In a skillet, cook beef, onion and garlic until meat is browned; drain. Cool. Add the next six ingredients. Spoon about 1/2 cup onto each bun; top with lettuce.

Blueberry Salsa Salad

Ingredients

2 cups fresh blueberries
1 medium red apple, diced
1 large navel orange, peeled, sectioned and chopped
1/2 cup finely chopped sweet onion
1 tablespoon minced fresh cilantro
1/4 cup red wine vinegar
3 tablespoons unsweetened apple juice
2 tablespoons sugar
2 tablespoons olive oil
1/4 teaspoon salt
1 (5 ounce) package spring mix salad greens
1/2 cup crumbled blue cheese

Directions

In a large bowl, combine the blueberries, apple, orange, onion and cilantro. In a small bowl, whisk the vinegar, apple juice, sugar, oil and salt; drizzle over fruit mixture and toss to coat. Let stand for 10 minutes.

Divide salad greens among six serving plates. Using a slotted spoon, arrange blueberry salsa over greens. Drizzle with dressing left in bowl. Sprinkle with blue cheese.

Sweet and Sour Sesame Seed Salad Dressing

Ingredients

1/2 cup yellow onion, chopped
1 1/2 cups white sugar
2 teaspoons dry mustard powder
1 teaspoon kosher salt
2 teaspoons soy sauce
2/3 cup rice vinegar
2 cups canola oil
1/4 cup toasted sesame seeds

Directions

Puree the onion in a blender until smooth. Strain through a fine mesh strainer. Reserve 3 tablespoons of onion juice; discard the remaining pulp.

Combine the sugar, mustard powder, and salt in the bowl of an electric mixer. Use the paddle attachment to mix the sugar until the spices are evenly blended. Pour in the reserved onion juice, soy sauce, and rice vinegar. Mix for several minutes until the sugar has begun to dissolve. Slowly drizzle in the canola oil with the mixer running at a medium-high speed. Add the toasted sesame seeds and continue mixing 1 minute more.

Pot Sticker Salad

Ingredients

1 tablespoon olive oil
6 frozen pot stickers
1 cup frozen shelled edamame (green soybeans)
1 cup water
4 cups chopped iceberg lettuce
2 tablespoons ginger-sesame salad dressing
salt to taste

Directions

Heat the olive oil in a skillet over medium heat. Place the pot stickers into the hot oil flat-side-down. Cook until the bottom has turned golden brown, 1 to 2 minutes. Add the edamame and pour in the water. Cover, and bring to a simmer over medium-high heat. Cook until the pot stickers have completely thawed and are hot on the inside, 8 to 10 minutes.

Scrape the pot stickers and edamame into a mixing bowl, and add the lettuce and salad dressing. Season to taste with salt, and toss to mix. Serve immediately.

Southwestern-Flavored Ground Beef or Turkey for

Ingredients

2 tablespoons olive oil
1 large onion, chopped
3 large garlic cloves, minced
3 tablespoons chili powder
2 teaspoons dried oregano
1 tablespoon ground cumin
3 pounds lean ground beef or turkey
1 (14.5 ounce) can petite diced tomatoes
Salt and pepper, to taste
1/4 cup cornmeal

Directions

Heat oil in a 12-inch skillet until shimmering. Add onion; saute until soft, about 5 minutes. Add garlic, chili powder, oregano and cumin; saute until fragrant, about 1 minute. Add beef or turkey and cook, stirring often, until it loses its raw color. Stir in tomatoes; simmer to blend flavors, about 5 minutes. Add salt and pepper, to taste. Stir in cornmeal; cook, stirring constantly, until it thickens, almost instantly. Cool and refrigerate (or serve warm for dinner as tacos or taco salad).

Campbell's® Healthy Request® Creamy Chicken

Ingredients

1 (10.75 ounce) can Campbell's® Healthy Request® Condensed Cream of Celery Soup
1/2 cup plain low-fat yogurt
1/4 cup water
2 tablespoons Dijon-style mustard
1 tablespoon vinegar
1/8 teaspoon ground black pepper
4 cups corkscrew-shaped pasta, cooked without salt
2 stalks celery, sliced
1 cup diced tomato
2 cups cubed, cooked chicken

Directions

Stir the soup, yogurt, water, mustard, vinegar and pepper with a whisk or fork in a large bowl. Add the pasta, celery, tomato and chicken, tossing until well coated.

Cover and refrigerate the salad for at least 3 hours. Stir the salad before serving.

Marinated Vegetable Salad

Ingredients

3/4 cup white sugar
1 teaspoon celery seed
1/2 teaspoon ground black pepper
1 cup distilled white vinegar
1/4 cup canola oil
1 teaspoon salt
2 cups cucumbers, peeled and thinly sliced
1 onion, sliced into thin rings
2 cups thinly sliced carrots
1/2 cup chopped celery

Directions

Combine sugar, celery seeds, black pepper, vinegar, oil, and salt in a screw-top jar. Shake well to mix.

Combine vegetables in large bowl. Pour dressing over vegetables, and stir gently. Cover, and refrigerate several hours or overnight.

Bud's Potato Salad

Ingredients

10 pounds potatoes
1 cup water
1 cup white wine vinegar
1 cup white sugar
2 onions, diced
salt and pepper to taste
1 tablespoon celery seed
2 cups mayonnaise

Directions

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain and allow to cool.

Slice cooled potatoes and layer in a large bowl or dish.

In a saucepan combine water, vinegar and sugar. Bring to a boil and cook for one minute. Remove from heat and pour over potatoes. Cover and chill for at least 12 hours.

Drain excess marinade and add onions, salt, pepper, celery seed and mayonnaise. Mix well and serve chilled.

Asian Noodle Salad

Ingredients

1 (5.4 ounce) package KnorrB® Sides Plusв„ў Veggies - Teriyaki Noodles With Asian Style Vegetables
1/4 cup rice wine vinegar
1 tablespoon SkippyB® Natural Creamy Peanut Butter Spread
1 teaspoon vegetable oil (optional)
3 cups coleslaw mix
1 cup thinly sliced red bell pepper
1 cup thinly sliced cooked chicken or pork
1 small cucumber, peeled, seeded and diced
1/4 cup thinly sliced red onion

Directions

Prepare KnorrB® Sides Plusв„ў Veggies - Teriyaki Noodles with Asian Style Vegetables according to package directions; cool.

Stir in vinegar, peanut butter and oil. Stir in remaining ingredients.

Chill about 1 hour before serving.

Curried Quinoa Salad with Mango

Ingredients

1 1/2 cups chicken stock
3/4 cup quinoa
1 1/2 teaspoons curry powder
1/4 teaspoon garlic powder
1/2 teaspoon salt
1/4 teaspoon black pepper
1 mango - peeled, seeded and diced
3 green onions, chopped

Directions

Bring chicken stock, quinoa, curry powder, garlic powder, salt, and pepper to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, 15 to 20 minutes. Once done, scrape the quinoa into a shallow dish and allow to cool to room temperature. Stir in the mango and green onions. Serve either at room temperature or cold.

San Antonio Salad

Ingredients

1 pound lean ground beef
2 tablespoons chili powder
1/2 teaspoon ground cumin
salt and pepper to taste

1 head iceberg lettuce, shredded
1 (15.5 ounce) can pinto beans
2 tomatoes, cubed
1 cup shredded Cheddar cheese
1/4 cup chopped fresh cilantro
1 (12 ounce) package corn tortilla chips, broken
1 jalapeno pepper, seeded and chopped (optional)
1/2 cup chopped green onion (optional)
1 cup salsa (optional)

Directions

In a large skillet over medium-high heat, brown the ground beef. Season with chili powder, cumin, salt and pepper. Remove from heat when beef is cooked through.

In a large salad bowl, toss together the lettuce, tomato, Cheddar cheese, cilantro and pinto beans with their juice. Mix in the ground beef and corn chips. Toss in the jalapeno, green onion, and salsa, if desired.

Seven Layer Salad

Ingredients

1 pound bacon
1 large head iceberg lettuce - rinsed, dried, and chopped
1 red onion, chopped
1 (10 ounce) package frozen green peas, thawed
10 ounces shredded Cheddar cheese
1 cup chopped cauliflower
1 1/4 cups mayonnaise
2 tablespoons white sugar
2/3 cup grated Parmesan cheese

Directions

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

In a large flat bowl, place the chopped lettuce and top with a layer of onion, peas, shredded cheese, cauliflower and bacon.

Prepare the dressing by whisking together the mayonnaise, sugar and Parmesan cheese. Drizzle over salad and refrigerate until chilled.

Cilantro Tomato Corn Salad

Ingredients

3 ears fresh corn in husks
1/4 cup butter, melted
2 roma (plum) tomatoes, chopped
1 jalapeno pepper, seeded and finely chopped
1/2 small red onion, finely chopped
2 cloves garlic, minced
1/2 bunch fresh cilantro, chopped
salt and freshly ground black pepper to taste
1 pinch salt-free lemon-herb seasoning (such as Mrs. Dash)

Directions

Peel back corn husks, but leave them attached at the bottom. Remove the silks, and fold husks back up over the corn. Place on a dinner plate, and cook in the microwave for 5 minutes on High power, turning corn once half way through. Cool until cool enough to touch, then slice corn kernels from the cob and place them in a serving bowl.

Stir butter into the corn along with the tomatoes, jalapeno, red onion, garlic and cilantro. Season with salt, pepper, and seasoning blend. Mix well, taste, and adjust seasoning if necessary. Some people like the salad warm, but I prefer to chill it a little before serving.

Chicken Salad

Ingredients

1 (4.5 ounce) can Swanson® Premium Chunk Chicken Breast in Water, drained
1/4 cup chopped celery
1 tablespoon finely chopped onion
3 tablespoons mayonnaise
Dash ground black pepper

Directions

Mix all ingredients.

Asian Steak Stir-Fry Salad

Ingredients

1/4 cup peanut oil
2 tablespoons soy sauce
1 teaspoon ground black pepper
1 pound skirt steak, sliced into strips
B
1/2 green bell pepper, chopped
1/4 onion, chopped
2 tablespoons chopped green onion
1 tablespoon chopped fresh ginger root
1 tablespoon chopped serrano pepper
1 cup fresh baby spinach
1/4 cup balsamic vinaigrette salad dressing

Directions

Whisk together the peanut oil, soy sauce, and pepper in a bowl; pour into a resealable plastic bag. Add the steak, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 12 to 24 hours.

Cook and stir the steak and the marinade in a large skillet over medium heat. Stir in the bell pepper, onion, green onion, ginger, and serrano pepper. Cook until the steak is evenly brown. Serve over a bed of spinach with the balsamic vinaigrette.

Cran-Raspberry Gelatin Salad

Ingredients

2 (3 ounce) packages cranberry flavored gelatin mix
1 cup boiling water
1 (8 ounce) package cream cheese, softened
1 (12 ounce) package frozen raspberries - thawed and drained
1 cup ginger ale
1 (8 ounce) can crushed pineapple, drained
1/3 cup chopped pecans
1/2 teaspoon vanilla extract
1 (8 ounce) carton frozen whipped topping, thawed
1 1/2 cups miniature marshmallows
Additional whipped topping

Directions

In a small bowl, dissolve gelatin in boiling water. In a mixing bowl, beat cream cheese until smooth. Gradually add hot gelatin mixture and beat until smooth. Stir in the raspberries, ginger ale, pineapple, pecans and vanilla. Refrigerate for 30 minutes or until partially set.

Fold in whipped topping and marshmallows. Transfer to a 13-in. x 9-in. x 2-in. dish coated with nonstick cooking spray. Cover and refrigerate for 4 hours or until firm. Spread with additional whipped topping.

Macaroni and Tuna Fish Salad

Ingredients

1 (16 ounce) package macaroni
2 (6 ounce) cans tuna, drained
1/4 cup mayonnaise
salt and pepper to taste
garlic powder to taste
1 pinch dried oregano
1 onion, finely chopped

Directions

Bring a large pot of lightly salted water to a boil. Add macaroni and cook for 8 to 10 minutes or until al dente; drain and cool under running water.

Mix both cans of tuna into the cooled pasta. Add the mayonnaise. Use more or less to your taste. You want just enough to get the flavor into the salad, but not enough to see the white of the mayonnaise on the noodles. Stir in salt, pepper, garlic powder, oregano and onion.

Lime Gelatin Salad I

Ingredients

1 cup boiling water
1 (6 ounce) package lime flavored gelatin mix
1 (20 ounce) can crushed pineapple, drained with juice reserved
1 (8 ounce) package cream cheese, softened
2 cups heavy cream
1 cup chopped pecans

Directions

In a large bowl, pour 1 cup boiling water over the gelatin mix. Stir until dissolved, then stir in 1/2 cup pineapple juice. Refrigerate until thickened but not set, about 1 hour.

Meanwhile, place crushed pineapple and remaining juice in a small saucepan. Bring to a boil, reduce heat, and simmer for about 5 minutes. Remove from heat, and cool to room temperature.

In a large bowl, blend softened cream cheese and lime gelatin until smooth. Mix in the cooled pineapple. In a medium bowl, whip cream until soft peaks form. Fold into gelatin mixture. Fold in chopped nuts. Pour into a pretty crystal bowl, and refrigerate for at least 4 hours, or until set.

Hot Chicken Salad

Ingredients

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

Directions

Preheat oven to 350 degrees F (175 degrees C).

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.

Cranberry Salad IV

Ingredients

2 cups ground raw cranberries
1 cup white sugar
1 pint heavy whipping cream, whipped
3/4 pound marshmallows, quartered
1 cup crushed pineapple, drained

Directions

In a small bowl, combine the ground cranberries and sugar. Set mixture aside for at least 3 hours.

In a large bowl, whip cream and stir in quartered marshmallows. Set aside for 3 hours.

After 3 hours fold the berry mixture into the whipped cream. Then fold in the crushed pineapple. Let set for several hours or overnight for flavors to blend.

Triple Crunch Apple Salad

Ingredients

3 large apples - peeled, cored and chopped
1/2 cup chopped celery
1/2 cup dates, pitted and chopped
3 tablespoons orange juice
1/2 cup sour cream
1 tablespoon mayonnaise
2 tablespoons frozen whipped topping, thawed
1/2 cup chopped toasted hazelnuts

Directions

In a medium-sized bowl, combine apples, celery, dates, and orange juice. Stir well to coat evenly.

In a separate bowl, whisk together sour cream, mayonnaise and whipped topping. Pour over apple mixture and blend until thoroughly mixed.

Chill for several hours. Add nuts just before serving.

Crystal's Awesome Potato Salad

Ingredients

4 potatoes, peeled
1/2 cup chopped onion
1/2 cup chopped celery
2 tablespoons chopped roasted red pepper
2 tablespoons chopped pepperoncini
2 hard cooked eggs, chopped
1/3 cup mayonnaise
1/3 cup sour cream
3 tablespoons dill pickle relish
1 teaspoon Dijon mustard
1 tablespoon prepared yellow mustard
1 clove garlic, minced
1 teaspoon dried dill
1 teaspoon chopped parsley
1/2 teaspoon red pepper flakes
salt and black pepper to taste

Directions

Place potatoes in a large saucepan with enough water to cover, and bring to a boil over high heat. Reduce heat to medium low, cover and simmer until potatoes are tender. Drain and cool; cut into 1-inch cubes.

In a large bowl, combine potatoes with onion, celery, roasted red pepper, pepperoncini and eggs.

In a small bowl, mix mayonnaise, sour cream, pickle relish, Dijon and yellow mustards, garlic, dill, parsley and red pepper flakes. Pour mixture over potatoes and stir gently to combine. Season to taste with salt and pepper. Cover and chill for 2 hours before serving.

Mushroom Olive Salad

Ingredients

1/4 pound fresh mushrooms, chopped
2 tablespoons chopped stuffed olives
2 tablespoons olive oil
1 garlic clove, minced
1/8 teaspoon dried basil
salt and pepper to taste

Directions

In a bowl, combine all ingredients. Cover and refrigerate for at least 1-1/2 hours before serving.

Best Chicken Pasta Salad

Ingredients

2 boneless, skinless chicken breast halves
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

Directions

Preheat an outdoor grill for high heat. Place breasts into a glass baking dish and marinate in steak sauce for 15 to 60 minutes.

Grill chicken until no longer pink and the juices run clear. Remove from grill, and chop into bite-size pieces.

To a large pot of boiling water, add bouillon cubes and pasta. Cook pasta until al dente. Drain, and rinse under cold water.

In a large bowl, combine chicken, pasta, onion, avocados and tomatoes. Mix in salad dressing, cover, and refrigerate until chilled.

Red Cabbage-Asparagus Salad with Tahini

Ingredients

1 bunch asparagus, ends trimmed
2 tablespoons tahini
1 tablespoon water
2 tablespoons lemon juice
1 clove minced garlic
white sugar to taste
3/4 pound thinly sliced red cabbage
2 radishes, thinly sliced
2 green onions, sliced
2 tablespoons crumbled feta
1/4 cup toasted pine nuts
2 sprigs dill, chopped

Directions

Bring a large pot of salted water to a boil over high heat. Blanch asparagus until just tender, drain, and immediately plunge into ice water to stop the cooking process. When the asparagus is cold, drain and slice on the diagonal into 1-inch pieces.

In a small bowl, stir together tahini, water, lemon juice, and garlic. Stir in sugar to taste.

Toss together asparagus, red cabbage, radishes, green onions, feta, pine nuts, and dill in a large bowl. Pour in tahini dressing and mix to combine.

Three-Layer Gelatin Salad

Ingredients

1 (3 ounce) package raspberry gelatin
1 cup boiling water
1 (10 ounce) package frozen sweetened strawberries
ORANGE LAYER:
1 (11 ounce) can mandarin oranges
1 (3 ounce) package orange gelatin
1 cup boiling water
1 (8 ounce) package cream cheese, softened
LIME LAYER:
1 (3 ounce) package lime gelatin
1 cup boiling water
1 (8 ounce) can crushed pineapple

Directions

In a bowl, dissolve gelatin in boiling water. Stir in strawberries until thawed. Pour in an 8-in. square dish; refrigerate until set.

Drain oranges, reserving juice. In a mixing bowl, dissolve orange gelatin in boiling water. Beat cream cheese and reserved orange juice; mix well. Fold in oranges. Pour over raspberry layer; refrigerate until set.

In a bowl, dissolve lime gelatin in boiling water. Stir in pineapple; cool for 10 minutes. Carefully spoon over orange layer. Refrigerate until set.

Boo's Kiwi and Mango Salad

Ingredients

2 kiwis, peeled and chopped
2 small mangos - peeled, seeded, and diced
1 large red bell pepper, chopped
1 large green bell pepper, chopped
1/2 cup sweet corn
1/4 cup French dressing

Directions

Stir together the kiwi, mango, red bell pepper, green bell pepper, and sweet corn in a bowl. Pour the dressing over the salad and stir to coat; serve immediately.

Refreshing Watermelon Salad

Ingredients

3 tablespoons lime juice
1 cup sliced red onion, cut lengthwise
15 cups cubed watermelon
3 cups cubed English cucumber
1 (8 ounce) package feta cheese, crumbled
1/2 cup chopped fresh cilantro
cracked black pepper
sea salt

Directions

In a small bowl, pour lime juice over red onions. Allow to marinate while assembling the salad.

Gently combine the watermelon, cucumber, feta cheese, and cilantro in a large bowl. Season with black pepper. Toss watermelon salad with marinated onions and season with sea salt just before serving.

Celery Seed Potato Salad

Ingredients

6 medium red potatoes
4 hard-cooked eggs, diced
2 celery ribs, finely chopped
1 small onion, finely chopped
1 teaspoon salt
1 teaspoon celery seed
6 tablespoons sugar
1/2 teaspoon cornstarch
1/2 teaspoon ground mustard
1/4 cup heavy whipping cream
1 egg, beaten
2 tablespoons white vinegar
1/2 cup mayonnaise
4 1/2 teaspoons butter

Directions

Place potatoes in a Dutch oven and cover with water. Bring to a boil. Reduce heat; cover and simmer for 20-25 minutes or until tender. drain. When cool enough to handle, peel and cube potatoes. Place in a large bowl. Add the hard-cooked eggs, celery, onion, salt and celery seed; set aside.

In a small saucepan, combine the sugar, cornstarch and mustard. Stir in cream, egg and vinegar until smooth. Cook and stir over medium heat until mixture coats the back of a metal spoon. Cook and stir 1-2 minutes longer or until thickened.

Remove from the heat; let stand for 20 minutes. Whisk in mayonnaise and butter until smooth. Cool slightly. Pour over potato mixture; mix well. Cover and refrigerate for at least 6 hours.

Pasta Deli Salad

Ingredients

1 (16 ounce) package tri-color pasta
1 (8 ounce) bottle Italian-style salad dressing
1/2 pound hard salami, cubed
1/2 pound provolone cheese, cubed
2 small red onions, diced (optional)
1 cup diced green bell pepper
1 cup diced red bell pepper
1/4 cup grated Parmesan cheese
1 stick pepperoni, chopped

Directions

Bring a large pot of lightly salted water to a rolling boil over high heat. Cook the pasta in boiling water, until the pasta has cooked through but is still firm to the bite, about 12 minutes. Drain.

Combine the pasta and the Italian dressing in a large bowl. Add the salami, provolone, red onions, bell peppers, Parmesan, and pepperoni; stir until well combined. Cover, and chill 2 hours or overnight.

Balsamic Bleu Cheese Salad

Ingredients

2 cups mixed baby greens
1 cup leaf lettuce - rinsed, dried and torn into bite-size pieces
8 ounces blue cheese, crumbled
1 cup chopped walnuts
1 tablespoon balsamic vinegar
2 tablespoons olive oil
2 teaspoons lemon juice

Directions

In a medium bowl, toss together the mixed greens, leaf lettuce, cheese and walnuts. Set aside.

In a small bowl, whisk together the balsamic vinegar, olive oil and lemon juice. Pour over the salad mixture and toss well.

Vermicelli Salad

Ingredients

8 ounces vermicelli pasta
1 tomato, chopped
1/2 cup chopped green bell pepper
1 (6 ounce) can sliced black olives
1/2 cup chopped red onion
2 tablespoons salad seasoning mix
1/2 cup zesty Italian dressing

Directions

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, tomato, bell pepper, olives and onion.

Whisk together the salad seasoning mix and zesty salad dressing. Pour over salad and toss gently. Refrigerate 4 hours or overnight to blend flavors.

Hot Turkey Salad

Ingredients

2 cups cubed cooked turkey
2 cups chopped celery
2 teaspoons grated onion
1/2 cup pecans, chopped
1/2 teaspoon salt
1 cup mayonnaise
2 tablespoons fresh lemon juice
1/2 cup Cheddar cheese, grated
1 cup potato chips, crushed

Directions

Preheat oven to 450 degrees F (230 degrees C). Grease a 9x13 inch baking dish.

Mix the turkey, celery, onion, pecans, and salt together in a mixing bowl. Stir in the mayonnaise and lemon juice until evenly blended. Spoon into the prepared baking dish. Sprinkle with Cheddar cheese, then potato chips.

Bake in preheated oven until cheese melts, 10 to 12 minutes.

Chinese Noodle Salad

Ingredients

1/4 cup rice vinegar
1/4 cup sugar
1/4 cup vegetable oil
2 (3 ounce) packages ramen noodles with seasoning packet
1/2 head romaine lettuce, chopped
1 (10 ounce) can mandarin orange segments, drained
1/4 cup slivered almonds

Directions

In a microwave-safe bowl, mix together vinegar, sugar, and oil. Microwave on high until sugar dissolves, about 1 minute. Mix well, and set aside to cool.

Crush ramen noodles in the packages. Pour into salad dressing.

In a salad bowl, toss romaine lettuce with oranges, almonds, and salad dressing.

Effortless Spinach Salad

Ingredients

Salad:
8 ounces fresh spinach
1/2 cup feta or goat cheese, crumbled
1/4 small red onion, thinly sliced
1/2 cup CraisinsB® Original Dried Cranberries
2 tablespoons toasted sliced almonds (optional)

Dressing:
1/2 cup balsamic vinaigrette salad dressing
2 tablespoons orange juice
1 teaspoon grated orange zest (optional)

Directions

Wash and clean spinach. Tear into bite size pieces and place in a serving bowl. Add half of the feta or goat cheese and onion; toss to combine.

Combine dressing ingredients in a small mixing bowl. Pour over salad and toss to coat. Sprinkle with remaining cheese. Top with sweetened dried cranberries and almonds. Serve immediately.

Holiday Green Gelatin Salad

Ingredients

1 cup crushed pineapple, drained with juice reserved
1 cup water, or as needed
1 (3 ounce) package lime flavored gelatin mix
1 (3 ounce) package lemon flavored gelatin mix
1 cup mayonnaise
1 cup canned evaporated milk
1 cup small curd cottage cheese
1/2 cup coarsely chopped pecans

Directions

In a large measuring pitcher, mix reserved pineapple juice and enough water to yield 2 cups. Pour into a pot and bring to a boil. Add the lime and lemon gelatin mixes and stir until completely dissolved.

Stir the mayonnaise and evaporated milk together in a mixing bowl. Stir in the gelatin mixture until completely blended. Mix in the crushed pineapple, cottage cheese, and pecans. Pour the gelatin mixture into a serving bowl. Refrigerate at least 4 hours or overnight.

My Sister's Favorite Potato Salad...Ever

Ingredients

6 red potatoes, cut into chunks
3/4 cup mayonnaise
1/4 cup red wine vinegar
1 tablespoon Dijon mustard
1 tablespoon dried dill weed
1 teaspoon celery salt
salt and pepper to taste

Directions

Place potatoes in a pot with enough water to cover, and bring to a boil. Cook 15 minutes, or until tender. Drain and cool.

In a bowl, gently toss potatoes, mayonnaise, red wine vinegar, Dijon mustard, dill, celery salt, salt, and pepper. Cover, and refrigerate at least 30 minutes before serving.

One - Two - Three - Mexican Macaroni Salad

Ingredients

1 (16 ounce) package dry macaroni
1 1/2 cups chunky salsa
1 cup mayonnaise
1/2 cup finely chopped green bell pepper
1 teaspoon garlic powder
1 teaspoon salt
ground black pepper to taste
1 (6 ounce) can sliced black olives, drained (optional)

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; rinse under cold running water, and drain.

In a large bowl, combine the salsa, mayonnaise, green pepper, garlic powder, salt, black pepper, and olives; mix well. Pour pasta into mixture, and stir to coat thoroughly. Cover, and refrigerate at least one hour before serving.

Curried Potato Salad

Ingredients

2 pounds red potatoes, peeled
2 eggs
1 cup mayonnaise
1 cup sour cream
2 red apples, cored and cut into 1/2-inch chunks
1/2 cup chopped red onion
1/4 cup sweet pickle relish
2 stalks celery, diced
3 green onions, thinly sliced
1 tablespoon curry powder
salt and pepper to taste

Directions

Place the potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes. Drain and allow to steam dry for a minute or two. Allow the potatoes to cool, then cut into chunks.

While the potatoes are cooking, place the eggs into a saucepan in a single layer and fill with water to cover the eggs by 1 inch. Cover the saucepan and bring the water to a boil over high heat. Once the water is boiling, remove from the heat and let the eggs stand in the hot water for 15 minutes. Pour out the hot water, then cool the eggs under cold running water in the sink. Peel and chop once cold.

In a large salad bowl, whisk together the mayonnaise and sour cream until smooth, then stir in the apple chunks, red onion, pickle relish, celery, green onions, curry powder, and salt and pepper. Lightly stir in the potato chunks and eggs, toss to coat with dressing, cover the bowl, and chill at least 3 hours before serving.

Vidalia Onion Spinach Salad

Ingredients

CROUTONS;
4 cups soft bread crumbs
1/3 cup finely chopped Vidalia or other sweet onion
1 tablespoon dried parsley flakes
6 tablespoons butter, melted
1 egg, lightly beaten
oil for frying
DRESSING:
1/3 cup chopped Vidalia or other sweet onion
1/3 cup cider vinegar
1/3 cup honey
1 teaspoon Dijon mustard
10 tablespoons olive oil
1 teaspoon poppy seeds
SALAD:
16 cups torn fresh spinach
1/2 pound sliced bacon, cooked and crumbled
1 medium Vidalia or other sweet onion, sliced and separated into rings

Directions

In a bowl, combine the bread crumbs, onion and parsley. Stir in butter and egg; mix well. Shape into 1/2-in. balls. In an electric skillet, heat 1 in. of oil to 375 degrees F. Fry croutons for 10-15 seconds, turning to brown all sides. Drain on paper towels.

For dressing, combine onion, vinegar, honey and mustard in a blender or food processor; cover and process until smooth. While processing, gradually add oil in a steady stream. Stir in poppy seeds. In a salad bowl, toss the spinach, bacon, onion rings and croutons. Serve with dressing.

Floret Salad

Ingredients

2/3 cup fresh cauliflowerets
2/3 cup fresh broccoli florets
2 tablespoons chopped red onion
2 tablespoons raisins
2 bacon strips, cooked and crumbled
3 tablespoons mayonnaise
5 teaspoons sugar
1/2 teaspoon white vinegar
2 tablespoons whole cashews

Directions

In a bowl, combine the cauliflower, broccoli, onion, raisins and bacon. In a small bowl, whisk the mayonnaise, sugar and vinegar. Drizzle over salad and toss to coat. Cover and refrigerate the salad until serving. Sprinkle with cashews just before serving.

Strawberry and Mandarin Salad

Ingredients

1/2 cup sliced almonds
3 tablespoons white sugar

1/3 cup vegetable oil
3 tablespoons apple cider vinegar
hot sauce
2 1/2 tablespoons white sugar
1 teaspoon salt
1 dash ground black pepper
1 (12 ounce) bag spring mix lettuce
1 (11 ounce) can mandarin oranges, drained
1 cup sliced fresh strawberries
1 cup chopped celery
1/2 cup chopped red onion
2 teaspoons chopped fresh parsley

Directions

Heat a heavy-bottomed pan over medium heat. Stir the almonds and 3 tablespoons sugar together in the skillet; cook until the sugar has melted and coats the almonds; 15 to 20 minutes. Set aside.

Whisk the vegetable oil, vinegar, hot sauce, 2 1/2 tablespoons sugar, salt, and pepper together in a bowl. Toss the spring mix, oranges, strawberries, celery, onion, and parsley together in a large mixing bowl; drizzle the vegetable oil mixture over the lettuce mixture and stir gently to coat. Sprinkle the toasted almonds over the salad to serve.

Red Skinned Potato Salad

Ingredients

2 pounds clean, scrubbed new red potatoes
6 eggs
1 pound bacon
1 onion, finely chopped
1 stalk celery, finely chopped
2 cups mayonnaise
salt and pepper to taste

Directions

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain and set in the refrigerator to cool.

Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

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

Chop the cooled potatoes, leaving skin on. Add to a large bowl, along with the eggs, bacon, onion and celery. Add mayonnaise, salt and pepper to taste. Chill for an hour before serving.

Berry Blend Salad

Ingredients

2 cups torn romaine lettuce
1 cup torn radicchio
1 cup torn escarole
1 cup torn red leaf lettuce
1 cup snow peas
1/2 cup sliced fresh strawberries
1 cup diced cooked ham
1/2 cup diced Muenster cheese
1/2 cup raspberry vinegar
1/2 cup canola oil
8 packets artificial sweetener
2 teaspoons Dijon mustard
1/4 teaspoon dried oregano
1/4 teaspoon freshly ground black pepper

Directions

Place the romaine, radicchio, escarole, and red leaf into a colander. Rinse, drain and set aside. Rinse the peas and cut into thirds. Transfer the mixed greens and peas into a large bowl, and gently toss in the cheese, ham and strawberries. Set aside.

In a shaker container or a jar with lid, add the vinegar, oil, sweetener, mustard, oregano and pepper and shake well. Add up to two additional packets of sweetener, if desired. Pour over salad just before serving, or pour into a serving container and pass.

Brown Rice Salad

Ingredients

1 2/3 cups uncooked brown rice
2 1/2 cups water
1 cup low fat sour cream
1 tablespoon red wine vinegar
1 tablespoon fresh lime juice
2 teaspoons honey
1/2 teaspoon ground cumin
1/4 teaspoon chili powder
1/4 teaspoon salt
1/8 teaspoon black pepper
2 slices bacon
1 cup diced red bell pepper
1 cup chopped green onions
1/2 cup frozen green peas, thawed
1/4 cup toasted almond slices
2 tablespoons chopped cilantro

Directions

Place rice and water in a medium saucepan, and bring to a boil. Reduce heat to low, cover, and simmer 45 to 60 minutes.

In a medium bowl, mix the sour cream, red wine vinegar, lime juice, honey, cumin, chili powder, salt, and pepper. Refrigerate until ready to use.

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

In a large bowl, mix the rice, dressing mixture, bacon, bell pepper, green onions, peas, almonds, and cilantro. Chill at least 1 hour before serving.

Flat Iron Steak and Spinach Salad

Ingredients

2 pounds flat iron steak
salt and ground black pepper to taste
2 tablespoons olive oil
1 large red onion, thinly sliced
1/2 cup Italian salad dressing
3 large red bell peppers, cut into 1/2 inch strips
2 portobello mushrooms, sliced
1/2 cup red wine
4 cups baby spinach leaves
1/2 cup crumbled blue cheese

Directions

Preheat an outdoor grill for medium-high heat; lightly oil the grate.

Season the flat iron steak on both sides with salt and pepper. Cook to desired degree of doneness on preheated grill, about 5 minutes per side for medium-rare. Let rest in a warm area while proceeding with the recipe.

Heat olive oil in a large skillet over medium-high heat. Stir in the onion, and cook until it begins to soften, about 4 minutes. Pour in the Italian salad dressing, and bring to a boil, then stir in the red peppers and mushrooms. Reduce heat to medium, and cook until the peppers are tender, about 5 minutes.

Remove the vegetables from the skillet with a slotted spoon, and set aside. Increase the heat to medium-high, and add the red wine. Simmer the salad dressing and wine until it has reduced to a syrupy sauce, about 5 minutes.

Meanwhile, divide the spinach leaves onto serving plates. Thinly slice the flat iron steak across the grain. Spoon the warm, cooked vegetable mixture over the spinach leaves, then place the sliced steak on top. Spoon on the reduced red wine sauce, and finally, sprinkle with blue cheese.

Antipasto Pasta Salad

Ingredients

1 pound seashell pasta
1/4 pound Genoa salami, chopped
1/4 pound pepperoni sausage, chopped
1/2 pound Asiago cheese, diced
1 (6 ounce) can black olives, drained and chopped
1 red bell pepper, diced
1 green bell pepper, chopped
3 tomatoes, chopped
1 (.7 ounce) package dry Italian-style salad dressing mix
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 and ground black pepper to taste

Directions

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, Asiago cheese, black olives, red bell pepper, green bell pepper and tomatoes. Stir in the envelope of dressing mix. Cover, and refrigerate for at least one hour.

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.

Watergate Salad

Ingredients

1 (3.4 ounce) package instant pistachio pudding mix
1 (20 ounce) can crushed pineapple, drained
1 1/2 cups miniature marshmallows
1 (12 ounce) container frozen whipped topping, thawed
1/2 cup flaked coconut
1/2 cup maraschino cherries, drained

Directions

In a large bowl, combine pudding mix and pineapple; mix well. Add marshmallows and 3/4 of the container of dessert topping (add more to get a creamier consistency). Toss in the coconut; mix well. Transfer to a serving dish and top with halved cherries and any extra coconut. Chill for at least an hour before serving. Will be good the next day.

Buttermilk and Chive Salad Dressing

Ingredients

1/2 cup buttermilk
2/3 cup light mayonnaise
1 1/2 teaspoons white sugar
1/4 teaspoon salt
1/4 teaspoon coarsely ground black pepper
1/4 cup chopped fresh chives

Directions

In a small bowl, whisk together the buttermilk, mayonnaise, sugar, salt, pepper and chives; store in refrigerator until ready to use.

Fluffy Pink Fruit Salad

Ingredients

1 (10 ounce) jar maraschino cherries
1 (8 ounce) package cream cheese, softened
2 cups whipping cream, whipped
1 (20 ounce) can pineapple tidbits, drained
1 (15.25 ounce) can fruit cocktail, drained
1 (15 ounce) can sliced peaches, drained and diced
6 medium firm bananas, sliced
3 cups pastel miniature marshmallows

Directions

Drain cherries, reserving 1/3 cup juice (save remaining juice for another use). Cut cherries in half; set aside. In a mixing bowl, beat cream cheese and reserved cherry juice until smooth. Fold in whipped cream. Fold in cherries, pineapple, fruit cocktail, peaches, bananas and marshmallows. Transfer to a serving bowl. Refrigerate for at least 1 hour.

Minnesota Broccoli Salad

Ingredients

3 eggs
1 pound broccoli, chopped
1/4 cup finely chopped red onion
1 cup green olives, sliced
1 (4 ounce) jar diced pimentos, drained
3/4 cup mayonnaise
1 teaspoon dry mustard powder
1/2 teaspoon celery seed
1 tablespoon chopped fresh dill

Directions

Place the eggs into a saucepan in a single layer and fill with water to cover the eggs by 1 inch. Cover the saucepan and bring the water to a boil over high heat. Once the water is boiling, remove from the heat and let the eggs stand in the hot water for 15 minutes. Pour out the hot water, then cool the eggs under cold running water in the sink. Peel and chop once cold.

Meanwhile, bring a large pot of lightly salted water to a boil. Add the broccoli and cook uncovered until bright green and just tender, about 2 minutes. Drain in a colander, then immediately immerse in ice water for several minutes until cold to stop the cooking process. Once the broccoli is cold, drain well and set aside.

Combine the red onion, hard-cooked eggs, green olives, pimentos, mayonnaise, mustard powder, celery seed, and dill in a mixing bowl. Stir in the drained cooked broccoli. Refrigerate overnight for best flavor.

Red Rice Salad

Ingredients

2 small beets
1 tablespoon olive oil
8 ounces red rice
2 1/2 cups water
1 teaspoon salt
1 (14.5 ounce) can kidney beans, drained and rinsed
1 small red bell pepper, seeded and diced
1 small red onion, finely chopped
7 red radishes, thinly sliced
2 1/2 tablespoons chopped fresh chives
salt and pepper to taste

Dressing:
2 tablespoons horseradish
1 tablespoon Dijon mustard
1 teaspoon sugar
1/4 cup red wine vinegar
1/2 cup extra virgin olive oil

Directions

Place beets in a saucepan with enough water to cover. Bring to boil, cover, reduce heat and simmer for 20 minutes or until tender. Drain water, and allow beets to cool. Peel and dice.

Meanwhile, pour olive oil, red rice, water, and 1 teaspoon salt into a saucepan; place over medium heat. Bring to a boil; reduce heat to medium low, cover, and simmer gently until the rice is tender and all the water has been absorbed. Remove saucepan from heat, and let rice cool to room temperature.

In a large bowl, mix together beets, kidney beans, bell pepper, onion, radishes, and chives. Season with salt and pepper.

In a medium bowl, whisk together horseradish, mustard, and sugar until well combined. Whisk in red wine vinegar and oil until smooth.

With a fork, fluff rice. Stir into vegetables, and mix with dressing. Cover, refrigerate about 1 hour. Spoon into a large, shallow serving bowl, and garnish with fresh chives.

I Love My Pear Salad

Ingredients

1 (15 ounce) can pear halves
1 (3 ounce) package lemon flavored gelatin
1 (8 ounce) package cream cheese
1/2 cup chopped pecans
2 cups frozen whipped topping, thawed

Directions

Drain pears and reserve 1 cup syrup; if needed, add water to equal 1 cup.

In a saucepan over medium-high heat, combine syrup and gelatin. Bring to a boil and stir until gelatin is dissolved. Remove from heat and chill until partially set.

In a large bowl, blend the cheese and pears until smooth. Add gelatin mixture, pecans and whipped topping; blend until smooth. Pour into mold or leave in bowl. Chill for 3 hours or until firm.

Curried Turkey Salad

Ingredients

3 cups cubed cooked turkey
1 1/2 cups seedless red grapes, halved
4 celery ribs, chopped
2/3 cup mayonnaise
2 tablespoons lemon juice
1 teaspoon curry powder
1/2 teaspoon salt
1 teaspoon sugar (optional)
1/2 cup salted peanuts

Directions

In a large bowl, combine the turkey, grapes and celery. In a small bowl, combine the mayonnaise, lemon juice, curry powder, salt and sugar if desired. Pour over turkey mixture and toss to coat. Cover and refrigerate for 1 hour. Just before serving, stir in the peanuts.

Shrimp Linguine Salad

Ingredients

8 ounces uncooked linguine pasta, broken in half
1 pound cooked medium shrimp, peeled and deveined
3 cups fresh broccoli florets
1 (14 ounce) can water packed artichoke hearts, drained and chopped
1/2 pound fresh mushrooms, sliced
12 cherry tomatoes, halved
3/4 cup shredded carrots
1/2 cup sliced green onions
1/3 cup olive oil or canola oil
1/3 cup reduced-sodium soy sauce
1 tablespoon lemon juice
1 garlic clove, minced
1/2 teaspoon hot pepper sauce
2 tablespoons sesame seeds, toasted

Directions

Cook linguine according to package directions; drain and rinse in cold water. Place in a bowl; add the shrimp, broccoli, artichokes, mushrooms, tomatoes, carrots and onions.

In a jar with a tight-fitting lid, combine the oil, soy sauce, lemon juice, garlic and hot pepper sauce; shake well. Pour over salad and toss to coat. Cover and refrigerate for at least 1 hour. Just before serving, sprinkle with sesame seeds.

Spaghetti Salad II

Ingredients

1 pound spaghetti
1 tablespoon grated Parmesan cheese
1 tablespoon sesame seeds
1 teaspoon poppy seeds
2 teaspoons seasoning salt
1 teaspoon paprika
1/2 teaspoon garlic powder
1/2 teaspoon ground black pepper
1/2 teaspoon cayenne pepper
1 cucumber, chopped
1 red onion, chopped
1 red bell pepper, chopped
1 orange bell pepper, chopped
2 tomatoes, chopped
1 head fresh broccoli, chopped
1 (16 ounce) bottle Italian-style salad dressing

Directions

Cook spaghetti in a large pot with boiling salted water. Rinse with cool water, drain.

Place grated Parmesan cheese, sesame and poppy seeds, seasoning salt, paprika, garlic powder, black pepper, cayenne pepper, chopped cucumber, onion, red and yellow pepper, tomatoes, and broccoli in a large bowl.

To large bowl add cooled pasta. Pour entire bottle of Italian dressing over pasta and vegetables. Mix well.

Refrigerate pasta salad for at least 2 hours. Serve.

Zucchini Cucumber Salad

Ingredients

1/4 cup mayonnaise
1/2 (1 ounce) package Ranch-style dressing mix
3 cups shredded zucchini
1 cup shredded cucumber
1/2 green bell pepper, coarsely shredded

Directions

Stir mayonnaise and Ranch dressing mix together in a large bowl. Stir in the zucchini, cucumber, and bell pepper. Serve immediately.

Christmas Broccoli Salad

Ingredients

4 1/2 cups broccoli florets
3 cups chopped sweet red pepper
10 bacon strips, cooked and crumbled
1/3 cup sliced green onions
1/4 cup chopped pecans
3/4 cup mayonnaise
1 tablespoon cider or red wine vinegar
Dash pepper

Directions

In a large bowl, combine the first five ingredients. In a small bowl, combine the mayonnaise, vinegar and pepper until smooth. Pour over broccoli mixture; toss to coat. Cover and refrigerate until serving.

Classic Egg Salad

Ingredients

6 hard-cooked eggs, sliced
1/4 cup mayonnaise
2 teaspoons fresh lemon juice
1 tablespoon minced onion
1/4 teaspoon salt
1/4 teaspoon pepper
1/2 cup finely chopped celery
Lettuce leaves

Directions

Reserve 4 center egg slices for garnish, if desired. Chop remaining eggs.

Mix mayonnaise, lemon juice, onion, salt and pepper in medium bowl. Add chopped eggs and celery; mix well. Refrigerate, covered, to blend flavors.

Serve on lettuce leaves; garnish with reserved egg slices.

Hearty German Potato Salad

Ingredients

4 bacon strips, diced
1/4 cup chopped onion
1 tablespoon all-purpose flour
1/2 cup water
1/4 cup cider vinegar
1 tablespoon sugar
3/4 teaspoon salt
1/2 teaspoon celery seed
Dash pepper
1 1/2 pounds potatoes, cooked, peeled halved and sliced
5 cooked hot dogs, sliced

Directions

In a large skillet, cook bacon over medium heat until crisp. Remove with a slotted spoon to paper towels. In the drippings, saute the onion until tender. Stir in flour until blended. Gradually stir in water, vinegar, sugar, salt, celery seed and pepper. Bring to a boil; cook and stir for 2 minutes or until thickened.

Stir in the potatoes, hot dogs and reserved bacon. Transfer to a greased 1-qt. baking dish. Bake, uncovered, at 350 degrees F for 20-25 minutes or until heated through.

Celery Seed Salad Dressing

Ingredients

1 cup reduced-fat mayonnaise
1/2 cup sugar
1/3 cup finely chopped onion
1/3 cup red wine vinegar
1 tablespoon celery seed

Directions

In a small bowl, whisk the mayonnaise, sugar, onion, vinegar and celery seed. Cover and refrigerate until serving.

Fresh Dill Pasta Salad

Ingredients

1 (8 ounce) package seashell pasta
1 cup mayonnaise
1/4 cup sour cream
1 1/2 tablespoons lemon juice
1 1/2 tablespoons Dijon mustard
1/4 cup chopped fresh dill weed
1/4 teaspoon ground black pepper
2 (4 ounce) cans small shrimp, drained
1/2 cup chopped celery
1/2 cup chopped seeded cucumber
2 tomatoes, diced
3 tablespoons minced shallot
salt to taste

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook until tender, about 8 minutes. Drain and rinse under cold running water to cool.

In a serving bowl, combine the mayonnaise, sour cream, lemon juice, mustard, dill and black pepper. Gently stir in the pasta, shrimp, celery, cucumber, tomato and shallots. Mix in salt to taste and refrigerate for at least 2 hours before serving.

Grilled Salmon Salad

Ingredients

2 (1 1/2 pound) salmon fillets
2 celery ribs, chopped
1/2 cup finely chopped red onion
2 tablespoons snipped fresh dill
DRESSING:
1/4 cup raspberry vinegar
1 tablespoon olive or canola oil
1 1/2 teaspoons sugar
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

Coat grill rack with nonstick cooking spray before starting the grill. Cut salmon fillets widthwise into 4-in. pieces; place skin side down on grill. Grill, covered, over medium-hot heat for 12-15 minutes or until fish flakes easily with a fork. Cover and refrigerate for 1 hour.

Bone, skin and flake salmon; place in a bowl. Add celery, onion and dill. Combine the dressing ingredients; pour over salad and gently toss to coat. Serve or refrigerate; stir before serving.

Heirloom Tomato Salad with Pearl Couscous

Ingredients

2 cups vegetable stock
1 tablespoon extra-virgin olive oil
1 cup pearl (Israeli) couscous

1/2 cup packed fresh basil leaves
1/4 cup flat-leaf parsley leaves
1 clove garlic, crushed
1 tablespoon chopped fresh oregano
1 tablespoon chopped fresh thyme
1/2 cup pitted green olives

4 heirloom tomatoes, quartered
15 cherry tomatoes, quartered
1 English cucumber, cubed
1/2 small red onion, thinly sliced
1 cup crumbled feta cheese
1/4 cup white balsamic vinegar
1/2 cup extra-virgin olive oil
1 lemon, juiced

Directions

Bring the vegetable stock to a simmer in a saucepan over medium heat. Heat 1 tablespoon olive oil in a skillet over medium heat. Stir in the couscous and cook and stir until golden brown, about 10 minutes. Stir the toasted couscous into the hot vegetable stock and return to a simmer. Cover and cook until the stock has been absorbed into the couscous, about 15 minutes. Scrape into a mixing bowl, fluff with a fork, and allow to cool to room temperature.

Place the basil, parsley, garlic, oregano, thyme, and olives into a food processor; pulse until the herbs are coarsely chopped. Stir the herb mixture into the couscous along with the heirloom tomatoes, cherry tomatoes, cucumber, red onion, and feta cheese. Drizzle with the vinegar, 1/2 cup olive oil, and lemon juice. Stir until evenly combined.

Chicken and Snow Pea Salad

Ingredients

6 ounces chopped snow peas
1 pound boneless chicken breast halves, cooked and diced
1/4 cup diced red onion
1/2 (4 ounce) can sliced water chestnuts
1/2 cup mayonnaise
1/2 cup vanilla yogurt
1 teaspoon grated fresh ginger
1 teaspoon grated lime zest
1/4 teaspoon salt
1 pinch white pepper

Directions

Whisk together the mayonnaise, yogurt, ginger, lime rind, salt and pepper.

In a mixing bowl, combine the snow peas, chicken, onion and water chestnuts.

Pour dressing over salad and mix gently. Cover and refrigerate until chilled.

Rosemary Chicken on Navy Bean, Cheddar and

Ingredients

1 teaspoon paprika, preferably smoked
1 1/4 teaspoons dried rosemary, crushed, divided
3/4 teaspoon freshly ground black pepper, divided
4 (4 ounce) boneless, skinless chicken breast halves, pounded to an even 1/2-inch thickness
2 teaspoons olive oil
1 tablespoon olive oil
1/2 cup finely chopped red bell pepper
2 cloves garlic, minced
1 (16 ounce) can no-salt-added navy or great northern beans, rinsed, drained
2 cups loosely packed baby arugula, watercress sprigs or baby spinach leaves
1 tablespoon white wine vinegar or white balsamic vinegar
1 cup SARGENTOB® Reduced Sodium Mild Cheddar Cheese

Directions

Combine paprika, 1 teaspoon rosemary and 1/2 teaspoon pepper; rub over chicken breasts. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add chicken; cook 4 to 5 minutes per side or until chicken is cooked through. Transfer to a plate; cover with foil and set aside.

Add remaining 1 tablespoon oil to same skillet. Add red pepper, garlic and remaining rosemary; saute 3 minutes. Transfer mixture to a large bowl; stir in beans and remaining pepper. Stir in arugula and vinegar. Stir in 3/4 cup cheese; transfer to four serving plates. Top with chicken and any remaining juices from the plate. Top with remaining cheese.

Balsamic Grape and Walnut Salad

Ingredients

2 cups red seedless grapes, halved
2 cups coarsely chopped walnuts
1/2 red onion, chopped
3 green onions, chopped
3 radishes, diced
1 cup raisins
1 cup balsamic vinaigrette salad dressing

Directions

In a medium serving bowl, combine the grapes, walnuts, onion, green onion, radishes and raisins. Toss with balsamic vinaigrette dressing just before serving.

Chickpea Salad

Ingredients

1 (15 ounce) can chickpeas (garbanzo beans), drained
1/2 onion, chopped
1/2 cucumber, sliced
1 small tomato, chopped
1/2 cup red wine vinegar
1/2 cup balsamic vinegar

Directions

In a medium bowl combine chickpeas, onion, cucumber, tomato, red wine vinegar and balsamic vinegar. Mix well and serve.

French Salad Dressing Mix

Ingredients

2 teaspoons dried parsley flakes
1 tablespoon sugar
1 1/2 teaspoons ground mustard
1 1/2 teaspoons onion powder
1 1/2 teaspoons paprika
1 1/2 teaspoons salt
3/4 teaspoon pepper
3/4 teaspoon garlic powder
ADDITIONAL INGREDIENTS:
3/4 cup vegetable oil
1/4 cup vinegar
2 tablespoons water

Directions

Combine the first eight ingredients in a resealable plastic bag. Store in a cool dry place.

Frozen Fruit Salad Ring

Ingredients

1 (8 ounce) package cream cheese, softened
1 cup mayonnaise
1/3 cup sugar
1 teaspoon vinegar
3 drops green food coloring (optional)
1 (30 ounce) can fruit cocktail, drained
1 1/2 cups miniature marshmallows
1/2 cup chopped pecans
1 cup heavy whipping cream, whipped

Directions

In a mixing bowl, beat the cream cheese, mayonnaise and sugar. Add vinegar and food coloring if desired; mix well. Fold in fruit cocktail, marshmallows, pecans and whipped cream. Spoon into a 2-qt. ring mold or fluted tube pan that has been coated with nonstick cooking spray. Cover and freeze for up to 2 months. Just before serving, invert onto a platter. Cut into 1-in. slices.

Waldorf Tuna Salad

Ingredients

2 (6 ounce) cans light water-packed albacore tuna, drained and flaked
1 large red apple, chopped
1/3 cup chopped celery
1/3 cup raisins
1/3 cup chopped dates
1/4 cup chopped walnuts
1/2 cup fat-free plain yogurt
1/4 cup reduced-fat mayonnaise
4 lettuce leaves
1/4 cup shredded reduced-fat Monterey Jack cheese

Directions

In a large bowl, combine the tuna, apple, celery, raisins, dates and walnuts. Combine yogurt and mayonnaise; add to tuna mixture and toss to coat. Serve on lettuce-lined plates; sprinkle with the cheese.

Greek Tomato Salad

Ingredients

1/4 cup red wine vinegar or cider vinegar
2 tablespoons olive oil
1 garlic clove, minced
1/2 teaspoon dried oregano
1/4 teaspoon dried basil
1/8 teaspoon sugar
1/8 teaspoon salt
1/8 teaspoon pepper
1 cup thinly sliced red onion, separated into rings
1/2 cup coarsely chopped green pepper
4 tomatoes, cut into 8 wedges
6 pitted ripe olives, halved
3 tablespoons crumbled feta cheese

Directions

In a bowl, whisk together the vinegar, oil, oregano, basil, sugar, salt and pepper. Add red onion and green pepper; toss to coat. Stir in tomatoes, olives and cheese. Cover and refrigerate for at least 1 hour. Serve with a slotted spoon.

Gyro Steak Salad (with Tzatziki dressing)

Ingredients

1 1/2 pounds skirt steak
1 1/2 cups Newman's Own® Herb & Roasted Garlic Marinade
1 1/2 cups plain non-fat yogurt
1 clove garlic, minced
1/2 teaspoon paprika
2 tablespoons Newman's Own® Lighten Up® Light Lime Vinaigrette
1 large seedless cucumber, 1/2 grated for dressing, 1/2 cubed for salad
Pita breads or pockets, quartered
2 heads romaine lettuce, chopped
1/2 cup jarred roasted red peppers, chopped
1/2 cup halved Kalamata olives
1/2 red onion, thinly sliced
2 tomatoes, seeded and diced
1/2 cup crumbled feta cheese

Directions

Marinate steak with marinade for 30 minutes or longer. Heat indoor grill pan or outdoor grill over high heat.

Cucumber Lime Tzatziki dressing: In a bowl, stir together yogurt, garlic, paprika, lime vinaigrette and grated cucumber. Cover and chill.

Remove steak from marinade and discard marinade. Grill steak on one side until golden brown, about 3 to 4 minutes. Turn steak over and cook to medium-rare, about 3 to 4 minutes more. Let stand for 5 minutes then slice thinly against the grain. Brush pita triangles with olive oil then place on grill, watching closely, until golden brown.

In a large salad bowl toss lettuce, chopped cucumber, red peppers, olives, onion, tomatoes and feta. Divide salad evenly among plates, top with steak and pitas. Drizzle with dressing. Enjoy!

Sweet-Sour Pasta Salad

Ingredients

1 (16 ounce) package tricolor spiral pasta
1 medium red onion, chopped
1 medium tomato, chopped
1 medium cucumber, peeled, seeded, and chopped
1 medium green pepper, chopped
2 tablespoons minced fresh parsley
DRESSING:
1 1/2 cups sugar
1/2 cup vinegar
1 tablespoon ground mustard
1 teaspoon salt
1 teaspoon garlic powder

Directions

Cook pasta according to package directions; drain and rinse with cold water. Place in a large serving bowl. Add the onion, tomato, cucumber, green pepper and parsley; set aside.

In a saucepan, combine the dressing ingredients. Cook over medium-low heat for 10 minutes or until sugar is dissolved. Pour over salad and toss to coat. Cover and refrigerate for 2 hours. Serve with a slotted spoon.

Russian Style Creamy Salad Dressing

Ingredients

1 cup mayonnaise
1/2 cup sour cream
1/2 cup ketchup
2 tablespoons grated onion
1/2 teaspoon ground dry mustard
4 drops hot sauce
1 teaspoon Worcestershire sauce
2 tablespoons heavy cream
2 tablespoons minced fresh parsley

Directions

In a medium bowl, whisk together the mayonnaise, sour cream, ketchup, onion, mustard, hot sauce, Worcestershire, cream and parsley until smooth. Chill overnight to let ingredients incorporate. Serve over salads, eggs, chilled veggies or meat.

Sunny Apple Salad

Ingredients

2 medium red apples, diced
1 medium green apple, diced
1 medium carrot, grated
1 (8 ounce) can crushed pineapple, drained
3 tablespoons orange juice concentrate

Directions

In a bowl, combine all ingredients; mix well. Cover and refrigerate until serving.

Pizza Salad I

Ingredients

1 head iceberg lettuce, torn into bite-sized pieces
1/2 pound salami, cut into strips
1 cup shredded mozzarella cheese
1 cup shredded Cheddar cheese
1 tomato, chopped
1/2 cup pitted black olives, halved
1 tablespoon chopped fresh chives
1 (8 ounce) can tomato sauce
1/2 cup vegetable oil
1/4 cup white wine vinegar
1 teaspoon white sugar
1 teaspoon salt
1/4 teaspoon garlic powder
1 teaspoon dried oregano
1/8 teaspoon ground black pepper

Directions

In a large bowl, combine the lettuce, salami, mozzarella cheese, Cheddar cheese, tomato, olives and chives. Mix well to combine.

Prepare the dressing by whisking together the tomato sauce, oil, vinegar, sugar, salt, garlic powder, oregano and pepper. Pour enough dressing over salad to coat, toss and serve.

Creamy Cucumber Salad

Ingredients

1 medium cucumber, diced
2 plum tomatoes, diced
4 green onions with tops, sliced
1/2 cup sour cream
1/4 teaspoon celery salt or salt-free seasoning blend
1/8 teaspoon pepper

Directions

Combine all ingredients in a bowl. Refrigerate until serving.

Pea and Avocado Salad

Ingredients

4 avocados, halved lengthwise and pitted
1 lemon, juiced
1/2 cup cooked small shrimp
1/2 cup frozen petite peas, thawed
1/4 cup black olives, chopped
1/4 cup diced sweet onion
1/4 cup diced celery
1 dash garlic powder
1 dash onion powder
salt and pepper to taste
1/4 cup mayonnaise, or as needed

Directions

Scoop out meat from each avocado half, and cube. Reserve the peels. Place cubes in a bowl. Sprinkle cubes and inside of peels with lemon juice.

In the bowl with avocado, gently mix the shrimp, peas, olives, onion, and celery. Season with garlic powder, onion powder, salt and pepper. Fold in enough mayonnaise to evenly moisten all ingredients. Spoon the mixture into the reserved peels, and serve within 1 hour.

Cherry Chicken Salad

Ingredients

3 cooked, boneless chicken breast halves, diced
1/3 cup dried cherries
1/3 cup diced celery
1/3 cup toasted, chopped pecans
1/3 cup low-fat mayonnaise
1 tablespoon buttermilk
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/3 cup cubed apples (optional)

Directions

In a large bowl, combine the chicken, dried cherries, celery, nuts, mayonnaise, milk, salt and pepper and apple if desired. Toss together well and refrigerate until chilled. Serve on toasted cracked wheat bread or croissants.

Gingery-Apricot Turkey Salad

Ingredients

2 cups diced, cooked turkey
1 Granny Smith apple - peeled, cored and diced
1 cup diced celery
1/2 cup chopped cashews
1/4 cup dried apricots, finely chopped
1/2 cup low-fat mayonnaise
1/4 cup low-fat sour cream
2 tablespoons apricot preserves
1/8 teaspoon ground nutmeg
1/4 teaspoon ground ginger
1/8 teaspoon ground black pepper

Directions

In a large bowl, toss together the turkey, apple, celery, apricot and cashew pieces. Set aside.

In a small bowl, whisk together the mayonnaise, sour cream, apricot preserves, nutmeg, ginger and pepper. Spoon over the salad mixture and fold dressing in until well-blended. Serve over a bed of lettuce in a tortilla wrap or pita pocket.

Zesty Rotini Salad

Ingredients

1 (12 ounce) package rotini pasta
3 carrots, peeled and diced
1 red bell pepper, chopped
1 yellow bell pepper, chopped
1 green bell pepper, chopped
2 green onions, chopped
1/2 purple onion, diced
1 pound broccoli, cut into florets
1 large tomato, diced
3 stalks celery, diced
1/2 cup crumbled feta cheese
1 cup zesty Italian dressing

Directions

Bring a large pot of lightly salted water to a boil. Place pasta in the pot and cook 8 to 10 minutes, until al dente. Drain and rinse in cold water.

In a large bowl, mix cooked, cooled rotini with the carrots, red bell pepper, yellow bell pepper, green bell pepper, green onions, purple onion, broccoli, tomato, and celery. Sprinkle with feta cheese and toss with Italian dressing to serve

Summertime Yogurt Salad

Ingredients

2 cups cubed cantaloupe
1 cup cubed watermelon
1 medium fresh peach, sliced
1 medium pear, sliced
1/2 cup halved green grapes
1 cup (8 ounces) fat-free vanilla yogurt
1 tablespoon lime juice
1 teaspoon grated lime peel
1/4 teaspoon ground ginger

Directions

In a bowl, combine the fruit. In another bowl, combine the yogurt, lime juice, peel and ginger. Pour over fruit and stir gently to coat. Serve immediately.

Milk Vinegar Salad Dressing

Ingredients

5 fluid ounces half-and-half cream
2 tablespoons distilled white vinegar
1/2 teaspoon salt
1/4 teaspoon granular no-calorie sucralose sweetener (such as Splenda®)

Directions

Whisk the half-and-half, vinegar, salt, and sweetener together in a bowl until the sweetener is dissolved.

Healthy Garden Salad

Ingredients

5 tablespoons red wine vinegar
3 tablespoons grapeseed oil
1/3 cup chopped fresh cilantro
2 limes, juiced
1 teaspoon white sugar
3/4 teaspoon salt
2 cloves garlic, minced
1 (1 pound) package frozen shelled edamame (green soybeans)
3 cups frozen corn kernels
1 pint cherry tomatoes, quartered
4 green onions, thinly sliced
1 (15 ounce) can black beans, rinsed and drained

Directions

In a large serving bowl, whisk together the red wine vinegar, grapeseed oil, cilantro, lime juice, sugar, salt and garlic. Set aside.

Bring a large pot of lightly salted water to a boil. Add the soybeans and boil for 3 minutes. Add corn to the boiling water and continue cooking for 1 more minute. Drain very well, and pour into the bowl with the dressing. Gently mix in the cherry tomatoes, green onions and black beans. Cover and refrigerate for at least 2 hours before serving to chill and blend the flavors.

Fruit 'n' Spinach Salad

Ingredients

1 pound fresh spinach, torn
4 cups strawberries, sliced
1 (11 ounce) can mandarin oranges, drained
1 star fruit, sliced
GINGER SALAD DRESSING:
1/3 cup lemon juice
2 tablespoons olive or canola oil
2 tablespoons sugar
3/4 teaspoon ground ginger
2 teaspoons grated lemon peel

Directions

Arrange spinach and fruit on salad plates. In a jar with a tight-fitting lid, combine the dressing ingredients; shake well. Drizzle over salads; serve immediately.

Southern Apple Tuna Salad

Ingredients

2 (6 ounce) cans tuna, drained
1 tablespoon olive oil
1 tablespoon mayonnaise, or more if needed
1 small apple - peeled, cored, and chopped
1/4 small onion, minced
1 tablespoon sweet pickle relish
1/2 teaspoon dill weed
salt and ground black pepper to taste

Directions

Stir the tuna, olive oil, mayonnaise, apple, onion, relish, and dill together in a bowl until evenly mixed. Season with salt and pepper. You can serve immediately, though is tastes much better after being refrigerated overnight.

Cucumber and Blue Cheese Salad

Ingredients

1 cucumber, cubed
1 tomato, cubed
3 stalks celery, cubed
1 (3.25 ounce) can sliced black olives, drained
1/4 cup crumbled blue cheese
1/2 cup red wine vinegar

Directions

Place the cucumber, tomato, celery, black olives, and blue cheese in a mixing bowl. Pour in the red wine, mix, and you're done!

Hot Red Potato Salad

Ingredients

6 red potatoes
6 slices bacon, diced
1 onion, diced
1/2 cup chopped celery
1 cube chicken bouillon
1/2 cup boiling water
1 cup vinegar
2 teaspoons salt
1/4 teaspoon ground black pepper
1 egg, beaten
1/4 cup chopped fresh parsley

Directions

Clean and scrub baking potatoes. 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 cut into thick slices; place slices in a large bowl.

Place bacon in a large, deep skillet. Cook over medium high heat until crisp. Stir the onion and celery into the skillet and cook gently until the vegetables turn yellow.

Dissolve the bouillon cube in boiling water and stir in the vinegar, salt and pepper. Pour the broth mixture into the skillet with the bacon/onion mixture and bring the water to a boil.

Add the egg slowly, stirring until the mixture is slightly thickened. Pour the vegetable mixture over the potatoes, add parsley and toss lightly.

Potato Salad II

Ingredients

3 potatoes, peeled and quartered
2 teaspoons salt
4 tablespoons creamy salad dressing (e.g. Miracle Whip)
salt and pepper to taste

Directions

Place potatoes in a medium saucepan with enough water to cover. Add 2 teaspoons salt. Bring to a boil; cook until tender, about 15 minutes. Drain, and allow to cool until easily handled but still warm.

Cut potatoes into bite size pieces, and transfer to a medium mixing bowl. Add salad dressing, and gently stir until well coated. Season with salt and pepper to taste. Serve warm.

Baby Romaine Salad

Ingredients

1/2 cup MarzettiB® Light Caesar Vinaigrette Dressing
1 (5 ounce) package MarzettiB® Large Cut Caesar Croutons
1 (5 ounce) package baby green and red romaine lettuce
1 cup Parmesan or Romano peels, loosely packed (see Note)
1 cup cherry tomatoes, cut into halves

Directions

In a bowl, toss together lettuce, parmesan peels, tomatoes and Marzetti croutons. Pour Marzetti Light Caesar Dressing over all and toss well. Serve.

Jennifer's Fennel and Grapefruit Summer Salad

Ingredients

1 grapefruit, peeled and sectioned
1/2 red onion, thinly sliced
1 bulb fennel, trimmed and thinly sliced
1 (15 ounce) can hearts of palm, drained and sliced
1/4 cup extra-virgin olive oil
1/4 cup red wine vinegar
1 teaspoon garlic powder
salt and pepper to taste
4 cups torn romaine lettuce
1/4 cup crumbled Gorgonzola cheese
1 avocado - peeled, pitted and sliced

Directions

Place grapefruit slices and any leftover juices in a bowl. Stir in onion, fennel, and hearts of palm, coating with the grapefruit juice. Pour mixture into another bowl, leaving a small amount of juice in the first bowl. Whisk together the olive oil, vinegar, salt, pepper, and garlic powder in the original bowl. Toss lettuce with the vinaigrette.

Divide lettuce onto 4 plates. Evenly distribute the grapefruit mixture on top of the lettuce and top with the Gorgonzola cheese. Place avocado slices on each salad and serve.

Super Shrimp and Veggie Pasta Salad

Ingredients

1 (12 ounce) package small seashell pasta
1 small green bell pepper, chopped
1 small red bell pepper, chopped
3 green onions, finely chopped
3 stalks celery, chopped
25 large pitted black olives, sliced
1 (4 ounce) can small shrimp, drained
1 cup creamy salad dressing (e.g. Miracle Whip)
1 teaspoon prepared mustard
1 teaspoon white sugar
2 teaspoons vinegar
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente. Drain and rinse in cold water.

In a large bowl, combine pasta, green pepper, red pepper, onion, celery, olives and shrimp. In a separate bowl mix together: salad dressing, mustard, sugar, vinegar, salt and pepper; pour over salad. Can be served immediately, but best when chilled a few hours.

Waldorf Goat Cheese Salad

Ingredients

2 cups red leaf lettuce - rinsed, dried and torn
2 tablespoons raspberry walnut vinaigrette
1/2 cup seedless red grapes, halved
2 tablespoons crumbled goat cheese
2 tablespoons chopped pecans

Directions

Toss lettuce with dressing in a mixing bowl; transfer to a serving dish. Scatter grapes, goat cheese, and pecans on top, and enjoy!

Tarragon Turkey Salad

Ingredients

4 cups uncooked bow tie pasta
2 cups cubed cooked turkey breast
3/4 cup sliced celery
1 (11 ounce) can mandarin oranges, drained
1/2 cup reduced-fat mayonnaise
1 tablespoon orange juice
1 tablespoon Dijon mustard
2 teaspoons minced fresh tarragon
1 teaspoon grated orange peel
3/4 teaspoon salt
1/8 teaspoon white pepper
Lettuce Leaves

Directions

Cook pasta according to package directions; rinse with cold water and drain. Place in a large bowl; add turkey, celery and oranges. In a small bowl, combine the mayonnaise, orange juice, mustard, tarragon, orange peel, salt and pepper. Pour over pasta mixture and toss to coat. Cover and refrigerate for 1 hour. Serve over lettuce.

Lydia's Cranberry Salad

Ingredients

1 pound cranberries
1 1/2 cups white sugar
2 cups seedless grapes
1 (16 ounce) package miniature marshmallows
2 cups chopped pecans
1 (12 ounce) container frozen whipped topping, thawed

Directions

Grind together the cranberries and sugar. Allow to sit for 12 hours.

Add grapes, marshmallows and pecans; mix together.

Fold in whipped topping and chill before serving.

Sesame Peanut Noodle Salad

Ingredients

1 cup natural peanut butter
2 tablespoons peanut oil
1/2 cup brewed black tea
1/2 tablespoon minced fresh ginger
3 cloves garlic, minced
1/2 jalapeno pepper, minced
1/2 teaspoon salt
1 1/2 teaspoons white sugar
1 tablespoon light soy sauce
2 tablespoons rice vinegar
1 1/2 tablespoons sesame oil
2 pounds cooked egg noodles
1 cup peeled, seeded, and julienned cucumber
1 cup fresh cilantro leaves

Directions

Stir together the peanut butter, peanut oil, tea, ginger, garlic, jalapeno pepper, salt, sugar, soy sauce, vinegar, and sesame oil in a large mixing bowl until incorporated. Place the egg noodles in a large bowl; add the cucumber and cilantro and mix together with your hands. Pour the peanut sauce over the noodles; mix with your hands until evenly coated.

Santa Fe Chicken Salad

Ingredients

4 skinless, boneless chicken breasts
1/2 cup mayonnaise
1/2 cup Italian-style salad dressing
1 head iceberg lettuce
1 head romaine lettuce, rinsed and dried
2 bunches green onions, chopped
1 large tomato, chopped
1 1/2 cups shredded Cheddar and Monterey cheese blend
5 (6 inch) flour tortillas
1/2 cup ranch-style salad dressing
1/2 cup salsa

Directions

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.

Caribbean-Style Chicken Salad

Ingredients

1/4 cup lime juice
1 tablespoon red wine vinegar
1 clove garlic, minced
2 tablespoons honey
1/4 teaspoon salt
1/4 teaspoon black pepper
1/4 cup olive oil
1 pound skinless, boneless chicken breast halves
1 ripe mango, peeled, pitted and diced
1 (15.5 ounce) can black beans, drained and rinsed
1 red bell pepper, seeded and cut into thin strips
1/2 jicama, sliced into matchsticks
1/2 head green leaf lettuce, rinsed and torn

Directions

Whisk together lime juice, red wine vinegar, garlic, honey, salt, and pepper until blended. Slowly whisk in olive oil until incorporated. Mix half of this dressing with the chicken breasts, cover, and refrigerate for 1 hour. Refrigerate the remaining dressing for later use.

Heat an outdoor grill for medium-high heat.

Grill chicken breasts until no longer pink, about 6 minutes per side. Set aside and allow to cool while proceeding with recipe. Toss together mango, black beans, bell pepper, and jicama in a large bowl with reserved dressing. Slice chicken into bite-sized pieces and toss with salad.

To serve, line a serving bowl with the green leaf lettuce and mound the chicken salad into the middle.

Poppy Seed Fruit Salad

Ingredients

1/4 cup honey
4 tablespoons limeade concentrate
2 teaspoons poppy seeds
1 cup halved fresh strawberries
1 cup cubed fresh pineapple
1 cup fresh blueberries
1 cup cubed seedless watermelon
1/4 cup slivered almonds, toasted

Directions

In a small bowl, combine the honey, limeade concentrate and poppy seeds. In a serving bowl, combine the fruit. Drizzle with dressing; toss gently to coat. Sprinkle with the almonds. Serve with a slotted spoon.

Creamy Shell Pasta Salad

Ingredients

1 cup small uncooked seashell pasta
3/4 cup fresh broccoli florets
1 small carrot, thinly sliced
1/3 cup cubed American cheese
1/4 cup chopped cucumber
1/4 cup diced celery
1/4 cup sunflower kernels
1 hard-cooked egg, peeled and chopped
DRESSING:
1/2 cup mayonnaise
1/4 cup prepared Ranch salad dressing
3 tablespoons milk
2 tablespoons red wine vinegar
1 tablespoon dried minced onion
1/2 teaspoon seasoned salt
1/4 teaspoon garlic powder
1/4 teaspoon dried parsley flakes
1/4 teaspoon pepper
1/4 teaspoon prepared mustard

Directions

Cook pasta according to package directions; drain and rinse in cold water. In a large bowl, combine the pasta, broccoli, carrot, cheese, cucumber, celery, sunflower kernels and egg. In a small bowl, combine the dressing ingredients. Pour over salad and toss to coat. Serve immediately.

Strawberry Pretzel Salad

Ingredients

2 cups crushed pretzels
3/4 cup butter, melted
3 tablespoons white sugar

1 (8 ounce) package cream cheese, softened
1 cup white sugar
1 (8 ounce) container frozen whipped topping, thawed

2 (3 ounce) packages strawberry flavored gelatin
2 cups boiling water
2 (10 ounce) packages frozen strawberries

Directions

Preheat oven to 400 degrees F (200 degrees C).

Stir together crushed pretzels, melted butter and 3 tablespoons sugar; mix well and press mixture into the bottom of a 9x13 inch baking dish.

Bake 8 to 10 minutes, until set. Set aside to cool.

In a large mixing bowl cream together cream cheese and 1 cup sugar. Fold in whipped topping. Spread mixture onto cooled crust.

Dissolve gelatin in boiling water. Stir in still frozen strawberries and allow to set briefly. When mixture is about the consistency of egg whites, pour and spread over cream cheese layer. Refrigerate until set.

Creamy Fruit Salad I

Ingredients

2 (15.25 ounce) cans fruit cocktail, drained
3 large bananas, peeled and sliced
1 (10 ounce) jar maraschino cherries, halved
1/2 pint heavy whipping cream
3 tablespoons white sugar
1 teaspoon vanilla extract

Directions

In a large bowl, combine fruit cocktail, bananas and cherries. Reserve 3 slices of banana and 1 cherry for garnish.

In a mixing bowl, whip the cream to soft peaks with an electric mixer. Add sugar and vanilla, and whip to combine.

Fold the whipped cream into the fruit. Garnish with a fan of banana slices. Place cherry at the bottom of the banana fan.

Garden Pasta Salad

Ingredients

1 (16 ounce) package uncooked tri-color spiral pasta
1/2 cup thinly sliced carrots
2 stalks celery, chopped
1/2 cup chopped green bell pepper
1/2 cup cucumber, peeled and thinly sliced
2 large tomatoes, diced
1/4 cup chopped onion
2 (16 ounce) bottles Italian-style salad dressing
1/2 cup grated Parmesan cheese

Directions

Cook pasta in large pot of boiling water until al dente. Rinse under cold water, and drain.

Mix chopped carrots, celery, cucumber, green pepper, tomatoes, and onion together in large bowl.

Combine cooled pasta and vegetables together in large bowl. Pour Italian dressing over mixture, add Parmesan cheese and mix well.

Chill for one hour before serving.

Perfectly Pasta Salad

Ingredients

1 (16 ounce) package tri-colored pasta assortment
1 cup chopped broccoli
1 cup cauliflower, chopped
1/2 cup shredded carrots
1 cup sliced celery
1/4 cup diced red onion
1/4 cup diced yellow pepper
1/4 cup sliced black olives
1/2 (16 ounce) bottle vegetarian Caesar-style salad dressing
2 tablespoons grated Parmesan cheese
1/4 teaspoon ground black pepper
1/4 teaspoon garlic powder
1/4 teaspoon paprika

Directions

Bring a large pot of salted water to boil add pasta and boil until al dente. Drain well.

Place broccoli, cauliflower, carrot, celery, red onions, yellow peppers and black olives in a large mixing bowl. Pour Caesar salad dressing over vegetables and stir to coat the vegetables.

Sprinkle Parmesan cheese, pepper, garlic powder and paprika over the vegetable mixture. Stir. Pour pasta into the large bowl and mix well. Refrigerate until cool or serve hot.

Steak and Potato Salad

Ingredients

2 pounds boneless sirloin steak(1 inch thick)
1/2 cup cider or red wine vinegar
1/4 cup olive or vegetable oil
1/4 cup soy sauce
6 cups cubed cooked potatoes
1 cup diced green pepper
1/3 cup chopped green onions
1/4 cup minced fresh parsley
1/2 cup Caesar salad dressing
Lettuce Leaves

Directions

Place steak in a large resealable plastic bag or shallow glass container. Combine vinegar, oil and soy sauce; pour over the steak. Cover and refrigerate for 1 hour or overnight. drain, discarding marinade. Grill or broil steak for 8-10 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F). Slice into thin strips across the grain and place in a bowl. Add potatoes, green pepper, onions, parsley and dressing; toss to coat. Serve on lettuce if desired.

Creamy Blue Cheese Salad Dressing

Ingredients

1/2 cup sour cream
1/2 cup mayonnaise
1 tablespoon lemon juice
1 tablespoon red wine vinegar
2 ounces crumbled blue cheese

Directions

In a bowl, combine all the ingredients; mix well. Cover and refrigerate until serving.

Cucumber Fruit Salad

Ingredients

1 medium cucumber, peeled, seeded, and diced
1 medium tart apple, chopped
1 cup halved green grapes
1 cup halved seedless red grapes
1/2 cup sour cream
1 tablespoon sugar
1 tablespoon minced fresh parsley
1/3 cup chopped walnuts

Directions

In a bowl, combine the cucumber, apple and grapes. In a small bowl, combine the sour cream, sugar and parsley. Pour over cucumber mixture and toss to coat. Stir in walnuts if desired. Serve immediately.

Marinated Chicken Salad

Ingredients

1 skinless, boneless chicken breast halves - cut into bite size pieces
2 tablespoons balsamic vinegar
1 teaspoon olive oil
1 tablespoon white sugar
1 tablespoon water
1 1/2 cups mixed salad greens
1 hard-cooked egg
6 large black olives
6 small green olives
2 radishes
3 slices crisp cooked bacon, crumbled

Directions

Mix together balsamic vinegar, olive oil, white sugar, and water. Combine marinade with chicken pieces in a plastic bag. Leave in bag for 1 hour.

Cook drained chicken in a skillet until done, about 10 minutes.

Assemble greens, egg, olives, radishes, and crumbled bacon on a dinner plate. Top with chicken.

Warm Gingered Chicken Salad with Crispy Greens

Ingredients

1/2 cup Hellmann's® or Best Foods® Light Mayonnaise
2 teaspoons rice wine vinegar or white wine vinegar
1 teaspoon soy sauce
1 teaspoon honey
1/4 teaspoon ground ginger
Pinch salt
1 tablespoon orange juice
4 (5 ounce) boneless skinless chicken breast halves
6 cups torn romaine lettuce leaves
1 small bunch watercress (optional)
4 ounces snow peas (optional)
2 oranges, peeled and sectioned (optional)

Directions

In small bowl, combine Hellmann's® or Best Foods® Light Mayonnaise, vinegar, soy sauce, honey, ginger and salt. Reserve 1/4 cup mayonnaise mixture for grilling. Stir orange juice into remaining mayonnaise mixture; reserve for greens.

Grill or broil chicken, brushing with reserved 1/4 cup mayonnaise mixture, 12 minutes or until chicken is thoroughly cooked, turning once.

In large bowl, toss lettuce and watercress with reserved orange juice mixture. To serve, arrange sliced chicken over greens, then top with snow peas and oranges.

Dilly Cucumber Salad

Ingredients

1 cup sugar
1 cup white vinegar
1/2 cup water
1 tablespoon snipped fresh dill
2 teaspoons salt
4 medium cucumbers, thinly sliced
1/3 cup sour cream

Directions

In a saucepan, combine the sugar, vinegar, water, dill and salt. Bring to a boil over medium heat. Remove from the heat. Place cucumbers in a large bowl. Pour vinegar mixture over and toss to coat. Cover and refrigerate overnight.

Drain and discard vinegar mixture. Stir sour cream into cucumbers. Cover and refrigerate until serving.

Vinaigrette Veggie Salad

Ingredients

1 medium cucumber, sliced
1 medium green pepper, cut into 1-inch strips
1 cup halved cherry tomatoes
1/4 teaspoon salt
1/4 teaspoon celery seed
2 tablespoons canola oil
1 tablespoon white vinegar

Directions

In a serving bowl, combine the cucumber, green pepper and tomatoes. Sprinkle with salt and celery seed. In a small bowl, whisk the oil and vinegar; drizzle over salad and toss to coat.

Hot Tortellini Salad

Ingredients

1 (9 ounce) package refrigerated cheese tortellini
2 cups fresh broccoli florets
4 green onions, sliced
2 tablespoons butter or margarine
6 ounces fully cooked ham, julienned
1/2 cup sour cream
1 teaspoon dried basil

Directions

Cook tortellini according to package directions. Meanwhile, in a 2-qt. microwave-safe bowl, combine the broccoli, onions and butter. cover and microwave on high for 2-1/2 minutes; stir. Cook 2-1/2 minutes longer or until broccoli is tender.

Drain tortellini. stir tortellini, ham, sour cream and basil into broccoli mixture. Cover and microwave on high for 1-2 minutes or until heated through. Let stand for 2 minutes before serving.

Macaroni Salad II

Ingredients

1 pound macaroni
1 (11 ounce) can mandarin oranges, drained and liquid reserved
1 (20 ounce) can pineapple chunks, juice reserved
2 eggs, beaten
1/2 teaspoon salt
1 1/2 cups white sugar
2 tablespoons all-purpose flour
1 teaspoon lemon juice
1 (8 ounce) container frozen whipped topping, thawed

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a medium saucepan over medium heat, combine reserved mandarin juice, reserved pineapple juice, eggs, salt, sugar, flour and lemon juice. Stir well and bring to a boil. Remove from heat and pour over cooked macaroni. Chill overnight in refrigerator.

Stir together juiced macaroni, pineapple, oranges and whipped topping. Serve at once.

Carmel's Crunchy Pea Salad

Ingredients

8 slices bacon
1 (10 ounce) package frozen green peas, thawed and drained
1/2 cup chopped celery
1/2 cup chopped green onions
2/3 cup sour cream
1 cup chopped cashews
salt and pepper to taste

Directions

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

In a medium bowl, combine peas, celery, scallions and sour cream. Toss gently to mix.

Just before serving, stir in cashews and bacon into salad. Season with salt and pepper.

Garbanzo Bean Salad II

Ingredients

1 (15 ounce) can garbanzo beans, drained and rinsed
5 tablespoons tomato sauce
1 cup sliced celery
1 clove garlic, minced
1/2 small onion, thinly sliced
1/2 small onion, diced
3 tablespoons distilled white vinegar
1 tablespoon dill
ground black pepper to taste

Directions

In a bowl, gently toss the beans, tomato sauce, celery, garlic, sliced onion, diced onion, distilled white vinegar, dill, and pepper.

Chicken Salad Wraps

Ingredients

2 (10 ounce) cans chunk chicken, drained and flaked
1/4 cup chopped onion
1/4 cup mayonnaise
4 tablespoons fresh salsa
salt and pepper to taste
6 (10 inch) flour tortillas
12 lettuce leaves

Directions

In a small bowl combine the chicken, onion, mayonnaise, salsa, salt and pepper. Mix together.

Line each tortilla with two lettuce leaves, then divide chicken salad mixture evenly among each tortilla and roll up, or 'wrap'.

Blueberry Party Salad

Ingredients

3 (6 ounce) packages raspberry flavored gelatin mix
3 1/4 cups boiling water
1 (.25 ounce) package unflavored gelatin
1/2 cup cold water
1 cup half-and-half
1 cup white sugar
1 teaspoon vanilla extract
1 (8 ounce) package cream cheese, softened
1 cup boiling water
1 (21 ounce) can blueberry pie filling

Directions

In a medium bowl, dissolve 2 packages of the raspberry gelatin in 3 1/4 cups boiling water. Pour into a 9 by 13 inch pan and refrigerate until firm.

In a medium saucepan, whisk together unflavored gelatin and 1/2 cup cold water. Whisk in the half and half, sugar and vanilla and cook over medium heat until hot but not boiling. Remove from heat and stir in the softened cream cheese. Spread over the raspberry gelatin layer.

In a medium bowl, dissolve the remaining package of raspberry gelatin in 1 cup boiling water. Stir in the blueberry pie filling and pour over the cream cheese layer. Chill until serving.

Waldorf Salad III

Ingredients

3 Granny Smith apples, cored
3 Red Delicious apples, cored
2 cups mayonnaise
1/4 cup white sugar
3 tablespoons lemon juice
3 tablespoons orange juice
2 cups whipped cream
6 stalks celery, finely diced
1 cup golden raisins

Directions

Dice apples with skin still on. Place in a bowl of water with a little lemon juice to keep them from turning brown.

In a large bowl, whisk together the mayonnaise, sugar, lemon juice and orange juice. Fold in the whipped cream.

Drain the apples and add to the mayonnaise mixture, along with the celery and raisins. Stir until ingredients are evenly coated.

Western Salad

Ingredients

1 head iceberg lettuce, shredded
2 cucumbers, sliced
2 bunches green onions, chopped
1 green bell pepper, chopped
1 head cauliflower, chopped
1 (16 ounce) package baby carrots, chopped
1 head broccoli, chopped
1 bunch radishes, sliced
2 (15 ounce) cans ranch-style beans, drained
1 (16 ounce) bottle Ranch-style salad dressing
1 (13.5 ounce) package nacho-flavor tortilla chips

Directions

Place the shredded lettuce in a large, flat dish. Layer with cucumbers, green onions, green bell pepper, cauliflower, baby carrots, broccoli, and radishes. Pour drained beans over the vegetables. Cover with Ranch-style dressing, and top with nacho-flavor tortilla chips. Cover, and chill until serving.

Broccoli Salad III

Ingredients

1 head fresh broccoli, chopped
2 cups seedless grapes
1 onion, finely diced
12 slices turkey bacon
1 cup sunflower seeds
1/4 cup white sugar
1/2 cup mayonnaise
1 tablespoon white wine vinegar

Directions

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

Prepare dressing by whisking together the sugar, salad dressing or mayonnaise and vinegar. Pour over broccoli, grapes, onion, turkey bacon and sunflower seeds. Toss until well coated, refrigerate until chilled and serve.

Creamy Crab and Pasta Salad

Ingredients

1 (12 ounce) package uncooked pasta shells
1/2 cup light sour cream
1/2 cup light mayonnaise
1 tablespoon lemon juice
1 tablespoon honey mustard
1 tablespoon chopped fresh dill
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1 pound cooked crabmeat
1/2 cup diced red bell pepper
1/2 cup diced green bell pepper
1/2 cup chopped green onions

Directions

Bring a large pot of lightly salted water to a boil. Cook pasta shells 10 to 12 minutes, until al dente, and drain.

In a bowl, blend the sour cream, mayonnaise, lemon juice, honey mustard, and dill. Season with salt and pepper.

In a large bowl, toss together the cooked pasta, sour cream mixture, crabmeat, red bell pepper, green bell pepper, and green onions. Cover and chill until serving.

Thai Grilled Beef Salad

Ingredients

1 pound beef flank steak
1/4 cup fish sauce
1/4 cup lime juice
1 tablespoon kecap manis
3 tablespoons minced garlic
3 tablespoons minced fresh ginger root
3 tablespoons chopped fresh cilantro
1 tablespoon sesame oil
1 tablespoon chili oil
1/4 cup chopped green onions
1/4 cup chopped shallots
1/4 cup thinly sliced onion
2 tomatoes, cut into wedges
1/4 cup sliced cucumber
1/4 cup Thai chili peppers, sliced

Directions

Preheat grill for medium-high heat.

Grill beef to desired doneness, and allow to cool.

While beef is cooling, stir together fish sauce, lime juice, kecap manis, garlic, ginger, cilantro, sesame oil, and chili oil; mix in the green onions and shallots. Adjust seasoning to your taste.

Cut beef into bite-sized pieces. In a large bowl, toss with onion, tomatoes, cucumber, and chili peppers. Pour in the dressing, and toss to coat.

Eat Michigan Salad

Ingredients

1/2 cup mayonnaise
1/3 cup pure maple syrup
1/4 cup white wine vinegar
1 teaspoon white sugar
1/2 cup vegetable oil
salt and pepper to taste

3 heads butter lettuce - rinsed, and torn
1/2 cup dried cherries
2 Granny Smith apples, cored and cut into matchsticks
4 ounces goat cheese, crumbled
3 ounces chopped candied pecans

Directions

In the container of a blender, combine the mayonnaise, maple syrup, vinegar, and sugar. Cover and blend on low speed. Gradually pour in the vegetable oil while mixing until fully incorporated. Taste and season accordingly with salt and pepper. Set aside.

In a large serving bowl, combine the lettuce, cherries, apples, goat cheese and candied pecans. Toss with just enough of the dressing to coat, then serve with the remaining dressing on the side.

Dilly Cucumber Salad

Ingredients

3 cups thinly sliced cucumbers
1 small sweet red pepper, julienned
1/2 cup chopped sweet onion
1/3 cup sugar
1/4 cup white wine vinegar
1 1/2 teaspoons salt
1 teaspoon dill seed

Directions

In a large bowl, combine all ingredients. Cover and refrigerate for at least 1 hour, stirring occasionally.

Pea and Cauliflower Salad

Ingredients

3 cups frozen peas, thawed
1 head cauliflower, chopped into bite size pieces
1/2 cup pitted green olives, chopped
1 cup thinly sliced celery
1/4 cup ranch dressing
1 cup nonfat plain yogurt
1/2 teaspoon garlic powder
1 cup cashew nuts

Directions

Mix the peas, cauliflower, olives, and celery together in a large bowl.

Whisk the ranch dressing, yogurt, and garlic powder together in a small bowl. Pour over pea mixture, and stir until ingredients are evenly coated. Sprinkle cashews on top just before serving.

Apple Peanut Salad

Ingredients

4 medium apples, diced
3 cups salted dry-roasted peanuts
1 (8 ounce) carton frozen whipped topping, thawed

Directions

In a large bowl, combine the apples, peanuts and whipped topping. Cover and refrigerate until serving.

Swiss Cashew Tossed Salad

Ingredients

1/3 cup white vinegar
3/4 cup sugar
2 teaspoons prepared mustard
1 teaspoon grated onion
Dash salt
1 cup vegetable oil
1 teaspoon poppy seeds
1 head torn romaine lettuce
1 cup salted cashew halves
4 ounces Swiss cheese, julienned

Directions

In a blender, combine the vinegar, sugar, mustard, onion and salt; cover and process until well blended. While processing, gradually add oil in a steady stream. Stir in poppy seeds. In a salad bowl, combine the romaine, cashews and Swiss cheese; serve with dressing.

The Best Chicken Salad Ever

Ingredients

2 boneless chicken breast halves, cooked
1/4 cup creamy salad dressing
4 tablespoons cole slaw dressing
1 stalk celery, chopped
1/4 onion, chopped
salt and pepper to taste

Directions

In a food processor, combine the chicken, creamy salad dressing, cole slaw dressing, celery, onion, and salt and pepper. Mix until well chopped.

Cornbread Salad II

Ingredients

16 ounces cornbread muffin mix
2 eggs
2/3 cup milk
1 pound bacon
1/2 cup sweet pickle juice
1 1/2 cups mayonnaise
1 onion, finely chopped
1 green bell pepper, finely chopped
2 tomatoes, diced
1 cup chopped sweet pickle

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease one 9x13 inch pan.

Combine the cornbread muffin mix, eggs and milk, stir until just combined. Pour batter into the prepared pan.

Bake for 20 to 30 minutes or until a knife inserted in the center comes out clean. Set aside to cool. Once cool crumble into bite-size chunks.

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

Whisk together the pickle juice and mayonnaise.

In a large bowl layer 1/2 of the crumbled cornbread followed by the onion, pepper, tomatoes and pickles. Drizzle with 1/2 of the dressing and repeat. Top with bacon and chill for 1 hour.

Tarragon Rice Salad

Ingredients

3/4 cup uncooked instant rice
1 tablespoon chopped fresh tarragon
3 green onions with tops, thinly sliced
1 tablespoon chopped fresh chives
2 eggs
3 tablespoons olive oil
3 tablespoons distilled white vinegar
salt and pepper to taste

Directions

Prepare the instant rice according to package directions.

Place the eggs in a saucepan with enough cold water to cover. Bring water to a boil and immediately remove from heat. Cover, and let eggs stand in hot water for 10 to 12 minutes. Remove from water, cool, peel and chop.

In a bowl, mix the cooked rice, tarragon, green onions, chives, olive oil, and vinegar. Season with salt and pepper. Cover, and chill at least 1 hour in the refrigerator. Toss with the chopped eggs to serve.

Mushroom Mint Pasta Salad

Ingredients

1 (16 ounce) package farfalle (bow tie) pasta
1/4 cup olive oil, divided
2 (8 ounce) packages button mushrooms, sliced
4 onions, sliced
1 quart heavy cream
10 sprigs fresh mint
1 1/2 teaspoons white sugar
1 pinch salt
1 pinch ground black pepper

Directions

Bring a large pot of lightly salted water to a boil. Place pasta in the pot, cook for 8 to 10 minutes, until al dente, and drain. Cool, transfer to a large bowl, and toss with 3 tablespoons olive oil.

Heat remaining olive oil in a large skillet over medium heat. Place mushrooms and onions in the skillet. Cook and stir until lightly brown. Gradually pour in the heavy cream, stirring continuously. Place the mint sprigs in the skillet. Cook and stir 5 minutes.

Mix sugar into the cream sauce. Season with salt and pepper. Remove the mint sprigs with a slotted spoon. Stir in the cooked pasta until well coated.

Potsticker Salad

Ingredients

1 (10 ounce) package egg noodles
12 frozen vegetable potstickers
2 tablespoons vegetable oil
2 tablespoons water
1/2 cup water chestnuts, drained and sliced
1/2 cup baby corn
1 carrot, shredded
1 (15 ounce) can straw mushrooms
1/2 cup Thai peanut sauce
1/4 cup chopped roasted peanuts

Directions

Cook egg noodles in a large pot of boiling water for 5 to 7 minutes, or until al dente. Drain, and set aside.

Heat the oil in a large frying pan over medium heat, cook potstickers until golden brown, turning once or twice. Add the water to the pan, reduce heat to low, cover, and cook for another 3 minutes, or until liquid has evaporated. Rinse with cold water to cool, drain, and cut in half.

In a large mixing bowl, toss together the water chestnuts, baby corn, carrot, mushrooms, peanut sauce, noodles, and potstickers. Chill 1 hour. Toss with peanuts just before serving.

Pea 'n' Cheese Salad

Ingredients

1 (20 ounce) package frozen peas, thawed
1 cup chopped celery
2 hard-cooked eggs, chopped
1/4 cup chopped green onions
1 cup cubed Cheddar cheese
1/2 cup thinly sliced radishes
1 cup mayonnaise
3 tablespoons sweet pickle relish
1 teaspoon sugar
1 teaspoon seasoned salt
1 teaspoon ground mustard

Directions

In a bowl, combine the first six ingredients.

In a small bowl, combine the mayonnaise, relish and seasonings. Stir into pea mixture. Cover and refrigerate until serving.

Strawberry Salad I

Ingredients

1/2 cup fat-free creamy salad dressing (ie: Fat Free Miracle Whip TM)
1/4 cup milk
1/4 cup white sugar
1/8 cup distilled white vinegar
1 tablespoon poppy seeds
1 head romaine lettuce, torn into bite-size pieces
1/2 red onion, sliced
1 cup sliced fresh strawberries
1/2 cup toasted pecans
1/4 cup red bell pepper, chopped

Directions

In a small bowl, mix together salad dressing, milk, sugar, vinegar, and poppy seeds. Refrigerate until ready to use.

Combine lettuce, onion, strawberries, pecans, and red bell pepper in a salad bowl. Toss with dressing.

Asparagus Salad

Ingredients

3/4 cup white sugar
1/2 cup white wine vinegar
1 cup water
1/2 teaspoon salt
2 (.25 ounce) envelopes unflavored gelatin
1 tablespoon lemon juice
2 teaspoons grated onion
1 cup chopped celery
1/2 cup chopped pecans
1/2 (4 ounce) jar pimentos
1 (10 ounce) can canned asparagus, drained

Directions

In a saucepan, combine the sugar, white vinegar and 1 cup water. Bring to boil and stir until dissolved.

In a small bowl, whisk together the salt, gelatin and 1/2 cup water. Add to saucepan, stir and cool.

Once mixture is cool, add lemon juice, onion, celery, pecans, pimentos and asparagus. Mix well and place into favorite mold. Refrigerate until ready to serve.

Spring Delight Salad

Ingredients

1 red bell pepper, chopped
2 teaspoons vegetable oil
1 head romaine lettuce, torn
1/2 bunch fresh spinach, stems removed and chopped
3 roma (plum) tomatoes, chopped
8 ounces fresh mushrooms, sliced
1 cup alfalfa sprouts
1 cup raspberry vinaigrette salad dressing

Directions

Preheat the oven broiler.

Brush the pepper with the oil, and place on a baking sheet. Broil, turning occasionally, until black splotches appear on all sides. Remove from heat, and wrap tightly in plastic. Set aside for 15 minutes. Remove seeds and pulp, and chop.

In a large bowl, toss together the roasted red pepper, romaine lettuce, spinach, tomatoes, mushrooms, sprouts, and raspberry vinaigrette.

Curried Chicken Salad

Ingredients

6 slices bacon
3 cups diced cooked chicken breast meat
1/2 cup chopped celery
1 cup seedless grapes
1 cup mayonnaise
2 tablespoons red onion, minced
1 teaspoon lemon juice
1/2 teaspoon Worcestershire sauce
1/2 teaspoon curry powder
salt and pepper to taste

Directions

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

In a large bowl, combine bacon, chicken, celery, and grapes.

Prepare the dressing in a small bowl by whisking together the mayonnaise, onion, lemon juice, Worcestershire sauce, curry and salt and pepper. Pour over salad and toss well.

Cumin and Coriander Chickpea Salad

Ingredients

2 cloves garlic, minced
1/4 teaspoon salt
1/2 cup olive oil
2 tablespoons fresh lemon juice
2 teaspoons white wine vinegar
1 1/2 teaspoons grated fresh ginger root
1 teaspoon ground cumin
1/4 teaspoon ground cayenne pepper
4 (19 ounce) cans garbanzo beans, drained
2 yellow bell peppers, seeded and chopped
1 bunch green onions, thinly sliced
1/2 cup finely chopped fresh cilantro

Directions

In a bowl, crush together the garlic and salt. To prepare the dressing, mix in olive oil, lemon juice, vinegar, ginger, cumin, and cayenne pepper.

In a separate bowl, stir together the garbanzo beans, yellow bell peppers, green onions, and cilantro. Mix in the dressing. Cover, and chill in the refrigerator 8 hours, or overnight.

Asian Chicken Noodle Salad

Ingredients

1 (3 ounce) package ramen noodle pasta, crushed
2 tablespoons butter, melted
1/2 cup sunflower seeds
1/2 cup pine nuts
3 cups shredded bok choy
5 green onions, thinly sliced
1 cup diced, cooked chicken breast meat
1 (5 ounce) can water chestnuts, drained
12 pods snow peas

1/2 cup vegetable oil
1/4 cup rice wine vinegar
1 tablespoon soy sauce
1/4 cup white sugar
1 tablespoon lemon juice

Directions

Preheat oven to 350 degrees F (175 degrees C). In a large bowl, mix the noodles, sunflower seeds, and pine nuts with melted butter until evenly coated. Spread the mixture in a thin layer on a baking sheet.

Bake 7 to 10 minutes in the preheated oven, stirring occasionally, until evenly toasted. Remove from heat, and cool slightly.

In a large bowl toss together the noodle mixture, bok choy, green onions, chicken, water chestnuts, and snow peas.

Prepare the dressing by blending the oil, vinegar, soy sauce, sugar, and lemon juice. Pour over salad, and toss to evenly coat. Serve immediately, or refrigerate until chilled.

Chicken Curry Salad

Ingredients

1/2 cup mayonnaise
1 teaspoon curry powder
salt and pepper to taste
1/4 teaspoon chili oil
1 (10 ounce) can chunk chicken, drained

Directions

In a medium bowl, stir together the mayonnaise, curry powder, salt, pepper, and chili oil. Mix in the chunk chicken until well blended. Refrigerate until serving.

Beef Fajita Salad

Ingredients

1 (8 ounce) bottle Italian-style salad dressing
1 teaspoon ground cumin
1 dash hot pepper sauce
1/2 pound flank steak, cut into strips
1/2 cup fresh corn kernels
1/2 cup kidney beans, cooked
1/2 cup thinly sliced red onion
1/2 cup shredded Cheddar cheese
1 tomato, chopped
8 cups mixed salad greens
2 cups crushed tortilla chips

Directions

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.

Summer Chicken Salad

Ingredients

1 1/2 pounds boneless chicken breast halves - cooked, cooled and cubed
1 (8 ounce) can mandarin oranges, drained
1 (8 ounce) can pineapple chunks, drained and cut in half
1/2 cup chopped pecans
1 cup light mayonnaise
2 teaspoons dried dill weed
2 teaspoons white sugar

Directions

In a large mixing bowl, combine the chicken, oranges, pineapple and pecans.

Whisk together the mayonnaise, dill weed and sugar. Add to the chicken mixture, toss well and refrigerate over night so flavors may blend.

Roasted Tomato and Zucchini Salad

Ingredients

6 Roma tomatoes
4 zucchini
Bertolli® Extra Virgin Olive Oil
2 cloves garlic, minced
Salt and pepper (to taste)
2 (6 ounce) balls buffalo mozzarella, cut into 3/4 inch slices
10 large leaves of fresh basil
Shaved Parmesan cheese

For Dressing:
1 tablespoon balsamic vinegar
1/2 cup Bertolli® Extra Virgin Olive Oil
1 clove garlic, minced
1/2 teaspoon paprika

Directions

Cut tomatoes into 1/2-inch slices, and zucchini lengthwise into 1/8-inch ribbons. Season both with minced garlic, salt and pepper and drizzle with Bertolli Extra Virgin Olive Oil. Roast on grill with cut side up for about 10 minutes, or until nice and evenly roasted.

To assemble the salad: Place the tomato, zucchini (folded) and mozzarella on top of each other, like a tower, with a basil leaf in between layers. Season layers with salt and pepper and a drizzle of dressing. Sprinkle with shaved Parmesan on top.

Ham 'n' Cheese Potato Salad

Ingredients

2 1/2 pounds red potatoes
1 cup mayonnaise
1/2 cup sour cream
2 tablespoons Dijon mustard
1 teaspoon celery seed
1/2 teaspoon salt
1/4 teaspoon pepper
8 ounces Monterey Jack cheese, cubed
2 cups diced fully cooked ham
3/4 cup chopped fresh tomatoes
1/4 cup sliced green onions
1/4 cup minced fresh parsley

Directions

Place potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 15-20 minutes or until tender. Drain.

Meanwhile, in a large salad bowl, combine mayonnaise, sour cream, mustard, celery seed, salt and pepper; mix well. Cut potatoes into cubes. Add to mayonnaise mixture and toss to coat. Add remaining ingredients; mix well. Cover and refrigerate for at least 2 hours.

Cherry Salad

Ingredients

1 (8 ounce) container frozen whipped topping, thawed
1 (14 ounce) can sweetened condensed milk
1 (21 ounce) can cherry pie filling

Directions

Mix whipped topping, sweetened condensed milk, and cherries in a large mixing bowl. Transfer to a serving bowl, and chill.

Perfect Summer Fruit Salad

Ingredients

2/3 cup fresh orange juice
1/3 cup fresh lemon juice
1/3 cup packed brown sugar
1/2 teaspoon grated orange zest
1/2 teaspoon grated lemon zest
1 teaspoon vanilla extract

2 cups cubed fresh pineapple
2 cups strawberries, hulled and sliced
3 kiwi fruit, peeled and sliced
3 bananas, sliced
2 oranges, peeled and sectioned
1 cup seedless grapes
2 cups blueberries

Directions

Bring orange juice, lemon juice, brown sugar, orange zest, and lemon zest to a boil in a saucepan over medium-high heat. Reduce heat to medium-low, and simmer until slightly thickened, about 5 minutes. Remove from heat, and stir in vanilla extract. Set aside to cool.

Layer the fruit in a large, clear glass bowl in this order: pineapple, strawberries, kiwi fruit, bananas, oranges, grapes, and blueberries. Pour the cooled sauce over the fruit. Cover and refrigerate for 3 to 4 hours before serving.

Carol's Chicken Salad

Ingredients

1/2 cup mayonnaise
1/2 teaspoon salt
3/4 teaspoon poultry seasoning
1/4 teaspoon onion powder
1/4 teaspoon garlic powder
1/4 teaspoon ground black pepper
1 tablespoon lemon juice

3 cups diced, cooked chicken breast meat
1/2 cup finely chopped celery
1/2 cup chopped green onions
1 (8 ounce) can water chestnuts, drained and chopped
1 1/2 cups diced Swiss cheese
1 1/2 cups halved green grapes

Directions

In a medium bowl, whisk together the mayonnaise, salt, poultry seasoning, onion powder, garlic powder, pepper, and lemon juice.

In a large bowl, toss together the chicken, celery, green onions, water chestnuts, Swiss cheese, and grapes. Add the mayonnaise mixture, and stir to coat. Chill until serving.

South African Potato Salad

Ingredients

10 eggs
12 medium white potatoes with skin
1 bunch green onions, chopped
1 (14 ounce) can sweetened condensed milk
1 1/2 cups mayonnaise
1 tablespoon chopped fresh parsley, for garnish (optional)

Directions

Place eggs in a saucepan and cover with water. Bring to a boil and cook for 10 minutes. Remove eggs with a slotted spoon and set aside to cool. Add whole potatoes to the water and boil until a knife is easily inserted, but they are not too soft. Drain and cool.

Peel and chop the eggs and place them in a large serving bowl. Stir in the green onions. When the potatoes have cooled, peel and chop then add them to the bowl. Pour in the sweetened condensed milk and stir in the mayonnaise. Sprinkle parley over the top. Chill until serving. This is best served chilled.

Salad Nicoise

Ingredients

1/2 pound new potatoes, quartered
1/4 cup chopped fresh parsley
1/4 cup pitted nicoise olives
1/2 onion, thinly sliced
1 (6 ounce) can tuna
1/3 pound fresh green beans - rinsed, trimmed and blanched
1/2 pound mixed salad greens
1 cup lemon vinaigrette
3 hard-cooked eggs, quartered
3 roma (plum) tomatoes, thinly sliced
1 tablespoon capers
4 anchovy filets

Directions

Bring a large pot of salted water to a boil. Add potatoes, and cook until tender but still firm, about 15 minutes. Drain and cool.

In a large bowl, combine the potatoes, parsley, olives, onion, tuna and green beans. Refrigerate for 2 to 4 hours.

In large bowl, toss greens with vinaigrette and top with chilled potato mixture. Garnish with eggs, tomatoes, capers and anchovies.

Wilted Spinach Salad

Ingredients

6 eggs
1 pound bacon
2 bunches fresh spinach, rinsed and dried
4 green onions, thinly sliced
2 eggs
1/4 cup white sugar
1/4 cup white vinegar
1/4 cup red wine vinegar

Directions

Place 6 eggs in a medium saucepan with enough cold water to cover. Bring water to a boil, and immediately remove from heat. Cover, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel, and chop.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble, and set aside, reserving approximately 1/2 cup of drippings in the skillet.

In a large bowl, toss together the spinach and green onions.

Heat the reserved drippings over low heat. In a small bowl, whisk together the 2 remaining eggs, sugar, white vinegar, and red wine vinegar. Add to warm grease, and whisk for about a minute, until thickened. Pour at once over spinach, add crumbled bacon, and toss to coat. Garnish with chopped egg.

Macaroni Egg Salad

Ingredients

1 cup uncooked elbow macaroni
1/4 cup mayonnaise
1 teaspoon sugar
1 teaspoon cider vinegar
1/2 teaspoon salt
1/2 teaspoon prepared mustard
Dash pepper
1 celery rib, chopped
2 tablespoons chopped onion
1 hard-cooked egg, chopped

Directions

Cook macaroni according to package directions. drain and rinse in cold water. In a bowl, combine the mayonnaise, sugar, vinegar, salt, mustard and pepper. Stir in celery and onion. Fold in macaroni and egg. Refrigerate until serving.

Fruit Salad

Ingredients

1 (20 ounce) can pineapple chunks, drained
2 (11 ounce) cans mandarin oranges, drained
1 (10 ounce) jar maraschino cherries, halved
1 (16 ounce) package miniature marshmallows
1 (16 ounce) container sour cream

Directions

In a large bowl, combine the pineapple, oranges, cherries, marshmallows and sour cream together. Chill and serve.

Curried Chicken Fruit Salad

Ingredients

1 (11 ounce) can mandarin oranges, drained
1 (8 ounce) can pineapple tidbits, drained
1 (8 ounce) can water chestnuts, drained
4 cups cubed cooked chicken
2 cups seedless red or green grapes, halved
1 cup chopped celery
Lettuce Leaves
Sliced almonds
DRESSING:
1 1/2 cups mayonnaise
1 tablespoon soy sauce
1 tablespoon lemon juice
1 1/2 teaspoons curry powder

Directions

In a large bowl, combine the oranges, pineapple, water chestnuts, chicken, grapes and celery. In a small bowl, combine all dressing ingredients. Pour over salad; toss well to coat. Chill 1 hour. Serve on a bed of lettuce; sprinkle with almonds.

Black Bean And Corn Salad II

Ingredients

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 (optional)

Directions

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.

Orange Sherbet Salad I

Ingredients

2 (6 ounce) packages orange flavored gelatin
4 cups boiling water
1 quart orange sherbet
2 (11 ounce) cans mandarin oranges
3 bananas, sliced

Directions

Combine the gelatin and boiling water; stir until dissolved. Add sherbet and fruit; mix well.

Pour into a 9x13 dish and chill until set. Serve cold.

Special Wild Rice Salad

Ingredients

2 (6 ounce) packages long grain and wild rice mix
2 avocados, peeled and chopped
1 (8 ounce) jar marinated whole mushrooms, undrained
1 (6.5 ounce) jar marinated artichoke hearts, undrained
2 medium tomatoes, diced
2 celery ribs, chopped
2 green onions, chopped
1/2 cup Italian salad dressing

Directions

Prepare the rice according to package directions. Cool; transfer to a large bowl. Add remaining ingredients and toss to coat. Cover and refrigerate overnight.

No Mayo Tuna Salad

Ingredients

6 eggs
1 1/2 cups bread and butter pickles
3 stalks celery, chopped
2 (6 ounce) cans tuna, drained
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1 tablespoon sweet pickle juice

Directions

Place egg in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, and cool under cold running water. Peel.

Place the eggs and pickles into a food processor, and pulse until roughly chopped. Transfer to a medium bowl, and stir in tuna and celery. Season with salt and pepper, and stir in the pickle juice until thoroughly blended. Serve on bread or lettuce.

For Goodness Sakes Salad

Ingredients

1 (3 ounce) package lemon flavored gelatin
1 (3 ounce) package lime flavored gelatin mix
1 cup boiling water
1 cup evaporated milk
1 (20 ounce) can crushed pineapple, undrained
1 cup mayonnaise
1 cup cottage cheese
1 cup chopped nuts
1 tablespoon horseradish sauce

Directions

In a large bowl, dissolve the gelatins in boiling water. Cool slightly. Stir in the milk, pineapple with juice, mayonnaise, cottage cheese, nuts and horseradish sauce; mix well. Chill until partially set. Pour into an oiled 8-cup mold. Chill for 6 hours or overnight. Unmold.

Spinach Salad with Warm Bacon-Mustard

Ingredients

1 (10 ounce) bag baby spinach leaves
4 hard-cooked eggs, peeled and sliced
1 cup sliced mushrooms
4 strips crisply cooked bacon, crumbled
10 ounces Swiss cheese, shredded
1/2 cup toasted sliced almonds
1 tablespoon olive oil
1 large shallot, minced
1 teaspoon garlic, minced
1/3 cup white wine vinegar
1/3 cup Dijon mustard
1/3 cup honey
2 strips crisply cooked bacon, crumbled
salt and pepper to taste

Directions

Place spinach into a large serving bowl, top with hard-cooked eggs, mushrooms, 4 crumbled strips of bacon, Swiss cheese, and almonds.

Heat olive oil in a small skillet over medium heat. Stir in shallots and garlic, and cook until softened and translucent, about 2 minutes. Whisk in the vinegar, Dijon mustard, honey, and 2 crumbled strips of bacon; season to taste with salt and pepper, then cook until hot.

Pour hot dressing over spinach and toss to coat.

Spinach, Pear and Feta Salad

Ingredients

2 pears, cored and thinly sliced
1 cup diet lemon-lime soda
4 cups baby spinach leaves
1 shallot, finely chopped
1/2 cup crumbled feta cheese
1/2 cup toasted pine nuts
1/2 cup raspberry vinaigrette salad dressing

Directions

Place the pears in a bowl with the lemon-lime soda. Set aside; this will keep them from turning brown.

Place the baby spinach in a serving bowl, and add the shallot, feta cheese and pine nuts. Drain the pears, and discard the soda. Add pears to the salad, and toss to blend. Serve with raspberry vinaigrette dressing.

Chicken Salad with Bacon, Lettuce and Tomato

Ingredients

3 cups chopped cooked chicken breast
5 slices bacon
2 stalks celery, chopped
1 cup chopped fresh tomato
3/4 cup mayonnaise
1 tablespoon chopped fresh parsley
2 tablespoons chopped green onion
1 teaspoon lemon juice
1 dash Worcestershire sauce
salt and pepper to taste
12 leaves romaine lettuce
1 avocado - peeled, seeded and sliced

Directions

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

Prepare the dressing by mixing together the mayonnaise, parsley, green onions, lemon juice, Worcestershire sauce, salt and pepper.

In a medium bowl, stir together the chicken breast, tomatoes and bacon. Pour dressing over chicken mixture and toss well to coat. Refrigerate until chilled; serve over lettuce leaves and garnish with avocado slices.

Holiday Tossed Salad

Ingredients

1 (10 ounce) package Italian-blend salad greens
1 (5 ounce) package spring mix salad greens
2 (11 ounce) cans mandarin oranges, drained
1 1/2 cups dried cranberries
1 medium red apple, cored and chopped
1 cup chopped walnuts
1/3 cup shredded Cheddar cheese
1 (8 ounce) bottle raspberry vinaigrette

Directions

In a large salad bowl, toss the greens, oranges, cranberries, apple, walnuts and cheese. Drizzle with vinaigrette just before serving; toss to coat.

Flock of Geese Chicken Salad

Ingredients

8 skinless, boneless chicken breast halves - cooked and cubed
2 cups seedless red grapes, halved
2 cups salted cashew halves
2 celery ribs, sliced
3/4 cup mayonnaise
1/2 cup sour cream
1 tablespoon tarragon vinegar or white-wine vinegar
Lettuce Leaves

Directions

In a large bowl, combine the first four ingredients; set aside. In a small bowl, combine mayonnaise, sour cream and vinegar; mix well. Pour over chicken mixture; toss to coat. Cover and refrigerate for at least 1 hour. Serve in a lettuce-lined bowl if desired.

Waldorf Salad with Walnut Oil Vinaigrette

Ingredients

2 Red Delicious apples, cored and diced
2 Granny Smith apples, cored and diced
4 stalks celery, diced
1/2 cup raisins
1 cup toasted walnuts
2 tablespoons walnut oil
1 tablespoon cider vinegar
1/2 teaspoon salt
1/2 teaspoon pepper

Directions

Toss together the Red Delicious apples, Granny Smith apples, celery, raisins, and walnuts in a large bowl; set aside. In a small bowl, whisk together the walnut oil, cider vinegar, salt, and pepper. Toss the apples with the dressing to serve.

A Different Carrot Raisin Salad

Ingredients

3 large carrots, shredded
1 cup raisins
1 cup walnuts
1/4 cup finely chopped celery
2 tablespoons shredded coconut
1/2 cup mayonnaise
2 tablespoons sour cream
1 tablespoon cider vinegar
1/2 teaspoon white sugar
1/4 teaspoon salt

Directions

In a medium bowl, combine shredded carrots, raisins, walnuts, celery, and coconut. Whisk together mayonnaise, sour cream, vinegar, sugar, and salt. Stir dressing into carrot mixture. Chill a few hours before serving.

Tomato Asparagus Salad

Ingredients

3/4 pound fresh asparagus, trimmed and cut into 1 1/2 inch pieces
3 plum tomatoes, halved and sliced
3/4 cup chopped red onion
1/2 cup balsamic vinaigrette

Directions

Place asparagus in a steamer basket; place in a saucepan over 1 in. of water. Bring to a boil; cover and steam for 5-7 minutes or until crisp-tender. Drain and immediately place asparagus in ice water. Drain and pat dry.

In a large bowl, combine the asparagus, tomatoes and onion. Drizzle with vinaigrette and gently toss to coat. Serve with a slotted spoon.

Chinese-Style Broccoli Salad

Ingredients

2 heads fresh broccoli
2 tablespoons vegetable oil
1 tablespoon salt
2 tablespoons light soy sauce
2 tablespoons distilled white vinegar
2 tablespoons sesame oil
1/4 teaspoon salt
1 tablespoon white sugar

Directions

Separate broccoli into bite-sized florets. Peel tough skin off stem and quarter it into 2 inch pieces cut slantwise.

Bring 2 1/2 quarts water, 2 tablespoons oil and 1 tablespoon salt to boil. Add broccoli and boil quickly for 1 minute; plunge into cold water to set color; drain and place on platter or in a bowl.

In a small bowl combine soy sauce, vinegar, sesame oil, 1/4 teaspoon salt and sugar. Pour mixture over broccoli, toss. This salad can be served hot or cold, your choice!

Salmon Pasta Salad

Ingredients

8 ounces spiral pasta, cooked and drained
2 cups fully cooked salmon chunks
1 1/2 cups cherry tomatoes, quartered
1 medium cucumber, quartered and sliced
1 small red onion, sliced
1/2 cup vegetable oil
1/3 cup fresh lemon or lime juice
1 1/2 teaspoons dill weed
1 garlic clove, minced
3/4 teaspoon salt
1/4 teaspoon pepper
1 head lettuce, torn

Directions

In a large bowl, toss the pasta, salmon, tomatoes, cucumber and onion. For dressing, combine the oil, lemon or lime juice, dill, garlic, salt and pepper; mix well. Pour over pasta. Cover and chill. Serve over lettuce.

Warm Brussels Sprout, Bacon and Spinach Salad

Ingredients

8 slices bacon
2 cups Brussels sprouts, trimmed and thinly sliced
1 1/2 teaspoons caraway seed
3 tablespoons vegetable oil
3 tablespoons white wine vinegar
1/4 teaspoon white sugar
1/2 pound spinach - chopped, washed and dried

Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Crumble and set aside. In a medium sauce pan, steam Brussels sprouts until tender.

Heat the remaining fat in the skillet over medium high heat and add the Brussels sprouts and caraway seeds. Stir for 1 to 2 minutes, or until the sprouts are tender.

Remove the skillet from heat, stir in the oil, vinegar, and sugar. Stir, and add the spinach. Saute the mixture over moderately high heat for 1 minute or until the spinach is wilted. Season salad with pepper and sprinkle with bacon. Serve warm.

Swiss Cheese Salad

Ingredients

1 cup sliced green onions
1 cup sliced celery
1 cup diced green pepper
1 cup sliced stuffed green olives
1/3 cup vegetable oil
2 tablespoons red wine vinegar
1 tablespoon Dijon mustard
salt and pepper to taste
6 cups shredded lettuce
2 cups shredded Swiss cheese

Directions

In a small bowl, combine onions, celery, green pepper and olives. In another bowl, whisk together oil, vinegar, mustard, salt and pepper. Pour over vegetables and refrigerate several hours or overnight. Just before serving, place lettuce in a large salad bowl; add the cheese and dressing with vegetables. Toss lightly.

Tuna Confetti Salad

Ingredients

2 (6 ounce) cans tuna, drained
2 tablespoons mayonnaise
2 tablespoons diced green bell pepper
2 tablespoons diced red bell pepper
1 tablespoon red onion, diced
1 tablespoon thinly sliced green onion
1 clove garlic, minced
1/2 teaspoon chopped fresh parsley
1 teaspoon rice wine vinegar
1/2 teaspoon lemon juice
7 drops hot pepper sauce
salt and pepper to taste

Directions

In a mixing bowl, combine the tuna, mayonnaise, bell peppers, red onion, green onion, garlic, parsley, vinegar, lemon juice, hot pepper sauce and salt and pepper. Stir well and refrigerate for at least one hour.

Hope's Colorful Pasta Salad

Ingredients

2 (16 ounce) packages tri-color pasta
2 heads fresh broccoli, cut into bite size pieces
1 red onion, diced
2 green bell peppers, seeded and chopped
1 red bell pepper, seeded and chopped
1 (10 ounce) package frozen green peas, thawed
2 cups mayonnaise
1 (8 ounce) bottle red wine vinegar salad dressing
1/4 teaspoon dry mustard

Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Stir in the pasta, and return to a boil. Cook uncovered, stirring occasionally, until the pasta is cooked through, but still firm to the bite, about 8 minutes. Rinse with cool water; drain well in a colander set in the sink; set aside to cool completely.

Place a steamer insert into a saucepan, and fill with water to just below the bottom of the steamer. Cover, and bring the water to a boil over high heat. Add the broccoli, recover, and steam until bright green and still crisp, about 2 minutes. Remove the broccoli and rinse well with cold water until cold; drain.

Stir together the onion, green bell pepper, red bell pepper, the cooled pasta, and the cooled broccoli in a large bowl. Whisk together the mayonnaise, red wine vinegar dressing, and dry mustard. Pour the dressing over the pasta and vegetables; stir to combine. Cover and refrigerate overnight.

Warm Peaches and Nuts Salad

Ingredients

2 tablespoons extra-virgin olive oil
1 cup shredded red cabbage
1 small carrot, shredded
1/2 yellow squash, thinly sliced
1/2 red bell pepper, diced
1/2 small onion, sliced
1/2 cup red wine
1/4 cup sliced almonds
1/4 cup chopped walnuts
2 fresh peaches - pitted, skinned, and sliced
4 cups mixed baby greens
1/4 cup raspberry vinaigrette

Directions

Heat the olive oil in a skillet over medium heat. Cook the cabbage, carrot, squash, bell pepper, and onion in the oil until the onion is translucent, 5 to 7 minutes. Stir the red wine, almonds, and walnuts into the vegetable mixture, reduce heat to low, and simmer 5 minutes.

While the vegetable mixture simmers, heat a small skillet over medium heat; cook the peach slices in the skillet until completely warmed, about 5 minutes.

Place 2 cups of the baby greens on each of 2 plates. Top each portion of the greens with about half of the vegetable mixture and the warmed peaches. Drizzle each salad with about half of the raspberry vinaigrette. Serve promptly.

Pineapple Carrot Salad

Ingredients

1/2 cup raisins
2 cups pineapple tidbits, drained
1 pound carrots, grated
1 cup pineapple yogurt
2 tablespoons white sugar
1/8 teaspoon salt

Directions

Soak raisins in hot water for 30 minutes. Drain and dry.

In a mixing bowl, combine the raisins, pineapple and carrots.

Mix together the yogurt, sugar and salt. Add to carrot mixture; mix well, cover and refrigerate.

Corn and Red Pepper Barley Salad

Ingredients

8 cups water
1 1/2 cups uncooked medium pearl barley
1 1/2 teaspoons salt
1 medium sweet red pepper
2 cups fresh or frozen corn, thawed
2/3 cup thinly sliced green onions, divided
1/3 cup grated Parmesan cheese
SALAD DRESSING:
1/4 cup balsamic vinegar
2 tablespoons water
2 tablespoons lemon juice
1 teaspoon sugar
1 teaspoon Italian seasoning
3/4 teaspoon garlic powder
1/4 teaspoon pepper
1/4 cup olive oil

Directions

In a saucepan, combine the water, barley and salt; bring to a boil. Reduce heat; cover and simmer for 15-18 minutes or until barley is just tender. Drain and set aside.

Meanwhile, halve pepper; remove stem and seeds. Broil pepper skin side up 4 in. from the heat until skin blisters and blackens, about 8-10 minutes. Immediately place pepper in a bowl; cover with plastic wrap and let stand for 15-20 minutes. Peel off and discard charred skin. Chop pepper.

In a bowl, combine corn, 1/2 cup onions, Parmesan, roasted pepper and barley. In another bowl, combine vinegar, water, lemon juice, sugar, Italian seasoning, garlic powder and pepper. Slowly whisk in oil. Pour over barley mixture; toss gently to coat. Sprinkle with remaining onions.

Italian Restaurant-Style Salad Dressing II

Ingredients

1/2 cup mayonnaise
1/3 cup white wine vinegar
1 teaspoon vegetable oil
2 tablespoons corn syrup
2 tablespoons grated Parmesan cheese
2 tablespoons grated Romano cheese
1 clove garlic, minced
1/2 teaspoon Italian-style seasoning
1/2 teaspoon dried parsley
1 tablespoon lemon juice

Directions

In a blender, combine the mayonnaise, vinegar, oil, corn syrup, Parmesan cheese, Romano cheese, garlic, Italian seasoning, parsley and lemon juice. Blend until smooth. Cover and refrigerate until chilled.

Strawberry Delight Dessert Salad

Ingredients

1 (16 ounce) container frozen whipped topping, thawed
1 (6 ounce) package strawberry flavored gelatin
3 (15.25 ounce) cans fruit cocktail, drained
1 (11 ounce) can mandarin oranges, drained
2 cups grapes
2 cups miniature marshmallows

Directions

In a large bowl, combine the thawed whipped topping, gelatin, fruit cocktail, oranges, grapes and marshmallows. Mix together well and refrigerate until chilled. Stir again before serving.

Ribbon Salad

Ingredients

1 (3 ounce) package cherry flavored gelatin mix
1 (3 ounce) package lemon flavored gelatin mix
1 (3 ounce) package lime flavored gelatin mix
1 (3 ounce) package orange flavored gelatin mix
2 cups milk
2 (.25 ounce) packages unflavored gelatin
1 cup white sugar
1 (16 ounce) container sour cream
2 teaspoons vanilla extract

Directions

In a medium saucepan, boil milk and sugar. Cool completely, but do not refrigerate.

Dissolve each package of flavored gelatin separately in 1 1/2 cups of boiling water. Set aside.

Dissolve unflavored gelatin in 1/2 cup of warm water. Add with sour cream to cooled milk and sugar mixture. Set aside.

Spread gelatin of one color on the bottom of a 9x13 inch pan. Chill in refrigerator until set. Then put 1 1/3 cup of the sour cream mixture on the chilled, firm layer of gelatin. Keep alternating these until all gelatin is used. Be sure to chill after each addition of gelatin.

Heavenly Lime Salad

Ingredients

1 (6 ounce) package lime flavored gelatin mix
1 (20 ounce) can pineapple chunks - drained with juice reserved
1 cup mayonnaise
1 cup shredded Cheddar cheese
1/2 cup chopped pecans

Directions

In a small saucepan, dissolve lime gelatin in 2 cups boiling water. Remove from heat and add 3/4 cup of reserved pineapple juice. Cool to room temperature.

Add mayonnaise to gelatin mixture and whisk together until smooth. Refrigerate until slightly thickened.

Fold in the pineapple, Cheddar cheese and pecans. Pour in 2 quart mold and chill until firm.

Summer Bean Salad I

Ingredients

1 (15 ounce) can light red kidney beans, drained and rinsed
1 (15 ounce) can black beans, drained and rinsed
1 small green bell pepper, chopped
1 small yellow bell pepper, chopped
1 1/2 cups chopped fresh tomatoes
2 green onions, finely chopped
1 cup chunky salsa
1/2 cup red wine vinegar
2 tablespoons chopped cilantro

Directions

In a bowl, gently toss together the kidney beans, black beans, green bell pepper, yellow bell pepper, tomatoes, and green onions. In a separate bowl, mix the salsa, vinegar, and cilantro. Pour dressing over the bean mixture, and gently stir to coat. Chill at least 1 hour in the refrigerator before serving.

Yucatan Potato Salad

Ingredients

6 russet potatoes, peeled and cubed
2 fresh poblano chile peppers
3 hard cooked eggs, chopped
1/2 cup chopped celery
1/2 cup chopped white onion
3 medium sweet pickles, chopped
12 green olives, sliced

1/4 cup lime juice
1 cup vegetable oil
1 teaspoon salt
1/2 teaspoon ground black pepper
1 teaspoon mustard powder

Directions

Preheat the oven to 400 degrees F (200 degrees C). Place the potatoes into a saucepan, and fill with enough water to cover. Bring to a boil and cook until tender, about 10 minutes. Drain.

Place the peppers into the oven so that they sit directly on the rack. Roast, turning every 10 minutes or so, until evenly charred. Place in a paper bag to sweat, then remove the peel when they are cool enough to handle. Remove the stem and seeds, and chop.

In a large bowl, combine the still warm potatoes, peppers, eggs, celery, onion, sweet pickles and olives. In a smaller bowl, whisk together the lime juice, vegetable oil, salt, pepper and mustard powder. I like to use a high speed mixing wand to help it emulsify. Pour over the potato salad, and stir to coat. Adjust seasoning to taste and serve.

Tuna Salad Pockets

Ingredients

1 (6 ounce) can tuna, drained and flaked
1/4 cup thinly sliced celery
1/4 cup chopped walnuts
1/4 cup plain yogurt
3 tablespoons sweet pickle relish
1 green onion, sliced
2 (6 inch) pita breads, halved

Directions

In a small bowl, combine the first six ingredients. Spoon into pitas.

Rice Salad

Ingredients

2 cups water
1 cup white rice
6 eggs
1 (10 ounce) package frozen peas, thawed
1 cup chopped celery
1/4 cup chopped onion
1 (4 ounce) jar diced pimento
1 cup mayonnaise
1 teaspoon prepared mustard
1 tablespoon lemon juice
1/4 cup sweet pickle relish
1 (9 ounce) can solid white tuna packed in water, drained
1/4 teaspoon dried dill weed
1 teaspoon salt
1/8 teaspoon pepper

Directions

In a saucepan bring water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes. Remove from heat, and set aside to cool.

Place eggs in a saucepan and cover with cold water. Bring to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

Rinse frozen peas under cold water. Strain, and place in a large mixing bowl. Add eggs, rice, celery, onions, and pimiento; toss to combine, and set aside. In a separate bowl, stir the mayonnaise together with mustard, lemon juice, relish, tuna, dill, salt, and pepper until well blended. Add to the vegetable mixture, and toss to combine. Cover, and refrigerate for a minimum of 4 hours. Toss once more before serving. Serve chilled.

Cucumber And Yogurt Salad

Ingredients

3 cucumbers
2 cloves garlic, minced
salt to taste
2 tablespoons dried mint
1 cup plain yogurt
1 tablespoon olive oil

Directions

Peel, quarter lengthwise, and seed cucumbers. Slice thinly. Mix together with garlic. Layer cucumber slices in a salad bowl, sprinkling each layer lightly with salt. Let stand for 30 minutes.

Pour off the liquid that has formed, pressing cucumber firmly. Crumble mint over cucumbers.

Beat yogurt until smooth; blend in a drizzle of olive oil if desired. Pour over cucumbers. Refrigerate until thoroughly chilled.

Italian Panzanella Bread Salad

Ingredients

8 ounces country style white bread, cut into 1 inch cubes
3 tablespoons garlic flavored olive oil
1/2 teaspoon coarse salt
1 (15 ounce) can garbanzo beans, rinsed and drained
2 cups red or yellow teardrop tomatoes, halved
1/3 cup chopped green bell pepper
1/3 cup chopped red bell pepper
1 small red onion, cut into 3/4 inch slices
10 kalamata olives, pitted and halved
1/3 cup basil pesto
1/4 cup balsamic vinegar
1 tablespoon minced fresh rosemary
1/4 teaspoon black pepper
4 ounces crumbled goat cheese
1 head green or red leaf lettuce
1/4 cup toasted pine nuts

Directions

Preheat oven to 350 degrees F (175 degrees C).

Toss the bread cubes with the olive oil to evenly coat. Sprinkle with salt, and toss again. Spread the cubed bread evenly over a baking sheet, and bake in the preheated oven until golden brown, about 12 minutes. Remove from oven and allow to cool completely.

Toss together the garbanzo beans, tomatoes, peppers, onion, and kalamata olives in a large bowl. In a separate bowl, whisk together the pesto, balsamic vinegar, rosemary, and pepper. Toss the tomatoes with the pesto mixture, and let stand at room temperature for 30 minutes to 1 hour.

To serve, toss the toasted bread cubes and goat cheese with the tomato mixture. Line a serving platter with a few lettuce leaves. Shred the remaining lettuce, and mound in the center of the platter. Spoon the bread mixture over the lettuce, and sprinkle with toasted pine nuts.

Chicken Salad Puffs

Ingredients

1 cup water
1/2 cup butter (no substitutes)
1/2 teaspoon salt
1 cup all-purpose flour
4 eggs
Filling:
2 cups finely chopped cooked chicken
1 (8 ounce) can crushed pineapple, drained
1/2 cup mayonnaise
1/4 cup chopped celery
1/4 cup thinly sliced green onions
1/4 cup chopped pecans
2 tablespoons sweet pickle relish
1/4 teaspoon onion salt
1/4 teaspoon garlic salt
1/4 teaspoon paprika
salt and pepper to taste

Directions

In a saucepan, bring water, butter and salt to a boil. Add flour all at once and stir until a smooth ball forms. Remove from the heat; let stand for 5 minutes. Add eggs, one at a time, beating well after each addition. Continue beating until smooth and shiny. Drop by rounded teaspoonfuls 2 in. apart onto a greased baking sheet. Bake at 400 degrees F for 15-20 minutes or until golden brown. Remove to wire racks. Immediately cut a slit in each puff to allow steam to escape; cool. Split puffs and set tops aside; remove soft dough form inside. In a bowl, combine the filling ingredients; mix well. Fill puffs and replace tops. Refrigerate until serving. Refrigerate leftovers.

Exotic Salad

Ingredients

1 (6 ounce) can sliced mushrooms, drained
1 (6 ounce) can sliced black olives, drained
1 (6 ounce) can artichoke hearts, drained
1 (14.25 ounce) can hearts of palm, drained and sliced
1 (15 ounce) can baby corn, drained
DRESSING
1/2 cup olive oil
1/4 cup fresh lemon juice
1 clove garlic, minced
salt and pepper to taste
2 sprigs fresh parsley, chopped
4 leaves fresh basil, chopped

Directions

In a large bowl combine mushrooms, olives, artichoke hearts, hearts of palm and baby corn.

In a small bowl combine olive oil, lemon juice, garlic, salt, pepper, parsley and basil. Pour over vegetables.

Benny's Potato Salad

Ingredients

2 1/2 pounds potatoes, cubed
4 hard-cooked eggs, peeled and chopped
1/3 cup chopped green olives
1/3 cup dill pickle relish
1/4 cup sweet pickle relish
1/4 cup chopped green onion
1/2 cup mayonnaise
3 teaspoons yellow mustard
3 teaspoons brown mustard
1 teaspoon white wine vinegar
1 teaspoon garlic powder
1 teaspoon ground black pepper
1 teaspoon ground white pepper
1/2 teaspoon salt
2 teaspoons celery seed
1/2 teaspoon dill seed
1 teaspoon chopped fresh dill

Directions

Place potatoes in a large pot with enough water to cover. Bring to a boil, and cook for about 5 minutes, until tender but not mushy. Drain in a colander, and run under cold water to cool. Set aside.

In a large serving bowl, Stir together the eggs, green olives, dill and sweet pickle relishes, green onion, mayonnaise, yellow and brown mustards, and wine vinegar. Season with garlic powder, black pepper, white pepper, salt, celery seed, dill seed, and dill. Mix well, and stir in potatoes until coated. Chill for at least 2 hours to allow the flavors to blend.

Artichoke Rice Salad

Ingredients

1 (6.9 ounce) package chicken-flavored rice and vermicelli mix
2 (6.5 ounce) jars marinated artichoke hearts
3 cups cooked long-grain rice
3 cups chopped green onions
3/4 cup mayonnaise
1/2 teaspoon curry powder

Directions

Prepare rice mix according to package directions; cool. Drain artichokes, reserving marinade. Chop artichokes; place in a large bowl. Add prepared rice, long grain rice and onions. In a small bowl, combine mayonnaise, curry powder and reserved marinade. Pour over rice mixture and toss to coat. Cover and refrigerate until serving.

Sweet Potato-White Potato Salad

Ingredients

2 sweet potato, peeled and cut into 3/4-inch cubes
2 potatoes, peeled and cut into 3/4 inch cubes
2 teaspoons distilled white vinegar
1/4 cup light mayonnaise
1/4 cup light sour cream
2 teaspoons fresh lemon juice
1 teaspoon curry powder, or to taste
salt and ground black pepper to taste
1/4 cup chopped green onions
1/2 cup chopped celery
1 tablespoon chopped fresh cilantro

Directions

Place potatoes in two separate saucepans and cover with water. Bring to a boil over high heat, then turn heat to medium-low. Cover, and cook until tender but still firm, 12 to 14 minutes for sweet potatoes, and 10 to 12 minutes for white potatoes. Drain and place in a large mixing bowl. Sprinkle with vinegar, and cool.

To make the dressing, combine the mayonnaise, sour cream, lemon juice, and curry powder in a small bowl. Season to taste with salt and pepper.

Mix the green onions, celery, and cilantro with the potatoes. Pour the dressing over the potato mixture, and toss to evenly coat vegetables. Refrigerate at least 1 hour before serving to let flavors blend.

Cucumber and Mint Salad

Ingredients

1 cucumber, sliced
1 cup sliced celery
1 (15 ounce) can garbanzo beans, drained
3 carrots, peeled and shredded
1/4 cup raisins
1 cup chopped fresh mint
2 tablespoons olive oil
3 tablespoons red wine vinegar

Directions

Place the cucumber, celery, garbanzo beans, carrots, raisins, and mint in a large bowl, and toss with the olive oil and red wine vinegar to coat. Serve immediately.

Frozen Waldorf Salad

Ingredients

1 (20 ounce) can crushed pineapple
1 cup sugar
2 eggs, beaten
Dash salt
1 cup chopped celery
2 medium red apples, chopped
1 cup chopped pecans
1 cup heavy cream, whipped
Lettuce Leaves

Directions

Drain pineapple, reserving the juice. Set pineapple aside. In a saucepan, combine juice with sugar, eggs and salt. Cook, stirring constantly, over medium-low heat until slightly thickened. Remove from the heat; cool. Stir in pineapple, celery, apples and pecans. Fold in whipped cream. Pour into a 9-in. square pan. Cover and freeze until firm. Let stand at room temperature for about 15 minutes before cutting. Serve on lettuce-lined plates if desired.

Pasta Shrimp Salad

Ingredients

1 (7 ounce) package small shell pasta
3 celery ribs, chopped
5 ounces frozen, small, cooked shrimp, thawed
1 cup frozen peas, thawed
1/2 cup fat free French dressing
1/2 cup reduced-fat mayonnaise
3 tablespoons chopped onion
2 teaspoons dried basil
2 teaspoons lemon juice
1/2 teaspoon garlic powder
1/2 teaspoon salt-free lemon-pepper seasoning
1/2 teaspoon salt-free seasoning blend

Directions

Cook pasta according to package directions; drain and rinse in cold water. In a large bowl, combine the pasta, celery, shrimp and peas. In a small bowl, combine the remaining ingredients. Pour over pasta mixture and toss to coat. Cover and refrigerate until serving.

Heavenly Zucchini Salad

Ingredients

2 medium zucchini, diced
1 cup chopped red onion
1 cup chopped sweet red pepper
1/2 cup chopped green pepper
3 small sweet pickles, chopped
1/4 cup peanuts, chopped
SALAD DRESSING:
3/4 cup cider vinegar
1/4 cup vegetable oil
2/3 cup sugar
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

In a large bowl, toss together the first six ingredients. In a jar with a tight-fitting lid, combine the salad dressing ingredients; shake well. Pour over salad and toss to coat. Cover and refrigerate for at least 1 hour. Serve with a slotted spoon.

Creamy Cucumber Gelatin Salad

Ingredients

2 (3 ounce) packages lime flavored gelatin mix
2 cups boiling water
1 (8 ounce) package cream cheese, softened
1 cup creamy salad dressing, e.g. Miracle Whip в„ў
1 medium cucumber, peeled and chopped
1 dill pickle
1 tablespoon grated onion

Directions

Pour the gelatin mix into a medium bowl, and stir in the boiling water. Set aside to cool slightly.

In a blender or large food processor, combine the cream cheese, salad dressing, cucumber, pickle, and onion. Process until fairly smooth. Stir into the gelatin mixture. Pour into a mold, or leave in the bowl. Refrigerate for 3 hours, or until firm.

Blueberry Salad

Ingredients

2 (3 ounce) packages raspberry flavored gelatin mix
2 cups hot water
1 (20 ounce) can crushed pineapple, drained
1 (21 ounce) can blueberry pie filling
1 (8 ounce) package cream cheese
1/2 cup white sugar
1 cup sour cream
1 teaspoon vanilla extract

Directions

Combine hot water and gelatin; stir until dissolved. Stir in pineapple and blueberry pie filling. Pour into a 9x13 inch dish and chill in refrigerator until firm.

Cream together cream cheese and sugar. Beat in sour cream and vanilla. Spread over firm gelatin. Chill until serving.

Almond and Baby Bok Choy Asian Salad

Ingredients

1/2 cup canola oil
1/4 cup rice vinegar
3 tablespoons soy sauce
1 tablespoon mirin (Japanese sweet rice wine)
2 tablespoons toasted sesame seeds
1/2 head romaine lettuce, chopped
2 heads baby bok choy, cleaned and sliced
1 carrot, cut into matchsticks
1/4 cup toasted sliced almonds
1/2 cup croutons

Directions

Whisk together the oil, vinegar, soy sauce, mirin, and sesame seeds in a small bowl, then set aside. Toss together the romaine, bok choy, carrot, almonds, and croutons in a large bowl. Pour the dressing over the salad, toss to coat, and serve immediately.

Green Bean Egg Salad

Ingredients

1 pound fresh green beans, cut into 1 1/2 inch pieces
3 hard-cooked eggs, chopped
1/2 cup chopped sweet onion
3/4 cup mayonnaise
3/4 teaspoon prepared mustard
3/4 teaspoon salt
1/8 teaspoon pepper

Directions

Place beans in a steamer basket. Place in a large saucepan over 1 in. of water. Bring to a boil; cover and steam for 8-10 minutes or until crisp-tender. Transfer to a bowl; cool. Add the eggs and onion.

In a small bowl, combine the mayonnaise, mustard, salt and pepper. Add to bean mixture and mix well. Cover and refrigerate for at least 2 hours before serving.

Hot Chicken Salad V

Ingredients

4 skinless, boneless chicken breast halves
4 hard-cooked eggs, sliced
2 cups chopped celery
3/4 cup creamy salad dressing, e. g. Miracle Whip в„ў
2 tablespoons orange juice
3/4 (10.75 ounce) can condensed cream of chicken soup
1/2 teaspoon poultry seasoning
1 teaspoon onion salt
1 (4 ounce) jar diced pimento peppers, drained
1/2 cup blanched slivered almonds
1 1/2 cups shredded sharp Cheddar cheese
1 1/2 cups crushed potato chips

Directions

Boil chicken in lightly salted boiling water for 40 minutes. Drain, cool and cut into medium size pieces.

In a large bowl combine chicken, celery, eggs, salad dressing, orange juice, soup, seasoning, onion salt and pimentos. Mix well and spread mixture into a 9x13 inch baking dish. Sprinkle with almonds, cheese and potato chips. Refrigerate overnight.

Preheat oven to 350 degrees F (175 degrees C).

Bake casserole in preheated oven for 45 minutes.

Layered Reuben Salad

Ingredients

6 slices pumpernickel bread
1/4 cup melted butter

1 cup drained sauerkraut
8 cups torn lettuce leaves
1/2 cup sliced green onions
1 tomato, diced
3/4 pound deli sliced corned beef, cut into strips
1 1/4 cups Thousand Island dressing
3/4 cup shredded Swiss cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

Brush both sides of the bread with melted butter, then cut into cubes. Place on a baking sheet, and bake in preheated oven until crisp, stirring occasionally, about 15 minutes. Allow to cool to room temperature, then store in an airtight container.

Layer the sauerkraut, lettuce, tomato, and corned beef in a 9x13 inch dish. Carefully spread dressing over the top. Sprinkle with Swiss cheese. Refrigerate overnight. Top with pumpernickel croutons and serve.

Napa Cabbage Noodle Salad

Ingredients

1 large head napa cabbage, shredded
1/2 cup olive oil
1 (3 ounce) package ramen noodles, crushed
1/2 cup sesame seeds
3 ounces blanched slivered almonds
1 cup canola oil
2 teaspoons soy sauce
2/3 cup white sugar
2 tablespoons balsamic vinegar
6 tablespoons white wine vinegar

Directions

Place the cabbage in a large bowl, cover, and place in the refrigerator to chill for 30 minutes. Heat the olive oil in a skillet over medium heat, and cook and stir the ramen noodles, sesame seeds, almonds until lightly browned; set aside to cool.

Prepare the dressing by mixing the canola oil, soy sauce, sugar, balsamic and white vinegars in a blender until smooth.

About 30 minutes before serving, toss the dressing and cabbage mixture together; chill. Just before serving, toss the noodle mixture with the cabbage mixture.

Pasta Fruit Salad I

Ingredients

1 pound rotini pasta
1 (15 ounce) can mandarin oranges, drained
1 (20 ounce) can pineapple chunks, drained
1/4 cup chopped green onions
1 cup diced ham
1/2 cup creamy salad dressing

Directions

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

In a salad bowl, combine the pasta, oranges, pineapple, green onions, ham and creamy salad dressing. Mix well and chill before serving.

That Good Salad

Ingredients

3/4 cup vegetable oil
1/4 cup fresh lemon juice
2 garlic cloves, minced
1/2 teaspoon salt
1/2 teaspoon pepper
2 heads romaine lettuce - rinsed, dried, and torn into bite-size pieces
2 cups chopped tomatoes
1 cup shredded Swiss cheese
2/3 cup slivered almonds, toasted
1/2 cup grated Parmesan cheese
8 bacon strips, cooked and crumbled
1 cup Caesar salad croutons

Directions

In a jar with tight-fitting lid, combine oil, lemon juice, garlic, salt and pepper; cover and shake well. Chill. In a bowl, toss romaine, tomatoes, Swiss cheese, almonds if desired, Parmesan cheese and bacon. Shake dressing; pour over salad and toss. Add croutons and serve immediately.

Toasted Almond Green Bean Salad

Ingredients

2 pounds fresh green beans, trimmed
1/2 cup olive oil
2 tablespoons balsamic vinegar
1/2 cup sliced almonds

Directions

Place beans in a large saucepan, and cover with water. Boil beans until soft but still bright green, about 15 minutes. Transfer beans immediately to an ice water bath to cool. Drain after 3 minutes. Place beans in large bowl. Toss with balsamic vinegar, stir in th olive oil.

Place the almonds in a heavy skillet over low heat; cook until golden. Toss almonds into the green bean salad. Serve at room temperature or chilled.

Silverbeet Salad

Ingredients

1 cup uncooked rotini
1/2 bunch Swiss chard (silverbeet), stems removed and thinly sliced
1 red bell pepper, seeded and chopped
1/4 cup vinaigrette salad dressing

Directions

Bring a saucepan of water to a boil. Add the rotini pasta, and cook for 8 minutes, or until tender. Drain, and rinse under cold water to cool.

In a medium bowl, toss together the rotini, Swiss chard, and bell pepper. Pour in dressing sparingly until you reach your desired amount.

Avocado-Lime Shrimp Salad (Ensalada de

Ingredients

1 1/4 pounds cooked deveined shelled shrimp, tail shells removed
3 avocados - peeled, pitted and diced
1 bunch green onion tops, chopped
3 large red tomatoes, diced
1 large yellow tomato, diced
1 bell pepper (any color), chopped
1/2 bunch cilantro, chopped
2 tablespoons fresh lime juice
salt and ground black pepper to taste

Directions

Cut the shrimp into 2 or 3 pieces and place in a large bowl; add the avocado, green onion, red and yellow tomatoes, bell pepper, cilantro, and lime juice; mix. Season with salt and pepper. Refrigerate at least 15 minutes before serving.

Spring Rhubarb Salad

Ingredients

4 cups diced rhubarb
1 1/2 cups water
1/2 cup sugar
1 (6 ounce) package strawberry gelatin dessert mix
1 cup orange juice
1 teaspoon grated orange rind
1 cup sliced fresh strawberries

Directions

Combine rhubarb, water and sugar in saucepan. Cook and stir over medium heat until rhubarb is tender. Remove from heat; add gelatin and stir until dissolved. Add orange juice and rind. Chill until syrupy. Add strawberries. pour into 6-cup mold; chill until set.

Cherry Tomato Salad

Ingredients

40 cherry tomatoes, halved
1 cup pitted and sliced green olives
1 (6 ounce) can black olives, drained and sliced
2 green onions, minced
3 ounces pine nuts
1/2 cup olive oil
2 tablespoons red wine vinegar
1 tablespoon white sugar
1 teaspoon dried oregano
salt and pepper to taste

Directions

In a big bowl, combine cherry tomatoes, green olives, back olives, and spring onion.

In a dry skillet, toast pine nuts over medium heat until golden brown, turning frequently. Stir into tomato mixture.

In a small bowl, mix together olive oil, red wine vinegar, sugar, and oregano. Season to taste with salt and pepper. Pour over salad, and gently stir to coat. Chill for 1 hour.

Gorgonzola Salad

Ingredients

1 teaspoon salt
1 teaspoon red wine vinegar
1/2 cup extra light olive oil
3 cloves garlic, crushed
1 head lettuce
1 ounce Gorgonzola cheese, crumbled

Directions

In a small bowl, whisk together the salt, vinegar, olive oil and garlic. Set aside.

Chop lettuce and arrange in salad bowls. Sprinkle some Gorgonzola cheese over each salad, spoon on desired amount of dressing, and serve.

Cilantro, Avocado, Tomato, and Feta Salad

Ingredients

8 roma (plum) tomatoes, diced
3 jalapeno peppers, seeded and diced
3 bunches green onion, sliced
4 ounces crumbled garlic and herb feta cheese
4 avocados - peeled, pitted and diced
2 tablespoons fresh lemon juice
3 bunches cilantro, chopped
salt and ground black pepper to taste

Directions

Combine the tomatoes, jalapeno peppers, green onion, and feta cheese in a large bowl; toss together. Add the diced avocado; drizzle the lemon juice over the avocado to keep it from turning brown. Stir in the cilantro. Season with salt and pepper. Mix well and serve.

Victoria's Cucumber Salad

Ingredients

4 large cucumbers, thinly sliced
1 teaspoon salt
1 tablespoon ground black pepper
1 pinch garlic powder
1/2 cup mayonnaise

Directions

Place the cucumber slices into a large bowl. Season with salt, pepper and garlic powder. Stir in mayonnaise until coated. Refrigerate for 20 minutes before serving.

Watermelon Salad

Ingredients

2 small watermelons
1 (15 ounce) can canned diced pineapple in juice, drain juice and reserve
1 pound seedless grapes
2 apples - peeled, cored and chopped
2 bananas, cut into bite-size pieces

Directions

Cut each watermelon in half lengthwise. Hollow out the insides using a melon baller, reserving rind for later use. Drain pineapple, and discard juice. Cut apples in half, remove cores, and cut into bite size pieces. Peel banana, and slice in to bite size pieces. Rinse grapes under cold running water, and pat dry.

In a bowl, toss together the watermelon balls, pineapple, apple, banana chunks, and grapes. Divide fruit salad among the 4 reserved watermelon "bowls," and serve.

Lime Fruit Salad in a Mold

Ingredients

1 (3 ounce) package lime flavored gelatin mix
1 cup boiling water
1 cup cold water
4 pineapple rings
1/2 cup pitted dark sweet cherries, drained
1/4 cup halved seedless red grapes
4 pears - peeled, cored and chopped

Directions

In a large bowl, dissolve the gelatin in the boiling water. Whisk in the cold water and set aside to cool slightly.

Rinse a 1 quart mold in cold water. Stir the pineapple, cherries, grapes and pears into the gelatin and pour into prepared mold. Refrigerate until set.

Pressure Cooker Potato Salad

Ingredients

6 medium red potatoes, scrubbed
1 cup water
1/4 cup chopped onion
1 stalk celery, chopped
salt and pepper to taste
3 hard-cooked eggs, chopped
1 tablespoon chopped fresh dill
1/2 cup mayonnaise
1 teaspoon yellow mustard
1 teaspoon cider vinegar

Directions

Place potatoes in pressure cooker with water. Cook on high pressure 3 minutes. If potatoes are larger, cook for 4 minutes. Let steam release for 3 minutes. Then quickly release pressure and open cooker. Peel and dice potatoes when they are cool enough to handle.

Alternate layers of potatoes, onion, and celery in a large bowl. Season each layer with salt and pepper. Top with the chopped egg and sprinkle with dill.

Mix together the mayonnaise, mustard, and cider vinegar in a small bowl. Gently fold the mayonnaise mixture into the potatoes. Chill at least one hour before serving.

Greek Pasta Salad I

Ingredients

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
3/4 cup sliced pepperoni sausage, cut into strips

Directions

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 2 hours or overnight.

Summer Corn Salad with Asparagus

Ingredients

6 ears corn, husk and silk removed
1 bunch asparagus spears, trimmed and cut into 1-inch pieces
1 (7 ounce) jar roasted sweet red peppers, drained and chopped
2 cloves garlic, minced
6 basil leaves, chopped
1 tablespoon olive oil
1 tablespoon balsamic vinegar
salt and black pepper to taste

Directions

Preheat an outdoor grill for medium-low heat and lightly oil grate.

Place the ears of corn on the grill and cook until the kernels are tender, about ten minutes turning frequently. Remove the ears from the grill and cool. Cut the kernels off of the cob.

Fill a large saucepan with lightly salted water and bring to a boil over high heat. Add asparagus and cook until just tender, about 1 minute. Drain in a colander and rinse immediately under cold, running water until well chilled. Set aside.

Combine the corn, asparagus, roasted peppers, garlic, basil, olive oil, and balsamic vinegar in a large bowl; season with salt and pepper to taste. Serve at room temperature or chilled.

Microwave Asparagus Salad

Ingredients

24 medium stalks asparagus
4 cups Italian-style salad greens with radicchio
4 tablespoons chopped hazelnuts

Dressing:
6 tablespoons balsamic vinegar
2 tablespoons olive oil
2 tablespoons orange juice
2 teaspoons Dijon mustard
1 teaspoon low-sodium soy sauce
Freshly ground pepper, to taste

Directions

Trim, peel and rinse asparagus (do not dry). Place spears flat, two or three deep, in a glass pie plate or similar dish. Cover tightly with microwavable plastic wrap and microwave on high 2 1/2 to 5 minutes, depending on wattage.

Whisk together dressing ingredients, pour over asparagus and marinate in refrigerator until cool.

Divide greens onto four salad plates; top each with six asparagus spears.

Drizzle with equal amounts of dressing, and top with hazelnuts.

Black Bean and Couscous Salad

Ingredients

1 cup uncooked couscous
1 1/4 cups chicken broth
3 tablespoons extra virgin olive oil
2 tablespoons fresh lime juice
1 teaspoon red wine vinegar
1/2 teaspoon ground cumin
8 green onions, chopped
1 red bell pepper, seeded and chopped
1/4 cup chopped fresh cilantro
1 cup frozen corn kernels, thawed
2 (15 ounce) cans black beans, drained
salt and pepper to taste

Directions

Bring chicken broth to a boil in a 2 quart or larger sauce pan and stir in the couscous. Cover the pot and remove from heat. Let stand for 5 minutes.

In a large bowl, whisk together the olive oil, lime juice, vinegar and cumin. Add green onions, red pepper, cilantro, corn and beans and toss to coat.

Fluff the couscous well, breaking up any chunks. Add to the bowl with the vegetables and mix well. Season with salt and pepper to taste and serve at once or refrigerate until ready to serve.

Black Bean And Corn Salad I

Ingredients

1/2 cup balsamic vinaigrette salad dressing
1/4 teaspoon seasoned pepper
1/4 teaspoon dried cilantro
1/8 teaspoon ground cayenne pepper
1/4 teaspoon ground cumin
2 (15 ounce) cans black beans, rinsed and drained
2 (15 ounce) cans whole kernel corn, drained
1/2 cup chopped onion
1/2 cup chopped green onions
1/2 cup red bell pepper, chopped

Directions

In a small bowl, mix together vinaigrette, seasoned pepper, cilantro, cayenne pepper, and cumin. Set dressing aside.

In a large bowl, stir together beans, corn, onion, green onions, and red bell pepper. Toss with dressing. Cover, and refrigerate overnight. Toss again before serving.

Crisscross Salad

Ingredients

1 pound fresh broccoli, chopped
1 (16 ounce) can kidney beans, rinsed and drained
2 large tomatoes, chopped
1 medium red onion, chopped
1 cup shredded Cheddar cheese
1 (16 ounce) bottle Italian salad dressing

Directions

In a large bowl, combine the first five ingredients. Drizzle with dressing; toss to coat. Serve immediately or refrigerate for 4 hours or overnight, stirring occasionally. Serve with a slotted spoon.

Caesar Chicken Pasta Salad

Ingredients

1/2 cup Marzetti® Supreme Caesar Dressing
3 cups pre-cooked roasted chicken breast, skinned and shredded
3 cups hot cooked penne (tubular-shaped) pasta
2 cups Romaine lettuce (bite-sized pieces)
1 1/2 cups cherry tomatoes, halved
1/2 cup fresh basil, thinly sliced
1/2 cup green onions, chopped
1/4 cup carrots, shredded
1/4 cup fresh parsley
1 (4 ounce) package feta cheese, crumbled
1 garlic clove, minced

Directions

Combine all ingredients in large bowl. Toss gently to coat well.

Peachy Rice Salad

Ingredients

1/3 cup plain yogurt
2 tablespoons honey
4 teaspoons lemon juice
1/2 teaspoon salt
2 cups cold cooked rice
2 peaches, peeled and diced
1/2 cup sliced celery
1/4 cup coarsely chopped walnuts, toasted

Directions

In a bowl, combine the yogurt, honey, lemon juice and salt. Stir in the rice, peaches and celery. Cover and refrigerate. Just before serving, stir in the walnuts.

Pineapple Walnut Salad

Ingredients

1 (8 ounce) can crushed pineapple, drained
4 ounces cream cheese
1 tablespoon vanilla extract
1 cup walnuts
1 (8 ounce) container frozen whipped topping, thawed

Directions

Blend together the pineapple, cream cheese and vanilla. Stir in nuts, fold in whipped topping and chill before serving.

Italian Eggplant Salad

Ingredients

6 eggplants
1 clove garlic, crushed
3 tablespoons olive oil
1 tablespoon balsamic vinegar
2 tablespoons white sugar
1 teaspoon dried parsley
1 teaspoon dried oregano
1/4 teaspoon dried basil
salt and pepper to taste

Directions

Preheat the oven to 350 degrees F (175 degrees C). Puncture eggplants with a fork, and place on a baking sheet. Bake for 1 1/2 hours, or until soft, turning occasionally. Cool, then peel and dice.

In a large bowl, stir together the garlic, olive oil, vinegar, sugar, parsley, oregano, basil, salt and pepper. Add the diced eggplant, and stir to coat. Refrigerate for at least 2 hours before serving to marinate.

Versatile Salad Dressing

Ingredients

2 cups sugar
3 tablespoons all-purpose flour
1 teaspoon salt
1/2 teaspoon ground mustard
3 eggs, lightly beaten
1 cup vinegar
1 cup water
Mayonnaise

Directions

In a saucepan, combine sugar, flour, salt and mustard; stir in eggs. Gradually stir in vinegar and water until smooth. Bring to a boil over medium heat, stirring constantly; cook and stir for 2 minutes. Cover and refrigerate. Just before serving, combine desired amount of base with an equal amount of mayonnaise. Serve as a dressing for potato salad, coleslaw or salad greens. Refrigerate leftovers.

Lemon Vinaigrette Salad

Ingredients

1 head bibb or Boston lettuce, separated into leaves
1 large tomato, sliced
1 small cucumber, sliced
1/4 cup olive oil
2 tablespoons lemon juice
2 teaspoons snipped fresh dill
1/4 teaspoon salt
1/8 teaspoon pepper

Directions

Arrange the lettuce on four salad plates. Top with tomato and cucumber slices. In a jar with a tight-fitting lid, combine the oil, lemon juice, dill, salt and pepper; shake well. Drizzle over salads.

Tuna Salad

Ingredients

1 (6 ounce) can tuna, drained
1 (15 ounce) can chickpeas (garbanzo beans), drained
2 hard-boiled eggs, chopped
1 cucumber, peeled and diced
1 head iceberg lettuce, torn into bite-sized pieces
1/2 cup French dressing

Directions

In a large mixing bowl, combine tuna, chickpeas (garbanzo beans), chopped hard-boiled eggs, diced cucumber, and iceberg lettuce.

Toss well and add French dressing to taste.

Chicken Salad Oriental

Ingredients

1 1/2 cups cubed cooked chicken
1 1/2 cups cooked rice
1 (10 ounce) package frozen green beans, thawed
1 cup fresh bean sprouts
1 medium green pepper, chopped
1 small onion, chopped
2 tablespoons minced fresh parsley
DRESSING:
1/3 cup sour cream
2 tablespoons water
2 tablespoons soy sauce
1/2 teaspoon garlic powder
1/2 teaspoon salt
1/4 teaspoon ground ginger
1/8 teaspoon pepper

Directions

In a large bowl, combine the first seven ingredients. Whisk dressing ingredients together in a small bowl. Pour over salad; toss to coat. Refrigerate 8 hour or overnight.

Bologna Salad Sandwich Spread II

Ingredients

4 eggs
1 1/2 pounds unsliced bologna
6 medium sweet pickles
1/4 cup mayonnaise

Directions

Place eggs in a medium saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from water, cool and peel.

In a food processor, place eggs, bologna and sweet pickles. Blend to a spreadable consistency.

Transfer mixture to a medium bowl. Mix in mayonnaise, increasing the amount as necessary to make the mixture smooth. Cover and chill in the refrigerator until serving.

Rice A Ronів„ў Salad

Ingredients

1 (10.75 ounce) package chicken flavored rice mix (e.g. Rice A Roni)
1 bunch green onions, chopped
1 (8 ounce) can water chestnuts, drained and chopped
1 cup chopped celery
1 cup chopped cooked chicken breast meat
1/2 cup mayonnaise
1 dash Worcestershire sauce
salt and pepper to taste

Directions

Prepare rice mix as directed on package and chill.

To the cooked rice, add the green onions, water chestnuts, celery, chicken, mayonnaise, Worcestershire sauce and salt and pepper to taste. Mix well, chill and serve.

Lobster Salad with Red Devil Dressing

Ingredients

1 1/2 pounds cooked lobster tails - peeled, shredded and chilled
1 medium head garlic
1/2 large onion
salt to taste
1/3 cup extra virgin olive oil
2 large red bell peppers
1 large portobello mushroom, chopped
1/2 lemon, juiced
1 tablespoon fennel seed
1 tablespoon ketchup
1 tablespoon cider vinegar
ground black pepper to taste
4 cups mixed salad greens

Directions

Preheat oven to broil. Position rack in the center of the oven. Lightly oil a baking sheet.

Cut off top of garlic, place on a square of aluminum foil. Drizzle with 1 teaspoon olive oil, and sprinkle with a pinch of salt on top. Wrap in foil, and place on baking sheet. Prepare onion in the same manner.

Place baking sheet in the center of the oven, and bake garlic and onion for 15 minutes. Place red bell peppers on sheet; broil for 15 minutes, turning to blacken all sides. Remove peppers only, and place in a brown paper bag. Place mushroom on baking sheet, and broil for 15 minutes. Remove mushroom, onion, and garlic from oven. Set vegetables aside until cool enough to handle.

Peel and remove seeds from peppers; place in blender, discarding seeds and peel. Squeeze garlic and onion from skins; add to blender, discarding skins. Coarsely chop mushroom; add to blender along with remaining olive oil, lemon juice, fennel, ketchup, and vinegar. Blend until smooth. Season to taste with salt and ground black pepper.

Place shredded lobster meat in the center of a large bed of salad greens. Pour dressing around lobster meat.

Oriental Chicken Salad

Ingredients

1/2 cup sugar
1 tablespoon cornstarch
1/4 cup water
1/4 cup vegetable oil
1/4 cup ketchup
3 tablespoons cider vinegar
1 tablespoon soy sauce
1 head iceberg lettuce, torn
2 cups cubed, cooked chicken
1 cup salted cashews
1 (8 ounce) can sliced water chestnuts, drained
1 (6 ounce) package frozen peas, thawed
1 (3 ounce) can chow mein noodles
1/4 cup chopped green onions

Directions

In a small saucepan, combine the first seven ingredients. Bring to a boil; cook and stir for 2 minutes or until thickened. Cool. In a large salad bowl, combine the remaining ingredients; add dressing and toss to coat. Serve immediately.

Summertime Tropical Fruit Salad

Ingredients

1 mango - peeled, seeded and cubed
1 papaya - peeled, seeded and cubed
2 mandarin oranges, peeled and segmented
2 kiwis, peeled and sliced
1/2 fresh pineapple - peeled, cored and cubed
1 (8 ounce) package cream cheese, room temperature
1 (7 ounce) jar marshmallow fluff
1 tablespoon vanilla extract

Directions

In a large bowl, gently toss together the mango, papaya, oranges, kiwis and pineapple.

In a medium bowl, blend cream cheese, marshmallow and vanilla extract on medium speed with an electric mixer until smooth and creamy. Topping can be poured over fruit or left in a separate bowl for dipping.

Orange Cucumber Tossed Salad

Ingredients

2 medium navel oranges, peeled and sliced
1 medium cucumber, sliced
4 cups torn romaine
4 cups torn leaf lettuce
1 small red onion, sliced and separated into rings
1/4 cup orange juice
2 tablespoons balsamic vinegar
1 1/2 teaspoons sugar
1/4 teaspoon salt
1/8 teaspoon pepper
3 tablespoons canola oil
1 cup seasoned salad croutons

Directions

Place orange and cucumber slices around the bottom sides of a straight-sided glass salad bowl. Cut any remaining orange and cucumber slices in half; place in another bowl. Add the lettuce and onion. In a jar with a tight-fitting lid, combine the orange juice, vinegar, sugar, salt, pepper and oil; shake well. Pour over lettuce mixture and toss gently to coat; carefully spoon into salad bowl. Sprinkle with croutons. Serve immediately.

Fruited Macaroni Salad

Ingredients

1/3 cup sugar
1 tablespoon all-purpose flour
Pinch salt
1 (11 ounce) can mandarin oranges, drained
1 (8 ounce) can crushed pineapple, undrained
1 egg, lightly beaten
2 cups cooked elbow macaroni
1 cup whipped topping
1/4 cup chopped pecans, toasted

Directions

In a saucepan, combine the sugar, flour and salt. Drain juice from oranges and pineapple into a 1-cup measuring cup; cover and refrigerate fruit. Add enough water to the juice, if needed, to measure 1 cup; stir into the sugar mixture until smooth. Cook and stir over medium-high heat until thickened and bubbly.

Reduce heat; cook and stir 1 minute longer. Remove from the heat. Stir a small amount of hot mixture into egg; return all to pan, stirring constantly. Bring to a gentle boil; cook and stir 2 minutes longer. Remove from the heat.

In a bowl, combine the macaroni and cooked dressing. Cover and refrigerate for 8 hours or overnight. Just before serving, fold in whipped topping and reserved oranges and pineapple. Sprinkle with pecans.

Pea Salad

Ingredients

1 1/2 cups frozen peas, thawed
1/2 cup shredded Cheddar cheese
2 tablespoons finely chopped onion
1/4 cup mayonnaise
1 1/2 teaspoons prepared mustard

Directions

In a bowl, combine the peas, cheese and onion. Stir in the mayonnaise and mustard. Cover and refrigerate until serving.

Hawaiian Salad

Ingredients

1 (8 ounce) can pineapple tidbits
6 cups torn salad greens
1 cup shredded Cheddar cheese
1/2 cup mayonnaise or salad dressing
1 tablespoon sugar

Directions

Drain pineapple, reserving 1 tablespoon juice. In a large bowl, combine greens, pineapple and cheese. In a small bowl, combine the mayonnaise, sugar and reserved pineapple juice; mix well. Pour over salad; toss to coat. Serve immediately.

Spiral Pasta Salad

Ingredients

3 cups cooked spiral pasta
1/2 cup chopped green pepper
1/2 cup sliced celery
1/2 cup chopped tomato
1/2 cup shredded carrot
DRESSING:
1/4 cup vegetable oil
1/4 cup cider vinegar
1/4 cup chopped onion
2 tablespoons ketchup
4 teaspoons sugar
1/2 teaspoon salt
1/4 teaspoon ground mustard
1/4 teaspoon paprika
1/4 teaspoon garlic powder
1/4 teaspoon dried oregano

Directions

In a large bowl, combine pasta, green pepper, celery, tomato and carrot. In a jar with tight-fitting lid, combine dressing ingredients; shake well. Pour over salad and toss. Chill.

Chicken Salad Supreme

Ingredients

5 cups cubed cooked chicken
2 tablespoons vegetable oil
2 tablespoons orange juice
2 tablespoons vinegar
1 teaspoon salt
3 cups cooked rice
1 1/2 cups mayonnaise
1 1/2 cups sliced celery
1 1/2 cups small seedless grapes
1 (20 ounce) can pineapple chunks, drained
1 (11 ounce) can mandarin oranges, drained
1 cup slivered almonds, toasted

Directions

In a large bowl, combine chicken, oil, orange juice, vinegar and salt. Fold in rice, mayonnaise, celery, grapes, pineapple and oranges. Cover and dill until ready to serve; stir in almonds.

Party-Size Greek Couscous Salad

Ingredients

3 (6 ounce) packages garlic and herb couscous mix (or any flavor you prefer)
1 pint cherry tomatoes, cut in half
1 (5 ounce) jar pitted kalamata olives, halved
1 cup mixed bell peppers (green, red, yellow, orange), diced
1 cucumber, sliced and then halved
1/2 cup parsley, finely chopped
1 (8 ounce) package crumbled feta cheese
1/2 cup Greek vinaigrette salad dressing

Directions

Cook couscous according to package directions. Transfer to a large serving bowl to cool. Stir to break up clusters of couscous.

When the couscous has cooled to room temperature, mix in tomatoes, olives, bell peppers, cucumber, parsley, and feta. Gradually stir vinaigrette into couscous until you arrive at desired moistness.

Ruby Apple Salad

Ingredients

1 (3 ounce) package cherry gelatin
2 tablespoons red-hot candies
1 3/4 cups boiling water
1 1/2 cups chopped apples
1/2 cup chopped celery
1/2 cup chopped walnuts

Directions

In a bowl, stir gelatin and candies in boiling water until dissolved. Chill until partially set. Fold in apples, celery and walnuts. Pour into a 1-qt. serving bowl. Chill until firm, at least 4 hours.

Dijon Four-Bean Salad

Ingredients

1 (10 ounce) package frozen baby lima beans
1 (10 ounce) package frozen cut green beans
2 (16 ounce) cans red kidney beans, rinsed and drained
1 (15 ounce) can white kidney or cannelini beans, rinsed and drained
1/3 cup white wine vinegar or cider vinegar
1/4 cup sugar
3 tablespoons Dijon mustard
2 tablespoons canola oil
1/2 teaspoon salt

Directions

Cook lima and green beans according to package directions; drain. Place in a large serving bowl; cool. Add kidney beans. In a jar with a tight-fitting lid, combine the vinegar, sugar, mustard, oil and salt; shake well. Pour over beans and stir gently to coat. Cover and refrigerate overnight. Serve with a slotted spoon.

Octoberfest German Potato Salad

Ingredients

3 pounds potatoes, peeled and sliced
1/2 cup chopped onion
2 teaspoons salt
1/2 cup mayonnaise
1/4 cup vegetable oil
1/2 cup cider vinegar
2 tablespoons white sugar
2 tablespoons dried parsley
ground black pepper to taste

Directions

Bring a large pot of salted water to a boil. Add peeled and cut potatoes; cook until tender but still firm, about 15 minutes. Drain, and transfer to a large bowl. Add onions.

In a large bowl, whisk together the mayonnaise, oil, vinegar, sugar, parsley, salt and pepper. Gently stir in the potatoes and onion. Let stand for 1 hour before serving to enhance flavors.

Peppy Pasta Salad

Ingredients

1 (7.75 ounce) package Betty Crocker® Suddenly Salad® classic pasta salad mix
1 cup Roma tomatoes
1 (2.25 ounce) can sliced ripe olives, drained
1/2 (8 ounce) package Hormel® Pepperoni

Directions

Prepare pasta salad according to package directions. Stir in pepperoni, tomatoes and olives; toss to mix well. Cover; refrigerate.

Chicken Salad with Cranberries, Almonds, and

Ingredients

1/4 cup orange juice
1 tablespoon balsamic vinegar
1 tablespoon orange marmalade
2 tablespoons vegetable oil
1 (10 ounce) package DOLEB® Iceberg Butter Crunchв„ў Salad Blends
2 cups cooked shredded chicken*
1 stalk DOLEB® Celery, thinly sliced
1/2 DOLEB® Sweet Red Bell Pepper, cut into thin strips
1/3 cup sweetened dried cranberries
1/3 cup flavored almonds

Directions

Combine juice, vinegar, and marmalade in small bowl; whisk in oil.

Combine salad blends, chicken, celery, bell pepper, cranberries, and almonds in large bowl; Add vinaigrette, toss to evenly coat.

Strawberry Asparagus Salad

Ingredients

1/4 cup lemon juice
2 tablespoons vegetable oil
2 tablespoons honey
2 cups fresh asparagus, cut into 1-inch pieces
2 cups sliced fresh strawberries

Directions

In a small bowl, combine lemon juice, oil and honey; mix well. Cook asparagus in a small amount of water until crisp-tender, about 3-4 minutes; drain and cool. Arrange asparagus and strawberries on individual plates; drizzle with dressing.

Emily's Famous Roasted Vegetable Salad

Ingredients

1 eggplant - quartered lengthwise, and sliced into 1/2 inch pieces
2 small yellow squash, halved lengthwise and sliced
4 cloves garlic, peeled
1/4 cup olive oil, or as needed
1 red bell pepper, seeded and sliced into strips
1 bunch fresh asparagus, trimmed and cut into 2 inch pieces
1/2 red onion, sliced

1/4 cup red wine vinegar
2 tablespoons balsamic vinegar
1/4 cup olive oil
2 lemons, juiced
1/4 cup chopped fresh parsley
3 tablespoons chopped fresh oregano
salt and freshly ground black pepper to taste

Directions

Preheat the oven to 450 degrees F (230 degrees C). Grease a large baking sheet.

Spread the eggplant and squash slices out in an even layer on the prepared baking sheet. Place the cloves of garlic off to one side of the pan, so you can find them later. Bake for 15 minutes in the preheated oven

While the vegetables roast, whisk together the red wine vinegar, balsamic vinegar, olive oil, and lemon juice in a large serving bowl. Season with oregano, parsley, salt and pepper. Remove the garlic cloves from the oven, and chop or mash. Whisk the garlic into the dressing. Set aside.

Remove the vegetables from the oven, and stir the squash and eggplant. Layer the asparagus, red onion, and red bell pepper over the top of the eggplant and squash. Return to the oven, and bake for another 15 to 20 minutes, or until the asparagus is tender but still bright green.

When the vegetables are cooked through and slightly toasted, remove them from the oven, and place them in the bowl with the dressing. Stir to coat evenly. Taste and adjust salt and pepper if necessary. Chill for a few hours to marinate the vegetables.

Tuna and Mandarin Salad

Ingredients

1 tablespoon olive oil
1 (6 ounce) can tuna, drained and flaked
1 (10 ounce) package mixed baby greens
1 Granny Smith apple - peeled, cored and diced
1 (11 ounce) can mandarin orange segments, drained

Directions

Heat olive oil in a small skillet over medium heat, and saute the tuna until heated through.

In a medium bowl, toss together tuna, salad greens, apple, and mandarin oranges.

Chutney Turkey Salad

Ingredients

3 cups cubed cooked turkey breast
1 cup chopped celery
1 cup golden raisins
4 ounces Monterey Jack cheese, cut into 1/2-inch cubes
3 tablespoons chopped green onions
1/3 cup mayonnaise
1/4 cup mango chutney
1/2 teaspoon ground ginger
1/4 teaspoon pepper
Lettuce Leaves

Directions

In a large bowl, combine the turkey, celery, raisins, cheese and onions. In a small bowl, combine the mayonnaise, chutney, ginger and pepper until blended. Pour over turkey mixture and toss to coat. Cover and refrigerate for 1 hour. Serve on a lettuce-lined plate if desired.

Mediterranean Barley Salad

Ingredients

1 cup barley
2 1/2 cups water
7 sun-dried tomatoes
2 cloves garlic
2 tablespoons olive oil
1 tablespoon balsamic vinegar
1/2 cup finely chopped cilantro
1 (4 ounce) can chopped black olives
2 tablespoons olive oil

Directions

Bring barley and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the barley is tender, but still slightly firm in the center, about 30 minutes. Drain and cool to room temperature in a bowl.

Puree the sun-dried tomatoes, garlic, 2 tablespoons olive oil, and balsamic vinegar in a blender until smooth. Pour over the barley. Fold in the cilantro, olives, and remaining olive oil until blended. Cover, and refrigerate until cold. Stir before serving.

Cobb Salad

Ingredients

8 slices bacon
3 eggs
1 head iceberg lettuce, shredded
3 cups chopped, cooked chicken meat
2 tomatoes, seeded and chopped
3/4 cup blue cheese, crumbled
1 avocado - peeled, pitted and diced
3 green onions, chopped
1 (8 ounce) bottle Ranch-style salad dressing

Directions

Place eggs in a saucepan and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

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

Divide shredded lettuce among individual plates.

Evenly divide and arrange chicken, eggs, tomatoes, blue cheese, bacon, avocado and green onions in a row on top of the lettuce.

Drizzle with your favorite dressing and enjoy.

Frosty Pineapple Salad

Ingredients

1 1/2 cups buttermilk
3/4 cup sugar
1 (20 ounce) can unsweetened crushed pineapple, drained
1 (8 ounce) carton frozen whipped topping, thawed

Directions

In a bowl, combine the buttermilk, sugar and pineapple; mix well. Fold in the whipped topping. Transfer to a 13-in. x 9-in. x 2-in. dish. Freeze for 4 hours or until firm. Remove from the freezer 20 minutes before serving.

Beet Salad

Ingredients

5 beets
1/2 cup chopped pitted prunes
1/2 cup chopped walnuts
1/2 cup chopped dill pickle
1/4 cup mayonnaise

Directions

Place the beets into a large saucepan with enough water to cover the beets by 1 inch. Bring to a boil. Reduce heat to medium-low, cover, and simmer until the beets are easily pierced with a fork, about 40 minutes; drain. Chill beets in refrigerator until cool enough to handle.

Peel the beets and grate into a large bowl. Stir the prunes, walnuts, and pickle with the beets. Add the mayonnaise and stir until all the ingredients are evenly coated. Chill completely before serving.

Denise Salad Number One

Ingredients

2 bunches arugula - rinsed, dried and torn
2 (11 ounce) cans mandarin orange segments, drained
1 large red onion, thinly sliced
1 pint cherry tomatoes
2 yellow bell peppers, seeded and diced
1 cup unsalted sunflower seeds
1/4 pound crumbled goat cheese
2 avocados - peeled, pitted and sliced

Directions

In a large bowl, combine arugula, oranges, onion, tomatoes and yellow peppers. Toss with dressing of your choice. Top with sunflower seeds, goat cheese and avocados.

Cool Chicken 'n' Pasta Salad

Ingredients

3 cups cooked elbow macaroni or corkscrew-shaped pasta
2 (5 ounce) cans Swanson® Premium Chunk Chicken Breast in Water, drained
1 small cucumber, cut in half lengthwise and sliced
1 1/2 cups cherry tomatoes, cut in half
1 small onion, chopped
3 tablespoons chopped fresh parsley
3/4 cup prepared fat-free Italian salad dressing

Directions

In large bowl toss macaroni, chicken, cucumber, tomatoes, onion, parsley and dressing until evenly coated. Refrigerate at least 30 minutes.

Orange Pasta Salad

Ingredients

5 cups cubed cooked chicken
3 cups cooked rotini (corkscrew pasta), (cooked without salt or fat)
1 1/2 cups sliced celery
1/2 cup sliced green onions
1 cup drained pineapple tidbits
1 (11 ounce) can mandarin oranges, drained
2 kiwifruit, peeled and cut into chunks
1 cup mayonnaise
1/3 cup vegetable oil
2 tablespoons cider vinegar
2 tablespoons orange juice concentrate
1 1/2 teaspoons salt
1 teaspoon dry mustard
1 cup slivered almonds, toasted

Directions

In a large bowl, combine chicken, pasta, celery, onions, pineapple, oranges and kiwi. In a small bowl, mix the next six ingredients. Pour over chicken mixture; toss to coat. Cover and chill for several hours. Toss with almonds just before serving.

Merry Berry Salad

Ingredients

1 (10 ounce) package mixed salad greens
1 medium red apple, diced
1 medium green apple, diced
1 cup shredded Parmesan cheese
1/2 cup dried cranberries
1/2 cup slivered almonds, toasted
DRESSING:
1 cup cranberries
1/2 cup sugar
1/2 cup cider vinegar
1/4 cup apple juice concentrate
1 teaspoon salt
1 teaspoon ground mustard
1 teaspoon grated onion
1 cup vegetable oil

Directions

In a large salad bowl, toss the first six ingredients. In a blender, combine the cranberries, sugar, vinegar, apple juice concentrate, salt, mustard and onion. Cover and process until smooth. While processing, gradually add oil in a steady stream. Drizzle over salad just before serving. Refrigerate any leftover dressing.

Chicken Pasta Salad

Ingredients

1 (16 ounce) package bow tie or corkscrew pasta, cooked
3 cups cubed cooked chicken
2 tablespoons olive or vegetable oil
1/4 teaspoon garlic powder
1 cup mayonnaise
1/2 cup Caesar or Parmesan salad dressing
1 tablespoon honey mustard or other prepared mustard
2 teaspoons curry powder
1 teaspoon salt
1/4 teaspoon pepper
1 red bell pepper
1 large tomato, chopped
1 cup shredded carrot

Directions

In a large bowl, toss pasta, chicken, oil and garlic powder. Cover and chill. In a small bowl, combine mayonnaise, salad dressing, mustard, curry powder, salt and pepper; cover and chill. Just before serving, add the red pepper, tomato, carrot and dressing to pasta mixture; gently toss.

Cranberry Mousse Salad

Ingredients

1 (6 ounce) package strawberry gelatin
3/4 cup boiling water
1 (16 ounce) can whole berry cranberry sauce
2 tablespoons fresh lemon juice
1 teaspoon grated lemon peel
1/4 teaspoon ground nutmeg
1 (20 ounce) can crushed pineapple
2 cups sour cream
1/2 cup chopped pecans

Directions

In a bowl, dissolve gelatin in water. Add cranberry sauce, lemon juice, peel and nutmeg; mix well. Drain pineapple; add juice to gelatin mixture and set pineapple aside. Chill until syrupy. Whisk is sour cream. Add the pineapple and pecans. Pour into an oiled 8-cup mold. Chill until firm.

Couscous Salad with Dried Cherries

Ingredients

1 cup chicken broth
3/4 cup uncooked couscous
1/2 cup dried cherries
1/2 cup chopped carrot
1/2 cup chopped unpeeled cucumber
1/4 cup sliced green onions
1/4 cup pine nuts, toasted
3 tablespoons balsamic vinegar
1 tablespoon olive oil
1 tablespoon Dijon mustard
salt and pepper to taste

Directions

In a large saucepan, bring broth to a boil. Stir in couscous. Cover and remove from the heat; let stand for 5 minutes. Fluff with a fork; cool.

In a bowl, combine the couscous, cherries, carrot, cucumber, onions and pine nuts. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Pour over salad and toss to coat. Serve immediately.

Kale, Swiss Chard, Chicken, and Feta Salad

Ingredients

1/2 cup cider vinegar
2 teaspoons honey
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/2 teaspoon dried oregano (optional)
1/2 cup olive oil

1 bunch kale, torn into bite-sized pieces
1 bunch Swiss chard, torn into bite-sized pieces
1 pound grilled skinless, boneless chicken breast, sliced
1 (6 ounce) container crumbled feta cheese, or more to taste
1/3 cup raisins
1/3 cup chopped, toasted walnuts

Directions

Whisk the vinegar, honey, salt, pepper, and oregano in a bowl until the honey has dissolved. Whisk in the olive oil until evenly blended. Place the kale, Swiss chard, chicken, feta cheese, raisins, and walnuts into a bowl. Toss with the dressing to serve.

Quick Shrimp Salad With Key Lime Dressing

Ingredients

1/2 pound cooked shrimp (tails removed), cut in bite-sized pieces
2 seedless oranges (in slices or chunks)
2 cups small broccoli florets, crisp-cooked
1/4 cup chopped fresh mint leaves
1/4 cup sliced almonds
1 (6 ounce) container fat-free Key lime yogurt
2 tablespoons fresh lime juice
Salt and pepper, to taste

Directions

In a medium bowl, combine all ingredients. Refrigerate; serve chilled. Garnish with mint sprigs.

Dried Fruit Salad

Ingredients

8 prunes pitted prunes
1/4 cup dried apricots
1 cup apple juice
1 cinnamon stick
1/2 teaspoon whole cloves
1 banana, peeled and sliced
1 large orange, peeled, sectioned, and cut into bite-size
1 apple, cored and chopped
1/2 cup orange juice
3 tablespoons orange marmalade
1/4 cup chopped pecans

Directions

Combine prunes, apricots, apple juice, cinnamon stick, and cloves in saucepan. Bring to a boil, remove from heat and let soak overnight in refrigerator.

Remove the dried fruit and divide the prunes, apricots, banana, orange and apple among 4 dishes. Strain apple juice and add orange juice and orange marmalade. Mix together and pour over fruit. Top with chopped pecans.

Blueberry Gelatin Salad

Ingredients

2 (3 ounce) packages grape flavored gelatin mix
2 cups boiling water
1 (8 ounce) can crushed pineapple, undrained
1 (21 ounce) can blueberry pie filling

Topping:
1 (8 ounce) package cream cheese, softened
1 cup sour cream
1/2 cup white sugar
1 teaspoon vanilla extract

Directions

In a large bowl, mix together gelatin powder, boiling water, pineapple and pie filling. Pour into a mold, or glass baking dish, and refrigerate until set, at least 2 hours.

In a medium bowl, mix together the cream cheese, sour cream, sugar and vanilla until smooth. Spread over the top of the gelatin. If using a mold, unmold the gelatin before applying topping.

Spring Fruit Salad

Ingredients

1 (11 ounce) can mandarin oranges, drained
1 cup flaked coconut, toasted
1 cup miniature marshmallows
1 (8 ounce) can pineapple tidbits, drained
1 cup sour cream
2 tablespoons chopped walnuts
1 tablespoon brown sugar
fresh mint

Directions

In a bowl, combine the first five ingredients; mix well. Cover and refrigerate overnight. Just before serving, sprinkle with walnuts and brown sugar. Garnish with mint if desired.

Tsimmes Salad

Ingredients

2 medium carrots, peeled and chopped
4 plums, cut into small pieces
1 scallion, chopped

Directions

In a bowl, stir together carrots, plums, and scallion.

Macaroni Caesar Salad

Ingredients

1 (8 ounce) package uncooked macaroni
5 eggs
1 (8 ounce) bottle Caesar salad dressing
3 slices bacon, chopped
2 cups croutons
1 head romaine lettuce, torn into bite-size pieces

Directions

Bring a large pot of lightly salted water to a boil. Add the macaroni and cook until tender, about 8 minutes. Drain and rinse under cold water to cool.

At the same time, Place eggs in a saucepan and fill with enough cold water to cover. Cover with a lid and bring to a boil. Remove from the heat once boiling, and let stand covered for 10 minutes. Drain, cool, peel and chop.

Fry bacon in a skillet over medium heat or cook in the microwave on a paper towel lined plate until crisp. Drain, crumble and set aside.

In a large bowl, combine the lettuce and macaroni. Stir in the eggs, bacon, Caesar dressing and croutons. Refrigerate for about 30 minutes before serving.

Taco Salad II

Ingredients

1 pound lean ground beef
1 (1.25 ounce) package taco seasoning mix
1 head iceberg lettuce - rinsed, dried, and shredded
1 onion, chopped
1 green bell pepper, chopped
3 cups shredded Cheddar-Monterey Jack cheese blend
2 tomatoes, chopped
4 ounces crushed tortilla chips
1/4 cup French dressing

Directions

Place hamburger in a large, deep skillet. Cook over medium high heat until evenly brown and drain. Add taco seasoning mix and prepare as directed by package. Set aside to cool.

In a large bowl, combine the lettuce, onions, bell pepper, cheese, beef, tomatoes and tortilla chips. Add enough dressing to coat, mix well and refrigerate overnight.

Ultimate Chicken Salad a la Jake

Ingredients

1 pound skinless, boneless chicken breast halves
1 cup sliced black olives
1 cup finely chopped sun-dried tomatoes in olive oil
1 teaspoon dried thyme

2 egg yolks
1 cup olive oil
2 teaspoons minced garlic
1 teaspoon lemon juice, or to taste
1 pinch salt, or to taste

Directions

Place chicken breasts into a saucepan with enough water to cover them. Bring to a boil, then cover, and simmer for about 20 minutes, or until cooked through. Drain, and set aside to cool.

While the chicken is poaching, whisk together egg yolks and garlic until light colored. Whisk in olive oil in a thin stream until fully incorporated. Flavor with lemon juice and salt to taste. This is the aioli sauce.

Shred or cut chicken into small pieces, and place in a salad bowl. Toss with the olives, sun-dried tomatoes, and thyme. Stir in 3/4 cup of the aioli until everything is evenly coated. Taste and adjust seasoning if desired. Refrigerate, or serve immediately. Make a pleased groaning sound as you eat it.

Onion Bulgur Salad

Ingredients

3/4 cup bulgur*
2 cups boiling water
3/4 cup finely chopped red onion
1 teaspoon salt
1/2 teaspoon ground allspice
1 cup seeded, diced cucumber
1 cup diced seeded tomato
1/2 cup minced fresh basil
1/2 cup minced fresh parsley
1/2 cup chopped green onions
1/4 cup minced fresh mint
1/4 cup lemon juice

Directions

Place bulgur in a bowl; stir in the boiling water. Stir in the boiling water. Cover and let stand for 1 hour or until liquid is absorbed. Meanwhile, in a large bowl, combine the onion, salt and allspice; let stand for 30 minutes.

Drain bulgur and squeeze dry; add bulgur and remaining ingredients to onion mixture. Toss gently to combine. Serve or refrigerate.

Beet and Balsamic Vinaigrette Salad

Ingredients

6 slices bacon
3 romaine hearts, rinsed and torn
2 (15 ounce) cans julienned beets, drained
1/2 red onion, sliced in rings
1/2 cup grated Parmesan cheese
1 cup balsamic vinaigrette salad dressing

Directions

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

In a large bowl, toss together the romaine, beets, onion, cheese and dressing until evenly coated. Sprinkle with the crumbled bacon and serve immediately.

Grilled Swordfish Salad

Ingredients

1 tablespoon olive oil
4 (8 ounce) swordfish steaks
2 ripe mangoes - peeled, pitted, and sliced
1 (10 ounce) bag baby spinach
8 cherry tomatoes, quartered
8 kumquats, trimmed and quartered lengthwise
1/3 cup extra virgin olive oil
1/3 cup balsamic vinegar

Directions

Preheat an outdoor grill for medium-high heat. Lightly oil grill grate, and place about 4 inches from heat source.

Lightly brush the swordfish steaks and mango slices with 1 tablespoon olive oil.

Cook the swordfish steaks on preheated grill until lightly browned on both sides, turning once, 5 to 7 minutes per side. After turning, arrange mangos slices over the steaks, and cook 5 minutes more.

Toss the spinach, tomatoes, and kumquats together in a bowl. Whisk together 1/3 cup olive oil and balsamic vinegar in a small bowl until well blended. Pour over the spinach mixture and toss to coat evenly. To serve, divide the salad among 4 serving plates, and top with swordfish and mangoes.

Simple Feta Cheese Salad

Ingredients

3 tablespoons crumbled feta cheese
12 cherry tomatoes, thinly sliced
1/2 onion, diced
1 tablespoon olive oil
1 tablespoon lemon juice

Directions

In a bowl, mix the feta cheese, cherry tomatoes, onion, olive oil, and lemon juice. Serve immediately.

Fresh Mozzarella Pasta Salad

Ingredients

1 cup uncooked orzo pasta
1 1/2 cups cubed fresh mozzarella cheese
2 fresh plum tomatoes, seeded and cut into bite-size pieces
1/4 cup chopped fresh basil
1 teaspoon crushed red pepper flakes
salt to taste
1 tablespoon olive oil, or as needed

Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Stir in the orzo, and return to a boil. Cook the pasta uncovered, stirring occasionally, until cooked through, but still firm to the bite, about 10 minutes. Drain well, and let cool.

Mix the mozzarella cheese cubes, tomatoes, basil, crushed red pepper flakes, and salt with olive oil in a salad bowl. Gently mix in the orzo pasta, and toss lightly to coat the ingredients with oil.

Kim's Macaroni Salad

Ingredients

1 (8 ounce) package uncooked elbow macaroni
3/4 cup mayonnaise
2 tablespoons cider vinegar
1 teaspoon sugar
1 teaspoon kosher salt
1/4 teaspoon white pepper
1/4 cup green onions, sliced
2 jalapeno peppers, seeded and chopped

Directions

Bring a large pot of lightly salted water to a boil. Add macaroni, and cook until tender, about 8 minutes. Drain, and rinse under cold running water.

In a large bowl, mix together the mayonnaise, vinegar, sugar, salt, pepper, green onions and jalapeno peppers. Stir in the macaroni. Refrigerate until chilled before serving, at least 30 minutes.

Crunchy Turkey Salad

Ingredients

1 cup cooked, cubed turkey meat
2 stalks celery, chopped
2 tart apples, cored and cubed
1/2 cup chopped walnuts
1/4 cup sour cream
1/4 cup mayonnaise
2 tablespoons chopped fresh parsley
2 tablespoons lemon juice
1 tablespoon honey
1 tablespoon prepared Dijon-style mustard
1/4 teaspoon salt
ground black pepper to taste

Directions

In a large bowl, combine the turkey, celery, apples and walnuts.

Prepare the dressing in a small bowl by whisking together the sour cream, mayonnaise, parsley, lemon juice, honey, mustard, salt and pepper. Pour over turkey mixture and toss to evenly coat. Refrigerate until chilled.

Cherry Cranberry Salad

Ingredients

1 (6 ounce) package cherry gelatin
1 cup sugar
2 cups boiling water
1 (20 ounce) can crushed pineapple, undrained
3 cups fresh or frozen cranberries, chopped
1 1/2 cups diced apples
1 cup chopped celery
1 cup chopped walnuts

Directions

In a large bowl, combine gelatin and sugar. Add water; stir until gelatin and sugar are dissolved. Stir in pineapple, cranberries, apples, celery and walnuts. Pour into a 2-qt. serving bowl; chill until firm, 3-4 hours.

Crab and Shrimp Pasta Salad

Ingredients

1 (16 ounce) package uncooked tri-colored spiral pasta
1/2 cup mayonnaise
1/4 cup apple cider vinegar
1/4 cup olive oil
salt and pepper to taste
1 (8 ounce) package imitation crabmeat, flaked
1 (6.5 ounce) can tiny shrimp, drained
1 pint grape tomatoes, halved
1 English cucumber, diced
1 (4 ounce) can sliced black olives, drained
1 red bell pepper, seeded and chopped

Directions

Bring a large pot of lightly salted water to a boil. Add the pasta, and cook until tender, about 10 minutes. Drain, and rinse under cold water to cool. Transfer to a large bowl, and set aside.

In a small bowl, mix together the mayonnaise, vinegar, olive oil, salt and pepper. Pour over the pasta and stir to coat. Add the crab, shrimp, tomatoes, cucumber, black olives and bell pepper; mix gently to coat with the dressing. Taste, and adjust seasoning if desired. If the pasta is too dry, mix in more mayonnaise.

Smoked Salmon Pasta Salad

Ingredients

11 ounces multi-colored fusilli pasta
1 small carrot, grated
1 small onion, chopped
1/2 cup diced cucumber
1/2 cup diced celery
8 ounces smoked salmon, cut into 3/4 inch pieces
1/3 cup mayonnaise
2 teaspoons lemon juice
1 pinch salt
1 pinch ground black pepper
1 pinch cayenne pepper (optional)

Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Stir in the fusilli; return to a boil. Cook the pasta uncovered, until the pasta has cooked through, but is still firm to the bite, about 12 minutes. Drain well and rinse with cold water. Transfer cooled pasta to a large bowl.

Toss the carrot, onion, cucumber, celery, and salmon with the pasta; mix well.

Combine the mayonnaise, lemon juice, salt, pepper, and cayenne pepper in a small bowl; mix well. Pour sauce over pasta mixture. Mix well to coat evenly.

Italian Pasta Salad

Ingredients

8 ounces rotini pasta
2 1/2 cups frozen mixed vegetables
1/2 cup diced Cheddar cheese
1/3 cup pitted black olives (optional)
1 cup Italian-style salad dressing

Directions

Cook pasta according to package directions. Drain, and rinse with cold water until completely cool.

In large bowl, combine pasta, vegetables, cheese, and olives. Toss well with dressing. Serve chilled or at room temperature.

Tuna Salad with Cranberries

Ingredients

2 (6 ounce) cans solid white tuna packed in water, drained
2 tablespoons mayonnaise
1/3 teaspoon dried dill weed
3 tablespoons dried cranberries
salt

Directions

Place the tuna in a bowl, and mash with a fork. Mix in mayonnaise to evenly coat tuna. Mix in dill and cranberries, and season with salt. Enjoy on crackers or the bread of your choice!

Pasta Fruit Salad II

Ingredients

1/2 (12 ounce) package macaroni
1 (3.5 ounce) package instant vanilla pudding mix
1 1/2 cups milk
1 (11 ounce) can mandarin oranges, drained
1 (20 ounce) can crushed pineapple, drained
1 (15.25 ounce) can fruit cocktail, drained
1/2 (10 ounce) jar maraschino cherries, drained
1 (8 ounce) container frozen whipped topping, thawed

Directions

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

Prepare pudding according to directions on package however, use only 1 1/2 cups milk. Refrigerate until chilled.

In a large bowl, combine the pasta and pudding; mix until evenly coated.

Add oranges, pineapples, fruit cocktail and cherries to pasta mixture. Mix well. Fold in whipped topping, chill and serve.

Kiwifruit Rice Salad

Ingredients

2 1/4 cups water
1 cup brown rice
2 tablespoons butter
1/4 cup chopped onion
1/2 cup chopped celery
1/2 teaspoon curry powder
1 cup plain yogurt
1 teaspoon fresh lime juice
1/2 teaspoon lime zest
1 teaspoon white sugar
1 kiwi, peeled and chopped
4 ounces cooked ham, julienned
2 ounces Swiss cheese, cubed
1/3 cup cashews
1/2 cup fresh mushrooms, coarsely chopped
2 kiwis, peeled and sliced

Directions

Combine water and rice in a medium saucepan. Bring to a boil. Cover, reduce heat, and simmer for 45 to 50 minutes. Cool.

Heat butter in a skillet over medium heat. Cook onion and celery in butter until tender, stirring frequently. Season with curry powder, and continue cooking for one minute.

In a large bowl, mix together yogurt, lime juice, lime zest, and sugar. Stir in rice, onion and celery mixture, chopped kiwi, ham, cheese, nuts, and mushrooms. Arrange sliced kiwi over salad.

Creamy Bow Tie Pasta Salad with Prosciutto,

Ingredients

1 1/2 pounds farfalle (bow tie) pasta
1/2 cup prosciutto, diced

1/2 cup mayonnaise
1/2 cup sour cream
1/3 cup 2% low-fat milk
2 cloves garlic, minced, or more to taste
1 lemon, zested and juiced
1 pinch lemon pepper
1 pinch paprika
1 pinch red pepper flakes, or to taste
salt and ground black pepper to taste

2 (6 ounce) packages frozen peas, thawed
3/4 cup dried cranberries
3/4 cup seedless grapes, halved
1/2 cup green onions, chopped
1 (5 ounce) can water chestnuts, drained and diced
1/2 cup grated Parmesan cheese

1 tablespoon chopped fresh oregano
1 1/2 teaspoons chopped fresh thyme

Directions

Fill a large pot with lightly-salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the bow tie pasta and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has nearly cooked through, but is still firm to the bite, about 10 minutes. Drain well, and rinse with cold water in a colander set in the sink. While the pasta is boiling, cook the prosciutto in a small skillet over medium heat until crisp. Drain on a paper towel-lined plate, and set aside.

Make the dressing by whisking together the mayonnaise, sour cream, milk, garlic, lemon zest and juice, lemon pepper, paprika, and red pepper flakes; season to taste with salt and pepper. Place the drained pasta into a large mixing bowl and pour 3/4 of the dressing overtop; reserve the remaining dressing. Add the peas, cranberries, grapes, green onion, water chestnuts, and Parmesan cheese; stir until the salad is evenly coated with the dressing. Cover and refrigerate at least an hour, or until ready to serve.

Toss the salad with the remaining dressing, oregano, and thyme to serve.

Tomato Mozzarella Salad

Ingredients

3 large tomatoes, sliced
8 ounces mozzarella cheese, sliced
1/4 cup olive or vegetable oil
1/4 teaspoon salt
1/8 teaspoon pepper
1/4 cup minced fresh basil

Directions

On a large serving platter, alternate tomatoes and mozzarella slices. In a jar with a tight-fitting lid, combine the oil, salt and pepper; shake well. Drizzle over tomatoes and mozzarella. Sprinkle with basil.

Mamie's Salad

Ingredients

2 eggs
4 tablespoons all-purpose flour
2 (20 ounce) cans pineapple chunks
2 cups diced sharp Cheddar cheese
2 cups miniature marshmallows
1 cup chopped pecans

Directions

Beat eggs and flour with the pineapple juice reserved from the cans of chunk pineapple. Cook over medium low heat until it thickens to gravy consistency. Let cool.

Mix together the cheese, marshmallows, drained pineapple chunks, and pecans. Pour dressing over and stir. Refrigerate.

Crab Salad

Ingredients

1/2 green bell pepper, chopped
1 onion, chopped
3 tablespoons butter
12 ounces imitation crabmeat
1 cup mayonnaise

Directions

In a medium skillet, saute the green pepper and onion in the butter for 3 minutes, or until vegetables are tender.

Stir in imitation crabmeat, and saute for another 3 minutes. Remove from heat, and put mixture into a medium bowl. Stir in mayonnaise. May be served warm or cold.

Taco Salad

Ingredients

2 (19 ounce) cans kidney beans, drained and rinsed
1 (12 ounce) package frozen vegetarian burger crumbles
1 (1.25 ounce) package taco seasoning mix
2 onions, chopped
1 (16 ounce) jar salsa
1 (14.5 ounce) package corn tortilla chips
2 cups shredded Cheddar cheese
1 head leaf lettuce - rinsed, dried and torn into bite-size pieces
4 tomatoes, diced

Directions

In a medium-size mixing bowl combine beans, burger, taco seasoning, onions, salsa, and refrigerate.

When ready to serve, layer in individual bowls: chips, cheese, lettuce, bean mixture, and top with diced tomatoes.

Cilantro Cucumber Salad

Ingredients

2 cucumbers
2 tablespoons fresh lime juice
1 teaspoon chili powder
1/4 teaspoon salt
1 tablespoon chopped fresh cilantro

Directions

Peel cucumbers, slice lengthwise into quarters, and cut into 1 inch pieces; place in large bowl. Sprinkle with lime juice, chili powder, and salt; toss. Toss with cilantro. Refrigerate until chilled.

Zucchini and Mushroom Salad with Ricotta Salata

Ingredients

4 large yellow zucchini, sliced into long, thin strips
1 pound crimini mushrooms, cleaned and trimmed
8 sprigs fresh chervil, chopped
1/2 pound ricotta salata cheese, coarsely grated
3 tablespoons lemon juice
salt and black pepper to taste

Directions

Lightly toss together the zucchini strips, mushrooms, chervil, ricotta salata cheese, and lemon juice in a salad bowl. Season to taste with salt and pepper.

Green and Bleu Salad

Ingredients

1 tablespoon apple cider vinegar
1/2 cup lemonade
1 tablespoon fresh lemon juice
1 tablespoon peanut oil
2 tablespoons honey
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/2 teaspoon celery seed
1/2 teaspoon hot sauce
6 cups torn romaine lettuce
2 green onion tops, chopped
1/2 green bell pepper, chopped
1/2 English cucumber, chopped
1/2 cup frozen green peas, thawed
2 stalks celery, sliced
1/2 Granny Smith apple, cored and chopped
16 seedless green grapes, halved
1/2 cup crumbled blue cheese

Directions

Place the vinegar, lemonade, lemon juice, peanut oil, honey, salt, pepper, celery seed, and hot sauce in a blender. Puree until blended, then set aside for 30 minutes.

Place the romaine lettuce, green onions, green pepper, cucumber, peas, celery, apple, grapes, and blue cheese in a large bowl. Pour in the salad dressing and toss to coat.

Four-Fruit Salad

Ingredients

2 cups fresh strawberries, sliced
2 cups green grapes, halved
1 small cantaloupe, cut into chunks
1 medium firm banana, sliced
1/3 cup orange juice

Directions

In a large bowl, combine the fruit. Pour juice over fruit and toss to coat. Cover and refrigerate for 4 hours. Stir just before serving.

Macaroni Garden Salad

Ingredients

1 (16 ounce) package macaroni
2 cucumbers, peeled and diced
4 tomatoes, chopped
1 onion, finely diced
4 stalks celery, diced
1 (15 ounce) can peas, drained
1 cup mayonnaise
1 head iceberg lettuce

Directions

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, cucumbers, tomatoes, onion, celery, peas and mayonnaise. Mix well, chill, and serve on crisp lettuce leaves.

Greek Pasta Salad III

Ingredients

8 ounces rotini pasta
1/2 cup olive oil
1/2 cup red wine vinegar
1 1/2 teaspoons garlic powder
1 1/2 teaspoons dried basil leaves
1 1/2 teaspoons dried oregano
3 cups sliced mushrooms
15 halved cherry tomatoes
3/4 cup crumbled feta cheese
1/2 cup chopped green onions
1 (4 ounce) can chopped black olives

Directions

Bring a large pot of lightly salted water to a boil. Add rotini pasta and cook for 8 to 10 minutes or until al dente; drain.

Mix together cooked pasta, olive oil, vinegar, garlic powder, basil, oregano, mushrooms, tomatoes, Feta cheese, green onions and olives. Cover and chill for at least 2 hours, serve cold.

Tuna Piccata Pasta Salad

Ingredients

6 ounces angel hair pasta
1 1/2 tablespoons fresh lemon juice
3/4 teaspoon Dijon mustard
1 tablespoon mayonnaise
salt and pepper to taste
6 tablespoons olive oil
1 (9 ounce) can solid white tuna packed in water, drained
2 teaspoons capers, drained

Directions

Bring a pot of lightly salted water to boil. Add pasta, and cook until al dente, about 8 to 10 minutes. Drain, and set aside.

In a large bowl, whisk together lemon juice, mustard, and mayonnaise. Season with salt and pepper to taste. Slowly whisk in olive oil. Add tuna, separating into thick chunks. Add capers, and stir to combine. Pour pasta into tuna mixture, and stir gently to combine. Cover, and refrigerate.

Fennel and Orange Salad

Ingredients

1 bulb fennel, trimmed and sliced
2 large oranges, sliced into rounds
1 tablespoon olive oil
1 tablespoon red wine vinegar
1 teaspoon poppy seeds
salt to taste
2 bunches arugula - rinsed, dried and chopped

Directions

Place the fennel and orange in a large bowl. Drizzle with olive oil and vinegar; sprinkle with poppyseeds and salt. Chill and serve over a bed of arugula.

Blender Salad Dressing

Ingredients

1 cup vegetable oil
3/4 cup cider vinegar
1 medium onion, cut into wedges
1/2 cup ketchup
1/4 cup sugar
1 teaspoon salt
1 teaspoon ground mustard
1/4 teaspoon garlic powder
1/4 teaspoon pepper

Directions

In a blender, combine all ingredients; cover and process until smooth. Store in the refrigerator.

Roasted Beet, Peach and Goat Cheese Salad

Ingredients

2 beets, scrubbed
1 bunch mache (lamb's lettuce), rinsed and dried
1 bunch arugula, rinsed and dried
2 fresh peaches - peeled, pitted and sliced
2 shallots, chopped
1/4 cup pistachio nuts, chopped
1 (4 ounce) package goat cheese, crumbled
1/4 cup walnut oil
2 tablespoons balsamic vinegar
salt and pepper to taste

Directions

Preheat oven to 375 degrees F (190 degrees C). Wrap each beet in two layers of aluminum foil, and place onto a baking sheet. Bake in the preheated oven until the beets are tender, about 1 hour and 20 minutes. Allow the beets to cool slightly, then remove the skins. Let the beets cool to room temperature, or refrigerate until cold. Once cooled, thinly slice the beets.

Place the mache and arugula into a large mixing bowl. Add the sliced beets and peaches; sprinkle with the shallots, pistachios, and goat cheese. In a separate bowl, whisk together the walnut oil, balsamic vinegar, salt, and pepper until emulsified, and pour over the salad mixture. Toss well, and serve.

Apple Salad I

Ingredients

2 red apples, cored and diced
2 tart green apples, cored and diced
2 yellow apples, cored and diced
1 (8 ounce) container frozen whipped topping, thawed
5 (2.1 ounce) bars Baby Ruth в„ў candy bars, chopped

Directions

In a large bowl, combine diced apples, whipped topping, and chopped candy bars. Mix well. Serve immediately.

Broccoli Apple Salad

Ingredients

2 cups broccoli florets
1 large red apple, chopped
1/2 cup vanilla yogurt
1/4 cup chopped walnuts
1/4 cup raisins
1 tablespoon chopped onion

Directions

In a medium bowl, combine all ingredients. Cover and refrigerate until serving.

Roasted Potato Salad with Balsamic-Bacon

Ingredients

3 pounds baby red potatoes, cut in half
1/2 cup olive oil
1/2 cup minced garlic
1 tablespoon seafood seasoning
8 ounces bacon
1/4 cup balsamic vinegar
1/2 cup minced garlic
salt and pepper to taste
1/2 cup olive oil
1 large red onion, cut into 1/2-inch dice
1 bunch parsley, minced
5 hard boiled eggs, roughly chopped

Directions

Preheat oven to 350 degrees F (175 degrees C).

Toss halved potatoes with 1/2 cup olive oil, 1/2 cup garlic, and seafood seasoning. Place in a single layer onto baking sheets and bake in preheated oven until tender and golden brown, 30 to 40 minutes, depending on the size of the potatoes. Once cooked, remove from the oven and allow to cool slightly.

Meanwhile, place bacon in a large, deep skillet. Cook over medium heat until evenly browned and crispy. Pour off bacon grease and reserve. Allow the bacon slices to cool, then crumble and set aside.

Whisk together balsamic vinegar, garlic, salt, and pepper in a large bowl. Pour in the oil in a slow, steady stream while whisking vigorously to make a vinaigrette. Toss the roasted potatoes together with the vinaigrette and reserved bacon grease. Fold in red onion, parsley, and eggs. Allow to stand at room temperature 20 minutes before serving.

Fab Summer Blackened Chicken Salad

Ingredients

2 tablespoons olive oil, divided
2 (6 ounce) skinless, boneless chicken breast halves
1 1/2 tablespoons Cajun seasoning
2 cloves garlic, crushed
1 tablespoon balsamic vinegar
1 teaspoon Dijon mustard
salt and black pepper to taste
2 cups mixed salad greens
1 cup arugula
1 avocado - peeled, pitted, and diced
12 oil-packed sun-dried tomatoes, drained and sliced
1/2 cup sliced black olives

Directions

Warm 1 tablespoon olive oil in a large skillet over medium heat. Season both sides of chicken with Cajun seasoning, and place in hot oil. Stir in crushed garlic. Cook chicken 5 minutes on each side, or until juices run clear. Remove chicken from skillet, drain on paper towels, cool slightly, and dice; discard oil and garlic.

In a small bowl, mix remaining olive oil, balsamic vinegar, mustard, salt, and pepper.

In a large bowl, gently toss the dressing with the mixed salad greens, arugula, avocado, sun-dried tomatoes, and olives. Top with diced chicken to serve.

Fresh Cucumber Salad

Ingredients

3 medium cucumbers, sliced
1 cup sugar
3/4 cup water
1/2 cup vinegar
3 tablespoons minced fresh dill or parsley

Directions

Place cucumbers in a 1-1/2-qt. to 2-qt. glass container. In a jar with tight-fitting lid, combine remaining ingredients. Pour over cucumbers. Cover and refrigerate overnight. Serve with a slotted spoon.

Allison's Pasta Salad

Ingredients

1 3/4 cups farfalle pasta
1/2 cup mayonnaise
1/2 cup sour cream
2 tablespoons cider vinegar
1 1/2 tablespoons prepared Dijon-style mustard
1 teaspoon white sugar
1/2 teaspoon ground black pepper
1/4 teaspoon dried dill weed
1/4 teaspoon salt
2 cups seedless green grapes, halved
2 cups diced ham
1/2 cup chopped green onions
1 1/2 cups diced sharp Cheddar cheese

Directions

Cook pasta in a large pot of boiling water until al dente. Drain, and rinse in cold water.

In a small bowl, mix together mayonnaise, sour cream, cider vinegar, mustard, sugar, black pepper, dill weed, and salt.

In a large bowl, combine pasta, grapes, ham, green onions, and cheese. Toss with dressing. Cover, and chill overnight or for at least 6 hours.

Winter Blossom's Often Requested Ham Salad

Ingredients

1 1/2 pounds cooked ham, chopped
3/4 cup mayonnaise, or as needed
1/3 cup dried minced onion
1/3 cup dill pickle relish
1/4 cup brown mustard

Directions

Process the ham in a food processor until finely chopped but not pasty, about 6 or 7 pulses. You may need to do this in batches. Place the finely chopped ham in a large bowl and continue processing the remaining ham.

Add the mayonnaise, onions, relish, and mustard to the processed ham. Mix well and, if the mixture is too dry, add more mayonnaise. Refrigerate until serving. The dried onions absorb some of the moisture from the mayonnaise and relish so you may need to add more mayonnaise before serving.

Sweet and Spicy Tuna Salad

Ingredients

1 (6 ounce) can water-packed tuna, drained
1/2 cup mayonnaise (such as Hellman's®)
1/2 cup sweet pickle relish (such as Heinz®)
1/8 teaspoon chile-garlic sauce (such as Sriracha®)

Directions

Stir the tuna, mayonnaise, relish, and chile-garlic sauce together in a bowl; serve.

Tart Cherry Salad

Ingredients

2 (16 ounce) cans tart red cherries
2 (8 ounce) cans crushed pineapple
1 cup sugar
2 (6 ounce) packages cherry gelatin
3 cups ginger ale
3/4 cup flaked coconut
1 cup chopped nuts

Directions

Drain cherries and pineapple, reserving juices. Set fruit aside. Add enough water to combined juices to make 3-1/4 cups; pour into a saucepan. Add sugar; bring to a boil. Remove from the heat; stir in gelatin until dissolved. Add cherries, pineapple and ginger ale. Chill until partially set. Stir in coconut and nuts if desired. Pour into an oiled 3-qt. mold or 13-in. x 9-in. x 2-in. pan. Chill until firm, about 3 hours.

Taffy Apple Salad II

Ingredients

1 (20 ounce) can pineapple chunks, juice reserved
2 cups miniature marshmallows
2 tablespoons all-purpose flour
1 tablespoon white wine vinegar
1/2 cup white sugar
5 apple - peeled, cored, and chopped
1 cup peanuts
1 (8 ounce) container frozen non-dairy whipped topping

Directions

In a large bowl, combine drained pineapple chunks with marshmallows. Cover and refrigerate for 24 hours.

In a medium saucepan, whisk together the reserved pineapple juice, flour, vinegar and sugar. Heat until mixture boils and thickens. Cover and refrigerate for 24 hours.

Before serving, mix together the marshmallow mixture, pineapple juice mixture, apples and peanuts. Gently fold in whipped topping and serve.

Mother's Sweet Pea Salad

Ingredients

1/3 cup mayonnaise
1/4 teaspoon dry mustard
1/4 teaspoon sugar
1/4 teaspoon salt
Dash pepper
1 cup diced cooked salad potatoes
1 cup frozen peas, thawed
1/2 cup chopped sweet pickles
1 hard-cooked egg, chopped
1 cup shredded lettuce

Directions

In a bowl, combine mayonnaise, mustard, sugar, salt and pepper. Add potatoes, peas, pickles and egg; mix gently. Chill. Serve over lettuce.

Pea 'n' Crab Pasta Salad

Ingredients

2 1/2 cups uncooked medium pasta shells
2 1/2 cups fresh baby spinach
1 (10 ounce) package frozen peas, thawed
1 1/2 cups imitation crabmeat
1/4 cup crumbled feta cheese
1/2 cup Italian salad dressing

Directions

Cook pasta according to package directions. Meanwhile, in a large bowl, combine the spinach, peas and crab. Drain pasta and rinse in cold water. Stir into spinach mixture. Sprinkle with feta cheese. Drizzle with dressing and toss to coat.

Steph's Summer Salad

Ingredients

6 ounces dry penne pasta
2 skinless, boneless chicken breast halves
1 1/2 cups fresh broccoli florets
3 green onions, sliced
2 tablespoons canola oil
lemon pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add penne pasta and cook for 8 to 10 minutes, add broccoli a few minutes before pasta is done; drain.

Cook the chicken in a pan, seasoning with lemon pepper as it cooks. When the chicken is no longer pink inside, cut into small pieces. Combine chicken to pasta-broccoli mixture. Stir in oil and sliced green onion and add lemon pepper to taste.

Cream Cheese Fruit Salad

Ingredients

1 (8 ounce) package cream cheese
1/4 cup white sugar, or to taste
1 (12 ounce) container frozen whipped topping, thawed
3 bananas, peeled and sliced
1 (15.25 ounce) can crushed pineapple, drained
1 (15.25 ounce) can fruit cocktail, drained
1 large Jonagold apple, peeled and chopped
1/2 cup sweetened flaked coconut
1 (4 ounce) jar maraschino cherries, drained and halved (optional)
1/2 cup chopped pecans (optional)
1/2 cup golden raisins (optional)

Directions

Beat the cream cheese and sugar together in a large bowl. On high speed, beat in the whipped topping. Fold in the bananas, pineapple, fruit cocktail, apple, and coconut. If desired, mix in the maraschino cherries, pecans, and raisins. Pour the salad into a serving bowl, and chill 1 hour before serving.

Twenty Four Hour Layered Salad

Ingredients

1/2 head leaf lettuce, torn
1/2 bunch fresh spinach, torn
1 cup sliced celery
1 cup sliced fresh mushrooms
5 hard-cooked eggs, sliced
2 cups peas
1/2 green bell pepper, chopped
5 green onions, sliced
2 (8 ounce) cans sliced water chestnuts, drained
1 cup mayonnaise
1 cup sour cream
2 tablespoons white sugar
1 1/2 cups shredded sharp Cheddar cheese
1/4 cup crumbled cooked bacon

Directions

Toss together the lettuce, spinach, celery, mushrooms, eggs, peas, bell pepper, green onions, and water chestnuts in a 9x13 inch dish. Mix the mayonnaise, sour cream, and sugar in a bowl, and spread evenly over the salad to the edges of the dish. Sprinkle with Cheddar cheese, and top with bacon. Cover and refrigerate 24 hours before serving.

Start-Your-Engine Salad

Ingredients

1/3 cup chopped carrot
1/3 cup chopped celery
2 tablespoons chopped onion
6 tablespoons sugar
6 tablespoons vegetable oil
1/4 cup cider vinegar
1/4 teaspoon salt
8 cups torn salad greens
1 medium sweet yellow pepper, chopped
1 medium green pepper, chopped
3/4 cup shredded Parmesan cheese
3/4 cup cherry tomatoes, halved

Directions

For dressing, combine the first seven ingredients in a blender. Cover and process until smooth. In a salad bowl, combine the greens, peppers, Parmesan cheese and tomatoes. Drizzle with dressing and toss to coat. Serve immediately.

Imitation Crab Salad

Ingredients

6 eggs
1/2 (1 pound) loaf sourdough bread, cubed
1 pound imitation crabmeat, flaked
3 stalks celery, chopped
1/2 small onion, chopped
1 cup mayonnaise
2 tablespoons sour cream
salt and pepper to taste

Directions

Place eggs in a saucepan and cover with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

Trim crust from bread and dice into cubes.

In a large bowl, combine the bread cubes, eggs, crab, celery, onion, mayonnaise, sour cream and salt and pepper. Mix together well and refrigerate until ready to serve.

Curried Chicken and Rice Salad

Ingredients

3 cups cooked white rice
2 cups chopped cooked chicken breast
1/2 cup celery, sliced
1/4 cup green onions, chopped
1/4 cup chopped red bell pepper
1 cup sour cream
1/4 cup mayonnaise
3 tablespoons peach or mango chutney
2 teaspoons ground curry powder
3/4 teaspoon seasoned salt
2 tablespoons pine nuts

Directions

In a large bowl, combine the rice, chicken, celery, green onions, bell peppers, sour cream, mayonnaise, chutney, curry and salt. Mix well, cover and refrigerate until chilled. Sprinkle with pine nuts before serving.

Mami Elva's Fruit Salad

Ingredients

2 (15.25 ounce) cans fruit cocktail, juice reserved
1 (15 ounce) can pears, drained and chopped
1 (10 ounce) jar maraschino cherries, halved
2 apples - peeled, cored and chopped
2 Granny Smith apples - cored, peeled and chopped
2 bananas, peeled and diced
1 cup chopped walnuts
1 cup shredded coconut
1 (7 ounce) jar marshmallow creme

Directions

In a large bowl, combine the fruit cocktail, pears, cherries, apples, bananas, walnuts and coconut.

Fold in marshmallow cream, if too thick, add some reserved fruit juice. Mix well, chill and serve.

Grilled Mojo Chicken Salad With Asparagus and

Ingredients

1/2 cup orange juice concentrate
1/3 cup fresh lime juice
2 large garlic cloves, chopped
1 tablespoon chopped fresh mint
1 teaspoon dried oregano
1 teaspoon ground ginger
1/2 teaspoon salt, and pepper, to taste
6 tablespoons extra-virgin olive oil, plus extra for drizzling
1 3/4 pounds boneless skinless chicken breasts
3 oranges
1 bunch medium asparagus, tough ends snapped off
12 cups mixed salad greens

Directions

Whisk first seven ingredients plus 2 Tbs. oil in a 2-cup measuring cup. Pour all but 3/4 cup of mixture into a gallon-sized zipper bag. Add chicken; seal and refrigerate 30 minutes to 4 hours. Whisk 1/4 cup of oil into remaining mixture for dressing. Peel and section oranges. Sprinkle asparagus with oil, salt, pepper.

Build a fire on only one side of grill (to conserve charcoal). When coals are covered with white ash, place chicken on rack over direct heat, cover and grill until well browned, 4 to 6 minutes. Turn, cover and grill another 4 to 6 minutes. Remove chicken and add asparagus, spears perpendicular to rack. Grill 3 to 5 minutes, until well browned and just cooked through.

Remove chicken and let stand for 5 minutes or up to 1 hour. Cut, crosswise, into 1/2-inch-thick slices. Toss greens, oranges, salt and pepper with most of the dressing. Arrange salad in six shallow bowls. Place chicken and asparagus over each. Drizzle with remaining dressing.

Frosty Cranberry Salad Cups

Ingredients

1 (16 ounce) can jellied cranberry sauce
1 (8 ounce) can crushed pineapple, drained
1 cup sour cream
1/4 cup confectioners' sugar
3/4 cup miniature marshmallows
red food coloring

Directions

In a bowl, combine all ingredients. Fill foil-or paper-lined muffin cups two-thirds full. Cover and freeze until firm, about 3 hours.

Cranberry Spinach Salad

Ingredients

1 (6 ounce) package fresh baby spinach
1/2 cup chopped pecans, toasted
1/2 cup dried cranberries
1/3 cup olive or vegetable oil
3 tablespoons sugar
2 tablespoons red wine or balsamic vinegar
1 tablespoon sour cream
1/2 teaspoon Dijon mustard

Directions

In a bowl, combine the spinach, pecans and cranberries. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Drizzle over salad and toss to coat; serve immediately.

Red and Sweet Potato Salad

Ingredients

2 pounds red potatoes, cut into 1-inch chunks
1 pound sweet potatoes, peeled and cut in 1-inch chunks
1/4 cup red wine vinegar
1 tablespoon spicy brown mustard
1 1/4 teaspoons salt
1/2 teaspoon pepper
1/2 cup reduced-fat mayonnaise
1/4 cup 2% milk
2 celery ribs, chopped
1 small red onion, chopped
1/3 cup minced fresh parsley

Directions

Place the red potatoes in a large saucepan and cover with water; bring to a boil. Reduce heat; cover and cook for 2 minutes. Add sweet potatoes; return to a boil. Reduce heat; cover and cook 8-10 minutes longer or until potatoes are fork-tender.

In a large bowl, whisk the vinegar, mustard, salt and pepper. Drain potatoes; add to vinegar mixture and stir gently to coat. Cool.

In a small bowl, combine mayonnaise and milk. Stir in the celery, onion and parsley. Gently stir into cooled potato mixture. Serve immediately or cover and chill.

Fruit and Bacon Salad

Ingredients

2 red apples, cored and sliced
2 green apples, cored and sliced
2 (11 ounce) cans mandarin oranges, drained
1 cup seedless grapes
6 slices turkey bacon, cooked and crumbled
1 cup shredded carrot
1 (10 ounce) package mixed salad greens
1/2 cup honey Dijon salad dressing

Directions

Place apples, oranges, grapes, bacon, carrot, and salad greens in a large bowl. Toss well with dressing, adding more, or less to taste.

Spaghetti Salad III

Ingredients

22 ounces spaghetti
1 cup chopped celery
1 (4.5 ounce) can small shrimp, drained
1 onion, chopped
1 cup frozen green peas
1 (16 ounce) bottle ranch-style salad dressing

Directions

Break pasta in half and cook in a pot of boiling salted water until al-dente. Drain and cool under cold water.

In a large bowl, combine the pasta, celery, seafood, onion and peas. Toss with enough dressing to coat. Refrigerate until chilled and serve.

Coconut Ambrosia Salad

Ingredients

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

Directions

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.

Layered Pea Salad

Ingredients

1 cup creamy salad dressing (such as Miracle Whip®)
2 tablespoons white sugar
5 (15 ounce) cans baby peas, drained
1/2 cup finely chopped green bell pepper (optional)
1 head iceberg lettuce, torn into bite-sized pieces
2 cups shredded Cheddar cheese
bacon bits

Directions

Stir together salad dressing and sugar in a large salad bowl or 9x13 glass baking dish until sugar is dissolved. Add peas and chopped green pepper, if desired, and mix lightly to combine. Spread the pea mixture evenly across the bottom of the dish.

Spread the lettuce in an even layer over the pea mixture, and top the lettuce with a layer of the Cheddar cheese. Sprinkle bacon bits over the cheese.

Chill for at least 8 hours or overnight to blend flavors.

Annie's Turkey Salad

Ingredients

6 eggs
6 cups cooked turkey meat
1 (16 ounce) jar sweet pickles, chopped
1 1/2 (10 ounce) jars mustard-mayonnaise blend
3/4 cup mayonnaise

Directions

Place eggs in a medium saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

In a large bowl, thoroughly mix the eggs, turkey, pickles, prepared sandwich and salad sauce and mayonnaise. Chill in the refrigerator approximately 3 hours before serving.

Ham Salad on Biscuits

Ingredients

1/2 cup Hellmann's® or Best Foods® Real Mayonnaise
3 tablespoons sweet pickle relish
1 tablespoon prepared mustard
2 dashes Worcestershire sauce
Hot pepper sauce* to taste
1/2 small onion, finely grated
6 (1/4 inch thick) slices cooked ham, cut into cubes
Shredded lettuce
4 baked biscuits, split

Directions

Combine Hellmann's® or Best Foods® Real Mayonnaise, relish, mustard, Worcestershire sauce, hot sauce and onion with wire whisk in medium bowl. Season, if desired, with salt and pepper.

Pulse ham in food processor a few times until coarsely ground. Fold ham into mayonnaise mixture. Cover and refrigerate at least 1 hour.

Arrange lettuce on bottom halves of biscuits, then top with ham salad and biscuit tops.

Black-Eyed Pea Salad

Ingredients

1 (15.5 ounce) can black-eyed peas, rinsed and drained
1 cup chopped celery
1/2 cup chopped green pepper
1/2 cup chopped sweet red pepper
1/4 cup chopped green onions
1 large tomato, seeded and chopped
2 cups shredded lettuce
2/3 cup fat-free ranch salad dressing

Directions

In a large bowl, combine all ingredients; toss lightly. Serve immediately.

Beautiful Salad

Ingredients

8 cups baby spinach leaves
1/2 medium red onion, sliced and separated into rings
1 (11 ounce) can mandarin oranges, drained
1 1/2 cups sweetened dried cranberries
1 cup honey-roasted sliced almonds
1 cup crumbled feta cheese
1 cup balsamic vinaigrette salad dressing, or to taste

Directions

Place servings of spinach onto salad plates. Top with red onion, mandarin oranges, cranberries, sliced almonds and feta cheese in that order. Drizzle dressing over each salad.

Greek Veggie Salad II

Ingredients

1 large cucumber, chopped
2 roma (plum) tomatoes, chopped
1 (5 ounce) jar pitted kalamata olives
1 (4 ounce) package feta cheese, crumbled
1 red onion, halved and thinly sliced
1/2 (10 ounce) package baby greens
1/2 (10 ounce) package romaine lettuce leaves

6 tablespoons olive oil
1 teaspoon garlic powder
1 teaspoon dried oregano
1 teaspoon dried basil
1 teaspoon Dijon mustard
1 teaspoon lemon juice
1 1/2 cups red wine vinegar

Directions

In a large bowl, mix the cucumber, tomatoes, olives, feta cheese, red onion, baby greens, and romaine. In a separate bowl, mix the olive oil, garlic powder, oregano, basil, mustard, lemon juice, and red wine vinegar. Pour dressing over the vegetables, and toss to coat.

Chuck Wagon Salad

Ingredients

1 cup uncooked wagon wheel pasta
1 cup sliced, cooked lean sirloin, cold
3/4 cup sliced onion
1/2 cup chopped green bell pepper
2/3 cup barbecue sauce
2 tablespoons Dijon mustard
2 cups red leaf lettuce, rinsed and torn
2 cups green leaf lettuce, rinsed and torn
1 tomato, sliced

Directions

Cook pasta in boiling water until al dente. Drain.

In a medium mixing bowl, combine pasta, beef, onion, and green pepper. Mix well. Stir together barbecue sauce and prepared mustard, and mix into beef mixture.

Serve beef mixture over mixed greens, and garnish with tomatoes.

Cool Cucumber Molded Salad

Ingredients

1 large cucumber, peeled and shredded
1 (3 ounce) package lime flavored gelatin mix
1 1/4 cups boiling water
1 tablespoon white sugar
1 pinch salt
1 tablespoon white vinegar
1/2 cup mayonnaise

Directions

Place the shredded cucumber in a colander to drain. In a medium bowl, whisk together the gelatin mix and hot water until gelatin has dissolved. Mix in the sugar, salt and vinegar. Set aside to cool until it starts to set, about 1 hour.

When the gelatin has thickened, stir in the mayonnaise, and fold in the drained cucumber. Transfer to a mold or serving bowl, and chill for 3 hours, or until set.

Salami and Kalamata Primavera Salad

Ingredients

1 (16 ounce) package multicolored corkscrew pasta
4 marinated artichoke hearts, drained and chopped
1/4 cup pitted Kalamata olives, chopped
8 slices Genoa salami, chopped
3 slices provolone cheese, cubed
1/2 red bell pepper, seeded and diced
1/4 cup freshly grated Parmesan cheese, or to taste
1 cup Italian salad dressing

Directions

Bring a large pot of lightly salted water to a boil. Add corkscrew pasta and cook until al dente, 8 to 10 minutes; drain and rinse under cold water until cool. Drain well.

Place drained pasta into a large bowl, and add artichokes, olives, salami, provolone cheese, bell pepper, Parmesan cheese, and Italian dressing. Stir until well mixed, then cover, and refrigerate at least 30 minutes before serving.

Aunt Mabel's Molded Avocado Salad with Toasted

Ingredients

1 (6 ounce) package lime flavored gelatin mix
1 3/4 cups boiling water
1 (8 ounce) package cream cheese, softened
1/2 cup chopped celery
1 1/2 avocados, peeled and mashed
1/2 cup mayonnaise
1/2 teaspoon salt
1 teaspoon onion juice (optional)
6 butter lettuce leaves, rinsed

1/2 cup mayonnaise
1/4 cup confectioners' sugar, or to taste
1 tablespoon lemon juice, or to taste
1/2 cup pecan halves, toasted

Directions

In a medium bowl, dissolve the gelatin in the boiling water. In another bowl, mix together cream cheese, celery, avocado, 1/2 cup mayonnaise, and salt. Mix in onion juice, if using. Gradually stir in the gelatin mixture. Pour into an 11x7 inch glass baking dish, and refrigerate until set.

Cut the gelatin salad into squares, and serve each square on top of a leaf of butter lettuce. Make the salad dressing by mixing the 1/2 cup mayonnaise with confectioners' sugar and lemon juice to taste. Drizzle dressing over squares, and garnish with toasted pecans.

Lime-Garlic Chicken and Spinach Salad

Ingredients

4 skinless, boneless chicken breast halves - cut into thin strips
1/2 onion, chopped
2 tablespoons minced garlic
1 teaspoon fresh ground black pepper
1 pinch salt
1 teaspoon flour
1/4 cup fresh lime juice, or to taste
4 1/2 cups baby spinach leaves

Directions

Place chicken, onions, garlic, salt, pepper, and flour in a resealable bag. Stir in the lime juice. Allow to sit for a few minutes to marinate.

Spray a non-stick frying pan with olive oil cooking spray and place over medium heat. Pour in the entire contents of the bag and cook until the onion has softened (there is no need to brown). Add additional lime juice to taste. Serve over spinach.

Beet, Walnut and Prune Salad

Ingredients

5 medium beets, scrubbed
1/2 cup chopped walnuts
1/2 cup mayonnaise
20 pitted prunes, chopped
3 cloves garlic, pressed
salt to taste

Directions

Place the beets into a saucepan and fill with just enough water to cover. Bring to a boil, then simmer over medium heat until tender enough to pierce with a fork, about 20 minutes. Drain and rub off peels. Run under cold water until cool enough to handle, then grate using the largest setting. Place in a serving bowl.

Stir the walnuts, prunes and garlic into the beets, then mix in the mayonnaise and season to taste with salt.

Judy's Strawberry Pretzel Salad

Ingredients

1 1/2 cups crushed pretzels
4 1/2 tablespoons white sugar
3/4 cup butter, melted
1 cup white sugar
2 (8 ounce) packages cream cheese
1 (8 ounce) container frozen whipped topping, thawed
1 (6 ounce) package strawberry flavored gelatin
2 cups boiling water
1 (16 ounce) package frozen strawberries

Directions

Preheat oven to 350 degrees F (175 degrees C). Mix together the pretzels, 4 1/2 tablespoons sugar and melted butter. Press into the bottom of a 9x13 inch pan. Bake for 10 minutes, or until lightly toasted. Set aside to cool completely.

In a medium bowl, beat the sugar and cream cheese until smooth. Fold in whipped topping. Spread evenly over the cooled crust. Refrigerate until set, about 30 minutes.

In a medium bowl, stir together the gelatin mix and boiling water. Mix in frozen strawberries, and stir until thawed. Pour over cream cheese mixture in pan. Refrigerate until completely chilled, at least 1 hour.

Corn Chip Salad

Ingredients

1 pound ground beef
1 large head lettuce, chopped
1 1/2 cups diced tomatoes
1 large onion, diced
1 1/2 cups diced sharp Cheddar cheese
1/2 cup diced Monterey Jack cheese
8 ounces thousand island salad dressing
2 (15 ounce) cans kidney beans, drained
1 (16 ounce) package corn chips

Directions

In a large skillet over medium heat, cook ground beef until evenly browned. Drain fat and set aside to cool.

In a large bowl, mix together the ground beef, lettuce, tomatoes, onion, Cheddar cheese, Jack cheese and kidney beans. Cover and chill for at least an hour.

Right before serving, add the dressing and corn chips and toss until evenly coated.

Breakfast Fruit Salad

Ingredients

2 cups cubed cantaloupe
2 large red apples, chopped
1 cup red or green grapes
1 medium firm banana, sliced
1/2 cup lemon yogurt
1 tablespoon orange juice concentrate

Directions

In a serving bowl, combine the fruit. Combine the yogurt and orange juice concentrate; drizzle over fruit.

Tofu Veggie Salad

Ingredients

1 pound firm tofu, crumbled
2 carrots, grated
1 cucumber, cleaned and diced
6 green onions, chopped
2 cups fresh peas
1 (2 ounce) can chopped black olives
1/4 cup teriyaki sauce
2 tablespoons Dijon-style prepared mustard

Directions

In a medium size mixing bowl combine tofu, carrots, cucumber, green onions, assorted vegetables, black olives, teriyaki sauce and Dijon mustard. Mix well.

Olive Salad for Muffalettas

Ingredients

1 (6 ounce) can black olives, drained
1 (5 ounce) jar pitted green olives, rinsed and drained
1 (6.5 ounce) jar marinated artichoke hearts, undrained
1 small red onion, chopped
1/4 cup red wine vinegar
1/2 cup olive oil
1 teaspoon dried minced garlic
1/2 teaspoon celery seed
1 teaspoon dried oregano
1 teaspoon dried basil
3/4 teaspoon black pepper

Directions

Place the black olives, green olives, artichoke hearts with their juice, and onion into a food processor. Pour in the vinegar and olive oil, and season with garlic, celery seed, oregano, basil and black pepper. Cover, and process until finely chopped. Use as a condiment on sandwiches, or a dip for crackers. Refrigerate leftovers.

Egg Salad III

Ingredients

8 eggs
1/2 cup mayonnaise
1 teaspoon ground black pepper
1/4 teaspoon paprika
2 tablespoons chopped pimento-stuffed green olives

Directions

Place eggs in a medium saucepan with enough cold water to cover, and bring to a boil. Cover saucepan, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel, and chop.

In a large bowl, mix eggs, mayonnaise, pepper, and paprika. Mash with a potato masher or fork until smooth. Gently stir in the olives. Refrigerate until serving.

Apple-Cranberry Salad

Ingredients

1 teaspoon stone-ground mustard
2 tablespoons balsamic vinegar
1/4 cup olive oil
1 apple, diced
1 pear, diced
1/4 cup dried cranberries
1 (10 ounce) package mixed baby greens
1/4 cup crumbled blue cheese
2 tablespoons chopped walnuts

Directions

Whisk the mustard and vinegar together in a small bowl. Drizzle in the olive oil while whisking to create a dressing; set aside.

Place the apple, pear, cranberries, baby greens, blue cheese, and walnuts into a large salad bowl. Toss gently to mix, then pour on the dressing, and toss to coat.

Mediterranean Quinoa Salad

Ingredients

2 cups water
2 cubes chicken bouillon
1 clove garlic, smashed
1 cup uncooked quinoa

2 large cooked chicken breasts - cut into bite size pieces
1 large red onion, diced
1 large green bell pepper, diced
1/2 cup chopped kalamata olives
1/2 cup crumbled feta cheese
1/4 cup chopped fresh parsley
1/4 cup chopped fresh chives
1/2 teaspoon salt
2/3 cup fresh lemon juice
1 tablespoon balsamic vinegar
1/4 cup olive oil

Directions

Bring the water, bouillon cubes, and garlic to a boil in a saucepan. Stir in the quinoa, reduce heat to medium-low, cover, and simmer until the quinoa is tender and the water has been absorbed, 15 to 20 minutes. Discard the garlic clove and scrape the quinoa into a large bowl.

Gently stir the chicken, onion, bell pepper, olives, feta cheese, parsley, chives, and salt into the quinoa. Drizzle with the lemon juice, balsamic vinegar, and olive oil. Stir until evenly mixed. Serve warm or refrigerate and serve cold.

Egg Salad English Muffins

Ingredients

3 hard-cooked eggs
1/4 cup mayonnaise
1/4 teaspoon prepared mustard
2 English muffins, split and toasted
4 slices Canadian bacon
1/4 cup shredded Cheddar cheese

Directions

In a bowl, combine the eggs, mayonnaise and mustard. Place English muffins cut side up on an ungreased baking sheet. Top each with a slice of Canadian bacon, 1/4 cup egg mixture and cheddar cheese. Bake at 350 degrees F for 6-8 minutes or until cheese is melted.

Cranberry Salad I

Ingredients

1 pound fresh or frozen cranberries
8 ounces miniature marshmallows
2 cups white sugar
1 (20 ounce) can crushed pineapple with juice
1 banana, peeled and sliced
1 cup whipped cream

Directions

If using frozen cranberries let thaw before using. In a food processor or blender grind the cranberries. Add the sugar, crushed pineapple and marshmallows. Let mixture stand overnight.

Just before serving stir in the sliced banana and whipped cream.

Pepper Pea Salad

Ingredients

1 (16 ounce) package frozen peas, thawed
1 medium green pepper, julienned
1/2 cup chopped sweet onion
1/4 cup white vinegar
4 teaspoons olive oil or canola oil
1 teaspoon Italian seasoning

Directions

In a large bowl, combine the peas, green pepper and onion. In a small bowl, whisk the vinegar, oil and Italian seasoning. Pour over vegetables and toss to coat. Cover and refrigerate for at least 1 hour.

Spinach Salad Ring

Ingredients

2 envelopes unflavored gelatin
1 (10.5 ounce) can condensed beef broth
1/4 cup water
2 tablespoons lemon juice
1/2 teaspoon salt
1 cup mayonnaise or salad dressing
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry
4 hard-cooked eggs, chopped
1/4 pound sliced bacon, cooked and crumbled
1/4 cup thinly sliced green onions
Cherry tomatoes

Directions

In a saucepan, sprinkle gelatin over broth; let stand for 5 minutes. Cook over low heat until gelatin is dissolved. Add water, lemon juice and salt; mix well. Place mayonnaise in a bowl. Gradually add broth mixture, stirring constantly until smooth. Chill until slightly thickened, about 40 minutes. Fold in spinach, eggs, bacon and onions. pour into an oiled 6-cup mold. Chill until firm. When ready to serve, unmold onto a platter; garnish with tomatoes if desired.

Gourmet Tuna Salad

Ingredients

1 (12 ounce) can albacore tuna in water, drained and flaked
2 green onions, chopped
1 stalk celery, diced
1/4 cup pimento-stuffed green olives, chopped
2 tablespoons capers, chopped
1/4 cup blanched slivered almonds
1 dash Worcestershire sauce
1/2 cup mayonnaise
1/4 cup sour cream

Directions

In a mixing bowl, combine tuna, green onions, celery, green olives, capers and almonds.

In a small bowl, whisk together mayonnaise, sour cream and Worcestershire sauce.

Blend together dressing and tuna mixture. Serve on bed of lettuce or with croissant as a tuna salad sandwich.

Mesclun and Mango Salad with Ginger Carrot

Ingredients

1/4 cup rice vinegar
2 tablespoons sesame oil
1 tablespoon grated fresh ginger
1 tablespoon shredded carrot
1/4 teaspoon lime juice
1/2 pound mixed baby greens
1 mango - peeled, seeded and diced
2 teaspoons sesame seeds

Directions

In a small bowl, mix rice vinegar, sesame oil, ginger, carrot, and lime juice.

In a medium bowl, toss rice vinegar mixture with baby greens and mango. Sprinkle with sesame seeds to serve.

Rhubarb Gelatin Salad

Ingredients

3 cups chopped fresh rhubarb
1/2 cup white sugar, or to taste
2 tablespoons water
1 (3 ounce) package raspberry flavored gelatin mix
1 cup cold water
1 cup chopped apple
1/2 cup chopped walnuts

Directions

In a saucepan over medium heat, combine the rhubarb, sugar, and 2 tablespoons water. Bring to a boil, and cook for about 15 minutes, or until rhubarb is mushy. Mix well to form a sauce. Taste, and adjust sugar if needed. Reserve 1 cup. Save any extra for other uses.

In a medium bowl, stir together the raspberry flavored gelatin and 1 cup of the boiling hot rhubarb mixture until completely dissolved. Stir in 1 cup cold water, then mix in the apples and walnuts. Pour into a serving bowl, and refrigerate for 2 to 4 hours, or until set. Garnish with whipped topping or creamy salad dressing before serving if you like.

Barbecued Bean Salad

Ingredients

1 pound dry pinto beans, rinsed
1 medium onion, chopped
1 medium green pepper, diced
1 medium sweet red pepper, diced
1 (16 ounce) can whole kernel corn, drained
DRESSING:
1/4 cup ketchup
1/4 cup cider vinegar
1/4 cup olive oil
3 tablespoons brown sugar
1 tablespoon Worcestershire sauce
1 tablespoon chili powder
5 teaspoons Dijon mustard
1 teaspoon ground cumin
1 teaspoon salt
1/4 teaspoon pepper

Directions

In a large kettle, cover beans with water; bring to a boil. Boil for 2 minutes. Remove from the heat and let stand 1 hour. Drain and rinse beans; return to the kettle. Cover with water again and bring to a boil. Reduce heat; cover and simmer for 1-1/2 hours or until beans are tender. Drain and rinse beans; place in a large bowl and cool to room temperature. Add the onion, peppers and corn; toss. In a saucepan, combine all dressing ingredients; simmer for 10 minutes. Pour over vegetables and mix well. Cover and chill.

Bucket Salad

Ingredients

2 heads iceberg lettuce, torn into bite-sized pieces
4 tomatoes, diced
1 large onion, chopped
6 cups shredded Cheddar cheese
1 (14.5 ounce) package corn tortilla chips, broken
2 (12 ounce) jars creamy Ranch salad dressing
1 (12 ounce) jar chunky salsa
2 pounds ground beef

Directions

As you tear and chop the lettuce, onion, and tomatoes, place them into a large container. I always use a clean bucket, hence the name, and it is full when the salad is completed. Crumble in the tortilla chips, and add the cheese. Stir in the two jars of Ranch dressing, and the salsa. Mix well. Set aside.

Brown the ground beef in a large skillet over medium heat, stirring and crumbling as it cooks. Drain off grease. Stir the beef into the salad just before serving.

Colorful Four Bean Salad

Ingredients

1 cup white sugar
1 cup white vinegar
1 tablespoon vegetable oil
6 stalks celery, chopped
1 green bell pepper, seeded and chopped
1 medium red onion, chopped
1 (4 ounce) jar pimento peppers, drained and chopped
1 (14 ounce) can cut green beans
1 (14.5 ounce) can yellow wax beans
1 (15 ounce) can lima beans
1 (15 ounce) can dark red kidney beans

Directions

In a large bowl, whisk together the white sugar, vinegar, and vegetable oil. Stir in the celery, green pepper, red onion and pimentos. Pour the green beans, wax beans, lima beans and kidney beans into a colander, and rinse under cold water. Let drain for a few minutes, then stir into the bowl with the rest of the salad. Store in a large jar in the refrigerator, and shake or turn occasionally for 1 day to marinate. If you do not have a sealed container, simply stir the salad every few hours. This keeps for about a week, but will be gone sooner.

Tomato and Avocado Salad

Ingredients

1 teaspoon Dijon mustard
1/4 cup extra-virgin olive oil
1/2 cup balsamic vinegar
1 pinch ground black pepper

1 avocado - peeled, pitted and sliced
2 small tomatoes, each cut into 8 wedges

Directions

In a small bowl, whisk together the mustard, olive oil, balsamic vinegar and pepper. Arrange the slices of avocado and tomato alternately like the spokes of a wheel on one big serving plate, or individual plates. Drizzle lightly with the dressing, and serve immediately.

Glenda's Mandarin Orange Salad

Ingredients

Dressing
1 onion, minced
2/3 cup white sugar
1 tablespoon dry mustard
1 teaspoon celery seed
1 teaspoon black pepper
1/2 cup distilled white vinegar
1/2 cup olive oil

Salad
1 head romaine lettuce, chopped
1 (10 ounce) can mandarin oranges, drained
5 ounces fresh mushrooms, sliced
3 tablespoons slivered almonds
3 tablespoons crumbled cooked bacon

Directions

Place the onion, sugar, mustard, celery seed, and black pepper into a small bowl. Pour in the vinegar, and stir until the sugar has dissolved. Whisk in the olive oil until the dressing is thick. Cover, and refrigerate at least 3 hours.

To make the salad, toss the lettuce, oranges, mushrooms, almonds, and bacon together in a large bowl. Drizzle with the dressing, and toss again to coat.

Christmas Red and Green Salad

Ingredients

1 (15 ounce) can whole kernel corn, drained
1 (15 ounce) can peas, drained
1 (15 ounce) can kidney beans, drained
1/2 cup minced red onion
1/2 cup chopped celery
1/2 cup sliced radishes
1 cup creamy salad dressing
2 tablespoons milk

Directions

Combine the corn, peas, beans, onions, celery and radish.

Whisk together the salad dressing and milk or cream. Pour over salad, toss and refrigerate overnight.

My Grandma's Cool Cucumber Salad

Ingredients

3 cucumbers
1 onion, cut into very thin slices
salt and pepper to taste
2 cups fat free sour cream

Directions

Peel cucumbers, but leave a little on for color and slice by hand as thin as possible. Dry slices with paper towels.

Place dried cucumber slices in a large bowl with onion slices. Generously season with salt and pepper. Toss well and let sit 10 minuets, drain any excess liquids.

Toss cucumbers and onions in with enough sour cream to coat. Refrigerate until well chilled. Stir, and season with salt and pepper to taste if needed.

Zesty Southern Pasta and Bean Salad

Ingredients

2 cups small seashell pasta
1/3 cup Italian-style salad dressing
salt to taste
1 (15 ounce) can pinto beans
1 (15 ounce) can black beans
1 (15 ounce) can whole kernel corn, drained
3 tomatoes, chopped
1 1/2 tablespoons ground cumin
1/2 tablespoon chili powder
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1/4 teaspoon dried red pepper flakes (optional)
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and rinse pasta in cold water. Place in a large mixing bowl and add dressing and salt; mix well.

Combine pinto beans and black beans in a colander; rinse with cold water and add to pasta. Add corn, tomatoes, cumin, chili powder, onion powder, garlic powder, dried red pepper flakes and salt and pepper to taste; toss lightly.

Chill salad in refrigerator until ready to serve.

Georgia Cracker Salad

Ingredients

1 (4 ounce) packet saltine crackers
1 large tomato, chopped
3 green onions, finely chopped
1 1/2 cups mayonnaise
1 hard-cooked egg, chopped
salt and freshly ground black pepper to taste

Directions

Coarsely crumble the saltines into a medium bowl. Mix in the tomato, onions and mayonnaise. Stir in the hard-cooked egg, and season with salt and pepper.

Vegetable Pasta Salad

Ingredients

2 cups broccoli florets
4 cups cooked spiral pasta
2 medium carrots, julienned
1/2 cup frozen peas, thawed
1/2 cup cubed fully cooked ham
1/2 cup cubed Cheddar cheese
1/3 cup sliced green onions
DRESSING:
3/4 cup mayonnaise
2 tablespoons cider vinegar
1 tablespoon Dijon mustard
1 garlic clove, minced
1 teaspoon dill weed
1/4 teaspoon pepper

Directions

Place 1 in. of water in a small saucepan; add broccoli. Bring to a boil. Reduce heat; cover and simmer for 2-3 minutes; rinse in cold water and drain. In a large bowl, combine the broccoli, pasta, carrots, peas, ham, cheese and onions.

In another bowl, combine the dressing ingredients. Pour over salad and toss to coat. Cover and refrigerate for at least 1 hour.

Fruity Tuna Salad

Ingredients

2 (6 ounce) cans tuna, drained
1 cup chopped dates
1 1/2 cups chopped celery
1 large apple - peeled, cored and diced
1/2 cup lemon yogurt
1 tablespoon minced onion
2 teaspoons lemon juice
1 teaspoon ground curry powder

Directions

In a large bowl, mix the tuna, dates, celery and apple.

In a separate bowl, whisk together the yogurt, onion, lemon juice, and curry powder. Pour over tuna mixture and gently toss to coat. Refrigerate 1 hour, or until chilled.

Asian Chicken Pasta Salad

Ingredients

8 ounces rotelle pasta
5 boneless chicken breast halves, cooked and cut into bite-sized pieces
5 tablespoons vegetable oil
1 teaspoon salt, divided
2 carrots, sliced diagonally
1/2 pound fresh mushrooms, quartered
1/2 head broccoli, cut into florets
1/2 head cauliflower, broken into small florets
1/4 cup water
1 bunch green onions, chopped
2 tablespoons soy sauce
3 tablespoons sesame oil

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Place in large bowl with chicken.

In large skillet or wok, heat 1 tablespoon oil. Cook carrots with 1/4 teaspoon salt until tender-crisp, 3 to 5 minutes. Remove carrots, place in bowl with chicken and pasta. Add 2 tablespoons oil to wok and cook mushrooms with 1/4 teaspoon salt until tender, 5 minutes. Remove mushrooms and place in bowl.

Add 2 more tablespoons oil to wok, stir-fry broccoli, cauliflower and onion until coated with oil. Add 1/2 teaspoon salt and 1/4 cup water, cover and cook 5 to 10 minutes, until tender-crisp, stirring occasionally. Remove vegetables with slotted spoon and toss with pasta and chicken.

Mix in green onions, soy sauce and sesame oil, adjusting soy and sesame to taste. Serve warm or cold.

Warm Chicken and Mango Salad

Ingredients

1/3 cup vanilla low-fat yogurt
1 1/2 tablespoons lime juice
1 1/2 tablespoons mango chutney
1 tablespoon seasoned rice vinegar
1 teaspoon honey
1/4 teaspoon ground cumin
1/4 teaspoon ground coriander
1/4 teaspoon ground paprika

1 teaspoon olive oil
4 skinless, boneless chicken breast halves - cut into strips
2 teaspoons grated fresh ginger
1 clove garlic, peeled and minced
1 1/2 cups peeled, seeded and chopped mango
1 cup sliced red bell pepper
1/3 cup chopped green onion
8 cups torn romaine lettuce

Directions

In a small bowl, blend vanilla yogurt, lime juice, mango chutney, rice vinegar, honey, cumin, coriander, and paprika.

Heat olive oil in a medium skillet over medium heat. Place chicken, ginger, and garlic in the skillet. Cook 7 to 10 minutes, stirring occasionally, until chicken is no longer pink and juices run clear.

Mix mango, red bell pepper, and green onions into the skillet. Cook about 5 minutes, until pepper is tender and mangoes are heated through. Stir in the vanilla yogurt mixture. Spoon over romaine lettuce to serve.

Easy German Potato Salad

Ingredients

8 potatoes
1 cucumber, thinly sliced
1/2 cup mayonnaise
salt and pepper to taste

Directions

Place potatoes in a large saucepan or Dutch oven, and cover with lightly salted water. Bring to a boil over high heat, then reduce heat to medium, and simmer until potatoes are tender; drain and cool. Peel the potatoes and cut into 1/4 inch slices.

Mix together the potatoes, cucumbers, and mayonnaise; season with salt and pepper.

Low-Fat Potato Salad

Ingredients

1 1/2 pounds small salad potatoes
3/4 cup plain fat-free yogurt
3 tablespoons white wine vinegar
1 tablespoon minced fresh dill
1 tablespoon minced fresh parsley
2 teaspoons minced fresh tarragon
1/2 medium onion, chopped
1 celery rib, chopped
1 small carrot, coarsely grated

Directions

Cook potatoes until tender but firm; cool and slice. In a large bowl, combine remaining ingredients. Add potatoes and stir until well coated. Chill for several hours.

Sweet 'N' Sour Tossed Salad

Ingredients

1 (3 ounce) package ramen noodles
1 cup chopped walnuts
1/4 cup butter or margarine
6 cups torn romaine
4 cups broccoli florets
1 pint cherry tomatoes, halved
4 green onions, sliced
DRESSING:
1/2 cup vegetable oil
1/4 cup sugar
3 tablespoons red wine vinegar or cider vinegar
4 1/2 teaspoons soy sauce
salt and pepper to taste

Directions

Break noodles into small pieces (save seasoning envelope for another use). In a skillet over medium heat, saute noodles and walnuts in butter for 5-6 minutes or until lightly browned. Cool.

In a large salad bowl, combine the romaine, broccoli, tomatoes and onions. Place dressing ingredients in a blender or food processor; cover and process until sugar is dissolved. Add dressing and noodle mixture to salad; toss to coat. Serve with a slotted spoon.

Broccoli Salad

Ingredients

4 cups fresh broccoli florets
1/4 cup red onion, finely diced
3 tablespoons raisins
2 tablespoons dry roasted sunflower seeds
1/4 cup plain yogurt
2 tablespoons orange juice
1 tablespoon fat-free mayonnaise

Directions

Combine the broccoli, onions, raisins, and sunflower seeds.

In a small bowl, whisk the yogurt, orange juice, and mayonnaise until blended. Pour over the broccoli mixture and toss to coat.

Spaghetti Salad II

Ingredients

1 pound spaghetti
1 head fresh broccoli, chopped small
1 head cauliflower, finely chopped
2 large cucumbers, finely chopped
2 (6 ounce) cans black olives, drained and halved
1 (16 ounce) bottle zesty Italian dressing
1 (1 ounce) package ranch dressing mix
1 tablespoon salad seasoning mix

Directions

In a large pot of salted boiling water, cook spaghetti until al-dente, rinse and cool. Add the pasta to a large bowl and mix with the chopped broccoli, cauliflower and cucumbers.

Add the ranch salad dressing mix and zesty Italian dressing to the spaghetti and vegetables and sprinkle with the Schilling Salad Seasoning в„ў . Mix well and add more seasoning to taste. Before serving add the black olives. For added color halved cherry tomatoes may be added.

Shrimp Avocado Pasta Salad

Ingredients

1 (16 ounce) package uncooked penne pasta
1/4 pound bacon
1 pound cooked shrimp, peeled and deveined
2 avocados - peeled, pitted and diced
1 cup shredded Cheddar cheese
1 cup mayonnaise
1/4 cup lemon juice
2 tomatoes, diced
1 teaspoon crushed red pepper
4 cups shredded lettuce

Directions

Bring a large pot of lightly salted water to a boil. Place pasta in the pot, cook for 8 to 10 minutes, until al dente, and drain. Rinse under cold running water to cool.

Place bacon in a skillet over medium high heat, and cook until evenly brown. Drain and crumble.

In a large bowl, gently toss together the pasta, bacon, shrimp, avocados, Cheddar cheese, mayonnaise, lemon juice, tomatoes, and red pepper. Serve over lettuce.

California Roll Salad

Ingredients

1/2 cup uncooked white rice
1 cup water
B
1 small head iceberg lettuce, shredded
1 English cucumber, cut into 1 inch strips
2 avocados - peeled, pitted, and cubed
2 cups shredded imitation crabmeat
B
2 teaspoons wasabi powder, or to taste
1 tablespoon mayonnaise
1 tablespoon soy sauce
1/4 cup rice wine vinegar
1 tablespoon white sugar
1 teaspoon sesame oil

Directions

Place rice and water in a small saucepan, and bring to a boil. Cover, reduce heat to low, and simmer for 20 minutes, or until rice is tender. Set aside to cool.

In a large serving bowl, toss together the lettuce, cucumber, avocado and imitation crabmeat. Stir in cooled rice. In a small bowl, stir together the wasabi powder, mayonnaise, soy sauce, rice vinegar, sugar and sesame oil. Toss salad with dressing (recommended), or serve with dressing on the side.

Pasta Salad with Pesto

Ingredients

1 (19 ounce) package Bob Evans® Italian Grilling Sausage
1 pound uncooked penne pasta
1 tablespoon butter or margarine
2 garlic cloves, peeled
2 cups fresh basil leaves
1/2 cup fresh parsley leaves
2 tablespoons pine nuts
1/2 cup olive oil
1/4 cup freshly grated Parmesan cheese
1/4 teaspoon black pepper
2 cups seeded and diced Roma tomatoes
1 small green bell pepper, chopped
1 cup whole ripe olives
1 cup cubed mozzarella cheese
Red leaf lettuce for garnish (optional)

Directions

Cook sausage in large skillet or on grill until browned; let cool. Cut in half lengthwise; cut each half into 1/4 inch slices and set aside. Cook penne according to package directions; drain. Toss in large bowl with butter to prevent sticking.

To prepare pesto sauce, place garlic cloves in food processor with metal blade or in blender; process until smooth. Add basil and parsley; process until finely chopped. Add pine nuts; process until finely chopped. With motor running, slowly add olive oil in fine, steady stream. Add Parmesan cheese and black pepper; process until well blended, scraping down side as needed.

To assemble salad, toss sausage, tomatoes, bell pepper, olives and mozzarella cheese with penne. Gradually stir in pesto until salad is moist but not saturated. Serve salad on lettuce-lined platter, if desired. Refrigerate leftovers.

Chinese Cold Pasta Salad

Ingredients

8 ounces dry fettuccine pasta
2 tablespoons natural peanut butter
1/2 cup vegetable broth
2 tablespoons soy sauce
3 cloves garlic, minced
2 teaspoons crushed red pepper flakes
1 red bell pepper, chopped
2 green onions, chopped
1/2 cup chopped fresh cilantro

Directions

Cook pasta in a large pot of boiling water until al dente. Rinse and drain. Set aside.

In a large bowl, combine peanut butter, broth, soy sauce, garlic, and crushed red pepper. Mix well. Add pasta, sliced red pepper, scallions, and cilantro; toss to combine. Chill.

Greek Salad V

Ingredients

1 English cucumber, diced
2 large tomatoes, each cut into 8 wedges
1/2 cup thinly sliced red onion
1/2 cup thinly sliced green bell pepper
1/2 cup whole, pitted kalamata olives
1 cup crumbled feta cheese
2 tablespoons dried oregano
2 teaspoons fresh lemon juice
2 tablespoons olive oil
salt and pepper to taste

Directions

In a medium bowl, layer cucumbers, tomatoes, onion, bell pepper, kalamata olives, and feta cheese. Sprinkle with oregano, then drizzle with lemon juice and olive oil. Season with salt and pepper to taste.

Tri-Color Pasta Salad

Ingredients

2 pounds uncooked tri-color spiral pasta
10 ounces diced processed American cheese
1 large head broccoli, cut into florets
1 (16 ounce) bottle Italian-style salad dressing

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Toss cooled pasta with cheese, broccoli and Italian-style dressing to taste. Serve immediately.

Cranberry Waldorf Salad

Ingredients

1 medium apple, chopped
1 celery rib, chopped
1/2 cup dried cranberries
1/3 cup mayonnaise
1 tablespoon sugar
2 teaspoons lemon juice

Directions

In a serving bowl, combine the apple, celery and cranberries. In a small bowl, combine mayonnaise, sugar and lemon juice. Pour over apple mixture and toss gently to combine.

Ahi Poke Salad

Ingredients

1 1/4 pounds ahi tuna, cut into 1/2 inch cubes
1/4 cup minced onion
1/4 cup minced green onion
1 teaspoon minced fresh ginger
2 tablespoons lightly crumbled wakame seaweed
1 tablespoon ground roasted macadamia nuts
2 teaspoons sesame oil
1 1/2 teaspoons crushed red pepper flakes
8 leaves iceberg lettuce
2 tablespoons cilantro leaves, for garnish

Directions

Mix together the ahi tuna, minced onion, green onion, ginger, seaweed, macadamia nuts, sesame oil, and red pepper in a mixing bowl. Cover and refrigerate at least one hour, for the flavors to come together. Arrange the lettuce leaves on a serving platter, spoon the ahi poke on top, and garnish with the cilantro.

Fresh Spinach and Tarragon Salad

Ingredients

1 bunch spinach, rinsed and torn into bite-size pieces
2 eggs
5 slices bacon
1/2 cup vegetable oil
2 tablespoons red wine vinegar
1 teaspoon white sugar
1/2 teaspoon salt
1/2 teaspoon dried tarragon
1/4 teaspoon ground black pepper

Directions

Place eggs in a saucepan and cover with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, and cool, peel and chop.

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

Combine the spinach, egg and bacon.

Whisk together the oil, vinegar, sugar, salt, tarragon and pepper. Pour enough dressing over salad to coat; toss and serve.

Red-Hot Molded Hearts Salad

Ingredients

1/4 cup red cinnamon candies
1 cup boiling water
1 (3 ounce) package strawberry gelatin
2 1/2 cups applesauce

Directions

In a bowl, dissolve candies in water. Stir in gelatin until dissolved. Fold in applesauce. Pour into 12 oiled 1/3-cup individual molds, a 4-cup heart-shaped mold or a 1-qt. bowl. Chill overnight.

Spinach-Gorganzola Salad

Ingredients

1/3 cup balsamic vinegar
2/3 cup extra virgin olive oil
2 tablespoons Dijon mustard
salt and pepper to taste

1/4 cup pine nuts
1 pound thickly sliced honey-smoked bacon
2 bunches baby spinach leaves
1/4 cup crumbled Gorgonzola cheese
1 medium red onion, quartered and thinly sliced

Directions

In a small bowl, whisk together the balsamic vinegar, olive oil, mustard, salt and pepper to make the dressing. Set aside.

Place the pine nuts in a dry skillet over medium heat. Cook and stir for a few minutes, just until they are fragrant and lightly toasted. Set aside to cool.

Cook bacon in a large skillet over medium-high heat until evenly browned and crisp. Remove bacon to paper towels to drain. Reserve a thin layer of bacon grease in the pan. Stir in about 1/4 cup of the dressing, and turn the heat to medium. Add the onions; cook, stirring occasionally, until caramelized, about 20 minutes.

Reduce the heat to low, and crumble the bacon into the pan. Stir in the remaining dressing, and heat through.

Place the spinach in a large bowl. Pour the warmed dressing with bacon and onion over the spinach, then sprinkle with pine nuts and gorgonzola cheese.

Blackberry Spinach Salad

Ingredients

3 cups baby spinach, rinsed and dried
1 pint fresh blackberries
6 ounces crumbled feta cheese
1 pint cherry tomatoes, halved
1 green onion, sliced
1/4 cup finely chopped walnuts (optional)
1/2 cup edible flowers (optional)

Directions

In a large bowl, toss together baby spinach, blackberries, feta cheese, cherry tomatoes, green onion, and walnuts. Garnish with edible flowers.

Pati's Spinach and Boysenberry Salad

Ingredients

1/4 cup olive oil
1 teaspoon prepared horseradish
2 tablespoons rice vinegar
2 tablespoons brown sugar
2 tablespoons boysenberry jam

1 (14 ounce) bag spinach leaves
1 cup fresh boysenberries
1/4 cup toasted sliced almonds

Directions

Make the dressing by combining the olive oil, horseradish, rice vinegar, brown sugar, and boysenberry jam in a blender. Blend until smooth.

Place the spinach in a large bowl. Drizzle the dressing over the spinach and toss until leaves are evenly coated. Sprinkle boysenberries and almonds over top of the salad; serve immediately.

Calamari Salad

Ingredients

1/2 cup olive oil
1/4 cup red wine vinegar
2 cloves garlic, pressed
1 cup dry white wine
1 cup water
1 pound squid, cleaned and cut into rings and tentacles
1 cup chopped celery
1/2 bunch chopped fresh cilantro
1 green bell pepper, chopped
1 red bell pepper, chopped
1 yellow bell pepper, chopped
1 cup chopped cucumber
1 bunch fresh green onions, chopped
1 bunch chopped fresh parsley
1 cup jicama, peeled and shredded
1 jalapeno pepper, finely chopped

Directions

In a small bowl, mix the olive oil, red wine vinegar, and garlic.

In a medium saucepan, bring the wine and water to a low boil. Stir in the squid and cook until opaque, about 2 minutes. Drain and cool.

In a large bowl, mix the celery, cilantro, green bell pepper, red bell pepper, yellow bell pepper, cucumber, green onions, parsley, jicama, and jalapeno. Toss gently with the squid and the olive oil dressing mixture. Chill until serving.

Carrot and Raisin Salad I

Ingredients

2 cups shredded carrots
1/2 cup diced celery
1/2 cup raisins
1/3 cup mayonnaise
1 tablespoon distilled white vinegar

Directions

In a mixing bowl, combine the carrots, celery, raisins, mayonnaise and vinegar. Mix together and refrigerate until chilled.

Bean Sprout Spinach Salad

Ingredients

1 cup olive oil
1/4 cup sugar
1/4 cup cider vinegar
2 tablespoons finely chopped onion
1 egg
2 tablespoons Worcestershire sauce
1 (10 ounce) package fresh spinach, torn
1 cup canned bean sprouts
4 bacon strips, cooked and crumbled
4 green onions
2 hard-cooked eggs, sliced
2 tablespoons sunflower kernels

Directions

In a small saucepan, whisk together the first six ingredients. Cook and stir over low heat until the mixture reaches 160 degrees F. Remove from the heat; cool.

In a serving bowl, toss the spinach, bean sprouts, bacon and green onions. Drizzle with 1/2 cup salad dressing; toss to coat. Garnish with egg slices and sunflower kernels. Serve immediately. Refrigerate remaining dressing.

Wasabi Secret Salad

Ingredients

1 head butter lettuce - rinsed, and torn
1 large pear, cored and sliced
1/2 cup dried cherries
1/2 cup wasabi peas
2 teaspoons toasted sesame seeds (optional)
1/4 cup poppy seed dressing

Directions

Place the butter lettuce in a salad bowl; add the pear, dried cherries, wasabi peas, sesame seeds, and poppy seed dressing. Toss to coat.

Penne, Tomato, and Mozzarella Salad

Ingredients

1 (12 ounce) package penne pasta
1/4 cup olive oil
1 bunch green onions, chopped
1 clove garlic, minced
1 cup quartered cherry tomatoes
salt and pepper to taste
5 ounces mozzarella cheese, diced
1/2 cup grated Parmesan cheese
4 ounces fresh basil
12 large black olives, halved

Directions

Cook pasta in a large pot of boiling salted water as directed on package, until just tender. Drain, and set aside.

Heat olive oil in a small saucepan. Add green onions and cook, stirring occasionally, 2 or 3 minutes. Stir in garlic, and cook for 2 minutes. Add pasta, tomatoes, salt, and pepper. Cook over low heat to warm through. Stir in mozzarella and Parmesan cheese. Coarsely tear basil leaves in halves or thirds; add to pasta with olives, and serve immediately.

Turkey Salad Sundaes

Ingredients

12 slices whole wheat bread, crusts removed
Refrigerated butter-flavored spray*
2 tablespoons grated Parmesan cheese
1/8 teaspoon onion powder
SALAD:
3 cups cubed cooked turkey
1/4 cup finely chopped celery
1/4 cup finely chopped onion
1/2 cup fat-free mayonnaise
1/2 teaspoon seasoned salt
1 cup shredded lettuce
6 tablespoons salsa
1 cup fat-free cottage cheese
2 tablespoons crumbled blue cheese
3 tablespoons minced fresh parsley
6 pitted ripe olives

Directions

For each toast cup, place on slice of bread halfway over another; roll flat. Press into jumbo muffin cups coated with nonstick cooking spray. Spritz bread cups with butter spray. Combine Parmesan cheese and onion powder; sprinkle over cups. Bake at 350 degrees F for 13-15 minutes or until the bread is toasted. Cool for 5 minutes before removing from pan to a wire rack to cool completely.

For salad, combine the turkey, celery and onion in a bowl. Stir in mayonnaise and salt; spoon into toast cups. Top with lettuce and salsa. Combine cheese; dollop over each serving. Garnish with parsley and olives.

Tomato Cucumber Salad with Mint

Ingredients

1/3 cup red wine vinegar
1 tablespoon white sugar
1 teaspoon salt
2 large cucumbers, peeled, seeded, and cut into 1/2-inch slices
3 large tomatoes, seeded and chopped
2/3 cup chopped red onion
1/2 cup chopped fresh mint
2 tablespoons olive oil
salt and pepper to taste

Directions

In a large bowl, combine vinegar, sugar, and salt. Mix in cucumbers, and marinate 1 hour, stirring occasionally.

Gently toss tomatoes, onion, mint, and olive oil with the marinated cucumbers. Season with salt and pepper.

Salmon Salad

Ingredients

2 (7 ounce) cans salmon, drained
2 tablespoons fat-free mayonnaise
2 tablespoons plain low-fat yogurt
1 cup chopped celery
2 tablespoons capers
1/8 teaspoon ground black pepper
8 leaves lettuce

Directions

Crumble the salmon into a 1 quart bowl, removing any bones or skin.

In a small bowl combine the mayonnaise, yogurt, celery, capers and pepper. Mix well and then add to salmon and toss. Serve on a bed of lettuce leaves.

Broccoli Salad IV

Ingredients

1/4 cup bacon bits
1 head fresh broccoli florets
1 cup shredded Cheddar cheese
1/2 cup raisins
1/2 cup hulled sunflower seeds
1 red onion, chopped
1 cup creamy salad dressing, e.g. Miracle Whip в„ў
1/4 cup white sugar

Directions

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

In a large bowl, mix together the bacon, broccoli, cheese, raisins, onion and sunflower seeds.

In a small bowl, whisk together the creamy salad dressing and sugar. Pour over broccoli mixture and toss well to coat. Cover and refrigerate until chilled.

Taco Salad III

Ingredients

16 ounces lean ground beef
1 (1.25 ounce) package taco seasoning mix
1 head iceberg lettuce, shredded
1 red onion, sliced
1 bunch green onions, chopped
1 (15 ounce) can pinto beans, drained
1 (15 ounce) can kidney beans, drained
2 large tomatoes, chopped
1 avocados - peeled, pitted, and cubed
8 ounces shredded Cheddar cheese
1 (16 ounce) package corn chips
1 (16 ounce) bottle Catalina salad dressing

Directions

Prepare the ground beef as directed by taco seasoning package and set aside.

In a large bowl, combine the beef mixture, lettuce, red onion, green onion, pinto beans, kidney beans, tomatoes, avocado and cheese. Mix well.

Before serving, add the corn chips and enough dressing to coat. Mix well and serve immediately.

Mormor's Randiga Salad

Ingredients

2 eggs
1/2 head iceberg lettuce, julienned
1/2 yellow bell pepper, thinly sliced
1/2 green bell pepper, thinly sliced
1 red bell pepper, thinly sliced
1 (15 ounce) can sliced pickled beet, julienned
1 small cucumber, shredded
2 large carrots, shredded
8 tablespoons thousand island dressing

Directions

Place eggs in a saucepan, and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, and cool. Peel and chop.

Combine the lettuce, bell peppers, beets, egg, cucumber and carrots in a large bowl, or in individual bowls. Toss, and serve the dressing on the side.

Trishie's Chinese-Style Salad Dressing

Ingredients

1/2 cup red wine vinegar
11 tablespoons extra-virgin olive oil
1 tablespoon hoisin sauce
1 tablespoon honey
1/4 teaspoon minced garlic
salt and ground black pepper to taste

Directions

Whisk the red wine vinegar, olive oil, hoisin sauce, honey, garlic, salt, and pepper together in a bowl. Store in refrigerator. Shake well before use.

Mediterranean Rice Salad

Ingredients

3 tablespoons extra-virgin olive oil, divided
1 cup uncooked long grain white rice
2 1/2 cups water
1 cup drained canned French style green beans
1 cup pitted black olives
1 roasted red pepper, drained and diced
1 green bell pepper, diced
1 dill pickle spear, diced
2 roma (plum) tomatoes, diced
3 cloves garlic, finely chopped
1 tablespoon white wine vinegar

Directions

Heat 2 tablespoons olive oil in a skillet over medium heat. Stir in rice, and cook until lightly browned. Pour in the water. Bring to a boil, reduce heat to low, and simmer until all liquid has been absorbed.

In a large bowl, mix the green beans, olives, red pepper, green pepper, pickle, tomatoes, and garlic. Toss with the rice. Sprinkle with vinegar and remaining 1 tablespoon olive oil, and toss to coat. Cover, and refrigerate 1 hour, or until completely cooled, before serving.

Tuna Pasta Salad

Ingredients

1 cup seashell pasta
1 bunch green onions, chopped
1/2 cup iceberg lettuce, rinsed and chopped
1 (6 ounce) can tuna, drained
1 (15 ounce) can peas, drained
1/2 cup shredded Cheddar cheese

Directions

In a medium pot with boiling salted water cook until al dente. Drain.

In a large bowl place the sliced green onions and chopped lettuce. Add the drained and cooked pasta, drained tuna, sweet peas, grated Cheddar cheese, and mix well.

Stir in salad dressing to your liking of creaminess and serve.

Mandarin Mixed Green Salad

Ingredients

2 cups torn mixed salad greens
1/2 cup mandarin oranges
1/4 cup chopped walnuts, toasted
CITRUS VINAIGRETTE:
3 tablespoons orange juice
2 teaspoons balsamic vinegar
1 teaspoon olive oil
1 teaspoon honey
1 teaspoon Dijon mustard
1 teaspoon reduced-sodium soy sauce
1/2 teaspoon minced gingerroot
1 garlic clove, minced

Directions

Place greens on two serving plates; top with oranges and walnuts. In a blender, combine the vinaigrette ingredients; cover and process until blended. Drizzle over salads.

Tarragon Chicken Salad II

Ingredients

1 pound skinless, boneless chicken breast halves
1 1/2 cups chopped celery
1 1/2 teaspoons chopped fresh tarragon
1 cup chopped fresh parsley
1 1/2 cups mayonnaise
1 cup raisins
1 cup diced red onion

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.

Arrange the chicken in the baking dish, cover, and bake 25 minutes in the preheated oven, until juices run clear. Remove from heat, cool, and shred.

In a large bowl, mix the shredded chicken, celery, tarragon, parsley, mayonnaise, raisins, and onion. Refrigerate 1 hour, or until chilled, before serving.

Blueberry Fruit Salad

Ingredients

1 (20 ounce) can pineapple chunks
1 (15 ounce) can sliced peaches
4 cups fresh or frozen blueberries
3 medium firm bananas, sliced
1 cup green grapes, halved
1 cup sliced fresh strawberries
1 (3.4 ounce) package instant vanilla pudding mix
3 tablespoons orange breakfast drink mix

Directions

Drain pineapple and peaches, reserving juices; set aside. Combine the fruit in a large bowl. In another bowl, combine fruit juices with pudding and drink mixes; mix well. Pour over fruit and toss to coat.

Minty Orzo Lentil and Feta Salad

Ingredients

1 1/4 cups orzo pasta
6 tablespoons olive oil, divided
3/4 cup dried brown lentils, rinsed and drained
1/3 cup red wine vinegar
3 cloves garlic, minced
1/2 cup kalamata olives, pitted and chopped
1 1/2 cups crumbled feta cheese
1 small red onion, diced
1/2 cup finely chopped fresh mint leaves
1/2 cup chopped fresh dill
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to boil. Add pasta and cook until al dente, about 8 to 10 minutes; drain. Transfer pasta into a large bowl, and mix in 1 tablespoon olive oil; cover, and refrigerate until cool.

Place lentils into a small saucepan, cover with water, and bring to a boil. Cover, and simmer over low heat until lentils are tender, about 15 to 20 minutes. Drain and set aside to cool.

Combine the remaining olive oil, vinegar, and garlic in a small bowl.

Remove pasta from refrigerator; add lentils, oil mixture, olives, feta cheese, red onion, mint, and dill; stir until thoroughly blended. Season to taste with salt and pepper. Cover and refrigerate for at least 2 hours.

Hot Bacon Asparagus Salad

Ingredients

7 bacon strips, diced
1 pound fresh asparagus, trimmed
1/3 cup vinegar
1 tablespoon sugar
1/2 teaspoon ground mustard
1/4 teaspoon pepper
4 cups torn salad greens
1/2 cup sliced almonds
2 hard-cooked eggs, sliced

Directions

In a skillet, cook bacon until crisp; remove with a slotted spoon to paper towel. Drain, reserving 2-3 tablespoons drippings. Cut asparagus into 1-1/2-in. pieces; saute in drippings until crisp-tender. Add vinegar, sugar, mustard, pepper and bacon. Cook and stir for 1-2 minutes. In a large bowl, combine the salad greens and almonds. Add the asparagus mixture and toss gently. Top with egg. Serve immediately.

Fiesta Chopped Salad

Ingredients

1 medium sweet red pepper, chopped
1 medium sweet yellow pepper, chopped
1 medium tomato, seeded and chopped
1 medium cucumber, seeded and chopped
1 small zucchini, chopped
2 green onions, chopped
2 tablespoons minced fresh parsley
2 tablespoons olive oil
1 tablespoon red wine vinegar
1/2 teaspoon sugar
1/4 teaspoon salt
1/4 teaspoon pepper
1 large ripe avocado, peeled and chopped
1 tablespoon lemon juice

Directions

In a large bowl, combine the first seven ingredients. In a jar with a tight-fitting lid, combine the oil, vinegar, sugar, salt and pepper; shake well. Drizzle over vegetables and toss to coat. Toss avocado with lemon juice; sprinkle over salad. Serve with a slotted spoon.

Catalina Spinach Salad

Ingredients

1/2 cup vegetable oil
1/4 cup ketchup
1/4 cup red wine vinegar
1/4 cup finely chopped onion
3 tablespoons sugar
2 teaspoons Worcestershire sauce
1/2 teaspoon salt
2 (10 ounce) packages fresh spinach, torn
2 large tomatoes, diced
2 (8 ounce) cans sliced water chestnuts, drained
2 cups chow mein noodles
2 hard-cooked eggs, chopped
12 bacon strips, cooked and crumbled

Directions

Combine the first seven ingredients in a jar with tight-fitting lid; shake well. Combine remaining ingredients in a large salad bowl; add dressing and toss. Serve immediately.

Cucumber Salad II

Ingredients

5 cucumbers, peeled and thinly sliced
1 red onion, thinly sliced
3/4 cup creamy salad dressing
salt and pepper to taste

Directions

In a large bowl, combine the cucumbers, onion, salad dressing and salt and pepper. Mix together and serve.

Red Grape Salad

Ingredients

1 (20 ounce) can pineapple tidbits
2 (3 ounce) packages cream cheese, softened
2 tablespoons mayonnaise
3 cups miniature marshmallows
2 cups seedless red grapes, halved
1 cup heavy cream, whipped

Directions

Drain the pineapple, reserving 2 tablespoons juice; set pineapple aside. In a mixing bowl, beat juice, cream cheese and mayonnaise until fluffy. Stir in pineapple, marshmallows and grapes. Fold in whipped cream. Serve immediately or refrigerate.

Smoked Salmon and Egg Salad

Ingredients

12 eggs
2 stalks celery, chopped
1 red onion, chopped
5 ounces diced smoked salmon
1 cup mayonnaise
3 tablespoons chopped fresh dill
salt and pepper to taste

Directions

Place eggs in a saucepan and cover with cold water. Bring water to a boil; cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

In a medium bowl, combine eggs, celery, onion, smoked salmon and mayonnaise. Season with dill, salt and pepper. Refrigerate at least 2 hours to allow flavors to combine.

Rhubarb Spinach Salad

Ingredients

1/2 pound fresh spinach -- cleaned, stemmed, and dried
2 large stalks of rhubarb, cut diagonally into thin slices
water to cover
1/4 cup white sugar
2 tablespoons sweet red wine vinegar
6 tablespoons olive oil

Directions

Arrange the spinach leaves on a platter.

Place the rhubarb in a skillet with enough water to cover by 1 inch; add the sugar. Bring the rhubarb to a gentle boil over medium-low heat and simmer until the sugar has dissolved and the rhubarb is lightly cooked, about 2 minutes. Remove the rhubarb with a slotted spoon and distribute over the spinach.

Stir the vinegar into the liquid left in the skillet, raise heat to medium, and bring to a boil. Return heat to medium-low and cook until the liquid has reduced to about 3/4 cup, about 10 minutes. Remove from the heat, whisk in the olive oil, and pour the hot dressing over the spinach and rhubarb to wilt the lettuce. Divide salad between 2 plates; serve warm.

Thai Salmon Salad

Ingredients

4 tablespoons fish sauce
4 tablespoons lime juice
2 teaspoons brown sugar
4 Thai chiles, chopped
1 1/2 pounds salmon fillet
1 teaspoon olive oil
1 onion, thinly sliced
1 large tomato, chopped
1 cup chopped fresh basil
1 head lettuce

Directions

Preheat oven to 400 degrees F (200 degrees C).

Prepare the dressing by combining the fish sauce, lime juice, brown sugar and chopped chiles in a small bowl; set aside.

Place the salmon filet on a baking tray, and rub olive oil over. Bake for 20 minutes in the preheated oven, or until easily flaked. Let cool for at least 15 minutes.

Place salmon filet into a big bowl; use fork to break salmon meat into big chunks. Add onion, tomato and basil; pour dressing over, and toss lightly until well mixed.

Place mixture on lettuce leaves, and serve immediately.

Greek Salad

Ingredients

1 (14 ounce) can artichoke hearts, drained and quartered
1 large cucumber, peeled, halved lengthwise, sliced crosswise
2 medium tomatoes, cut into wedges
1 yellow bell pepper, sliced into thin strips
1 small sweet onion, halved and sliced
1 (3.25 ounce) can ripe black olives (can substitute kalmata olives for more intense flavor)
5 tablespoons CRISCO® Oil
2 1/2 tablespoons white wine vinegar
1 1/2 teaspoons dried oregano
1 teaspoon grated lemon peel
1/2 cup crumbled feta cheese
6 cups assorted salad greens, washed, dried and chopped or torn

Directions

Place artichokes, cucumber, tomatoes, bell pepper, onion and olives in a large serving bowl.

Whisk CRISCO® oil, vinegar, oregano and lemon peel in small bowl to blend. Season dressing to taste with salt and pepper.

Pour dressing evenly over vegetables and let marinate for about 30 minutes.

Add salad greens, toss to coat and sprinkle with feta cheese. Serve.

Harold's Salad

Ingredients

5 slices bacon
1 head fresh broccoli, chopped
1 head cauliflower, chopped
1/3 cup chopped onion
10 black olives
12 button mushrooms, sliced
1 (4 ounce) jar pimentos
16 ounces oil and vinegar salad dressing
2 tablespoons white sugar
salt to taste
1 teaspoon ground black pepper

Directions

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

In a large bowl, combine the bacon, broccoli, cauliflower, onion, olives, mushrooms and pimento. Stir to mix.

Whisk together the salad dressing, sugar, salt and pepper. Pour over salad, toss, and refrigerate until chilled.

Strawberry-Banana Gelatin Salad

Ingredients

1 (6 ounce) package strawberry gelatin
1 cup boiling water
2 (10 ounce) packages frozen sweetened sliced strawberries, partially thawed
1 (20 ounce) can crushed pineapple, undrained
1 cup mashed firm bananas
1/2 cup chopped walnuts
2 cups sour cream
2 teaspoons sugar
1/2 teaspoon vanilla extract

Directions

In a bowl, dissolve gelatin in water. Stir in strawberries, pineapple, bananas and nuts. Pour half of the mixture into a 13-in. x 9-in. x 2-in. dish. Refrigerate for 1 hour or until set. Set the remaining gelatin mixture aside. Combine the sour cream, sugar and vanilla; mix well. Spread over the chilled gelatin. Spoon remaining gelatin mixture over top. Chill overnight.

Darra's Famous Tuna Waldorf Salad Sandwich

Ingredients

1/2 cup mayonnaise
1 tablespoon prepared Dijon-style mustard
1/4 teaspoon curry powder
salt and pepper to taste
1 (6 ounce) can oil-packed tuna
1 shallot, finely chopped
1 Granny Smith apple, cored and diced
1/4 cup chopped walnuts
1/2 cup diced celery
1 teaspoon sweet pickle relish
4 large croissants
4 leaves lettuce
4 slices Swiss cheese

Directions

In a medium bowl, whisk together the mayonnaise, mustard, curry powder, salt and pepper. Add tuna, shallot, apple, walnuts, celery and pickle relish and toss until all ingredients are coated with dressing.

Lightly toast the croissants. Split in half, place a lettuce leaf on the bottom half of the croissant and fill with tuna salad. Top with a slice of Swiss cheese and the top half of the croissant. Serve with a dill pickle and potato chips. Bon appetit!

Sesame Chicken Pasta Salad

Ingredients

6 ounces uncooked spiral pasta
1/4 cup reduced-sodium soy sauce
1/3 cup white wine vinegar or cider vinegar
2 tablespoons canola oil
2 tablespoons sugar
2 tablespoons sesame seeds, toasted
1/2 teaspoon salt
1/4 teaspoon pepper
3 cups chopped cooked chicken breast
2 cups torn fresh spinach
1/2 cup sliced green onions
1/4 cup minced fresh parsley

Directions

Cook pasta according to package directions. In a jar with a tight-fitting lid, combine the soy sauce, vinegar, oil, sugar, sesame seeds, salt and pepper; shake well. Drain pasta and rinse in cold water; place in a bowl. Add chicken and half of the dressing; toss to coat. Cover and refrigerate for at least 4 hours. Set remaining dressing aside.

Just before serving, add the spinach, onions, parsley and remaining dressing; toss to coat.

Tuna Tofu Salad

Ingredients

1 (12 ounce) package silken tofu
1/2 cup red wine vinegar
1 (6 ounce) can tuna, drained
1 large stalk celery, chopped
2 carrots, chopped
1 onion, chopped
1 clove garlic, minced
1 pinch cayenne pepper, or to taste

Directions

Drain and mash tofu. Pour vinegar over tofu and marinate for 15 to 30 minutes.

Drain excess vinegar from tofu. Place tofu and tuna in a blender or food processor; blend until smooth. Combine tuna mixture, celery, carrots, onion, garlic and cayenne in a bowl and mix well. Serve.

Black 'N' White Bean Salad

Ingredients

1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can white kidney beans, drained and rinsed
1/2 cup chopped cucumber
1/2 cup chopped sweet red pepper
1/4 cup chopped onion
1/4 cup minced fresh cilantro
1/3 cup red wine vinegar
1/4 cup olive oil
1/2 teaspoon salt
1/4 teaspoon garlic powder
1/8 teaspoon pepper
Lettuce Leaves

Directions

In a large bowl, combine the beans, cucumber, onion and cilantro. In a small bowl, whisk the vinegar, oil and seasonings. Pour over bean mixture and toss to coat. Cover and refrigerate until serving. Using a slotted spoon, serve over lettuce if desired.

Chicken Curried Salad

Ingredients

16 small red potatoes
3/4 cup mayonnaise
1 tablespoon curry powder
6 boneless chicken breast halves, cooked and diced
2 small red onions, diced
2 (14 ounce) cans artichoke hearts, drained and chopped
1 head lettuce - rinsed, dried and torn
salt and pepper to taste

Directions

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 chop.

In a large bowl, whisk together the mayonnaise and curry powder. Add the potatoes, chicken, onion and artichoke hearts and mix together until evenly coated.

Refrigerate until chilled. To serve, arrange over a lettuce bed and sprinkle with salt and pepper.

Two-Bean Rice Salad

Ingredients

3 cups cooked wild rice
1 (15 ounce) can pinto beans, rinsed and drained
1 (15 ounce) can black beans, rinsed and drained
1 (10 ounce) package frozen peas, thawed
1 cup sliced celery
1 medium onion, chopped
1 (4 ounce) can chopped green chilies
1/4 cup chopped fresh cilantro or parsley
1/2 cup white wine vinegar
1/4 cup olive or vegetable oil
2 tablespoons water
3/4 teaspoon salt
1/2 teaspoon garlic powder
1/2 teaspoon pepper

Directions

In a large salad bowl, combine the rice, beans, peas, celery, onion, chilies and parsley or cilantro; mix well. Combine the remaining ingredients in a jar with tight-fitting lid; shake well. Pour over rice mixture; toss to coat. Cover and refrigerate for at least 1 hour.

Aunt Nancy's Grape Salad

Ingredients

1 (8 ounce) container frozen whipped topping, thawed
1 (6 ounce) tub whipped cream cheese
2 cups halved seedless red grapes

Directions

In a medium bowl, blend together the frozen whipped topping and cream cheese. Fold in grapes. Serve immediately, or chill for 30 minutes. This is pretty garnished with a small bunch of red grapes.

Squid Salad

Ingredients

1 onion, chopped
1 clove crushed garlic
1 pinch salt
1 cup white wine
1/2 cup water
2 pounds squid
2 tablespoons minced shallots
2 cloves crushed garlic
1/2 cup extra virgin olive oil
2 teaspoons lemon zest
1/2 cup fresh lemon juice
salt and pepper to taste

Directions

Prepare squid by pulling off the tentacles and head. Reach into the body and pull out the hard quill and discard. Peel the colored skin off from the body. Rinse under cold water and cut the body into rings. Cut the tentacles from the head and discard the head.

Place the onion, garlic, wine and water in a medium saute pan. Bring to liquid to a boil. Add the prepared squid. Turn heat down to low. Cover and simmer for 1 hour.

While squid is cooking prepare the dressing. In small bowl stir together the shallot, 2 garlic cloves, olive oil, lemon zest, lemon juice and salt an pepper to taste.

Drain the cooked squid and let cool slightly. In a medium bowl toss the squid with the dressing cover and let marinate for at least 15 minutes and serve.

Amish Macaroni Salad

Ingredients

2 cups uncooked elbow macaroni
3 hard-cooked eggs, chopped
1 small onion, chopped
3 stalks celery, chopped
1 small red bell pepper, seeded and chopped
2 tablespoons dill pickle relish
2 cups creamy salad dressing (e. g. Miracle Whip)
3 tablespoons prepared yellow mustard
3/4 cup white sugar
2 1/4 teaspoons white vinegar
1/4 teaspoon salt
3/4 teaspoon celery seed

Directions

Bring a pot of lightly salted water to a boil. Add macaroni, and cook for 8 to 10 minutes, until tender. Drain, and set aside to cool.

In a large bowl, stir together the eggs, onion, celery, red pepper, and relish. In a small bowl, stir together the salad dressing, mustard, white sugar, vinegar, salt and celery seed. Pour over the vegetables, and stir in macaroni until well blended. Cover and chill for at least 1 hour before serving.

Minty Green Bean Salad

Ingredients

1/4 cup water
1 teaspoon white sugar
1 pound fresh green beans
4 cloves garlic, thinly sliced
2 slices onion, chopped
1 sprig fresh mint leaves

3 tablespoons olive oil
1 tablespoon cider vinegar
1/2 tablespoon minced garlic
1/4 teaspoon dried basil
1/4 teaspoon prepared mustard
salt and pepper to taste

Directions

In a medium saucepan, bring the water and sugar to a boil, and cook the green beans 10 minutes, or until tender but crisp; drain.

Transfer green beans to a medium bowl, and mix with garlic, onion, and mint.

In a small container with a lid, mix olive oil, cider vinegar, garlic, basil, mustard, salt, and pepper. Shake until well blended. Toss into the green bean mixture.

Creamy Cherry Tomato Salad with Fresh Basil,

Ingredients

2 pints cherry tomatoes, halved
salt, to taste
1/4 cup mayonnaise
1/4 cup sour cream
2 tablespoons rice wine vinegar
1 garlic clove, minced
3 cups fresh corn kernels
1/4 cup torn basil leaves
1 small red onion, quartered and thinly sliced
1/2 cup raisins
salt and pepper to taste

Directions

Salt tomatoes in a bowl and set aside. Whisk together mayonnaise, sour cream, vinegar and garlic; set aside. Add corn, basil, onion and raisins to tomatoes. Season with salt and pepper, and toss with dressing.

Healthy Potato Salad

Ingredients

2 pounds small red potatoes, quartered
5 hard-cooked eggs
3/4 cup fat-free mayonnaise
2 teaspoons cider vinegar
1 teaspoon sugar
1 teaspoon ground mustard
1/2 teaspoon salt
1/4 teaspoon pepper
1 large sweet onion, chopped
2 celery ribs, chopped
1/2 cup chopped green onions
1/2 cup julienned sweet red pepper
1/4 cup minced fresh parsley

Directions

Place the potatoes in a saucepan and cover with water. Bring to a boil. Reduce heat; cover and simmer for 12-14 minutes or until tender. Drain; cool for 30 minutes.

Slice eggs in half (discard yolks or save for another use). Cut the whites into 1/2-in. pieces.

In a large bowl, combine the mayonnaise, vinegar, sugar, mustard, salt and pepper. Add the potatoes, egg whites, onion, celery, green onions, red pepper and parsley; toss to coat. Cover and refrigerate for 2 hours or until chilled.

Tangy Poppy Seed Fruit Salad

Ingredients

1 (20 ounce) can pineapple chunks - drained with juice reserved
1 orange, peeled and segmented
1 kiwi -- peeled, halved and sliced
1 cup seedless grapes
1 cup quartered strawberries
1/4 teaspoon grated lime zest
2 tablespoons lime juice
1 tablespoon honey
1 teaspoon poppy seeds

Directions

In a large bowl, toss pineapple, orange, kiwi, grapes and strawberries. In a small cup or bowl, combine lime zest, lime juice, honey, poppy seeds and 1/4 cup reserved pineapple juice. Stir well and toss with fruit.

Sour Cream Salad Dressing

Ingredients

1 cup sour cream
2 tablespoons milk
1 tablespoon brown sugar
1 tablespoon cider vinegar
1/2 teaspoon ground mustard
1/4 teaspoon salt

Directions

In a bowl, combine the sour cream, milk, brown sugar, vinegar, mustard and salt. Serve Immediately; refrigerate leftovers.

Super Seven Spinach Salad

Ingredients

1 (6 ounce) package baby spinach leaves
1/3 cup cubed Cheddar cheese
1 Fuji apple - peeled, cored and diced
1/3 cup finely chopped red onion
1/4 cup sweetened dried cranberries
1/3 cup blanched slivered almonds
3 tablespoons poppy seed salad dressing

Directions

In a large salad bowl, combine the spinach, Cheddar cheese, apple, red onion, cranberries and slivered almonds. Toss with poppy seed dressing just before serving.

Green Bean Sesame Salad

Ingredients

1 pound fresh green beans
2 tablespoons olive or vegetable oil
1 tablespoon lemon juice
2 tablespoons sesame seeds, toasted
1 garlic clove, minced
1/2 teaspoon salt
1/2 teaspoon crushed red pepper flakes
1/8 teaspoon pepper

Directions

In a saucepan, cover beans with water; cook until crisp-tender. Drain and rinse in cold water; place in a serving bowl. Sprinkle with remaining ingredients; toss to coat. Serve at room temperature.

Springtime Potato Salad

Ingredients

6 cups diced peeled cooked potatoes
4 hard-cooked eggs, chopped
1/2 cup chopped celery
1/2 cup chopped sweet pickles
1/3 cup chopped onion
1/3 cup chopped radishes
1/2 cup mayonnaise
3 tablespoons sugar
1 tablespoon vinegar
1 tablespoon milk
1 1/2 teaspoons prepared mustard
1/2 teaspoon salt
Paprika

Directions

In a bowl, combine potatoes, egg, celery, pickles, onion and radishes. In another bowl, combine mayonnaise, sugar, vinegar, milk, mustard and salt; mix well. Pour over potato mixture; stir to coat. Chill. Sprinkle with paprika if desired.

Peanut Salad

Ingredients

2 cups brown sugar
2 tablespoons all-purpose flour
1 pinch salt
2 eggs
2 cups milk
2 bananas, peeled and sliced
1 cup chopped Spanish peanuts

Directions

In large saucepan over medium heat, stir together brown sugar, flour, salt and eggs, stirring until eggs are incorporated and sugar is dissolved. Continue to stir and add milk, slowly, until mixture thickens, 20 to 30 minutes. Remove from heat and cool completely.

In a glass serving bowl, layer portions of pudding with bananas and chopped peanuts. Chill until serving.

Crunchy Shrimp Salad

Ingredients

1 cup frozen cooked shrimp, thawed
1/2 cup frozen peas, thawed
1/2 cup sliced water chestnuts
2 tablespoons diced pimiento, drained
1 green onion, thinly sliced
1/3 cup mayonnaise
2 tablespoons seafood cocktail sauce
1 teaspoon lemon juice

Directions

In a bowl, combine the first five ingredients. In another bowl, combine the mayonnaise, seafood sauce and lemon juice; serve with the shrimp salad.

Black Friday Turkey Salad

Ingredients

1/2 cup mayonnaise (such as Hellman's®)
3 tablespoons prepared yellow mustard (such as Plochman's®)
2 tablespoons crumbled cooked bacon
3/4 cup shredded Cheddar cheese
2 tablespoons dill pickle relish
1/2 cup finely chopped pepperoncini
1/8 teaspoon crushed red pepper
salt, to taste
2 cups coarsely chopped leftover turkey

Directions

Stir together mayonnaise, mustard, bacon, Cheddar cheese, relish, pepperoncini, red pepper, and salt in a large bowl; add the turkey and stir to coat.

Cinnamon Gelatin Salad

Ingredients

1 (3 ounce) package raspberry flavored gelatin mix
1 cup boiling water
1 (2.25 ounce) package cinnamon red hot candies
1 cup applesauce

Directions

In a small serving bowl, mix together the gelatin and boiling water until gelatin is completely dissolved. Stir in cinnamon candies until melted, then mix in the applesauce. Chill until set, about 3 hours.

Sweet Leftover Turkey Salad

Ingredients

4 cups cooked turkey, cut into bite-size pieces
1/2 cup roasted sunflower seed kernels
1/2 cup raisins
2 small apples, cored and diced
1/2 cup mayonnaise
1/2 teaspoon sea salt
1/2 lemon, juiced

Directions

In a salad bowl, combine the turkey, sunflower seeds, raisins, apples, mayonnaise, salt, and lemon juice; mix well. Refrigerate at least 2 hours to blend flavors.

Hot Spinach Salad

Ingredients

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

Directions

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.

Sunny Vegetable Salad

Ingredients

5 cups broccoli florets
5 cups cauliflowerets
2 cups shredded Cheddar cheese
2/3 cup chopped onion
1/2 cup raisins
1 cup mayonnaise
1/2 cup sugar
2 tablespoons cider or red wine vinegar
6 bacon strips, cooked and crumbled
1/4 cup sunflower kernels

Directions

In a large salad bowl, toss broccoli, cauliflower, cheese, onion and raisins. In a small bowl, combine mayonnaise, sugar and vinegar. Pour over salad; toss to coat. Cover and refrigerate for 1 hour. Sprinkle with the bacon and sunflower seeds.

Tri-Pepper Salad

Ingredients

1 head romaine lettuce, torn into bite-size pieces
1/2 orange bell pepper, julienned
1/2 red bell pepper, julienned
1/2 yellow bell pepper, julienned
1/4 ounce Parmesan cheese, thinly sliced
1/4 cup raspberry vinaigrette salad dressing

Directions

In a large bowl, toss together the lettuce, orange pepper, red pepper, yellow pepper and cheese. Pour dressing over salad and toss to coat.

Sunny Layered Salad

Ingredients

1/4 cup sliced almonds
2 tablespoons sugar
6 cups shredded lettuce
1 (8 ounce) can sliced water chestnuts, drained
1 cup frozen peas, thawed and well drained
1/2 medium cucumber, sliced
2 medium tomatoes, cut into thin wedges
2 cups shredded mozzarella cheese
1 (15 ounce) can mandarin oranges, drained
DRESSING:
1/4 cup vegetable oil
2 tablespoons sugar
2 tablespoons cider vinegar
1/4 teaspoon salt
1/4 teaspoon pepper

Directions

In a skillet, cook and stir almonds and sugar over low heat until sugar is dissolved and almonds are coated. Spread almonds on waxed paper and set aside.

In a large glass salad bowl, layer the lettuce, water chestnuts, peas, cucumber, tomatoes, cheese and oranges. Sprinkle with the sugared almonds. Cover and refrigerate for at least 2 hours.

In a jar with a tight-fitting lid, combine dressing ingredients; shake well. Pour over salad and serve immediately.

Texas Ranch Potato Salad

Ingredients

1 (1 ounce) package ranch dressing mix
2 cups mayonnaise
3/4 cup chopped green onion
1 pound bacon slices
5 pounds unpeeled red potatoes

Directions

Bring a large pot of lightly salted water to a boil. Add whole potatoes, and cook until tender, 15 to 20 minutes. Drain, run under cold water to cool, and chop into 1 inch cubes. Transfer to a large serving bowl, and refrigerate until completely chilled, about 2 hours.

In a small bowl, stir together the ranch dressing mix, mayonnaise and green onion. Cover, and refrigerate for about 2 hours to blend flavors.

Wrap bacon in paper towels and place on a plate. Cook in the microwave until crisp, about 15 minutes depending on the power of your microwave. Cool.

Stir the mayonnaise mixture into the bowl of potatoes. Crumble bacon into the bowl, and stir to distribute. Serve.

Gravel Salad

Ingredients

1 cup cooked garbanzo beans
1 cup cooked black beans
1 cup cooked pinto beans
1 cup cooked corn
1/2 red bell pepper, chopped
1/4 cup chopped fresh chives
1/4 cup chopped fresh parsley
1/4 cup chopped red onion
1 clove garlic, minced
3 tablespoons olive oil
1 tablespoon red wine vinegar
salt and pepper to taste

Directions

In a large bowl, combine the garbanzo beans, black beans, pinto beans, corn, red pepper, chives, parsley, red onion, garlic, olive oil, vinegar and salt and pepper. Mix together well.

For an elegant and delicious presentation, serve this salad with little toasts spread with olive paste and sliced tomatoes.

Apple-Raisin Spinach Salad

Ingredients

1/4 cup white wine vinegar
2 tablespoons canola oil
2 tablespoons chutney
4 teaspoons sugar
1 1/2 teaspoons curry powder
1 teaspoon ground mustard
1/4 teaspoon salt
6 cups packed torn fresh spinach leaves
1 1/2 cups chopped unpeeled green apples
1/2 cup golden raisins
1/4 cup coarsely chopped peanuts
2 tablespoons finely chopped green onion

Directions

In a small bowl, whisk together the first seven ingredients. Place spinach in a large salad bowl; top with apples, raisins, peanuts and onion. Drizzle with dressing; toss to coat. Serve immediately.

Strawberry Salad II

Ingredients

2 (6 ounce) packages strawberry flavored gelatin
2 cups boiling water
1 cup cold water
1 (16 ounce) package frozen strawberries
1 (9 inch) angel food cake, cut in cubes
1 (12 ounce) container frozen whipped topping, thawed

Directions

In a saucepan, mix gelatin with boiling water, stir until dissolved and add cold water.

In a large bowl, combine the gelatin and frozen strawberries. Chill until slightly thickened (consistency of egg whites). If adding lots of frozen strawberries, it may reach this stage while stirring in.

Gently fold in cake cubes and whipped topping. Chill until set. Decorate top with any extra whipped topping or strawberries.

Cauliflower Shrimp Salad

Ingredients

1 head cauliflower, thinly sliced
1 pound shrimp - cooked, peeled, deveined and chilled
1 cup chopped green onions
3 eggs
1 cup mayonnaise
3/4 cup creamy Italian-style salad dressing
3/4 cup sliced black olives
1 tablespoon minced pimento

Directions

Place eggs in a small saucepan, and add water to cover. Cover the pan, and bring to a boil over high heat. Remove from heat and let stand covered for 12 minutes. Cool, peel, and chop the hard boiled eggs.

Mix mayonnaise and salad dressing together in a small bowl.

To a large bowl, add cauliflower, shrimp, green onions, chopped eggs, olives, and pimientos. Toss to combine. Stir in dressing mixture, and toss to coat. Refrigerate. Serve chilled.

Simple Spinach Salad

Ingredients

1 (6 ounce) package fresh baby spinach
1 cup chopped cucumber
1 cup fresh broccoli florets
1/2 cup golden raisins
1/2 cup real bacon bits
1/4 cup slivered almonds
1/4 cup sliced fresh mushrooms
1/4 cup chopped red onion
DRESSING:
1/3 cup mayonnaise
1/4 cup sugar
2 tablespoons red wine vinegar

Directions

In a large salad bowl, combine the spinach, cucumber, broccoli, raisins, bacon, almonds, mushrooms and onion. In a small bowl, whisk the dressing ingredients until smooth. Drizzle over salad and toss to coat.

Kerry's Beany Salad

Ingredients

1/2 cup pearl barley
1/2 cup long-grain white rice
1 cup canned black beans, drained
1 cup canned kidney beans, drained
1 cup whole corn kernels, cooked
1/2 cup chopped green onions
1 red bell pepper, chopped
1/4 cup chopped fresh cilantro
8 leaves lettuce
1/4 cup red wine vinegar
1 clove garlic, minced
1 teaspoon chili powder
1/2 teaspoon salt
1/4 teaspoon crushed red pepper flakes
1/4 teaspoon ground black pepper
1/2 cup olive oil

Directions

In a large saucepan bring 2 cups of water to a boil. Stir in barley and reduce heat to medium-low, cover and simmer for 40 to 45 minutes or until tender. Let cool.

In a saucepan bring 1 1/2 cups water to a boil add the rice. Reduce heat to low and simmer, covered for about 20 minutes or until tender. Let cool.

In a large bowl, combine the cooled barley, rice, black beans, kidney beans, corn, onions, red bell pepper and cilantro. Mix well.

To make dressing: In a small bowl, whisk together vinegar, garlic, chili powder, salt, red pepper flakes and black pepper. Whisk in oil and pour over salad and toss well. Transfer to a lettuce-lined bowl to serve.

Italian Restaurant-Style Salad Dressing I

Ingredients

8 ounces olive oil vinaigrette dressing
1 clove garlic, minced
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1 tablespoon white sugar

Directions

Whisk together the salad dressing, garlic, basil, oregano and sugar. Refrigerate for 24 hours and serve chilled.

Balsamic Roasted Vegetable Salad

Ingredients

12 new potatoes, halved
2 large red onions, each cut into 8 wedges
2 large yellow bell peppers, seeded and cubed
4 cloves garlic, peeled
1 eggplant, thickly sliced (optional)
1 teaspoon chopped fresh rosemary
2 teaspoons chopped fresh thyme
2 tablespoons olive oil
salt to taste
1 pint cherry tomatoes, halved
1/3 cup toasted pine nuts
1 (10 ounce) bag baby spinach leaves
2 tablespoons balsamic vinegar

Directions

Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil.

Place potatoes into a microwave safe dish, and place into the microwave. Cook on High until the potatoes are just tender, 3 to 4 minutes. Place the potatoes into a large bowl along with the onion, bell pepper, garlic, and eggplant. Sprinkle with rosemary, thyme, and olive oil. Toss to coat the vegetables with olive oil, then season with salt to taste. Spread vegetables onto prepared baking sheet.

Roast the vegetables in the preheated oven until they begin to brown at the edges, about 35 minutes. Stir in the cherry tomato halves, and continue cooking 15 minutes more.

Toss the roasted vegetables in a large bowl with the pine nuts, spinach, and balsamic vinegar.

Classic Tossed Salad

Ingredients

1 cup blanched slivered almonds
2 tablespoons sesame seeds
1 head romaine lettuce, torn into bite-size pieces
1 head red leaf lettuce, torn into bite-size pieces
1 (8 ounce) package crumbled feta cheese
1 (4 ounce) can sliced black olives
1 cup cherry tomatoes, halved
1 red onion, halved and thinly sliced
6 fresh mushrooms, sliced
1/4 cup grated Romano cheese
1 (8 ounce) bottle Italian salad dressing

Directions

Heat a large skillet over medium-high heat. Place the almonds in the skillet, and cook, stirring frequently until lightly browned. When the almonds are beginning to turn, add sesame seeds, and cook 1 more minute, or until seeds are toasted.

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

Dijon Chicken Salad

Ingredients

2 (10 ounce) cans chunk chicken
1 cup sliced celery
1 cup halved seedless green grapes
1 cup halved seedless red grapes
1/4 cup dried cranberries
2 teaspoons dried chives
2 tablespoons honey
1 tablespoon Dijon mustard
3/4 cup mayonnaise
1/2 teaspoon salt
1/8 teaspoon ground black pepper

Directions

Mix together the chicken, celery, green grapes, red grapes, cranberries, and chives in a bowl. Whisk together the honey, mustard, mayonnaise, salt, and pepper in a separate bowl. Add the mustard mixture to the chicken mixture, stir to coat.

Grecian Lamb Caesar Salad

Ingredients

1 pound boneless lamb meat, cut into bite-sized pieces
5 cups romaine lettuce - washed, dried and torn into bite-sized pieces
1 cup canned garbanzo beans, drained
1/2 cup sliced red onion
1/2 cup bottled Caesar salad dressing
1/2 cup crumbled feta cheese

Directions

Preheat the oven broiler.

Arrange lamb meat on a medium baking sheet, and broil 8 to 12 minutes, turning once, to an internal temperature of 160 degrees F (63 degrees C). Remove from heat, and cool.

In a large bowl, toss cooked lamb with romaine lettuce, garbanzo beans, red onion, and Caesar salad dressing. Top with feta cheese.

Macaroni Ham Salad

Ingredients

4 cups cooked elbow macaroni
7 ounces sharp Cheddar cheese, diced
1 cup diced fully cooked ham
1 cup chopped dill pickles
3 hard-cooked eggs, chopped
1 small onion, finely chopped
3/4 cup mayonnaise
1 tablespoon Dijon mustard

Directions

In a bowl, combine the first six ingredients. Combine mayonnaise and mustard; add to macaroni mixture and toss. Cover and chill until serving. Refrigerate leftovers.

Fennel and Mandarin Salad

Ingredients

1 fennel bulb, trimmed and diced
1 (10 ounce) can mandarin orange segments
2 tablespoons olive oil
2 tablespoons white wine vinegar
salt and ground black pepper to taste

Directions

Combine the fennel and mandarin oranges with a tablespoon of the juice from the canned oranges in a bowl. Add the olive oil and vinegar. Season with salt and pepper; stir. Allow to sit 10 to 15 minutes before serving.

Bacon Broccoli Salad

Ingredients

10 bacon strips, cooked and crumbled
1 cup fresh broccoli florets
1/2 cup raisins
1/2 cup sunflower seeds
1/2 cup mayonnaise
1/4 cup sugar
2 tablespoons vinegar

Directions

In a medium bowl, combine bacon, broccoli, raisins and sunflower seeds; set aside. Mix together mayonnaise, sugar and vinegar; pour over broccoli mixture and toss to coat. Cover and chill for 1 hour. Stir before serving.

Salad Dressing Cupcakes

Ingredients

1 1/2 cups all-purpose flour
1 1/2 teaspoons baking soda
1/3 cup unsweetened cocoa powder
3/4 cup creamy salad dressing
1 cup white sugar
1 cup warm water
1 teaspoon vanilla extract

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease 12 muffin cups or use paper liners. Sift all-purpose flour, baking soda and cocoa together and set aside.

Whip salad dressing, white sugar, water, and vanilla together until mixed thoroughly. Add flour mixture slowly and beat at medium speed of an electric mixer for 2 minutes. Divide batter into prepared muffin pans.

Bake in preheated oven for 15 to 25 minutes.

Florentine Pasta Salad

Ingredients

1 pound spaghetti
1 tablespoon sesame oil
1 clove garlic, chopped
1 red onion, coarsely chopped
10 ounces fresh mushrooms, sliced
1 cup teriyaki sauce
2 carrots, shredded
8 ounces spinach, rinsed

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Place in large bowl.

Meanwhile, in large skillet or wok, heat oil over high heat. Add garlic, onion and mushroom. Cook until onions are translucent. Add teriyaki sauce and carrot, cook 3 minutes more.

Add cooked vegetable mixture to pasta, toss. Add spinach and toss. Cover for 5 minutes to wilt spinach. Serve warm.

Strawberry Blue Cheese Salad

Ingredients

1/2 cup chopped pecans
3 tablespoons raspberry vinegar
3 tablespoons balsamic vinegar
3 tablespoons olive oil
6 cups mixed salad greens
2 cups diced fresh strawberries
8 ounces crumbled blue cheese
1/2 cup diced red onion

Directions

Place the pecans in a skillet over medium heat. Tossing frequently, toast until lightly browned.

In a bowl, whisk together the raspberry vinegar, balsamic vinegar, and olive oil.

In a large bowl, mix the toasted pecans, greens, strawberries, blue cheese, and red onion. Toss with the vinegar and olive oil dressing mixture to serve.

Holiday Ambrosia Salad

Ingredients

8 ounces uncooked orzo pasta
3/4 cup white sugar
2 eggs, beaten
2 tablespoons all-purpose flour
1/2 teaspoon salt
2 (8 ounce) cans pineapple chunks, drained with juice reserved
1 (11 ounce) can mandarin orange segments, drained
1 cup shredded coconut (optional)
4 cups frozen whipped topping, thawed

Directions

Bring a large pot of lightly salted water to a boil. Add the pasta and cook until al dente, 5 to 7 minutes. Drain, transfer to a large bowl, and cool.

Whisk the sugar, eggs, flour, salt, and reserved pineapple juice together in a saucepan until smooth. Cook and stir over medium heat until the mixture thickens. Pour over cooled pasta, and toss to coat evenly. Cover and refrigerate overnight, or at least 8 hours.

Stir the pineapple chunks and mandarin oranges into the pasta mixture. Mix in the coconut if desired. Stir in the frozen whipped topping until evenly blended. Chill until serving.

Oia Greek Salad

Ingredients

1 English cucumber, diced
2 pints grape tomatoes, halved
1 (4 ounce) container crumbled feta cheese
1 (4 ounce) jar capers, drained
1/2 cup diced red onion
1/4 cup Greek salad dressing, such as Yazzo!
1/2 cup Greek olives, drained

Directions

Keep all of the ingredients separate until ready to serve so the onion doesn't overpower everything. To prepare the salad, toss the cucumber, tomatoes, feta cheese, capers, onion, and salad dressing together in a large bowl until evenly coated. Sprinkle with the Greek olives to serve.

Summer Salad with Cumin-Crusted Salmon

Ingredients

Salad:
2 ounces pine nuts
5 cups mixed greens
1 (15 ounce) can black beans, drained and rinsed
1 cup scallions, sliced
1 large orange, cut in 1-inch chunks
1/2 cup feta cheese, crumbled
1 cup cilantro, chopped

Dressing:
2 tablespoons orange juice concentrate
4 tablespoons olive oil
1/2 teaspoon cumin
1 1/2 tablespoons balsamic vinegar
2 garlic cloves, crushed
1/4 teaspoon salt

Cumin-Crusted Salmon:
1 1/2 tablespoons cumin
2 teaspoons paprika
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 pound salmon fillet, skin removed

Directions

Heat a non-stick skillet, add pine nuts and stir until toasty, about 5 minutes. In a large bowl, place all salad ingredients (reserve half of the cilantro and half of the pine nuts for garnish).

In a separate bowl, stir dressing ingredients together.

In a bowl, combine cumin, paprika, salt and pepper. Cut salmon in 8 strips and coat with spices. Grill (or sear in a non-stick skillet brushed with canola oil) until crusty.

Toss salad and dressing; divide on plates. Top with salmon and reserved cilantro and pine nuts.

Cauliflower Tossed Salad

Ingredients

1 cup fresh cauliflowerets
1/4 cup thinly sliced red onion, quartered
2 tablespoons sliced stuffed green olives
2 tablespoons canola oil
1 tablespoon tarragon vinegar
1/4 teaspoon sugar
1/8 teaspoon salt
1 dash paprika
2 cups torn leaf lettuce
2 tablespoons crumbled blue cheese

Directions

In a small bowl, combine the cauliflower, onion and olives. In another bowl, whisk the oil, vinegar, sugar, salt and paprika. Drizzle over cauliflower mixture and toss to coat. Refrigerate for 1 hour or until chilled. Just before serving, add the lettuce and blue cheese; toss.

Fruited Tofu Curry Salad

Ingredients

1/2 cup white rice
2 cups extra-firm tofu, drained and cubed
1 cup yogurt
2 tablespoons lime juice
1 tablespoon curry powder
1 cup halved grapes
1 tablespoon dried cranberries
1/2 cup diced celery
3 tablespoons diced green onions
1/4 cup walnuts
salt and pepper to taste

Directions

In a saucepan bring water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes; set aside.

Bring a large pot of water to a boil. Cook cubed tofu for 3 minutes; drain, and set aside to cool.

In a bowl, blend yogurt with lime juice and curry powder; set aside. In a large mixing bowl, toss together halved grapes, cranberries, celery, green onions, walnuts, rice, and tofu. Drizzle with curry dressing, and toss until well coated. Season to taste with salt and pepper, as desired.

Mediterranean Pasta Salad

Ingredients

1 cup macaroni
2 ounces roasted red bell peppers, diced
1/4 cup sliced black olives
1/4 cup crumbled feta cheese
1 tablespoon olive oil
1 tablespoon minced garlic
1 teaspoon lemon juice
salt and pepper to taste

Directions

In a small bowl or cup, combine olive oil and chopped garlic. Set aside.

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

Transfer pasta to a medium mixing bowl, and add roasted red peppers, olives, and feta cheese. Toss with olive oil mixture and lemon juice. Season with salt and pepper. Serve immediately.

Italian Pasta Salad II

Ingredients

1 (12 ounce) package rotini/corkscrew pasta
8 eggs
3 cups shredded mozzarella cheese
2 tablespoons grated Parmesan cheese
1 green bell pepper, chopped
5 green onions, chopped
2 tablespoons chopped fresh parsley
1 1/2 cups mayonnaise
1/4 cup red wine vinegar
1 teaspoon dried oregano
1/2 teaspoon ground black pepper

Directions

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

Place eggs in a saucepan and cover with cold water. Bring water to a boil; cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

In a large bowl, combine the pasta, eggs, mozzarella cheese, Parmesan cheese, bell pepper, green onions and parsley.

Prepare the dressing by mixing together the mayonnaise, vinegar, Italian seasoning and pepper.

Pour dressing over pasta mixture and toss well to coat. Refrigerate until chilled and serve.

Mexican Cornbread Salad

Ingredients

1 (8.5 ounce) package dry corn bread mix
1 (4 ounce) can chopped green chile peppers
2 (16 ounce) cans pinto beans, drained
1 (16 ounce) bottle Ranch-style salad dressing
1 green bell pepper, chopped
2 (15.25 ounce) cans whole kernel corn, drained
2 tomatoes, chopped
1 (3 ounce) can bacon bits
8 ounces shredded Cheddar cheese
1 green onions

Directions

Prepare corn bread mix according to package directions, adding green chiles. Set aside, allow to cool and crumble.

Place half of cornbread in bottom of large bowl. Evenly layer with 1 can of beans, 1 cup salad dressing, 1/2 chopped bell pepper, 1 can corn, 1 chopped tomato, 1/2 jar bacon bits, 1/2 package cheese and 1/2 green onions. Repeat layers in same order using remaining ingredients, beginning with crumbled cornbread.

Cover, refrigerate 2 hours and serve chilled.

Tricolore Salad of Endive, Beet, and Arugula,

Ingredients

2 beets (can substitute golden or chioga)
1/2 cup roughly chopped pistachios (can substitute almonds or hazelnuts)
2 yellow endive
4 cups arugula
1/2 cup shaved Parmesan

Vinaigrette:
1/2 cup white wine vinegar (can substitute white balsamic or champagne)
1 1/4 cups light pure olive oil
1 minced, medium shallot
1 tablespoon finely chopped fresh thyme
1 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
1 pinch white sugar
1/8 teaspoon fresh ground black pepper
1/8 teaspoon kosher salt

Directions

Place washed, but not trimmed or peeled beets on top of 1 cup salt on a baking sheet, and roast in a 350 degrees F oven for 1 1/2 hours, or until fork-tender. Let cool. Wearing gloves or holding with a piece of plastic wrap, cut off stems, and peel. Cut each beet in half, cut in 1/2 inch slices, then medium dice by cutting in the opposite direction.

Toast nuts in a 400 degrees F oven for 15 minutes, tossing once.

Combine all of the vinaigrette ingredients, mixing well, adding nuts when cool.

Trim the end of the endive, cut in half, separating the leaves for each half, but reforming each as 1/2 a head of endive. For each salad, place 1/2 cup beets, 1 cup arugula, an 1/2 endive on a plate. For each salad begin with 1/3 cup vinaigrette, 1/8 teaspoon salt, and 1/8 teaspoon pepper in a medium bowl. Toss each of the three components, separately in the vinaigrette, making sure to toss the beets last. Top with 1/8 cup of shaved parmesan.

Repeat for remaining three salads. Serve immediately. Reserve left-over dressing.

Southwestern Macaroni Salad

Ingredients

1 pound elbow macaroni
1 pound cherry tomatoes, quartered
1 cup frozen corn, thawed
1 medium green pepper, chopped
1 small red onion, chopped
1 (2.25 ounce) can sliced ripe olives, drained
1/2 cup lime juice
1/4 cup olive oil
1 tablespoon red wine vinegar
1 tablespoon chili powder
1 tablespoon ground cumin
1 teaspoon sugar
1 teaspoon salt
1 teaspoon garlic powder

Directions

Cook pasta according to package directions; drain and rinse in cold water. In a large bowl, combine the pasta, tomatoes, corn, green pepper, red onion and olives.

In a jar with a tight-fitting lid, combine the lime juice, oil, vinegar and seasonings; shake well. Pour over pasta mixture; toss to coat. Cover and refrigerate for 1 hour or until chilled.

Ambrosia Fruit Salad

Ingredients

1 (8 ounce) container frozen whipped topping, thawed
2 1/2 cups shredded coconut
1/2 cup chopped walnuts
1 (8 ounce) can fruit cocktail, drained
1 (8 ounce) can pineapple chunks, drained
1 (11 ounce) can mandarin oranges, drained
3 cups miniature marshmallows
1 (10 ounce) jar maraschino cherries, drained (optional)
1 teaspoon ground nutmeg
1 teaspoon ground cinnamon

Directions

In a large bowl, combine the whipped topping, coconut, chopped nuts, fruit cocktail, pineapple, mandarin oranges, marshmallows, cherries, nutmeg and cinnamon. Mix together well and refrigerate for 30 to 45 minutes.

Macaroni Salad for a Crowd

Ingredients

1 (16 ounce) package uncooked macaroni
8 hard-cooked eggs, grated
1 (6 ounce) can black olives, drained and chopped
1 medium red onion, finely chopped
1 (10 ounce) jar dill pickle relish, partially drained
1 tablespoon prepared yellow mustard, or to taste
1/2 cup mayonnaise, or as needed
salt and black pepper to taste
4 hard-cooked eggs, sliced
paprika to taste

Directions

Bring a large pot of lightly salted water to a boil. Place macaroni in the pot, cook for 8 to 10 minutes, until al dente, and drain.

In a large bowl, toss the cooked pasta, grated eggs, olives, onion, and relish with some of the liquid. Mix in mustard and mayonnaise, increasing the amount of mayonnaise as desired. Season with salt and pepper. Top with sliced eggs, and sprinkle with paprika to serve.

Pear and Blue Cheese Salad

Ingredients

1 (10 ounce) bag mixed field greens
1/2 cup sliced red onion (optional)
1 Bosc pear, cored and sliced
1/2 cup chopped candied pecans
1/2 cup crumbled blue cheese

1/4 cup maple syrup
1/3 cup apple cider vinegar
1/2 cup mayonnaise
2 tablespoons packed brown sugar
3/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/4 cup walnut oil

Directions

Place the salad greens in a large bowl. Add the red onion, pear, pecans, and blue cheese, and toss to mix evenly.

To make the dressing, place the maple syrup, vinegar, mayonnaise, brown sugar, salt, and pepper in a blender, and blend thoroughly. With the motor running, slowly pour in the walnut oil. Blend until mixture becomes creamy, about 1 minute. Pour over salad mixture, and toss to coat greens evenly. Serve immediately.

True-Blue Potato Salad

Ingredients

2 1/2 pounds small red potatoes
3/4 cup chopped green onions
3/4 cup chopped celery
3/4 cup fat-free sour cream
1/4 cup reduced-fat mayonnaise
2 tablespoons minced fresh parsley
1 tablespoon white wine vinegar
1 1/2 teaspoons salt
1/4 teaspoon pepper
1/4 teaspoon celery seed
1/2 cup crumbled blue cheese

Directions

Place potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 15-20 minutes or until tender. Drain. Let stand until cool enough to handle or refrigerate overnight. Peel and cube potatoes.

In a large bowl, toss the potatoes, onions and celery. In a small bowl, combine the sour cream, mayonnaise, parsley, vinegar, salt, pepper and celery seed. Pour over potato mixture; toss to coat. Sprinkle with blue cheese. Cover and refrigerate for several hours before serving.

Blueberry Chicken Salad

Ingredients

2 cups fresh blueberries
2 cups cubed cooked chicken breast
3/4 cup chopped celery
1/2 cup diced sweet red pepper
1/2 cup thinly sliced green onions
1 (6 ounce) container lemon yogurt
3 tablespoons mayonnaise
1/2 teaspoon salt
Bibb lettuce leaves

Directions

Set aside a few blueberries for garnish. In a large bowl, gently combine the chicken, celery, red pepper, onions and remaining blueberries. Combine the yogurt, mayonnaise and salt; drizzle over chicken mixture and gently toss to coat. Cover and refrigerate for at least 30 minutes. Serve on lettuce-lined plates if desired. Top with reserved blueberries.

Spinach and Strawberry Salad

Ingredients

2 bunches spinach, rinsed and torn into bite-size pieces
4 cups sliced strawberries
1/2 cup vegetable oil
1/4 cup white wine vinegar
1/2 cup white sugar
1/4 teaspoon paprika
2 tablespoons sesame seeds
1 tablespoon poppy seeds

Directions

In a large bowl, toss together the spinach and strawberries.

In a medium bowl, whisk together the oil, vinegar, sugar, paprika, sesame seeds, and poppy seeds. Pour over the spinach and strawberries, and toss to coat.

Tossed Salad with Citrus Dressing

Ingredients

4 cups torn fresh spinach
4 cups torn leaf lettuce
3 medium navel oranges, peeled and sectioned
2 tablespoons thinly sliced radishes
DRESSING:
1/2 cup orange juice
1/4 cup lemon juice
1/4 cup vegetable oil
1/2 teaspoon seasoned salt
1/8 teaspoon paprika
1/8 teaspoon pepper

Directions

In a salad bowl, toss the spinach, lettuce, orange sections and radishes. In a blender, combine the dressing ingredients; cover and process until blended. Serve with salad. Refrigerate any leftover dressing.

Spinach Mushroom Salad

Ingredients

5 tablespoons olive oil or vegetable oil
1 tablespoon lemon juice
1 tablespoon lime juice
1 1/2 teaspoons white wine vinegar or cider vinegar
1 garlic clove, minced
3/4 teaspoon minced fresh parsley
1/4 teaspoon salt
1/4 teaspoon ground mustard
1/8 teaspoon dried basil
1/8 teaspoon dried oregano
1/8 teaspoon rubbed sage
1 dash coarsely ground pepper
8 fresh mushrooms, sliced
7 cups torn fresh spinach

Directions

In a small bowl, combine the first 12 ingredients; mix well. Add mushrooms and toss to coat. Cover and refrigerate for at least 30 minutes. Just before serving, toss the spinach and mushroom mixture in a salad bowl.

Bulgur Chickpea Salad

Ingredients

1 cup bulgur
2 cups boiling water
1/2 cup vegetable oil
1/2 cup fresh lemon juice
salt to taste
ground black pepper to taste
1 cup chopped green onions
1 (15 ounce) can garbanzo beans, drained
1 cup chopped fresh parsley
1 cup grated carrots

Directions

In a heatproof bowl, pour boiling water over bulgur. Let stand 1 hour at room temperature.

In a small bowl, beat together oil, lemon juice, salt, and pepper. Pour over bulgur; and mix with a fork.

Place bulgur in the bottom of a nice glass serving bowl. Layer vegetables and garbanzo beans in this order on top of the bulgur: green onions, garbanzo beans, parsley, and carrots on top. Cover, and refrigerate. Toss salad just before serving.

Turkey Red Grape Salad

Ingredients

1 (8 ounce) package mostaccioli pasta
1 1/2 cups mayonnaise
1 cup sour cream
1 tablespoon minced celery root
2 cups halved seedless red grapes
2 cups diced cooked turkey
1 cup chopped celery
1 head romaine lettuce leaves, torn into bite size pieces

Directions

Bring a large pot of lightly salted water to a boil. Add the pasta, and cook for 8 to 10 minutes, or until tender. Drain, and run under cold water to cool. Drain again, and transfer to a large bowl.

In a separate bowl, stir together the mayonnaise, sour cream and celery root. Stir this into the noodles to coat. Fold in the grapes, turkey and celery. Chill until serving.

To serve, place a bed of romaine lettuce onto serving plates. Top with the turkey pasta salad.

Easy Southwestern Salad Dressing

Ingredients

1 cup Ranch-style salad dressing
1 cup honey barbecue sauce

Directions

In a small bowl, whisk together the ranch dressing and barbecue sauce. Refrigerate until serving.

Grilled Okra Salad

Ingredients

1/4 cup white wine vinegar
1 orange tomato, cubed
1/2 red onion, diced
salt to taste
16 pods fresh okra

Directions

Preheat an outdoor grill for medium-high heat, and lightly oil grate. Combine the vinegar, tomato, onion, and salt in a bowl; set aside.

Cook the okra on the preheated grill until a few black areas have developed on its skin, about 5 minutes. Toss the okra with the tomato mixture, and serve.

Amazing Muffaletta Olive Salad

Ingredients

1 (6 ounce) can black olives, drained, brine reserved
1 (6 ounce) can pimento-stuffed green olives, drained, brine reserved
1 (14 ounce) can artichoke hearts, drained and chopped
1 onion, chopped
3 stalks celery, chopped
1 clove garlic, minced
1 tablespoon capers, rinsed and chopped
1/4 cup Italian dressing
2 tablespoons reserved olive brine, or as needed
salt and ground black pepper to taste

Directions

Place the black olives, pimento-stuffed green olives, artichoke hearts, onion, celery, garlic, and capers in the bowl of a food processor. Pulse until the ingredients are uniform in size, and no larger than a popcorn kernel. Stir in the Italian dressing. Add equal amounts of green and black olive brine as needed for a moist consistency. Season with salt and black pepper. Chill in the refrigerator for at least 12 hours before serving.

Creamy Fruit Salad II

Ingredients

2 (8 ounce) packages cream cheese, softened
1/2 (14 ounce) can sweetened condensed milk
2 (15.25 ounce) cans fruit cocktail
3 tablespoons maraschino cherries, halved
1 banana, sliced (optional)

Directions

Combine the cream cheese and condensed milk; blend until smooth.

Drain the juice from 1 can of the fruit cocktail and add to cream cheese mixture. Add the other can with all its juice and any other fruit at this time. Mix with a large spoon.

Add extra condensed milk to sweeten if desired. Cover with saran wrap and chill. Mix well and serve cold.

Mandarin Chicken Salad

Ingredients

3 cups diced cooked chicken
1 cup diced celery
2 tablespoons lemon juice
1 tablespoon finely chopped onion
3/4 cup mayonnaise
1 (11 ounce) can mandarin oranges, drained
1 cup seedless grapes, halved
1 teaspoon lemon pepper
1/2 cup chopped pecans, toasted

Directions

In a medium bowl, combine first eight ingredients; mix well. Cover and chill for 1-2 hours. Fold in pecans just before serving.

Buttermilk Salad

Ingredients

1 (20 ounce) can crushed pineapple, with juice
1 (6 ounce) package apricot or peach flavored gelatin mix
2 cups buttermilk
1 (8 ounce) container frozen whipped topping, thawed

Directions

Place the pineapple in a medium saucepan, and bring to a boil. Stir in the gelatin mix until completely dissolved. Remove to a bowl, and chill until partially set, about 1 hour. Stir in buttermilk, and chill again until thickened. Fold in whipped topping, and refrigerate until firm, at least 4 hours.

Macaroni Salad

Ingredients

1 (16 ounce) package macaroni
4 eggs
1 cup mayonnaise
1/2 cup sour cream
salt and pepper to taste
1/4 teaspoon ground mustard
2 tablespoons sweet pickle juice
1 cup chopped celery
1/2 cup chopped red onion
1/2 cup pimento-stuffed green olives
1/4 cup chopped sweet pickle
2 carrots, grated
1 green bell pepper, chopped
2 tablespoons celery seed

Directions

Cook pasta in a large pot of boiling water until al dente. Drain, and rinse. Set aside.

Meanwhile, place eggs in a saucepan, and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, and cool. Peel, and chop.

In a medium bowl, mix together mayonnaise, sour cream, dry mustard, and sweet pickle juice. Season to taste with salt and black pepper.

In a large bowl, combine pasta, celery, onion, olives, sweet pickles, carrots, green pepper, celery seeds, and eggs. Stir in dressing, and mix well.

Oriental Chicken Salad

Ingredients

1/2 cup diced cooked chicken breast meat
2 tablespoons soy sauce
3 tablespoons rice vinegar
1 1/2 tablespoons white sugar
1/2 cup peanut oil
3 green onions, minced
1 (3 ounce) package ramen noodles - cooked, drained and chilled

Directions

In a small bowl combine the soy sauce, vinegar, sugar and peanut oil.

In a medium sized bowl toss the dressing with the chicken, scallions and noodles. Chill and serve.

Mango Walnut Salad

Ingredients

3 small mangoes, peeled and cubed
6 red lettuce leaves, rinsed, dried, and torn
1/2 cup walnut pieces
1/2 cup dried cranberries
1/2 red bell pepper, seeded and thinly sliced
1/2 green bell pepper, seeded and thinly sliced
1 carrot, peeled and sliced

Directions

In a large bowl, gently toss together the mangoes, lettuce, walnuts, cranberries, red and green peppers, and carrot. Serve immediately.

Sweet and Sour Salad

Ingredients

1/2 cup lemon juice
1/2 cup cider vinegar
1/2 cup vegetable oil
1 teaspoon Dijon mustard
1/4 teaspoon ground black pepper
1/8 teaspoon salt
3 red apples, chopped
3 green apples, chopped
1 (4 ounce) container crumbled feta cheese
5 cups green leaf lettuce, torn into bite-size pieces
5 cups red leaf lettuce, torn into bite-size pieces

Directions

Whisk together the lemon juice, vinegar, oil, mustard, pepper, and salt in a large salad bowl, then add the red and green apples and feta cheese. Place the green and red lettuce over the apple mixture. Refrigerate until ready to serve; toss immediately before serving.

Antipasto Salad

Ingredients

1 (16 ounce) package Hillshire Farm® Smoked Sausage
6 cups mixed salad greens
2 cups red or yellow grape tomatoes
1 tomato, cut into thin wedges
1 small cucumber, sliced
1 cup small cauliflower florets
3/4 cup pitted ripe black olives
2/3 cup Italian salad dressing
1 (4 ounce) package crumbled feta cheese
2 green onions, sliced

Directions

Cut sausage into 1/2" slices. Heat a large non-stick skillet over medium-high heat for 3 minutes. Cook sausage 2 minutes on each side or until lightly browned; remove from pan and drain on paper towels.

Arrange salad greens on large platter. Place cooked sausage in center of platter in a row. Arrange tomatoes, cucumber, cauliflower and olives in rows on either side of the sausage.

Pour salad dressing over vegetables and sausage. Sprinkle with feta cheese and green onions.

One Cup Salad

Ingredients

1 cup pineapple chunks, drained
1 cup Mandarin orange segments, drained
1 cup miniature marshmallows
1 cup sour cream
1 cup cornflakes cereal
1 cup flaked coconut

Directions

Combine the pineapple, Mandarin oranges, marshmallows, and sour cream in a bowl. Gently fold the cornflakes cereal into the mixture. Sprinkle the coconut over the top; stir into the salad just before serving.

Crab Couscous Salad

Ingredients

2 cups vegetable broth
1 tablespoon butter
8 ounces couscous
6 tablespoons olive oil
1/4 cup lemon juice
1/4 teaspoon ground cumin
1 1/2 pounds imitation crabmeat, coarsely chopped
1 1/2 cups chopped peeled mango
1 cup quartered cherry tomatoes
1/4 cup chopped green onions

Directions

In a saucepan, bring the broth and butter to a boil. Stir in the couscous. Remove from the heat; cover and let stand for 5 minutes. Transfer to a large bowl; cool to room temperature. Fluff with a fork.

For dressing, in a small bowl, combine the oil, lemon juice and cumin. Add the crab, mangoes, tomatoes and onions to couscous. Drizzle with dressing and toss to coat.

Fruity Rice Salad

Ingredients

1/2 cup mayonnaise
1/2 cup Ranch salad dressing
1 teaspoon salt
2 1/2 cups cubed cooked chicken
1 1/2 cups cooked rice
3/4 cup sliced celery
3/4 cup green grapes
1/2 cup drained pineapple tidbits
1/2 cup drained mandarin oranges
1/2 cup slivered almonds, toasted

Directions

In a large bowl, combine mayonnaise, salad dressing and salt. Fold in chicken, rice, celery and fruit. Cover and chill until ready to serve; add almonds.

Cranberry Gelatin Salad II

Ingredients

1 (8 ounce) can crushed pineapple with juice
2 (3 ounce) packages raspberry flavored gelatin mix
1 (8 ounce) package cream cheese, softened
2 tablespoons creamy salad dressing
1 (8 ounce) container frozen whipped topping, thawed
1 (16 ounce) can whole cranberry sauce
1/2 cup chopped walnuts
1 tart apple - peeled, cored and chopped

Directions

Drain pineapple, reserving syrup. Add enough water to the juice to make 2 cups liquid. In a saucepan over medium heat, combine the liquid with the gelatin; stir until dissolved. Remove from heat, and chill until partially set.

Beat together the cream cheese and salad dressing; add to gelatin mixture and mix. Fold in whipped topping and mix well. Take out 1 1/2 cups of mixture, and reserve. To the remaining mixture add the pineapple, cranberries, nuts, and apples.

Pour gelatin and fruit mixture into a large dish or bowl, and top with reserved mixture. Refrigerate until chilled.

Orange Carrot Gelatin Salad

Ingredients

1 (6 ounce) package orange flavored gelatin mix
1 cup boiling water
1 (3 ounce) package Neufchatel cheese, softened
1/4 cup low-fat mayonnaise
1 tablespoon apple cider vinegar
1 medium carrot, peeled and grated
1 (8 ounce) can crushed pineapple, with juice
1 cup fruit cocktail, drained

Directions

In a large bowl, stir together the orange gelatin and boiling water until the gelatin is dissolved. Whisk in the Neufchatel cheese and mayonnaise until well blended. The gelatin should be slightly thickened and cooled.

Stir in the vinegar, carrot, pineapple, and fruit cocktail. Pour into a greased gelatin mold, or serving bowl. Cover, and refrigerate until solid, about 4 hours. To unmold, dip the mold into a large bowl of warm water for a couple of minutes to loosen. Then, invert onto a plate to serve.

Mostaccioli Salad

Ingredients

1 (16 ounce) package mostaccioli pasta
1 tablespoon vegetable oil
1 1/2 cups distilled white vinegar
1 1/2 cups white sugar
1 medium onion, chopped
1 medium cucumber, chopped
1 (4 ounce) jar chopped pimento
2 teaspoons prepared yellow mustard
1 tablespoon garlic powder
1 tablespoon parsley flakes
1 teaspoon salt
1 teaspoon ground black pepper

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a large bowl, gently toss together the pasta, oil, vinegar, sugar, onion, cucumber, pimento, mustard, garlic powder, parsley flakes, salt, and pepper. Cover, and refrigerate 24 hours before serving.

Jen's Heavenly Egg Salad

Ingredients

6 eggs
1/4 cup mayonnaise
1 teaspoon Dijon mustard
1/2 teaspoon prepared yellow mustard
1/2 lemon, juiced
1/4 cup chopped green onions
salt and pepper to taste

Directions

Place egg in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool and peel. For faster cooling, place the eggs in an ice bath before peeling.

In a medium bowl, stir together the mayonnaise, Dijon mustard, yellow mustard, lemon juice and green onions. Chop the eggs into big chunks and mix gently with the dressing. Season with salt and pepper.

Orange-Fennel Salad

Ingredients

1 (10 ounce) bag baby spinach leaves
2 oranges, peeled and sectioned
1/2 large fennel bulb, thinly sliced
1 teaspoon chopped fennel fronds
1/4 cup toasted sliced almonds
1 tablespoon chopped fresh mint
3 tablespoons olive oil
2 tablespoons orange juice
1/2 teaspoon ground cumin
1/2 teaspoon onion powder
salt and pepper to taste

Directions

Place the spinach, orange sections, sliced fennel, fennel fronds, almonds, and mint into a large mixing bowl; set aside. Whisk together the olive oil, orange juice, cumin, onion powder, salt, and pepper in a small bowl. Pour the dressing over the salad, and toss gently to dress. Serve immediately.

Best Beet Salad

Ingredients

2 eggs
1 bunch beets
1/2 cup mayonnaise
salt and black pepper to taste

Directions

Place egg in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel, and chop.

Before cooking the beets, wash them gently under cold water, being careful not to pierce the thin skin. Place in a saucepan and cover with cold water. Bring water to a boil and cook until they pierce easily with a thin knife, about 15 minutes.

To peel cooked beets, cut off both ends, then hold the beets under cold running water and slip off the skins. Leave to cool until able to handle, then grate them into a medium bowl.

Add eggs, mayonnaise, salt and pepper; mix gently. Cover and chill for at least 1 hour before serving.

Barbecued Taco Salad

Ingredients

1 pound ground beef
1 medium onion, chopped
1 (8 ounce) jar process cheese sauce
1/2 cup barbecue sauce
1 tablespoon chili powder
6 lettuce leaves
3 cups shredded lettuce
3 medium tomatoes, chopped
3 cups corn chips

Directions

In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in cheese sauce, barbecue sauce and chili powder. Cook and stir over low heat until cheese is melted. Place each lettuce leaf on a plate. Top with shredded lettuce, beef mixture, tomatoes and corn chips. Serve immediately.

Rosemary Chicken Couscous Salad

Ingredients

2 cups chicken broth
1 (10 ounce) box couscous

3/4 cup olive oil
1/4 cup fresh lemon juice
2 tablespoons white balsamic vinegar
1/4 cup chopped fresh rosemary leaves
salt and ground black pepper to taste

2 large cooked skinless, boneless chicken breast halves, cut into bite-size pieces
1 cup chopped English cucumber
1/2 cup chopped sun-dried tomatoes
1/2 cup chopped pitted kalamata olives
1/2 cup crumbled feta cheese
1/3 cup chopped fresh Italian parsley
salt and ground black pepper to taste

Directions

Place chicken stock in a saucepan and bring to a boil over medium-high heat. Stir in couscous. Remove pan from the heat; cover, and let stand for 5 minutes. Fluff couscous with a fork. Cool for 10 minutes.

Meanwhile, make the dressing by combining the olive oil, lemon juice, and vinegar in the bowl of a blender or food processor; mix on low until mixture thickens. Stir in rosemary. Season to taste with salt and pepper.

Combine the chicken, cucumber, sun-dried tomatoes, and olives in a large bowl. Stir in the couscous, Feta cheese, and parsley. Season to taste with salt and pepper. Toss the salad with half the dressing. Taste, and add more dressing as desired, or, if making the salad in advance, add additional dressing just before serving.

Broccoli Chicken Salad

Ingredients

1 1/2 cups cubed cooked chicken breast
1 1/2 cups fresh broccoli florets
1/4 cup chopped red onion
2 tablespoons salted sunflower kernels
2 tablespoons golden raisins
2 bacon strips, cooked and crumbled
1/3 cup mayonnaise
1 tablespoon sugar
1 tablespoon red wine vinegar

Directions

In a bowl, combine the first six ingredients. Combine the mayonnaise, sugar and vinegar; add to chicken mixture and toss to coat. Refrigerate until serving.

The Perfect Sunday Brunch Spinach Salad

Ingredients

2 (10 ounce) bags baby spinach
2 bananas, sliced
12 fresh strawberries, sliced
1 (10 ounce) can mandarin oranges, drained
1/2 cup dried cranberries
1/2 cup pine nuts
1 cup poppy seed salad dressing

Directions

Place spinach in a large bowl. Arrange bananas, strawberries, mandarin oranges, cranberries, and pine nuts on top. Toss with poppy seed dressing before serving.

Tuna with Mediterranean Lentil Salad

Ingredients

1 tablespoon olive oil
1 cup diced carrots
1/2 cup diced red onion
2 cloves garlic, minced
salt and black pepper to taste
1 cup dry lentils, rinsed and drained
3 cups water
3 tablespoons olive oil
1 1/2 tablespoons lemon juice
1/4 cup chopped fresh parsley

1 1/2 tablespoons lemon juice
4 (7 ounce) tuna steaks
2 tablespoons olive oil

Directions

Heat 1 tablespoon of olive oil in a large saucepan over medium heat, and cook and stir the carrots, red onion, garlic, and salt and pepper until the onions are translucent, about 5 minutes. Stir in the lentils and water, bring to a boil, and reduce heat to a simmer. Cook the lentils until tender but not mushy, about 20 minutes. Drain off excess liquid, and transfer to a bowl. Stir in 3 tablespoons of olive oil, 1 1/2 tablespoons of lemon juice, parsley, and additional salt and black pepper if needed.

Drizzle 1 1/2 tablespoons of lemon juice over the tuna steaks, and sprinkle both sides of the steaks with salt and pepper. In a large skillet, heat 2 tablespoons of olive oil over medium-high heat until the oil is very hot, place the steaks into the hot oil, and sear on each side until the outside of the tuna is well browned and the inside is pink, about 2 minutes per side. Divide the lentil salad between 4 plates, and serve a tuna steak next to the salad.

Carrot Gelatin Salad

Ingredients

1 (6 ounce) package lemon flavored gelatin mix
1 (20 ounce) can crushed pineapple, drained with juice reserved
4 large carrots, shredded

Directions

In a large bowl, prepare the lemon gelatin according to package directions using reserved pineapple juice in place of some of the water. Refrigerate until thickened, about 1 hour.

When the gelatin has thickened, stir in pineapple and shredded carrot. Cover and refrigerate until set, at least 4 hours.

Molded Cranberry Fruit Salad

Ingredients

1 (8 ounce) can crushed pineapple, drained, reserving juice
1/2 cup Ocean SprayB® Cranberry Juice Cocktail
2 tablespoons lemon juice
1 (3 ounce) package raspberry-flavored gelatin
1 (14 ounce) can Ocean SprayB® Whole Berry Cranberry Sauce
1/2 cup chopped celery

Directions

Combine reserved pineapple juice, cranberry juice cocktail and lemon juice in a medium saucepan. Bring to a boil. Remove from heat. Add gelatin, stirring until it is completely dissolved. Break up cranberry sauce with a fork. Stir into gelatin mixture.

Refrigerate until mixture begins to set. Stir in pineapple and celery. Pour into a 4-cup mold. Chill until firm.

Rice 'n' Egg Salad

Ingredients

3/4 cup cooked long-grain rice
1/3 cup chopped celery
1 hard-cooked egg, chopped
1/4 cup sliced ripe olives
2 tablespoons chopped onion
1 tablespoon dill pickle relish
1 tablespoon diced pimientos
2 tablespoons mayonnaise
4 teaspoons canola oil
2 teaspoons cider vinegar
1 teaspoon prepared mustard
1/2 teaspoon salt
Dash pepper

Directions

In a bowl, combine the first seven ingredients. In a small bowl, combine the mayonnaise, oil, vinegar, mustard, salt if desired and pepper; pour over rice mixture and toss to coat. Cover and refrigerate for at least 20 minutes before serving.

Grapefruit Avocado Salad

Ingredients

1/4 cup olive oil
2 tablespoons lemon juice
2 tablespoons orange juice
1 teaspoon Dijon mustard
1 garlic clove, minced
1/2 teaspoon salt
freshly ground pepper to taste
Lettuce Leaves
2 large red grapefruits, peeled and sectioned
1 small red onion, thinly sliced, pulled into rings
1 medium ripe avocado, peeled and sliced

Directions

In a jar with a tight-fitting lid, combine the first seven ingredients; shake well. On four salad plates, arrange the lettuce, grapefruit, onion, and avocado. Drizzle with dressing. Serve immediately.

Tennille's Italian Pasta Salad

Ingredients

1 cup fresh broccoli florets
1 cup fresh cauliflower florets
1 tablespoon butter
1 teaspoon salt
1 (32 ounce) package seashell pasta
1 (16 ounce) bottle Italian-style salad dressing
1 cup shredded carrots
2 cucumbers, diced
3 tomatoes, diced
8 ounces shredded Cheddar cheese

Directions

Steam broccoli and cauliflower florets until tender. Place broccoli and cauliflower in a large bowl, toss with butter and salt.

Bring a large pot of salted water to a boil. Stir in the macaroni and return the water to a boil. Let cook until the noodles are al dente, drain well.

In a large mixing bowl, mix the Italian dressing with the hot macaroni. Next, mix in the carrots, cucumbers, tomatoes, broccoli, and cauliflower. Cover the bowl and refrigerate for 30 minutes.

After the pasta and vegetables have been chilling for 30 minutes, stir in the cheese. Return the bowl to the refrigerator for another 30 to 45 minutes before serving.

Orange Gelatin Salad

Ingredients

1 (11 ounce) can mandarin oranges, drained
1 (8 ounce) can crushed pineapple, drained
1 (6 ounce) package orange flavored gelatin mix
16 ounces cottage cheese
8 ounces frozen whipped topping, thawed

Directions

In a mixing bowl, combine the oranges, pineapple and gelatin. Mix well and chill for 1/2 an hour.

Add cottage cheese to fruit; stir to mix.

Gently fold in whipped topping; chill and serve.

Rainbow Rotini Salad

Ingredients

1 (16 ounce) package colored rotini pasta
2 tomatoes, chopped
1 green bell pepper, chopped
1 onion, chopped
1 large cucumber, chopped
1 cup broccoli florets
1 cup fresh sliced mushrooms
1 (8 ounce) bottle Italian-style salad dressing
1 cup black olives, pitted and sliced

Directions

Bring 4 quarts of water to a rapid boil (2 teaspoons of salt can be added, optional). Add rotini. Return water to rapid boil and cook uncovered, stirring frequently, for about 10 to 12 minutes. Drain. Rinse in cold water.

Combine cooked pasta with tomatoes, green bell pepper, onion, cucumber, broccoli, mushrooms, olives and Italian salad dressing. Cover and chill. Toss salad before serving.

Simple German Potato Salad

Ingredients

8 medium red potatoes, diced
1/2 cup creamy salad dressing, e. g. Miracle Whip в„ў
3 spiced dill pickles, coarsely chopped
1/4 cup chopped white onion
salt and pepper to taste
1 teaspoon garlic powder
3 hard-cooked eggs, peeled and sliced
5 hot dogs, cut into pieces
1 cup creamy cucumber salad dressing

Directions

Place the potatoes into a pot and fill with enough water to cover. Bring to a boil, then reduce the heat to medium and simmer until tender, about 10 minutes. Drain and cool.

In a large bowl, stir together the salad dressing, pickles, eggs, hot dogs and salad dressing. Season with onion, salt, pepper and garlic powder. Stir in the cooled potatoes until coated. Cover and chill until serving.

Chicken Salad Fit for a Dragon

Ingredients

2 cups cooked chicken, diced
1/2 cup mayonnaise
1 large stalk celery, diced
1/2 cup pine nuts
1 tablespoon lemon juice
1 1/2 tablespoons sweet pickle relish
1 small jalapeno pepper, seeded and minced
1/4 teaspoon cracked black pepper, or to taste

Directions

Stir the chicken, mayonnaise, celery, pine nuts, lemon juice, relish, jalapeno pepper, and black pepper together in a mixing bowl until evenly blended. Cover, and refrigerate 20 to 30 minutes to allow the flavors to blend.

Apple Iceberg Salad

Ingredients

1 cup mayonnaise
1/4 cup sugar
2 tablespoons cider vinegar
2 tablespoons evaporated milk
2 large red apples, diced
1 head iceberg lettuce, torn

Directions

In a bowl, combine the mayonnaise, sugar, vinegar and milk; mix well. add apples. Cover and refrigerate for 1 hour. Just before serving, toss with lettuce.

Frog Eye Salad

Ingredients

1 cup white sugar
2 tablespoons all-purpose flour
2 1/2 teaspoons salt
1 3/4 cups unsweetened pineapple juice
2 eggs, beaten
1 tablespoon lemon juice
3 quarts water
1 tablespoon vegetable oil
1 (16 ounce) package acini di pepe pasta
3 (11 ounce) cans mandarin oranges, drained
2 (20 ounce) cans pineapple tidbits, drained
1 (20 ounce) can crushed pineapple, drained
1 (8 ounce) container frozen whipped topping, thawed
1 cup miniature marshmallows
1 cup shredded coconut

Directions

In a sauce pan, combine sugar, flour, 1/2 teaspoon salt, pineapple juice and eggs. Stir and cook over medium heat until thickened. Remove from heat; add lemon juice and cool to room temperature.

Bring water to a boil, add oil, remaining salt and cook pasta until al dente. Rinse under cold water and drain.

In a large bowl, combine the pasta, egg mixture, mandarin oranges, pineapple and whipped topping. Mix well and refrigerate overnight or until chilled. Before serving add marshmallows and coconut. Toss and serve.

Asparagus Tossed Salad

Ingredients

2 medium carrots, sliced
1 pound fresh asparagus, cut into 1-inch pieces
8 cups torn Bibb lettuce
ORANGE GINGER VINAIGRETTE:
1/4 cup orange juice
4 1/2 teaspoons olive or canola oil
1 tablespoon white wine vinegar or cider vinegar
1 tablespoon honey
1/2 teaspoon Dijon mustard
1/4 teaspoon ground ginger
1/4 teaspoon grated orange peel
1/8 teaspoon salt

Directions

In a large saucepan, bring 4 cups of water to a boil for 1 minute. Add asparagus; cover and boil 3 minutes longer. Drain and immediately place vegetables in ice water; drain and pat dry. In a salad bowl, combine lettuce, carrots and asparagus. In a jar with a tight-fitting lid, combine the vinaigrette ingredients; shake well. Drizzle over salad and toss to coat. Serve immediately.

Italian Potato Salad

Ingredients

6 medium red potatoes, cooked and cubed
2 garlic cloves, minced
1/2 cup chopped red onion
3 plum tomatoes, quartered
1/3 cup olive or vegetable oil
3 leaves fresh basil, chopped
1 (5 ounce) jar stuffed green olives, drained and halved
1 teaspoon dried oregano
1 1/2 teaspoons salt
1/4 teaspoon pepper
Lettuce Leaves

Directions

In a large bowl, combine the first 10 ingredients; toss to coat. Cover and refrigerate until serving. Serve salad in a lettuce-lined bowl if desired.

Marinated Black-Eyed Pea Salad

Ingredients

1 yellow bell pepper, finely chopped
1 red bell pepper, finely chopped
1/2 onion, finely chopped
2 jalapeno chiles, seeded and finely chopped
4 (15 ounce) cans black-eyed peas, rinsed and drained
2 tablespoons chopped fresh parsley
1 clove garlic, minced
1/2 cup red wine vinegar
2 tablespoons balsamic vinegar
1/4 cup olive oil
1/2 teaspoon ground cumin
1 teaspoon salt
1 teaspoon ground black pepper
4 slices cooked bacon, crumbled

Directions

Mix the yellow and red peppers, onion, jalapeno chiles, black-eyed peas, parsley, and garlic together in a large bowl.

Whisk the red wine vinegar and balsamic vinegar together in a small bowl. Gradually add the olive oil, whisking constantly to thoroughly blend with the vinegars. Stir in the cumin, salt, and black pepper. Pour the dressing over the vegetable mixture, tossing to coat evenly. Cover and refrigerate 3 to 4 hours. Just before serving, stir in the crumbled bacon.

Bodacious Broccoli Salad

Ingredients

8 slices bacon
2 heads fresh broccoli, chopped
1 1/2 cups sharp Cheddar cheese, shredded
1/2 large red onion, chopped
1/4 cup red wine vinegar
1/8 cup white sugar
2 teaspoons ground black pepper
1 teaspoon salt
2/3 cup mayonnaise
1 teaspoon fresh lemon juice

Directions

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

In a large bowl, combine broccoli, cheese, bacon and onion.

Prepare the dressing in a small bowl by whisking together the red wine vinegar, sugar, pepper, salt, mayonnaise and lemon juice. Combine dressing with salad. Cover, and refrigerate until ready to serve.

French Shrimp Salad

Ingredients

1 pound fresh asparagus
3/4 pound cooked shrimp - peeled and deveined
1/3 cup mayonnaise
1 tablespoon lemon juice
6 artichoke hearts, drained
1 cup French dressing
2 hard-cooked eggs, chopped
6 sprigs fresh parsley

Directions

Cook the asparagus in boiling salted water until tender. Remove and cool under cold water. Reserve six stalks and cut remaining asparagus into 1 inch pieces.

Cook and clean shrimp. Again reserve the best six and dice the remainder. In a bowl, combine shrimp and asparagus, mix gently with mayonnaise and lemon juice.

In a separate bowl, marinate the artichoke hearts in 1 cup French dressing.

Place shrimp and asparagus in an attractive shallow bowl. Garnish with sieved egg and arrange reserved asparagus on top to resemble the spokes of a wheel.

Drain the artichoke bottoms and garnish each with a dollop of mayonnaise, 1 whole shrimp and 1 parsley sprig. Arrange them around the salad.

Mustard and Veggie Pasta Salad

Ingredients

2 cups macaroni
1/2 cup frozen peas, thawed
1/2 cup chopped fresh broccoli
1/2 cup julienned carrots
1/2 cup canned yellow corn
1/2 cup chopped fresh tomato
1/2 cup chopped red bell pepper
3 tablespoons prepared Dijon-style mustard
2 tablespoons Italian-style salad dressing
1 tablespoon balsamic vinaigrette salad dressing
1/2 teaspoon celery seed, crushed
1 tablespoon light brown sugar

Directions

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, peas, broccoli, carrot, corn, tomatoes and bell peppers.

Prepare the dressing by whisking together the mustard, Italian dressing, vinegar, brown sugar, celery seed and basil. Pour over salad and mix well. Refrigerate until chilled.

Zesty Potato Salad

Ingredients

2 pounds red potatoes
1/2 cup mayonnaise
1/2 cup sour cream
2 tablespoons prepared horseradish
1 tablespoon chopped fresh parsley
3/4 teaspoon salt
1/2 teaspoon pepper
3 bacon strips, cooked and crumbled
4 hard-cooked eggs, chopped
2 green onions, sliced

Directions

Place potatoes in a large saucepan and cover with water. Add 1/4 teaspoon salt. Bring to a boil. Reduce heat; cover and cook for 20 minutes or until tender. Drain and cool. Cut potatoes into cubes.

In a large bowl, combine the mayonnaise, sour cream, horseradish, parsley, pepper and remaining salt. Stir in the potatoes, bacon, eggs and onions. Cover and refrigerate up to 24 hours.

Greek Veggie Salad

Ingredients

1 head cauliflower, chopped
1 head broccoli, chopped
2 cups cherry tomatoes
1 (6 ounce) can small pitted black olives, drained
1 (6 ounce) package tomato basil feta cheese, crumbled
1 (16 ounce) bottle zesty Italian dressing

Directions

In a large bowl, combine the cauliflower, broccoli, cherry tomatoes, olives and cheese. Add enough dressing to coat, toss and refrigerate overnight.

Greek Salad I

Ingredients

1 head romaine lettuce- rinsed, dried and chopped
1 red onion, thinly sliced
1 (6 ounce) can pitted black olives
1 green bell pepper, chopped
1 red bell pepper, chopped
2 large tomatoes, chopped
1 cucumber, sliced
1 cup crumbled feta cheese
6 tablespoons olive oil
1 teaspoon dried oregano
1 lemon, juiced
ground black pepper to taste

Directions

In a large salad bowl, combine the Romaine, onion, olives, bell peppers, tomatoes, cucumber and cheese.

Whisk together the olive oil, oregano, lemon juice and black pepper. Pour dressing over salad, toss and serve.

Heavenly Chicken Salad

Ingredients

1 (8 ounce) can water chestnuts, drained and halved
2 tablespoons fresh lemon juice
2 pounds cooked and chopped chicken breast
1/2 bunch celery, chopped
1 pound red seedless grapes, halved
1 cup toasted slivered almonds
1 cup mayonnaise
1/2 (8 ounce) jar Major Grey's chutney
1/2 teaspoon curry powder
1 teaspoon salt

Directions

Toss the water chestnuts with the lemon juice in a large bowl. Add the chicken, celery, grapes, and almonds to the water chestnuts. Stir the mayonnaise, chutney, curry powder, and salt together in a separate bowl. Fold the chicken mixture into the mayonnaise mixture; stir to coat evenly. Chill in refrigerator at least 30 minutes before serving.

Southwest Chicken Salad

Ingredients

6 slices Wonder® Classic White Bread, crusts removed
3 tablespoons extra-virgin olive oil
1 (1.25 ounce) package chili seasoning, divided
1 clove garlic, minced
4 boneless, skinless chicken breast halves
6 cups torn greens
1 tomato, diced
1 cup black beans, rinsed and drained
1 cup frozen corn, thawed and drained
1/2 red or green bell pepper, diced
2 green onions, chopped
3/4 cup fat-free ranch dressing
1 cup shredded Cheddar cheese

Directions

Preheat oven to 400 degrees F.

Cut bread into 3 strips; cut each strip into thirds, making 9 cubes. Combine 2 tablespoons olive oil, 2 tablespoons chili seasoning and garlic. Place bread cubes in zip-top bag and toss with olive oil mixture. Spread bread cubes in a single layer on a baking sheet. Bake for 5 minutes; turn and bake for 5 to 7 additional minutes or until well toasted; set aside.

Brush chicken breasts with remaining tablespoon of olive oil and sprinkle with 2 teaspoons chili seasoning. Heat a grill skillet or regular skillet over medium high heat until very hot. Cook chicken 4 minutes; turn and cook an additional 4 to 5 minutes or until done and meat is no longer pink inside. Allow to rest 10 minutes. Cut chicken into strips.

Place greens in a large salad bowl. Add tomatoes, black beans, corn, pepper and green onions. Top with chicken breast strips.

Combine remaining chili seasoning with ranch dressing; stir to blend. Pour over salad and toss. Sprinkle with cheese. Top with chili croutons.

Evacuation Tuna & Pasta Salad

Ingredients

3 cups rotelle pasta
3 hard-cooked eggs, chopped
1 (12 ounce) can tuna, drained and flaked
3/4 cup shredded Cheddar cheese
3/4 cup chopped celery
1/4 cup finely chopped onion
1/2 cup roasted red peppers, drained and chopped
1 (8 ounce) can lima beans, drained

3/4 cup mayonnaise
1/2 lemon, juiced
1/2 teaspoon paprika
salt to taste

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and cool.

In a large bowl, combine pasta, eggs, tuna Cheddar cheese, celery, onion, roasted red pepper, and lima beans. Whisk together mayonnaise, lemon juice, and paprika. Season with salt. Pour dressing over pasta mixture, and mix together.

Southwestern Lentil Salad

Ingredients

2 (15 ounce) cans black beans, rinsed and drained
3 cups cooked lentils
1 1/2 cups fresh or frozen corn
1 cup chopped red onion
1 cup chopped green pepper
1/4 cup minced fresh cilantro or parsley
1 cup vegetable oil
1/2 cup cider vinegar
1 tablespoon Dijon mustard
1 1/2 teaspoons ground cumin
1 clove garlic, minced
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

In a large bowl, combine the first six ingredients. In a jar with tight-fitting lid, combine the remaining ingredients and shake well. Pour over vegetables and toss. Cover and refrigerate for at least 2 hours.

Quick Chinese Chicken Salad

Ingredients

1/4 cup rice vinegar
1 tablespoon sugar
3 tablespoons Kikkoman Soy Sauce
2 tablespoons vegetable oil
1 teaspoon Oriental sesame oil
1 (16 ounce) package mixed salad greens, washed and drained
1/4 cup chopped fresh cilantro or parsley
2 medium-size cooked chicken breast halves, skinned, boned and shredded

Directions

Combine vinegar, sugar, soy sauce, vegetable and sesame oils in large bowl, stirring until sugar dissolves.

Add salad mixture and cilantro, tossing to coat all pieces.

Add chicken; toss to combine. Serve immediately.

Seared Ahi Tuna with Watercress, Chile, and

Ingredients

1 tablespoon minced fresh ginger
3 tablespoons lime juice
4 teaspoons fish sauce
2 teaspoons white sugar
salt and pepper to taste
1/4 cup olive oil
1 clove garlic, minced
1 teaspoon grated lime zest
1/2 fresh red chile pepper, seeded and minced
1 bunch cilantro, stems and leaves separated
2 (8 ounce) tuna steaks

1 bunch watercress, trimmed
12 cherry tomatoes, halved
1/2 fresh red chile pepper, cut into matchsticks

Directions

Whisk together the ginger, lime juice, fish sauce, sugar, salt and pepper in a bowl until the sugar has dissolved. Slowly whisk in olive oil until incorporated. Set aside and refrigerate half of this mixture to be used as a salad dressing later. Whisk the garlic, lime zest, minced chile pepper, and cilantro stems into the marinade. Coat the tuna steaks with the marinade, cover, and let stand for 1 hour at room temperature.

Preheat a large, heavy-bottomed skillet over medium-high heat. Once the skillet is very hot, remove the tuna from the marinade, and place into the skillet. Sear the tuna until golden brown on both sides, and cooked to your desired degree of doneness, about 2 minutes per side for medium, depending on thickness.

Place the watercress in a large bowl with the cilantro leaves, cherry tomatoes, and sliced chile pepper. Pour in the reserved dressing, and toss to mix. Serve the seared tuna on a bed of salad.

Spinach Pomegranate Salad

Ingredients

1 (10 ounce) bag baby spinach leaves, rinsed and drained
1/4 red onion, sliced very thin
1/2 cup walnut pieces
1/2 cup crumbled feta
1/4 cup alfalfa sprouts (optional)
1 pomegranate, peeled and seeds separated
4 tablespoons balsamic vinaigrette

Directions

Place spinach in a salad bowl. Top with red onion, walnuts, feta, and sprouts. Sprinkle pomegranate seeds over the top, and drizzle with vinaigrette.

Simplistic Pepper Salad

Ingredients

2 cups spinach leaves
1/2 red bell pepper, seeded and diced
1/2 tablespoon crumbled feta cheese
cracked black pepper to taste

Directions

Place the spinach on a plate or in a bowl. Sprinkle the red pepper and feta cheese over it. Season with cracked black pepper, and enjoy this healthy meal!

Strawberry-Melon Summer Salad

Ingredients

1 cup lemon yogurt
1 tablespoon honey
1 teaspoon lemon juice
2 cups watermelon balls
2 cups cantaloupe balls
2 cups halved fresh strawberries

Directions

In a salad bowl, whisk together the lemon yogurt, honey, and lemon juice until smooth, and gently fold in the watermelon balls, cantaloupe balls, and strawberries. Toss to coat, and serve.

Jambalaya Salad

Ingredients

1 1/3 cups water
2/3 cup uncooked long-grain white rice
6 slices bacon
1 (6 ounce) can tiny shrimp, drained
1/2 cup cubed ham
1/2 cup chopped green bell pepper
1/2 cup sliced celery
1/4 cup chopped onion
1 cup chopped fresh tomato

3/4 cup Italian-style salad dressing
1 teaspoon dried thyme
1/4 teaspoon chili powder
1 clove garlic, minced
1/4 teaspoon salt

Directions

In a medium saucepan, bring water to a boil. Stir in the rice. Cover, reduce heat, and simmer 20 minutes.

While the rice is cooking, place bacon in a large, deep skillet over medium-high heat. Cook until evenly brown. Drain, cool, and crumble.

In a large bowl, mix the cooked rice, crumbled bacon, shrimp, ham, bell pepper, celery, onion, and tomatoes.

Prepare the dressing by whisking together the salad dressing, thyme, chili powder, garlic, and salt. Pour over rice mixture, and toss to coat. Cover, and chill in the refrigerator until serving.

Homemade Potato Salad

Ingredients

1 tablespoon sugar
2 teaspoons all-purpose flour
1/4 teaspoon ground mustard
Pinch salt
1 egg, beaten
1/3 cup water
1 tablespoon vinegar
3/4 cup mayonnaise or salad dressing
5 large potatoes, peeled and cubed
4 hard-cooked eggs, chopped
1 cup chopped celery
1/4 cup chopped green onions
salt and pepper to taste

Directions

In a small saucepan, combine the sugar, flour, mustard and salt. Combine egg, water and vinegar; stir into dry ingredients until smooth. Bring to a boil over medium heat, stirring constantly. Cook and stir for 2 minutes Remove from the heat; cool slightly. Stir in mayonnaise. In a bowl, combine the potatoes, hard-cooked eggs, celery, onions, salt and pepper. Add the dressing and toss gently to coat. Refrigerate until ready to serve.

Tortellini Salad II

Ingredients

8 ounces fresh tortellini pasta
1 (15.5 ounce) can three bean salad
1/2 cup diced salami
1 teaspoon Italian seasoning

Directions

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

In a medium size bowl, combine pasta with undrained three-bean salad, salami and Italian seasoning. Cover and refrigerate overnight.

Chicken Salad Pitas

Ingredients

1 1/2 cups cubed cooked chicken
1 medium carrot, julienned
1/2 cup julienned cucumber
1/4 cup sliced radishes
1/4 cup sliced ripe olives
1/4 cup cubed mozzarella cheese
1/3 cup Italian salad dressing
5 (6 inch) pita flat breads
Lettuce Leaves

Directions

In a bowl, combine the chicken, carrot, cucumber, radishes, olives and cheese. Add dressing and toss to coat. Line pita breads with lettuce leaves. Stuff about 1/3 cup chicken mixture into each half.

Fruit 'n' Nut Salad

Ingredients

2 medium apples, chopped
2 oranges - peeled, sectioned, and cut into bite-size pieces
1 cup raisins
1 (10 ounce) jar maraschino cherries, drained and chopped
1 1/2 cups chopped pecans
1 cup mayonnaise
1/2 cup sugar
1 tablespoon lemon juice
2 medium firm bananas. sliced

Directions

In a large bowl, combine the apples, oranges, raisins, cherries and pecans. Combine mayonnaise, sugar and lemon juice; mix well. Add to fruit mixture and stir to coat. Chill. Just before serving, stir in bananas.

Tomato Basil Salad

Ingredients

6 (1/4 inch thick) slices tomato
6 red onion slices
2 tablespoons olive or vegetable oil
4 teaspoons red wine vinegar
2 tablespoons chopped fresh basil
1 teaspoon sugar

Directions

Place tomatoes in a shallow dish; top each slice with an onion. In a small jar with tight-fitting lid, combine remaining ingredients; shake well. Pour over tomatoes and onions. Cover and refrigerate for at least 1 hour.

Outrageous Creamy Garlic Salad Dressing

Ingredients

2 tablespoons tamari sauce
1 tablespoon balsamic vinegar
1 tablespoon honey
3 cloves garlic, minced
1 cup sour cream
1 cup mayonnaise
2 tablespoons barbeque sauce
1 teaspoon Dijon mustard
2 tablespoons garlic powder
cracked black pepper to taste

Directions

Whisk together the tamari, vinegar, and honey until the honey has dissolved, then whisk in the garlic, sour cream, mayonnaise, barbeque sauce, mustard, garlic powder, and black pepper until smooth. Cover and refrigerate 2 to 3 hours before using. Use within a few days.

Fruit Salad Dressing

Ingredients

4 1/2 teaspoons all-purpose flour
1 (6 ounce) can pineapple juice
1/3 cup sugar
1/3 cup orange juice concentrate
2 tablespoons honey
2 tablespoons lemon juice
Assorted fresh fruit

Directions

In a saucepan, combine the first seven ingredients. Bring to a boil; cook and stir for 2 minutes or until thickened and bubbly. Cool. Serve over fruit. Leftover dressing may be refrigerate for up to 1 week.

Ima's Potato Salad

Ingredients

2 pounds russet potatoes, peeled
3/4 cup mayonnaise
1 cup frozen peas and carrots, thawed
6 hard-cooked eggs, chopped
6 Israeli-style pickles, chopped
1/2 cup spicy mustard
salt and pepper to taste

Directions

Place the potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes. Drain and allow to steam dry for a minute or two.

Finely chop the hard-cooked eggs and the pickles.

When they're cool enough to handle, cube the potatoes and transfer them to a 9x13-inch dish. Stir in the chopped eggs, pickles, mayonnaise, mustard, and the peas and carrots and mix gently to combine. Season to taste with salt and pepper. Serve immediately, or refrigerate the salad before serving.

Roasted Potato Salad with Vinaigrette

Ingredients

2 pounds cubed red potatoes
10 tablespoons vegetable oil
2 teaspoons paprika
1 tablespoon dried dill weed

2 tablespoons vegetable oil
1 banana pepper, sliced into 1/4 inch rings
1 red bell pepper, thinly sliced
2 large stalks celery, sliced 1/4 inch wide
1 small red onion, thinly sliced

1/4 cup red wine vinegar
1/2 cup olive oil
1/2 teaspoon kosher salt

Directions

Preheat an oven to 450 degrees F (230 degrees C).

Toss the potatoes with 10 tablespoons of vegetable oil; sprinkle with paprika and dill. Toss until the potatoes are evenly coated with the spices and spread onto a baking sheet. Bake in the preheated oven until the potatoes are easily pierced with a fork, about 25 minutes.

While the potatoes are roasting, heat the 2 tablespoons of vegetable oil in a large skillet over medium heat. Stir in the banana pepper, bell pepper, celery, and onion; cook and stir until the vegetables have softened, about 10 minutes. Toss the pepper mixture with the roasted potatoes in a bowl. Refrigerate until cold, about 1 hour.

While the potatoes are cooling, whisk together the red wine vinegar, olive oil, and kosher salt. Toss the potatoes with the salad dressing just before serving.

Marinated Mushroom Salad

Ingredients

1 tablespoon white wine vinegar
1 tablespoon Dijon mustard
1/4 teaspoon dried oregano
1/4 teaspoon dried tarragon
1/8 teaspoon salt
1/8 teaspoon pepper
2 tablespoons olive oil
1 1/2 cups sliced fresh mushrooms
1/2 cup cherry tomato halves
8 pitted ripe olives, halved
Lettuce Leaves

Directions

In a small bowl, combine the first six ingredients. Gradually whisk in oil until blended. Add the mushrooms, tomatoes and olives; toss to coat. Cover and refrigerate for 2 hours. Serve in a lettuce-lined bowl.

Cucumber, Tomato and Red Onion Salad with

Ingredients

2 large cucumbers - halved lengthwise, seeded and sliced
1/3 cup red wine vinegar
1 tablespoon SPLENDA® No Calorie Sweetener, Granulated
1 teaspoon salt
3 large tomatoes, seeded and coarsely chopped
2/3 cup coarsely chopped red onion
1/2 cup chopped fresh mint leaves
3 tablespoons olive oil
salt and pepper to taste

Directions

In a large bowl, toss together the cucumbers, vinegar, SPLENDA® Granulated Sweetener and salt. Let stand at room temperature for an hour, stirring occasionally.

Add tomatoes, onion, mint and oil to cucumbers and toss to blend. Season to taste with salt and pepper.

Mandarin Orange Salad

Ingredients

1/2 cup sour cream
1/4 cup mayonnaise
1/4 cup milk
3/4 teaspoon minced garlic
1/2 teaspoon Worcestershire sauce
1 pinch white sugar
1 pinch ground white pepper
1 pinch ground cayenne pepper
2 heads butter lettuce - rinsed, and torn
1 small sweet onion, thinly sliced
1 (11 ounce) can mandarin oranges, drained
5 ounces fresh sliced mushrooms
salt and pepper to taste

Directions

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.

Tasteful Tahini Salad Dressing

Ingredients

1/2 cup tahini (sesame paste)
1/2 cup olive oil
1/2 cup water
1/4 cup tamari (dark soy sauce)
2 tablespoons red wine vinegar
2 tablespoons lemon juice
2 teaspoons minced fresh ginger root
2 cloves garlic, pressed
black pepper to taste

Directions

Blend the tahini, olive oil, water, tamari, red wine vinegar, lemon juice, ginger, garlic, and black pepper together in a blender until smooth.

Salsa Verde Corn and Bean Salad

Ingredients

1 1/4 cups Pace® Salsa Verde
1 large red pepper, diced
1 cup whole kernel corn
1 (15 ounce) can black beans, rinsed and drained
1 mango - peeled, seeded and diced
2 tablespoons chopped fresh cilantro leaves

Directions

Stir the salsa, pepper, corn, beans, mango and cilantro in a medium bowl. Serve immediately or cover and refrigerate until ready to serve.

Spinach Apple Salad

Ingredients

2 tablespoons cider vinegar
2 tablespoons vegetable oil
1/4 teaspoon salt
1/4 teaspoon sugar
1 cup diced, unpeeled apples
1/4 cup chopped sweet onion
1/4 cup raisins
2 cups torn fresh spinach
2 cups torn romaine

Directions

In a small bowl, combine vinegar, oil, salt and sugar; mix well. Add apple, onion and raisins; toss lightly to coat. Cover and let stand for 10 minutes. Just before serving, combine spinach and romaine in a large salad bowl; add dressing and toss.

Hungarian Salad

Ingredients

1 (10 ounce) package frozen mixed vegetables, thawed
1 cup fresh cauliflowerets
1/4 cup sliced stuffed olives
1/2 cup sliced green onions
1/4 cup canola oil
3 tablespoons white vinegar
1 teaspoon garlic salt
1/4 teaspoon pepper

Directions

In a bowl, combine the first four ingredients. In a small bowl, whisk together the oil, vinegar, garlic salt and pepper. Pour over vegetable mixture and toss to coat. Serve with a slotted spoon.

My Own Salad Dressing

Ingredients

1 cup apple cider vinegar
2 cups olive oil
2 teaspoons white sugar
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon dried parsley
1/8 teaspoon celery seed
1/8 teaspoon salt
1/8 teaspoon ground black pepper

Directions

Whisk vinegar, olive oil, sugar, onion powder, garlic powder, dried parsley, celery seed, salt, and pepper together in a large bowl. Pour into a resealable jar. Chill for 2 hours before serving.

Grandma's Five Cup Salad

Ingredients

1 (11 ounce) can mandarin oranges, drained
1 (8 ounce) can crushed pineapple, drained
2 cups miniature marshmallows
1 cup flaked coconut
6 ounces sour cream

Directions

Combine the oranges, pineapple, marshmallows, coconut, and sour cream. Stir till mixed well. Refrigerate till cold. Serve.

Easy Seven Layer Vegetable Salad

Ingredients

1 head lettuce, torn into small pieces
1 (10 ounce) package frozen green peas, thawed
1/2 cup chopped green bell pepper
12 slices bacon
1 1/2 cups small cauliflower florets
1/2 cup chopped celery
2 cups mayonnaise
3 tablespoons white sugar
4 ounces shredded Cheddar cheese

Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain and set aside. In a 9x13 inch pan layer the lettuce followed by the peas, green pepper, bacon, cauliflower and celery.

In a small bowl combine the mayonnaise and the sugar. Spread mixture over salad. Sprinkle cheese over top. Cover and chill for at least 8 to 12 hours before serving.

Apple Carrot Salad

Ingredients

4 large carrots, shredded
1 medium tart apple, chopped
1/3 cup raisins
1/4 cup plain nonfat yogurt
1/4 cup fat-free mayonnaise
2 teaspoons Dijon mustard
2 teaspoons lemon juice
1/8 teaspoon pepper
2 teaspoons granulated artificial sweetener
1/3 cup shredded reduced-fat Cheddar cheese

Directions

In a bowl, combine the carrots, apple and raisins.

In a small bowl, combine yogurt, mayonnaise, mustard, lemon juice, pepper and sweetener. Pour over carrot mixture and toss to coat. Stir in cheese.

Grape and Cabbage Salad

Ingredients

2 cups finely shredded cabbage
1 cup halved red grapes
1/2 cup chopped green pepper
2 tablespoons minced fresh parsley
1/4 cup Italian salad dressing
2 tablespoons water
1 tablespoon cider vinegar

Directions

In a bowl, combine the cabbage, grapes, green pepper and parsley. In another bowl, whisk together salad dressing, water and vinegar. Pour over cabbage mixture and toss to coat. Cover and refrigerate overnight.

Holiday Green Salad

Ingredients

6 cups torn iceberg lettuce
6 cups torn romaine
3 green onions, thinly sliced
1 celery rib, thinly sliced
1/4 cup vegetable oil
1/4 cup white vinegar
1/4 cup sugar
1 tablespoon minced fresh parsley
1/2 teaspoon hot pepper sauce
1/4 teaspoon salt
3/4 cup dried cranberries
1/4 cup sliced almonds, toasted

Directions

In a large bowl, combine greens, onions and celery. In a small bowl, combine the oil, vinegar, sugar, parsley, hot pepper sauce and salt; mix well. Pour over salad; toss to coat. Add cranberries and almonds. Serve immediately.

Layered Spinach Salad

Ingredients

1 (9 ounce) package refrigerated cheese tortellini
2 cups shredded red cabbage
6 cups torn fresh spinach
2 cups cherry tomatoes, halved
1/2 cup sliced green onions
1 (8 ounce) bottle Ranch salad dressing
8 bacon strips, cooked and crumbled (optional)

Directions

Cook tortellini according to package directions. Drain and rinse with cold water; set aside. In a large glass bowl, layer cabbage, spinach, tortellini, tomatoes and onions. Pour dressing over top; sprinkle with bacon if desired. Cover and refrigerate for at least 1 hour.

Korean Salad with Sesame Dressing

Ingredients

1 head red leaf lettuce
4 green onions (white part only)
1/4 cup soy sauce
5 tablespoons water
2 teaspoons white sugar
1/4 cup distilled white vinegar
2 tablespoons sesame oil
1 tablespoon red pepper flakes

Directions

Wash, rinse and dry lettuce leaves; cut into bite-size pieces and place in a salad bowl. Slice the white parts of the green onions lengthwise into long thin strips (if they curl as you slice them, they are perfectly thin); add the sliced onions to the salad bowl.

In a small mixing bowl, whisk together the soy sauce, water, white sugar, vinegar, sesame oil, and red pepper flakes.

Directly before serving, pour the dressing over the lettuce and green onions in the salad bowl and toss to coat.

Persian-Style Tomato Avocado Salad

Ingredients

4 ripe tomatoes, diced
2 Hass avocados, diced
1 clove garlic, minced
3 tablespoons chopped red onion
6 sprigs cilantro, chopped
2 tablespoons fresh lime juice
salt and ground black pepper to taste
1 lime, sliced into thin rounds

Directions

Combine the tomatoes, avocados, garlic, onion, and cilantro in a large bowl. Sprinkle with lime juice, and season with salt and pepper. Garnish salad with thin lime slices.

Sprouted Lentil Salad

Ingredients

2 cups lentil sprouts
1/2 cup seeded, diced cucumber
1/2 cup seeded, chopped tomato
1/3 cup chopped green onions
2 tablespoons chopped fresh cilantro
1/2 cup thinly sliced radishes (optional)
1 tablespoon olive oil
2 tablespoons lemon juice
1 tablespoon white wine vinegar
1 1/2 teaspoons dried oregano
1/2 teaspoon garlic powder
1 1/2 teaspoons curry powder
1/2 teaspoon dry mustard
1 pinch salt and pepper to taste

Directions

In a medium bowl, combine the lentil sprouts, cucumber, tomato, green onions, cilantro and radishes. Toss lightly.

In a smaller bowl, whisk together the olive oil, lemon juice, white wine vinegar, oregano, garlic powder, curry powder, mustard, salt and pepper. Drizzle the dressing over the salad, and toss lightly to coat. Chill for 20 to 30 minutes to allow the flavors to blend before serving.

Shell Pasta Salad with Salmon and Green Beans

Ingredients

1 cup seashell pasta
1/4 pound fresh green beans, cut into 1-inch lengths
1/4 cup low-fat cottage cheese
1/4 cup plain yogurt
1 tablespoon lemon juice
1/4 cup chopped fresh dill weed
2 (6 ounce) cans salmon, drained
ground black pepper to taste
8 leaves lettuce

Directions

Bring a large pot of salted water to a boil, add pasta and cook until al dente. Drain and rinse pasta under cold running water. Drain again and set aside.

Blanch green beans in boiling water for 2 minutes. Drain and rinse under cold running water. Drain again and set aside.

In food processor or through a sieve, puree cottage cheese. Combine with yogurt and lemon juice; mix well

In a large bowl, combine pasta, green beans, yogurt mixture and dill; stir to mix. Discard skin from salmon and break into chunks; add to salad and stir gently to mix. Add pepper to taste. Line serving plate with lettuce leaves and mound salad on top.

Best Ever Pasta Salad

Ingredients

1 (16 ounce) package dry penne pasta
2 large cucumbers, peeled and cubed
2 roma (plum) tomatoes, chopped
2 cups mayonnaise
1 (8 ounce) container sour cream
3 tablespoons dried dill weed
2 tablespoons lemon pepper

Directions

Bring a large pot of lightly salted water to a boil. Add penne pasta and cook for 8 to 10 minutes or until al dente; drain.

Combine pasta, cucumbers, tomatoes, mayonnaise, sour cream, dill weed and lemon pepper. Serve as is or chill for 45 minutes.

Elegant Brunch Chicken Salad

Ingredients

1 pound skinless, boneless chicken breast halves
1 egg
1/4 teaspoon dry mustard
1/2 teaspoon salt
2 teaspoons hot water
1 tablespoon white wine vinegar
1 cup olive oil
2 cups halved seedless red grapes
1 cup coarsely chopped pecans
1 cup coarsely crumbled blue cheese

Directions

Bring a large pot of water to a boil. Add the chicken and simmer until cooked through, approximately 10 minutes. Drain, cool and cut into cubes.

While boiling chicken, make the mayonnaise: Using a blender or hand-held electric mixer, beat the egg, mustard, salt, water and vinegar until light and frothy. Add the oil a tablespoon at a time, beating thoroughly after each addition. Once mixture begins to thicken, you can add oil more quickly. Continue until mixture reaches the consistency of creamy mayonnaise. NOTE: The more oil you add, the thicker it gets; you may not need the full cup of oil.

In a large bowl, toss together the chicken, grapes, pecans, blue cheese and 1 cup of the mayonnaise. Stir until evenly coated, adding more mayonnaise if necessary. Refrigerate until serving.

Sesame Chicken Pasta Salad

Ingredients

1 (12 ounce) package radiatore pasta
1/4 cup sesame seeds
1/4 cup salad oil
3/4 cup soy sauce
1/2 cup white wine vinegar
3 1/2 tablespoons sugar
2 cups cubed, cooked chicken
1/2 cup chopped fresh parsley
1/2 cup coarsely chopped green onion
4 cups torn fresh spinach leaves

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Meanwhile, heat oil in a small skillet over medium-low heat. Stir in sesame seeds and cook until golden brown. Remove from heat. Stir in soy sauce, vinegar, and sugar. Pour dressing into a sealable container, and set aside.

In a large bowl, mix together pasta, cooked chicken, and 1 cup dressing (reserve remaining dressing). Cover salad, and refrigerate at least 6 hours.

Directly before serving, stir in parsley, green onions, and spinach. Toss with remaining dressing, if desired.

Colorful Black Bean Salad

Ingredients

2 (15 ounce) cans black beans, rinsed and drained
1 pint cherry tomatoes, quartered
1 sweet yellow pepper, julienned
4 green onions, chopped
3 tablespoons minced fresh cilantro or parsley
DRESSING:
3 tablespoons lemon juice
2 tablespoons olive or canola oil
1 garlic clove, minced
3/4 teaspoon ground cumin
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

In a salad bowl, combine the beans, tomatoes, yellow pepper, onions and cilantro. In a jar with a tight-fitting lid, combine dressing ingredients; shake well. Drizzle over vegetables and toss to coat. Chill until serving.

Raspberry Chicken Salad

Ingredients

1 chicken breast, skinned
Sea salt and pepper
2 (5 ounce) bags prepared mixed greens
1 1/2 cups Newman's Own® Lighten Up® Raspberry & Walnut Salad Dressing
2 medium oranges, peeled and sliced
1 pink grapefruit, peeled and sectioned
1 avocado, halved, seeded, peeled and sliced
2 green onions, thinly sliced
Fresh red raspberries

Directions

Rinse and trim chicken breast. Grill on each side 5 to 7 minutes and remove from heat. Let stand for 5 minutes then slice into strips. Salt and pepper to taste.

Rinse and dry mixed lettuces and place in a large bowl along with green onion. Lightly dress with Raspberry & Walnut Salad Dressing, and arrange lettuces on dinner plates.

Arrange orange and grapefruit sections, avocado and onion slices, and chicken on top of lettuce. Drizzle additional Raspberry & Walnut Salad Dressing to taste.

Garnish with fresh raspberries.

Yummy Couscous Salad

Ingredients

1/2 cup creamy salad dressing
1/4 cup plain yogurt
1 teaspoon ground cumin
salt and pepper to taste
1 tablespoon butter
1/2 cup couscous
1 cup water
1 red onion, chopped
1 red bell pepper, chopped
1/3 cup chopped parsley
1/3 cup raisins
1/3 cup toasted and sliced almonds
1/2 cup canned chickpeas, drained

Directions

In a medium bowl, blend creamy salad dressing, yogurt, cumin, salt and pepper. Cover, and place in the refrigerator 1 hour, or until chilled.

Melt butter in a medium saucepan over medium heat. Stir in couscous, and coat with butter. Stir in water, reduce heat, and a simmer, covered, until all water is absorbed, about 5-10 minutes.

Mix couscous, red onion, red bell pepper, parsley, raisins, almonds and chickpeas into the creamy salad dressing mixture. Cover, and chill in the refrigerator until serving.

Alyson's Broccoli Salad

Ingredients

1 head fresh broccoli, cut into bite size pieces
1/2 cup raisins
1/4 cup red onion, chopped
2 tablespoons white sugar
3 tablespoons white wine vinegar
1 cup mayonnaise
1 cup sunflower seeds
10 slices bacon

Directions

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

In a salad bowl, toss together broccoli, raisins and red onions. In a separate bowl, whisk together the white sugar, vinegar and mayonnaise. Pour over broccoli mixture and toss to coat. Refrigerate for at least 2 hours.

Before serving, sprinkle with sunflower seeds and crumbled bacon. Toss and serve.

Tuna Macaroni Salad

Ingredients

16 ounces macaroni
2 (6 ounce) cans tuna, drained
1 (15 ounce) can peas, drained
1 (15 ounce) can carrots, drained
1 (1 ounce) package dry Ranch-style dressing mix
1 cup mayonnaise
1/2 cup milk
salt and pepper to taste

Directions

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

In a large bowl, combine pasta, tuna, peas and carrots.

Whisk together the salad dressing mix, mayonnaise and milk. Stir into pasta mixture. Cover and refrigerate until chilled.

Easy Arugula Salad

Ingredients

4 cups young arugula leaves, rinsed and dried
1 cup cherry tomatoes, halved
1/4 cup pine nuts
2 tablespoons grapeseed oil or olive oil
1 tablespoon rice vinegar
salt to taste
freshly ground black pepper to taste
1/4 cup grated Parmesan cheese
1 large avocado - peeled, pitted and sliced

Directions

In a large plastic bowl with a lid, combine arugula, cherry tomatoes, pine nuts, oil, vinegar, and Parmesan cheese. Season with salt and pepper to taste. Cover, and shake to mix.

Divide salad onto plates, and top with slices of avocado.

Spicy Italian Salad

Ingredients

1/2 cup canola oil
1/3 cup tarragon vinegar
1 tablespoon white sugar
1 teaspoon chopped fresh thyme
1/2 teaspoon dry mustard
2 cloves garlic, minced
1 (8 ounce) can artichoke hearts, drained and quartered
5 cups romaine lettuce - rinsed, dried, and chopped
1 red bell pepper, cut into strips
1 carrot, grated
1 red onion, thinly sliced
1/4 cup black olives
1/4 cup pitted green olives
1/2 cucumber, sliced
2 tablespoons grated Romano cheese
ground black pepper to taste

Directions

In a medium container with a lid, mix canola oil, tarragon vinegar, sugar, thyme, dry mustard, and garlic. Cover, and shake until well blended. Place artichoke hearts into the mixture, cover, and marinate in the refrigerator 4 hours, or overnight.

In a large bowl, toss together lettuce, red bell pepper, carrot, red onion, black olives, green olives, cucumber, and Romano cheese. Season with pepper. Pour in the artichoke and marinade mixture, and toss to coat.

Tarragon Chicken Salad

Ingredients

3 cups cubed, cooked chicken meat
1 1/2 cups chopped celery
1/4 cup chopped fresh chives
1/2 cup plain low-fat yogurt
1/4 cup reduced fat sour cream
1 1/2 teaspoons dried tarragon
2 tablespoons blanched slivered almonds
salt and pepper to taste

Directions

In a large bowl, combine chicken, celery, chives or green onions, yogurt, sour cream or mayonnaise, and tarragon; mix lightly. Cover, and refrigerate for 1 hour.

Place nuts in a dry skillet. Toast over medium heat, turning frequently, until nuts are fragrant and lightly browned. Add almonds to chicken salad, and season with salt and pepper to taste. Serve immediately.

Chicken Curry Party Salad

Ingredients

1 cube chicken bouillon
9 ounces skinless, boneless chicken breasts
9 ounces fresh mushrooms, sliced
1 (8 ounce) package elbow macaroni
1/2 cup sour cream
1/2 cup mayonnaise
1 clove garlic, chopped
1 teaspoon curry powder
1 (4 ounce) can black olives, drained and chopped
1 apple - peeled, cored and sliced
1 yellow bell pepper, thinly sliced
2 stalks celery, chopped
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil; add bouillon cube and stir until melted. Add chicken and poach for about 13 to 14 minutes. Remove chicken and leave broth in pot; cool chicken and cut into 1/2 inch chunks; reserve.

Add mushrooms to broth and cook over medium heat; cook for a few minutes and remove mushrooms from stock; reserve.

With remaining stock in pot, add some more water, if needed. Bring water to a boil and add pasta to cook for 8 to 10 minutes or until al dente; drain and discard stock. Cool pasta with running water; reserve.

In a small bowl, combine sour cream, mayonnaise, garlic, curry powder and salt and pepper to taste.

In a large bowl, combine cooled pasta, chicken, mushrooms, sour cream dressing, olives, apple, yellow bell pepper and celery; mix well. Refrigerate for at least 3 hours and serve.

Grilled Romaine Salad

Ingredients

1/2 cup olive oil
3 tablespoons white sugar
1 teaspoon dried rosemary
1 teaspoon dried thyme
1/4 teaspoon salt
1/4 teaspoon ground black pepper
8 Roma (plum) tomatoes, halved lengthwise
2 shallots, halved lengthwise and peeled
1/2 cup balsamic vinegar
2 tablespoons brown sugar
1 3/4 cups olive oil
4 romaine hearts
1 tablespoon olive oil
salt and pepper to taste

Directions

Preheat oven to 225 degrees F (110 degrees C). Mix olive oil, white sugar, rosemary, thyme, salt, and pepper in a large resealable plastic bag. Place tomatoes in the bag, seal, and shake to coat. Arrange coated tomato halves cut side up on a baking sheet. Bake tomatoes 2 1/2 hours in the preheated oven. Remove from heat, and let cool.

In a blender or food processor, finely chop the shallots. Add vinegar and brown sugar, and process until smooth. Slowly add 1 3/4 cups oil, processing frequently, so as to thicken the mixture.

Preheat grill for high heat. Brush romaine hearts with 1 tablespoon olive oil, and season with salt and pepper.

Place romaine hearts on the preheated grill. Cook 5 to 10 minutes, turning frequently, until slightly charred but not heated all the way through. Serve warm on salad plates surrounded by tomato pieces and drizzled with the shallot dressing.

White Bean, Tomato, and Avocado Salad

Ingredients

1 (14 ounce) can cannellini beans, drained and rinsed
1 pint grape tomatoes, halved
1 large avocado - peeled, pitted, and cut into chunks
4 green onions, thinly sliced
2 tablespoons olive oil
2 tablespoons lemon juice
kosher salt and ground black pepper to taste

Directions

Place the beans, tomatoes, avocado, and green onions into a mixing bowl. Drizzle with the olive oil and lemon juice; season with salt and pepper to taste. Gently toss until combined. Serve immediately or chill overnight.

Nutritious Lentil Salad

Ingredients

1 (16 ounce) package dried brown lentils, rinsed and drained
1 red bell pepper, seeded and chopped
1 small white onion, chopped
2 cups chopped green olives
1/2 cup olive oil
6 tablespoons lemon juice

Directions

Place lentils in a large pot with enough water to cover be a few inches. Bring to a boil, and cook until lentils are tender, about 15 minutes. Drain and rinse with cold water in a colander to cool. Let stand for a few minutes to drain well.

In a large bowl, whisk together the olive oil and lemon juice. Add the red pepper, onion and green olives, and toss to blend. Refrigerate for about 2 hours before serving to blend the flavors. This salad tastes better the longer it sits.

Congeal Salad

Ingredients

1 (6 ounce) package fruit flavored gelatin mix
1 (8 ounce) package cream cheese, softened
32 ounces large curd cottage cheese
1 (15.25 ounce) can fruit cocktail, drained
1 (20 ounce) can pineapple chunks, drained
1 (11 ounce) can mandarin orange segments
1 apple - peeled, cored and diced
1 banana, peeled and sliced
1 (10 ounce) jar maraschino cherries, drained
1 cup chopped walnuts

Directions

Prepare gelatin according to package directions, substituting 1 cup cold water with 1 cup crushed ice. Place gelatin into freezer until almost congealed.

Place cream cheese in a bowl and beat until smooth. Fold cream cheese into gelatin. Add cottage cheese, fruit cocktail, pineapple, oranges, apples, banana, cherries and walnuts. Mix well.

Pour into mold or dish and refrigerate until completely set.

Romance-in-a-Bowl Salad

Ingredients

4 cups baby salad greens
1 carrot, peeled and sliced
2 green onions, chopped
6 strawberries, hulled and sliced
12 fresh raspberries
1 teaspoon minced garlic
1/4 cup chopped walnuts
1/4 cup seasoned almond slices
1/4 cup dried currants
1/4 cup crumbled feta cheese
1/2 cup seasoned croutons
1/2 cup herbed vinaigrette salad dressing, or to taste

Directions

In a large bowl, toss together the salad greens, carrot, green onions, strawberries, raspberries, garlic, walnuts, almond slices, currants and feta cheese. Divide between two salad bowls. Top each bowl with some croutons and serve with vinaigrette dressing.

Crunchy Potato Salad

Ingredients

1 1/2 pounds red potatoes, cubed
1 celery rib, chopped
1/4 cup chopped sweet red pepper
1 medium carrot, shredded
1 green onion, chopped
1/4 cup reduced-fat mayonnaise
1/4 cup reduced-fat plain yogurt
1 tablespoon sweet pickle relish
3/4 teaspoon prepared mustard
1/2 teaspoon salt
1/2 teaspoon lemon-pepper seasoning
1/2 teaspoon dill weed
Lettuce Leaves

Directions

Place potatoes in a saucepan and cover with water; bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until tender. Drain and cool; place in a bowl. Add the celery, red pepper, carrot and onion.

In a small bowl, combine the mayonnaise, yogurt, pickle relish, mustard, salt, lemon-pepper and dill; pour over vegetables and toss to coat. Cover and refrigerate for at least 1 hour. Serve in a lettuce-lined bowl if desired.

Zesty Veggie Salad

Ingredients

2 medium cucumbers - peeled, seeded, and chopped
2 medium carrots, finely chopped
1 cup fresh or frozen corn
1 cup chopped sweet onion
3/4 cup chopped green pepper
3/4 cup chopped sweet red pepper
3/4 cup fat free Italian-style dressing
2 tablespoons white wine vinegar or cider vinegar
1 tablespoon lemon juice
2 teaspoons sugar
1 teaspoon grated lemon peel
1/8 teaspoon pepper

Directions

In a large bowl, combine the first six ingredients. In a jar with a tight-fitting lid, combine the salad dressing, vinegar, lemon juice, sugar, lemon peel and pepper; shake well. Pour over vegetables. Cover and refrigerate for at least 2 hours.

Jean's Super Salad with Ginger-Citrus Dressing

Ingredients

Salad:
1 cup romaine lettuce, in bite-size pieces
1 cup spinach, in bite-size pieces
1/2 cup cauliflower pieces
1/2 cup red onion, sliced
1/2 cup red cabbage, shredded
1/2 cup chickpeas (garbanzos), drained and rinsed
1 orange, peeled (sliced or in chunks)
1/2 cup strawberries, sliced
2 tablespoons dry-roasted unsalted peanuts
1/4 cup crumbled blue cheese

Dressing:
1/2 cup orange juice
2 tablespoons rice or white vinegar
2 tablespoons olive oil
2 garlic cloves, crushed
1 teaspoon reduced-sodium soy sauce
1 teaspoon grated fresh ginger
3/4 teaspoon ground cumin

Directions

Toss salad ingredients in a large bowl with 1/4 cup dressing. Serve.

Broccoli Mango Salad

Ingredients

1/2 cup reduced-fat ranch dressing
2 tablespoons orange juice
1 tablespoon prepared horseradish
4 cups chopped broccoli
1 large mango, peeled and cubed
1/2 cup cashews
1 small red onion, cut into thin wedges
1 (11 ounce) can mandarin oranges, drained

Directions

Combine ranch dressing, orange juice, and horseradish in a bowl; mix well and set aside.

Toss together the chopped broccoli, cubed mango, cashews, and wedged onion in a salad bowl. Pour the dressing over the broccoli mixture; toss to coat. Refrigerate at least 4 hours. Add the drained oranges to the salad just before serving.

Walnut-Cheese Spinach Salad

Ingredients

2 cups fresh raspberries
1/3 cup sugar
1/3 cup vegetable oil
2 tablespoons white wine vinegar or cider vinegar
1/4 teaspoon Worcestershire sauce
1 (6 ounce) package fresh baby spinach
1 small red onion, thinly sliced, pulled into rings
1/2 cup crumbled feta cheese
1/2 cup chopped walnuts

Directions

In a saucepan over medium heat, bring raspberries and sugar to a boil. Cook for 1 minute. Strain and discard pulp. In a blender, combine the raspberry juice, oil, vinegar and Worcestershire sauce if desired; covered and process until smooth.

In a salad bowl, combine the spinach, onion, cheese and walnuts. Drizzle with desired amount of dressing; toss to coat. Refrigerate any remaining dressing.

Easy Grape Salad

Ingredients

1 pound seedless green grapes
1 pound seedless red grapes
1 (8 ounce) package cream cheese, softened
1 (7 ounce) jar marshmallow creme
1 (6 ounce) package slivered almonds

Directions

Wash grapes in a colander under running water, and remove all stems. Place in a large bowl.

In a separate bowl, stir together the cream cheese and marshmallow creme until smooth and creamy. Pour the mixture over the grapes. Using a rubber spatula or large serving spoon, fold the mixture into the grapes until well coated. Fold in the almonds.

This salad may be served immediately, or covered and refrigerated for 1 hour to set slightly, and to allow flavors to blend.

Sea Foam Salad

Ingredients

2 (15 ounce) cans pear halves
1 (3 ounce) package lime flavored gelatin mix
1 (8 ounce) package cream cheese, softened
2 tablespoons milk
1 (8 ounce) container frozen whipped topping, thawed

Directions

In a small saucepan, heat 1 cup reserved pear juice to boiling. Pour over lime gelatin in a small bowl; stir until dissolved. Set aside.

In a large bowl, beat cream cheese with milk until smooth. Blend in gelatin mixture. Chill in the refrigerator until partially thickened, about 20 to 30 minutes.

In a small bowl, mash pears until smooth. Fold pears and whipped topping into gelatin mixture. Pour into a mold. Chill until set, about 2 to 3 hours.

Dip mold in warm water for approximately 5 seconds. Invert onto a serving plate

Ranch Red Skin Potato Salad

Ingredients

11 red potatoes
6 slices bacon
1 1/2 cups shredded Cheddar cheese
3 green onions, chopped
1 (15.5 ounce) container ranch-style dip (such as T. Marzettis®)

Directions

Place the potatoes into a large pot and cover with salted water. Bring to a boil over high heat. Reduce heat and simmer until tender, about 20 minutes. Drain and refrigerate until cold, then cut into bite-size pieces.

While the potatoes simmer, cook the bacon. Place the bacon in a large skillet; cook over medium-high heat until brown and crisp, about 10 minutes. Drain the bacon slices on a paper towel-lined plate; crumble.

Combine the cooked potatoes, crumbled bacon, Cheddar cheese, and green onions in a large bowl. Fold in the ranch dip. Refrigerate overnight.

German Potato Salad

Ingredients

10 medium potatoes
1 3/4 cups Swanson® Beef Broth
1/4 cup cider vinegar
1/4 cup all-purpose flour
3 tablespoons sugar
1/2 teaspoon celery seed
1/2 teaspoon salt
1/8 teaspoon ground black pepper
1 medium onion, chopped
3 tablespoons chopped fresh parsley

Directions

Place potatoes in saucepan. Cover with water. Heat to a boil. Cook over low heat 20 minutes or until potatoes are tender. Drain. Cool and cut into cubes.

Mix broth, vinegar, flour, sugar, celery seed, salt and black pepper in saucepan. Add onion. Cook until mixture boils and thickens, stirring constantly. Cook over low heat 5 minutes or until onion is tender.

Toss potatoes, parsley and broth mixture until evenly coated. Serve warm.

Hawaiian Bruddah Potato Mac (Macaroni) Salad

Ingredients

5 eggs
7 large potatoes, peeled and cubed
1 cup elbow macaroni
3 cups mayonnaise
1 tablespoon sherry vinegar (optional)
1 1/2 tablespoons curry powder
1 teaspoon celery seed
salt and black pepper to taste
2 cups grated carrots
1 cup frozen green peas, cooked, drained
1 small sweet onion, finely chopped

Directions

Place the eggs into a saucepan in a single layer and fill with water to cover the eggs by 1 inch. Cover the saucepan and bring the water to a boil over high heat. Once the water is boiling, remove from the heat and let the eggs stand in the hot water for 15 minutes. Pour out the hot water, then cool the eggs under cold running water in the sink; peel and chop the cooled eggs.

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain and set in the refrigerator to cool.

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the macaroni, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes. Drain in a colander set in the sink; rinse with cold water.

Whisk together the mayonnaise, vinegar, curry powder, celery seed, salt, and pepper in a bowl. Combine the cooled potatoes, macaroni, chopped eggs, carrots, peas, and onion in a large bowl. Carefully stir in the dressing; cover and refrigerate overnight.

Asian Salad with Beef and Avocado

Ingredients

Asian Dressing:
2 tablespoons vegetable oil
2 tablespoons rice vinegar
1 1/2 teaspoons soy sauce
1 teaspoon grated fresh ginger
1 teaspoon sugar
1/2 teaspoon toasted sesame oil
B
Salad:
8 ounces flank steak, grilled
3 cups mixed salad greens
1 1/2 cups thinly sliced red bell pepper
1/2 cup thinly sliced scallions (green onions)
3/4 cup snow peas
1/2 cup chopped cilantro
1 fully ripened Avocado from Mexico, halved, pitted, peeled and sliced

Directions

Asian Salad Dressing: In a measuring cup, whisk together 2 tablespoons vegetable oil, 2 tablespoons rice vinegar, 1-1/2 teaspoons soy sauce, 1 teaspoon grated fresh ginger (or 1/4 teaspoon dried ginger), 1 teaspoon sugar and 1/2 teaspoon toasted sesame oil until well combined.

Slice steak thinly across the grain; set aside.

In large bowl, combine salad greens, red pepper, scallions, snow peas, cilantro and 3 tablespoons of the salad dressing; toss gently.

Place on 4 serving dishes, dividing equally.

Top with sliced steak and Avocado; drizzle with remaining salad dressing.

Dill Sour Cream Potato Salad

Ingredients

4 cups diced potatoes
1 cup chopped celery
3 green onions, sliced
3 tablespoons vinegar
3 tablespoons vegetable oil
1/4 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon dried dill weed
3/4 cup sour cream
2 dill pickles, chopped
1 tomato, cut into wedges

Directions

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain and cool.

In a large bowl combine potatoes, celery and green onions.

In a small bowl combine vinegar, oil, salt, pepper and dill weed. Pour over potatoes and toss gently. Refrigerate for several hours, or overnight.

Stir in sour cream, and pickles just before serving. Garnish with tomato wedges.

Fruity Spinach Salad

Ingredients

3 cups loosely packed baby spinach
1/4 cup sliced celery
1/3 cup canned mandarin oranges
1/2 medium apple, cubed
1/4 cup seedless red or green grapes, halved
2 tablespoons sliced almonds, toasted
1/4 cup reduced fat raspberry vinaigrette

Directions

Divide the spinach, celery, oranges, apple and grapes between two salad plates. Sprinkle with almonds. Drizzle with dressing.

Grandma Sophie's Smashed Potato Salad

Ingredients

5 pounds potatoes, peeled, cut into 2 inch chunks
3 hard-cooked eggs, peeled and finely diced
1/2 cup finely chopped dill pickle
2 cups mayonnaise
salt to taste

Directions

Boil potatoes until soft, about 25 to 30 minutes. Remove potatoes to a large bowl.

While the potatoes are still warm but not steaming, stir in the hard-cooked eggs with a fork. Mix in the dill pickle, then stir in the mayonnaise. Season to taste with salt. Continue to stir until potatoes are smashed and not many big chunks remain.

Bean Salad Medley

Ingredients

1 (16 ounce) can kidney beans, rinsed and drained
1 (15.25 ounce) can whole kernel corn, drained
1 (15 ounce) can lima beans, rinsed and drained
1 (14.5 ounce) can cut green beans, drained
1 (14.5 ounce) can wax beans, drained
2 (4 ounce) jars whole mushrooms, drained
1 medium green pepper, julienned
1 medium onion, chopped
3/4 cup vegetable oil
3/4 cup white vinegar
3/4 cup sugar
1 teaspoon pepper
3/4 teaspoon salt

Directions

In a large bowl, combine the first eight ingredients. In a small bowl, combine remaining ingredients; mix well.

Pour over vegetables and toss to coat. Cover and refrigerate until serving. Serve with a slotted spoon.

Nutty Apple Salad

Ingredients

2 cups cubed tart apples
2 cups thinly sliced celery
2 cups halved seedless grapes
1 cup miniature marshmallows
1/3 cup cold evaporated milk
1/2 teaspoon sugar
1/4 teaspoon vanilla extract
3 tablespoons mayonnaise
3 tablespoons peanut butter
1/2 cup mixed nuts

Directions

In a large bowl, combine apples, celery, grapes and marshmallows. In a chilled mixing bowl, beat milk until frothy. Add sugar and vanilla. beat in mayonnaise and peanut butter. Pour over apple mixture; stir until coated. Cover and refrigerate. Just before serving, stir in nuts if desired.

Pimiento Potato Salad

Ingredients

1/2 cup mayonnaise
1/4 cup chopped celery
2 tablespoons chopped onion
2 tablespoons chopped pimientos
1 tablespoon cider vinegar
2 teaspoons spicy brown mustard
1/2 teaspoon salt
1/4 teaspoon pepper
2 cups cubed cooked potatoes
2 tablespoons crumbled cooked bacon

Directions

In a bowl, whisk the mayonnaise, celery, onion, pimientos, vinegar, mustard, salt and pepper until smooth. Add potatoes and bacon; stir to coat. Refrigerate until serving.

Shrimply Delicious Shrimp Salad

Ingredients

1 pound large peeled and deveined cooked shrimp
1 cup chopped celery
1 large carrot, shredded
1/2 cup chopped onion
2 hard-cooked eggs, chopped
3/4 cup mayonnaise
salt and pepper to taste

Directions

In a large bowl, gently toss the shrimp, celery, carrot, onion, eggs, and mayonnaise. Season with salt and pepper. Chill until ready to serve.

Marinated Cherry Tomato Salad

Ingredients

4 cups halved cherry tomatoes
1/4 cup vegetable oil
3 tablespoons cider vinegar
1 teaspoon dried parsley
1 teaspoon dried basil
1 teaspoon dried oregano
1/2 teaspoon salt
1 1/2 teaspoons white sugar

Directions

In a small bowl or cup measure, mix together oil, apple cider vinegar, herbs, salt, and sugar.

Pour dressing over cherry tomatoes in a serving dish, and gently stir to coat. Chill for at least 2 hours. Gently stir from bottom to top, coating all tomatoes, before serving.

Three Cheese Green Salad

Ingredients

1 large head leaf lettuce - rinsed, dried and torn into bite-size pieces
1 cup cubed Swiss cheese
1 cup crumbled feta cheese
1 cup shredded Parmesan cheese
1 cup toasted pecan pieces
1/2 cup olive oil
1/2 cup white balsamic vinegar
1 tablespoon Italian seasoning
1 tablespoon freshly ground black pepper

Directions

Combine lettuce, Swiss cheese, feta cheese, Parmesan cheese and pecans in a large bowl. In a small bowl, whisk together oil, vinegar, Italian seasoning, and pepper. Add dressing to salad and toss well.

Corn, Sweet Onion, and Tomato Salad

Ingredients

3 (11 ounce) cans whole kernel corn
2 large tomatoes, diced
1 large sweet onions, cut into thin strips
4 green onions, chopped
1 bunch cilantro leaves, minced into tiny strips
2 limes, juiced
1/3 cup rice vinegar
kosher salt to taste

Directions

In a large bowl, combine corn, tomatoes, sweet onion, green onion, and cilantro. Squeeze lime juice over mixture, and mix in. Stir in rice vinegar to taste; the amount you use will depend on the sweetness of the corn, and the acidity of the lime. Season with kosher salt. Cover, and chill for 45 minutes to an hour. Stir before serving.

Hot Chicken Salad I

Ingredients

4 cups diced, cooked chicken meat
2 cups chopped celery
4 tablespoons lemon juice
2 tablespoons chopped onion
1 cup almonds
1 cup mayonnaise
1 cup sour cream
1 cup shredded American cheese
2 cups crushed cornflakes cereal

Directions

Preheat oven to 325 degrees F (165 degrees).

Mix together chicken, celery, lemon juice, chopped onion, toasted almonds, mayonnaise, sour cream, and grated cheese and place mixture in a lightly greased 9x13 inch baking dish. Top with crushed corn flakes.

Bake in preheated oven for 45 minutes to 1 hour, until heated through.

Spectacular Citrus Salad

Ingredients

1/2 cup vegetable oil
1/4 cup orange juice
2 tablespoons honey
2 tablespoons lime juice
2 teaspoons poppy seeds
1 teaspoon grated orange peel
1/2 teaspoon grated lime peel
12 cups torn red and green leaf lettuce
3 medium orange, peeled and sectioned
3/4 cup thinly sliced red onion
2/3 cup pecan halves, toasted

Directions

In a jar with tight-fitting lid, combine the first seven ingredients; shake well. In a large salad bowl, combine lettuce, oranges, onion and pecans. Add dressing and toss to coat; serve immediately.

Sweet and Sour Salad

Ingredients

1 cup vegetable oil
3/4 cup white sugar
1/2 cup red wine vinegar
3 teaspoons soy sauce
1 cup chopped walnuts
1 (3 ounce) package ramen noodles
4 tablespoons butter
1 head romaine lettuce- rinsed, dried and chopped
1 head fresh broccoli, chopped
1 bunch green onions, chopped

Directions

Whisk together the oil, sugar, vinegar and soy sauce. Make at least a day ahead and refrigerate.

Melt butter in a frying pan over medium heat. Add crushed noodles and walnuts; toast until warm.

In a salad bowl, combine the Romaine, broccoli, and green onions. Add the dressing, toss and sprinkle with ramen and walnut mixture.

Spinach Basil Pasta Salad

Ingredients

1 (16 ounce) package bow tie pasta
1 (6 ounce) package spinach leaves
2 cups fresh basil leaves
1/2 cup extra virgin olive oil
3 cloves garlic, minced
4 ounces prosciutto, diced
salt and ground black pepper to taste
3/4 cup freshly grated Parmesan cheese
1/2 cup toasted pine nuts

Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the bow tie pasta and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 12 minutes. Rinse with cold water to cool. Drain well in a colander set in the sink.

Toss the spinach and basil together in a large bowl.

Heat the olive oil in a skillet over medium heat; cook and stir the garlic in the hot oil for 1 minute; stir in the prosciutto and cook 2 to 3 minutes more. Remove from heat. Add to the bowl with the spinach and basil mixture; toss to combine. Pour in the drained pasta and retoss. Season with salt and pepper. Sprinkle with the Parmesan cheese and pine nuts to serve.

Liege Style Salad

Ingredients

2 pounds potatoes, peeled and cubed
2 pounds fresh green beans, trimmed and snapped into 1 1/2 inch pieces
1 pound thick cut bacon
3 small onions, sliced
2 cups balsamic vinegar
salt and pepper to taste

Directions

Place the potatoes in to a pot and fill with enough water to cover. Bring to a boil and cook until tender, about 10 minutes. Bring a separate pot of water to a boil. Add the green beans and cook for about 5 minutes. Drain.

Fry the bacon in a large skillet over medium heat until crisp. Remove bacon and set aside. Fry onions in the bacon drippings until tender and browned. Remove them and set aside. Pour balsamic vinegar into the skillet and stir to release all of the browned bits from the bottom of the pan.

In a large bowl, combine the green beans, potatoes, onions and bacon. Pour the balsamic vinegar over them and toss to coat. Season with salt and pepper.

Asparagus, Orange and Endive Salad

Ingredients

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

Directions

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.

Chicken Avocado Salad

Ingredients

3 avocados - peeled, pitted and diced
1 pound grilled skinless, boneless chicken breast, diced
1/2 cup finely chopped red onion
1/2 cup chopped fresh cilantro
1/4 cup balsamic vinaigrette salad dressing

Directions

In a medium bowl, combine the avocados, chicken, onion and cilantro. Pour the balsamic vinaigrette over everything, and toss lightly to coat.

Greek Salad II

Ingredients

1 head romaine lettuce- rinsed, dried and chopped
4 stalks celery, chopped
1 onion, chopped
1 (15 ounce) can baby peas
2 ripe tomatoes, cut into wedges
6 ounces crumbled feta cheese
1 1/2 cups mayonnaise
1/2 cup vinaigrette salad dressing
6 ounces marinated chicken

Directions

Preheat grill to medium-high heat.

Remove chicken from marinade and drain. Place on hot grill and cook for 6 to 8 minutes on each side, or until juices run clear.

In a large bowl, combine Romaine, celery, onion, peas, tomatoes and toss with enough vinaigrette to coat.

In a food processor, add the crumbled feta and mayonnaise. Blend until smooth.

Place the tossed salad on a dinner plate and top with the feta mixture and grilled chicken or beef.

Two-Bean Salad

Ingredients

1 (10 ounce) package frozen cut green beans, cooked and drained
1 cup canned garbanzo beans, rinsed and drained
1/3 cup julienned red onion
1/4 cup Italian salad dressing
1/8 teaspoon salt or salt-free seasoning blend

Directions

In a bowl, combine beans and onion. Add dressing and salt; toss to coat. Cover and chill until serving.

Cranberry, Glazed Walnut, Orange, Avocado, and

Ingredients

1 (5.5 ounce) package mixed salad greens with spinach
3/4 cup sweetened dried cranberries
3/4 cup glazed walnuts
1 (15 ounce) can mandarin oranges, drained
3/4 cup crumbled bleu cheese
1 avocado - peeled, pitted and diced
2 tablespoons cranberry vinaigrette salad dressing, or to taste

Directions

Place the salad greens into a salad bowl, and sprinkle with dried cranberries, walnuts, mandarin orange sections, blue cheese, and avocado chunks. Drizzle the salad with the dressing, toss, and serve.

Sesame Seed Veggie Salad

Ingredients

1 pound fresh green beans, cut into 1 inch pieces
1 (15.5 ounce) can black-eyed peas, rinsed and drained
1 cup grape or cherry tomatoes
1 small red onion, chopped
2 tablespoons balsamic vinegar
1 tablespoon olive or canola oil
3 garlic cloves, minced
1/2 teaspoon salt
1/4 teaspoon crushed red pepper flakes
1/4 teaspoon ground mustard
2 tablespoons sesame seeds, toasted

Directions

Place beans in a saucepan and cover with water. Bring to a boil. Reduce heat; simmer, uncovered, for 5-7 minutes or until crisp-tender. Drain and rinse with cold water; pat dry.

In a large bowl, combine the beans, peas, tomatoes and onion. In a small bowl, whisk the vinegar, oil, garlic, salt, red pepper flakes and mustard; pour over bean mixture. Sprinkle with sesame seeds. Toss to coat. Let stand for 1 hour at room temperature before serving.

Ruby's Spicy Red Salad

Ingredients

2 cups shredded red cabbage
1/2 red onion, thinly sliced
2 red bell peppers, diced
1 cup sliced sugar snap peas
2 green onions, thinly sliced
1 red jalapeno pepper, finely minced
5 radishes, diced
5 strawberries, diced
1 tablespoon crushed ramen noodles
1 tablespoon slivered almonds

Directions

Combine the red cabbage, red onions, red peppers, sugar snap peas, green onions, jalapeno peppers, and radishes in a large bowl. Toss well. Sprinkle the strawberries, ramen noodles, and almonds on top of the salad.

Orange Crab Salad

Ingredients

2 cups medium navel oranges, peeled and sectioned
1 medium grapefruit, peeled and sectioned
4 green onions, chopped
1/2 cup chopped celery
1/2 cup chopped pecans
1 (6 ounce) can lump crabmeat, drained and flaked
4 cups mixed salad greens
1 (3 ounce) can chow mein noodles
GINGER SALAD DRESSING:
1/2 cup mayonnaise
2 teaspoons sugar
2 teaspoons lemon juice
2 teaspoons prepared horseradish
1 teaspoon minced fresh gingerroot

Directions

In a bowl, combine the first six ingredients. Divide the salad greens among four salad plates. Sprinkle with the chow mein noodles. Top each with about 3/4 cup crab mixture.

In a small bowl, whisk together the dressing ingredients. Serve with crab salad.

Fluffy Fruit Salad

Ingredients

1 (20 ounce) can unsweetened pineapple tidbits, drained
1 (16 ounce) can whole berry cranberry sauce
1 (11 ounce) can mandarin oranges, drained
1 (8 ounce) carton frozen whipped topping, thawed
1/2 teaspoon grated orange peel
Lettuce Leaves (optional)
1/2 cup pecan halves, toasted

Directions

In a bowl, combine pineapple, cranberry sauce and oranges. Fold in whipped topping and orange peel. Serve on lettuce if desired. Garnish with pecans just before serving. Store leftovers in the refrigerator.

Tangy Pear and Blue Cheese Salad

Ingredients

1/3 cup ketchup
1/2 cup distilled white vinegar
3/4 cup white sugar
2 teaspoons salt
1 cup canola oil
2 heads romaine lettuce, chopped
4 ounces crumbled blue cheese
2 pears - peeled, cored and chopped
1/2 cup toasted chopped walnuts
1/2 red onion, chopped

Directions

In a small bowl, mix ketchup, vinegar, sugar, and salt. Gradually pour in oil, stirring constantly, until well blended.

In a large serving bowl, toss together lettuce, blue cheese, pears, walnuts, and red onion. Pour dressing over salad, and toss well to coat.

Broccoli Salad I

Ingredients

4 cups fresh broccoli florets
1/4 cup red onion, finely diced
3 tablespoons raisins
2 tablespoons dry roasted sunflower seeds
1/4 cup plain yogurt
2 tablespoons orange juice
1 tablespoon fat-free mayonnaise

Directions

Combine the broccoli, onions, raisins, and sunflower seeds.

In a small bowl, whisk the yogurt, orange juice, and mayonnaise until blended. Pour over the broccoli mixture and toss to coat.

Orange and Onion Salad

Ingredients

6 large oranges
3 tablespoons red wine vinegar
6 tablespoons olive oil
1 teaspoon dried oregano
1 red onion, thinly sliced
1 cup black olives
1/4 cup chopped fresh chives
ground black pepper to taste

Directions

Peel the oranges and cut each one into 4 or 5 crosswise slices. Transfer them to a shallow serving dish and sprinkle them with the vinegar, olive oil, and oregano. Toss gently, cover, and refrigerate for 30 minutes.

Toss the oranges again, arrange the sliced onion and black olives over them decoratively, sprinkle with chives and grind on fresh pepper.

Shrimp Egg Salad

Ingredients

1 pound cooked shrimp - peeled, deveined, and chopped
4 hard-cooked eggs, chopped
4 tablespoons mayonnaise
1 teaspoon Dijon mustard
1 sprig chopped fresh dill
4 leaves green leaf lettuce

Directions

In a medium bowl, mix together the shrimp, eggs, mayonnaise and mustard. Spoon onto lettuce leaves to serve.

Balsamic Chicken Salad

Ingredients

1 (16 ounce) bottle light balsamic vinaigrette salad dressing (such as Newman's OwnB® Lighten UpB® Balsamic Vinaigrette Dressing), divided
8 chicken tenders
1 (6 ounce) package sliced portobello mushroom caps
2 hearts of romaine lettuce, chopped
2 green onions, sliced diagonally
1 pint cherry tomatoes, cut into quarters
1 cup shredded mozzarella cheese
1/4 cup sliced fresh basil leaves

Directions

Combine 1/3 bottle of balsamic vinaigrette dressing with the chicken tenders in a bowl. Toss together sliced mushrooms with 1/3 bottle of dressing in a separate bowl. Reserve the remaining 1/3 bottle. Allow the chicken tenders and mushrooms to marinate for at least 30 minutes.

Preheat the oven's broiler, and set the oven rack about 6 inches from the heat source.

Remove the chicken tenders and mushrooms from the marinade, and drain off the excess. Broil the chicken and mushrooms until the chicken is browned and cooked through, 5 to 8 minutes. Remove the chicken and mushrooms from the heat, and slice the chicken tenders into bite-sized pieces.

To serve, divide the chopped romaine lettuce between four plates, and top each with broiled chicken and mushrooms. Sprinkle each plate with cherry tomatoes, mozzarella cheese, and sliced basil leaves; serve with the remaining vinaigrette dressing.

Tangy Catalina Pasta Salad

Ingredients

1 (16 ounce) package elbow macaroni
1 (6 ounce) can tuna
1 (6 ounce) can small shrimp, drained
1/4 cup chopped onion
1 green bell pepper, chopped
3/4 cup chopped celery
1 pinch garlic salt
4 tablespoons Catalina salad dressing
1 1/2 tablespoons sweet pickle relish
3 tablespoons mayonnaise

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Run under cold water to chill, drain again.

Toss together pasta, tuna, shrimp, onions, green pepper, celery, garlic salt, salad dressing, and relish. Add enough mayonnaise to thin out dressing, if desired.

Chinese Chicken Rice Salad

Ingredients

1 cup brown rice
2 1/2 cups water
2 tablespoons olive oil
3 tablespoons lemon juice
3 tablespoons soy sauce
1 teaspoon minced fresh ginger root
1 teaspoon teriyaki sauce
salt and black pepper to taste
2 cups chopped, cooked chicken breast meat
1 cup sliced celery
1 cup sliced water chestnuts
1 cup sliced fresh mushrooms
1/2 cup diced green onion
1/2 cup diced red bell pepper

Directions

Place the rice and water in a saucepan and bring to a boil. Reduce heat to low, cover, and simmer until water is absorbed, about 45 minutes. Set aside to cool.

To make the dressing, whisk together the oil, lemon juice, soy sauce, ginger, and teriyaki sauce in a small bowl. Season with salt and pepper.

In a large bowl, mix together the cooked rice and chicken. Stir in celery, water chestnuts, mushrooms, green onion, and red pepper. Mix with the dressing to coat. Cover and refrigerate 8 hours or overnight. Toss gently before serving.

Chicken and Melon Salad

Ingredients

1 honeydew melon
6 cups cubed, cooked chicken meat
2 cups chopped celery
2 cups seedless grapes
1 (8 ounce) can sliced water chestnuts
1/2 cup sour cream
1/2 cup plain yogurt
1 1/2 teaspoons curry powder
salt and pepper to taste

Directions

Cut melon in half, and remove seeds. With a melon baller, scoop out melon balls; place in a large salad bowl.

Add chicken, celery, and grapes to melon. Add water chestnuts if desired.

In a small bowl, mix together, sour cream, yogurt, and curry powder. Gently stir into salad. Season with salt and pepper to taste. Serve.

Miso Salad Dressing

Ingredients

1 cup mellow white miso paste
1 cup water
1 cup vegetable oil
1/4 cup chopped onion
1 tablespoon honey
2 tablespoons distilled white vinegar

Directions

Place the miso paste, water, vegetable oil, onion, honey, and white vinegar into a blender. Blend until smooth. Transfer the dressing to an airtight container and refrigerate until ready to use.

Brussels Sprouts Salad

Ingredients

1 1/2 pounds Brussels sprouts, trimmed and halved
2 green onions, chopped
1/2 cup olive or vegetable oil
2 tablespoons lemon juice
1 1/2 teaspoons Dijon mustard
1/2 teaspoon salt
1/2 teaspoon dried thyme
1/4 teaspoon pepper
1 head red leaf lettuce or radiccio, torn
2 tablespoons slivered almonds, toasted

Directions

Place 1 in. of water in a saucepan; add brussels sprouts. Bring to a boil. Reduce heat; cover and simmer for 8-10 minutes or until tender. Drain; rinse with cold water and pat dry. Place sprouts and onions in a bowl; set aside.

In a small bowl, whisk the oil, lemon juice, mustard, salt, thyme and pepper. Toss lettuce with 2 tablespoons of dressing; place in a large shallow serving bowl. Pour remaining dressing over brussels sprouts and toss to coat; mound on lettuce. Sprinkle with almonds.

'Secret' Salad Dressing

Ingredients

1/2 cup ketchup
1 cup vegetable oil
1/4 cup mayonnaise
1/4 cup white vinegar
1/4 cup white sugar
1/4 cup diced onion
1 teaspoon salt
1/4 teaspoon pepper

Directions

Combine the ketchup, vegetable oil, mayonnaise, vinegar, sugar, onion, salt, and pepper in a blender; blend until smooth. Store in refrigerator.

Fabulous Fruit Salad

Ingredients

1 red apple, cored and chopped
1 Granny Smith apple, cored and chopped
1 nectarine, pitted and sliced
2 stalks celery, chopped
1/2 cup dried cranberries
1/2 cup chopped walnuts
1 (8 ounce) container nonfat lemon yogurt

Directions

In a large bowl, combine red apple, Granny Smith apple, nectarine, celery, dried cranberries, and walnuts. Mix in yogurt. Chill until ready to serve.

Spicy Ham and Apple Pasta Salad

Ingredients

2 cups farfalle (bow tie) pasta
2 cups cubed cooked ham
2 apples, cored and sliced with peel
1 cup pineapple preserves
1 cup apple jelly
1/2 cup prepared horseradish
1 1/2 teaspoons dry mustard
1 teaspoon ground black pepper
8 ounces mixed salad greens

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and run under cold water. Transfer to a large bowl with ham and apples and set aside.

In a small bowl, whisk together the preserves, apple jelly, horseradish, mustard and black pepper. Pour over the ham/pasta mixture and toss to combine. Cover and refrigerate salad for 30 minutes. When ready to serve, place mixed salad greens on 4 plates and arrange ham salad on top.

Chicken Noodle Salad with Peanut-Ginger

Ingredients

Dressing
1/3 cup smooth peanut butter
1/4 cup soy sauce
2 tablespoons unseasoned rice vinegar
1 tablespoon Asian garlic-chili sauce
1 tablespoon brown sugar, packed
1 tablespoon finely chopped fresh ginger root
1/8 teaspoon red pepper flakes
3 tablespoons low-sodium chicken broth
salt and ground black pepper to taste
Salad
1 (16 ounce) package uncooked linguine pasta
3 1/2 cups cooked chicken, cut into strips
1 cup julienne-sliced carrot
6 green onions, chopped
1 red bell pepper, seeded and cut into strips
1 celery rib, thinly sliced
1/2 cup fresh cilantro leaves, chopped
1/2 cup chopped roasted peanuts, for garnish

Directions

To make the dressing, place the peanut butter, soy sauce, rice vinegar, chili-garlic sauce, brown sugar, ginger, red pepper flakes, and 3 tablespoons of chicken broth together in a blender or bowl of a food processer. Blend until smooth. Season to taste with salt and pepper. Thin the dressing to your taste by adding more chicken broth or water.

Bring a large pot of lightly salted water to a boil. Add the linguine and cook until al dente, 8 to 10 minutes. Drain and place pasta into a large mixing bowl.

Add the chicken, carrots, green onions, red pepper, celery, and cilantro to the bowl with the linguine. Pour the dressing over the noodle-chicken mixture and toss until mixture is evenly coated. Divide the salad among eight serving plates, and sprinkle peanuts over each serving.

Sun-dried Tomato, Feta and Pine Nut Salad

Ingredients

1 loaf Italian bread, cubed
3 tablespoons extra virgin olive oil
1/2 teaspoon seasoned salt
1/2 teaspoon freshly ground black pepper
1 teaspoon garlic powder
1/2 cup pine nuts
1 cup sun-dried tomatoes
2 (16 ounce) packages mixed salad greens
4 green onions, cut into 1/2-inch pieces
8 ounces feta cheese, crumbled

Directions

Preheat broiler. Toss 3 cups cubed Italian bread with olive oil. Season with seasoned salt, pepper, and garlic powder. Spread out in a single layer in a well oiled 9x13 inch baking dish. Broil until toasted, turning to brown evenly. Set croutons aside to cool.

Spread pine nuts on a baking sheet, place on bottom rack of the oven, and toast under broiler. This should only take a few minutes, so watch carefully to prevent burning. Set aside to cool.

Soak sun-dried tomatoes in hot water for 5 to 10 minutes, or until soft. Drain, and slice.

In a large salad bowl, toss mixed greens with green onions. Top with croutons, sun-dried tomatoes, pine nuts, and feta.

Wild Rice Pepper Salad

Ingredients

2/3 cup uncooked wild rice
3 cups water
1 cup chopped green pepper
1 cup chopped sweet red pepper
1 cup chopped yellow bell pepper
1/2 cup sunflower kernels
1/3 cup chopped onion
1/3 cup raisins
1/2 cup fat free Italian salad dressing

Directions

In a small saucepan, bring the rice and water to a boil. Reduce heat; cover and simmer for 1 hour or until rice is tender. Drain and place in a bowl. Refrigerate until chilled. Add the remaining ingredients; toss to coat.

Sauerkraut Salad

Ingredients

1/4 cup cider vinegar
1 teaspoon caraway seeds
1 cup white sugar
1 (20 ounce) can sauerkraut
1 cup chopped celery
1 cup chopped onion
1 cup chopped green bell pepper
2 ounces pimento

Directions

In a saucepan combine the salt, vinegar, caraway seeds and sugar. Bring to a boil over medium heat. Stir in the sauerkraut, onion, celery, pepper and pimento. Remove from heat and let marinate overnight before serving.

Eggnog and Cranberry Salad

Ingredients

1 (3 ounce) package non-instant vanilla pudding mix
1 (3 ounce) package lemon flavored gelatin
2 cups water
2 tablespoons lemon juice
1 (3 ounce) package raspberry flavored gelatin mix
1 cup boiling water
1 (16 ounce) can jellied cranberry sauce
1/4 cup chopped pecans
1 (1.3 ounce) envelope whipped topping mix
1/2 teaspoon ground nutmeg

Directions

Combine vanilla pudding mix, lemon gelatin, and 2 cups water in a saucepan. Bring to a boil, stirring constantly. Stir in lemon juice. Chill until partially set.

Dissolve raspberry gelatin in 1 cup boiling water. Blend in cranberry sauce, and add pecans. Chill until partially set.

Prepare whipped topping according to package directions. Fold in nutmeg. Fold whipped topping into vanilla pudding mixture. Pour into a 9 x 13 inch glass dish. Chill until firm.

Pour cranberry mixture over pudding mixture. Chill for 6 hours before serving to appreciative family and friends.

Cilantro Chicken Salad

Ingredients

1 lime, zested and juiced
2 tablespoons soy sauce
1 (10.5 ounce) can chicken broth
4 boneless, skinless chicken breast halves
2 tablespoons olive oil
1 teaspoon anchovy paste (optional)
1/2 teaspoon white sugar
1/2 teaspoon salt
freshly ground black pepper to taste
2 cloves garlic, minced
3 tablespoons chopped fresh cilantro
2 shallots, chopped

Directions

Place the lime peel, soy sauce, and chicken broth in a skillet over medium heat. Place the chicken breasts in the skillet, and bring to a boil. Cover, and simmer until the chicken is fully cooked. Remove from heat, and allow to cool. Shred chicken, and set aside.

In a separate bowl, whisk together lime juice, olive oil, anchovy paste, sugar, salt, and pepper. Stir in garlic, cilantro, shallots, and chicken. Mix well.

Apple Peanut Spinach Salad

Ingredients

2 (6 ounce) packages fresh baby spinach
1 medium apple, chopped
1/4 cup raisins
2 tablespoons chopped peanuts
2 tablespoons olive oil
1 tablespoon sugar
1 tablespoon cider vinegar
1 tablespoon chutney
3/4 teaspoon curry powder
1/4 teaspoon salt

Directions

In a large bowl, combine the spinach, apple, raisins and peanuts. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Drizzle over salad and toss to coat.

Warm Shrimp Salad

Ingredients

1 pound medium shrimp - peeled and deveined
2 tablespoons butter
2 lemons, juiced
2 heads butter lettuce
2 tomatoes, chopped
1 avocado - peeled, pitted and diced
2 stalks celery, chopped
1 cucumber, cleaned and chopped
1/2 cup shredded carrots
1/3 cup vinaigrette salad dressing

Directions

In a large saute pan melt butter over medium heat. Add the shrimp and lemon juice, cook until shrimp just turn pink. Remove from heat and drain.

In a large bowl tear lettuce into bite-size pieces, add the tomatoes, avocado, celery, cucumber carrots and cooked shrimp, toss to combine. Top with your favorite dressing or vinaigrette.

Fruity Couscous Salad

Ingredients

1 1/3 cups dry couscous
2/3 cup slivered almonds
1/2 cup packed dried apricots, chopped
2/3 cup Craisins (sweetened, dried cranberries) or raisins, microwaved in
1 cup water for 1 minute
1 teaspoon cumin
3 scallions, thinly sliced with greens
1 pinch Salt and freshly ground black pepper, to taste

Directions

Prepare couscous according to package directions. Combine all ingredients; toss. Serve at room temperature or chilled.

Outrageous Caesar Salad

Ingredients

2 cloves garlic, crushed
6 tablespoons safflower oil
3/4 teaspoon salt
1/4 teaspoon mustard powder
1/4 teaspoon ground black pepper
1 1/2 teaspoons Worcestershire sauce
1/8 teaspoon cayenne pepper
2 tablespoons fresh lemon juice
1 (2 ounce) can anchovy filets
1 egg
1 French baguette, cut into 1/2 inch pieces
4 tablespoons melted butter
1 teaspoon Italian seasoning
1/2 teaspoon Worcestershire sauce
1 tablespoon grated Parmigiano Reggiano cheese
1 large head romaine lettuce - rinsed, dried, and torn into bite-size pieces
1/2 cup grated Parmigiano Reggiano cheese

Directions

Preheat oven to 275 degrees F (135 degrees C).

Prepare the dressing in a glass jar by combining the garlic, oil, salt, mustard, pepper, Worcestershire sauce, cayenne, and lemon juice. Rinse anchovy filets under warm water, pat dry on paper towels, and roughly chop them. Place anchovy in jar with other ingredients. Cover with tight fitting lid and shake to mix.

To coddle the egg, bring 2 inches of water to a boil in a small saucepan. Carefully lower egg into water; remove from heat and let stand for 1 minute. Remove and set aside to cool. Crack open the egg and with a spoon, scrape out all yolk (even the runny white). Use a wire whisk and whip in a small bowl until very frothy. Pour egg to the rest of the dressing and mix well.

Prepare the croutons by combining the bread cubes, melted butter, Italian seasoning, Worcestershire sauce and 1 tablespoon grated cheese. Toss well to coat bread, then place in a single layer on a 10x15 inch jelly roll pan and bake in preheated oven for 30 minutes.

Prepare salad in a large bowl by combining the romaine, 1/2 cup grated cheese, dressing and croutons to taste. Toss well to coat and serve.

Favorite Cabbage Salad

Ingredients

1 small head cabbage, shredded
1/2 cup chopped green pepper
1/2 cup chopped onion
3 tablespoons mayonnaise
2 tablespoons vinegar
1 tablespoon sugar
1/4 teaspoon salt
4 bacon strips, cooked and crumbled

Directions

In a large bowl, combine cabbage, green pepper and onion. In a small bowl, combine mayonnaise, vinegar, sugar and salt. Pour over cabbage mixture and toss to coat. Cover and refrigerate for at least 4 hours. Stir in bacon just before serving.

Thai Cucumber Tomato Salad

Ingredients

1 large cucumber
2 tomatoes, seeded and cut into wedges
1/4 red onion, thinly sliced
1/4 cup rice vinegar
2 tablespoons lime juice
1 teaspoon white sugar, or to taste
3 tablespoons chopped fresh cilantro
3 tablespoons chopped peanuts (optional)

Directions

Peel the cucumber in stripes lengthwise with a vegetable peeler, alternating skinned stripes with peel for a decorative effect. Slice the cucumber in half lengthwise, and then thinly slice. Place the cucumber in a salad bowl with the tomato and red onion, and mix together.

Pour the rice vinegar and lime juice into a separate bowl, and stir in the sugar until dissolved. Pour the dressing over the salad;mix, cover, and refrigerate until chilled, at least 30 minutes. Just before serving, stir in the cilantro and sprinkle with chopped peanuts.

Mexican Cucumber Salad

Ingredients

1 medium cucumber, chopped
1 (8.75 ounce) can whole kernel corn, drained
1 (16 ounce) can stewed tomatoes, drained and sliced
1 green bell pepper, chopped
1 red bell pepper, chopped
2 tablespoons red wine vinegar
1 tablespoon crushed red pepper flakes
1/2 teaspoon garlic, minced
1/2 teaspoon cumin
1/4 teaspoon dried cilantro
1/4 teaspoon salt
1/8 teaspoon ground black pepper

Directions

In a large bowl, toss together the cucumber, corn, tomatoes, green bell pepper, red bell pepper, and red wine vinegar. Season with crushed red pepper flakes, garlic, cumin, cilantro, salt, and black pepper. Cover, and chill at least 30 minutes before serving.

Sunflower Tossed Salad

Ingredients

4 cups torn mixed salad greens
1 small cucumber, sliced
2 tablespoons sunflower kernels
TART VINAIGRETTE:
1/3 cup olive or vegetable oil
3 tablespoons balsamic or cider vinegar
2 tablespoons white wine vinegar or additional cider vinegar
1 tablespoon soy sauce
1 tablespoon Dijon mustard
1 tablespoon minced fresh thyme
1 garlic clove, minced

Directions

In a salad bowl, combine the greens, cucumber and sunflower kernels. In a jar with a tight-fitting lid, combine the vinaigrette ingredients; shake well. Pour over salad and toss to coat.

Sweet Spinach Salad

Ingredients

3 tablespoons orange juice concentrate
2 tablespoons sugar
2 tablespoons cider vinegar
1 1/2 teaspoons chopped onion
1/4 teaspoon salt
1/2 cup vegetable oil
1 1/2 teaspoons poppy seeds
1 (10 ounce) package fresh baby spinach
1 (15 ounce) can mandarin oranges, drained
2/3 cup slivered almonds, toasted

Directions

In a blender, combine the orange juice concentrate, sugar, vinegar, onion and salt. While processing, gradually add oil in a steady stream. Stir in poppy seeds. Transfer to a small pitcher or bowl. Refrigerate for at least 1 hour or until chilled.

On salad plates, arrange the spinach, mandarin oranges and almonds. Drizzle with dressing.

Broccoli Crunch Salad

Ingredients

2 heads fresh broccoli
1 red onion
1/2 pound bacon
3/4 cup raisins
3/4 cup sliced almonds
1 cup mayonnaise
1/2 cup SPLENDA® No Calorie Sweetener, Granulated
2 tablespoons white wine vinegar

Directions

Place bacon in a deep skillet and cook over medium high heat until evenly brown. Cool and crumble.

Cut broccoli into bite-size pieces and cut onion into thin bite-size slices. Combine with the bacon, raisins, and almonds and mix well.

To prepare the dressing, mix mayonnaise, SPLENDA® Granulated Sweetener, and vinegar together until smooth. Stir into the salad, let chill and serve.

Corn and Black Bean Salad

Ingredients

1/4 cup balsamic vinegar
2 tablespoons vegetable oil
1/2 teaspoon salt
1/2 teaspoon white sugar
1/2 teaspoon ground black pepper
1/2 teaspoon ground cumin
1/2 teaspoon chili powder
3 tablespoons chopped fresh cilantro
1 (15 ounce) can black beans, rinsed and drained
1 (8.75 ounce) can sweet corn, drained

Directions

In a small bowl, mix together balsamic vinegar, oil, salt, sugar, black pepper, cumin, and chili powder.

In a medium bowl, stir together black beans and corn. Toss with vinegar and oil dressing, and garnish with cilantro. Cover, and refrigerate overnight.

Overnight Fruit Salad

Ingredients

3 eggs, beaten
1/4 cup sugar
1/4 cup vinegar
2 tablespoons butter or margarine
2 cups green grapes
2 cups miniature marshmallows
1 (20 ounce) can pineapple chunks, drained
1 (15 ounce) can mandarin oranges, drained
2 medium firm bananas. sliced
2 cups whipping cream, whipped
1/2 cup chopped pecans

Directions

In a double boiler over medium heat, cook and stir eggs, sugar and vinegar until mixture is thickened and reaches 160 degrees F. Remove from the heat; stir in butter. Cool.

In a large serving bowl, combine grapes, marshmallows, pineapple, oranges and bananas; add cooled dressing and stir to coat. Refrigerate for 4 hours or overnight. Just before serving, fold in whipped cream and pecans.

Skillet White Fish with Feta, Green Onion and Basil

Ingredients

2 large Roma or beefsteak tomatoes
1/2 teaspoon kosher salt, divided
1 tablespoon bread crumbs or panko
1 tablespoon BertolliB® Classicoв„ў Olive Oil, plus
1/4 cup BertolliB® Classicoв„ў Olive Oil
2 cups arugula or baby spinach leaves
20 large fresh basil leaves, halved
4 green onions, sliced (white part only)
6 ounces feta cheese, cubed
4 (4 ounce) pieces of cod
1/4 teaspoon freshly ground black pepper
1 tablespoon BertolliB® Extra Lightв„ў Tasting Olive Oil

Directions

Preheat oven to 475 degrees F.

Cut tomatoes in half horizontally and remove seeds. Season with 1/4 tsp. salt, then evenly sprinkle with bread crumbs. Drizzle with 1 Tbsp. BertolliB® Classicoв„ў Olive Oil. Bake 20 minutes or until tomatoes are tender.

Toss arugula, basil, green onions, cheese and remaining 1/4 cup Olive Oil; set aside.

Season cod with remaining 1/4 tsp. salt and pepper. Heat 1 Tbsp. BertolliB® Extra Lightв„ў Tasting Olive Oil in 12-inch nonstick skillet and cook cod, turning once, 6 minutes or until cod flakes with a fork. Arrange tomatoes on serving plates, then top with cod and salad. Drizzle, if desired, with additional Olive Oil.

Macaroni Salad

Ingredients

2 pounds uncooked elbow macaroni
12 hard cooked eggs, chopped
2 1/2 cups cubed fully cooked ham
1 (16 ounce) package frozen peas, thawed
3 cups sliced celery
1 large green pepper, chopped
1/2 cup chopped onion
1 (4 ounce) jar diced pimientos, drained
4 cups mayonnaise

Directions

Cook macaroni according to package directions. Rinse in cold water; drain and cool completely.

Place in a large bowl; stir in remaining ingredients. Cover and refrigerate for at least 3 hours.

Seafood Pasta Salad

Ingredients

1 1/2 (8 ounce) packages tri-color pasta
3 stalks celery
1 pound imitation crabmeat
1 cup frozen green peas
1 cup mayonnaise
1 1/2 tablespoons white sugar
2 tablespoons white vinegar
3 tablespoons milk
1 teaspoon salt
1/4 teaspoon ground black pepper

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; rinse under cold water until cool and drain.

While pasta is cooking, chop celery and crabmeat. Run hot water over peas to defrost.

In a large bowl, whisk together the mayonnaise, sugar, vinegar, milk, salt and pepper. Add the pasta, celery and crabmeat and stir until evenly coated. Adjust the salt, sugar or mayonnaise to suit your taste. Chill several hours before serving.

Fava Bean Salad

Ingredients

1 (19 ounce) can fava beans, drained
2 medium fresh tomatoes, chopped
1 small onion, diced
1 cucumber, diced
2 cloves garlic, minced
1/4 cup chopped fresh parsley
1 lemon, juiced
3 tablespoons olive oil
1 teaspoon ground cumin
salt and black pepper to taste

Directions

Combine fava beans, tomatoes, onion, and cucumber in a salad bowl. Toss with garlic, parsley, lemon juice, and olive oil. Season with cumin, and salt and pepper to taste.

Pineapple Gelatin Salad

Ingredients

1 (20 ounce) can crushed pineapple
1 (6 ounce) package lemon gelatin
3 cups boiling water
1 (8 ounce) package cream cheese, softened
1 (16 ounce) container frozen whipped topping, thawed
3/4 cup sugar
3 tablespoons lemon juice
3 tablespoons water
2 tablespoons all-purpose flour
2 egg yolks, lightly beaten

Directions

Drain pineapple, reserving juice. Dissolve gelatin in water; add pineapple. Pour into a 13-in. x 9-in. x 2-in. dish; chill until almost set, about 45 minutes.

In a mixing bowl, beat cream cheese and whipped topping until smooth. Carefully spread over gelatin; chill for 30 minutes. Meanwhile, in a saucepan over medium heat, combine sugar, lemon juice, water, flour, egg yolks and reserved pineapple juice; bring to a boil, stirring constantly. Cook 1 minute or until thickened. Cool. Carefully spread over cream cheese layer. Chill for at least 1 hour.

Tomato and Avocado Salad with Green Empress

Ingredients

For the Green Empress Dressing:
1 (8.5 ounce) can sweet peas, drained
1 cup fresh herb leaves (parsley, chive, basil and/or mint)
2 scallions, trimmed and coarsely chopped
2 cloves garlic, coarsely chopped
1/2 cup low-fat buttermilk
1 tablespoon extra-virgin olive oil
2 tablespoons white, distilled vinegar
2 tablespoons fresh lemon juice
1/4 teaspoon freshly ground black pepper
Kosher salt, to taste

For the Salad:
3 large ripe tomatoes, each cut in 6 slices
2 small avocados, pitted and peeled, each cut in 9 wedges
18 slices low-fat mozzarella
Kosher salt and ground black pepper, to taste
1 lemon, cut into wedges

Directions

To make the dressing, puree all of the dressing ingredients in a blender or food processor until smooth.

Alternate the tomato slices, avocado wedges and mozzarella slices on a serving platter or 6 individual plates. Season with salt and pepper. Drizzle half the dressing over salad and garnish with lemon wedges. Serve the remaining dressing on the side.

Balsamic Pea Salad

Ingredients

1 (16 ounce) package frozen green peas
1/2 cup chopped almonds
1/2 cup chopped green onions
1/2 cup crumbled feta cheese
3/4 cup mayonnaise
2 tablespoons balsamic vinegar
black pepper to taste

Directions

Place peas in a colander, and run warm water over them until they are thawed. Place in a large bowl.

Toast almonds in a skillet over medium heat. Then combine with peas.

Stir in onions, feta cheese, and mayonnaise. Mix in balsamic vinegar, and season with pepper. Cover, and refrigerator.

Great Green Salad

Ingredients

4 tablespoons olive oil
2 tablespoons white wine vinegar
1 tablespoon Dijon mustard
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1 pinch white sugar
1 teaspoon chopped fresh parsley
1 teaspoon fresh lemon juice
2 cloves garlic, chopped
1 avocados - peeled, pitted, and cubed
4 cups mixed salad greens
1/2 cup sliced almonds
2 ounces feta cheese, crumbled

Directions

In a large bowl, whisk together the olive oil, white wine vinegar, mustard, salt, pepper, sugar, parsley, lemon juice and garlic. Add the avocado, and stir to coat with the dressing.

Just before serving, add the salad greens, and toss to coat with dressing. Sprinkle sliced almonds and feta cheese over the top.

Fruit Salad with Ricotta Pineapple Sauce

Ingredients

1 (15 ounce) can crushed pineapple, drained
1 cup white sugar
1 (15 ounce) container ricotta cheese
2 (15.25 ounce) cans fruit cocktail, drained
1 (15 ounce) can pineapple tidbits, drained
1 pint fresh strawberries, hulled and halved
3 apples, cored and diced
2 nectarines, pitted and diced

Directions

In a large non-metallic serving bowl, stir together the crushed pineapple, sugar, and ricotta cheese until well blended. Stir in the fruit cocktail, pineapple tidbits, strawberries, apples and nectarines. Cover, and refrigerate for at least 4 hours, or overnight. The longer you refrigerate before serving, the better it will taste.

Scrumptious Salad!

Ingredients

1 (16 ounce) package dry penne pasta
1 mango - peeled, seeded and cubed
2 small tomatoes, cubed
1 avocado - peeled, pitted, and cubed
1 (6 ounce) can pitted black olives, chopped
1/4 cup chopped oil-packed sun-dried tomatoes
3/4 cup chopped fresh spinach
1/4 cup grated Parmesan cheese
1/4 cup basil pesto

Directions

Bring a large pot of lightly salted water to a boil. Add penne pasta, cook for 8 to 10 minutes, or until al dente, and drain.

Preheat oven to 350 degrees F (175 degrees C).

In a large casserole dish, toss the pasta with the mango, tomatoes, avocado, olives, sun-dried tomatoes, spinach, Parmesan cheese, and pesto.

Place the salad in the preheated oven for about 10 minutes, just until warm.

Marilyn's Special Salad

Ingredients

2 lemons, juiced
5 cloves crushed garlic
salt and pepper to taste
2 heads romaine lettuce, rinsed and dried
1/4 pound bacon - cooked and crumbled
2 cups cherry tomatoes
1 cup shredded Swiss cheese
1/2 cup grated Parmesan cheese
2/3 cup blanched slivered almonds
1 cup garlic-flavored croutons

Directions

Whisk together the lemon juice, garlic and salt and pepper.

In a large bowl, combine the Romaine, bacon, tomatoes, Swiss cheese, Parmesan cheese, almonds and croutons. Add enough dressing to coat; toss and serve.

Shrimp Vermicelli Salad

Ingredients

1 pound vermicelli pasta
1 pound cooked shrimp
2 stalks celery, chopped
1 tablespoon chopped fresh parsley
1 clove garlic, crushed
1 teaspoon dried thyme
1 cup mayonnaise
1/4 cup grated Parmesan cheese
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Toss cooled pasta with cooked shrimp, celery, parsley, garlic, thyme, mayonnaise, Parmesan, salt and pepper. Chill before serving.

Red Potato Salad

Ingredients

7 medium red potatoes, cooked and cubed
1/4 cup sour cream
1/4 cup mayonnaise
1/4 cup shredded Cheddar cheese
2 tablespoons chopped red onion
1 bacon strip, cooked and crumbled
1 1/2 teaspoons snipped chives
salt and pepper to taste

Directions

In a bowl, combine all of the ingredients; mix well. Refrigerate until serving.

Eat Your Veggies Pasta Salad

Ingredients

3 cups fusilli pasta
3/4 cup broccoli florets
3/4 cup cauliflower florets
1/2 cup red onion, sliced
1/2 cup thinly sliced carrots
1/2 cup red bell pepper, chopped
1/2 cup chopped green bell pepper
1/2 cup chopped mushrooms
1/2 cup chopped celery
3/4 cup light mayonnaise
1/4 cup distilled white vinegar
1/4 cup SPLENDA® No Calorie Sweetener, Granulated
Salt and pepper to taste

Directions

Cook pasta according to package directions. Drain and rinse pasta under cold water.

Place pasta in a large serving bowl add the all the vegetables and toss to combine.

Combine the mayonnaise, vinegar and SPLENDA® Granulated Sweetener; whisk until smooth. Pour over salad and mix well. Season to taste with salt and pepper and serve.

Cranberry Couscous Salad

Ingredients

1 cup water
3/4 cup uncooked couscous
3/4 cup dried cranberries
1/2 cup chopped carrots
1/2 cup chopped seeded cucumber
1/4 cup thinly sliced green onions
3 tablespoons balsamic vinegar
1 tablespoon olive or canola oil
2 teaspoons Dijon mustard
1/2 teaspoon salt
1/8 teaspoon pepper
1/4 cup slivered almonds, toasted

Directions

In a saucepan, bring water to a boil. Stir in couscous. Remove from the heat; cover and let stand for 5 minutes. Fluff with a fork. Cool for 10 minutes.

In a bowl, combine the couscous, cranberries, carrots, cucumber and green onions. In a small bowl, combine the vinegar, oil, mustard, salt and pepper. Pour over couscous mixture; mix well. Cover and refrigerate. Just before serving, stir in almonds.

Baked Potato Salad I

Ingredients

8 medium potatoes, sliced
1/2 pound sliced 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

Directions

Preheat oven to 325 degrees F (165 degrees C). Butter a 9x13 inch baking dish.

Put sliced potatoes into a large pot, and fill with enough water to cover. Bring to a boil, and cook until tender but still firm, about 10 minutes. Drain, and set aside.

At the same time, place bacon in a large deep skillet. Cook over medium-high heat until evenly browned. Remove to paper towels to drain.

In a large bowl, stir together the potatoes, cheese, onion, mayonnaise, salt, and pepper. Spoon into prepared baking dish. Crumble bacon over the top, and sprinkle with olives.

Bake for 1 hour in the preheated oven, until golden brown.

Turkey Salad Tortillas

Ingredients

2 cups cubed cooked turkey
1 cup shredded Cheddar cheese
3/4 cup finely chopped celery
1/2 cup finely chopped onion
1 (2.25 ounce) can sliced ripe olives, drained
1/2 cup mayonnaise
1/4 cup picante sauce
1/2 teaspoon salt
6 (6 inch) flour tortillas

Directions

In a bowl, combine the first eight ingredients; mix well. Spoon about 1/2 cup filling off center on each tortilla. Fold sides and ends over filling, then roll up. Place in a shallow microwave-safe dish. Cover and microwave on high for 2-3 minutes or until cheese is melted and filling is hot.

Spaghetti Salad I

Ingredients

1 pound spaghetti, broken into pieces
1 (16 ounce) bottle Italian-style salad dressing
1 tablespoon grated Parmesan cheese
1 tablespoon sesame seeds
1 tablespoon poppy seeds
2 teaspoons seasoning salt
1 teaspoon paprika
1/2 teaspoon garlic powder
1/2 teaspoon ground black pepper
1/2 teaspoon cayenne pepper
1 cucumber, chopped
1 red onion, diced
2 tomatoes, chopped

Directions

Cook spaghetti according to package directions. Drain, rinse with cold water and drain well. Transfer to large bowl.

In medium bowl, whisk together salad dressing, cheese, seeds, salt, paprika, garlic powder and peppers until well blended. Stir in cucumber and onion. Pour mixture over spaghetti and toss lightly to coat evenly. Cover and refrigerate for at least 2 hours or up to 24 hours.

Sweet and Sour Zucchini Salad

Ingredients

1 (1 ounce) package dry onion soup mix
1/2 cup white wine vinegar
3/4 cup white sugar
1 teaspoon salt
1 teaspoon ground black pepper
1/3 cup vegetable oil
2/3 cup cider vinegar
1/2 cup chopped green bell pepper
1/2 cup chopped celery
7 small zucchinis, thinly sliced

Directions

In a mixing bowl, soak onion soup mix in wine vinegar. Let stand 5 minutes.

Combine the onion soup mixture with the sugar, salt, pepper, oil, cider vinegar, bell pepper, celery and zucchini. Chill 4 to 6 hours, stirring occasionally. Drain off any extra liquid before serving.

Jicama and Melon Salad

Ingredients

2 cups thin slivers jicama
2 cups cubed honeydew melon
3 tablespoons fresh lime juice
3 tablespoons chopped fresh mint leaves
1 teaspoon lime zest
2 teaspoons honey

Directions

Toss together the jicama, honeydew, lime juice, mint, lime zest, and honey in a bowl; cover. Refrigerate 2 hours.

Delicious Salmon Pasta Salad

Ingredients

1 (8 ounce) package farfalle pasta
2 heads broccoli, separated into florets
2 carrots, peeled and chopped
1 cup olive oil
2 teaspoons soy sauce
3 tablespoons red wine vinegar
2 cloves garlic, pressed
3 tablespoons fresh lemon juice
salt and pepper to taste
10 ounces canned salmon, drained

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook until al dente, 8 to 10 minutes; drain.

Bring a separate large pot of water to a boil. Add the broccoli and carrots, and cook in the boiling water until tender, 2 to 3 minutes; drain.

Combine the olive oil, soy sauce, red wine vinegar, garlic, lemon juice, salt, and pepper in a sealable container; seal. Shake vigorously to make the dressing.

Toss together the drained pasta, drained vegetables, salmon, and dressing in a large bowl. Store in refrigerator up to 4 days.

Chicken and Rice Noodle Salad with Pad Thai

Ingredients

3/4 cup VH® Pad Thai Sauce
1/4 cup vegetable oil
1/4 cup lime juice
2 cups cooked, diced chicken breast
1/2 cup red onion, finely diced
2 cups red pepper, finely diced
3 cups cooked broccoli, coarsely chopped
2 cups cucumber, peeled and diced
1/2 cup fresh cilantro, coarsely chopped (optional)
1/2 (12 ounce) package Pad Thai noodles (prepared as directed on package)

Directions

In a large bowl whisk together VH® Pad Thai Sauce, oil and lime juice until combined.

Toss remaining ingredients with dressing and noodles.

Sesame Strawberry Spinach Salad

Ingredients

1/2 cup SPLENDA® No Calorie Sweetener, Granulated
2 tablespoons sesame seeds
1/2 teaspoon sesame oil
1 tablespoon poppy seeds
1 1/2 teaspoons dried minced onion
1/4 teaspoon paprika
1/2 cup vegetable oil
1/2 cup balsamic vinegar
2 bunches fresh spinach - chopped, washed and dried
1 pint strawberries, halved

Directions

Whisk together the SPLENDA® Granulated Sweetener, sesame seeds, sesame oil, poppy seeds, dried onion, paprika, oil and vinegar. Refrigerate until chilled.

In a salad bowl, combine the spinach and strawberries. Drizzle with dressing, toss lightly and serve.

Broccoli Salad V

Ingredients

8 slices bacon
1 large head broccoli, cut into florets
1/2 cup red seedless grapes, halved
3 large green onions, chopped
2/3 cup creamy salad dressing
2 tablespoons tarragon vinegar
1/4 cup slivered almonds, toasted
1/2 cup raisins

Directions

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

In a large bowl combine the broccoli, grapes and onions.

Whisk the creamy salad dressing and vinegar together. Toss with broccoli mixture and chill. Just before serving toss with bacon, almonds and raisins.

Chicken Salad My Way

Ingredients

1 (1 inch) piece fresh ginger root
1 star anise pod (optional)
2 skinless, boneless chicken breast halves

1/2 cup mayonnaise
1/8 teaspoon salt
1 pinch ground black pepper
1 pinch paprika
1/2 teaspoon honey

1/2 cup diced celery
1/2 cup diced apples
1/4 cup diced red onion
1/4 cup chopped raisins
1/4 cup chopped walnuts
2 teaspoons minced fresh ginger root

Directions

Place the 1-inch piece of ginger and star anise in a pot of water over medium-heat and bring to a boil. Add chicken to the water. Lower heat to medium-low; simmer until chicken is no longer pink the middle, 10 to 12 minutes. Remove to a plate to cool. Once cool to the touch, dice into bite-sized pieces.

Make a dressing by whisking together the mayonnaise, salt, pepper, paprika, and honey; set aside.

Combine the diced chicken, celery, apple, onion, raisins, walnuts and 2 teaspoons minced ginger in a bowl. Drizzle dressing into the chicken mixture; stir until pieces are evenly coated. Cover and refrigerate overnight.

Grilled Asparagus Salad

Ingredients

1/4 cup olive oil
1/8 cup lemon juice
12 fresh asparagus spears
6 cups fresh spinach leaves
1/8 cup grated Parmesan cheese
1 tablespoon seasoned slivered almonds

Directions

Preheat a grill for low heat. Combine the lemon juice and olive oil on a plate. Place asparagus on the plate, and roll around to coat.

Grill asparagus for about 5 minutes, turning at least once, and brushing with the olive oil mixture. Remove from the grill, and place back onto the plate with the oil.

In a large bowl, combine the spinach, Parmesan cheese, and slivered almonds. Cut asparagus into bite size pieces, and add to the salad along with the lemon juice and oil from the plate. Toss to blend, then serve.

Sweet-Sour Bean Salad

Ingredients

1 (15 ounce) can white kidney or cannelini beans, rinsed and drained
1/4 cup chopped green pepper
2 green onions, thinly sliced
3 tablespoons vegetable oil
2 tablespoons vinegar
1 teaspoon sugar
1/4 teaspoon salt
Dash pepper

Directions

In a bowl, combine beans, green peppers and onions. In a small bowl, combine oil, vinegar, sugar, salt and pepper. Pour over bean mixture and toss to coat. Cover and refrigerate for at least 1 hour. Serve with a slotted spoon.

Turkey Salad Croissants

Ingredients

2 cups diced cooked turkey
1/2 cup chopped celery
1/2 cup chopped cashews
1/2 cup mayonnaise or salad dressing
1/4 cup coarsely chopped radishes
2 tablespoons chopped green onions
2 tablespoons diced pimientos
1 tablespoon lemon juice
1 teaspoon dill weed
1 teaspoon seasoned salt
Lettuce Leaves
6 croissants, split

Directions

In a bowl, combine the first 10 ingredients. Place lettuce and 2/3 cup turkey salad on each croissant.

Three Pepper Pasta Salad

Ingredients

1 (16 ounce) package tri-color pasta
2/3 cup olive oil
3 tablespoons white wine vinegar
1/4 cup fresh basil leaves
2 tablespoons grated Parmesan cheese
1 1/4 teaspoons salt
1/4 teaspoon ground black pepper
1 red bell pepper, julienned
1 yellow bell pepper, julienned
1 orange bell pepper, julienned
1 medium fresh tomato, chopped
1 (2.25 ounce) can black olives, drained
8 ounces mozzarella cheese, cubed

Directions

Bring a large pot of lightly salted water to a boil. Place pasta in the pot, cook for 8 to 10 minutes, until al dente, and drain.

In a blender or food processor, blend the olive oil, white wine vinegar, basil, Parmesan cheese, salt, and pepper until smooth.

In a large bowl, toss together the cooked pasta, dressing mixture, red bell pepper, yellow bell pepper, orange bell pepper, tomato, and olives. Top with mozzarella cheese to serve.

Taffy Apple Salad

Ingredients

1 (15 ounce) can pineapple chunks - drained with juice reserved
2 1/2 cups miniature marshmallows
1 egg, beaten
1 tablespoon all-purpose flour
1 1/2 tablespoons distilled white vinegar
1/2 cup white sugar
1 1/2 cups roasted Spanish peanuts
1 (8 ounce) container frozen whipped topping, thawed
2 tart apples - peeled, cored and chopped

Directions

Combine the pineapple chunks and marshmallows. Mix together, cover and refrigerate overnight.

In a medium saucepan, stir together the pineapple juice, egg, flour, vinegar and sugar over medium low heat. Cook and stir sauce until thickened. Transfer to a medium sized bowl, cover and refrigerate overnight.

In a large bowl, blend together the marshmallow mix and sauce. Stir in the peanuts, whipped topping and apples. Refrigerate until serving time.

Springtime Ham and Spinach Salad

Ingredients

3 tablespoons olive oil
2 tablespoons orange juice
2 teaspoons raspberry vinegar
1 teaspoon coarse grained prepared mustard
ground black pepper to taste
3 cups cooked ham, cubed
8 cups baby spinach, rinsed and dried
1 cup diced cantaloupe
1/2 cup diced peaches, drained
1 red onion, thinly sliced

Directions

In a small bowl, whisk together the oil, juice, vinegar, mustard and pepper.

In a large bowl, toss together the ham, spinach, cantaloupe, peaches and onion. Pour dressing over all and toss to coat. Serve immediately.

Tortellini Pasta Salad

Ingredients

27 ounces tri-colored cheese-filled tortellini
1 (2 pound) package mixed vegetables
1 pound snow peas
1/4 cup corn oil
1/4 cup grated Parmesan cheese
1 (.7 ounce) package dry Italian-style salad dressing mix

Directions

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, oil and salad dressing mix; toss together. Add vegetables and cheese; mix well, cover and refrigerate over night.

Warm Bacon Spinach Salad

Ingredients

3 bacon strips, diced
1 tablespoon all-purpose flour
1 egg
6 tablespoons water
2 tablespoons vinegar
1 tablespoon sugar
salt and pepper to taste
3 cups torn fresh spinach
1/2 cup seasoned croutons

Directions

In a skillet, cook bacon until crisp. Remove bacon to paper towels. Drain, reserving 1 tablespoon drippings. Stir flour into drippings until smooth. In a large bowl, beat egg; add water, vinegar, sugar, salt and pepper. Slowly pour into skillet. Bring to a boil; boil for 2 minutes, stirring constantly. Place spinach in a bowl. Remove dressing from the heat; stir in reserved bacon. Immediately spoon desired amount over spinach; add croutons and toss to coat. Serve warm. Store leftover dressing in the refrigerator for up to 2 days. Before serving, reheat over low heat just until heated through.

German Wurst Salad

Ingredients

1 (3 pound) German bologna block
1/2 teaspoon minced fresh chives
1/2 teaspoon minced fresh parsley
1/2 teaspoon minced garlic
1 small onion, finely chopped
1 tomato, thinly sliced
4 Polskie Ogorki (Polish Dill Pickles)
1/2 cup distilled white vinegar
2 tablespoons vegetable oil

Directions

Slice the bologna into 1/4 inch thick slices, and then into 1/4 inch strips going down the entire length of the block. It should look like big spaghetti. Place in a serving bowl.

In a medium bowl, whisk together the vinegar and oil. Stir in the garlic, onion, tomato, chives and parsley. Slice the pickles lengthwise into spears, and add them to the dressing. Pour over the bologna, and stir to coat. Cover and refrigerate for 2 hours before serving. Serve cold.

Chicken Salad Al La Barbara

Ingredients

4 cups cooked pasta, shape of your choice
2 cups cubed, cooked chicken meat
5 stalks celery, diced
2 large apples - peeled, cored and chopped
1 cup seedless grapes, halved
1 (20 ounce) can pineapple tidbits, drained
1 (11 ounce) can mandarin oranges, drained
3/4 cup mayonnaise
2 tablespoons milk
1 tablespoon white sugar
1/2 teaspoon salt
1 pinch ground black pepper
1 pinch ground nutmeg

Directions

Chill pasta and chicken thoroughly.

Mix chicken, celery, apples, grapes, pineapple, mandarin oranges and pasta in large bowl.

Mix the mayonnaise, milk, sugar, salt, dash of pepper and a dash of nutmeg.

Combine mayonnaise and chicken mixtures and toss. Store in the refrigerator.

Fruit 'N' Feta Tossed Salad

Ingredients

CREAMY RASPBERRY VINAIGRETTE:
1 (10 ounce) package frozen sweetened raspberries, thawed
1 cup reduced-fat plain yogurt
2 tablespoons cider vinegar
1/2 teaspoon dried tarragon
SALAD:
9 cups torn mixed salad greens
1 1/2 cups shredded carrots
2 Red Delicious apples, chopped
1 Golden Delicious apple, cored and chopped
3/4 cup crumbled feta cheese

Directions

Strain raspberries, reserving juice; discard seeds and pulp. In a small bowl, whisk the yogurt, vinegar, tarragon and raspberry juice until smooth. In a large bowl, toss the salad greens, carrot and apples. Sprinkle with feta cheese. Serve with dressing.

Taco Salad with Ranch Dressing

Ingredients

1 pound skinless, boneless chicken breast meat
1 teaspoon chili powder
1 pound lettuce, chopped
3/4 (8 ounce) jar medium salsa
1 (8 ounce) bottle Ranch-style salad dressing
1 cup shredded Cheddar cheese
1/4 cup shredded Monterey Jack cheese
1/4 cup chopped black olives
1 cup crushed tortilla chips

Directions

Cook the chicken breasts in a medium skillet over medium high heat for 12 to 16 minutes, or until chicken is cooked though and juices run clear. Let cool slightly then slice into strips.

In a large bowl, toss together the chicken, chili powder, lettuce, salsa, dressing, Cheddar, Monterey Jack, olives and tortilla chips until evenly coated. Chill until ready to serve.

Seedless Summer Salad

Ingredients

4 tomatoes, seeded and diced
1 cucumber, seeded and chopped
1 Granny Smith apple, cored and diced
1 (6 ounce) can tuna, drained and flaked
3 tablespoons prepared basil pesto

Directions

In a medium bowl, toss together the tomatoes, cucumber, apple and tuna. Stir in the basil pesto until everything is evenly coated. Serve immediately, or chill until serving.

Blue Cheese and Dried Cranberry Tossed Salad

Ingredients

4 hearts of romaine lettuce, chopped
1/2 English cucumber, sliced
3/4 cup grape tomatoes, halved
1/2 cup chopped toasted pecans
1/2 cup dried cranberries
1/2 cup crumbled blue cheese
3/4 cup balsamic vinaigrette

Directions

Layer the romaine lettuce with the cucumber, grape tomatoes, pecans, cranberries, and blue cheese in a large salad bowl. Dress the salad with the balsamic vinaigrette before serving.

Cheesy BLT Salad

Ingredients

3 cups torn mixed salad greens
8 cherry tomatoes, halved
6 bacon strips, cooked and crumbled
3 tablespoons chopped sweet pickles
1/4 cup cubed Monterey Jack cheese
1/4 cup mayonnaise
1/2 cup French salad dressing

Directions

In a salad bowl, toss the greens, tomatoes, bacon, pickles and cheese. In a small bowl or pitcher, combine mayonnaise and French dressing; serve with the salad.

Citrus Salad

Ingredients

1 lime - zested, peeled, and sliced
1 mandarin orange (tangerine) - zested, peeled, and sectioned
1 navel orange, peeled and sectioned
1 grapefruit, peeled and sectioned
1 bulb shallots, diced
1 tablespoon lemon juice
1 tablespoon olive oil
1/2 teaspoon salt
1 head romaine lettuce, torn

Directions

Place lime slices, tangerine sections, navel orange, and grapefruit in a bowl. In a separate bowl, mix the lime zest, mandarin orange zest, shallots, lemon juice, olive oil, and salt. Pour over the fruit. Arrange dressed fruit atop romaine lettuce to serve.

Deb's Mac Salad

Ingredients

2 cups macaroni
1 small onion, chopped
1 green bell pepper, chopped
1 carrot, grated
1/4 cup mayonnaise
1/4 cup Ranch-style salad dressing

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Rinse with cold water and place in large bowl.

Add onion, pepper and carrot to bowl with pasta. Toss with mayonnaise and ranch-style dressing. Adjust mayonnaise and dressing to taste. Serve.

Roasted Sweet Potato and Rocket Salad

Ingredients

1 tablespoon olive oil
salt and ground black pepper to taste
4 sweet potatoes, peeled and cut into wedges
2 red bell peppers, halved and seeded

1 clove garlic
1 shallot
1 tablespoon lemon juice
1 teaspoon Dijon mustard
1 dash hot pepper sauce (such as Tabasco®)
1 teaspoon salt
ground black pepper to taste
1/2 cup extra virgin olive oil
1/2 cup walnut oil

1/2 pound baby arugula leaves
1 (2 inch) piece Parmigiano-Reggiano cheese

Directions

Preheat an oven to 425 degrees F (220 degrees C).

Whisk the 1 tablespoon olive oil, salt, and pepper together in a bowl; toss the sweet potato wedges with the olive oil to coat. Place the bell pepper halves with their cut-sides down onto a baking sheet; arrange the sweet potato wedges around the peppers.

Roast in the preheated oven until the potatoes are slightly charred and crispy and the the bell pepper skin is blistered, about 45 minutes. Shake the pan once mid-way through the cooking time to keep the mixture from sticking to the pan. Set the potato wedges aside to cool. Place the pepper halves into a bowl and cover with plastic wrap; allow to sweat until cool, about 20 minutes. Peel the skin from the peppers and discard.

Mince the garlic and shallot together in a food processor. Add the peeled peppers, lemon juice, mustard, hot sauce, salt, and pepper; puree until smooth. Slowly stream the 1/2 cup olive oil and the walnut oil into the mixture as it blends. Transfer to a large bowl; add the arugula leaves and toss to coat.

Divide the potato wedges between 4 salad plates; top the wedges with equal amounts of the dressed arugula leaves. Shave the Parmigiano-Reggiano cheese over the salads to serve. Serve immediately.

Carrot Salad

Ingredients

3 cups julienned carrots
1 (20 ounce) can pineapple tidbits, drained
1 cup miniature marshmallows
1/2 cup raisins
1/2 cup diced celery (optional)
2/3 cup creamy salad dressing
2 teaspoons white sugar

Directions

In a large bowl, toss together the carrots, pineapple, marshmallows, raisins and celery.

Whisk together the salad dressing and sugar; pour over salad and toss. Chill for at least 12 hours.

Strawberry Broco-Flower Salad

Ingredients

1 1/2 cups chopped fresh broccoli
1 1/2 cups chopped fresh cauliflower
1/2 cup shredded carrot
5 fresh strawberries, sliced
1/4 cup slivered almonds
1/4 cup raspberry vinaigrette

Directions

Combine the broccoli, cauliflower, carrot, strawberries, almonds, and vinaigrette in a large bowl; toss to coat evenly. Serve immediately.

Bean Salad

Ingredients

1 (14.5 ounce) can black beans
1 (14.5 ounce) can dark red kidney beans
1 (15 ounce) can garbanzo beans
1 (14.5 ounce) can pinto beans
1 (10 ounce) package frozen corn kernels, thawed
1 tablespoon vegetable oil
1 teaspoon cumin
2 tablespoons chili powder
1 teaspoon lime juice
1 (8 ounce) jar chunky salsa
1 pinch dried parsley

Directions

Pour beans into a colander, and rinse under running water.

In a large mixing bowl, toss beans and corn together with oil, cumin, chili powder, lime juice, and salsa. Sprinkle with parsley, cover, and chill.

Garden Potato Salad

Ingredients

6 large potatoes, cooked, peeled and cubed
4 hard-cooked eggs, sliced
2 celery ribs, sliced
6 green onions with tops, sliced
6 radishes, sliced
1 teaspoon salt
1/2 teaspoon pepper
DRESSING
3 eggs, beaten
1/4 cup vinegar
1/4 cup sugar
1/2 teaspoon dry mustard
1/2 teaspoon salt
1 cup mayonnaise or salad dressing

Directions

In a large bowl, combine potatoes, eggs, celery, green onions, radishes, salt and pepper; set aside. For dressing, combine eggs, vinegar, sugar, dry mustard and salt in a saucepan. Cook and stir over medium heat until thickened. Cool. Stir in mayonnaise; mix well. Pour over potato mixture; toss to coat. Refrigerate for several hours.

Asian Cucumber Thai Salad

Ingredients

1/3 cup distilled white vinegar
1/3 cup white sugar
1/2 teaspoon ground coriander
1/2 teaspoon crushed red pepper flakes
1/2 teaspoon salt
2 pounds cucumbers - halved, seeded, and sliced
1/2 cup finely chopped red onion
2 roma (plum) tomatoes, chopped
2 tablespoons chopped fresh cilantro
2 tablespoons chopped fresh mint
1/4 cup chopped roasted peanuts
fresh mint sprigs (optional)

Directions

Whisk together the vinegar, sugar, coriander, red pepper flakes, and salt in a salad bowl until the sugar is dissolved. Stir in the cucumbers, onion, tomatoes, cilantro, and chopped mint, and toss to coat with dressing. Cover and refrigerate for 1 hour to blend the flavors.

Before serving, toss again with chopped peanuts, and garnish with sprigs of fresh mint.

Apple Lettuce Salad

Ingredients

1/2 cup unsweetened apple juice
2 tablespoons lemon juice
2 tablespoons cider vinegar
2 tablespoons vegetable or canola oil
4 1/2 teaspoons brown sugar
1 teaspoon Dijon mustard
1/4 teaspoon pepper
1/8 teaspoon salt
1/8 teaspoon ground cinnamon
1 dash ground nutmeg
1 medium red apple, chopped
1 green apple, chopped
6 cups torn green leaf lettuce
6 cups torn red leaf lettuce

Directions

In a large salad bowl, whisk the first 10 ingredients until blended. Add apples; toss to coat. Place lettuce over apple mixture (do not toss). Refrigerate; toss just before serving.

Strawberry Pretzel Salad

Ingredients

3/4 cup butter, softened
3 tablespoons brown sugar
2 1/2 cups crushed pretzels
1 (6 ounce) package strawberry flavored gelatin
2 cups boiling water
3 cups strawberries, chilled
1 (8 ounce) package cream cheese
1 cup white sugar
1 (8 ounce) container frozen whipped topping, thawed

Directions

Preheat oven to 350 degrees F (175 degrees C).

Cream butter or margarine with the brown sugar. Mix in the pretzels and pat mixture into the bottom of one 9x13 inch baking pan. Bake at 350 degrees F (175 degrees C) for 10 to 12 minutes. Set aside to cool.

In a medium bowl, dissolve the gelatin in the boiling water and stir in the strawberries. Chill until partially thickened.

In a small bowl beat the cream cheese and white sugar together until smooth. Fold in the whipped cream. Spread mixture over the top of the cooled crust, making sure to seal the edges. Chill then pour the gelatin mixture over he cream cheese layer. Chill until firm.

Tomato Tang Salad Dressing

Ingredients

1 cup chopped fresh tomato
1/3 cup red wine vinegar
1 dash Worcestershire sauce
1 teaspoon ketchup
2 teaspoons Dijon mustard
1 tablespoon minced fresh basil
1 tablespoon minced fresh thyme

Directions

Place tomato, vinegar, Worcestershire sauce, ketchup, mustard, basil, and thyme in a small bowl. Mix thoroughly, cover, and refrigerate until serving.

Dilled Shrimp Salad

Ingredients

3 pounds cooked shrimp - peeled and deveined
2 lemons, juiced
1 lime, juiced
2 stalks celery, chopped
3 green onions, chopped
1 tablespoon chopped fresh dill weed
1 cup mayonnaise
ground black pepper to taste

Directions

Chop cooked shrimp into small pieces and place in a large bowl; squeeze lemon and lime juice over shrimp.

Add chopped celery, green onions, dill, mayonnaise and pepper; mix well.

Refrigerate for 2 hours to allow flavors to combine; bring to room temperature for 15 minutes before serving.

Deb's Cranchick Salad

Ingredients

4 skinless, boneless chicken breast halves, chopped
2 tablespoons olive oil
3 stalks celery, chopped
1/2 cup chopped walnuts
1/2 cup dried cranberries
1/4 cup chopped red onion
1 cup mayonnaise
3 tablespoons balsamic vinegar
salt and pepper to taste
1/2 lemon, juiced
8 leaves spinach - rinsed, stemmed, and dried

Directions

In a large skillet, heat olive oil over medium heat. Add chopped chicken and cook until chicken is cooked through. Remove from heat and set aside to cool.

In a large bowl, stir together the celery, walnuts, cranberries, onion, mayonnaise, vinegar, salt and pepper and lemon juice. Add cooled chicken, and stir until well combined. Cover and chill about 6 hours and serve on top of spinach leaves, if desired.

Best Broccoli Salad

Ingredients

1 large head fresh broccoli
1 large head cauliflower
2 apples - peeled, cored and chopped
1 (11 ounce) can mandarin oranges, drained
1/3 cup sunflower seeds
1 (16 ounce) bottle Catalina salad dressing

Directions

Cut broccoli and cauliflower into small to medium florets; combine with apples and oranges.

Pour enough dressing over ingredients to coat; toss and sprinkle with sunflower seeds. Serve immediately or allow to chill and flavors to blend.

Caesar Chicken Potato Salad

Ingredients

4 cups quartered small white or red potatoes
3/4 pound skinless, boneless chicken breast halves - cubed
1 tablespoon vegetable oil
1 (10 ounce) package mixed salad greens
1 small red onion, sliced and separated into rings
3/4 cup Caesar salad dressing
1/3 cup croutons
2 tablespoons shredded Parmesan cheese

Directions

Place potatoes in a large saucepan and cover with water. Cover and bring to a boil over medium-high heat; cook for 15-20 minutes or until tender. Meanwhile, in a skillet, saute chicken in oil for 5-10 minutes or until tender. Meanwhile, in a skillet, saute chicken in oil for 5-10 minutes or until juices run clear. Drain potatoes; add to chicken.

Place greens and onion in a serving bowl. Top with chicken mixture. Drizzle with dressing; sprinkle with croutons and Parmesan cheese. Serve immediately.

Orange and Onion Salad

Ingredients

6 large oranges
3 tablespoons red wine vinegar
6 tablespoons olive oil
1 teaspoon dried oregano
1 red onion, thinly sliced
1 cup black olives
1/4 cup chopped fresh chives
ground black pepper to taste

Directions

Peel the oranges and cut each one into 4 or 5 crosswise slices. Transfer them to a shallow serving dish and sprinkle them with the vinegar, olive oil, and oregano. Toss gently, cover, and refrigerate for 30 minutes.

Toss the oranges again, arrange the sliced onion and black olives over them decoratively, sprinkle with chives and grind on fresh pepper.

Indian-Inspired Egg Salad

Ingredients

2 tablespoons vegetable oil
1/2 small red onion, in small dice
1 jalapeno, seeded and minced
1/4 teaspoon ginger
1/4 teaspoon turmeric
1/8 teaspoon cayenne pepper
6 hard-cooked eggs, peeled and cut into large dice
1 small tomato, cut into small dice
2 tablespoons chopped fresh cilantro
Salt, to taste

Directions

Heat oil in a non-stick skillet over medium-high heat. Saute onion until tender, about 4 minutes. Add jalapeno, ginger, turmeric and cayenne; saute until fragrant, about 1 minute. Add eggs, stirring constantly to blend flavors, about 2 minutes. Off heat, stir in tomato, cilantro, and salt. Serve warm, at room temperature or chilled.

Ranch Chicken Salad

Ingredients

1 pound boneless skinless chicken breasts, cut into 1/4-inch strips
2 teaspoons chili powder
1 tablespoon vegetable oil
1 (16 ounce) package ready-to-serve salad
1 cup shredded Cheddar cheese
3/4 cup Ranch salad dressing
3/4 cup salsa
1/2 cup crushed corn or tortilla chips

Directions

Sprinkle chicken with chili powder. in a skillet, cook chicken in oil for 6 minutes or until the juices run clear. Meanwhile, place salad greens in a large bowl or on individual plates. Top with cheese and chicken. Combine salad dressing and salsa; drizzle over chicken. Top with chips.

Fabulous Spinach Salad

Ingredients

1 bunch fresh spinach - torn, washed and dried
10 fresh mushrooms, sliced
1 onion, thinly sliced
4 eggs
4 tomatoes, chopped
sea salt to taste
1/3 cup olive oil
1/8 cup rice wine vinegar

Directions

Place eggs in a saucepan and cover with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

Combine the spinach, mushrooms, onion, eggs and tomatoes; toss together and sprinkle with salt.

Whisk together the oil and vinegar. Pour over salad and toss to coat.

Dana's Taco Salad

Ingredients

1/2 cup dry lentils
1 cup water
1/2 pound ground turkey
1 cup water
1 (1.25 ounce) package taco seasoning mix
1 head iceberg lettuce, chopped
1 avocado - peeled, pitted and diced
1 tomato, diced
1 (15 ounce) can pitted black olives, chopped
1 (15 ounce) can kidney beans, drained and rinsed
1/3 cup Catalina salad dressing

Directions

Place lentils and water in a pot. Bring water to boil, reduce to simmer. Cook for 30 minutes or until tender.

Cook the turkey in a skillet over medium heat until no longer pink, 8 to 12 minutes. Stir the cooked lentils, 1 cup of water, and the taco seasoning mix into the turkey. Bring mixture to a boil; reduce heat to low and simmer until liquid is nearly gone, about 5 minutes.

Combine the lettuce, avocado, tomatoes, olives, kidney beans, lentil-and-turkey mixture, and Catalina dressing in a large bowl and toss until combined.

Green with Envy Salad Dressing

Ingredients

1/2 cup applesauce
1 tablespoon Dijon mustard
1 teaspoon dried basil
1 teaspoon red pepper flakes
1 teaspoon ground cumin
1/4 teaspoon salt
3/4 cup reduced-fat sour cream
1/2 cup chopped fresh parsley
1/2 cup grated Parmesan cheese
1 tablespoon mayonnaise
1/8 teaspoon ground cinnamon

Directions

Place applesauce, Dijon mustard, basil, red pepper flakes, cumin, salt, sour cream, parsley, Parmesan cheese, mayonnaise, and cinnamon in a food processor or blender. Blend until smooth. Refrigerate until ready to serve.

Pineapple Cheese Salad

Ingredients

1 (15 ounce) can pineapple chunks
1 pound processed American cheese, cubed
1 egg
3/4 cup white sugar
2 tablespoons all-purpose flour

Directions

Into a medium saucepan drain the juice from the pineapple. To the juice add egg, sugar and flour. Cook over medium heat, stirring constantly, until thickened. Let cool.

In a medium bowl combine pineapple chunks and cheese.

Pour the cooled juice mixture over the pineapple and cheese; mix well.

Japanese Ginger Salad Dressing

Ingredients

1 cup olive oil
1/4 cup soy sauce
1 lemon, juiced
3 cloves garlic, minced
3 tablespoons minced fresh ginger root
1 teaspoon prepared Dijon-style mustard
2 teaspoons honey
ground black pepper to taste

Directions

In a small bowl, whisk together the soy sauce, lemon juice, garlic, ginger, mustard, honey and pepper. Once these are thoroughly combined, add the oil in a steady stream, whisking constantly. When all of the oil is incorporated into the dressing, pour into a glass jar and chill until serving.

Thai-Inspired Confetti Salad

Ingredients

1 Roma tomato, chopped
1 1/2 cups fresh green beans, cut into 1/2 inch pieces
1 cucumber, cut into 1/2 inch cubes
1 1/2 cups cubed papaya
2 cloves cloves garlic, minced
1 fresh Thai or Serrano chile, finely minced
1 lemon, juiced
2 limes, juiced
2 tablespoons fish sauce
1 tablespoon white sugar
1/2 cup roasted peanuts, chopped
1/4 cup cilantro leaves, chopped

Directions

Combine tomato, beans, cucumber, and papaya in a large bowl. Toss with garlic and chile pepper.

Stir together lemon juice, lime juice, fish sauce, and sugar in a small bowl. Pour over papaya mixture and toss. Sprinkle peanuts and cilantro on top and serve.

Kecia's Broccoli Salad

Ingredients

1 head fresh broccoli, florets only
1 pound sliced bacon
1 bunch green onions, chopped
1 cup raisins
1 cup unsalted peanuts
3 tablespoons cider vinegar
1/2 cup white sugar
1/2 cup mayonnaise

Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside to cool. In a large bowl toss the broccoli florets, bacon, green onions, raisins and peanuts together.

In a small bowl whisk the vinegar, sugar and mayonnaise together. Pour half of the dressing over the broccoli mixture and refrigerate. Let marinate overnight. Just before serving top with remaining dressing.

Apple, Brie, and Walnut Salad

Ingredients

2 red apples, cored and thinly sliced
1/2 cup balsamic vinaigrette
3 cups spring mix salad greens
1/2 cup sliced Brie cheese
1/3 cup toasted walnut pieces

Directions

Toss the apple slices with the vinaigrette in a bowl until evenly coated; add the greens and toss again; top with the Brie and walnuts just before serving.

Chicken, Avocado and Mango Salad

Ingredients

2 tablespoons brown sugar
1/4 cup water
1/3 cup lime juice
1/2 cup chili garlic sauce
4 cups shredded, cooked chicken
2 medium mangos - peeled, seeded and diced
2 avocados - peeled, pitted and diced
1 (10 ounce) package spring lettuce mix

Directions

In a saucepan over medium-high heat, stir together the brown sugar and water. Bring to a boil, then pour into a medium bowl. Stir in the garlic chili sauce and lime juice. Set the dressing aside.

In a large bowl, toss together the chicken, mangos and avocados. Arrange the spring salad mix on serving plates, then top with a few spoonfuls of the chicken mixture. Pour dressing over the top.

Random Tuna Salad

Ingredients

1 (6 ounce) can solid white tuna packed in water, drained
1 1/2 teaspoons mayonnaise
2 teaspoons brown mustard
2 tablespoons red wine vinegar, or to taste
1 medium apple (Cameo, Braeburn, Gala or Fuji) -- peeled, cored and chopped
1 tablespoon golden raisins
1/4 teaspoon cracked rainbow peppercorns
1/4 teaspoon Greek seasoning

Directions

Mash tuna together with mayonnaise, brown mustard, red wine vinegar, pepper and Greek seasoning. Fold in apple and raisins.

Fold in apple and raisins and serve on crackers, toasted whole grain bread, or wrapped in lettuce leaves.

Seafood Salad

Ingredients

1 (16 ounce) package seashell pasta
1 (6 ounce) can crabmeat
1 (6 ounce) can tuna
1 (4 ounce) can shrimp
3 carrots, grated
1 onion, grated
1 cup creamy salad dressing (e.g. Miracle Whip)
1/2 cup French dressing
1/2 cup milk
4 tablespoons white sugar

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a large mixing bowl, combine cooked pasta, crabmeat, tuna, shrimp, carrots, and onion.

In a separate small mixing bowl, combine well the creamy salad dressing, French dressing, milk, and sugar. Pour dressing mixture over pasta mixture and toss well. Refrigerate until well chilled, or overnight.

Tortellini Pesto Salad

Ingredients

1 (9 ounce) package cheese tortellini
1 small red bell pepper, julienned
3/4 cup fresh broccoli florets
1/3 cup shredded carrots
1/3 cup pitted green olives
1 clove garlic, chopped
1/2 cup mayonnaise
1/4 cup prepared basil pesto
1/4 cup milk
2 tablespoons grated Parmesan cheese
1 tablespoon olive oil
1 tablespoon distilled white vinegar
1 bunch fresh spinach leaves

Directions

Bring a large pot of lightly salted water to a boil. Place tortellini in the pot, and cook for 7 to 8 minutes, until al dente. Drain, and cool.

In a large bowl, mix the cooked tortellini, red bell pepper, broccoli, carrots, olives, and garlic.

In a separate bowl, stir together the mayonnaise, pesto, milk, Parmesan cheese, olive oil, and vinegar. Pour over the tortellini and vegetables, and gently toss to coat. Cover, and place in the refrigerator 1 hour, until chilled. Serve over spinach leaves.

Sweetheart Salad

Ingredients

2 envelopes unflavored gelatin
1/4 cup cold water
1/2 cup sugar
1 (20 ounce) can crushed pineapple, undrained
2 tablespoons lemon juice
1/4 cup maraschino cherry juice
2 (3 ounce) packages cream cheese, softened
12 maraschino cherries, quartered
2 drops red food coloring (optional)
1 (12 ounce) container frozen whipped topping, thawed
Lettuce Leaves

Directions

Soften gelatin in cold water. Meanwhile, in a saucepan, bring sugar and pineapple with juice to a boil, stirring until the sugar dissolves. Remove from the heat. Add gelatin and stir until dissolved. Add lemon and cherry juices. Cool to lukewarm. Whisk in cream cheese until thoroughly combined. Stir in the cherries and food coloring if desired. Chill until slightly thickened. Fold in whipped topping. Pour into an oiled 13-in. x 9-in. x 2-in. pan or 8-1/2-cup mold; chill until firm. Serve the mold or individual squares on lettuce-lined plates if desired.

Rainbow Pasta Salad I

Ingredients

1 (16 ounce) package tri-color rotini pasta
1/4 pound sliced pepperoni sausage
1 cup fresh broccoli florets
1 (6 ounce) can black olives, drained and sliced
1 (8 ounce) package mozzarella cheese, shredded
1 (16 ounce) bottle Italian-style salad dressing

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and rinse twice in cold water.

In a large bowl, combine cooked pasta, pepperoni, broccoli, olives, cheese and dressing.

Refrigerate for at least 1 hour before serving.

Sunshine State Salad

Ingredients

1 (3 ounce) package lemon gelatin
1 cup boiling water
1 (8 ounce) can pineapple chunks, undrained
1 large grapefruit - peeled, sectioned and diced
1 medium apple, peeled and chopped
1/4 cup chopped pecans

Directions

In a bowl, dissolve gelatin in boiling water. Drain pineapple, reserving juice; set pineapple aside. Add cold water to juice to measure 1 cup; stir into gelatin mixture. Chill until partially set. Stir in grapefruit, apple, pecans and pineapple; pour into a 1-1/2-qt. bowl. Chill until firm.

Southern Potato Salad

Ingredients

4 potatoes
4 eggs
1/2 stalk celery, chopped
1/4 cup sweet relish
1 clove garlic, minced
2 tablespoons prepared mustard
1/2 cup mayonnaise
salt and pepper to taste

Directions

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes; drain and chop.

Place eggs in a saucepan and cover with cold water. Bring water to a boil; cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water; peel and chop.

In a large bowl, combine the potatoes, eggs, celery, sweet relish, garlic, mustard, mayonnaise and salt and pepper. Gently mix together and serve warm.

Grilled Fruit Gorgonzola Salad

Ingredients

1/3 ripe pineapple, peeled, cored, and cut into 1-inch pieces
2 firm ripe peaches or nectarines
1 Anjou pear
1 tablespoon oil
Freshly ground black pepper
1/3 pound crumbled Gorgonzola cheese
15 leaves fresh basil, chopped
10 sprigs Italian flat leaf parsley, chopped
2 cups arugula leaves, chopped
1 tablespoon olive oil (optional)

Directions

Preheat an outdoor grill for medium heat and lightly oil grate.

Cut the peaches in half, removing the pit. Keeping the skin on the pear, cut straight down one side, then the opposite, leaving the core. Cut the two remaining sides off of the core (the pieces will not be even).

Brush a small amount of oil on the pineapple, peaches, and pear to prevent them from sticking to the grill. Sprinkle all sides of the fruit with pepper. Place the fruit flesh side down on the grill and cook for 10 minutes, turning as needed, until soft and caramelized.

When the fruit is cooked, remove from the grill and place on a serving platter. Sprinkle with crumbled cheese and top with chopped basil, parsley and arugula. Drizzle with olive oil if desired. Serve hot.

Vegetable Pasta Salad II

Ingredients

1 zucchini, cubed
1 eggplant, cubed
1 onion, chopped
1 green bell pepper, chopped
1 clove minced garlic
2 tablespoons olive oil
1 (12 ounce) package rotini/corkscrew pasta
2 chopped tomatoes
3 ounces diced feta cheese
1 cup Italian-style salad dressing

Directions

Preheat oven to 350 degrees F (175 degrees C).

Combine zucchini, eggplant, onion, bell pepper and garlic in a baking dish. Toss with olive oil. Bake for about 20 minutes. Remove from oven and cool.

Bring a large pot of lightly salted water to a boil. Add rotini pasta and cook for 8 to 10 minutes or until al dente; drain and rinse with cold water.

In a bowl combine vegetable mixture, cooled pasta, tomatoes, Feta cubes, and salad dressing; toss until well mixed.

Goddess Beet Salad

Ingredients

2 tablespoons olive oil
1/4 cup chopped garlic
1/3 cup chopped onion
1 (4 ounce) container crumbled feta cheese
2 (8 ounce) cans sliced beets, drained and diced
salt and ground black pepper to taste

Directions

Heat the olive oil in a skillet over medium heat; cook and stir the garlic and onion in the oil until translucent; scrape the mixture onto a plate, and place in the refrigerator to cooled to room temperature. Once cooled, stir the feta cheese into the garlic and onion mixture.

Arrange the beets on a serving plate; top with garlic, onion, and feta cheese mixture; season with salt and pepper.

Apple Broccoli Salad

Ingredients

6 medium tart apples, chopped
3 cups broccoli florets
1 small onion, chopped
1/2 cup raisins
1 1/2 cups mayonnaise
2 tablespoons white vinegar
1 1/2 teaspoons sugar
1/2 teaspoon lemon juice
1/2 teaspoon salt
10 bacon strips, cooked and crumbled
1/2 cup coarsely chopped walnuts

Directions

In a large bowl, combine the apples, broccoli, onion and raisins. In a small bowl, combine the mayonnaise, vinegar, sugar, lemon juice and salt; pour over apple mixture and toss to coat. Cover and chill for at least 2 hours. Just before serving, stir in the bacon and walnuts.

Sweet and Sour Salad Dressing

Ingredients

3/4 cup white sugar
1/4 cup apple cider vinegar
1 tablespoon Worcestershire sauce
1 cup minced onion
1/3 cup ketchup
1 cup vegetable oil

Directions

Stir together sugar, vinegar, Worcestershire sauce, onion, and ketchup until the sugar has dissolved. Whisk the vegetable oil into the onion mixture until incorporated. Cover and refrigerate 1 hour; shake well before using.

Summertime Salad with Honey Dressing

Ingredients

4 cups cubed cooked chicken
1 1/2 cups fresh peaches, pitted and chopped
1 1/2 cups fresh pineapple chunks
1 cup sliced fresh strawberries
1 cup chopped celery
3/4 cup slivered almonds
1/2 cup chopped red onion
HONEY DRESSING:
1 cup mayonnaise
3/4 cup peach preserves or orange marmalade
1 tablespoon honey
2 teaspoons Dijon mustard
1/2 teaspoon salt

Directions

In a large bowl, combine chicken, fruit, celery, almonds and onion. Mix dressing ingredients in a small bowl. Pour about 1/2 cup (just enough to moisten) over chicken mixture; toss to coat. Cover and chill salad and leftover dressing for several hours. Add remaining dressing just before serving.

Hot 'n' Spicy Buffalo Chicken Salad

Ingredients

1/4 cup crumbled blue cheese
1/2 cup Ranch-style salad dressing
3 large skinless, boneless chicken breast halves - cut into 1 inch cubes
salt and pepper
1 tablespoon vegetable oil
2 tablespoons butter
1/4 cup Louisiana-style hot sauce
1 tablespoon salad seasoning mix (such as McCormick® Salad Supreme Seasoning)
2 heads romaine lettuce, chopped

Directions

In a small bowl, combine crumbled blue cheese and Ranch-style dressing; set aside. Season cubed chicken with salt and pepper.

Heat a large skillet over high heat, and pour in the vegetable oil. Just before the oil starts to smoke, add the chicken. Cook to brown evenly, about 3 minutes. Reduce heat to low, and add butter, hot sauce, and salad seasoning mix. Simmer until chicken is cooked through, about 5 minutes.

Toss together the lettuce and Ranch-style dressing mixture in a large bowl. Top salad with chicken, and serve.

Pepperoni Caesar Salad

Ingredients

3 cups torn lettuce
1/2 cup sliced pepperoni
1 small tomato, seeded and chopped
1/2 cup cubed avocado
2 hard-cooked eggs, sliced
3/4 cup croutons
1/4 cup Caesar salad dressing
Shredded Parmesan cheese

Directions

On two salad plates, arrange the lettuce, pepperoni, tomato, avocado, eggs and croutons. Drizzle with salad dressing; sprinkle with Parmesan cheese.

Pesto Tuna Salad with Sun-Dried Tomatoes

Ingredients

1 (6 ounce) can canned tuna
1/4 cup prepared basil pesto sauce
6 oil-packed sun-dried tomatoes, drained and diced
2 tablespoons mayonnaise
2 tablespoons grated Parmesan cheese

Directions

In a bowl, mix the tuna, pesto, sun-dried tomatoes, mayonnaise, and Parmesan cheese. Cover, and refrigerate until ready to serve.

Warm Sweet Potato Salad

Ingredients

6 large sweet potatoes, peeled and diced
4 large baking potatoes, peeled and diced
1/2 cup mayonnaise
1/4 cup Dijon mustard
1/3 cup balsamic vinegar
1 teaspoon ground turmeric
1 tablespoon chopped chives
salt and ground black pepper to taste
2 slices crisply cooked bacon, crumbled
2 green onions, finely chopped
1 red onion, finely chopped

Directions

Place the diced sweet potatoes and potatoes in a Dutch oven, cover with water, and bring to a boil. Boil until the potatoes are fork tender, but not mushy, about 20 minutes. Drain and cool the cooked potatoes slightly.

Meanwhile, mix together the mayonnaise, mustard, balsamic vinegar, turmeric, chives, salt and pepper in a large bowl. Add the bacon, green onions, red onion and cooked potatoes and toss to coat. Serve garnished with extra chives or green onion.

Holly's Smoked Salmon Pasta Salad

Ingredients

1 (8 ounce) package farfalle (bow tie) pasta
2 tablespoons extra virgin olive oil
1/2 pound cucumber, sliced
8 ounces smoked salmon, chopped
1 large tomato, sliced
1 small red bell pepper, julienned
salt and freshly ground black pepper to taste
1/2 cup shredded Monterey Jack cheese, divided
1/2 cup fat free blue cheese salad dressing

Directions

Bring a large pot of lightly salted water to a boil, and add farfalle pasta. Cook until al dente, 8 to 10 minutes. Drain, and rinse under cold water. Transfer to a serving bowl, and gently toss with the olive oil until all the pasta is coated. Cover, and chill at least 30 minutes.

Arrange the cucumber slices around the edges of the pasta. Top pasta with smoked salmon, tomato, and red bell pepper. Season with salt and pepper. Top with Monterey Jack cheese and salad dressing to serve.

Waldorf Cabbage Salad

Ingredients

1/4 head savoy cabbage, thinly sliced
4 apples, cored and diced with peel
1/2 cup finely chopped walnuts
6 stalks celery, diced
1/3 cup mayonnaise
1 tablespoon white sugar
1/2 teaspoon salt

Directions

Use a chef's knife to slice cabbage into thin pieces 1 to 2 inches long. Do not use the large ribs of the cabbage, as they are too strongly flavored.

In a large bowl, toss together the cabbage, apples, walnuts, celery, mayonnaise, sugar and salt until evenly coated. Serve immediately or store in the refrigerator for up to one day.

Tater Tot Taco Salad

Ingredients

2 cups frozen miniature tater tots
1/2 pound ground beef
2 tablespoons taco seasoning
1/2 cup shredded Cheddar cheese
1/4 cup sliced ripe or stuffed olives
1 cup shredded lettuce
2 tablespoons taco sauce
1/4 cup sour cream

Directions

Bake Tater Tots according to package directions. Meanwhile, in a large skillet, cook beef over medium heat until no longer pink; drain. Stir in taco seasoning. Divide Tater Tots between two serving plates or bowls. Top with taco mixture, cheese, olives, lettuce, taco sauce and sour cream.

Broccoli Salad II

Ingredients

5 cups fresh chopped broccoli
1 pound bacon - cooked and crumbled
1 cup raisins
1 cup mayonnaise
1/2 cup white sugar
2 tablespoons white wine vinegar

Directions

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

In a large bowl, combine the broccoli, bacon and raisins.

Whisk together the mayonnaise, sugar and vinegar. Pour dressing over broccoli mixture, toss and refrigerate.

Mom's Russian Potato Salad

Ingredients

5 small beets
2 potatoes
1 carrot, peeled
1/4 cup chopped onion
1 dill pickle, chopped
1/2 cup sauerkraut, drained
3 tablespoons olive oil
salt to taste

Directions

Place the beets, potatoes, and carrot into a saucepan, fill with water, and bring to a boil. Reduce heat and simmer until tender, about 20 minutes. Remove vegetables and allow to cool; peel the beets and potatoes. Dice the beets, potatoes, and carrot, and place into a salad bowl. Stir in onion, pickle, sauerkraut, olive oil, and salt. Chill the salad for 2 to 3 hours; serve cold.

Vermicelli Chicken Salad

Ingredients

1 (6.9 ounce) package chicken-flavored rice and vermicelli mix
2 cups cubed cooked chicken breast
1 1/2 cups mayonnaise
1 (6.5 ounce) jar marinated artichoke hearts, drained and chopped
1/2 cup finely chopped onion
1 (2.25 ounce) can sliced ripe olives, drained
1/2 teaspoon lemon-pepper seasoning

Directions

Cook rice mix according to package directions. Stir in the chicken, mayonnaise, artichokes, onion, olives and lemon-pepper. Cover and refrigerate until chilled.

Best Ever Tuna Salad

Ingredients

2 eggs
1 (12 ounce) can white tuna
1 (6 ounce) can crabmeat, shredded
1/2 cup mayonnaise
1 teaspoon sour cream
1 teaspoon yellow mustard
1/2 teaspoon dried dill weed
1/8 teaspoon lemon pepper
2 tablespoons dill pickle relish
2 tablespoons sweet pickle relish
3/4 cup finely chopped onion

Directions

Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop finely.

In a mixing bowl, combine tuna, crabmeat, mayonnaise, sour cream and mustard. Stir in chopped egg, dill weed, lemon pepper, dill and sweet relish and chopped onion. Mix thoroughly.

Fried Cauliflower Salad

Ingredients

oil for deep frying
1 cup potato, cut into matchstick sized strips
2 cups small cauliflower florets
3 tablespoons tahini (sesame seed paste)
2 tablespoons olive oil (optional)
3 tablespoons plain yogurt
1 tablespoon lemon juice
1 tablespoon distilled white vinegar (optional)
1/2 teaspoon ground cumin
salt and pepper to taste
1 cup torn arugula leaves
1 cup torn lettuce leaves

Directions

Heat oil in deep-fryer to 375 degrees F (190 degrees C).

Deep fry the potato sticks until crispy and golden brown, about 4 minutes. Remove, and drain on a paper towel-lined plate. Deep fry the florets in two batches until golden brown; drain on paper towels. Allow the cauliflower to cool until it's just warm.

Stir together tahini and olive oil in a large bowl until smooth. Mix in yogurt, lemon juice, vinegar, cumin, salt, and pepper. Add cauliflower, arugula, and lettuce; toss to coat with the dressing. Place salad onto serving plates, and sprinkle with the potato sticks.

Southwestern Roasted Corn Salad

Ingredients

8 ears fresh corn in husks
1 red bell pepper, diced
1 green bell pepper, diced
1 red onion, chopped
1 cup chopped fresh cilantro
1/2 cup olive oil
4 cloves garlic, peeled and minced
3 limes, juiced
1 teaspoon white sugar
salt and pepper to taste
1 tablespoon hot sauce

Directions

Place the corn in a large pot with enough water to cover, and soak at least 15 minutes.

Preheat grill for high heat. Remove silks from corn, but leave the husks.

Place corn on the preheated grill. Cook, turning occasionally, 20 minutes, or until tender. Remove from heat, cool slightly, and discard husks.

Cut the corn kernels from the cob, and place in a medium bowl. Mix in the red bell pepper, green bell pepper, and red onion.

In a blender or food processor, mix the cilantro, olive oil, garlic, lime juice, sugar, salt, pepper, and hot sauce. Blend until smooth, and stir into the corn salad.

Nell's Cabbage Salad

Ingredients

1 medium head cabbage, shredded
1 bunch green onions, chopped
2 (3 ounce) packages chicken flavored ramen noodles
4 ounces slivered almonds, toasted
1/2 cup olive oil
2 tablespoons white sugar
3 tablespoons distilled white vinegar

Directions

In a large bowl, combine the cabbage, green onions, noodles and almonds.

Prepare the dressing by whisking together the oil, sugar, vinegar and seasoning packets. Pour over cabbage mixture and mix well to coat. Refrigerate until chilled and serve.

Picnic Pasta Salad

Ingredients

3 cups tri-color spiral pasta, cooked and drained
1 (10 ounce) package frozen corn, thawed
2 cups cherry tomatoes, halved
2 small zucchini, sliced
1 cup small pitted ripe olives
DRESSING:
1/3 cup tarragon vinegar
1/2 cup olive or vegetable oil
2 teaspoons dill weed
1 teaspoon salt
1/2 teaspoon sugar
1/2 teaspoon ground mustard
1/4 teaspoon pepper
1/4 teaspoon garlic powder

Directions

In a large bowl, toss pasta, corn, tomatoes, zucchini and olives; set aside. In a jar with tight-fitting lid, combine all of the dressing ingredients; shake well. Pour over salad; toss lightly. Cover and refrigerate at least 2 hours or overnight.

Fresh Fruit Salad Pie

Ingredients

1 (9 inch) prepared graham cracker crust
1 cup white sugar
5 tablespoons cornstarch
1/8 teaspoon salt
1 1/2 cups cold water
1 apple, cored and diced with peel
1 banana, diced
1 (15 ounce) can pineapple tidbits, drained
1/4 cup chopped pecans
1/2 teaspoon red food coloring
1/2 teaspoon fruit preserver
1 1/2 cups frozen whipped topping

Directions

In a medium saucepan combine sugar, cornstarch and salt. Pour the water into the cornstarch mixture and stir together over medium heat until it starts to boil. Continue stirring for about one minute; mixture should be thick and clear in color. Remove from heat and set aside to cool.

Mix together the apple, banana, pineapple and pecans in a medium bowl. Combine fruit with cooked mixture, adding food coloring and fruit preserver; pour into graham cracker crust. Cover and refrigerate for about an hour. Serve with whipped topping; garnish with chopped pecans if desired.

Green Grape Salad

Ingredients

4 pounds seedless green grapes
1 (8 ounce) package cream cheese
1 (8 ounce) container sour cream
1/2 cup white sugar
1 teaspoon vanilla extract
4 ounces chopped pecans
2 tablespoons brown sugar

Directions

Wash and dry grapes. In a large bowl, mix together the cream cheese, sour cream, sugar and vanilla. Add grapes and mix until evenly incorporated. Sprinkle with brown sugar and pecans, mix again and refrigerate until serving.

Asian Potato Salad

Ingredients

4 slices bacon, crisply cooked and crumbled
6 new red potatoes
1 1/3 cups mayonnaise
1 teaspoon sugar
1 tablespoon soy sauce
1 teaspoon sesame oil
1/8 teaspoon dry hot mustard
1/8 teaspoon salt
3/4 cup chopped bok choy
1 red bell pepper, seeded and diced
1/2 cup chopped green onion
1/4 cup chopped fresh cilantro

Directions

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

Meanwhile, 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 chop into bite-size chunks.

To make the dressing, mix together the mayonnaise, sugar, soy sauce, sesame oil, mustard powder, and salt.

Combine the potatoes, bacon, bok choy, red pepper, green onion and cilantro in a large bowl. Pour over dressing and mix well. Refrigerate for at least one hour to allow flavors to blend, and serve.

Taco Salad I

Ingredients

1 pound lean ground beef
1 (1.25 ounce) package taco seasoning mix
1 (16 ounce) can chili beans
1 (16 ounce) bottle French dressing
1 head iceberg lettuce
1 (14.5 ounce) package tortilla chips
2 cups shredded Cheddar cheese
1 cup chopped tomatoes
4 tablespoons sour cream
1/2 cup prepared salsa

Directions

In a large skillet over medium-high heat, brown the ground beef and drain excess fat. Stir in the taco seasoning, chili beans and French-style dressing. Fill the dressing bottle 2/3 full of water and add to the skillet. Bring to a boil, reduce heat and simmer for 15 minutes.

Crush the bag of chips, open the bag, and toss the broken chips into a large bowl with the lettuce, cheese and tomatoes. When the meat mixture is done, combine it with the lettuce, tomatoes, chips and mix well. Then, add salsa and sour cream.

California Salad Bowl

Ingredients

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
B
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

Directions

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.

Spinach Salad with Curry Vinaigrette

Ingredients

1/4 pound slab bacon
1 tablespoon curry powder
3 tablespoons red wine vinegar
1 tablespoon prepared Dijon-style mustard
9 tablespoons vegetable oil
salt and pepper to taste
12 cups flat leaf spinach - rinsed, dried and stems removed
12 fresh mushrooms, sliced

Directions

Trim the rind from the bacon and cut into 1 inch cubes. Place bacon in a large, deep skillet. Cook over medium high heat until brown and crispy. Cover and reduce heat to lowest setting to keep bacon warm.

In a small, dry skillet, toast curry powder over medium heat, stirring often, until fragrant, about 30 seconds. Remove from heat.

In a medium bowl, whisk together the vinegar and mustard. Add oil in a thin stream, whisking constantly, until the oil is completely incorporated. Add curry powder and whisk until smooth. Season to taste with salt and pepper.

In a large bowl, toss together the bacon, spinach, mushrooms and vinaigrette until evenly coated. Adjust salt and pepper to taste and serve immediately.

Pizza Salad II

Ingredients

1 (16 ounce) package small shell pasta
1 red bell pepper, chopped
1 green bell pepper, chopped
1 tomato, chopped
5 green onions, chopped
1 (4.5 ounce) can sliced mushrooms, drained
2 1/2 ounces sliced pepperoni sausage
1 (2.25 ounce) can sliced black olives, drained
2 cloves garlic, minced
1 teaspoon dried oregano
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1 cup Italian-style salad dressing
1 cup shredded mozzarella cheese
2 tablespoons grated Parmesan cheese

Directions

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, red bell pepper, green bell pepper, tomato, green onions, mushrooms, pepperoni, olives, garlic, oregano, salt and pepper. Toss together and refrigerate until chilled.

Before serving, add dressing and cheese; mix together well.

Bocconcini Salad

Ingredients

1 pound bocconcini (bite-size mozzarella balls)
8 cherry tomatoes, halved
1/2 cup chopped green bell pepper
1/2 cup chopped celery
1/2 cup Belgian endive leaves
1/2 cup coarsely chopped arugula, stems included
1 1/2 tablespoons fresh lemon juice
3 tablespoons extra virgin olive oil
salt and pepper to taste
2 tablespoons chopped fresh basil leaves

Directions

In a large salad bowl, combine the mozzarella, cherry tomatoes, bell pepper, celery, endive and arugula.

Whisk together the lemon juice and olive oil; pour over the salad and season to taste with salt and pepper. Toss until all the ingredients are thoroughly coated with the dressing. Sprinkle the basil over the salad and serve immediately.

Nana's Fruit Salad

Ingredients

1 (15.25 ounce) can fruit cocktail, juice reserved
2 (11 ounce) cans mandarin oranges, drained
3 apples, cored and diced with peel
2 Bartlett pears, cored and diced
2 bananas
1 cup chopped pecans
1 (8 ounce) package cream cheese
2 teaspoons lemon juice

Directions

In a large bowl combine fruit cocktail, mandarin oranges, apples, pears, and pecans.

In a small mixing bowl, mix cream cheese and lemon juice. Add enough fruit cocktail juice to achieve a smooth and creamy consistency.

Fold the cream cheese mixture into the fruit mixture and toss. Cover and chill for 1 hour before serving. Prior to serving slice bananas, add to fruit salad and toss again.

Greek Chicken Salad

Ingredients

2 cups cubed, cooked chicken meat
1/2 cup sliced carrots
1/2 cup sliced cucumber
1/4 cup sliced black olives
1/4 cup crumbled feta cheese
1/4 cup Italian-style salad dressing

Directions

In a large bowl combine the chicken, carrots, cucumber, olives and cheese. Gently mix together. Add the salad dressing and mix well.

Cover and refrigerate. Let flavors marinate for at least 1 hour. Serve on a bed of lettuce if desired.

Rainbow Salad

Ingredients

1 (3 ounce) package black cherry flavored gelatin mix
1 (3 ounce) package cherry flavored gelatin
1 (3 ounce) package lime flavored gelatin mix
1 (3 ounce) package lemon flavored gelatin
1 (3 ounce) package orange flavored gelatin mix
1 (3 ounce) package orange-pineapple flavored gelatin
1 (3 ounce) package strawberry flavored gelatin
9 cups boiling water
1 1/2 cups evaporated milk

Directions

In separate bowls mix the black cherry, lime, orange and strawberry flavored gelatins with 1-1/2 cups boiling water and let each cool to room temperature.

In separate bowls, prepare the cherry, lemon and orange-pineapple flavored gelatins with 1 cup boiling water and add 1/2 cup evaporated milk when each cools to room temperature.

Add the room temperature black cherry flavored gelatin to a 13x9 inch pan and refrigerate until chilled. Follow with a layer of the cherry flavor, lime flavor, lemon flavor, orange flavor, orange-pineapple flavor and strawberry flavor, allowing each layer to cool before adding the next.

Taco Salad Wrapper

Ingredients

4 Mission® Jalapeno Cheddar Wraps, warmed
1 pound ground beef, chuck, raw
1 package taco seasoning
8 tablespoons refried beans, prepared, hot
4 cups iceberg lettuce, shredded, prepared
1/2 cup pico de gallo, prepared
4 tablespoons guacamole, prepared
1/2 cup grated Mexican cheese blend, prepared

Directions

Cook 1 pound of raw ground beef and 1 package of taco seasoning per recipe instructions (follow instructions on the seasoning pack), drain and reserve hot for the recipe build.

To build 1 Taco Salad Wrap: Spread 2 tablespoons hot refried beans over the entire wrap.

Place of the heated taco seasoned ground beef over the beans, down the center of the wrap (forming a V, like at the 10 and 2 O'clock positions).

Evenly place 1 cup lettuce over the beef.

Top the lettuce with 2 tablespoon pico de gallo, 1 tablespoon guacamole and 2 tablespoon Mexican cheese blend.

Fold lower edge of wrap over the ingredients then roll the wrap into a cone shape, rolling the wrap from left to right. This will create a cornucopia with a closed end.

Repeat steps 1 through 5 with remaining 3 wraps and ingredients. Serve.

Chloe's Quick Fruit Salad

Ingredients

1 apple, cored and chopped
1 large orange, peeled, sectioned, and cut into bite-size
1/2 cup seedless grapes
1 nectarine, pitted and chopped
1/4 cup fresh orange juice
6 tablespoons plain low-fat yogurt

Directions

In a mixing bowl, combine the apple, orange, grapes and nectarine. If using a passion fruit, spoon out the flesh and chop.

Pour enough fresh juice to coat and prevent oxidation. Toss and refrigerate.

Serve with dollop of low-fat yogurt.

Fourth of July Potato Salad

Ingredients

3 pounds potatoes, peeled and diced
1/3 cup cider vinegar
2 teaspoons white sugar
1 1/2 teaspoons dry mustard
1 1/2 teaspoons salt
3/4 teaspoon ground black pepper
1/2 cup mayonnaise
1/2 cup sour cream
1/4 cup heavy cream
3/4 cup chopped onion
3 hard-cooked eggs, peeled and chopped

Directions

Bring a large pot of salted water to a boil, add the potatoes and let cook until tender. While the potatoes cook, in a large bowl, whisk together the vinegar, sugar, mustard, salt and pepper. Drain the potatoes, stir them into the vinegar mixture and let them marinate for 30 minutes to absorb the flavors.

In a small bowl, whisk the mayonnaise, sour cream and heavy cream. Fold this creamy mixture into the potato mixture along with the onions and hard-cooked eggs. Cover and chill before serving if you wish. (This salad keeps for up to 3 days in the refrigerator.)

Pasta Salad II

Ingredients

1 (16 ounce) package rotini pasta
8 ounces Monterey Jack cheese, cubed
3 3/4 teaspoons Old Bay Seasoning TM
1 cup zesty Italian dressing
1 (6 ounce) can sliced black olives
1 large cucumber, chopped

Directions

Cook rotelle pasta in boiling salted water until al dente. Rinse with cool water, and drain well.

In a large bowl mix together the cubed Monterey Jack cheese, salad seasoning, black olives, and diced cucumbers.

Add the drained and cooled pasta to the large bowl, pour Italian dressing over pasta and vegetables. Mix well.

Refrigerate for several hours before serving.

Grilled Fajita Steak Salad With Pickled Pink Onions

Ingredients

3 large garlic cloves, minced
1/3 cup fresh lime juice
Salt and pepper, to taste
6 tablespoons extra-virgin olive oil
1 tablespoon ground cumin
2 pounds (1 to 1 1/4-inch-thick) New York strip or leanest rib-eye steaks
1 red bell pepper, seeded and quartered
1 yellow bell pepper, seeded and quartered
1/2 large red onion, thinly sliced
2 tablespoons rice wine vinegar
12 cups arugula or other prewashed baby greens
1/2 cup light sour cream

Directions

Mix garlic and lime juice; set aside 3 Tbs. of mixture for a post-grill marinade. For dressing, add a generous pinch of salt and pepper to the remaining lime juice mixture and slowly whisk in oil; set aside.

Mix cumin, salt and pepper in a small dish. Rub steaks on both sides with oil, and season with cumin mixture. Brush peppers with oil, then season with salt and pepper. In a small bowl, combine onion with vinegar and a pinch of salt. Set all aside.

Build a fire on only one side of grill (to conserve charcoal). When coals are covered with white ash, place steak and peppers on rack over direct heat, cover and grill until steaks are well seared, 3 to 4 minutes per side for medium to medium-rare meat.

Transfer steaks to plate and immediately drizzle with reserved lime mixture. Transfer peppers to a cutting board, and cut each quarter in thirds to get 24 pieces of pepper. Let sit 5 minutes or up to 1 hour. Thinly slice steak across grain. Toss greens with dressing. Arrange in six shallow bowls. Top with steak, peppers, pickled onions and a dollop of sour cream.

Pretty Layered Salad

Ingredients

5 cups torn fresh spinach
1/2 pound sliced bacon, cooked and crumbled
1/2 cup grated carrot
3 hard-cooked eggs, chopped
5 cups torn romaine
1 medium sweet red pepper, cut into rings
1/2 cup salad croutons
1/4 cup shredded Parmesan cheese
DRESSING:
6 tablespoons red wine vinegar
1/4 cup water
1/4 cup vegetable oil
2 tablespoons sugar
1/2 teaspoon celery salt
1/4 teaspoon salt
1/8 teaspoon pepper

Directions

In a large bowl, layer the spinach, bacon, carrot, eggs, romaine, red pepper, croutons and Parmesan cheese. In a jar with a tight-fitting lid, combine the dressing ingredients; shake until sugar is dissolved. Serve with salad.

Daddy's Molded Salad

Ingredients

1 (3 ounce) package lemon flavored gelatin
1 cup boiling water
1 cup mayonnaise
1 (16 ounce) package small curd cottage cheese
1 (15 ounce) can crushed pineapple, drained
3/4 cup chopped walnuts
1 1/2 cups miniature marshmallows
5 maraschino cherries, halved

Directions

Grease or butter one 2 quart gelatin mold pan.

In a small saucepan, bring 1 cup of water to a boil; add gelatin and mix until dissolved. Remove from heat and let cool to room temperature. Stir in mayonnaise, cottage cheese, pineapples, walnuts and marshmallows.

Pour into molded pan and chill until firm. Remove onto serving dish and garnish with halved cherries.

Fifteen Minute Macaroni & Salmon Salad

Ingredients

1 (16 ounce) package elbow macaroni
10 1/2 ounces canned peas and pearl onions, drained
2 (7 ounce) cans skinless, boneless salmon, drained and flaked
2 cups mayonnaise
1 teaspoon onion powder
1 teaspoon salt, or to taste
1 teaspoon black pepper

Directions

Bring a large pot of lightly salted water to a boil. Cook macaroni for 8 to 10 minutes, or until al dente; drain and rinse under cold water until cool.

In a large bowl, mix together macaroni, peas and onions, salmon, and mayonnaise. Season with onion powder, salt, and pepper, and mix well. Cover, and refrigerate 2 hours, or until well-chilled.

Gail's Seven Layer Salad

Ingredients

1 head lettuce
1/4 cup shredded red cabbage
3 carrots, grated
1 tomato, diced
1 avocado - peeled, pitted and diced
1 bunch green onions, chopped
1 cup pinto beans, rinsed and drained
1 (12 ounce) package tortilla chips, crushed
2 cups shredded Cheddar cheese
1 (16 ounce) bottle Ranch-style salad dressing

Directions

Chop lettuce and toss in a large bowl with grated cabbage and carrots. Spread mixture into the bottom of a 9x13 inch pan.

Evenly cover the lettuce with a layer of tomato, followed by a layer of avocado, a layer of green onion, a layer of beans and a layer of chips. Pour the dressing over all and sprinkle with the cheese. Cover and refrigerate for 30 to 45 minutes before serving.

Caron's Kickin' Quinoa Salad

Ingredients

1/2 cup uncooked quinoa
1 cup water

1/4 cup chopped celery
1/4 cup chopped onion
1/4 cup low fat mayonnaise (such as Hellman's® Light)
1 teaspoon wasabi powder
2 teaspoons lemon juice, or to taste
salt and ground black pepper to taste
1 (6 ounce) can tuna, drained

Directions

Stir the quinoa and water together in a microwave-safe bowl. Cover; cook in the microwave on High until the water has been absorbed and the quinoa is tender, about 9 minutes. Uncover and place into the refrigerator to cool.

Place the celery, onion, and mayonnaise together in a bowl. Season with wasabi, lemon juice, salt, and pepper; stir to mix. Fold in the tuna and chilled quinoa until evenly blended.

Tomozzakala Salad

Ingredients

2 large ripe red tomatoes, sliced
10 thin slices fresh mozzarella cheese
10 fresh basil leaves, chopped
10 kalamata olives
extra virgin olive oil
salt to taste
cracked black pepper to taste

Directions

Alternate and overlap the tomato slices and mozzarella cheese slices on a platter. Sprinkle the basil over the tomato and mozzarella layers. Scatter the olives over the salad. Drizzle the olive oil over everything; season with salt and pepper. Allow to sit at room temperature 15 minutes before serving.

Tuna Fish Pea Salad

Ingredients

1 (12 ounce) can chunk light tuna in water, drained
1 (15 ounce) can peas, drained
1/4 cup reduced-fat mayonnaise, or as needed
1 teaspoon garlic powder
1 teaspoon ground black pepper

Directions

Place the tuna into a bowl with the peas, and lightly stir to break up the tuna and combine with the peas. Add the mayonnaise, garlic powder, and pepper, and stir to mix well.

Spinach Rice Salad

Ingredients

1/2 cup Italian salad dressing
1 tablespoon soy sauce
1/2 teaspoon sugar
2 cups cooked rice
1 celery rib, thinly sliced
4 green onions, thinly sliced
2 cups thinly sliced fresh spinach leaves
5 bacon strips, cooked and crumbled

Directions

In a bowl, combine the salad dressing, soy sauce and sugar. Stir in rice, celery and onions. Cover and refrigerate for at least 1 hour. Just before serving, stir in spinach and bacon.

Turkey and Citrus Salad

Ingredients

8 ounces sugar snap peas, trimmed and halved
2 cups leftover roast turkey, pulled into bite-sized pieces
4 cups baby spinach leaves
4 cups mixed salad greens
2 cups sliced mushrooms
1 (15 ounce) can mandarin oranges, drained
1/2 cup walnut halves
1/2 cup raspberry vinaigrette salad dressing

Directions

Toss snap peas, turkey meat, spinach leaves, mixed salad greens, mushrooms, mandarin orange pieces, walnuts, and raspberry vinaigrette dressing lightly in a salad bowl to combine, and serve.

Molded Egg Salad

Ingredients

12 hard-cooked eggs
2 cups mayonnaise
1 1/2 cups finely chopped celery
1/4 cup finely chopped green pepper
1/4 cup sweet pickle relish
2 tablespoons lemon juice
1/2 teaspoon salt
2 envelopes unflavored gelatin
1/2 cup cold water

Directions

In a bowl, combine the eggs, mayonnaise, celery, green pepper, pickle relish, lemon juice and salt; set aside. In a saucepan, sprinkle gelatin over water; let stand for 1 minute. Cook and stir over low heat until dissolved. Immediately drizzle over egg mixture; mix well. Quickly transfer to a 7-cup mold coated with nonstick cooking spray. Cover and refrigerate for 8 hours or overnight. Unmold; serve with crackers or bread.

Sweet Potato Apple Salad

Ingredients

6 medium sweet potatoes
1/2 cup olive or vegetable oil
1/4 cup orange juice
1 tablespoon sugar
1 tablespoon cider or white wine vinegar
1 tablespoon Dijon mustard
1 tablespoon finely chopped onion
1 1/2 teaspoons poppy seeds
1 teaspoon grated orange peel
1/2 teaspoon grated lemon peel
2 medium tart apples, chopped
2 green onions, thinly sliced

Directions

In a large saucepan, cook sweet potatoes in boiling salted water until just tender, about 20 minutes. Cool completely.

Meanwhile, in a jar with a tight-fitting lid, combine the next nine ingredients; shake well. Peel potatoes; cut each in half lengthwise, then into 1/2-in. slices. In a 4-qt. bowl, layer a fourth of the sweet potatoes, apples and onions; drizzle with a fourth of the salad dressing. Repeat layers three times. Refrigerate for 1-2 hours. Toss before serving.

Balsamic Green Bean Salad

Ingredients

1 pound fresh green beans, trimmed
2 tablespoons chopped shallots
2 tablespoons chopped garlic
1/4 cup balsamic vinegar
1/4 cup olive oil

Directions

Place green beans in a large saucepan. Fill with enough water to cover green beans, and bring to a boil over high heat. Reduce heat to medium low, and simmer 10 minutes. Drain, and let cool.

In a bowl, stir together shallots, garlic, balsamic vinegar, and oil. Pour over green beans. Cover, and refrigerate at least 1 hour. Serve cold.

Portable Chinese Chicken Salad

Ingredients

4 skinless, boneless chicken breast halves
1 (16 ounce) package coleslaw mix
2 (3 ounce) packages chicken flavored ramen noodles, crushed, seasoning packet reserved
1/2 cup blanched slivered almonds
1/2 cup corn oil
1/2 cup rice garlic vinegar
1 packet artificial sweetener

Directions

Saute chicken in a large skillet until well browned. Place coleslaw in a large bowl, add chicken and set aside (or refrigerate if not serving soon).

Break up ramen noodles into a small bowl; add almonds and set aside.

In a small bowl combine the corn oil, vinegar, ramen seasoning packets and artificial sweetener. Mix well and set aside until ready to serve.

When you arrive at your destination, add noodle mixture and dressing mixture to large chicken/coleslaw bowl and stir together. Serve with a smile!

'Something Different' Fruit Salad

Ingredients

1/4 cup fresh lime juice
3 tablespoons honey
2 teaspoons salt
1/2 teaspoon ground cayenne pepper (optional)
1 pound fresh strawberries, hulled and quartered lengthwise
3 cups cubed seedless watermelon
1 fresh pineapple - peeled, cored and cut into 1 inch chunks

Directions

Stir together the lime juice, honey, salt, and cayenne pepper in the bottom of a large salad bowl.

Toss the strawberries, watermelon, and pineapple with the dressing. Chill the fruit salad until ready to serve.

Shrimp and Crab Macaroni Salad

Ingredients

3 cups uncooked elbow macaroni
5 eggs
2 strips celery, diced
1/2 onion, minced
1/2 green bell pepper, diced
1/2 pound fresh shrimp, peeled and deveined
1/2 pound crabmeat

1 cup mayonnaise
1/2 cup milk
1 teaspoon dried dill weed
1 teaspoon fresh mint
1 teaspoon salt
1/2 teaspoon white sugar
2 teaspoons cocktail sauce
1/8 teaspoon hot pepper sauce
2 teaspoons paprika, for garnish

Directions

Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove eggs from hot water and let cool. Peel eggs and reserve 1 egg for the garnish. Chop the remaining 4 eggs.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a large mixing bowl, combine macaroni, eggs, celery, onion, green pepper, shrimp and crab.

In a separate mixing bowl, whisk together mayonnaise, milk, dill, mint, salt, sugar, cocktail sauce and hot pepper sauce.

Pour the dressing mixture into the macaroni mixture and mix thoroughly. Sprinkle top with paprika and decorate with extra sliced egg. Seal the bowl with plastic wrap and chill for 4 to 6 hours.

Greek-Style Shrimp Salad on a Bed of Baby

Ingredients

1 pound raw shrimp (26 to 30 count), peeled
Olive oil to taste
Salt and pepper to taste
Sugar to taste
2 medium tomatoes, cut into medium dice
1/2 cup crumbled feta cheese
1/2 cup pitted and coarsely chopped Kalamata or other black olives
1 teaspoon dried oregano
1/4 cup olive oil
4 teaspoons red wine vinegar
1 (10 ounce) package factory-washed baby spinach leaves

Directions

Thread shrimp onto metal skewers (or bamboo ones that have been soaked in water for 15 minutes). Brush both sides with oil and season with salt, pepper and a light sprinkling of sugar.

Heat gas grill, with all burners on high, until fully preheated, 10 to 15 minutes. Use a wire brush to clean grill rack, then brush lightly with oil. Close lid and allow to return to temperature. Grill shrimp until fully cooked and spotty brown, about 2 minutes per side.

Meanwhile, mix in a medium bowl the tomatoes, cheese, olives, oregano, 2 Tbs. of the olive oil and 2 tsps. of the vinegar. Unthread shrimp and add to bowl. Lightly toss ingredients to coat. Set aside. (Can be made an hour or so ahead.)

When ready to serve, drizzle remaining oil, as well as a generous sprinkling of salt and pepper, over spinach in a large bowl. Toss to coat. Add remaining 2 tsps. vinegar; toss again. Divide spinach among 4 large plates. Top with a portion of the shrimp mixture.

Mediterranean Chickpea Salad I

Ingredients

1 (15 ounce) can garbanzo beans (chickpeas), drained and rinsed
1/2 cup oil-packed sun-dried tomatoes, drained and cut into strips
1 cup crumbled feta cheese
1 red onion, chopped
2 cloves garlic, minced
1 tablespoon chopped fresh cilantro
2 tablespoons olive oil
2 tablespoons lemon juice
salt to taste

Directions

In a bowl, mix the garbanzo beans, sun-dried tomatoes, feta cheese, onion, garlic, and cilantro. In a separate bowl, whisk together the olive oil, lemon juice, and salt, and pour over the salad. Refrigerate at least 3 hours before serving.

Carrot Raisin Salad

Ingredients

1/2 pound carrots, shredded
1/3 cup golden raisins
1/3 cup plain yogurt
2 tablespoons mayonnaise
1 teaspoon honey
1 dash cinnamon
Lettuce Leaves

Directions

Combine the carrots, raisins, yogurt, mayonnaise, honey and cinnamon if desired in a small bowl. Chill for several hours or overnight. Serve in a lettuce-lined bowl.

Orange Ginger Tuna Salad

Ingredients

1 (6 ounce) can tuna, drained
1 orange, peeled, sectioned, and cut into bite-size pieces
1 1/2 tablespoons mayonnaise
2 tablespoons cashew halves
1 teaspoon ground ginger
1 teaspoon lemon juice
salt and pepper to taste
6 leaves fresh spinach

Directions

In a medium bowl combine the tuna, orange pieces, mayonnaise, cashews, ginger, lemon juice and salt and pepper to taste. Mix well. Serve over a bed of spinach or lettuce leaves.

Ukrainian Salat Vinaigrette (Beet Salad)

Ingredients

1 pound beets
1 pound carrots
1 pound potatoes
2 large dill pickles, diced
1 onion, minced
1 (8 ounce) can peas, drained
2 tablespoons olive oil
1/2 teaspoon ground black pepper
1 tablespoon chopped fresh parsley (optional)
1/2 teaspoon salt

Directions

Place the beets into a large pot and cover with water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer for about 20 minutes. Add the carrots and potatoes. Boil for another 10 minutes, then cover the pot and leave overnight.

The next day, peel and dice the beets, carrots, and potatoes into small, even pieces. Place the vegetables in a large bowl. Stir in the pickles, onion, peas, olive oil, salt, and pepper. Garnish with parsley before serving.

Gee-Gee's Chicken Salad with Cantaloupe

Ingredients

Dressing:
1/2 cup mayonnaise
1/4 cup sour cream
1 tablespoon fresh lemon juice
1 1/2 teaspoons lemon zest
1 1/2 teaspoons white sugar
1/2 teaspoon ground ginger
1/4 teaspoon salt

Salad:
2 cups cubed cooked chicken
1 1/2 cups fresh blueberries
1 cup sliced celery
1 cup seedless green grapes, halved
1/2 cup sliced almonds

3 cantaloupes, halved and seeded

Directions

Make the dressing by whisking the mayonnaise, sour cream, lemon juice, lemon zest, sugar, ginger, and salt in a mixing bowl. Add the chicken, blueberries, celery, grapes, and almonds; stir gently until evenly mixed. Cover the bowl and refrigerate for 1 hour.

Spoon into cantaloupe halves to serve.

Chicken Seashell Salad

Ingredients

1 1/2 cups seashell pasta
1/4 cup cashews
3 boneless, chicken breast halves - cooked, skinned
3 ounces pineapple tidbits, juice reserved
2 small Gravenstein apples, peeled, cored and diced
3/4 cup chopped celery
1 (3 ounce) can mandarin oranges, drained
1 cup mayonnaise
1/2 teaspoon almond extract

Directions

Cook macaroni in a large pan of boiling water until al dente. Drain, and rinse. Set aside.

Place nuts in a dry skillet. Toast over medium heat, turning frequently, until nuts are fragrant and lightly browned.

In a large bowl, combine pasta, chicken, pineapple, apples, celery, mandarin oranges, and toasted nuts.

In a small bowl, mix together mayonnaise, reserved pineapple juice, and almond flavoring. Stir into pasta mixture, and mix well. Chill.

Kidney Bean Salad

Ingredients

2 eggs
2 (15 ounce) cans kidney beans, drained
1/2 onion, diced
1 stalk celery, diced
2 tablespoons sweet pickle relish
1/2 cup mayonnaise
salt and pepper to taste

Directions

Place eggs in a saucepan with enough cold water to cover. Bring to a boil. Remove saucepan from heat. Cover, and let eggs stand in hot water for 10 to 12 minutes. Drain, cool, peel, and chop.

In a bowl, mix the hard-cooked eggs, kidney beans, onion, celery, relish, and mayonnaise. Season with salt and pepper. Chill at least 1 hour in the refrigerator before serving.

Wild Rice and Orange Salad with Creamy Orange-

Ingredients

1 teaspoon finely grated orange peel
1/2 cup orange juice
1 tablespoon finely grated fresh ginger
2 teaspoons Dijon mustard
3 tablespoons Hellmann's® or Best Foods® Real Mayonnaise
3 tablespoons extra virgin olive oil
1 1/2 cups long grain and wild rice, cooked according to package directions
2 seedless oranges, peeled and diced
1 small red onion, finely diced
1/4 cup finely chopped flat-leaf parsley
1/2 cup toasted chopped pecans

Directions

Combine orange peel, orange juice, ginger, mustard, Hellmann's® or Best Foods® Real Mayonnaise and olive oil with wire whisk in large bowl.

Stir in rice, oranges, onion and parsley. Season, if desired, with salt and pepper. Sprinkle with pecans.

Mango Cashew Salad

Ingredients

1 mango - peeled, seeded and cubed
1 Granny Smith apple - peeled, cored and diced
3/4 cup toasted cashews
1 tablespoon balsamic vinegar
1/2 teaspoon ground cinnamon
1/4 teaspoon ground ginger
1 pinch salt

Directions

In a medium bowl, toss together mango, Granny Smith apple, cashews, balsamic vinegar, cinnamon, ginger, and salt.

Chinese Cabbage Salad I

Ingredients

1 (3 ounce) package ramen noodles, crushed
10 ounces cashew pieces
1 (16 ounce) package shredded coleslaw mix
1 bunch green onions, chopped
1/2 cup white sugar
1/2 cup vegetable oil
1/4 cup cider vinegar
1 tablespoon soy sauce

Directions

In a preheated 350 degree F oven (175 degree C), toast the crushed noodles and nuts until golden brown.

In a large bowl, combine the coleslaw, green onions, toasted ramen noodles and cashews.

To prepare the dressing, whisk together the sugar, oil, vinegar and soy sauce. Pour the dressing over the salad, toss and serve.

Busy Day Lunch Salad

Ingredients

1 (15 ounce) can garbanzo beans, drained and rinsed
1 tomato, cut into small dice
1/4 red onion, minced
1 canned heart of palm, minced
1/3 cup grated reduced-fat mozzarella cheese
4 sprigs fresh thyme leaves
2 tablespoons extra-virgin olive oil
1 tablespoon fresh lemon juice
salt and pepper to taste

Directions

Toss the garbanzo beans, tomato, onion, heart of palm, mozzarella cheese, thyme, olive oil, and lemon juice together in a bowl until evenly mixed. Season with salt and pepper and retoss.

Summertime Tomato Salad

Ingredients

1/2 cup vegetable oil
1/4 cup white vinegar
1/2 teaspoon white sugar
1/2 teaspoon ground black pepper
1 teaspoon Dijon mustard
2 teaspoons seasoned salt
3 tomatoes, diced
2 onions, diced

Directions

Whisk together the vegetable oil, vinegar, sugar, pepper, mustard, and seasoned salt in a bowl; add the tomato and onion to the bowl and toss to coat; cover and refrigerate overnight.

Post Holiday Salad

Ingredients

2 cups diced cooked turkey
1 cup pineapple chunks, drained
1 cup diced celery
1/2 cup sliced green onion
1/4 cup dry-roasted peanuts
1 cup seedless grapes, halved
2/3 cup mayonnaise
2 tablespoons finely chopped chutney
1 tablespoon lime juice
1/2 teaspoon curry powder
1/4 teaspoon salt
lettuce leaves

Directions

In a bowl, mix the turkey, pineapple, celery, onion, peanuts, and grapes. In a separate bowl, mix the mayonnaise, chutney, lime juice, curry powder, and salt. Gently toss the mayonnaise mixture with the turkey mixture to coat. Refrigerate 20 minutes or until chilled, and serve on plates lined with lettuce.

Pineapple Cranberry Salad

Ingredients

2 (3 ounce) packages raspberry flavored gelatin mix
1 (16 ounce) can whole cranberry sauce
1/2 teaspoon orange zest
1/3 cup orange juice
2 tablespoons lemon juice
1 (20 ounce) can pineapple tidbits, drained
3/4 cup sliced celery

Directions

Drain and reserve syrup from pineapple, add water to equal 1 cup.

In a saucepan over medium heat, bring the pineapple juice to a boil, add gelatin and stir until dissolved. Remove from heat, add cranberry sauce, orange peel, orange juice and lemon juice. Blend together and cool until slightly thickened.

Stir in pineapple and celery, turn into mold or 8 inch square pan. Chill until firm.

Pear Salad II

Ingredients

1 (16 ounce) can pear halves, drained
1/4 cup mayonnaise
1/4 cup shredded Cheddar cheese
6 maraschino cherries

Directions

Place the pear halves on a plate cut side up. Place a spoonful of mayonnaise into the pit of each one. Sprinkle Cheddar cheese over the top of the mayonnaise. Top each one with a whole cherry.

Spinach Watermelon-Mint Salad

Ingredients

1 cup apple cider vinegar
1/4 cup Worcestershire sauce
1/2 cup vegetable oil
1 tablespoon sesame seeds
1 tablespoon poppy seeds
1/4 cup white sugar

1 (10 ounce) bag baby spinach leaves
2 cups cubed seeded watermelon
1 small red onion, thinly sliced
1 cup chopped pecans, toasted
1 cup mint leaves, finely chopped

Directions

In a small bowl, whisk together the apple cider vinegar, Worcestershire sauce, vegetable oil, sesame seeds, poppy seeds and sugar. Set aside.

In a large serving bowl, combine the spinach, watermelon, onion, pecans and mint. Toss with the dressing just before serving.

Strawberry Spinach Salad III

Ingredients

10 ounces fresh spinach - chopped, washed and dried
1/2 teaspoon dried dill weed
1 pint fresh strawberries, sliced
1/3 cup canola oil
1/4 cup red wine vinegar
1/4 cup white sugar
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1 teaspoon salt
1/4 teaspoon ground black pepper
1/4 teaspoon dry hot mustard
1 pinch ground cayenne pepper
1 tablespoon sesame seeds, toasted

Directions

In a large bowl, combine the spinach, dill and strawberries. Refrigerate until chilled.

In a large glass jar with tight fitting lid, combine the oil, vinegar, sugar, garlic powder, onion powder, salt, black pepper, dry mustard and cayenne pepper. Shake well until sugar is dissolved.

Pour dressing over chilled fruit and greens; toss to coat and sprinkle with sesame seeds.

Mock Caesar Salad

Ingredients

3 tablespoons cider vinegar
1/2 cup shredded Parmesan cheese
1/2 teaspoon garlic powder
1/3 cup olive or vegetable oil
7 cups torn romaine lettuce

Directions

In a blender or food processor, combine the vinegar, cheese and garlic powder; cover and process until combined. While processing, gradually add oil in a steady stream. Place romaine in a salad bowl; drizzle with dressing and toss to coat. Serve immediately.

Honey-Mustard Salad Dressing

Ingredients

3 cups mayonnaise
1/2 cup sugar
1/2 cup honey
1/4 cup prepared mustard
1/4 cup vinegar
1/4 cup chopped onion
1 cup vegetable oil
1/4 cup minced fresh parsley

Directions

In a blender or food processor, combine the first six ingredients. Slowly add oil; process until smooth. Stir in parsley. Cover and chill for at least 1 hour. Can be refrigerated for up to 1 week.

Cucumber and Cantaloupe Salad

Ingredients

1 cucumber
1/4 cantaloupe
1/2 teaspoon chili oil
1 teaspoon rice vinegar
salt to taste
1 tablespoon white sugar, or to taste
1 tablespoon toasted sesame seeds

Directions

Cut the cucumber in to quarters lengthwise then slice thinly and place into a bowl. Cut the cantaloupe into thin pieces the same size as the cucumber and place into the bowl. Season with the chili oil, rice vinegar, salt, and sugar. Mix well then sprinkle with sesame seeds to serve.

Corn and Shrimp Salad

Ingredients

1/2 pound cooked medium shrimp, peeled and deveined
1 1/3 cups fresh or frozen corn
1/2 cup chopped sweet red pepper
1/2 cup chopped green onions
1 tablespoon cider vinegar
1 tablespoon canola oil
1/2 teaspoon minced fresh basil
1/2 teaspoon lemon juice
1/4 teaspoon sugar
1/4 teaspoon salt
dash cayenne pepper

Directions

In a bowl, toss the shrimp, corn, red pepper and onions. In a small bowl, combine the vinegar, oil, basil, lemon juice, sugar, salt and cayenne. Pour over shrimp mixture and toss to coat. Cover and refrigerate for 1 hour or until chilled.

Mandarin Cookie Salad

Ingredients

2 cups cold buttermilk
1 (5.1 ounce) package instant vanilla pudding mix
1 (12 ounce) container frozen whipped topping, thawed
2 (11 ounce) cans mandarin oranges, drained
1 (11.5 ounce) package fudge striped shortbread cookies, coarsely crushed

Directions

In a bowl, whisk the buttermilk and pudding mix for 2 minutes. Let stand for 2 minutes or until soft-set. Fold in whipped topping and oranges. Cover and refrigerate until serving. Fold in crushed cookies.

L and M's Creamy Jelly Salad

Ingredients

1 (6 ounce) package lemon flavored gelatin
1 cup boiling water
1 (3 ounce) package cream cheese, softened
1/2 cup mayonnaise
1 tablespoon white wine vinegar
1 cup shredded carrots
1 (8 ounce) can crushed pineapple, drained

Directions

Combine the gelatin and boiling water; stir until dissolved. Add the cream cheese, mayonnaise and vinegar; mix until blended and refrigerate until partially set.

Add the carrot and pineapple, mix well and chill until set.

Ranch, Bacon, and Parmesan Pasta Salad

Ingredients

1 (16 ounce) package farfalle (bow tie) pasta
1 cup prepared ranch dressing
6 slices bacon
1/2 cup shredded Parmesan cheese
1 carrot, peeled and diced
1 stalk celery, diced
1 red onion, diced

Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the bow tie pasta and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 12 minutes. Drain well in a colander set in the sink. Transfer to a bowl, and refrigerate until cool, at least 30 minutes.

Meanwhile, place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain the bacon slices on a paper towel-lined plate, let cool, and chop.

In a large salad bowl, stir together the ranch dressing, bacon, Parmesan cheese, carrot, celery, and red onion until well combined. Lightly stir in the cooled pasta to coat with dressing, and refrigerate 2 hours to blend flavors before serving.

Picnic Pasta Salad

Ingredients

1 pound seashell pasta
1 cup chopped mushrooms
1 cup chopped cucumber
1 cup chopped broccoli
1 cup white sugar
3/4 cup vegetable oil
1/4 cup prepared mustard
2 tablespoons mayonnaise
1/4 cup distilled white vinegar
1/4 cup shredded Cheddar cheese
salt to taste
ground black pepper to taste

Directions

Cook pasta in large pot of boiling salted water until al dente. Rinse with cool water. Drain well.

Meanwhile, combine chopped vegetables, sugar, oil, mustard, mayonnaise, vinegar, and shredded Cheddar cheese in a large bowl. Season with salt and pepper to taste. Mix well. Stir in pasta. Refrigerate for 2 to 4 hours before serving.

Candy Apple Salad

Ingredients

4 cups Granny Smith apple - peeled, cored and chopped
1/2 cup white sugar
1 (8 ounce) can crushed pineapple, with juice
1 tablespoon all-purpose flour
1 egg, beaten
1 tablespoon white vinegar
1 (8 ounce) container frozen whipped topping, thawed
1 cup coarsely chopped dry roasted peanuts

Directions

In a saucepan over medium heat, stir together the egg, flour, sugar, vinegar and pineapple. Cook until thick, about 6 minutes. Set aside until completely cool.

In a large serving bowl, fold together the pineapple mixture and whipped topping. Carefully mix in the apples and 1/2 cup of peanuts. Sprinkle the remaining nuts on the top.

Strawberry and Feta Salad

Ingredients

1 cup slivered almonds
2 cloves garlic, minced
1 teaspoon honey
1 teaspoon Dijon mustard
1/4 cup raspberry vinegar
2 tablespoons balsamic vinegar
2 tablespoons brown sugar
1 cup vegetable oil
1 head romaine lettuce, torn
1 pint fresh strawberries, sliced
1 cup crumbled feta cheese

Directions

In a skillet over medium-high heat, cook the almonds, stirring frequently, until lightly toasted. Remove from heat, and set aside.

In a bowl, prepare the dressing by whisking together the garlic, honey, Dijon mustard, raspberry vinegar, balsamic vinegar, brown sugar, and vegetable oil.

In a large bowl, toss together the toasted almonds, romaine lettuce, strawberries, and feta cheese. Cover with the dressing mixture, and toss to serve.

Orange Pecan Tuna Salad

Ingredients

1 (12 ounce) can water packed tuna, drained and flaked
1 tablespoon fat free sour cream
1/2 tablespoon mustard
1 1/2 tablespoons sweet pickle relish
2 tablespoons fresh orange juice
1/4 cup chopped pecans
garlic salt to taste
onion powder to taste
ground black pepper to taste

Directions

Mix together the tuna, sour cream, mustard, relish, orange juice, pecans, garlic salt, onion powder, and black pepper. Cover and refrigerate until ready to use.

Artichoke Salad II

Ingredients

1 (.7 ounce) package dry Italian-style salad dressing mix
1 cup low fat sour cream
4 cups chopped romaine lettuce
1 cup chopped red bell pepper
1 cup chopped broccoli
1 cup sliced fresh mushrooms
1/4 cup diced onion
1 (14 ounce) can artichoke hearts, drained and chopped

Directions

In a small bowl, whisk together the sour cream and Italian dressing mix.

In a large bowl, toss together the lettuce, red pepper, broccoli, mushrooms, onion and artichoke hearts. Top with dressing and toss until evenly coated. Refrigerate until ready to serve.

Honeydew Fruit Salad

Ingredients

1 (20 ounce) can unsweetened pineapple chunks
4 1/2 teaspoons cornstarch
1 honeydew melon, cut into cubes or balls
1 (15 ounce) can mandarin oranges, drained
1 tablespoon minced fresh mint

Directions

Drain pineapple, reserving juices; set pineapple aside. In a small saucepan, combine cornstarch and pineapple juice until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened. Cover and refrigerate until cool.

In a large serving bowl, combine the honeydew, oranges, mint and reserved pineapple. Stir in pineapple juice mixture. Cover and refrigerate until serving.

Anytime Fruit Salad

Ingredients

24 ounces cottage cheese
1 (12 ounce) container frozen whipped topping, thawed
1 (6 ounce) package orange flavored gelatin mix
2 (11 ounce) cans mandarin oranges, drained
1 (20 ounce) can pineapple chunks, drained

Directions

In a large bowl, combine the cottage cheese, whipped topping and gelatin mix. Stir in the oranges and pineapple. Chill in refrigerator.

Filet with Farro Salad

Ingredients

1 (8 ounce) filet mignon
8 ounces farro or couscous
10 cherry tomatoes, quartered
1 zucchini, diced
2 tablespoons Bertolli® Extra Virgin Olive Oil
6 leaves basil, sliced in half lengthwise
1 cup shaved Parmesan
1/2 cup pine nuts
Salt and pepper

Directions

Season filet with salt and pepper and grill to medium rare. Let the meat rest. Slice meat when you are ready to serve. Prepare farro by cooking in salted boiling water for 12 minutes and drain. Mix farro with the remaining ingredients in serving bowl. Serve on plate and place sliced filet on top.

Cucumber Avocado Salad

Ingredients

1 cucumber, peeled and thinly sliced
1 small red onion, thinly sliced
1/3 cup fresh dill, chopped
1 clove garlic, quartered
2 tablespoons white sugar
1 teaspoon salt
1 ripe avocado - peeled, pitted and chopped
1/4 cup red wine vinegar

Directions

Place the cucumber, onion, dill, garlic, sugar, and salt in a mixing bowl, and toss. Refrigerate for 20 minutes.

Gently toss the avocado with the cucumber mixture. Refrigerate mixture 10 minutes more. Remove from the refrigerator, and drain. Remove and discard garlic. Toss the cucumber mixture again with the red wine vinegar.

Fish Egg Salad

Ingredients

5 cups water
1 cup small pearl tapioca
1 (3 ounce) package strawberry flavored gelatin
1 cup white sugar
2 cups heavy cream

Directions

Bring the water to a boil in a saucepan. Remove from heat and pour in the tapioca pearls. Cover, and let stand for 30 minutes. If the mixture is clear, it is done. If not, set over low heat and warm slowly until it becomes clear. Heat the water to almost boiling if you did not have to reheat, and stir in the gelatin and sugar until dissolved. Cover, and refrigerate until almost set, about 1 1/2 hours.

In a large bowl, whip the cream using an electric mixer until fluffy. Fold into the gelatin mixture, and pour into a bowl or mold. Chill until set, about 2 hours.

Lime-Berry Chicken Salad

Ingredients

2 skinless, boneless chicken breast halves - cut into thin strips
3 tablespoons frozen limeade concentrate, thawed
1/4 teaspoon black pepper

1/3 cup white sugar
1/2 cup white vinegar
1 teaspoon salt
1 teaspoon ground dry mustard
1 teaspoon dried minced onion
1 cup vegetable oil
1 tablespoon poppy seeds

1 pound baby spinach leaves
2 cups sliced fresh strawberries
1 cup sugar snap peas, ends and strings removed
1/2 cup pecan halves

Directions

Toss chicken breasts, limeade, and pepper in a bowl. Cook the chicken breasts in a skillet until no longer pink in the center and the juices run clear, about 8 minutes. Remove skillet from the heat and set aside.

Combine sugar, vinegar, salt, mustard, and onion in a blender. Process for about 20 seconds. With the blender on high speed, gradually add oil in a slow and steady stream. Stir in poppy seeds.

Arrange spinach on 4 salad plates and top with strawberries, peas, pecans, and the cooked chicken. Serve with the poppy seed dressing.

Fresh Fruit Salad

Ingredients

4 cups fresh strawberries, halved
2 cups fresh blueberries
2 kiwifruit, peeled and sliced
2 bananas, sliced
2 cups seedless grapes, halved
1 (8 ounce) container plain or vanilla yogurt
2 teaspoons lemon juice
1 teaspoon sugar
1/2 teaspoon vanilla extract

Directions

In a large salad bowl, combine strawberries, blueberries, kiwi, bananas and grapes. In a small bowl, combine yogurt, lemon juice, sugar and vanilla; mix well. Serve with fruit.

Asparagus, Feta and Couscous Salad

Ingredients

2 cups couscous
1 bunch fresh asparagus, trimmed and cut into 2-inch pieces
8 ounces grape tomatoes, halved
6 ounces feta cheese, crumbled
3 tablespoons balsamic vinegar
2 tablespoons extra-virgin olive oil
Black pepper, to taste

Directions

Cook couscous according to package instructions. Put aside and allow to cool slightly.

Meanwhile, place asparagus in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 2 to 6 minutes. Drain and cool.

Toss the asparagus, tomatoes, and feta with couscous. Add the olive oil, balsamic vinegar, and black pepper and toss to incorporate.

Grilled Chicken Citrus Salad

Ingredients

1/2 cup orange juice
1/4 cup lime juice
2 shallots, minced
2 cloves garlic, minced
1 teaspoon chili powder
1 teaspoon ground cumin
1 teaspoon white sugar
4 (4 ounce) skinless, boneless chicken breast halves
8 cups torn romaine lettuce
2 oranges - peeled, segmented, and chopped
2 stalks celery, sliced
4 green onions, chopped

Directions

In a mixing bowl, whisk together orange juice, lime juice, shallots, garlic, chili powder, cumin, and sugar. Pour 1/2 of this mixture into a large, resealable plastic bag, and add the chicken breasts. Seal, and refrigerate for at least 2 hours. Refrigerate the remaining dressing.

Preheat an outdoor grill for medium-high heat. In a large salad bowl, toss romaine lettuce with oranges, celery, and green onions. Set aside.

Lightly oil grate, and place chicken on grill. Discard the marinade from the chicken. Cook for 6 to 8 minutes each side, or until juices run clear when pierced with a fork. Remove chicken from grill, and slice into thin strips.

Toss salad with reserved dressing, and top with sliced chicken.

Marinated Vegetable and Olive Salad

Ingredients

2 cups fresh green beans, trimmed and halved
1 cup broccoli florets
1 cup cauliflower florets
1 cup sliced mushrooms
1/2 cup cherry tomatoes
1 (6 ounce) can black olives, drained
1/2 cup red wine vinegar
1 tablespoon salt
1 tablespoon ground black pepper
1 tablespoon monosodium glutamate (MSG)
1 tablespoon garlic salt
1 tablespoon dried dill weed
1 1/2 cups extra virgin olive oil

Directions

Bring a large pot of lightly salted water to a boil over high heat. Add the green beans, and cook until tender, 1 to 2 minutes. Drain, and rinse under cold water until the green beans are cool. Place into a bowl along with the broccoli, cauliflower, mushrooms, tomatoes, and olives; set aside.

Whisk together the vinegar, salt, pepper, monosodium glutamate, garlic salt, and dill in a bowl. Slowly drizzle in the olive oil while continuing to whisk to create a dressing. Pour the dressing over the vegetables and stir to combine. Cover, and refrigerate at least 2 hours before serving.

Tortellini Salad I

Ingredients

16 ounces cheese-filled tortellini
1 red bell pepper, thinly sliced
1/2 cup chopped green bell pepper
1 onion, thinly sliced
1/4 cup black olives, pitted and sliced
1/2 cup vinegar
1/2 cup olive oil
1 tablespoon chopped fresh mint
1 tablespoon chopped fresh basil
1 tablespoon chopped fresh parsley
3 tablespoons lemon juice
salt and pepper to taste
1/2 teaspoon garlic powder
1 dash hot pepper sauce
1/2 cup crumbled feta cheese
3 tablespoons grated Parmesan cheese

Directions

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

In a jar, combine vinegar, olive oil, fresh herbs, lemon juice, garlic powder, and hot sauce. Seal, and shake until well mixed. Season to taste with salt and black pepper.

In a large bowl combine, tortellini, peppers, onion, and olives. Pour lemon dressing over salad, and toss to coat pasta. Cover, and chill for at least four hours. Before serving, toss in feta and Parmesan.

Spaghetti Salad

Ingredients

12 ounces thin spaghetti
1 cup shredded part-skim mozzarella cheese
1/2 cup diced pepperoni
1/2 cup diced fully cooked ham
1/2 cup chopped green pepper
1/2 cup diced tomato
1/2 cup chopped onion
1/2 cup chopped cucumber
1/4 cup sliced ripe olives
1 avocado, peeled and diced
1 (8 ounce) bottle Italian salad dressing

Directions

In a large saucepan, cook spaghetti according to package directions. Meanwhile in a large salad bowl, add the cheese, pepperoni, ham, green pepper, tomato, onion, cucumber and olives. Add avocado if desired.

Rinse pasta with cold water; drain well. Place on top of salad ingredients. Drizzle with salad dressing: toss lightly to coat. Chill until serving.

Tarragon-Dill Grilled Chicken Salad

Ingredients

1/2 cup lemon juice
1/4 cup olive oil
4 cloves garlic, minced
1 tablespoon crushed red pepper flakes, or to taste
3 (6 ounce) skinless boneless chicken breasts

1/2 cup sour cream
1/2 cup reduced-fat mayonnaise
1/4 cup rice vinegar or cider vinegar
1/4 cup fresh lemon juice

1 cup seedless red grapes, halved
1 large Granny Smith apple, cored and chopped
1/2 cup celery, diced
1/2 onion, finely chopped
1/2 cup fresh tarragon, finely chopped
2 teaspoons finely chopped fresh dill
salt and pepper to taste

Directions

To make the marinade, mix 1/2 cup lemon juice, olive oil, garlic, and red pepper flakes together in a bowl.

Place the chicken breasts on a flat surface, and cut from one side through the middle of the breasts to within one half inch of the other side. Open the two sides and spread them out flat like an open book. Place in a shallow dish, and pour the olive oil mixture over the chicken, turning once to coat evenly with marinade. Refrigerate for at least 30 minutes.

To make the dressing, mix the sour cream, mayonnaise, vinegar, and 1/4 cup lemon juice together in a bowl, and blend thoroughly. Set aside.

Preheat an outdoor grill for medium-high heat. Lightly oil grill grate, and place about 4 inches from heat source.

Remove chicken from marinade, and discard marinade. Cook chicken on preheated grill, turning once, until meat is firm, and juices run clear, about 4 to 5 minutes per side. Remove chicken from grill, and cool. Finely chop chicken, and place in a large bowl.

Add the grapes, apples, celery, tarragon, and dill to the bowl with the chicken. Stir in the mayonnaise dressing, and toss until ingredients are evenly coated. Season to taste with salt and pepper. Serve immediately, or refrigerate overnight to let flavors blend further.

Black Bean and Corn Salad

Ingredients

1 (15 ounce) can black beans, rinsed and drained
4 ounces Monterey Jack cheese, cut into 1/4-inch cubes
1 (8.75 ounce) can whole kernel corn, drained
1/4 cup sliced green onions with tops
3/4 cup thinly sliced celery
1 small sweet red pepper, diced
3/4 cup picante sauce
2 tablespoons olive oil
2 tablespoons lemon juice
1/2 teaspoon ground cumin
1 garlic clove, minced

Directions

Combine all ingredients in a large bowl; mix well. Cover and chill several hours or overnight.

Spinach Ranch Salad

Ingredients

4 cups baby spinach, rinsed and dried
1/2 cup cucumber
1 cup broccoli florets
1/2 cup feta cheese, crumbled
1/4 red onion, chopped
2 small, cooked chicken breast, cut into small pieces
bacon bits
1/2 cup ranch dressing

Directions

Toss together spinach, cucumber, broccoli, feta, onion, chicken, and bacon in a large bowl. Pour dressing over salad, and gently toss again.

Russian Potato Salad

Ingredients

5 large potatoes
1 (16 ounce) package turkey hot dogs
5 eggs
5 large dill pickles, chopped
1 bunch green onions, chopped
1 (15 ounce) can baby peas, drained
salt to taste
1 cup mayonnaise

Directions

Place the potatoes in a large pot, and fill with enough water to cover. Bring to a boil, and cook until a fork can be easily inserted and removed, about 20 minutes. Drain and cool slightly. During the last 10 minutes, boil the hot dogs and eggs. Drain everything, and set aside to cool.

Peel the potatoes, and cut into cubes. Chop hot dogs. Place everything in a large bowl, and mix in the pickles, onions and peas. Peel the eggs, and grate them on top of the salad. Add mayonnaise and salt to individual servings.

Mango Berry Fruit Salad

Ingredients

2 mangos - peeled, seeded, and diced
1 cup reduced fat raspberry vinaigrette salad dressing
8 cups mixed torn salad greens
1/4 cup chopped cilantro
1/4 cup sliced red onion
1/2 cup fresh raspberries
1/2 cup fresh blackberries
1/2 cup fresh strawberries, halved
1/2 cup fresh blueberries
1/2 cup toasted hazelnuts
4 ounces freshly grated Parmesan cheese

Directions

Place 1 mango and the raspberry vinaigrette dressing in a blender, and blend until liquefied.

In a bowl, toss the remaining mango, salad greens, cilantro, and onion. Drizzle with the dressing mixture. Top each serving with equal amounts of raspberries, blackberries, strawberries, blueberries, and hazelnuts. Sprinkle with Parmesan cheese.

EZ Kid's Potato Salad

Ingredients

1/4 cup creamy salad dressing
1/4 cup apple juice
1 tablespoon dried minced onion
1 teaspoon dried dill weed
1 teaspoon prepared mustard
salt and pepper to taste
1 (15 ounce) can sliced potatoes, drained

Directions

Whisk together the salad dressing, apple juice, onion flakes, dill, mustard and salt and pepper. Pour over potatoes and toss to coat.

Ed's Secret Pea and Mushroom Salad

Ingredients

2 (15 ounce) cans peas, drained
1 (6 ounce) jar mushroom pieces, drained
1/2 teaspoon hot pepper sauce (e. g. Tabascов„ў), or to taste

Directions

In a serving bowl, stir together the drained peas and mushrooms. Season to taste with hot pepper sauce.

French Potato Salad

Ingredients

9 potatoes
1/2 cup vegetable oil
1/4 cup tarragon vinegar
1/4 cup beef consomme
1/4 cup chopped green onions
2 tablespoons chopped fresh parsley
1 teaspoon salt
1 teaspoon ground black pepper

Directions

Bring a large pot of salted water to a boil. Add potatoes; cook until tender but still firm, about 15 minutes. Drain, and transfer to a large bowl. Cool slightly. Peel and slice into a large bowl.

In a small bowl, combine oil, vinegar, consomme, green onion, parsley, and salt and pepper.

Gently toss warm potatoes with dressing. Cover, and refrigerate several hours or overnight.

Crabmeat Salad

Ingredients

1 (16 ounce) package imitation crabmeat
3/4 cup creamy salad dressing (e. g. Miracle Whip)
3 stalks celery, chopped
5 tablespoons finely chopped onion
1 carrot, shredded

Directions

Shred imitation crab meat into bite sized pieces. Combine with salad dressing, celery, onions and carrot. Chill for 1 hour before serving.

Black-Eyed Pea Salad III

Ingredients

2 (15 ounce) cans black-eyed peas, rinsed and drained
1 cup cherry tomatoes, halved
1/2 small red onion, cut into slivers
1/2 cup light Italian-style salad dressing

Directions

Lightly mix the black-eyed peas, cherry tomatoes, onion, and salad dressing together in a salad bowl; let stand for 1 hour to blend the flavors before serving.

Caribbean Chicken Grill with Pineapple Salad

Ingredients

1 (8 ounce) can pineapple tidbits or chunks
1/4 cup CRISCO® Oil
2 tablespoons lime juice
1 clove garlic, minced
1/4 teaspoon crushed red pepper flakes
1 teaspoon sugar
4 boneless, skinless chicken breast halves
1/4 cup diced red bell pepper
1/4 cup diced red onion
1 small jalapeno pepper, minced
2 tablespoons chopped cilantro
Salt and pepper to taste

Directions

Drain pineapple juice into a 1 cup measure. Add CRISCO® Oil, lime juice, garlic, red pepper flakes and sugar; mix well.

Place chicken in a large zippered plastic bag or glass utility dish. Pour all but 1 tablespoon of marinade over chicken. Cover and refrigerate chicken for 30 minutes to 1 hour.

Meanwhile, place pineapple in a medium-sized serving bowl. Add red bell pepper, red onion, jalapeno, cilantro and reserved 1 tablespoon of marinade. Toss well and season with salt and pepper to taste.

Heat grill to medium. Remove chicken from marinade; season with salt and pepper. Grill, turning once, for 10 to 15 minutes or until cooked through. Serve with pineapple salad.

Artichoke Tossed Salad

Ingredients

2 heads romaine lettuce - rinsed, dried, and torn into bite-size pieces
1 pound bacon, cooked and drained
1 (6 ounce) jar marinated artichoke hearts, drained and sliced
1 (4 ounce) package blue cheese crumbles
1 cup sliced celery
1 medium red bell pepper, sliced
1 medium yellow bell pepper, sliced
6 tablespoons cider vinegar
1/4 cup chopped onion
4 teaspoons brown sugar
4 teaspoons spicy brown mustard
1 teaspoon salt
1/2 teaspoon pepper
1/4 cup vegetable oil

Directions

In a large salad bowl, combine the first seven ingredients; cover and refrigerate. In a blender or food processor, combine the vinegar, onion, brown sugar, mustard, salt and pepper; cover and process until smooth. With blender running, add oil in a steady stream; blend until thickened. Drizzle over salad; toss gently. Serve immediately.

Roasted Potato Salad with Balsamic Dressing

Ingredients

10 red potatoes, scrubbed and dried with paper towels
3 tablespoons canola oil
1 tablespoon dried thyme
1 tablespoon chili powder
1 tablespoon kosher salt
1 tablespoon cracked black pepper

1 bunch green onions, sliced
3/4 cup roasted red peppers, drained and diced
1/2 cup kalamata olives, pitted and sliced
1 (10 ounce) can artichoke hearts, drained and chopped
1/4 cup chopped fresh parsley
1/2 cup crumbled Gorgonzola cheese

1/4 cup balsamic vinegar
1/4 cup extra-virgin olive oil
1 tablespoon Dijon mustard
1 teaspoon minced garlic
1 teaspoon dried oregano
1 teaspoon dried basil
salt and pepper to taste

Directions

Preheat oven to 450 degrees F (230 degrees C).

Cut the potatoes into 3/4-inch chunks, and place into a bowl. Drizzle with canola oil, and spread out onto a baking sheet. Turn potatoes so skin sides are down. Sprinkle the potatoes with thyme, chili powder, kosher salt, and pepper.

Bake in the preheated oven until the potatoes are golden brown, about 45 minutes. Remove and allow to cool.

In a large salad bowl, lightly toss the cooled potatoes, green onions, roasted red peppers, olives, artichoke hearts, parsley, and Gorgonzola cheese until thoroughly combined.

Place the balsamic vinegar, olive oil, Dijon mustard, garlic, oregano, and basil into a blender, and pulse a few times until the dressing is thickened and creamy. Season to taste with salt and pepper, pour over the potato salad, and toss lightly. Chill for 4 hours before serving.

Apple Avocado Salad with Tangerine Dressing

Ingredients

1 (10 ounce) package baby greens
1/4 cup chopped red onion
1/2 cup chopped walnuts
1/3 cup crumbled blue cheese
2 teaspoons lemon zest
1 apple - peeled, cored and sliced
1 avocado - peeled, pitted and diced

4 mandarin oranges, juiced
1/2 lemon, juiced
1/2 teaspoon lemon zest
1 clove garlic, minced
2 tablespoons olive oil
salt to taste

Directions

In a large bowl, toss together the baby greens, red onion, walnuts, blue cheese, and lemon zest. Mix in the apple and avocado just before serving.

In a container with a lid, mix the mandarin orange juice, lemon juice, lemon zest, garlic, olive oil, and salt. Drizzle over the salad as desired.

Blueberry Congealed Salad

Ingredients

2 (3 ounce) packages blackberry gelatin
2 cups boiling water
1 (15 ounce) can blueberries
1 (8 ounce) can crushed pineapple, drained with juice reserved
1 (8 ounce) package cream cheese, softened
1/2 cup white sugar
1 cup sour cream
1/2 teaspoon vanilla extract
1/2 cup chopped pecans

Directions

In a large bowl, dissolve the gelatin in boiling water. Drain the liquid from the blueberry and pineapple cans into a measuring cup and add enough water to make 1 cup of liquid. Stir the juice mixture, blueberries and crushed pineapple into the gelatin and pour into a 2 quart mold. Refrigerate until firm.

Mix together softened cream cheese, sugar, sour cream and vanilla and spread over the congealed gelatin mixture. Sprinkle cream cheese layer with chopped pecans. Chill for approximately 30 more minutes, invert and serve.

Swift Strawberry Salad

Ingredients

4 cups sliced fresh strawberries
2 tablespoons caramel ice cream topping
2 tablespoons maple syrup
1 tablespoon orange juice
1/3 cup cashew halves

Directions

Place strawberries in a serving bowl. Combine caramel topping, syrup and orange juice; mix well. Drizzle over strawberries. Sprinkle with cashews.

Green Shell Salad

Ingredients

1 (12 ounce) package small shell pasta
1/2 cup fat-free plain yogurt
1/2 cup reduced-fat mayonnaise
1/2 cup minced fresh parsley
1/2 cup minced fresh basil
2 tablespoons olive or canola oil
3 green onions, sliced
2 teaspoons lemon juice
2 garlic cloves, peeled
1/2 teaspoon salt
1/8 teaspoon pepper
1/3 cup grated Parmesan cheese

Directions

Cook pasta according to package directions; drain and rinse in cold water. Place in a serving bowl; set aside. In a blender or food processor, combine the next 10 ingredients; cover and process until smooth. Pour over pasta and toss to coat. Sprinkle with Parmesan cheese. Serve immediately.

Pastel Gelatin Salad

Ingredients

1 (3 ounce) package lemon gelatin
1 (3 ounce) package lime gelatin
2 cups boiling water
1 (8 ounce) package cream cheese, cubed
1/2 cup evaporated milk
1/2 cup mayonnaise
1 (8 ounce) can unsweetened crushed pineapple, undrained
1/2 cup chopped walnuts
1 (10.5 ounce) package pastel miniature marshmallows

Directions

In a large mixing bowl, combine lemon and lime gelatin with boiling water; stir until dissolved. Add cream cheese; let stand for 10 minutes. Beat on high speed until smooth. Stir in milk and mayonnaise. Fold in pineapple.

Pour into an ungreased 13-in. x 9-in. x 2-in. dish. Sprinkle with nuts and marshmallows. Cover and refrigerate until set.

Hash Brown Potato Salad

Ingredients

5 bacon strips, diced
6 green onions, sliced
1 (16 ounce) package frozen cubed hash brown potatoes
1/4 cup white wine vinegar or cider vinegar
1/2 teaspoon celery salt

Directions

Place bacon in a 1-1/2-qt. microwave-safe bowl. Cover and microwave on high for 5-6 minutes or until bacon is crisp. Remove with a slotted spoon to paper towels to drain. Add onions to the drippings; cover and microwave on high for 1 minute.

Add the potatoes; cover and cook on high for 10 minutes, stirring several times. Add vinegar, celery salt and bacon; toss.

Spicy Spaghetti Salad

Ingredients

1 (7 ounce) package spaghetti
1 (10 ounce) can diced tomatoes with green chilies, undrained
1/2 cup mayonnaise
1/2 cup chopped stuffed olives
1/4 cup chopped celery
1/4 cup chopped onion
2 garlic cloves, minced
1/4 teaspoon salt
1/4 teaspoon ground cumin

Directions

Break spaghetti in half and cook according to package directions. Meanwhile, combine remaining ingredients in a large bowl. Drain spaghetti; rinse in cold water. Add to tomato mixture and toss. Cover and refrigerate for at least 2 hours.

Ham Salad II

Ingredients

2 cups mayonnaise
1 cup sweet pickle relish
1/2 teaspoon freshly ground black pepper
2 teaspoons salt
2 pounds smoked boneless ham, diced
1 onion, diced
1 small green bell pepper, diced
2 stalks celery, diced

Directions

In a large bowl, stir together the mayonnaise, relish, pepper and salt until blended. Add the ham, onion, green pepper and celery and toss until coated. Store the salad, covered, in the refrigerator.

cKicken' Salad Sandwich

Ingredients

2 ciabatta rolls
1 cooked chicken breast - cut into bite size pieces
2/3 cup creamy salad dressing (such as Miracle Whip®)
1 tablespoon Dijon mustard
1/4 cup chopped onion
1 tablespoon lime juice
1 tablespoon chopped fresh cilantro
1/2 teaspoon cayenne pepper
salt and pepper to taste
2 slices Swiss cheese

Directions

Split and toast the ciabatta rolls.

Mix together the cooked chicken breast, salad dressing, Dijon mustard, onion, lime juice, cilantro, cayenne pepper, and salt and pepper in a bowl. Cover, and refrigerate at least 15 minutes to chill the salad and blend the flavors.

Place a slice of Swiss cheese onto the bottom slice of each roll, and spoon half the chicken salad per sandwich onto the cheese. Place the top halves of the rolls onto the sandwiches, and serve.

Avocado Salad with Orange-Wasabi Glazed

Ingredients

4 grilled skinless, boneless chicken breast halves
1 cup white sugar
1/4 cup water
1/2 cup red wine
1 cup orange juice
1 teaspoon wasabi paste
1/2 cup diced tomatoes
1/4 cup diced red onion
2 tablespoons chopped fresh cilantro
2 limes, juiced
2 avocados - peeled, pitted and diced
salt and pepper to taste
hot sauce to taste
1 (10 ounce) package mixed salad greens, rinsed and dried

Directions

Preheat oven to 400 degrees F (200 degrees C). Slice chicken strips and set aside.

In a large, nonreactive pot, heat sugar and water together over medium high heat, stirring occasionally, until caramelized to a deep amber color. Remove from heat and slowly (and very carefully--use an oven mitt!) add wine. Return to heat and stir until all particles are dissolved. Stirring constantly, add orange juice and wasabi, adjusting the amount to taste.

Brush chicken strips with the glaze, and then place on a baking sheet. Bake in the preheated oven until heated through.

While chicken is warming, toss together the tomatoes, red onion, cilantro, lime juice, avocados, salt, pepper and hot sauce. Adjust seasonings to taste, and spoon mixture onto the greens. Top with warmed chicken strips and serve.

Marshmallow and Lime Gelatin Salad

Ingredients

7 fluid ounces lemon-lime flavored carbonated beverage
2 cups miniature marshmallows
1 (3 ounce) package lime flavored gelatin mix
8 ounces cream cheese
1 (20 ounce) can crushed pineapple with juice
3/4 cup chopped pecans
1 teaspoon mayonnaise
1 cup frozen whipped topping, thawed

Directions

In a saucepan, combine the carbonated beverage and marshmallows. Stir over medium heat until marshmallows melt. Remove from heat and allow to cool.

Add the gelatin and cream cheese and mix until gelatin is dissolved.

Add the pineapple and juice, pecans, mayonnaise and whipped topping. Mix well and pour into a 7x11 inch dish and chill until set.

Balsamic Vinegar Potato Salad

Ingredients

10 medium red potatoes, diced
1 small onion, chopped
1/2 cup diced roasted red peppers
1 (4 ounce) can sliced black olives, drained
1 (10 ounce) can quartered artichoke hearts, drained
1/2 cup balsamic vinegar
3 teaspoons olive oil
1 teaspoon dried oregano
1 teaspoon dried basil
1/2 teaspoon mustard powder
2 tablespoons chopped fresh parsley

Directions

Place potatoes in a saucepan with enough water to cover. Bring to a boil, then cook for 5 to 10 minutes, until tender. Drain, and transfer to a large bowl.

Add the onion, red peppers, olives, and artichokes to the bowl with the potatoes. In a separate bowl, whisk together the balsamic vinegar, olive oil, oregano, basil, mustard powder and parsley. Pour over the vegetables, and stir to coat. Chill for at least 4 hours or overnight before serving.

Winter Fruit Salad with Lemon Poppyseed

Ingredients

1/2 cup white sugar
1/2 cup lemon juice
2 teaspoons diced onion
1 teaspoon Dijon-style prepared mustard
1/2 teaspoon salt
2/3 cup vegetable oil
1 tablespoon poppy seeds
1 head romaine lettuce, torn into bite-size pieces
4 ounces shredded Swiss cheese
1 cup cashews
1/4 cup dried cranberries
1 apple - peeled, cored and diced
1 pear - peeled, cored and sliced

Directions

In a blender or food processor, combine sugar, lemon juice, onion, mustard, and salt. Process until well blended. With machine still running, add oil in a slow, steady stream until mixture is thick and smooth. Add poppy seeds, and process just a few seconds more to mix.

In a large serving bowl, toss together the romaine lettuce, shredded Swiss cheese, cashews, dried cranberries, apple, and pear. Pour dressing over salad just before serving, and toss to coat.

Celery Salad

Ingredients

3/4 cup sliced celery
1/3 cup dried sweet cherries
1/3 cup frozen green peas, thawed
3 tablespoons chopped fresh parsley
1 tablespoon chopped pecans, toasted
1 1/2 tablespoons fat-free mayonnaise
1 1/2 tablespoons plain low-fat yogurt
1 1/2 teaspoons fresh lemon juice
1/8 teaspoon salt
1/8 teaspoon ground black pepper

Directions

In a medium bowl, combine the celery, cherries, peas, parsley and pecans. Stir in the mayonnaise, yogurt and lemon juice. Season with salt and pepper. Chill before serving.

Barbie's Tuna Salad

Ingredients

1 (7 ounce) can white tuna, drained and flaked
6 tablespoons mayonnaise or salad dressing
1 tablespoon Parmesan cheese
3 tablespoons sweet pickle relish
1/8 teaspoon dried minced onion flakes
1/4 teaspoon curry powder
1 tablespoon dried parsley
1 teaspoon dried dill weed
1 pinch garlic powder

Directions

In a medium bowl, stir together the tuna, mayonnaise, Parmesan cheese, and onion flakes. Season with curry powder, parsley, dill and garlic powder. Mix well and serve with crackers or on a sandwich.

Kim's Summer Corn Salad

Ingredients

1 (15.25 ounce) can whole kernel corn, drained
1 (15.25 ounce) can white corn, drained
2 tomatoes, chopped
1/2 (15 ounce) can sweet peas, drained
1 cucumber, diced
1 purple onion, diced
3 tablespoons pimentos
1 cup mayonnaise
salt and pepper to taste

Directions

In a large bowl, mix the corn, white corn, tomatoes, sweet peas, cucumber, onion, and pimentos. Fold in the mayonnaise. Season with salt and pepper. Cover, and chill at least 1 hour in the refrigerator.

Tracy's Tomato Artichoke Rice Salad

Ingredients

1 (6 ounce) jar marinated artichoke hearts, liquid reserved
2 tablespoons lemon juice
1 teaspoon finely chopped garlic
1/2 teaspoon salt
1/2 teaspoon ground black pepper
3 cups chilled cooked long-grain white rice
3 large tomatoes, seeded and diced
1 cup finely chopped red onion
1 (6 ounce) can pitted whole black olives, drained

Directions

In a large bowl, mix the reserved artichoke marinade, lemon juice, garlic, salt, and pepper. Gently mix the artichoke hearts, rice, tomatoes, onion, and olives into the bowl. Cover, and refrigerate until serving.

Candied Cashew and Pear Salad

Ingredients

1 cup white sugar
2 tablespoons ground cinnamon
2 1/2 cups cashews
2 cups frozen raspberries, thawed
1/2 cup red wine vinegar
1/2 cup extra virgin olive oil
3 chopped hearts of romaine
1 (10 ounce) bag fresh baby spinach
3 pears, cored and diced
1/2 cup dried cherries
1 cup feta cheese

Directions

Line a baking sheet with aluminum foil. Place the sugar and cinnamon into a saucepan. Melt the sugar over medium heat without stirring. Add the cashews, and stir until well coated, then spread out onto the prepared baking sheet to cool to room temperature.

Puree the raspberries, vinegar, and olive oil until smooth; set aside. Toss together the romaine, spinach, pears, cherries, and feta cheese in a large bowl. Toss with half of the raspberry dressing, and sprinkle with candied cashews. Serve with remaining dressing on the side.

Banana Split Salad

Ingredients

1 (14 ounce) can sweetened condensed milk
1 (12 ounce) container frozen whipped topping, thawed
1 (21 ounce) can cherry pie filling
3 medium firm bananas, cut into chunks
1 (8 ounce) can crushed pineapple, drained
1/2 cup chopped nuts

Directions

In a large bowl, combine the milk and whipped topping until well blended. Fold in pie filling, bananas, pineapple and nuts.

Southwestern Barley Salad

Ingredients

3 cups cooked medium pearl barley
1 (15 ounce) can black beans, rinsed and drained
1 1/2 cups frozen corn, thawed
1 1/2 cups diced, seeded tomato
1 cup frozen peas, thawed
1/4 cup minced fresh cilantro or parsley
1 teaspoon salt
1/4 teaspoon pepper
1/2 cup water
3 tablespoons lemon juice
1 tablespoon finely chopped onion
1 tablespoon canola oil
2 garlic cloves, minced
8 lettuce leaves
1 ripe avocado, peeled and sliced
2 medium tomatoes, cut into wedges

Directions

In a bowl, combine the first eight ingredients. In a jar with a tight-fitting lid, combine the water, lemon juice, onion, oil and garlic; shake well. Pour over barley mixture and toss to coat. Serve on lettuce-lined plates. Garnish with avocado and tomatoes.

Summer Anytime Crisp Corn Salad

Ingredients

3 tablespoons apple cider vinegar
2 tablespoons white sugar
1 tablespoon olive oil
1 tablespoon water
1 pinch salt and ground black pepper

1 (15.25 ounce) can sweet corn, drained
1/2 cup chopped green bell pepper
1/2 cup chopped red bell pepper
1/3 cup chopped sweet onion
1 small tomato, chopped

Directions

Whisk together the apple cider vinegar, sugar, olive oil, water, salt, and pepper in a large bowl. Add the corn, green and red bell peppers, onion, and tomato, and lightly toss. Cover and refrigerate until ready to serve.

Fabulous Fruit Salad II

Ingredients

2 cups diced apples
1 cup sliced banana
1 cup sliced fresh strawberries
1 cup chopped walnuts
1 cup vanilla yogurt
3/4 teaspoon ground cinnamon

Directions

In a bowl, mix the apples, banana, strawberries, and walnuts. Fold in the yogurt. Sprinkle with cinnamon. Gently stir just before serving.

Festive Fall Turkey Salad

Ingredients

1 cup whole cranberries
1/2 cup fresh orange juice
1 tablespoon orange zest
2 tablespoons white sugar
3/4 cup cashew halves
6 cups chopped cooked turkey
2 celery ribs, diced
3/4 cup mayonnaise, or to taste
2 tablespoons applesauce
1/2 teaspoon kosher salt
1/4 teaspoon ground dried sage
1/4 teaspoon dried thyme
ground black pepper, to taste

Directions

Preheat oven to 325 degrees F (165 degrees C). Line a baking pan with aluminum foil.

Place the cranberries, orange juice, orange zest, and sugar into a pan. Bring to a boil, and cook, stirring occasionally, until almost all the liquid has cooked away, about 5 minutes. Remove from the heat, and cool.

Place cashews on prepared baking pan. Roast in preheated oven until golden brown, 10 to 12 minutes. Remove, and cool.

Mix the turkey together in a large bowl with the celery, mayonnaise, applesauce, salt, sage, thyme, and pepper until evenly blended. Fold in the cranberry mixture. Refrigerate at least 2 hours before serving.

Chicken Salad

Ingredients

6 boneless chicken breast halves, cooked and diced
1 cup chopped celery
1 teaspoon salt-free herb and spice blend
1 cup mayonnaise

Directions

Combine the chicken, celery, spice blend and mayonnaise. Mix all together; more or less mayonnaise can be added, depending on your preference. Voila, your summer salad is ready to serve!

Garbanzo Bean Tomato Salad

Ingredients

3 tablespoons vegetable oil
1 tablespoon red wine vinegar
1 teaspoon salt, divided
1/4 teaspoon pepper, divided
1 (15 ounce) can garbanzo beans or chickpeas, rinsed and drained
3 medium tomatoes, thinly sliced
1 medium onion, thinly sliced
1 tablespoon minced fresh basil

Directions

In a bowl, combine the oil, vinegar, 1/2 teaspoon salt and 1/8 teaspoon pepper. Add beans; toss to coat. Place tomatoes in a serving bowl. Top with onion. Sprinkle with basil and remaining salt and pepper. Top with bean mixture. Cover and refrigerate for at least 1 hour. Toss just before serving.

Tomato Asian Chicken Salad

Ingredients

1 (10.75 ounce) can Campbell's® Condensed Tomato Soup
1 tablespoon soy sauce
1 tablespoon vinegar
1/4 teaspoon ground ginger
1/8 teaspoon garlic powder
1 clove garlic, minced
4 skinless, boneless chicken breast halves
8 cups mixed salad greens torn into bite-sized pieces

Directions

Stir the soup, soy sauce, vinegar, ginger and garlic powder in a 1-quart saucepan.

Lightly oil the grill rack and heat the grill to medium. Grill the chicken for 15 minutes or until cooked through, turning and brushing often with the soup mixture. Cut the chicken into thin strips.

Heat the remaining soup mixture over medium-high heat to a boil. Arrange the salad greens and chicken on a platter. Serve with the soup mixture.

Tempeh and Blue Cheese Salad

Ingredients

1 (8 ounce) package tempeh, cut into 1/2 inch squares
1 tablespoon vegetable oil
1/2 cup ranch salad dressing
1 tablespoon milk
2 cloves garlic, minced
1/2 teaspoon dried dill weed
1 (15.5 ounce) can garbanzo beans, drained and rinsed
1 small red bell pepper, finely chopped
1 stalk celery, finely chopped
1/2 small red onion, finely chopped
8 ounces shredded romaine lettuce
2 ounces crumbled blue cheese
1/4 teaspoon salt, or to taste

Directions

Place tempeh in a steamer over 1 inch of boiling water, and cover. Steam for 20 minutes, then remove, and pat dry. When tempeh has finished steaming, heat vegetable oil in a skillet over medium-high heat. Add tempeh, and cook until browned, about 5 minutes. Drain on a paper towel-lined plate and allow to cool.

Whisk together ranch dressing, milk, garlic, dill, and salt in a large bowl. Add the cooled tempeh, drained garbanzo beans, bell pepper, celery, red onion, and romaine lettuce. Toss until the salad has been well coated in the dressing. Gently fold in the blue cheese, then season to taste with salt.

Joy's Green Banana Salad

Ingredients

6 small unripe (green) bananas
2 tablespoons olive oil, divided
1 green bell pepper, sliced into thin rings
1 cup small shrimp - peeled and deveined
1 cup crabmeat
1 sweet onion, chopped
1 pinch salt and pepper to taste
1 teaspoon white sugar
3/4 cup red wine vinegar
2 slices crisp cooked bacon, crumbled
1 hard-cooked egg, peeled and sliced (optional)

Directions

Bring a large pot of water to a boil. Cut the ends off of the bananas, and make a slit lengthwise down the peel. Cook bananas in boiling water until tender (similar to a potato). Drain, cool, and remove peels. Cut into small chunks and place in a serving bowl. Drizzle 1 tablespoon of olive oil over the pieces, and stir to coat.

Meanwhile, heat the remaining tablespoon of oil in a skillet over medium-high heat. Add shrimp and crab, and fry until cooked through, about 5 minutes. Set aside to cool.

Add onions, green pepper and seafood to the bananas in the bowl. In a separate bowl, whisk together the red wine vinegar, sugar and bacon pieces. Pour this mixture over the bananas, and toss lightly to coat. Season with salt and pepper. Garnish with slices of hard-cooked egg if desired.

Summer Pepper Salad

Ingredients

1 green bell pepper, seeded and chopped
1 red bell pepper, seeded and chopped
1 yellow bell pepper, seeded and chopped
1 medium cucumber, seeded and chopped
1/4 cup chopped fresh parsley
8 ounces crumbled feta cheese
1 tablespoon olive oil

Directions

In a large bowl, mix the green bell pepper, red bell pepper, yellow bell pepper, cucumber, parsley, feta cheese, and olive oil. Chill at least 30 minutes in the refrigerator before serving.

Herbed Rice and Spicy Black Bean Salad

Ingredients

1 tablespoon chopped fresh basil
1 tablespoon chopped fresh thyme
1 tablespoon chopped fresh parsley
1 tablespoon chopped fresh cilantro
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/2 teaspoon cayenne pepper
1/4 teaspoon garlic powder
2 cups cold, cooked white rice
1 (14 ounce) can black beans, rinsed and drained
2 celery stalks, finely chopped
1 (4 ounce) can chopped black olives
3 green onions, chopped
1/4 cup red wine vinegar
1/4 cup extra-virgin olive oil

Directions

Make a seasoning by mixing together the basil, thyme, parsley, cilantro, salt, pepper, cayenne pepper, and garlic powder in a bowl.

Gently mix together the rice, black beans, celery, olives, and green onions in a large bowl. Season the rice mixture with 1 teaspoon of the seasoning.

Make a dressing by whisking the vinegar and olive oil with the seasoning; allow to rest for 10 minutes. Pour the dressing over the rice mixture; stir to combine.

Orange 'n' Red Onion Salad

Ingredients

4 cups torn romaine
2 cups medium navel oranges, peeled and sectioned
1 small red onion, sliced and separated into rings
1/4 cup olive oil
3 tablespoons red wine vinegar
1 teaspoon sugar
1/4 teaspoon salt
1/8 teaspoon pepper

Directions

On a serving platter, arrange the romaine, oranges and onion. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Drizzle over salad; serve immediately.

Easy Pea Salad

Ingredients

1 (15 ounce) can peas, drained
4 ounces Cheddar cheese, cubed
2 tablespoons finely chopped sweet onion
1 tablespoon sugar
1/4 cup creamy salad dressing, e. g. Miracle Whip в„ў

Directions

In a medium serving bowl, mix together the peas, Cheddar cheese and onion. Stir in the sugar and creamy salad dressing. Chill for at least 1 hour before serving.

Cranberry Salad I

Ingredients

1 pound fresh or frozen cranberries
2 cups white sugar
1 (20 ounce) can crushed pineapple
8 ounces miniature marshmallows
1 banana, peeled and sliced
1/2 cup heavy cream, whipped

Directions

If using frozen cranberries let thaw before using. In a food processor or blender grind the cranberries. Add the sugar, crushed pineapple and marshmallows. Let mixture stand overnight.

Just before serving stir in the sliced banana and whipped cream.

Crab and Orzo Salad

Ingredients

1 1/2 cups uncooked orzo pasta
1 pound cooked crabmeat
4 roma (plum) tomatoes, chopped
1 carrot, peeled and diced
1 medium red bell pepper, diced
1 medium green bell pepper, diced
3 green onions, chopped
1/2 cup mayonnaise
3 tablespoons chili sauce
1 tablespoon lemon juice
1 teaspoon salt
1/2 teaspoon pepper
3 drops hot pepper sauce

Directions

Bring a large saucepan of lightly salted water to a boil. Add orzo, and cook 11 minutes, or until al dente. Drain, and place in the refrigerator about 1 hour, until chilled.

In a large bowl, toss together orzo, crabmeat, tomatoes, carrot, red bell pepper, green bell pepper, and green onions.

In a small bowl, blend mayonnaise, chili sauce, lemon juice, salt, pepper, and hot pepper sauce. Pour over the orzo mixture, and toss to coat.

Kidney Bean Tuna Salad

Ingredients

1 cup canned kidney beans, rinsed and drained
1 (6 ounce) can water-packed tuna, drained and broken into chunks
1/3 cup chopped celery
1/3 cup shredded Cheddar cheese
3 tablespoons sliced ripe olives
2 tablespoons finely chopped red onion
2 tablespoons minced fresh cilantro
DRESSING:
2 tablespoons olive oil
2 teaspoons white wine vinegar
2 teaspoons lemon juice
1 garlic clove, minced
1 teaspoon dill weed
1/4 teaspoon salt
1/4 teaspoon pepper
Lettuce Leaves

Directions

In a bowl, combine the first seven ingredients. For dressing, in a small bowl, whisk the oil, vinegar, lemon juice, garlic, dill, salt and pepper. Pour over tuna mixture and toss lightly. Serve on a bed of lettuce if desired.

Autumn Apple Salad II

Ingredients

4 tart green apples, cored and chopped
1/4 cup blanched slivered almonds, toasted
1/4 cup dried cranberries
1/4 cup chopped dried cherries
1 (8 ounce) container vanilla yogurt

Directions

In a medium bowl, stir together the apples, almonds, cranberries, cherries and yogurt until evenly coated.

Triple Cranberry Salad Mold

Ingredients

2 (3 ounce) packages cranberry flavored gelatin mix
3 cups boiling water
1 cup cranberry juice
2 (3 ounce) packages cream cheese, softened
1 (8 ounce) carton frozen whipped topping, thawed
1 cup chopped walnuts
1 cup chopped celery
1 cup chopped fresh or frozen cranberries

Directions

In a large bowl, dissolve the gelatin in boiling water; stir in cranberry juice. Refrigerate until slightly thickened. In a small mixing bowl, beat cream cheese until smooth. Add the whipped topping until blended. Fold into the gelatin mixture. Fold in walnuts, celery and cranberries.

Pour into a 3-qt. ring mold coated with nonstick cooking spray. Refrigerate until set. Unmold onto a serving plate.

Spinach Salad with Honey Dressing

Ingredients

1 medium red apple
Lemon Juice
6 cups torn fresh spinach
6 cups torn red leaf lettuce
1 small red onion, sliced and separated into rings
1 (11 ounce) can mandarin oranges, drained
1/3 cup sunflower kernels, toasted
6 bacon strips, cooked and crumbled
DRESSING:
1/2 cup vegetable oil
1/4 cup sugar
2 tablespoons cider vinegar
2 1/2 tablespoons honey
1/2 teaspoon celery salt
1/2 teaspoon onion salt
1/2 teaspoon paprika
1/2 teaspoon ground mustard
1/2 teaspoon lemon juice

Directions

Thinly slice apple; brush with lemon juice. In a large salad bowl, toss the spinach, lettuce, onion, oranges and apple slices. Sprinkle with sunflower kernels and bacon.

In a microwave-safe bowl, whisk the dressing ingredients. Microwave, uncovered, on high for 1 minute. Stir and drizzle over salad. Serve immediately.

Barb's Curried Mango-Avocado Salad

Ingredients

4 mangos - peeled, seeded and diced
4 avocados - peeled, pitted and diced
2 tablespoons minced red onion
2 tablespoons fresh lime juice
1 teaspoon curry powder

Directions

Toss together the mango, avocado, onion, lime juice, and curry powder in a large bowl. Cover and refrigerate for 30 minutes before serving.

Blueberry Spinach Salad

Ingredients

1/2 cup vegetable oil
1/4 cup raspberry vinegar
2 teaspoons Dijon mustard
1 teaspoon sugar
1/2 teaspoon salt
1 (10 ounce) package fresh spinach, torn
1 (4 ounce) package blue cheese, crumbled
1 cup fresh blueberries
1/2 cup chopped pecans, toasted

Directions

In a jar with tight-fitting lid, combine the first five ingredients and shake well. In a large salad bowl, toss the spinach, blue cheese, blueberries and pecans. Add dressing and toss gently; serve immediately.

Easy Corn and Green Onion Salad

Ingredients

1 (16 ounce) package frozen corn kernels, thawed
1 green onion, chopped
1 1/2 tablespoons white wine vinegar
1 tablespoon olive oil
1 teaspoon fresh lemon juice
1 1/2 teaspoons dried tarragon leaves
salt and ground black pepper to taste
1 pinch seafood seasoning (such as Old Bay®), or to taste (optional)

Directions

Stir the corn, onion, vinegar, olive oil, lemon juice, tarragon, salt, and pepper together in a bowl. Season with seafood seasoning as desired.

Seafood And Cabbage Salad

Ingredients

2 1/2 cups shredded 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

Directions

In a small bowl, whisk 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.

BLT Bow Tie Pasta Salad

Ingredients

2 1/2 cups uncooked bow tie pasta
6 cups torn romaine
1 1/2 cups cubed cooked chicken breast
1 medium tomato, diced
4 bacon strips, cooked and crumbled
1/3 cup reduced-fat mayonnaise
1/4 cup water
1 tablespoon barbecue sauce
1 1/2 teaspoons white vinegar
1/4 teaspoon pepper

Directions

Cook pasta according to package directions. Drain and rinse under cold water. In a large serving bowl, combine the pasta, romaine, chicken, tomato and bacon. In a small bowl, whisk together the mayonnaise, water, barbecue sauce, vinegar and pepper. Pour over pasta mixture; toss to coat evenly. Serve immediately.

Hearty Layer Salad

Ingredients

6 cups mixed salad greens
1 (15 ounce) can garbanzo beans or chickpeas, rinsed and drained
1 cup sliced fresh mushrooms
1 cup cherry tomatoes, halved
1 small cucumber, thinly sliced
1 cup thinly sliced red onion, separated into rings
3 hard-cooked eggs, sliced
1/2 cup chopped walnuts, toasted
DRESSING:
1 large ripe avocado, peeled and sliced
1 cup sour cream
2 tablespoons lemon juice
2 garlic cloves, minced
1/2 teaspoon ground cumin
1/4 teaspoon salt
1/8 teaspoon cayenne pepper

Directions

In a large glass bowl, layer the first eight ingredients. In a blender, combine the dressing ingredients; cover and process until smooth. Serve with the salad.

Shoestring Salad

Ingredients

1 (12 ounce) can tuna, drained and flaked
1 cup shredded carrot
1 cup chopped celery
1/2 cup mayonnaise
1/4 cup chopped onion
1 tablespoon prepared mustard
1 cup shoestring potato sticks

Directions

In a medium bowl, combine the first six ingredients. Fold in potato sticks just before serving.

Mamaw Thelma's Instant Potato Salad

Ingredients

2 cups warm water
1 cup instant potato flakes
1 tablespoon mayonnaise
1/2 cup milk
1 tablespoon dill pickle relish
1 teaspoon prepared yellow mustard
1 small onion, chopped
salt and pepper to taste

Directions

Pour 2 cups of warm water into a bowl. Stir in the instant potato flakes until well blended. Mix in the mayonnaise, milk, relish, mustard and onion. Season with salt and pepper. Mix well, and refrigerate until needed.

Wild Rice Chicken Salad

Ingredients

2 1/2 cups cooked, cubed chicken breast meat
3 cups cooked wild rice
1 (8 ounce) can sliced water chestnuts, drained
1/3 cup thinly sliced green onions
2/3 cup reduced-fat mayonnaise
1/3 cup fat-free milk
2 tablespoons lemon juice
1/2 teaspoon salt
1/4 teaspoon dried tarragon
1/8 teaspoon pepper
1 cup halved seedless red grapes
1/4 cup salted cashew halves

Directions

In a large bowl, combine the chicken, rice, water chestnuts and green onions. In a small bowl, combine the mayonnaise, milk, lemon juice, salt, tarragon and pepper. Pour over chicken mixture; toss to coat. Cover and refrigerate for 2-3 hours. Just before serving, fold in grapes and sprinkle with cashews.

Endive Pear Salad Bites With Maple Vinaigrette

Ingredients

1 cup olive oil
1/3 cup cider vinegar
1/4 cup maple syrup
1 tablespoon spicy brown mustard
1 head Belgian endive separated into leaves
1 Bartlett pear, cored and diced
1/4 cup candied walnuts
1/4 cup crumbled Gorgonzola cheese
salt and pepper to taste
1 green onion, sliced

Directions

Combine the olive oil, vinegar, maple syrup, and mustard together in a blender; blend until smooth.

Arrange the endive on a serving platter with the rounded side down so that the leaves act as little bowls. Fill the endive with the diced pear, walnuts, and Gorgonzola cheese. Be careful to not overfill if you want to pass these. Carefully drizzle the dressing over the filling. Season with salt and pepper. Garnish with green onion to serve.

Fresh Summer Fruit Salad

Ingredients

1/2 cup water
2/3 cup sugar
3 cups thinly sliced rhubarb
15 seedless grapes, halved
1/2 orange, sectioned
10 fresh strawberries, hulled and halved
1 apple, cored and diced
1 peach, sliced
1 plum, pitted and sliced
15 pitted Bing cherries
1/4 cup fresh blueberries

Directions

Bring water and sugar to a boil in a medium saucepan over medium heat. Stir in the rhubarb, turn heat to low, cover, and simmer until rhubarb is soft, 10 to 15 minutes. Mash and chill in the refrigerator, about one hour.

To serve, mix the grapes, orange, strawberries, apple, peach, plum, cherries, and blueberries with 2/3 cup of the rhubarb sauce. Stir gently, but thoroughly to coat. Refrigerate for at least two hours to allow the flavors to blend.

Deviled Eggless Salad

Ingredients

1 cup non-fat cottage cheese
2 tablespoons fat-free mayonnaise
2 tablespoons plain low-fat yogurt
1 tablespoon yellow mustard
1 teaspoon soy sauce
1/4 teaspoon ground turmeric
1 teaspoon vegetarian Worcestershire sauce
2 teaspoons rice wine vinegar
1 (8 ounce) container firm tofu
5 green onions, minced

Directions

In a food processor or blender combine cottage cheese, mayonnaise, yogurt, mustard, soy sauce, turmeric, Worcestershire sauce and vinegar. Process until well blended. Add tofu and pulse a few times, maintaining a bit of texture. Stir in green onions. Refrigerate for at least 3 hours to allow flavors to meld.

Broccoli Cashew Salad

Ingredients

1 pound bacon
1 cup mayonnaise
2 teaspoons cider vinegar
1/2 cup white sugar
2 pounds fresh broccoli, broken into florets
1/2 cup raisins
1 cup roasted cashews
1/4 red onion, finely chopped

Directions

Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned and crisp, about 10 minutes. Drain the bacon slices on a paper towel-lined plate. Cool bacon and crumble into pieces.

Whisk together the mayonnaise, cider vinegar, and sugar in a mixing bowl until the sugar has dissolved. Add the broccoli, raisins, cashews, onion, and crumbled bacon. Stir until evenly coated. Cover and refrigerate the salad for at least 2 hours. Let stand at room temperature 15 to 20 minutes before serving.

Saucy Summer Fruit Salad

Ingredients

3 large peaches, peeled and cut into chunks
1 1/2 cups blueberries
1 1/2 cups sliced strawberries
2 bananas, sliced
3 teaspoons lemon juice

Orange-Yogurt Sauce:
1 cup vanilla nonfat or low-fat yogurt
2 tablespoons frozen orange juice concentrate

Directions

Combine fruit and lemon juice. In a small bowl, mix yogurt and concentrate. Put fruit in a large glass bowl or 6 small bowls or parfait glasses. Drizzle sauce over fruit and top with mint.

Zippy Cucumber Salad

Ingredients

2 large seedless cucumbers, sliced thin
1 large sweet onion, halved and sliced thin
2 teaspoons salt
1 large jalapeno pepper, seeded and minced
1/4 cup minced carrot
1/3 cup rice vinegar
1 teaspoon ground ginger
5 teaspoons white sugar
1/4 teaspoon coarse black pepper

Directions

Use a vegetable peeler to peel stripes in the cucumbers leaving half the skin. Halve the cucumbers lengthwise. Use spoon to remove the seeds from the cucumber halves. Slice the halves thinly.

Place the cucumber, onion, and 2 teaspoons salt in a bowl with enough water to cover; allow to marinate in refrigerator at least 30 minutes. Drain thoroughly in a colander and transfer to a large bowl; add the jalapeno pepper and carrot to the mixture.

Stir the rice vinegar, ginger, sugar, and pepper together in a small bowl until the sugar is completely dissolved; pour over the cucumber mixture and stir to evenly coat. Cover with plastic wrap and chill in refrigerator at least 30 minutes.

Patio Shrimp Salad

Ingredients

3 1/2 cups cooked white rice
1/4 cup chopped dill pickles
1/4 cup chopped black olives
1 tablespoon chopped onion
1/2 teaspoon salt
1 teaspoon minced green bell pepper
1/2 cup raisins
1 1/2 cups tomato juice
2 cups cooked salad shrimp
3/4 cup mayonnaise

Directions

Place rice in a medium-size mixing bowl. Mix pickles, olives, onion, salt, green pepper, raisins and tomato juice into the rice. Stir well and let mixture stand 5 minutes.

Mix shrimp and mayonnaise into the mixture, toss lightly and serve.

Twisted Chicken Salad with Tostadas

Ingredients

vegetable oil for frying
10 corn tortillas
1 (10 ounce) can chunk chicken, drained and flaked
1/2 cup mayonnaise
2 1/2 tablespoons canned jalapeno pepper slices, undrained
1 tablespoon jalapeno juice
salt and pepper to taste

Directions

Heat oil in a large heavy skillet over medium-high heat. One at a time, slip a tortilla into the hot oil. If the tortilla starts to puff up, press it down with a fork. When crisp and brown, remove to paper towels. Repeat with remaining tortillas.

Place the chicken in a bowl, and separate with a fork. Stir in the mayonnaise. Dice the jalapenos (reserving the liquid), and stir them into chicken salad. Pour in 1 tablespoon jalapeno juice, season with salt and pepper, and stir well. To serve, spread the chicken salad on the tostadas.

Cucumber-Watermelon Salad

Ingredients

6 cups cubed seeded watermelon
4 cups cubed English cucumber
1 teaspoon salt
1 tablespoon white sugar (optional)
1/2 cup balsamic vinegar

Directions

Place the watermelon and cucumber cubes in a large bowl, and gently toss with the salt and sugar. Drizzle with balsamic vinegar and toss to coat. Refrigerate for 15 minutes, then gently toss one last time before serving.

Hawaiian Mac Salad

Ingredients

1 (8 ounce) package macaroni
2 potatoes
1 hard-boiled egg, chopped fine
1/2 cup mayonnaise
2 tablespoons Italian-style salad dressing
1/2 Maui onion, minced
1 carrot, cut into very fine matchsticks
1/2 teaspoon salt
1/8 teaspoon pepper

Directions

Bring a pot of lightly salted water to a rolling boil; cook the macaroni in boiling water until cooked through yet firm to the bite, about 8 minutes. Drain. Chill in refrigerator.

Bring a separate pot of lightly salted water to a rolling boil; cook the potatoes in boiling water until just cooked through, 20 to 25 minutes. Drain, peel, and chop the potatoes into small cubes. Combine the potatoes, chopped egg, and mayonnaise in a bowl; mix. Add the macaroni, Italian-style salad dressing, onion, carrot, salt, and pepper to the potato mixture; stir. Chill in refrigerator until cold, about 20 minutes. Serve cold.

Russian Garden Salad

Ingredients

10 romaine lettuce leaves, chopped
4 tomatoes, chopped
1 large cucumber, sliced
1 onion, sliced
1/2 cup fresh parsley, chopped
1 tablespoon salt
2 tablespoons lemon juice
1 tablespoon extra-virgin olive oil
1 cup sour cream

Directions

Toss the romaine lettuce, tomatoes, cucumber, onion, and parsley together in a large bowl; season with salt. Drizzle the lemon juice and olive oil over the salad; stir. Add the sour cream and mix until evenly coated.

Tomato Feta Salad

Ingredients

2 tablespoons balsamic vinegar
1 1/2 teaspoons minced fresh basil
1/2 teaspoon salt
1/2 cup coarsely chopped sweet onion
1 pound grape or cherry tomatoes, halved
2 tablespoons olive oil
1/4 cup crumbled feta cheese

Directions

In a bowl, combine the vinegar, basil and salt. Add onion; toss to coat. Let stand for 5 minutes. Add the tomatoes, oil and feta cheese; toss to coat. Serve with a slotted spoon.

Pea Salad I

Ingredients

8 eggs
8 slices bacon (optional)
2 heads romaine lettuce - rinsed, dried, and torn into bite-size pieces
1 (16 ounce) package frozen green peas
2 cups mayonnaise
1/8 cup skim milk
3 tablespoons white sugar
3 cups shredded Cheddar cheese

Directions

Place eggs in a saucepan, and cover completely with cold water. Bring water to a boil for one minute. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, and cool. Peel. Slice egg with an egg slicer, or just crumble.

Place bacon in a large skillet. Cook, turning frequently, over medium high heat until evenly browned.

Spread Romaine lettuce evenly over the bottom of a 9x13 inch baking dish. Layer crumbled bacon, thawed peas, and eggs over the lettuce.

In a small bowl, mix together mayonnaise, milk, and sugar until smooth. Pour evenly over salad, and top with cheese. Chill in the refrigerator for 2 hours. Serve.

German Potato Salad

Ingredients

4 potatoes
4 slices bacon
1 tablespoon all-purpose flour
2 tablespoons white sugar
1/3 cup water
1/4 cup white wine vinegar
1/2 cup chopped green onions
salt and pepper to taste

Directions

Bring a large pot of salted water to a boil. Add potatoes; cook until tender but still firm, about 15 minutes. Drain, cool and chop.

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

Add the flour, sugar, water and vinegar to skillet and cook in reserved bacon fat over medium heat until dressing is thick.

Add bacon, potatoes and green onions to skillet and stir until coated. Cook until heated and season with salt and pepper. Serve warm.

Bacon Broccoli & Raisin Salad

Ingredients

1 (2.1 ounce) package Bob Evans® Express® Fully Cooked Bacon, prepared according to package
2 bunches broccoli, chopped
3/4 cup raisins
3/4 cup pecans, chopped
1/2 cup red onion, diced
1 1/2 cups cole slaw dressing

Directions

Prepare Bob Evans Express Fully Cooked Bacon according to package directions. Crumble into small pieces. In a large bowl, combine bacon, broccoli, raisins, pecans and onions. Pour dressing over and toss to combine.

Missy's Candied Walnut Gorgonzola Salad

Ingredients

1/2 cup walnut halves
1/4 cup sugar
3 cups mixed greens
1/2 cup dried cranberries
1/2 cup crumbled Gorgonzola cheese
1 tablespoon raspberry vinaigrette
1 tablespoon white vinegar
1 tablespoon olive oil

Directions

Place walnuts and sugar in a skillet over medium heat, stirring constantly until the sugar dissolves into a light brown liquid and coats the walnuts. Remove walnuts from skillet, and spread them out on a sheet of aluminum foil to cool.

Place in a large salad bowl the mixed greens, cranberries, cheese, vinaigrette, vinegar, and olive oil. Toss gently; add candied walnuts, and toss again.

Easy Veggie Salad

Ingredients

1 (16 ounce) can kidney beans, rinsed and drained
1 (14.5 ounce) can cut green beans, drained
1 small cucumber, halved and thinly sliced
2 cups thinly sliced carrots
1/2 cup chopped green pepper
1/4 cup sliced radishes
1/2 cup cider or red wine vinegar
1/3 cup sugar
2 tablespoons vegetable oil
1 teaspoon ground mustard
1 teaspoon salt
Dash pepper

Directions

In a large bowl, combine the beans, cucumber, carrots, green pepper and radishes. In a small bowl, combine the remaining ingredients; mix well. Pour over vegetables and toss to coat. Serve with a slotted spoon. Refrigerate leftovers up to 2 days.

Potato Salad III

Ingredients

2 potatoes
2 tablespoons low-fat mayonnaise
2 tablespoons fat free ranch dressing
1/4 onion, chopped
1 stalk celery
1 green bell pepper, chopped
salt and pepper to taste

Directions

Bring a pot of salted water to boil, place potatoes in water. Boil until potatoes are tender. Drain well. Let the potatoes cool 30 minutes.

Peel the skin off of the potatoes and cube them.

In a medium size mixing bowl combine potatoes, mayonnaise, ranch dressing, onion, celery, green pepper, salt and pepper. Cover and refrigerate until well chilled.

Fruity Rainbow Salad

Ingredients

1 (8 ounce) can unsweetened pineapple chunks
2 cups sliced fresh strawberries
2 cups green grapes
1 (15 ounce) can mandarin oranges, drained
1 cup fresh blueberries
1 cup sliced nectarines
1/4 cup lemon juice
1/4 cup honey
1/8 teaspoon ground nutmeg

Directions

Drain pineapple, reserving 1/4 cup juice. (Discard remaining juice or save for another use). In a bowl, combine the pineapple, strawberries, grapes, oranges, blueberries and nectarines.

In another bowl, combine the lemon juice, honey, nutmeg and reserved pineapple juice. Pour over fruit; mix gently. Cover and refrigerate for several hours or overnight.

Brown Rice Belgian Endive Salad

Ingredients

1/2 cup uncooked brown rice
1 cup water
1 head Belgian endive, chopped
1/8 red onion, finely chopped
2 tablespoons balsamic vinegar
1 tablespoon extra-virgin olive oil, or to taste
salt and ground black pepper to taste

Directions

Bring the brown rice and water to a boil in a saucepan. Reduce heat to medium-low; cover the saucepan and simmer until the rice is tender and the liquid has been absorbed, 45 to 50 minutes. Allow the rice to cool.

Place the rice, endive, and red onion in a large bowl. Drizzle the balsamic vinegar and olive oil on top, and season with salt and pepper. Mix thoroughly.

Spicy Sweet Potato Salad

Ingredients

2 sweet potatoes
1 pound red potatoes
1 pound Yukon Gold potatoes
1 large red onion
2 teaspoons salt
1 clove garlic, minced
1 jalapeno pepper, seeded and minced
1/4 cup fresh lemon juice
1 cup mayonnaise
1 tablespoon curry powder
1/4 cup chopped fresh parsley
1/4 teaspoon freshly ground black pepper

Directions

Wash, pierce with a fork, and microwave the sweet potatoes and Yukon Gold potatoes until tender. Boil the red potatoes in salted water until tender. Do not overcook the potatoes, or they will not hold up in the salad. Drain red potatoes and chill all three types overnight.

Peel the sweet potatoes and Yukon Golds, and dice into 1/2 inch cubes. Cut red potatoes into fourths. Place all potatoes into a large bowl.

Slice red onion thinly and place into a colander. Sprinkle the salt on the onion and let it sit in the colander for 30 minutes to drain. Squeeze onion to remove excess water, and add to the bowl with the potatoes. Mix in the garlic, jalapeno, lemon juice, mayonnaise, curry powder, parsley and pepper, and chill until ready to serve.

Seafood Salad Supreme

Ingredients

1 tablespoon butter
1 pound fresh shrimp, peeled and deveined
1 pound crabmeat
1 (8 ounce) package seashell pasta
2 strips celery, sliced
1 red bell pepper, chopped
1 green onion, thinly sliced
1 cup shredded mozzarella cheese
1/4 cup slivered, toasted almonds
1 cup mayonnaise
3 tablespoons fresh lemon juice
2 tablespoons chopped fresh parsley
1/2 teaspoon Old Bay Seasoning TM

Directions

In a large skillet, melt the butter over medium heat and saute shrimp until pink. Add crabmeat and cook one more minute or until heated through. Set aside.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Transfer the shrimp and crabmeat to a large mixing bowl and let cool to room temperature. Stir in pasta, celery, bell pepper and green onion. Add mozzarella cheese, slivered toasted almonds, mayonnaise and lemon juice. Season with parsley, and old bay seasoning. Toss to mix thoroughly.

Refrigerate for 2 hours before serving.

Carne Asada Steak Sandwich with Avocado Salad

Ingredients

2 tablespoons cayenne pepper
6 tablespoons paprika
3 tablespoons ground black pepper
1 tablespoon ground cumin
3 tablespoons onion powder
3 tablespoons garlic powder
1 tablespoon ground allspice
1 tablespoon ground dried thyme
1/4 cup olive oil
4 pounds flat iron steak

3 avocados - peeled, pitted, and cubed
1/4 cup chopped green onions
1 large red bell pepper, diced
1 red onion, diced
1/4 cup chopped cilantro
2 tomatoes, seeded and chopped
1/4 cup fresh lime juice
2 tablespoons olive oil
sea salt and ground black pepper to taste
2 (1 pound) French baguettes
1/2 pound thinly sliced Cheddar cheese

Directions

Stir together cayenne pepper, paprika, black pepper, cumin, onion powder, garlic powder, allspice, thyme, and 1/4 cup olive oil in a large bowl until evenly mixed. Smear the flat iron steaks with this paste, then wrap with plastic wrap, or place into a resealable plastic bag. Marinate in refrigerator for 6 hours.

Prepare avocado salad by gently mixing cubed avocado, green onion, red bell pepper, red onion, cilantro, and tomatoes. Drizzle with lime juice and olive oil; season to taste with salt and pepper. Cover and refrigerate until ready to use.

Preheat an outdoor grill for medium-high heat and lightly oil grate.

Grill flat iron steaks until cooked to desired degree of doneness, or to an internal temperature of 135 degrees F (57 degrees C) for medium-rare, about 4 minutes per side. Remove from grill and allow to rest for 5 to 10 minutes. While the steaks are resting, cut each baguette into three pieces, then halve the pieces horizontally. Toast bread, cut-side down on grill until golden brown. Turn baguettes over, and place sliced cheese on the cut sides; allow cheese to melt.

To assemble sandwiches, thinly slice the flat iron steaks across the grain, and pile onto baguettes. Top with avocado salad before serving.

Cottage Cheese Salad

Ingredients

1 (16 ounce) container cottage cheese, drained
4 roma (plum) tomatoes, chopped
4 green onions, chopped
2 medium cucumbers, peeled and diced
salt and pepper to taste

Directions

In a medium bowl, stir together the cottage cheese, tomatoes, green onions, and cucumbers. Season with salt and pepper to taste. Chill until serving.

Mixed Vegetable Salad II

Ingredients

8 ounces mixed vegetables
1 (15 ounce) can red beans, drained and rinsed
1/4 cup chopped onion
1/4 cup chopped celery
1/4 cup chopped green bell pepper

1/2 cup white wine vinegar
3/4 cup white sugar
1 teaspoon prepared mustard
1 tablespoon all-purpose flour

Directions

In a mixing bowl, combine the mixed vegetables, beans, onion, celery and bell pepper.

In a small sauce pan, combine vinegar, sugar, mustard and flour. Bring to boil, remove from heat and set aside to cool.

Pour dressing over vegetables and toss. Refrigerate for at least 6 hours and serve.

Strawberry Salad

Ingredients

1 (18.25 ounce) package angel food cake mix
1 (6 ounce) package strawberry flavored gelatin
1 (16 ounce) package frozen strawberries
1 (12 ounce) container frozen whipped topping, thawed
2 cups boiling water
1 cup water

Directions

In a large mixing bowl, mix together flavored gelatin with boiling water and stir until dissolved. Stir in cold water and frozen strawberries. Chill until slightly thickened to the consistency of egg whites. If adding lots of frozen strawberries, it may reach this stage while stirring.

Cut cake into cubes, or just rip it into bite size chunks and trim off the dark brown edges. Gently fold in frozen whipped topping and cake into the strawberry mixture. Chill until set. Decorate top with any extra topping and strawberries.

Tangy Four-Bean Salad

Ingredients

1 (16 ounce) can kidney beans, rinsed and drained
1 (15 ounce) can garbanzo beans or chickpeas, rinsed and drained
1 (14.5 ounce) can cut green beans, drained
1 (14.5 ounce) can wax beans, drained
1 cup sliced fresh mushrooms
1 cup chopped green pepper
1 cup chopped onion
DRESSING:
1/2 cup cider vinegar
1/3 cup sugar
1/4 cup canola oil
1 teaspoon celery seed
1/2 teaspoon pepper
1/4 teaspoon salt
1/8 teaspoon dried basil
1/8 teaspoon dried oregano

Directions

In a large bowl, combine the beans, mushrooms, green pepper and onion. In a jar with a tight-fitting lid, combine the dressing ingredients; shake well.

Pour dressing over bean mixture and stir to coat. Cover and refrigerate for at least 4 hours. Serve with a slotted spoon.

Bob's Salad Dressing

Ingredients

2/3 cup olive oil
1/3 cup fresh lemon juice
1/3 cup tahini
1 tablespoon nutritional yeast
1/4 cup tamari
1 tablespoon honey
1/2 teaspoon dried oregano
1 tablespoon mayonnaise
salt and pepper to taste

Directions

In a blender, combine olive oil, lemon juice, tahini, nutritional yeast, tamari, honey, oregano, mayonnaise and salt and pepper. Process until smooth and serve over salad.

Pecan Crusted Chicken Salad

Ingredients

1 cup creamy garlic salad dressing
1 cup finely chopped pecans
4 skinless, boneless chicken breast halves
1 head romaine lettuce leaves, torn into 1/2 inch wide strips
1 (15 ounce) can mandarin oranges, drained
1 cup dried cranberries
4 ounces blue cheese, crumbled
1/2 cup Ranch dressing

Directions

Preheat oven to 400 degrees F (200 degrees C).

Place the creamy garlic dressing and pecans in separate bowls. Dip each chicken breast in the dressing then in the pecans to coat. Arrange chicken on a baking sheet.

Bake chicken 25 minutes in the preheated oven, until juices run clear. Cool slightly, and cut into strips.

On serving plates, arrange equal amounts of the lettuce, mandarin oranges, cranberries, and blue cheese. Top with equal amounts chicken, and serve with Ranch dressing.

Famous Japanese Restaurant-Style Salad

Ingredients

1/2 cup minced onion
1/2 cup peanut oil
1/3 cup rice wine vinegar
2 tablespoons water
2 tablespoons minced fresh ginger root
2 tablespoons minced celery
2 tablespoons ketchup
4 teaspoons soy sauce
2 teaspoons white sugar
2 teaspoons lemon juice
1/2 teaspoon minced garlic
1/2 teaspoon salt
1/4 teaspoon ground black pepper

Directions

In a blender, combine the minced onion, peanut oil, rice vinegar, water, ginger, celery, ketchup, soy sauce, sugar, lemon juice, garlic, salt and pepper . Blend on high speed for about 30 seconds or until all of the ingredients are well-pureed.

Curried Couscous Salad

Ingredients

3/4 cup water
1/2 cup uncooked couscous
1 cup frozen peas, thawed
3/4 cup diced cucumber
1 large carrot, shredded
1/4 cup crumbled cooked bacon
2 green onions, chopped
1 teaspoon minced fresh parsley
DRESSING:
1/4 cup olive oil
1 tablespoon cider vinegar
1 tablespoon soy sauce
1 teaspoon sugar
1 teaspoon curry powder

Directions

In a small saucepan, bring water to a boil. Stir in couscous. Cover and remove from the heat; let stand for 5 minutes. Fluff with a fork. In a large bowl, combine the couscous, peas, cucumber, carrot, bacon, onions and parsley. Cover and refrigerate until chilled.

In a jar with a tight-fitting lid, combine the dressing ingredients; shake well. Just before serving, drizzle over salad and toss to coat.

Hot Fruit Salad

Ingredients

1 (20 ounce) jar chunky applesauce
1 (21 ounce) can cherry pie filling
1 (15 ounce) can sliced peaches, drained
1 (11 ounce) can mandarin orange segments, drained
1 (8 ounce) can pineapple chunks
1/2 cup brown sugar
1 teaspoon ground cinnamon

Directions

Pour the applesauce, cherry pie filling, sliced peaches, mandarin oranges, pineapple, brown sugar and cinnamon into a slow cooker. Cover, and cook on Low setting for 90 minutes.

Citrus Gelatin Salad

Ingredients

2 envelopes unflavored gelatin
1/4 cup cold water
1 cup sugar
1 3/4 cups boiling water
3 tablespoons lemon juice
1 drop yellow food coloring
1 (20 ounce) can unsweetened pineapple tidbits, drained
1/2 cup sliced firm banana
1 1/2 cups miniature marshmallows
TOPPING:
1/2 cup sugar
3 tablespoons cornstarch
2/3 cup orange juice
1/4 cup lemon juice
1 1/2 cups reduced-fat whipped topping

Directions

In a bowl, combine gelatin and cold water; let stand for 1 minute. Add sugar and boiling water; stir until sugar and gelatin are dissolved. Stir in lemon juice and food coloring if desired; set aside. Layer pineapple, banana and marshmallows in a 13-in. x 9-in. x 2-in. dish. Pour gelatin mixture over top. Cover and refrigerate overnight.

In a saucepan, combine sugar and cornstarch. Gradually stir in juices until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat; cool to room temperature. Transfer to a mixing bowl; add whipped topping. Beat until blended. Spread over gelatin layer. Cover and chill for 1 hour or until serving. Cut into squares.

Crunchy Kraut Salad

Ingredients

1 (14 ounce) can sauerkraut, drained
1/2 cup chopped celery
1/2 cup chopped green pepper
1/4 cup chopped onion
1/2 cup sugar
1/4 cup white vinegar
1/2 teaspoon celery seed

Directions

In a serving bowl, combine the sauerkraut, celery, green pepper and onion; set aside. In a saucepan, bring sugar and vinegar to a boil; cook and stir for 1 minute or until sugar is dissolved. Remove from the heat; cool slightly. Pour over sauerkraut mixture; sprinkle with celery seed. Toss to coat. Refrigerate for at least 1 hour.

Chive-Mushroom Spinach Salad

Ingredients

8 cups fresh baby spinach
2 cups sliced fresh mushrooms
1 tablespoon chopped onion
1 garlic clove, minced
2 tablespoons olive oil
3 tablespoons minced chives
2 tablespoons lemon juice
2 tablespoons balsamic vinegar
1 teaspoon sugar
1 1/2 cups seasoned croutons
1/4 cup shredded Parmesan cheese

Directions

Place spinach in a large salad bowl; set aside. In a large skillet, saute the mushrooms, onion and garlic in oil for 2-4 minutes. In a small bowl, combine the chives, lemon juice, vinegar and sugar. Pour into the skillet. Cook and stir 1 minute longer or until mushrooms are tender. Add to spinach with croutons and Parmesan cheese; toss to coat. Serve immediately.

Curried Salmon Pasta Salad

Ingredients

1 cup dry pasta, such as macaroni or small shells
8 ounces cooked, skinned salmon
1/2 cup minced red or yellow onion
1 cup diced celery
1 medium red apple, diced
1/2 cup chopped walnuts or dry-roasted, unsalted peanuts

Dressing:
1 (6 ounce) container fat-free yogurt
2 tablespoons olive oil
1 tablespoon curry powder
2 teaspoons fresh lemon juice
2 cloves garlic, crushed
1 teaspoon Dijon mustard
1/2 teaspoon salt (or to taste)
Freshly ground black pepper, to taste

Directions

Cook pasta per package directions; drain and rinse. In a large bowl, combine first six ingredients. In a small bowl, combine dressing ingredients. Pour dressing over salad; toss. Refrigerate, or serve at room temperature.

Tuna Salad Muffins

Ingredients

1 1/2 cups all-purpose flour
1 tablespoon sugar
2 teaspoons baking powder
1/2 teaspoon salt
1 (9 ounce) can tuna packed in water, drained
1/2 cup plain nonfat yogurt
1/2 cup chopped green onion
1/4 cup chopped green olives
1 tablespoon chopped garlic
1 egg
3/4 cup skim milk
1/3 cup vegetable oil

Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease muffin tins.

In a medium bowl, stir together flour, sugar, baking powder, and salt. Set aside.

Into a separate bowl, flake tuna; then stir in yogurt, green onion, olives, and garlic. Set aside.

In a small bowl, whisk together egg, milk, and oil.

Stir tuna mixture into flour mixture. Gently stir milk mixture into flour mixture. Spoon tuna salad into the wells of muffin tins.

Bake in a preheated oven for 20 to 25 minutes.

Apple Walnut Salad

Ingredients

3/4 cup brown sugar
1 teaspoon ground cinnamon
1 (8 ounce) package cream cheese, softened
1 (6 ounce) container nonfat plain yogurt
1 teaspoon vanilla
6 large apples - peeled, cored and chopped
1 1/2 cups chopped walnuts
1 cup dried cranberries
1/4 cup chopped walnuts

Directions

Combine the brown sugar and cinnamon in a large bowl. Whisk in the softened cream cheese, yogurt, and vanilla until smooth.

Stir the apples, 1 1/2 cups of walnuts, and the dried cranberries into the cream cheese mixture until well coated.

Spoon salad into a serving bowl and garnish with the remaining 1/4 cup of chopped walnuts. Keep chilled until serving.

Spicy Tex-Mex Salad

Ingredients

1 (15 ounce) can pinto beans, drained and rinsed
1 (15 ounce) can black beans, rinsed and drained
1 1/2 cups shredded Cheddar and Monterey cheese blend
1 (10 ounce) package chopped romaine lettuce
3 tomatoes, chopped
1 (16 ounce) bottle Catalina salad dressing
1 (16 ounce) package corn chips

Directions

In a large bowl, combine the pinto beans, black beans, cheese, lettuce and tomatoes. Add 3/4 bottle dressing and mix well. Add corn chips before serving.

Olive-Cucumber Tossed Salad

Ingredients

1 cup Italian salad dressing
2 medium cucumbers, peeled, halved, seeded and sliced
1 cup pimiento-stuffed olives, halved
1 teaspoon Creole seasoning
2 (10 ounce) packages ready-to-serve salad greens

Directions

In a large bowl, combine the salad dressing, cucumbers, olives and Creole seasoning. Cover and refrigerate for at least 30 minutes. Just before serving, place the salad greens in a large bowl; add cucumber mixture and toss to coat.

Summertime Chicken and Pasta Salad

Ingredients

6 eggs
1 (16 ounce) package farfalle (bow tie) pasta
6 chicken tenders
1 cucumber, sliced
1 bunch radishes, trimmed and sliced
2 carrots, peeled and sliced
3 green onions, thinly sliced
1/2 red onion, chopped
1/2 (16 ounce) bottle Italian-style salad dressing
4 romaine lettuce hearts, thinly sliced

Directions

Hard boil the eggs by placing them into a saucepan in a single layer. Fill with water to cover the eggs by 1 inch. Cover the saucepan and bring the water to a boil over high heat. Once the water is boiling, remove from the heat and let the eggs stand in the hot water for 15 minutes. Pour out the hot water, then cool the eggs under cold running water in the sink. Peel once cold.

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the bow tie pasta and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 12 minutes. Drain well in a colander set in the sink, and rinse with cold water.

Simmer the chicken tenders in about 1/4 cup of water in a saucepan over medium-low heat, until no longer pink inside. Remove the tenders from the water, and set aside to cool.

Cut the tenders into bite-size pieces. Slice the eggs. Combine the cooked pasta, chicken, eggs, cucumber, radishes, carrots, green onions, and red onion in a salad bowl, and pour the Italian dressing over. Toss lightly to mix, and refrigerate the salad for at least 1 hour, or until cold.

Place about 3/4 cup of sliced romaine hearts on each plate, then top with about 1 cup of pasta-chicken salad to serve.

Greek Goddess Pasta Salad

Ingredients

1 (12 ounce) package tri-colored rotini pasta
1 small head broccoli, broken into small florets
1/2 teaspoon minced garlic
1 small red onion, diced
1 (12 ounce) jar marinated artichoke hearts, drained and chopped
1 (12 ounce) jar pitted kalamata olives, sliced
1 (8 ounce) jar roasted red bell peppers, drained, cut into strips
4 Roma tomatoes, diced
1 (12 ounce) jar oil-packed sun-dried tomatoes, drained, cut into strips
1 small zucchini, chopped
1 small cucumber, chopped
1 small yellow bell pepper, chopped
2 ripe avocados
1 (16 ounce) bottle Greek vinaigrette salad dressing

Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the pasta, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 10 minutes. Drain well in a colander set in the sink, rinse with cool water and place in a large bowl.

Place a steamer insert into a saucepan, and fill with water to just below the bottom of the steamer. Cover, and bring the water to a boil over high heat. Add the broccoli , recover, and steam until just tender, 2 to 6 minutes depending on thickness. Rinse the broccoli with cold water, finely chop, and add to pasta.

Stir in the garlic, red onion, artichoke hearts, kalamata olives, roasted red peppers, Roma tomatoes, sun-dried tomatoes, zucchini, cucumber, and yellow pepper and combine well.

Cut the avocados in half, remove the pit, and remove from the skin with a large spoon. Cut the avocados into large pieces, place in a small bowl and mash well with a fork. Slowly whisk in the Greek dressing until well combined. Pour the Greek-avocado dressing into the pasta salad and gently toss. Refrigerate for at least one hour before serving.

Seven-Layer Gelatin Salad

Ingredients

1 (3 ounce) package cherry gelatin
4 cups boiling water, divided
2 1/2 cups cold water, divided
2 envelopes unflavored gelatin
2 cups milk
1 cup sugar
2 cups sour cream
2 teaspoons vanilla extract
1 (3 ounce) package lemon gelatin
1 (3 ounce) package orange gelatin
1 (3 ounce) package lime gelatin

Directions

In a bowl, dissolve cherry gelatin in 1 cup boiling water. Add 1/2 cup cold water; stir. Pour into a 13-in. x 9-in. x 2-in. dish coated with nonstick cooking spray; refrigerate until set but not firm, about 30 minutes.

In a small saucepan, sprinkle unflavored gelatin over 1/2 cup cold water. Let stand for 1 minute. Stir in milk and sugar. Cook and stir over medium heat until gelatin and sugar are dissolved.

Remove from the heat. Whisk in sour cream and vanilla until smooth. Spoon 1-2/3 cups creamy gelatin mixture over the first flavored layer. Chill until set but not firm. Prepare remaining flavored gelatin as directed for cherry gelatin. Alternately layer flavored gelatins with creamy gelatin layers, allowing each to set before adding next layer. Top with lime gelatin. Refrigerate overnight. Cut into squares.

Chinese Cabbage Salad

Ingredients

2 tablespoons sesame seeds
1 1/2 tablespoons rice vinegar
1/2 teaspoon sesame oil
2 tablespoons white sugar
1/2 teaspoon salt
1/4 teaspoon black pepper
1/3 cup olive oil
4 cups shredded cabbage
2 carrots, shredded
1 (3 ounce) package ramen noodles, crushed

Directions

In a small skillet, toast sesame seeds over medium heat until golden brown and fragrant.

In a small bowl, mix together vinegar, sesame oil, olive oil, sugar, salt, pepper, and ramen seasoning packet.

In a large bowl, mix together cabbage, carrots, and crushed ramen noodles. Toss with dressing to coat evenly. Top with toasted sesame seeds.

Can't Miss Cucumber Salad

Ingredients

1 large English cucumber, thinly sliced
salt and pepper to taste
1 small onion, diced
2 cups nonfat plain yogurt
1 tablespoon garlic powder
2 tablespoons grated Parmesan cheese

Directions

Arrange cucumber slices in a single layer in the bottom of a bowl. Sprinkle with salt and pepper. Add a layer of onions, and top with a layer of yogurt. Continue layering all the remaining cucumbers, onions, and yogurt this order. Top off with a final layer of yogurt. Sprinkle with garlic powder, and parmesan cheese.

Cover and refrigerate for 1 hour before serving.

Cheesy Potato Salad

Ingredients

2 1/2 pounds red potatoes, cubed
1 cup sour cream
1/2 cup mayonnaise
1/4 cup white sugar
1/2 bunch green onions, chopped
1 cup shredded Cheddar cheese
1 tablespoon real bacon bits

Directions

Place the potatoes into a pot, and fill with enough water to cover. Bring to a boil, and cook for about 10 minutes, or until easily pierced with a fork. Drain, and set aside to cool.

In a large bowl, mix together the sour cream, mayonnaise, sugar, half of the onions, and half of the cheese. Gently stir in the cooled potatoes. Top with remaining cheese and onions, and sprinkle bacon bits over the top.

Picnic Potato Salad

Ingredients

10 medium red potatoes, cubed
2/3 cup vegetable oil
2 tablespoons cider vinegar
4 teaspoons honey
1 teaspoon dried basil
1 teaspoon ground mustard
1/2 teaspoon salt
1/2 teaspoon dried thyme
1/4 teaspoon dried marjoram
1/4 teaspoon dried mint
dash cayenne pepper

Directions

Place potatoes in a large saucepan and cover with water. Cover and bring to a boil over medium-high heat; cook for 15-20 minutes or until tender. Drain and place in a large bowl. Combine the remaining ingredients; pour over potatoes and toss to coat. Cool to room temperature. Cover and refrigerate until serving.

Snortin' Good Salad

Ingredients

1 head iceberg lettuce, torn
1 medium head cauliflower, cut into florets
1 medium red onion, sliced and separated into rings
1 (10 ounce) package frozen peas, thawed
1/2 cup crumbled cooked bacon
1 cup mayonnaise
1/4 cup sugar

Directions

In a large glass salad bowl, layer the lettuce, cauliflower, onion, peas and bacon. Combine the mayonnaise and sugar; spoon over salad. Cover and refrigerate for 2 hours or overnight. Toss just before serving.

The Best Potato Salad

Ingredients

6 eggs
10 red potatoes
1 cup mayonnaise
1/2 cup ranch dressing
1/3 cup dill pickle relish
2 tablespoons prepared yellow mustard
1 1/2 teaspoons salt
1/4 teaspoon ground black pepper
1/8 teaspoon paprika
1/8 teaspoon celery seed
1 onion, chopped
1/4 cup pepperoncini (optional)
1/4 cup sliced black olives (optional)

Directions

Place the eggs into a saucepan in a single layer and fill with water to cover the eggs by 1 inch. Cover the saucepan and bring the water to a boil over high heat. Remove from the heat and let the eggs stand in the hot water for 15 minutes. Pour out the hot water; cool the eggs under cold running water in the sink. Peel and chop the cooled eggs.

Place the potatoes into a large pot and cover with water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, 15 to 20 minutes. Drain and refrigerate until cold. Peel and cube once cold.

Stir together the mayonnaise, ranch dressing, relish, mustard, salt, pepper, paprika, and celery seed in a mixing bowl. Add the eggs, potatoes, onion, pepperoncini, and olives; stir until evenly mixed. Cover and refrigerate at least 2 hours before serving.

Spinach and Chicken Salad

Ingredients

1 (10 ounce) bag fresh spinach, rinsed and dried
4 cooked skinless, boneless chicken breast halves, sliced
1 zucchini, halved lengthwise and sliced
1 red bell pepper, chopped
1/2 cup black olives
3 ounces fontina cheese, shredded
1/2 cup fat-free roasted garlic salad dressing

Directions

Place equal portions of spinach onto four salad plates. Arrange chicken, zucchini, bell pepper, and black olives over spinach, and top with cheese. Drizzle dressing over salad.

Overnight Vegetable Salad

Ingredients

1 (16 ounce) package frozen mixed vegetables
1 (16 ounce) can kidney beans, rinsed and drained
1 cup chopped celery
1 cup chopped green pepper
1 medium onion, chopped
6 tablespoons sugar
1 tablespoon all-purpose flour
3/4 teaspoon salt
1/4 teaspoon pepper
1/2 cup white vinegar
1 tablespoon prepared mustard

Directions

Place mixed vegetables in a steamer basket over 1 in. of water in a saucepan. Bring to a boil. Cover and steam for 6-8 minutes or until crisp-tender. Transfer to a large bowl. Add the kidney beans, celery, green pepper and onion; mix well.

In a small saucepan, combine the sugar, flour, salt and pepper. Stir in the vinegar and mustard until blended. Bring to a boil; cook and stir for 2 minutes or until thickened. Cool. Pour over vegetables and toss to coat. Cover and refrigerate overnight. Serve with a slotted spoon.

Almond-Orange Tossed Salad

Ingredients

2 tablespoons sugar
1/2 cup sliced almonds
4 cups torn iceberg lettuce
4 cups torn romaine
1 (11 ounce) can mandarin oranges, drained
1 large ripe avocado, peeled and cubed
1/2 cup diced celery
2 green onions, sliced
DRESSING:
1/4 cup vegetable oil
2 tablespoons sugar
2 tablespoons cider vinegar
2 teaspoons minced fresh parsley
1/4 teaspoon salt
1/4 teaspoon pepper

Directions

In a small skillet over medium-low heat, cook sugar, without stirring for 12-14 minutes or until melted. Add almonds; stir quickly to coat. Remove from the heat; pour onto waxed paper to cool.

In a large serving bowl, combine the ice berg lettuce, romaine, oranges, avocado, celery, onions and almonds. In a jar with a tight-fitting lid, combine the dressing ingredients; shake well. Drizzle over salad; toss gently to coat.

Cranberry Salad

Ingredients

1 (12 ounce) package fresh cranberries, finely chopped
1/2 cup white sugar
2 cups chopped apples
1 cup miniature marshmallows
1/2 cup chopped pecans
1/2 cup vanilla yogurt
1 cup frozen whipped topping (such as Cool Whip®), thawed

Directions

Combine chopped cranberries and sugar in a large, nonreactive bowl. Toss well. Cover and refrigerate for 3 hours.

After 3 hours, stir apples, marshmallows, and pecans into cranberries. Combine yogurt and whipped topping; fold into cranberry salad. Serve immediately.

Cranberry Salad III

Ingredients

2 (3 ounce) packages cherry flavored gelatin mix
1 (16 ounce) can whole cranberry sauce
1 (20 ounce) can crushed pineapple with juice
1 (8 ounce) package cream cheese
1 cup chopped pecans
1 tablespoon mayonnaise

Directions

Drain crushed pineapple and save 1/4 cup of the juice. Dissolve gelatin in 2 cups of hot water. Stir in cranberries and crushed pineapple. Pour 1/2 of the mixture in a bowl and leave at room temperature, set the other 1/2 in the refrigerator until firm.

In a separate bowl mix together the cream cheese, mayonnaise, reserved pineapple juice and chopped pecans. Spread mixture over chilled gelatin. Place in refrigerator for 10 minutes. Pour the room temperature gelatin over the top of the cream cheese layer and refrigerate until set.

Cranberry Gelatin Salad I

Ingredients

2 (0.3 ounce) packages sugar-free cherry flavored gelatin mix
2 cups boiling water
1 (16 ounce) can jellied cranberry sauce
1 (20 ounce) can crushed pineapple, drained
1/2 cup chopped pecans

Directions

Combine the gelatin and boiling water; stir until gelatin is dissolved. Mix in cranberry sauce and pineapple.

Transfer to glass serving dishes. Sprinkle with chopped nuts. Chill until set and serve.

BLT Pasta Salad

Ingredients

1 (16 ounce) package medium seashell pasta
1 pound sliced bacon
1 1/2 cups light Ranch-style salad dressing
1 small onion, chopped
2 tomatoes, chopped

Directions

Bring a large pot of lightly salted water to a boil. Add the pasta, and cook until tender, about 8 minutes. Drain, and rinse under cold water to cool.

Meanwhile, cook the bacon in a large deep skillet over medium-high heat until browned and crisp. Remove from the pan and drain on paper towels.

In a large bowl, stir together the Ranch dressing, onion, and tomatoes. Mix in the cooled pasta. The pasta will absorb some of the dressing, so don't worry if it seems like too much. Refrigerate for several hours or overnight. Crumble bacon over the top just before serving.

Spring Salad

Ingredients

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

Directions

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.

Spring Salad with Fennel and Orange

Ingredients

Dressing:
1/4 cup white sugar
1/4 cup red wine vinegar
salt and pepper to taste
1 tablespoon chopped fresh basil
3 tablespoons olive oil

Salad:
1 (10 ounce) bag mixed salad greens
1 small fennel bulb, thinly sliced
1 orange, peeled and segmented
1/2 red onion, thinly sliced
1/2 cup slivered almonds
1/2 cup dried cranberries

Directions

Whisk together the sugar, red wine vinegar, salt, pepper, basil, and olive oil in a small bowl until the sugar dissolves; set aside. Toss the salad greens, sliced fennel, orange, onion, almonds, and cranberries in a large bowl. Pour the dressing over the salad and toss to serve.

Sweet Pepper Balsamic Bean Salad

Ingredients

1 cup chopped yellow bell pepper
1 (15 ounce) can kidney beans, drained and rinsed
1 (7 ounce) jar roasted red peppers, drained
12 cherry tomatoes, halved
2 tablespoons chopped fresh parsley
3 tablespoons balsamic vinegar
1 tablespoon vegetarian Worcestershire sauce
1 teaspoon white sugar
1 teaspoon dried basil
1 teaspoon chopped garlic
1/2 head lettuce

Directions

In large bowl combine yellow pepper, beans, roasted red peppers and tomatoes.

In jar with tight-fitting lid combine parsley, vinegar, Worcestershire sauce, sugar, basil and garlic; shake well. Pour over vegetables; toss gently. Cover and let stand at room temperature for 30 minutes or refrigerate for 2 hours.

To serve, place leaves of lettuce on individual salad plates and top with bean mixture.

Karen's Spring Mix Salad

Ingredients

1 (10 ounce) package mixed salad greens
1 ripe avocado - peeled, pitted and chopped
1 ripe tomato, chopped
1 (6 ounce) can black olives, drained
6 Greek pepperoncini peppers
1/4 cup olive oil
2 teaspoons white vinegar
2 teaspoons garlic salt
1 teaspoon dried oregano
1 teaspoon dried basil
3 ounces grated Parmesan cheese

Directions

In a large bowl, toss together the mixed greens, avocado, tomato, olives and pepperoncini peppers. Set aside.

In a small bowl, whisk together the oil, vinegar, garlic salt, oregano and basil. Pour over the salad mixture and toss to coat. Sprinkle with parmesan and serve.

Broccoli and Ramen Noodle Salad

Ingredients

1 (16 ounce) package broccoli coleslaw mix
2 (3 ounce) packages chicken flavored ramen noodles
1 bunch green onions, chopped
1 cup unsalted peanuts
1 cup sunflower seeds
1/2 cup white sugar
1/4 cup vegetable oil
1/3 cup cider vinegar

Directions

In a large salad bowl, combine the slaw, broken noodles and green onions.

Whisk together the sugar, oil, vinegar and ramen seasoning packets. Pour over salad and toss to evenly coat. Refrigerate until chilled; top with peanuts and sunflower seeds before serving.

Owen's Mozzarella And Tomato Salad

Ingredients

4 large tomatoes
4 tablespoons olive oil
ground black pepper to taste
10 ounces mozzarella cheese, thickly sliced
8 leaves fresh basil, torn into strips

Directions

Chop tomatoes in half, then slice finely; arrange on four plates. Trickle a tablespoon of olive oil over each serving, and sprinkle with black pepper. Lay slices of cheese over tomatoes, and strips of basil over cheese. Cover with plastic wrap, and refrigerate for 30 minutes before serving.

Apple Beet Salad

Ingredients

1 (15 ounce) can diced beets, drained
2 apples - peeled, cored and chopped
3/4 cup walnuts
3/4 cup creamy salad dressing, e. g. Miracle Whip в„ў

Directions

In a large mixing bowl, combine the beets, apples, walnuts and salad dressing. Mix together and chill before serving.

New Waldorf Salad

Ingredients

1 medium unpeeled red apple, chopped
1 medium unpeeled green apple, chopped
1 medium unpeeled pear, chopped
1/2 cup green grapes
1/4 cup raisins
1/4 cup slivered almonds, toasted
1 (6 ounce) container reduced-fat lemon yogurt
2 teaspoons lemon juice
2 teaspoons orange juice
2 teaspoons honey
1 teaspoon grated orange peel
Lettuce Leaves

Directions

In a large bowl, combine the apples, pear, grapes, raisins and almonds. In a small bowl, combine the yogurt, lemon and orange juices, honey and orange peel; pour over fruit mixture and stir to coat. Serve immediately in lettuce-lined bowls if desired.

Simple Macaroni Salad

Ingredients

2 cups macaroni
2 eggs
2 tablespoons chopped dill pickles
3/4 cup chopped celery
2 tablespoons thinly sliced green onion
3/4 cup fat free Italian-style dressing
salt and pepper to taste

Directions

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

Place eggs in a saucepan and cover with cold water. Bring water to a boil; cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

In a large bowl, combine the pasta, eggs, pickles, celery and green onions. Pour dressing over salad and toss to coat. Season with salt and pepper to taste; serve chilled.

Summer Sweet Scorcher Salad

Ingredients

2 large navel oranges
1 mango, finely chopped
1 yellow bell pepper, finely chopped
1 serrano chile pepper, minced, seeds optional
2 tablespoons fresh lime juice
1/4 cup chopped fresh mint
1/4 cup chopped fresh dill
1 pinch salt

Directions

Use a small paring knife to cut the peel, pith, and membrane from each orange, leaving just the flesh. Cut orange segments into small pieces; place in a large bowl.

Stir in the mango, bell pepper, serrano chile, and lime juice. Season with the mint, dill, and salt. Serve immediately, or allow to flavors to blend in refrigerator, up to overnight.

Easy Yummy Chinese Chicken Salad

Ingredients

3/4 cup vegetable oil
5 tablespoons seasoned rice vinegar
3 teaspoons soy sauce
3 (3 ounce) packages chicken flavored ramen noodles
1 large head cabbage, shredded
1 head iceberg lettuce - rinsed, dried, and shredded
1 bunch green onions, chopped
12 ounces canned chicken, drained
1 cup toasted and sliced almonds
3 tablespoons chopped fresh cilantro

Directions

In a saucepan over medium heat, whisk together the vegetable oil, rice vinegar, soy sauce and ramen noodle flavor packets. Bring dressing to the point of boiling, remove from heat and refrigerate until chilled.

In a large bowl, combine the cabbage, lettuce, green onions, broken noodles, chicken and almonds.

Pour dressing over salad and toss to coat. Sprinkle with fresh cilantro and serve.

Green Bean and Feta Salad

Ingredients

1 1/2 pounds fresh green beans
1 sweet onion, peeled
2 cloves garlic, chopped
1/2 cup rice wine vinegar
1/2 cup apple cider vinegar
1/3 cup canola oil
1 tablespoon white sugar
3/4 teaspoon salt
ground black pepper to taste
1 dash hot sauce
1 dash Worcestershire sauce
4 ounces feta cheese, crumbled

Directions

Thinly slice the onion and place into a colander over the sink. Add the cleaned green beans to a large pot of boiling water and boil until crisp tender (about 4 minutes). When the beans are done, drain the water into the colander to slightly cook the onions. Immediately rinse all in cold water to stop the cooking process.

For the dressing: In a large bowl, whisk together the garlic, rice wine vinegar, cider vinegar, oil, sugar, salt, pepper, hot sauce and Worcestershire sauce. Add beans, onions and cheese and stir until combined. Place in a nonreactive container and refrigerate for at least 4 hours. Enjoy!

Rainbow Pasta Salad

Ingredients

1 (16 ounce) package tricolor spiral pasta
2 cups broccoli florets
1 cup chopped carrots
1/2 cup chopped tomato
1/2 cup chopped cucumber
1/4 cup chopped onion
1 (15.25 ounce) can whole kernel corn, drained
1 (6.5 ounce) jar marinated artichoke hearts, drained and halved
1 (8 ounce) bottle Italian salad dressing

Directions

Cook pasta according to package directions; drain and rinse in cold water. Place in a large bowl; add remaining ingredients and toss to coat. Cover and refrigerate for 2 hours or overnight.

Salsa Tuna Salad

Ingredients

1/2 cup plain nonfat yogurt
1/4 cup salsa
1/4 teaspoon pepper
2 (6 ounce) cans tuna, drained and flaked
1 cup frozen corn, thawed
1 cup chopped green pepper
Lettuce Leaves

Directions

In a bowl, combine yogurt, salsa and pepper; mix well. Add tuna, corn and green pepper; toss to coat. Serve in a lettuce-lined bowl if desired.

Minted Pea Salad

Ingredients

1/2 cup mayonnaise
1/4 cup sour cream
1/4 cup minced fresh mint
3/4 teaspoon salt
1/4 teaspoon Dijon mustard
Dash pepper
3 cups frozen peas,* thawed
1 small onion, finely chopped

Directions

In a bowl, combine the first six ingredients; mix well. Add peas and onion; toss to coat. Cover and refrigerate for 1 hour.

Kate's Black-Eyed Pea Salad

Ingredients

2 (15 ounce) cans black-eyed peas, drained
1 bunch green onions, chopped
2 stalks celery, chopped
1 medium green bell pepper, chopped
1 (2 ounce) jar diced pimentos, drained
1 (3 ounce) jar bacon bits

1/4 cup sugar
1/4 cup red wine vinegar
1/4 cup olive oil
2 tablespoons balsamic vinegar
salt and pepper to taste

Directions

In a large bowl, mix the black-eyed peas, green onions, celery, bell pepper, pimentos, and bacon bits.

In a separate bowl, mix the sugar, red wine vinegar, olive oil, balsamic vinegar, salt, and pepper. Toss with the salad. Cover and chill at least 3 hours before serving.

Bow Tie Cabbage Salad

Ingredients

1/2 cup evaporated milk
1/3 cup sour cream
1/3 cup cider vinegar
1/4 cup sugar
1 tablespoon prepared mustard
1 1/2 teaspoons salt
1/2 teaspoon pepper
1 1/2 cups uncooked bow tie pasta
5 cups shredded cabbage
3/4 cup chopped green onions
1/2 cup finely chopped green pepper
8 ounces cubed Cheddar cheese

Directions

In a jar with a tight-fitting lid, combine the first seven ingredients; shake well. Cover and refrigerate for 1-1/2 to 2 hours. Cook pasta according to package directions; drain and rinse in cold water. Place in a large bowl; add the cabbage, onions, green pepper, cheese and dressing. Toss to coat. Cover and refrigerate for 1-2 hours.

Curry Broccoli Salad

Ingredients

1/2 pound bacon
6 cups fresh broccoli florets
1/2 cup diced onion
1/2 cup dried cherries
1/2 cup sunflower seeds
3/4 cup mayonnaise
1 teaspoon curry powder
2 tablespoons cider vinegar
1/4 cup white sugar

Directions

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

In a large bowl, combine the bacon, broccoli, onion, dried fruit and sunflower seeds.

Whisk together the mayonnaise, curry powder, vinegar and sugar.

Pour dressing over salad; toss to coat, and marinate over night.

Summer Cucumber Salad

Ingredients

2 tablespoons chopped fresh dill
2 tablespoons chopped fresh chives
1 (8 ounce) container reduced-fat sour cream
1 tablespoon fresh lemon juice
1 large English cucumber, sliced

Directions

Mix the dill, chives, and sour cream together in a small bowl. Stir the lemon juice into the sour cream mixture; allow to sit at room temperature for 30 minutes.

Place the cucumber slices in a large bowl. Add the sour cream mixture to the cucumbers and stir gently until evenly coated. Serve immediately.

Roasted Asparagus Salad

Ingredients

3 pounds fresh asparagus, trimmed
1/4 cup olive or vegetable oil
2 garlic cloves, minced
DRESSING:
1/4 cup olive or vegetable oil
1 tablespoon cider or red wine vinegar
1 tablespoon Dijon mustard
1 teaspoon lemon juice
1 tablespoon snipped fresh tarragon
1/2 teaspoon salt
1/8 teaspoon pepper

Directions

Place asparagus in a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray. Combine oil and garlic; pour over asparagus and turn to coat. Bake, uncovered, at 400 degrees F for 20-25 minutes or until tender, rotating asparagus in the pan after 10 minutes. Cool completely. Combine dressing ingredients; pour over asparagus and turn to coat. Serve immediately or allow to marinate. Serve at room temperature.

Greek Garbanzo Bean Salad

Ingredients

2 (15 ounce) cans garbanzo beans, drained
2 cucumbers, halved lengthwise and sliced
12 cherry tomatoes, halved
1/2 red onion, chopped
2 cloves garlic, minced
1 (15 ounce) can black olives, drained and chopped
1 ounce crumbled feta cheese
1/2 cup Italian-style salad dressing
1/2 lemon, juiced
1/2 teaspoon garlic salt
1/2 teaspoon ground black pepper

Directions

Combine the beans, cucumbers, tomatoes, red onion, garlic, olives, cheese, salad dressing, lemon juice, garlic salt and pepper. Toss together and refrigerate 2 hours before serving. Serve chilled.

Shoe Peg Salad

Ingredients

3/4 cup white sugar
3/4 cup distilled white vinegar
1/2 cup olive oil
salt and pepper to taste
1 teaspoon celery seed
2 (15 ounce) cans whole kernel corn, drained
1 (15 ounce) can baby peas, drained
1 (15 ounce) can green beans, drained
1 onion, chopped
1 green bell pepper, chopped
1/2 (4 ounce) jar pimentos

Directions

In a small saucepan, combine sugar, vinegar, and olive oil. Season to taste with salt, black pepper, and celery seeds. Heat until hot, but not boiling. Cool.

In a large bowl, combine corn, peas, green beans, onion, green pepper, and pimentos. Pour cooled vinegar mixture over vegetables; mix well. Chill in the refrigerator overnight. Serve cold.

Tomato Basil Couscous Salad

Ingredients

2 cups chicken broth
1 (10 ounce) package couscous
1 cup chopped green onions
1 cup diced seeded plum tomato
1/3 cup thinly sliced fresh basil
1/3 cup olive oil
1/3 cup red wine vinegar
1/4 teaspoon crushed red pepper flakes
1/2 teaspoon salt
1/8 teaspoon pepper
1 cup halved cherry tomatoes

Directions

In a saucepan, bring broth to a boil; add couscous. Cover and remove from the heat; let stand for 5 minutes. Transfer to a large bowl; fluff with a fork and cool.

Add onions, tomatoes, basil, oil, vinegar, pepper flakes, salt and pepper; mix well. Cover and refrigerate until chilled. Garnish with tomatoes.

Black Bean and Granny Smith Apple Salad

Ingredients

1 tablespoon canola oil
1 onion, diced
1 red bell pepper, chopped
2 teaspoons ground cumin
1/2 teaspoon salt
1/8 teaspoon cayenne pepper
2 (15 ounce) cans black beans, rinsed and drained
2 Granny Smith apples, unpeeled, cored, and chopped
2 tablespoons lemon juice
2 tablespoons chopped fresh cilantro

Directions

Heat the canola oil in a skillet over medium heat. Cook and stir the onion and red bell pepper in the hot oil until the onion has softened and turned translucent, about 5 minutes; season with cumin, salt, and cayenne pepper. Scrape into a mixing bowl; stir in the black beans, apples, lemon juice, and cilantro. Refrigerate until cold before serving.

Spaghetti Salad III

Ingredients

1 pound spaghetti
1 (16 ounce) bottle Italian-style salad dressing
1 tablespoon Italian seasoning
8 ounces shredded Cheddar cheese
2 tomatoes, chopped
1 green bell pepper, chopped
1/2 onion, chopped
1 cucumber, peeled and chopped

Directions

Cook spaghetti in boiling salted water until al dente. Rinse in cool water, drain.

In a large bowl place chopped tomatoes, green bell pepper, onion and cucumber. Add Cheddar cheese, and salad seasoning.

Add cooled pasta to large bowl with vegetables and pour salad dressing over top. Toss well to coat. Chill for several hours before serving.

Australian Potato Salad

Ingredients

4 pounds white potatoes, cut into 1 inch cubes
3/4 cup bottled French salad dressing
1 cup chopped celery
6 green onions, chopped
1 1/4 cups mayonnaise
1 cup sour cream
1 tablespoon coarse grained mustard
1/2 cup chopped fresh mint leaves
1/2 cup chopped fresh dill weed
ground black pepper to taste

Directions

Place the potatoes in a large pot and fill with enough water to cover. Bring to a boil with the pot uncovered, then remove from the heat, cover and let stand for 25 minutes. Drain and transfer to a serving bowl. Stir in the French salad dressing while the potatoes are still warm. Cool for at least 1 hour.

Add the celery and green onions to the potatoes and mix in the mayonnaise, sour cream, mustard, mint, dill and pepper. Refrigerate until serving.

Tangy Egg Salad Spread

Ingredients

8 eggs
1/4 cup yellow mustard
1/2 cup mayonnaise
1/2 teaspoon chopped fresh basil
1/2 teaspoon chopped fresh parsley
1/4 teaspoon garlic salt
1/2 teaspoon salt
1/4 teaspoon onion powder
1/2 teaspoon hot pepper sauce
1/2 cup finely chopped celery

Directions

Place eggs in a medium saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and finely chop.

In a medium bowl, mix yellow mustard, mayonnaise, basil, parsley, garlic salt, salt, onion powder and hot pepper sauce. Fold in eggs and celery. Chill in the refrigerator until serving.

Asian Noodle Salad

Ingredients

8 ounces capellini pasta
1/2 pound shiitake mushrooms
1 red bell pepper, thinly sliced
1/4 cup rice vinegar
3 tablespoons soy sauce
1 tablespoon vegetable oil
1 teaspoon grated fresh ginger
1 tablespoon chopped fresh parsley

Directions

Cook pasta in a large pot of boiling water. Meanwhile, clean, stem, and slice mushrooms. Add mushrooms and red bell pepper during last 2 minutes of cooking. Drain.

In a small bowl, mix together vinegar, soy sauce, oil, and ginger.

Transfer pasta, mushrooms, and pepper to a serving bowl; toss with ginger dressing. Sprinkle with parsley before serving.

Party Cranberry Salad

Ingredients

1 (20 ounce) can crushed pineapple, drained with juice reserved
1 (3 ounce) package cranberry flavored gelatin mix
1 (3 ounce) package raspberry flavored gelatin mix
1 cup cold water
2 (16 ounce) cans whole cranberry sauce
1 apple - peeled, cored, and chopped
1/2 cup chopped walnuts
1/4 cup peeled, cored and sliced apple

Directions

In a saucepan, combine reserved syrup and enough water to make 1 cup. Bring liquid to a boil and add cranberry and raspberry gelatin; stir until dissolved. Add cold water and cool to room temperature.

In a mixing bowl, combine pineapple, cranberry sauce, apples and nuts. Add to gelatin and mix well.

Pour into serving dish and keep chilled until ready to serve. Garnish with apple slices dipped in lemon juice.

Bob's Thai Beef Salad

Ingredients

1 pound beef rib eye steak
2 large cucumbers - peeled, halved lengthwise and sliced
2 red onions, halved and thinly sliced
15 Thai chiles, sliced into thin rings
3 limes, juiced
1 pinch white sugar
1 cup fish sauce

Directions

Preheat oven to broiler setting. Broil rib eye to desired doneness. When cool enough to handle, slice into 1/4 inch by 1 inch strips.

In a large bowl, combine the steak, cucumbers, onions, chiles, lime juice, sugar, and fish sauce. Stir gently for 5 minutes, or until flavors are well blended.

Strawberry Romaine Salad II

Ingredients

1 head romaine lettuce, torn into bite-size pieces
1 red onion, sliced
1 pint fresh strawberries, sliced
1 (11 ounce) can mandarin oranges
1 cup mayonnaise
2 tablespoons maraschino cherry juice
2 tablespoons honey
1 tablespoon poppy seeds
1/8 teaspoon lemon juice

Directions

In a large bowl, mix the romaine lettuce, red onion, strawberries, and mandarin oranges.

In a medium bowl, whisk together the mayonnaise, cherry juice, honey, poppy seeds, and lemon juice. Pour over the lettuce mixture, and toss to coat.

Amy's Barbecue Chicken Salad

Ingredients

2 skinless, boneless chicken breast halves
1 head red leaf lettuce, rinsed and torn
1 head green leaf lettuce, rinsed and torn
1 fresh tomato, chopped
1 bunch cilantro, chopped
1 (15.25 ounce) can whole kernel corn, drained
1 (15 ounce) can black beans, drained
1 (2.8 ounce) can French fried onions
1/2 cup Ranch dressing
1/2 cup barbeque sauce

Directions

Preheat the grill for high heat.

Lightly oil the grill grate. Place chicken on the grill, and cook 6 minutes per side, or until juices run clear. Remove from heat, cool, and slice.

In a large bowl, mix the red leaf lettuce, green leaf lettuce, tomato, cilantro, corn, and black beans. Top with the grilled chicken slices and French fried onions.

In a small bowl, mix the Ranch dressing and barbeque sauce. Serve on the side as a dipping sauce, or toss with the salad to coat.

Nutty Chicken Salad

Ingredients

3 skinless, boneless chicken breast halves
1 stalk celery
1 onion
1/2 teaspoon minced garlic
4 eggs
1 large red apple, diced
6 small sweet pickles, diced
1 (3 ounce) package sliced almonds
salt and pepper to taste
crushed red pepper to taste
1/4 cup mayonnaise

Directions

Over medium-high heat, bring a medium pot of lightly salted water to boil. Add chicken, celery, a slice of the onion, and garlic. Reduce heat to medium and simmer for 1 hour.

Chop remaining onion and set aside.

Place egg in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

Drain chicken, discarding boiled vegetables. Chop chicken when cool.

In a medium bowl, mix the apple, onion, pickles, almond and salt, if desired. Add black and red pepper to taste. Stir in enough mayonnaise until the mixture sticks together well.

Cover a serving dish with lettuce leaves. Mound the chicken salad in the middle, and sprinkle with additional almonds, if desired. Serve with crackers.

Hash Brown Potato Salad

Ingredients

1 quart water
2 teaspoons salt
1 (16 ounce) package frozen cubed hash brown potatoes
2 hard-cooked eggs, chopped
1/4 cup mayonnaise
1/4 cup sour cream
1/4 cup chopped celery
3 tablespoons sweet pickle relish
2 tablespoons chopped green onions
1 1/2 teaspoons prepared mustard
1 teaspoon salt
1/8 teaspoon pepper

Directions

In a large saucepan, bring water and salt to a boil. Add the hash browns; cook for 3-4 minutes or until tender. Drain thoroughly.

Combine remaining ingredients in a bowl; add hash browns and stir gently. Cover and chill until serving. Refrigerate leftovers.

Creamy Cranberry Salad

Ingredients

1 (6 ounce) package cranberry flavored gelatin mix
32 ounces small curd cottage cheese
1 (16 ounce) package frozen whipped topping, thawed

Directions

In large mixing bowl, whip cottage cheese and flavored gelatin (right from the box) until smooth. Fold in thawed whipped topping. Cover and chill until serving.

Chicken and Vegetable Pasta Salad

Ingredients

1 cup seashell pasta
1 cup chopped, cooked chicken meat
3 green onions, chopped into 1 inch pieces
1 red bell pepper, chopped
1 cup sliced black olives
1 cucumber, peeled and chopped
2/3 cup Italian-style salad dressing
1/4 cup sunflower seeds (optional)

Directions

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, chicken, green onions, bell pepper, olives and cucumber.

Pour dressing over salad and toss to coat. Chill for 2 hours before serving; sprinkle with sunflower seeds if desired.

White Bean Salad

Ingredients

2 (15 ounce) cans cannellini beans, drained and rinsed
1 (15 ounce) can quartered artichoke hearts, drained
1/2 cup green olives, sliced
1 cup roasted red peppers, drained and chopped
1/2 English cucumber, diced
6 plum tomatoes - cored, seeded and diced
2 celery ribs, diced
2 green onions, thinly sliced
1/3 cup sherry vinegar
1 teaspoon Dijon mustard
1/4 cup finely chopped fresh parsley
1 tablespoon fresh thyme
2 teaspoons finely chopped fresh rosemary
1 teaspoon garlic powder
1 teaspoon paprika
salt and pepper to taste
1/2 cup olive oil

Directions

Stir together the beans, artichokes, olives, peppers, cucumber, tomatoes, celery and green onions in a large bowl; set aside.

Whisk together the vinegar, Dijon mustard, parsley, thyme, rosemary, garlic powder, paprika, salt, and pepper in a small bowl. Gradually pour in olive oil until well combined. Pour the dressing over the salad, and stir until all ingredients are coated. Refrigerate at least one hour or overnight before serving.

Chicken Berry Salad

Ingredients

1 (.75 ounce) packet honey mustard salad dressing mix
1/4 cup cider vinegar
1/2 cup vegetable oil
2 tablespoons orange juice
1 pound skinless, boneless chicken breast halves
8 cups mixed salad greens
1 cup sliced fresh strawberries
1/2 cup fresh blueberries
1/2 cup fresh raspberries
8 ounces sugar snap peas
1/2 cup toasted pecans

Directions

In a medium bowl, prepare the dressing according to package directions, using vinegar and oil, and substituting orange juice for the water; set aside.

Preheat the grill for high heat.

Lightly oil the grill grate. Grill the chicken 6 to 8 minutes on each side, or until juices run clear. Remove from heat, cool, and slice into strips.

In a large bowl, toss together the chicken, salad greens, strawberries, blueberries, raspberries, peas, and pecans. Pour in the prepared dressing, and toss to coat.

Rainbow Fruit Salad

Ingredients

1/2 watermelon
1 cantaloupe, peeled and seeded
1 (15 ounce) can pineapple chunks, drained
1 pint blueberries, rinsed and drained
4 plums, pitted and chopped
1 cup green seedless grapes
1 cup red seedless grapes

Directions

Use a melon baller to hollow out watermelon and cantaloupe into a large bowl.

Add drained pineapple, blueberries, plums, green and purple grapes to the bowl with the melons. Gently mix all fruit together and serve.

Nutty Wild Rice Salad with Kiwifruit and Red

Ingredients

2 1/2 cups chicken stock
1 cup wild rice
3 tablespoons lemon juice
2 teaspoons olive oil
2 teaspoons honey
2 kiwis, peeled and diced
1 cup seedless red grapes, halved
1 1/2 tablespoons toasted, chopped pecans

Directions

Place broth in a medium saucepan, and bring to a boil. Add rice, reduce heat to low, and simmer, covered, for 45 minutes, or until tender. Drain excess liquid, cover and let cool.

Whisk together lemon juice, oil, and honey in a small bowl until honey is dissolved. Season with salt and pepper.

Place cooled rice in a salad bowl, along with kiwi, red grapes and pecans. Add dressing, and gently toss.

Cuban Grilled Chicken Salad

Ingredients

3 cups chopped romaine lettuce
1 small red onion, diced
1 (6 ounce) avocado, diced
1/2 cup red or yellow bell pepper, diced
3/4 cup canned black beans, drained
3/4 cup diced fresh or canned pineapple
2 cups cooked chicken meat, chopped
2 tablespoons olive oil
2 teaspoons minced garlic
salt and pepper to taste
4 teaspoons fresh lime juice

Directions

Toss the romaine with the onion, avocado, and peppers in a large bowl. Divide among four salad plates. Top each salad with a mound of black beans, some pineapple chunks, and the chopped chicken meat.

Whisk together the olive oil with the garlic, salt, and pepper. Drizzle this dressing over each salad along with a little lime juice.

Watermelon Spinach Salad

Ingredients

POPPY SEED VINAIGRETTE:
1/2 cup white wine vinegar or cider vinegar
1/2 cup sugar
1/2 teaspoon ground mustard
1/4 teaspoon onion powder
1/2 teaspoon salt
1/2 cup vegetable oil
1/4 cup chopped onion
1 teaspoon poppy seeds
SALAD:
1 (6 ounce) package fresh baby spinach, torn
2 cups seeded, cubed watermelon
1 cup halved green grapes
1 cup fresh raspberries
1/4 cup sliced almonds

Directions

In a blender or food processor, combine the vinegar, sugar, mustard, onion powder and salt. Cover and process until sugar is dissolved. Continue processing while adding oil in a steady stream. Add onion and poppy seeds; process until combined.

In a salad bowl, combine the spinach, watermelon, grapes and raspberries; sprinkle with almonds. Serve with vinaigrette.

Radish Cucumber Salad

Ingredients

1/2 medium cucumber - peeled, seeded and cut into 1 inch julienne strips
2 radishes, julienned
2 tablespoons chopped red onion
1 tablespoon olive or vegetable oil
1 1/2 teaspoons lemon juice
1/8 teaspoon garlic salt
1/8 teaspoon lemon-pepper seasoning

Directions

In a serving bowl, combine the cucumber, radishes and onion. In another bowl, combine the remaining ingredients. Pour over vegetables and toss to coat. Serve immediately.

Sweet Pea and Dill Salad

Ingredients

4 cups blanched green peas
1/2 cup mayonnaise
1/2 cup sour cream
2 tablespoons prepared horseradish
1 tablespoon Dijon-style prepared mustard
1/4 cup chopped fresh dill weed
ground black pepper to taste

Directions

Gently pat peas with a paper towel to absorb any excess moisture. Place peas in a large bowl.

In small bowl combine the mayonnaise, sour cream, horseradish, mustard and 3 tablespoons dill weed. Add to peas and toss to coat. Sprinkle remaining dill over top. Cover and chill for at least 2 hours.

Ham and Pea Salad

Ingredients

1 (16 ounce) package frozen peas, thawed
1/2 pound fully cooked ham, julienned
1 cup shredded Cheddar cheese
1 cup chopped red onion
1/3 cup Ranch salad dressing

Directions

In a serving bowl, combine the peas, ham, cheese and onion. Pour dressing over the top; toss to coat evenly.

Tortellini Salad

Ingredients

1 (16 ounce) package refrigerated cheese tortellini
4 ounces sliced pepperoni, quartered
2 green onions, sliced
1 (2.25 ounce) can sliced black olives
1 (6.5 ounce) jar marinated artichoke hearts, drained and chopped
6 ounces mozzarella cheese, diced
1/3 cup extra-virgin olive oil
1 1/2 tablespoons balsamic vinegar
1 1/2 tablespoons distilled white vinegar
1 teaspoon dried Italian herb seasoning
salt and black pepper to taste

Directions

Cook the tortellini according to package instructions, drain in a colander set in the sink, and rinse with cold water.

Place the tortellini, pepperoni, green onions, olives, artichoke hearts, and mozzarella cheese in a large salad bowl.

Whisk together the olive oil, balsamic vinegar, white vinegar, Italian seasonings, and salt and pepper in a bowl, and pour over the salad ingredients. Gently stir to combine, and refrigerate to chill before serving. For even better flavor, let chill in refrigerator for at least 2 hours before serving.

Classic Macaroni Salad with Real Mayonnaise

Ingredients

8 ounces elbow macaroni
1 cup Hellmann'sB® or Best FoodsB® Real Mayonnaise
2 tablespoons vinegar
1 tablespoon Hellmann'sB® or Best FoodsB® Dijonnaiseв„ў Creamy Dijon Mustard
1 teaspoon sugar
1 teaspoon salt
1/4 teaspoon ground black pepper
1 cup thinly sliced celery
1 cup chopped green or red bell pepper
1/4 cup chopped onion

Directions

Cook macaroni according to package directions; drain and rinse with cold water until completely cool.

Combine Hellmann'sB® or Best FoodsB® Real Mayonnaise, vinegar, Creamy Dijon Mustard, sugar, salt and pepper in large bowl. Stir in macaroni, celery, green pepper and onion. Serve chilled or at room temperature.

Salad Pizza

Ingredients

1 ready made pizza crust
4 ounces mixed salad greens
10 ounces cooked, boneless chicken breast halves, diced
1/4 cup Caesar salad dressing

Directions

Place the pizza shell on a pizza pan or platter and top with the greens.

Place the chicken over the greens and drizzle with dressing. Slice and serve.

Honey-Mustard Salad Dressing

Ingredients

1 cup fat-free plain yogurt
1/3 cup reduced-fat mayonnaise
1/3 cup honey
1/4 cup Dijon mustard
2 tablespoons prepared mustard
4 1/2 tablespoons white wine vinegar or cider vinegar

Directions

In a bowl, whisk together all ingredients. Refrigerate for at least 1 hour before serving.

Persian Yogurt Salad

Ingredients

1 (32 ounce) container plain yogurt
2 tablespoons dried dill weed
2 cloves garlic, minced
salt and black pepper to taste
1 cucumber - peeled, seeded, and chopped

Directions

In a medium bowl, blend yogurt, dill weed, garlic, salt, and pepper. Toss in the cucumber. Cover, and refrigerate 8 hours, or overnight.

Lydia's Cranberry Salad

Ingredients

1 pound fresh cranberries
1 1/2 cups white sugar
2 pounds seedless red grapes, quartered
1 (16 ounce) package miniature marshmallows
2 cups chopped pecans
1 (12 ounce) container frozen whipped topping, thawed

Directions

In a food processor, grind cranberries. Transfer to a medium bowl, and mix with sugar. Chill overnight in the refrigerator.

In a large bowl, mix together cranberry mixture, marshmallows, pecans, and grapes. Fold in nondairy whipped topping 1 hour before serving.

Rice and Ham Salad

Ingredients

3 cups cooked long grain white rice
1/4 cup French salad dressing
3/4 cup mayonnaise
1 tablespoon chopped green onion
1/2 teaspoon curry powder
1/2 teaspoon dry mustard
1/2 teaspoon salt
ground black pepper to taste
1 1/2 cups cooked ham, cut into thin strips
1 cup chopped cauliflower
1 cup frozen peas, thawed
1/2 cup chopped celery
1/2 cup sliced radishes

Directions

In a large bowl, combine the rice, salad dressing, mayonnaise, green onion, curry powder, dry mustard, salt and pepper. Mix well and refrigerate until chilled.

To the rice mixture, add the ham, cauliflower, peas, celery and radishes. Mix well and serve with sliced avocado or shredded lettuce.

Three-Bean Salad

Ingredients

1 pound fresh green beans
1 pound wax beans
1 (15.5 ounce) can kidney beans, rinsed and drained
1 cup Italian salad dressing
1/4 cup finely chopped onion
2 garlic cloves, minced
1 tablespoon dried parsley flakes

Directions

Cut green and wax beans into 1-1/4-in. pieces; place in a saucepan. Cover with water and cook until crisp-tender. Drain; place in a large bowl. Add remaining ingredients; mix gently. Cover and chill for several hours before serving.

Italian Asparagus Salad

Ingredients

1/2 cup Marzetti® Blue Cheese Italian Vinaigrette Dressing
1 1/4 pounds fresh asparagus, trimmed
1/4 cup pine nuts
3 roasted red peppers, packed in water, cut into 1/4-inch pieces
1/4 cup chopped fresh parsley

Directions

Bring a large pot of water to a boil. Cook asparagus for 1 minute. Drain. Rinse and cool under cold water. Pat asparagus dry with paper towels. Preheat oven to 350 degrees F. Toast pine nuts for 5 -7 minutes. Cool.

Arrange asparagus on a platter, top with peppers and parsley. Pour Marzetti Italian Blue Cheese Crumble Dressing over all. Sprinkle with toasted pine nuts. Serve.

Grandma's Cherry Salad

Ingredients

1 (21 ounce) can cherry pie filling
1 (15.25 ounce) can fruit cocktail, drained
3 bananas, sliced

Directions

In a large bowl, mix together the cherry pie filling, fruit cocktail and sliced bananas. Chill before serving.

Green Apple Salad with Toasted Almonds, Shaved

Ingredients

1 cup apple cider
1/4 cup apple cider vinegar, divided
1 shallot, minced
1/4 cup extra virgin olive oil
1 tablespoon fresh tarragon, torn
3 packets Stevia Extract In The Raw®
Sea salt to taste
Fresh cracked black pepper to taste
2 firm Granny Smith apples, cored and sliced thick
3 ribs celery, peeled and thinly sliced
1/4 cup whole almonds, toasted
1 tablespoon chopped fresh chives
2 ounces Manchego cheese shaved slices (may substitute hard Gouda or Parmigiano Reggiano)

Directions

In small saucepan combine apple cider and 2 tablespoons apple cider vinegar. Heat to boiling and continue boiling until liquid is reduced to a syrup. Set aside to cool.

Mix remaining vinegar with the shallots, olive oil, tarragon, Stevia Extract In The Raw, honey (optional), salt and pepper. Whisk vigorously to combine until stevia dissolves.

In medium bowl toss together apples, celery, almonds and chives. Blend in vinaigrette.

Assemble salad on small plates, stacking the apples mixture and cheese in alternating layers.

Drizzle with cider reduction to finish and enjoy.

Russian Carrot Salad

Ingredients

6 large carrots, shredded
3 cloves garlic, minced
1/4 cup finely chopped walnuts
1/4 cup light mayonnaise

Directions

Stir together the carrots, garlic, walnuts, and mayonnaise until evenly blended. Serve.

Chicken Salad in the Tropics

Ingredients

1/4 cup orange juice
1/4 cup unsweetened pineapple juice
1/2 tablespoon chopped fresh parsley
1 tablespoon fresh lime juice
1 tablespoon light soy sauce
1/2 tablespoon olive oil
1 tablespoon sesame oil
1 teaspoon honey
1 teaspoon ground black pepper
4 cups mixed salad greens
1 pound boneless chicken breast halves, cooked and chopped
1 cup diced fresh mango
1 cup pineapple chunks
1/2 cup avocado - peeled, pitted and diced
1/2 cup chopped green bell pepper
1 (15 ounce) can black beans, rinsed and drained
1/2 cup shredded Cheddar cheese
1/4 cup cashews

Directions

To prepare the dressing, whisk together in a small bowl the orange juice, pineapple juice, parsley, lime juice, soy sauce, olive oil, sesame oil, honey and pepper.

Prepare the salad in a large bowl by tossing the mixed greens with the dressing. Divide dressed greens on four different plates. Arrange chicken in the middle of the plate. Arrange papaya (or mango), pineapple, avocado, bell, pepper, avocado, black beans, and cheese in "triangles" surrounding chicken.

Summer's Best Salad

Ingredients

4 tomatoes, cut into bite-sized pieces
1 large bell pepper, cut into bite-sized pieces
2 tablespoons olive oil
dried oregano to taste
garlic salt to taste

Directions

Combine tomatoes and bell pepper in a large bowl. Pour in the olive oil; stir gently to coat the vegetables. Sprinkle with the oregano and garlic salt to taste. Cover, and refrigerate before serving.

Mandarin Almond Salad

Ingredients

1 head romaine lettuce - rinsed, dried and chopped
2 (11 ounce) cans mandarin oranges, drained
6 green onions, thinly sliced
2 tablespoons white sugar
1/2 cup sliced almonds
1/4 cup red wine vinegar
1/2 cup olive oil
1 tablespoon white sugar
1/8 teaspoon crushed red pepper flakes
ground black pepper to taste

Directions

In a large bowl, combine the romaine lettuce, oranges and green onions.

Heat 2 tablespoons sugar with the almonds in saucepan over medium heat. Cook and stir while sugar starts to melt and coat almonds. Stir constantly until almonds are light brown. Turn onto a plate, and cool for 10 minutes.

Combine red wine vinegar, olive oil, one tablespoon sugar, red pepper flakes and black pepper in a jar with a tight fitting lid. Shake vigorously until sugar is dissolved.

Before serving, toss lettuce with salad dressing until coated. Transfer to a decorative serving bowl, and sprinkle with sugared almonds.

Autumn Apple Salad

Ingredients

1 (20 ounce) can crushed pineapple with juice
2/3 cup white sugar
1 (3 ounce) package lemon flavored gelatin mix
1 (8 ounce) package cream cheese, softened
1 cup diced, unpeeled apples
1 cup chopped nuts
1 cup chopped celery
1 cup frozen whipped topping, thawed

Directions

In a medium saucepan over medium heat, boil the pineapple and sugar 3 minutes. Mix in the lemon gelatin mix, stirring until dissolved. Stir in the cream cheese. Remove from heat and allow to cool 10 to 15 minutes.

Gently fold the apples, nuts, celery and whipped topping into the mixture. Transfer to a 9x9 inch square pan. Refrigerate 4 hours, or until firm.

Molded Rhubarb Salad

Ingredients

3 cups diced rhubarb
2 cups water
1 2/3 cups sugar
1 (6 ounce) package strawberry gelatin
1 (20 ounce) can crushed pineapple, drained
1/2 cup chopped walnuts

Directions

In a saucepan over medium heat, cook rhubarb in water until tender, about 5 minutes. Remove from the heat; stir in sugar and gelatin until dissolved. Add pineapple and nuts. Pour into an oiled 6-cup mold. Chill until set.

Grandmother's Orange Salad

Ingredients

1 (11 ounce) can mandarin oranges
1 (8 ounce) can crushed pineapple water
1 (6 ounce) package orange flavored gelatin
1 pint orange sherbet, softened
2 bananas, sliced

Directions

Drain oranges and pineapple, reserving juices. Set oranges and pineapple aside. Add water to juices to measure 2 cups. Place in a saucepan and bring to a boil; pour over gelatin in a large bowl. Stir until gelatin is dissolved. Stir in sherbet until smooth. Chill until partially set (watch carefully). Fold in oranges, pineapple and bananas. Pour into an oiled 6-cup mold. Chill until firm.

Okra Salad

Ingredients

3 slices bacon
1 (16 ounce) package frozen cut okra
1 onion, chopped
1 green bell pepper, seeded and diced
1 medium tomato, diced

1/3 cup white sugar
1/4 cup corn oil
1/4 cup white vinegar

Directions

Place bacon in a large skillet over medium heat. Cook until evenly browned, then remove to paper towels to drain. Pour off most of the bacon grease, leaving a thin coating on the pan. Add okra to the bacon grease in the skillet, and fry until tender, about 5 minutes. Transfer the okra to a salad bowl, and toss with the onion, green pepper, and tomato. Crumble in the bacon.

In a small bowl, whisk together the sugar, corn oil, and vinegar until the sugar has dissolved. Pour over the salad, and toss to coat. Chill for 30 minutes before serving.

Tarragon Tuna Salad

Ingredients

2 (6 ounce) cans light water-packed albacore tuna, drained and flaked
1 cup chopped celery
1/4 cup chopped sweet onion
1/3 cup reduced-fat mayonnaise
2 tablespoons minced fresh parsley
1 tablespoon lemon juice
1 teaspoon minced fresh tarragon
1/2 teaspoon Dijon mustard
1/4 teaspoon white pepper
Lettuce Leaves

Directions

In a small bowl, combine the tuna, celery and onion. Combine the mayonnaise, parsley, lemon juice, tarragon, mustard and pepper. Stir into tuna mixture. Serve on lettuce leaves if desired.

Japanese-Style Cabbage Salad

Ingredients

3 tablespoons sesame oil
3 tablespoons rice vinegar
1 clove garlic, minced (optional)
1 teaspoon grated fresh ginger root (optional)
1 tablespoon white sugar (optional)
1 teaspoon salt
1 teaspoon black pepper
1/2 large head cabbage, cored and shredded
1 bunch green onions, thinly sliced
1 cup almond slivers
1/4 cup toasted sesame seeds

Directions

Whisk together sesame oil, vinegar, garlic, ginger, sugar, salt, and pepper in a small bowl until the sugar has dissolved. Toss the cabbage, green onions, almonds, and sesame seeds in a large bowl with the dressing until well coated.

Spicy Black Bean Potato Salad

Ingredients

8 medium red potatoes
4 eggs
8 slices bacon
1 (15 ounce) can black beans, drained and rinsed
3 green onions, diced
3 fresh jalapeno peppers, diced
1/2 green bell pepper, diced
2 1/2 cups mayonnaise
2 tablespoons brown mustard
1 teaspoon Cajun seasoning
salt and pepper to taste

Directions

Place potatoes in a pot with enough water to cover. Bring to a boil, and cook until tender. Drain, dice, and cool.

Place eggs in a pot with enough cold water to cover. Bring to a boil and immediately remove from heat. Cover saucepan, and let eggs stand in hot water for 10 to 12 minutes. Drain, cool, peel and chop.

Place bacon in a skillet over medium-high heat, and cook until evenly brown. Drain, crumble and set aside.

In a large bowl, mix chopped eggs, 1/2 the bacon, black beans, green onions, jalapeno peppers, bell pepper, mayonnaise, mustard, and Cajun seasoning. Gently mix in diced, cooled potatoes. Season with salt and pepper, and sprinkle with remaining bacon. Cover, and refrigerate until ready to serve.

Greek Salad III

Ingredients

3 roma (plum) tomatoes, chopped
1 green bell pepper, sliced
1 small English cucumber, chopped
1 small onion, chopped
1/4 cup sliced black olives (optional)
2 ounces tomato basil feta cheese, crumbled
1/4 cup olive oil
1 teaspoon red wine vinegar
1 teaspoon lemon juice
1 clove garlic, minced
1/2 teaspoon dried oregano
salt and pepper to taste

Directions

In a salad bowl, combine the tomatoes, bell pepper, cucumber, onion and olives.

Whisk together the oil, vinegar, lemon juice, garlic, oregano, salt and pepper. Let sit for 1 hour, occasionally stirring to blend flavors.

Pour dressing over salad, add feta cheese and toss before serving.

Curtido (El Salvadoran Cabbage Salad)

Ingredients

1/2 head green cabbage, cored and shredded
1 carrot, grated
1 quart boiling water
3 green onions, minced
1 cup distilled white vinegar
1/2 cup water
2 teaspoons dried oregano

Directions

Combine the cabbage and carrot in a large bowl and pour the boiling water over the mixture. Allow the mixture to steep for 5 minutes; drain well. Return the cabbage and carrots to the bowl. Mix in the green onion, vinegar, 1/2 cup of water, and oregano. Toss until all ingredients are combined. Chill for 20 minutes before serving.

Singkamas (Jicama) Salad

Ingredients

1 large jicama, peeled and cut into matchsticks
1 red bell pepper, cut into long thin strips
1 green bell pepper, cut into long thin strips
1 small red onion, sliced into thin lengthwise slivers
2 green chile peppers - halved lengthwise, seeded, and cut into strips
1 (2 inch) piece fresh ginger root, thinly sliced
1 carrot, cut into matchsticks
1 cup water
2/3 cup vinegar
2/3 cup white sugar
1 teaspoon salt

Directions

Combine the jicama, red bell pepper, green bell pepper, red onion, green chile peppers, ginger, and carrot in a large bowl. Whisk the water, vinegar, sugar, and salt together in a separate bowl; pour over the vegetable mixture and toss to coat. Refrigerate at least 1 hour before serving.

Grilled Corn Salad

Ingredients

6 ears freshly shucked corn
1 green pepper, diced
2 Roma (plum) tomatoes, diced
1/4 cup diced red onion
1/2 bunch fresh cilantro, chopped, or more to taste
2 teaspoons olive oil, or to taste
salt and ground black pepper to taste

Directions

Preheat an outdoor grill for medium heat; lightly oil the grate.

Cook the corn on the preheated grill, turning occasionally, until the corn is tender and specks of black appear, about 10 minutes; set aside until just cool enough to handle. Slice the kernels off of the cob and place into a bowl.

Combine the warm corn kernels with the green pepper, diced tomato, onion, cilantro, and olive oil. Season with salt and pepper; toss until evenly mixed. Set aside for at least 30 minutes to allow flavors to blend before serving.

Ranch Pasta Salad

Ingredients

16 ounces pasta
1 (6 ounce) can black olives, drained and chopped
1 (5 ounce) jar stuffed green olives, sliced
8 ounces shredded Cheddar cheese
8 ounces shredded Monterey Jack cheese
2 1/2 tablespoons bacon bits
1 (16 ounce) bottle ranch-style salad dressing
1/2 cup chopped green onions
1/2 teaspoon ground black pepper

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and reserve.

In a large bowl, combine black olives, green olives, Cheddar cheese, Monterey Jack cheese, bacon bits, dressing, onion, ground black pepper and pasta; mix well.

Cover bowl, refrigerate to chill for one hour, and serve.

Nutty Brown Rice Salad

Ingredients

1 cup uncooked brown rice
1 1/2 cups water
1 (15 ounce) can kidney beans, rinsed and drained
1/4 cup chopped red onion
1/4 cup sliced fresh mushrooms
1/4 cup bite-size broccoli florets
1/4 cup chopped green bell pepper
1/4 cup chopped red bell pepper
1/4 cup chopped yellow bell pepper
2 tablespoons chopped raw almonds
1/4 teaspoon coarse black pepper
2 tablespoons fat free Italian-style dressing
1 tablespoon extra-virgin olive oil

Directions

Combine the rice and water in a small saucepan; bring to a boil over high heat. Cover, and reduce the heat to medium-low. Simmer until the rice is tender, and the liquid has been absorbed, 45 to 50 minutes. Remove from heat and allow to cool.

Place cooled rice in a large bowl. Stir in the kidney beans, red onions, mushrooms, broccoli, bell peppers, and almonds; season with pepper. Toss salad with the Italian dressing and olive oil.

Chill for at least one hour before serving.

Shrimp Salad Bagels

Ingredients

1 (3 ounce) package cream cheese, softened
3 tablespoons mayonnaise
1 tablespoon lemon juice
1/2 teaspoon dill weed
1 (6 ounce) can small shrimp, rinsed and drained
2 bagels, split and toasted
1/4 cup shredded Swiss cheese

Directions

In a bowl, combine cream cheese, mayonnaise, lemon juice and dill. Stir in the shrimp; spread over bagels. Microwave, uncovered, on high for 1-1/2 to 2 minutes or broil 4 in. from the heat until hot and bubbly. Sprinkle with Swiss cheese.

Sweet n' Sour Salad Dressing

Ingredients

1 cup olive oil
1/2 cup rice vinegar
1/2 cup balsamic vinegar
1 tablespoon lemon juice
1 teaspoon white sugar
1 teaspoon ground black pepper

Directions

Whisk the olive oil, rice vinegar, balsamic vinegar, lemon juice, white sugar, and black pepper together in a bowl.

Pumpkin-Apple Salad

Ingredients

3 tablespoons raisins
2 tart apples, peeled and shredded
1 cup shredded pumpkin
2 teaspoons lemon juice
salt and pepper to taste

Directions

Place the raisins in a small dish and cover with hot water. Allow to stand for 30 minutes.

Once the raisins are plump, drain and place into a mixing bowl with the apple and pumpkin. Pour in the lemon juice and toss to coat. Season to taste with salt and pepper, and serve immediately.

Olive Pasta Salad

Ingredients

4 eggs
3 cups uncooked elbow macaroni
2 cups pimento-stuffed green olives, sliced
1/2 cup mayonnaise
2 1/2 teaspoons celery seed
1/4 teaspoon black pepper
1 teaspoon salad seasoning

Directions

Place the eggs in a saucepan with enough cold water to cover. Bring water to a boil and immediately remove saucepan from heat. Cover, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel, and chop.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a large bowl, mix the olives, mayonnaise, celery seed, pepper, and salad seasoning. Toss in the eggs and macaroni. Cover, and chill at least 3 hours in the refrigerator before serving.

Sleepy Hollow Chicken Salad Supreme

Ingredients

4 cups boneless whole chicken breasts, cooked and chopped
3/4 cup golden raisins
1 teaspoon Dijon-style prepared mustard
3/4 cup mayonnaise
3/4 cup pineapple tidbits, drained
1 teaspoon curry powder
1/3 cup chopped celery
1/2 cup chopped pecans
1 cup seedless grapes
1 head iceberg lettuce - rinsed, dried, and chopped

Directions

In a large bowl, combine the chicken, raisins, mustard, mayonnaise, pineapple, curry powder and celery. Mix ingredients and divide among four servings of lettuce.

Top with pecans and garnish with grapes.

Nonna's Tuscan Salad Dressing

Ingredients

3 tablespoons mayonnaise
1/3 cup red wine vinegar
1/2 cup water
2 teaspoons lemon juice
2 tablespoons grated Parmesan cheese
3 tablespoons olive oil
1 small clove garlic, minced (optional)
1/4 teaspoon dried oregano
1/4 teaspoon dried basil
1/8 teaspoon ground black pepper, or to taste

Directions

Place the mayonnaise, vinegar, water, lemon juice, Parmesan cheese, olive oil, garlic, oregano, basil, and black pepper into a blender. Blend for 2 minutes, then pour into a salad dressing container, and refrigerate at least 1 hour. Shake well before using.

Waldorf Salad I

Ingredients

2 cups chopped apples
1 1/2 lemons, juiced
1/4 cup chopped celery
1/4 cup chopped walnuts
1/4 cup raisins
1/4 cup seedless grapes, halved
1/2 cup heavy cream, whipped
1/4 cup mayonnaise
1 pinch ground nutmeg

Directions

In a large bowl, toss together the apples and lemon juice. Stir in the celery, nuts, raisins and grapes.

Fold together the whipped cream and mayonnaise; add to salad and mix well.

Sprinkle with nutmeg and chill before serving.

Chicken Orzo Salad

Ingredients

1 1/2 cups uncooked orzo pasta
1/3 cup olive oil
1/4 cup orange juice
1 1/2 tablespoons vinegar
3/4 teaspoon salt
1 teaspoon grated orange zest
4 cups chopped cooked chicken breast
1 cantaloupe, cut into bite-size pieces
1 cup red seedless grapes, halved
1 cup low-fat mayonnaise
3/4 cup cashew halves
1 head lettuce leaves, for lining salad bowls

Directions

Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 8 to 10 minutes or until al dente. Rinse with cold water, drain, and set aside.

In a large bowl, whisk together oil, orange juice, vinegar, salt, and orange zest. Stir in cooked chicken until coated. Stir in cooked orzo, cantaloupe, grape halves, and mayonnaise. Cover and chill for 4 to 6 hours. Just before serving, stir in cashews. Serve in lettuce lined bowls.

Claremont Salad

Ingredients

1 medium head cabbage, shredded
2 cucumbers, thinly sliced
3 carrots, thinly sliced
1 Bermuda onion, thinly sliced
3/4 cup distilled white vinegar
3/4 cup white sugar
1/2 cup vegetable oil
4 tablespoons water
3 teaspoons salt

Directions

Combine the cabbage, cucumbers, carrots and onion in a large bowl.

In a small bowl, whisk together the vinegar, sugar, oil, water and salt. Pour over the cabbage mixture, toss to coat and refrigerate for at least 12 hours. Drain excess liquid before serving. ENJOY!

Campbell's® Grilled Chicken Caesar Salad

Ingredients

1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (regular or 98% Fat Free)
1/2 cup water
2 tablespoons cider vinegar
2 tablespoons lemon juice
2 teaspoons Worcestershire sauce
4 cloves garlic, minced
1/2 teaspoon ground black pepper
4 tablespoons grated Parmesan cheese
1 1/2 pounds skinless, boneless chicken breasts
1 large head romaine lettuce, torn into bite-size pieces
1/2 cup Pepperidge Farm® Generous Cut Fat Free Caesar Croutons

Directions

Mix soup, water, vinegar, lemon juice, Worcestershire, garlic, black pepper and 3 tablespoons cheese in shallow nonmetallic dish. Set aside 1 1/4 cups for dressing. Add chicken to remaining marinade and turn to coat. Refrigerate 15 minutes.

Remove chicken from marinade. Place chicken on lightly oiled grill rack or broiler pan. Grill or broil 15 minutes or until chicken is no longer pink, turning and brushing often with marinade. Discard remaining marinade. Thinly slice chicken.

Toss lettuce, chicken and reserved dressing. Sprinkle with croutons and remaining cheese.

Cucumber Salad

Ingredients

4 medium cucumbers, peeled and diced
1 (8 ounce) container vanilla low-fat yogurt
1 (8 ounce) container reduced-fat sour cream
1/2 cup diced onion
2 cloves garlic, minced
1 tablespoon dried dill weed
salt and pepper to taste

Directions

Drain cucumbers for a few minutes on paper towels. In a serving dish, stir together the yogurt, sour cream, onion, garlic, and dill. Add cucumbers, and gently mix to coat. Season with salt and pepper. Refrigerate for a couple of hours before serving for best flavor.

Tomato Mackerel Salad

Ingredients

1/2 (15 ounce) can mackerel fillets, drained
1 clove garlic, crushed
2 tablespoons tomato paste
1 1/2 tablespoons olive oil
1 tablespoon chopped fresh basil
1 teaspoon salt
1 teaspoon freshly ground black pepper
1/2 pound roma (plum) tomatoes, chopped
1/2 cucumber, peeled and diced
1 small onion, chopped
1 head soft lettuce (Boston, Bibb or mixed baby greens)

Directions

Place mackerel in a mixing bowl, and break into small chunks. Mix in garlic, tomato paste, and oil. Season with basil and salt and pepper. Stir in tomatoes, cucumber, and onion. Serve mixture on a bed of lettuce leaves.

Fruited Curry Chicken Salad

Ingredients

4 skinless, boneless chicken breast halves - cooked and diced
1 stalk celery, chopped
1/2 onion, chopped
1 small apple - peeled, cored and chopped
1/3 cup golden raisins
1/3 cup seedless green grapes, halved
1/2 cup chopped toasted pecans
1/8 teaspoon ground black pepper
1/2 teaspoon curry powder
3/4 cup mayonnaise

Directions

In a large salad bowl combine the chicken, celery, onion, apple, raisins, grapes, pecans, pepper, curry powder and mayonnaise. Mix all together, tossing to coat. Salad is ready to serve!

Tex-Mex Quinoa Salad

Ingredients

1 cup quinoa
2 cups water
1 teaspoon kosher salt
1/4 cup fresh lime juice
2 tablespoons olive oil
1/8 teaspoon ground black pepper
1 (14 ounce) can diced tomatoes with green chile peppers, drained
1 (14 ounce) can garbanzo beans, drained and rinsed
1 bunch cilantro, chopped
2 avocados, cubed
1/4 cup crumbled cotija cheese

Directions

Bring quinoa, water, and salt to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, 20 to 25 minutes. Meanwhile, stir together the lime juice, olive oil, pepper, diced tomatoes, and garbanzo beans. When the quinoa is done, stir it into the tomato mixture, then cool in refrigerator until cold, about 2 hours

When the quinoa is cold, fluff with a spoon, and gently fold in the cilantro, avocados, and cheese.

Sauerkraut Salad

Ingredients

1 quart sauerkraut, drained
1 onion, chopped
2 stalks celery, chopped
1 green bell pepper, chopped
1 large carrots, chopped
1 (4 ounce) jar diced pimento peppers, drained
1 teaspoon mustard seed
1 1/2 cups white sugar
1 cup vegetable oil
1/2 cup cider vinegar

Directions

In a large bowl, mix together sauerkraut, onion, celery, green bell pepper, carrot, pimientos, and mustard seed. Set aside this mixture.

In a small saucepan, mix together sugar, oil, and vinegar. Bring to a boil. Remove from heat.

Pour sugar mixture over salad, cover, and leave it in the refregerator for 2 days before serving.

Company Fruit Salad

Ingredients

4 medium Golden Delicious apples, diced
4 medium Red Delicious apples, diced
2 cups seedless green grapes, halved
2 cups seedless red grapes, halved
1 (20 ounce) can pineapple chunks, drained
1 (11 ounce) can mandarin oranges, drained
DRESSING:
1 (3 ounce) package cream cheese, softened
1/2 cup sour cream
1/2 cup mayonnaise
1/2 cup sugar

Directions

Combine all the fruit in a large bowl. In a mixing bowl, beat dressing ingredients until smooth. Pour over fruit; toss gently to coat. Serve immediately.

Estrellita Salad

Ingredients

1 large tomato, chopped
1 green bell pepper, seeded and chopped
1 medium cucumber, chopped
1 (4 ounce) can sliced black olives, drained
1 (15 ounce) can whole kernel corn, drained
1 bunch green onions, finely chopped
1 cup Catalina salad dressing
1 1/2 cups shredded Cheddar cheese
1 1/2 cups corn chips such as FritosB®

Directions

In a large bowl, combine the tomato, green pepper, cucumber, black olives, corn, and green onions. Pour the Catalina dressing over, and toss to coat. Stir in the cheese and corn chips just before serving. If the salad won't be eaten in one meal, serve corn chips on the side as a topper so they don't get soggy.

Tenderloin, Cranberry and Pear Salad with Honey

Ingredients

4 (4 ounce) beef tenderloin steaks, cut 3/4 inch thick
1/2 teaspoon coarse grind black pepper
1 (5 ounce) package mixed baby salad greens
1 medium red or green pear, cored, cut into wedges
1/4 cup dried cranberries
Salt
1/4 cup coarsely chopped pecans, toasted
1/4 cup crumbled goat cheese (optional)

Honey Mustard Dressing:
1/2 cup prepared honey mustard
2 tablespoons water
1 1/2 teaspoons olive oil
1 teaspoon white wine vinegar
1/4 teaspoon coarse grind black pepper
1/8 teaspoon salt

Directions

Season beef steaks with 1/2 teaspoon pepper. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook 7 to 9 minutes for medium rare (145 degrees F) to medium (160 degrees F) doneness, turning occasionally.

Meanwhile whisk Honey Mustard Dressing ingredients in small bowl until well blended. Set aside. Divide greens evenly among 4 plates. Top evenly with pear wedges and dried cranberries.

Carve steaks into thin slices; season with salt as desired. Divide steak slices evenly over salads. Top each salad evenly with dressing, pecans and goat cheese, if desired.

Crab Pasta Salad

Ingredients

12 ounces uncooked tri-color spiral pasta
1 head fresh broccoli, cut into florets
1 head cauliflower, broken into small florets
2 tomatoes, chopped
1/2 cup chopped fresh chives
8 ounces imitation crabmeat
2 cups balsamic vinaigrette salad dressing

Directions

Cook pasta in boiling salted water until al dente. Drain and rinse.

In a large bowl combine the broccoli, cauliflower, tomatoes, chives, crabmeat and pasta. Pour entire bottle of oil and vinegar salad dressing over all and toss to coat.

Green Salad with Cranberry Vinaigrette

Ingredients

1 cup sliced almonds
3 tablespoons red wine vinegar
1/3 cup olive oil
1/4 cup fresh cranberries
1 tablespoon Dijon mustard
1/2 teaspoon minced garlic
1/2 teaspoon salt
1/2 teaspoon ground black pepper
2 tablespoons water

1/2 red onion, thinly sliced
4 ounces crumbled blue cheese
1 pound mixed salad greens

Directions

Preheat oven to 375 degrees F (190 degrees C). Arrange almonds in a single layer on a baking sheet. Toast in oven for 5 minutes, or until nuts begin to brown.

In a blender or food processor, combine the vinegar, oil, cranberries, mustard, garlic, salt, pepper, and water. Process until smooth.

In a large bowl, toss the almonds, onion, blue cheese, and greens with the vinegar mixture until evenly coated.

Salad Dressing Chocolate Cake

Ingredients

2 cups all-purpose flour
1 cup white sugar
2 teaspoons baking soda
1 teaspoon vanilla extract
1/4 cup unsweetened cocoa powder
1 cup creamy salad dressing (such as Miracle Whip®)
1 cup lukewarm water

Directions

Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.

Mix flour, sugar, baking soda, vanilla extract, cocoa powder, creamy salad dressing, and water in a large bowl. Pour into the greased baking dish.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 30 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Italian Potato Salad

Ingredients

5 large potatoes, peeled and chopped
2 cloves garlic, minced
2/3 cup extra virgin olive oil
1/2 cup white wine vinegar
1/3 cup chopped fresh parsley

Directions

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 chop.

In a large bowl, mix together the garlic, olive oil, vinegar and parsley. Add potatoes and toss to evenly coat.

Cover and refrigerate overnight.

Tomato Bacon Salad

Ingredients

1 cup Marzetti® Chunky Blue Cheese Dressing
1 pound pre-cooked bacon, re-crisped according to directions on the package, or cooked bacon
1 pint grape tomatoes, halved
6 large fresh basil leaves, chopped
1/4 cup coarsely chopped fresh parsley
6 cups torn salad greens, such as romaine, Bibb, or green leaf
3 large yellow tomatoes, cored and sliced
4 large red tomatoes, cored and sliced
1/2 red onion, cut into 1/4-inch slices

Directions

If using bacon, crumble into bite size pieces. In a small bowl combine grape tomatoes, basil and parsley and toss well. Place salad greens on a platter; arrange the tomatoes and onions in concentric circles, alternating the colored tomatoes. Place the grape tomato mixture in the center.

Sprinkle salad with crumbled bacon. Drizzle with either Marzetti Chunky Blue Cheese Salad Dressing and serve additional dressing on the side. Salad is best served right after it is completely assembled.

Grilled Orange Vinaigrette Chicken Salad

Ingredients

1/2 cup orange juice
1/2 cup white wine vinegar
1/4 cup olive oil
4 tablespoons salt-free garlic and herb seasoning blend
1 1/2 tablespoons white sugar
1 pound skinless, boneless chicken breast halves
1 head romaine lettuce- rinsed, dried and chopped
1 (11 ounce) can mandarin oranges, drained
1 cup chopped fresh broccoli
1 cup chopped baby carrots

Directions

Preheat grill for medium-high heat.

In a bowl, whisk together the orange juice, vinegar, olive oil, seasoning blend, and sugar. Set aside about 1/2 cup for basting.

Lightly oil the grill grate. Grill chicken for 6 to 8 minutes on each side, basting frequently with the reserved portion of the dressing, or until juices run clear. Cool, and cut into strips. Discard basting sauce.

In a large bowl, toss together the lettuce, oranges, broccoli, and carrots. Top the salad with grilled chicken strips, and drizzle with remaining dressing to serve.

Easy Champagne Salad

Ingredients

1 (8 ounce) package cream cheese, softened
1 cup SPLENDA® No Calorie Sweetener, Granulated
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

Directions

In a large bowl, cream together the cream cheese and SPLENDA® Granulated Sweetener. 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. Enjoy!

Marinated Carrot Salad

Ingredients

2 pounds carrots, sliced
1 (10.75 ounce) can condensed tomato soup
1/4 cup white sugar
1/2 cup white vinegar
1/4 cup canola oil
1 teaspoon prepared mustard
1 teaspoon Worcestershire sauce
1/2 cup chopped celery
1/2 cup chopped green onion
1 green bell pepper, seeded and cut into strips

Directions

Bring a large pot of water to boil, add carrots and simmer until tender, approximately 3 to 5 minutes. Drain and set aside.

In a large bowl, whisk together the soup, sugar, vinegar, oil, mustard and Worcestershire sauce. Add carrots, celery, onion and pepper and toss to coat. Cover and refrigerate at least 4 hours to allow carrots to marinate.

Tempeh Mock Tuna Salad

Ingredients

2 cups vegetable broth
1 (8 ounce) package tempeh
2 tablespoons soy sauce
2 tablespoons lemon juice
1 clove garlic, minced
1 tablespoon seaweed flakes or granules
1/2 cup minced red onion
1 cup chopped celery
1 cup chopped dill pickles
1/4 cup soy mayonnaise

Directions

Heat the broth to a light boil over medium-high heat. Add the tempeh to the broth, and simmer for 25 minutes. Drain and let cool to room temperature for 15 minutes. Once cooled, grate tempeh into a large bowl.

In a small bowl, whisk together the soy sauce, lemon juice, garlic, and seaweed flakes. Pour the seaweed mixture in with the grated tempeh and stir until well mixed. Mix in the red onion, celery, and dill pickles. Toss with the mayonnaise. This salad can be served immediately, but is best when chilled for several hours to allow the flavors to blend.

Fresh as a Daisy Spring Salad

Ingredients

1 lemon, juiced
1 tablespoon Dijon mustard
2 shallots, finely chopped
2 1/2 tablespoons white wine vinegar
1 tablespoon chopped fresh parsley
1/3 cup olive oil
1/3 cup sour cream
salt to taste
1 teaspoon ground black pepper
5 cups spring lettuce mix
2 roma (plum) tomatoes, diced
1 avocado
1 tablespoon pine nuts
4 English daisy blossoms

Directions

In the container of a food processor or blender, combine the lemon juice, Dijon mustard, shallots, vinegar, and parsley. Process until shallots are no longer visible. Slowly pour in the oil while continuing to blend. Blend in sour cream, and season with salt and pepper.

Cut the avocado into quarters and remove the pit. Cut each quarter into 3 slices. Fan each quarter of the avocado towards the side of each salad plate. In a large bowl, toss the lettuce mix with tomatoes. Pour dressing over the lettuce and tomato, and toss to coat. Portion the salad onto the plates so that the ends of the avocado fan are showing. Sprinkle each plate with pine nuts, and garnish with a daisy bud.

Mexican Fiesta Pasta Salad

Ingredients

1 (16 ounce) package dried rotini pasta
1 1/2 cups medium chunky salsa
1 cup mayonnaise
1/2 cup sour cream
1 (16 ounce) can black beans, rinsed and drained
1 (11 ounce) can Mexican-style corn with red and green peppers, drained
1/2 cup chopped red bell pepper
2 green onions, sliced thin
1 (6 ounce) can sliced black olives, drained
1/2 teaspoon garlic powder
1/2 teaspoon ground cumin, or to taste
1/2 teaspoon dried cilantro, or to taste
1 teaspoon salt
ground black pepper to taste

Directions

Bring a large pot of lightly salted water to a rolling boil; cook the rotini in the boiling water until the pasta is cooked through yet firm to the bite, about 8 minutes. Drain. Rinse under cold running water until completely cooled; drain thoroughly.

Whisk the salsa, mayonnaise, sour cream, black beans, Mexican-style corn, red bell pepper, green onions, black olives, garlic powder, cumin, cilantro, salt, and pepper together in a large bowl; add the cooled pasta and stir to coat evenly. Cover the bowl with plastic wrap and refrigerate 2 hours to overnight before serving.

Bird's Nest Salad

Ingredients

1 egg
3 cups romaine lettuce leaves, torn into bite size pieces
1/4 cup sliced red bell pepper
2 tablespoons minced white onion
1/4 cup ranch salad dressing, or to taste
3/4 cup alfalfa sprouts
1 pinch salt and black pepper to taste (optional)
1/4 cup honey-glazed almonds

Directions

Place the egg into a saucepan, and fill with water to cover the egg by 1 inch. Cover the saucepan and bring the water to a boil over high heat. Once the water is boiling, remove from the heat and let the egg stand in the hot water for 15 minutes. Pour out the hot water, then cool the egg under cold running water in the sink. Peel and slice once cold.

Place the lettuce into a salad bowl, and sprinkle evenly with the bell pepper and onion; pour the dressing over top. Pull the sprouts apart , then place on top of the salad into a nest-like shape. Season the egg slices with salt and pepper to taste, and arrange in the center of the nest with the honey-glazed almonds.

Ranch Bean Salad

Ingredients

1 (15 ounce) can ranch-style beans
1/2 cup chopped onion
2 cups chopped fresh tomato
2 cups shredded Cheddar cheese
1/2 cup Catalina salad dressing
2 cups crumbled corn chips
1 bunch cilantro

Directions

Drain and discard half of the liquid from the beans. In a large mixing bowl, toss together beans and the remaining liquid, onion, tomato, cheese, and dressing. Cover, and refrigerate 1 hour, or until chilled.

Serve over crumbled corn chips. Garnish with cilantro.

Minty Fruit Salad

Ingredients

2 cups cubed honeydew
2 cups halved unsweetened strawberries
1 cup sliced banana
1 cup grapefruit sections
1 cup sliced halved peeled kiwifruit
1 cup mandarin oranges
1/2 cup sugar
1/3 cup orange juice
1/3 cup lemon juice
1/8 teaspoon peppermint extract

Directions

In a large bowl, combine the fruit. In a small bowl, combine the remaining ingredients. Pour over fruit and gently stir to coat. Cover and refrigerate for at least 3 hours.

St. Barth Seafood Salad

Ingredients

Dressing
3/4 cup frozen orange juice concentrate, thawed
1/4 cup white wine vinegar
1/4 cup water
1/4 cup olive oil
salt and pepper to taste

Salad
1 cup cubed cooked lobster
1 (8 ounce) package frozen fully cooked tiny salad shrimp, thawed
2 (6 ounce) cans lump crabmeat, drained
2 (10 ounce) bags mixed salad greens
1 large grapefruit, peeled and sectioned
2 kiwis, peeled and sliced
1 fresh pineapple - peeled, cored and cut into 3/4 inch wedges
2 tomatoes, cut into wedges

Directions

To make the dressing, place the orange juice concentrate, vinegar, and water in a blender; blend on low speed. Slowly drizzle the olive oil into the blender until mixture thickens slightly. Season with salt and pepper. Refrigerate until ready to use.

To make the seafood salad, place the lobster, shrimp, and crabmeat in a bowl. Add 2 tablespoons of the dressing and toss until seafood is coated.

Divide the salad greens among 6 plates or mound on one large platter. Place the seafood mixture on the greens. Alternate the grapefruit sections, kiwi slices, and pineapple and tomato wedges on the plates. Serve with the remaining chilled citrus vinaigrette on the side.

Vietnamese Tofu Salad

Ingredients

1 tablespoon vegetable oil
2 tablespoons chopped garlic
1 (14 ounce) package tofu, drained and cubed
1/2 cup peanuts
2 tablespoons soy sauce
2 large cucumbers, peeled and thinly sliced
1/2 cup Vietnamese sweet chili sauce
1/4 cup lime juice
1 bunch chopped cilantro leaves

Directions

Heat the vegetable oil over medium heat in a large frying pan. Cook the garlic until fragrant, about 30 seconds. Gently stir in the tofu and peanuts; cook until the tofu has lightly browned. Pour in the soy sauce, and cook, stirring frequently, until absorbed by the tofu. Remove from heat and let cool. Refrigerate for at least 1 hour.

Toss the sliced cucumbers together with the chili sauce, lime juice, and cilantro. Gently fold in the chilled tofu.

Apricot Salad

Ingredients

2 (3 ounce) packages apricot flavored gelatin mix
2 cups boiling water
1 (8 ounce) package cream cheese, softened
1 cup milk
1 (20 ounce) can crushed pineapple, undrained
4 ounces frozen whipped topping, thawed

Directions

Dissolve gelatin in boiling water and set aside. In a mixing bowl, beat cream cheese until smooth. Gradually beat in milk until smooth. Stir in gelatin. Add pineapple and mix well. Chill. When mixture begins to thicken, fold in whipped topping. Pour into a 2 -1/2-qt. serving bowl. Chill for at least 2 hours.

Corny Mexican Salad

Ingredients

2 (15 ounce) cans black beans, rinsed and drained
1 (11 ounce) can Mexicorn, drained
1 medium tomato, chopped
1 medium ripe avocado, peeled and cubed
1/2 cup chopped onion
1/2 cup vegetable oil
1/4 cup red wine vinegar
1/2 teaspoon salt
1/2 teaspoon hot pepper sauce
Tortilla chips

Directions

In a bowl, combine the beans, corn, tomato, avocado and onion. In a small bowl, whisk the oil, vinegar, salt and hot pepper sauce; pour over bean mixture and toss to coat. Serve with tortilla chips if desired.

Barbara's Salad

Ingredients

3 ounces grilled chicken, cut into bite-sized pieces
3 ounces chopped ham
1 cup shredded lettuce
1/2 cup crushed pineapple with juice
8 large grapes red grapes, halved

Directions

Combine the chicken, ham, lettuce, pineapple, and grapes in a large bowl; toss to combine.

Almond Mandarin Salad

Ingredients

1/2 pound bacon
2 tablespoons white wine vinegar
3 tablespoons honey
1/2 teaspoon dry hot mustard
1/2 teaspoon celery salt
1/2 teaspoon ground paprika
1/4 cup olive oil
1 head red leaf lettuce, torn into bite-size pieces
1 (15 ounce) can mandarin oranges, drained
1 bunch green onion, diced
3/4 cup slivered almonds

Directions

In a medium skillet over medium-high heat, cook bacon until evenly brown. Drain, cool, and crumble.

To make the dressing, thoroughly blend the vinegar, honey, dry mustard, celery salt, paprika, and olive oil.

Place lettuce, oranges, green onion, bacon, and almonds in a serving bowl. Toss with dressing and serve.

Chickpea Salad II

Ingredients

1 (15 ounce) can chickpeas (garbanzo beans), drained and rinsed
1 cucumber, peeled and finely chopped
1 cup grape tomatoes, halved
1/4 cup finely chopped sweet onion
1 tablespoon minced garlic
1/2 teaspoon dried parsley flakes
1/4 teaspoon dried basil
1 tablespoon grated Parmesan cheese
1 tablespoon olive oil
3 tablespoons balsamic vinegar
1/4 teaspoon salt

Directions

In a large bowl, toss together chickpeas, cucumber, tomatoes, onion, garlic, parsley flakes, dried basil, and Parmesan cheese. Drizzle with olive oil and balsamic vinegar, and season to taste with salt. Toss until well combined, and adjust seasoning as needed. Cover and refrigerate at least 45 minutes before serving. Serve chilled.

Mediterranean Chickpea Salad II

Ingredients

1 (15 ounce) can garbanzo beans (chickpeas), drained and rinsed
1 roma (plum) tomato, seeded and diced
1/2 medium green bell pepper, diced
1 small onion, finely chopped
1 small clove garlic, minced
1 tablespoon chopped fresh parsley
2 tablespoons olive oil
1 lemon, juiced

Directions

In a bowl, toss together the garbanzo beans, roma tomato, green bell pepper, onion, garlic, parsley, olive oil, and lemon juice. Cover, and chill until serving.

Steak and Spinach Salad

Ingredients

6 cups fresh spinach, rinsed and dried
1/2 cup dried cranberries
1/2 cup walnut halves
1 tomato, sliced
1 pound top round steak, thinly sliced
1 pinch salt
1 pinch ground black pepper

Directions

Arrange spinach on a large plate. Sprinkle with cranberries and walnuts, and arrange tomato slices on top. Set aside.

In a non-stick skillet (or a regular skillet coated with non-stick spray) cook steak over medium heat until no pink remains and steak is thoroughly cooked.

Arrange cooked steak over salad. Sprinkle salt and pepper on top, and drizzle with your favorite dressing. Note: I suggest using a light flavored dressing. Citrus dressings taste especially good on this salad!

Pork, Pear and Walnut Salad

Ingredients

1 tablespoon olive oil
1 pound pork tenderloin, cut into 1 inch cubes
1 tablespoon chopped fresh parsley
1 (10 ounce) bag fresh spinach leaves
1 Asian pear, cored and sliced
1/4 cup chopped walnuts
1/2 cup balsamic vinaigrette salad dressing, or to taste

Directions

Heat the oil in a large skillet over medium-high heat. Add the pork and parsley; cook and stir until pork is browned on the outside, and cooked through. Remove from the heat and set aside.

Make a bed of spinach on individual serving plates or on a large platter. Arrange slices of pear over the spinach. Top with the cooked pork and sprinkle with walnuts. Drizzle the balsamic vinaigrette over the whole salad.

Delish Lime and Corn Pasta Salad

Ingredients

1/2 (16 ounce) package uncooked rotini pasta
2 tablespoons butter
1/4 cup red onion, finely chopped
4 ears fresh sweet corn, kernels cut from the cob
2 limes, zested and juiced
1 pinch cayenne pepper, or to taste
salt and ground black pepper to taste
1/4 cup shredded Cheddar cheese, or as needed (optional)

Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the rotini, and return to a boil. Cook uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes. Drain well in a colander set in the sink.

Heat the butter in a large skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Mix in the corn, lime zest, and lime juice. Season with cayenne pepper, salt, and pepper. Continue cooking until corn is warmed through and tender. Toss pasta with the corn mixture and Cheddar cheese. Serve hot, or cover and refrigerate and serve as a cold salad.

Tomato and Pepper Salad

Ingredients

3 medium tomatoes, chopped
1 large cucumber, seeded and chopped
1 medium green bell pepper, chopped
1 stalk celery, thinly sliced
3 tablespoons distilled white vinegar
1 tablespoon white sugar
1/2 teaspoon salt
freshly ground black pepper to taste

Directions

In a bowl, mix the tomatoes, cucumber, green bell pepper, and celery. Mix the vinegar, sugar, salt, and pepper in a separate bowl, and pour over the salad. Gently toss to coat. Cover, and refrigerate at least 2 hours, stirring occasionally.

New Red Potato Salad

Ingredients

3 pounds unpeeled red potatoes
4 eggs
1 1/2 cups mayonnaise
2 tablespoons milk
2 tablespoons distilled white vinegar
1/2 cup sliced green onions
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1 cup sliced celery

Directions

Bring a large pot of salted water to a boil. Add red potatoes, and cook until tender but still firm, about 15 minutes. Drain, cool and chop into 1 inch cubes. Place in a medium bowl.

Place eggs in a medium saucepan, and cover with cold water. Bring water to a boil, and immediately remove from heat. Cover, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and dice.

In a small bowl, whisk together mayonnaise, milk, distilled white vinegar, green onions, salt and pepper. Pour the mixture over the potatoes, and mix together with the eggs and celery. Cover, and chill in the refrigerator approximately 2 hours before serving.

Tex-Mex Tuna Salad

Ingredients

2 (6 ounce) cans tuna, drained and flaked
1/2 cup sliced black olives
1/2 cup sliced green onion
1/2 cup sliced celery
2/3 cup salsa
1/2 cup sour cream
1 teaspoon ground cumin
1/2 head iceberg lettuce, shredded
12 medium taco shells

Directions

In a large bowl, combine the tuna, olives, green onions and celery; toss together.

In a medium bowl, whisk together the salsa, sour cream and cumin. Pour over tuna mixture; lightly toss to mix.

Line taco shells with shredded lettuce and spoon tuna mixture into shells. Drizzle with additional salsa or top with additional sour cream if desired.

Fruity Gelatin Salad

Ingredients

1 (6 ounce) package strawberry gelatin
1 cup boiling water
2 (10 ounce) packages frozen sweetened strawberries, thawed
2 (8 ounce) cans unsweetened crushed pineapple, undrained
3 medium firm bananas, mashed

Directions

In a bowl, dissolve gelatin in boiling water. Stir in strawberries, pineapple and bananas; mix well. Transfer to a 2-qt. serving bowl. Refrigerate until firm.

Cranberry Salad II

Ingredients

2 cups chopped cranberries
1 large orange
1 cup white sugar
1 cup chopped walnuts
1 cup finely diced celery
1 cup crushed pineapple, drained
1 (3 ounce) package raspberry flavored gelatin mix
2 cups hot water

Directions

Combine the gelatin with hot water (don't let stand). Grind cranberries and orange (including rind) mix with sugar. Stir in nuts, celery and pineapple. Mix with prepared gelatin and chill.

Ham and Cheese Salad

Ingredients

2 cups chopped ham
1 cup shredded Cheddar cheese
2 stalks celery, chopped
1/3 cup mayonnaise
1 1/2 tablespoons prepared mustard

Directions

In a food processor, combine the ham and celery; pulse until finely chopped. Add cheese and pulse until mixed.

Place mixture in a bowl and add the mayonnaise and mustard. Mix well; serve on sandwich or pita bread.

Caesar Salad Supreme

Ingredients

6 cloves garlic, peeled
3/4 cup mayonnaise
5 anchovy fillets, minced
6 tablespoons grated Parmesan cheese, divided
1 teaspoon Worcestershire sauce
1 teaspoon Dijon mustard
1 tablespoon lemon juice
salt to taste
ground black pepper to taste
1/4 cup olive oil
4 cups day-old bread, cubed
1 head romaine lettuce, torn into bite-size pieces

Directions

Mince 3 cloves of garlic, and combine in a small bowl with mayonnaise, anchovies, 2 tablespoons of the Parmesan cheese, Worcestershire sauce, mustard, and lemon juice. Season to taste with salt and black pepper. Refrigerate until ready to use.

Heat oil in a large skillet over medium heat. Cut the remaining 3 cloves of garlic into quarters, and add to hot oil. Cook and stir until brown, and then remove garlic from pan. Add bread cubes to the hot oil. Cook, turning frequently, until lightly browned. Remove bread cubes from oil, and season with salt and pepper.

Place lettuce in a large bowl. Toss with dressing, remaining Parmesan cheese, and seasoned bread cubes.

Tex-Mex Green Bean Salad

Ingredients

1 pound fresh green beans
1 teaspoon salt
2 tablespoons olive or vegetable oil
2 tablespoons fresh lemon juice
2 tablespoons sliced green onions
1/4 teaspoon pepper
1/4 teaspoon ground cumin
Lettuce Leaves
Shredded Cheddar or Monterey Jack cheese

Directions

Place the beans and salt in a saucepan; add a small amount of water. Cover and cook for 6-7 minutes or until crisp-tender. Rinse in cold water; drain. In a bowl, combine oil, lemon juice, onions, pepper and cumin. Add beans and toss to coat. Serve on a bed of lettuce. Sprinkle with cheese if desired.

Tangy Banana Salad

Ingredients

1 cup plain yogurt
1 teaspoon mustard powder
1 pinch salt
3 bananas, sliced
1 teaspoon minced fresh cilantro
1 pinch chili powder (optional)

Directions

Mix together the yogurt, mustard powder, and salt in a serving bowl. Add the banana slices and stir gently until bananas are evenly coated with yogurt mixture.

Garnish with chopped cilantro and chili powder. Serve immediately.

Very Easy Fruit Salad

Ingredients

1 pint strawberries - cleaned, hulled and sliced
1 pound seedless grapes, halved
3 kiwis, peeled and sliced
3 bananas, sliced
1 (21 ounce) can peach pie filling

Directions

In a large bowl, combine the strawberries, grapes, kiwis, and bananas. Gently mix in peaches. Chill for 1 hour before serving.

Pear Salad I

Ingredients

2 pears - peeled, cored and sliced
1 cup port wine
2 shallots, thinly sliced
1 clove garlic, minced
1 tablespoon Dijon mustard
2 tablespoons balsamic vinegar
6 cups assorted salad greens
1 cup crumbled Gorgonzola cheese
1 cup chopped walnuts, toasted

Directions

Preheat the oven's broiler. Arrange pear slices in a single layer on a baking sheet. Broil until nicely browned, 3 to 5 minutes. Set aside to cool.

Pour port wine into a saucepan. Bring to a boil, and cook until the wine is reduced by 1/2. Remove from the heat and cool. Pour the cooled wine into a blender or food processor, and add the shallots, garlic, mustard, and vinegar. Puree until smooth.

Divide the salad greens evenly between four serving plates. Arrange some of the broiled pear slices over each pile of greens. Sprinkle with Gorgonzola cheese. Drizzle dressing over each plate, then sprinkle with walnuts. If you like, this can also be made in one large bowl instead of individual servings.

Italian Bread Salad

Ingredients

1 (14 ounce) package pre-baked Italian bread shell crust, cubed
1 1/2 cups diced fresh tomatoes
1/2 cup thinly sliced fresh basil
1/2 cup Italian salad dressing, divided
7 cups ready-to-serve salad greens
1 small green pepper, julienned
1 cup sliced pepperoni sausage
1 cup shredded mozzarella cheese
1/2 cup grated Parmesan cheese
1/2 cup sliced ripe olives

Directions

In a large salad bowl, combine bread cubes, tomatoes, basil and 1/4 cup salad dressing; let stand for 5 minutes. Add the salad greens, green pepper, pepperoni, mozzarella cheese, Parmesan cheese and olives. Drizzle with remaining salad dressing; toss to coat. Serve with a slotted spoon.

Kay's Frozen Fruit Salad

Ingredients

8 ounces cream cheese
1 cup mayonnaise
1 (20 ounce) can crushed pineapple, drained
1/4 cup maraschino cherries, quartered
1/4 cup green maraschino cherries, quartered
2 1/2 cups rainbow colored miniature marshmallows
1/2 cup heavy cream, whipped
1 cup chopped pecans (optional)

Directions

In a mixing bowl, blend together cream cheese and mayonnaise until smooth.

Add pineapple, cherries, marshmallows and pecans. Mix together and fold in whipped cream. Place in a 9x9 inch pan, cover and freeze overnight.

Remove from freezer 10 minutes before serving, place on bed of shredded lettuce.

Lebanese Rubbed Salad

Ingredients

1 (10 ounce) bag mixed baby salad greens
1 English cucumber, diced
2 cloves garlic, minced
1 (10 ounce) basket cherry tomatoes, halved
1/3 cup crumbled Feta cheese
1/8 teaspoon salt
freshly ground black pepper to taste
2 tablespoons aged balsamic vinegar
2 tablespoons extra-virgin olive oil

Directions

Place the salad greens in a large bowl. Add the cucumber, garlic, cherry tomatoes, and Feta cheese. Sprinkle with salt and pepper, toss to blend. Drizzle with vinegar and olive oil.

Using clean hands (all rings removed), rub the salad ingredients together for 2 minutes to thoroughly work the oil, vinegar, and seasonings into the greens.

Oil-Free Apple Herb Salad Dressing

Ingredients

1 cup apple juice
1/4 cup cider vinegar
1/4 teaspoon dried basil
1/3 teaspoon dried oregano
1/4 teaspoon salt, or to taste

Directions

Whisk together the apple juice, cider vinegar, basil, oregano, and salt. Refrigerate in a jar with a tight fitting lid for at least 2 hours; shake before serving.

German-Style Beet Salad

Ingredients

2 bunches beets
2 tablespoons water
1/4 cup white vinegar
2 tablespoons caraway seeds
1 teaspoon white sugar
2 tablespoons minced onion
1 teaspoon prepared horseradish
1/4 teaspoon ground cloves
1/2 teaspoon salt
1/4 teaspoon ground black pepper
5 tablespoons vegetable oil

Directions

Wash beets and trim off greens. Bring a medium pot of salted water to a boil, add beets and cook, covered, until beets are tender. Remove from heat, drain, and peel and slice when cool.

In a large bowl, whisk together the water, vinegar, caraway seeds, sugar, onion, horseradish, cloves, salt, pepper and oil. Add beets and toss to coat. Let stand for several hours, stirring occasionally. Serve at room temperature or chilled, as desired.

Ham Salad Pitas

Ingredients

1 cup reduced fat sour cream
2 tablespoons lemon juice
1 teaspoon yellow mustard
1 cup cooked ham
1 cup mozzarella cheese
1/4 cup blanched slivered almonds
1/2 cup seedless green grapes, halved
3 tablespoons diced green onion
4 pita breads, halved

Directions

Combine sour cream, lemon juice and mustard in a bowl. Add ham, cheese, almonds, grapes and onions. Toss lightly to coat.

Divide ham mixture evenly between pita pockets. You may eat these as is or heat them briefly. If you choose to heat them, do two halves at a time in the microwave for 1 minute.

Cilantro Chicken Salad

Ingredients

2/3 cup olive or vegetable oil
1/4 cup lime juice
1/4 cup minced fresh cilantro or parsley
1/2 teaspoon ground cumin
1/2 teaspoon salt
1/4 teaspoon crushed red pepper flakes
4 cups torn leaf lettuce
2 cups cubed, cooked chicken
1 pint cherry tomatoes

Directions

In a jar with a tight-fitting lid, combine the oil, lime juice, cilantro, cumin, salt and red pepper flakes; shake well. In a bowl, combine the lettuce, chicken and tomatoes if desired. Drizzle with dressing; toss to coat.

Turnip Salad

Ingredients

4 turnips, peeled and chopped
1 bunch green onions, chopped
2 Granny Smith apples - peeled, cored and chopped
4 slices canned pineapple, chopped
1/2 cup white sugar
1/4 cup vegetable oil
1 tablespoon water
1 teaspoon salt
1/4 teaspoon ground black pepper

Directions

Bring a large pot of salted water to a boil. Add turnips and cook until tender but still firm, about 15 minutes. Drain, and cool.

In a large bowl, combine the turnips, green onions, apples, pineapple and sugar. Stir to evenly coat with the sugar.

Whisk together the oil, water, salt and pepper. Pour dressing over fruit and vegetables. Toss and refrigerate overnight.

Chilled Asparagus Salad

Ingredients

1/2 pound fresh asparagus, trimmed
1/2 cup water
2 tablespoons Ranch salad dressing
2 tablespoons shredded Cheddar cheese
2 tablespoons slivered almonds, toasted

Directions

Place asparagus in a skillet; add water. Bring to a boil. Reduce heat; cover and simmer for 3-4 minutes or until crisp-tender. Rinse in cold water; drain well. Cover and refrigerate for at least 1 hour or until chilled.

To serve, drizzle asparagus with salad dressing. Sprinkle with cheese and almonds.

Simple Delicious Salad

Ingredients

1/4 pound bacon
2 eggs
1/2 head lettuce
1 carrot, shredded
1 tomato, sliced
1 tablespoon corn oil
1 tablespoon red wine vinegar
salt and pepper to taste

Directions

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

Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

Place lettuce in a salad bowl along with the carrot and tomato. Sprinkle with bacon and eggs and toss.

Drizzle oil over salad. Add vinegar and salt and pepper to taste.

Fruited Cabbage Salad

Ingredients

4 cups shredded cabbage
1 medium red apple, diced
1 medium firm banana, sliced
1/3 cup chopped pecans
2 tablespoons raisins
1/2 cup mayonnaise or salad dressing
2 tablespoons milk
2 tablespoons sugar
1 tablespoon lemon juice
salt to taste

Directions

In a bowl, combine the first five ingredients; set aside. In a jar with a tight-fitting lid, combine mayonnaise, milk, sugar, lemon juice and salt if desired; shake well. Pour over cabbage mixture and toss to coat.

Creamy Pineapple Salad

Ingredients

1 (20 ounce) can crushed pineapple
1 (3 ounce) package lemon flavored gelatin
1 cup heavy cream
1/4 cup sugar
1 cup cottage cheese

Directions

Drain pineapple, reserving the juice in a small saucepan. Set pineapple aside. Add enough water to juice to make 1-1/3 cups; bring to a boil. Place gelatin in a bowl; add boiling liquid and stir to dissolve. Cool until slightly thickened. In a mixing bowl, whip cream; gradually beat in sugar. Fold into the gelatin mixture. Stir in pineapple and cottage cheese; blend well. Pour into a 1-1/2 qt. serving bowl; chill at least 3 hours or overnight.

Kahala's Macaroni Seafood Salad

Ingredients

1 (16 ounce) package spaghetti, broken into 2-inch pieces
4 hard-cooked eggs, chopped
1 carrot, grated
1/2 cup frozen petite peas, thawed
1 cup frozen fully cooked salad shrimp, thawed
1/2 cup crab meat, cooked

Dressing:
16 ounces mayonnaise
1/4 cup milk
1 teaspoon lemon juice
1 teaspoon sugar
salt to taste
black pepper to taste
paprika to taste

Directions

Bring a large pot of lightly salted water to boil. Add pasta, and cook until al dente, about 8 to 10 minutes. Drain, and add pasta to a large bowl. Stir in eggs, carrots, peas, shrimp, and crab meat. Cover, and refrigerate.

To make dressing, stir together mayonnaise, milk, lemon juice, and sugar. Season to taste with salt, pepper, and paprika.

Mix dressing into chilled pasta, stirring until well combined. If the salad seems dry, stir in more mayonnaise and a splash more milk or water. Cover, and chill before serving.

Hearty Black-Eyed Pea Salad

Ingredients

3 (15 ounce) cans black-eyed peas, rinsed and drained
1/2 pound diced cooked ham
3 medium tomatoes, seeded and diced
1/2 cup chopped green onions
1 medium carrot, chopped
DRESSING:
5 tablespoons olive oil or vegetable oil
3 tablespoons cider or red wine vinegar
1 tablespoon Dijon mustard
1 tablespoon lemon juice
2 garlic cloves, minced
1 tablespoon minced fresh basil
1 teaspoon soy sauce
1/2 teaspoon dried oregano
1/2 teaspoon sugar
1/4 teaspoon Worcestershire sauce
1/4 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon hot pepper sauce

Directions

In a large bowl, toss peas, ham, tomatoes, onions and carrot; set aside. combine dressing ingredients in a jar with a tight-fitting lid; shake well. pour over the salad and toss to coat. Cover and refrigerate for at least 1 hour.

Amazing Brown Rice Salad

Ingredients

2 cups water
1 cup brown rice
1/4 cup diced red onion
1/2 cup diced celery
1/4 cup dried cranberries
1/2 cup balsamic vinaigrette salad dressing
1 tablespoon sugar

Directions

In a saucepan, bring water to a boil. Stir in rice, cover, and reduce heat to low. Simmer for 45 to 60 minutes, or until done.

Transfer rice to a serving bowl, and stir in onion, celery, cranberries, salad dressing and sugar. Cover, refrigerate, and serve cold.

Barbecued Chicken Salad Sandwiches

Ingredients

1 1/2 pounds skinless, boneless chicken breast halves
1/2 cup barbecue sauce
1 cup mayonnaise
1/2 cup finely chopped onion
1/2 cup chopped celery
1/4 teaspoon salt
1/4 teaspoon crushed red pepper flakes
8 Kaiser rolls, split
8 tomato slices
8 lettuce leaves

Directions

Place the chicken in a large resealable plastic bag; add barbecue sauce. Seal the bag and turn to coat. Refrigerate overnight.

Grill chicken, covered, over medium-hot heat for 6-8 minutes on each side or until juices run clear. Cool; cover and refrigerate chicken until chilled.

Chop chicken; place in a bowl. Stir in the mayonnaise, onion, celery, salt and pepper flakes. Serve on rolls with tomato and lettuce.

Home On The Range Tuna Salad

Ingredients

2 eggs
1 (6 ounce) can tuna, drained
1 cup low-fat cottage cheese
1/4 cup chopped celery
1/4 cup chopped green onions
2 tablespoons chopped fresh parsley
1 teaspoon lemon pepper
1/4 teaspoon celery salt
1 teaspoon lemon juice
1/4 cup mayonnaise

Directions

Place eggs in a saucepan, and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, and cool. Peel, and chop.

In a large bowl, flake tuna. Add cottage cheese, eggs, celery, green onions, parsley, lemon pepper seasoning, celery salt, lemon juice, and mayonnaise; mix well. Chill.

Cranberry Salad VI

Ingredients

1 (8 ounce) package cream cheese, softened
2 tablespoons mayonnaise
2 tablespoons white sugar
1 (16 ounce) can whole cranberry sauce
1/2 cup chopped pecans
1 cup heavy whipping cream
1 teaspoon vanilla extract
1/2 cup confectioners' sugar

Directions

In a large bowl, mix together the cream cheese, mayonnaise, sugar, cranberry sauce and pecans.

In a mixing bowl, beat the whipping cream until stiff peaks form; add the vanilla and confectioners sugar. Mix well and fold into cranberry mixture. Refrigerate at least 6 hours before serving.

Quick Artichoke Pasta Salad

Ingredients

1 cup salad macaroni, or other medium-size pasta
1 (6.5 ounce) jar marinated artichoke hearts
1/2 cup mushrooms, quartered
1 cup cherry tomatoes, halved
1 cup pitted black olives
1 tablespoon chopped fresh parsley
1/2 teaspoon dried basil
1/2 tablespoon dried oregano
2 cloves garlic, minced
salt and pepper to taste

Directions

Bring a large pot of salted water to boil; add pasta and boil until al dente. Drain well and rinse with cold water.

In a large mixing bowl, combine pasta, artichoke hearts, mushrooms, tomatoes, olives, parsley, basil, oregano, garlic, salt and pepper; toss well. Refrigerate for at least 4 hours. Before serving, season the pasta dish with salt and pepper to taste.

Three Bean Salad

Ingredients

1 (15 ounce) can green beans
1 pound wax beans
1 (15 ounce) can kidney beans, drained and rinsed
1 onion, sliced into thin rings
3/4 cup white sugar
2/3 cup distilled white vinegar
1/3 cup vegetable oil
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/2 teaspoon celery seed

Directions

Mix together green beans, wax beans, kidney beans, onion, sugar, vinegar, vegetable oil, salt, pepper, and celery seed. Let set in refrigerator for at least 12 hours.

Old-Fashioned Potato Salad

Ingredients

5 pounds red potatoes
1 cup sugar
1 tablespoon all-purpose flour
1 teaspoon salt
1/2 teaspoon ground mustard
1/4 teaspoon pepper
3/4 cup white vinegar
1/4 cup water
3 eggs, lightly beaten
1 cup thinly sliced green onions
1 1/2 cups sour cream

Directions

Cook potatoes in boiling water until tender; drain and cool.

Meanwhile, in a saucepan, combine sugar, flour, salt, mustard and pepper. Add vinegar and water; bring to a boil. Boil and stir for 2 minutes. Add a small amount to eggs; return all to the pan. Cook and stir for 1-1/2 to 2 minutes or until mixture is thickened and a thermometer reads 160 degrees F.

Refrigerate until cooled. Peel potatoes if desired; slice and place in a large bowl. Add onions. Stir sour cream into dressing; pour over potato mixture and toss to coat.

Fruit Cocktail Salad

Ingredients

2 (15.25 ounce) cans fruit cocktail in juice
1 (20 ounce) can unsweetened pineapple tidbits, drained
1 (11 ounce) can mandarin oranges, drained
1 tablespoon lemon juice
1 (1 ounce) package instant sugar-free vanilla pudding mix
2 medium firm bananas. sliced

Directions

In a bowl, combine the fruit and lemon juice. Sprinkle with pudding mix. Stir gently for 1 minute or until mixture is thickened. Fold in bananas. Refrigerate until serving.

Curried Bean Salad

Ingredients

1 (16 ounce) can kidney beans, rinsed and drained
1 (15 ounce) can pinto beans, rinsed and drained
1 (15 ounce) can garbanzo beans or chickpeas, rinsed and drained
1 (15.25 ounce) can whole kernel corn, drained
3 celery ribs, chopped
1/2 cup chopped green onions
1/2 cup cider vinegar
1/4 cup vegetable oil
4 garlic cloves, minced
2 teaspoons dried oregano
1 teaspoon pepper
1/2 teaspoon ground cumin
1/2 teaspoon curry powder

Directions

In a bowl, combine the beans, corn, celery and onions. In a jar with a tight-fitting lid,c combine the remaining ingredients; shake well. Drizzle over bean mixture and toss gently to coat. Cover and refrigerate overnight. Serve with a slotted spoon.

Gorgonzola-Pepper Pasta Salad

Ingredients

1 (16 ounce) package penne pasta
2 tablespoons canola oil
2 cups fresh spinach - rinsed, dried and torn into bite size pieces
1 small green bell pepper, cut into 1 inch pieces
1 small red bell pepper, cut into 1 inch pieces
1 small yellow bell pepper, cut into 1 inch pieces
1/2 cup canola oil
1/4 cup walnut oil
1/3 cup champagne vinegar
2 tablespoons honey
2 cups crumbled Gorgonzola cheese
1 cup chopped walnuts

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Toss with 2 tablespoons oil, then refrigerate for 1 hour, or until cool.

Heat a non-stick pan over medium heat. Cook spinach until wilted. In a large bowl, combine spinach, green pepper, red pepper, yellow pepper and cooled pasta. Whisk together 1/2 cup canola oil, walnut oil, vinegar and honey. Pour vinaigrette over pasta mixture, and toss until evenly coated. Sprinkle top with gorgonzola and chopped walnuts.

Mayo-Free Potato Salad

Ingredients

9 large red potatoes
2 dill pickles, chopped
2 green onions, chopped
2 stalks celery, chopped
3 tablespoons chopped fresh cilantro
2 tablespoons dill pickle juice
2 teaspoons dried dill weed
1 teaspoon paprika
1/4 teaspoon kosher salt, or to taste
1/4 teaspoon ground black pepper

1/2 cup olive oil
1/4 cup red wine vinegar
1 tablespoon Dijon mustard
1/4 teaspoon paprika, for garnish (optional)

Directions

Place the potatoes into a large pot and cover with water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes. Drain and allow to steam dry for a minute or two. Chill the potatoes in cold water, and chop into cubes when cool enough to handle.

Transfer the potatoes into a large salad bowl, and toss lightly with dill pickles, green onions, celery, cilantro, dill pickle juice, dried dill, 1 teaspoon paprika, salt, and pepper. In a bowl, whisk together the olive oil, red wine vinegar, and Dijon mustard, and pour the dressing over the potato mixture. Toss again to coat all ingredients with dressing. Sprinkle with 1/4 teaspoon paprika.

Shredded Carrot Salad

Ingredients

4 cups shredded carrots
1/2 cup raisins
1 cup sweetened whipped cream

Directions

In a medium bowl, mix together the carrots and raisins. Fold in the whipped cream until evenly coated. Store in the refrigerator until serving.

Brown Rice Lentil Salad

Ingredients

1/2 cup uncooked brown rice
1 cup water
1 teaspoon chicken bouillon granules
1 cup cooked lentils
1 medium tomato, seeded and diced
1/3 cup thinly sliced green onion
1 tablespoon minced fresh parsley
2 tablespoons red wine vinegar
1 tablespoon olive oil
2 garlic cloves, minced
2 teaspoons lime juice
2 teaspoons Dijon mustard
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

In a saucepan over medium heat, bring the rice, water and bouillon to a boil. Reduce heat; cover and simmer for 40 minutes or until rice is tender. Cool.

In a bowl, combine the rice, lentils, tomato, onions and parsley. In a small bowl, combine the remaining ingredients. Pour over rice mixture; toss to coat. Cover and refrigerate for at least 1 hour.

Orzo and Shrimp Salad with Asparagus

Ingredients

12 extra-large shrimp
1 clove garlic, minced
2 tablespoons extra-virgin olive oil
2 quarts water
8 ounces orzo pasta
1 pound fresh asparagus, trimmed and cut into 1 inch pieces
2 tablespoons extra-virgin olive oil
2 green onions, chopped
1 tablespoon white balsamic vinegar
1 tablespoon fresh lemon juice
2 teaspoons honey mustard
2 tablespoons minced fresh basil
salt and pepper to taste

Directions

Peel shrimp, reserving the shells. In a skillet over medium heat, cook the garlic and shrimp in 2 tablespoons of olive oil, stirring frequently to keep the garlic from browning. When shrimp are cooked through, remove from heat, cool and cut into 1/2-inch pieces.

Bring water to a boil in a Dutch oven over high heat. Add shrimp shells, boil for 5 minutes, then strain out shells and discard. Stir in the orzo and cook for 5 minutes. Stir in the asparagus pieces and continue cooking until the pasta is al dente, about 4 minutes. Drain into a mesh sieve, and rinse in cold water.

Toss pasta and asparagus with 2 tablespoons of olive oil, shrimp, and green onions until evenly coated. In a separate bowl, whisk the vinegar, lemon juice, mustard, and basil until incorporated. Pour over pasta mixture and toss well; season to taste with salt and pepper. Chill for 2 hours.

Cilantro Egg Salad

Ingredients

5 hard-cooked eggs, finely chopped
3/4 cup mayonnaise
3/4 cup chopped fresh cilantro
1 tablespoon Dijon mustard
1 teaspoon lemon juice
1 teaspoon lime juice
1 stalk celery rib, finely diced
4 fresh mushrooms, finely diced
salt and pepper to taste

Directions

In a medium bowl, stir together the eggs, mayonnaise, cilantro, mustard, lemon juice, lime juice, celery, and mushrooms. Season with salt and pepper to taste. Serve on bread or toast.

Creamy Banana Lettuce Salad

Ingredients

1 large firm banana, sliced
1/2 teaspoon lemon juice
3 tablespoons mayonnaise
1/2 teaspoon sugar
2 cups torn mixed salad greens
5 fresh strawberries, sliced
1 tablespoon salted peanuts, chopped

Directions

Lightly toss banana slices with lemon juice. Place 1/4 cup in a small bowl; mash. Stir in the mayonnaise and sugar. In a salad bowl, combine the greens, strawberries and remaining banana slices; toss. Top with banana dressing; sprinkle with peanuts.

Sugar Snap Pea and Berry Salad

Ingredients

1/2 pound sugar snap peas, trimmed
1 cup fresh raspberries
2 tablespoons raspberry vinegar
2 tablespoons olive oil
1 pinch sugar
salt and pepper to taste
1 cup fresh blueberries
2 cups torn mixed salad greens

Directions

Bring a pot of water to a boil. Place snap peas in pot, and cook 1 to 2 minutes. Drain, rinse under cold water, and set aside.

Place about 1 1/2 tablespoons raspberries in a strainer over a bowl, and crush with a wooden spoon. Discard pulp. Mix vinegar, olive oil, sugar, salt, and pepper with the strained raspberry juice.

In a large bowl, gently toss the dressing with the snap peas, remaining raspberries, and blueberries. Cover, and chill at least 30 minutes in the refrigerator. Toss with greens just before serving.

Strawberry Summer Salad

Ingredients

1 cup mayonnaise
1/4 cup white sugar
1 tablespoon white vinegar
1 tablespoon poppy seeds

1 head iceberg lettuce, torn into bite-size pieces
1 bunch fresh spinach, washed, stems removed
1/2 cup diced red onion
1 (16 ounce) package fresh strawberries, hulled and sliced

Directions

Make a dressing by whisking together the mayonnaise, sugar, and vinegar in a small bowl. Stir in the poppy seeds; set aside.

Toss together the lettuce, spinach, and onion in a large bowl. Drizzle the dressing over the salad and toss to coat. Add the strawberries and lightly toss again. Serve immediately.

Almond Spinach Salad

Ingredients

1 tablespoon Dijon-style mustard
1/2 teaspoon finely minced garlic
1 teaspoon sugar
2 tablespoons freshly squeezed lemon juice
1 teaspoon white wine vinegar
1/2 cup extra-virgin olive oil
1 (5 ounce) bag baby spinach
1/2 cup dried cranberries
4 ounces fresh goat cheese, crumbled
CANDIED ALMONDS
1/2 cup sugar
2 tablespoons water
1 drop freshly squeezed lemon juice
3/4 cup roughly chopped or slivered California Almonds

Directions

For vinaigrette, stir together mustard, garlic, sugar, lemon juice and vinegar in a medium bowl. Gradually whisk in olive oil until mixture is smooth and glossy.

For candied almonds, preheat oven to 250 degrees F. Place a sheet of well-oiled foil on countertop. Place sugar in a very clean medium saucepan and cover with 2 tablespoons water and lemon juice. Place almonds on a baking sheet and place in oven. Bring sugar and water to a boil, and boil until sugar turns deep golden brown, swirling occasionally to ensure even color. Stir in warm almonds, and immediately spread coated almonds onto prepared foil. (Take care not to touch them--caramelized sugar is extremely hot.) Cool completely, then chop roughly or break into small pieces.

To assemble salad, place spinach, candied almonds, cranberries and goat cheese in a large bowl. Toss lightly with dressing and serve immediately.

Brown and Wild Rice Salad

Ingredients

1 cup brown rice, cooked
1 cup wild rice, cooked
6 green onions, chopped
3/4 cup dried cranberries
1/3 cup chopped pecans, toasted
2 tablespoons chopped fresh parsley
1/4 cup olive oil
6 tablespoons raspberry vinegar
2 tablespoons honey
1 1/2 teaspoons salt
1/2 teaspoon pepper

Directions

In a large bowl, combine the rice, onion, cranberries, pecans and parsley. In a small bowl, whisk together the oil, vinegar, honey, salt and pepper. Pour over salad and toss to coat.

Chicken Salad Croissants

Ingredients

2 cups cubed, cooked chicken
1 cup cubed Swiss cheese
1/2 cup dill pickle relish
2/3 cup mayonnaise
1 tablespoon minced fresh parsley
1 teaspoon lemon juice
1/2 teaspoon seasoned salt
1/8 teaspoon pepper
Lettuce Leaves
6 croissants, split

Directions

In a large bowl, combine the chicken, cheese and pickle relish. Combine the mayonnaise, parsley, lemon juice, seasoned salt and pepper; add to chicken mixture and mix well.

Place a lettuce leaf on each croissant; top with about 1/2 cup of the chicken mixture.

Grape and Feta Salad

Ingredients

1 head iceberg - rinsed, dried and torn into bite sized pieces
1 head leaf lettuce - rinsed, dried and torn into bite-size pieces
2 carrots, sliced
8 ounces broccoli florets
5 radishes, chopped
3 roma (plum) tomatoes, diced
1 pound red seedless grapes
1 cup chopped almonds
1 5/8 cups crumbled feta cheese
1 cup Greek vinaigrette salad dressing (optional)

Directions

In a large serving bowl, toss together the iceberg lettuce, leaf lettuce, carrots, broccoli, radishes and tomatoes. Place the grapes on top. You may chill the salad until needed at this point if you wish.

Just before serving, sprinkle in the almonds and feta cheese. Toss with the salad dressing to taste, if desired.

Asparagus Vinaigrette Salad

Ingredients

1 1/4 pounds fresh asparagus, cut into 2 inch pieces
1 (4 ounce) jar diced pimientos, drained
1/3 cup sliced green onions
1/2 cup olive or vegetable oil
1/4 cup cider or white wine vinegar
1 teaspoon Dijon mustard
1 teaspoon Worcestershire sauce
1/2 teaspoon dried basil
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon dried thyme

Directions

In a saucepan, cook the asparagus in a small amount of water for 5 minutes or until crisp-tender. Rinse with cold water; drain well. Place in a bowl; add pimientos and onions. In a small bowl, whisk oil, vinegar, mustard, Worcestershire sauce, basil, salt, pepper and thyme; pour over asparagus mixture and toss to coat. Cover and refrigerate for at least 2 hours. Serve with a slotted spoon.

Berry Nectarine Salad

Ingredients

4 medium unpeeled nectarines, sliced
1/4 cup sugar
1/2 teaspoon ground ginger
1 teaspoon lemon juice
2 cups fresh raspberries
1 cup fresh blueberries
3 ounces reduced-fat cream cheese

Directions

Place nectarines in a large bowl. Combine sugar and ginger; sprinkle over nectarines and gently stir to evenly coat. Drizzle with lemon juice. Cover and refrigerate for 1 hour, stirring once.

Drain and reserve liquid. Gently stir raspberries and blueberries into nectarines. In a small mixing bowl, beat cream cheese until smooth. Gradually beat in reserved liquid. Spoon over fruit; serve immediately.

Colleen's Jewel of a Salad

Ingredients

1 (10 ounce) package mixed baby lettuces and spring greens
1/4 cup chopped pecans
1/2 cup frozen blackberries, thawed
1/4 cup crumbled blue cheese
1/4 cup balsamic vinaigrette salad dressing, or to taste

Directions

In a large salad bowl, gently mix together the baby greens, pecans, berries, and blue cheese. Toss with balsamic vinaigrette.

Ramen Cabbage Salad

Ingredients

1/2 large head cabbage, coarsely chopped
1 (3 ounce) package ramen noodles, crushed
1/2 cup sunflower seeds

1/2 cup vegetable oil
3 tablespoons white sugar
3 tablespoons distilled white vinegar

Directions

Toss together the cabbage, noodles and sunflower seeds or almonds.

Whisk together the ramen flavor packet, oil, sugar and vinegar. Pour over cabbage mixture and toss evenly to coat.

Easy Salad Olivieh

Ingredients

6 large potatoes
2 cups mayonnaise
1 stalk celery, diced
8 hard-cooked eggs, chopped
1 whole rotisserie roast chicken, pulled and diced
2 tablespoons mustard
1/4 cup chopped pitted green olives
1 tablespoon salt
3 large dill pickles, chopped

Directions

Place potatoes into a large pot and cover with salted water. Bring to a boil, then reduce heat to medium-low, cover, and simmer until tender enough to pierce with a fork, about 30 minutes. Drain and allow cool, then peel and dice. Place the diced potatoes into a large mixing bowl and refrigerate until cold. Once cold, fold in the mayonnaise, celery, eggs, chicken, mustard, olives, salt, and pickles. Refrigerate 2 hours before serving.

Crunchy Floret Salad

Ingredients

3 cups fresh broccoli florets
1 1/2 cups fresh cauliflowerets
1/2 pound sliced bacon, cooked and crumbled
1 cup mayonnaise
2 tablespoons sugar
2 tablespoons cider vinegar
1/4 teaspoon salt
1 1/2 cups shredded Cheddar cheese

Directions

In a large bowl, combine the broccoli, cauliflower and bacon. In a small bowl, whisk the mayonnaise, sugar, vinegar and salt. Pour over salad and mix well. Cover and refrigerate until serving. Stir in the cheese.

Cucumber Salad

Ingredients

1 head romaine lettuce
1 cucumber, peeled and sliced
1 cup tomatoes, diced
1/2 cup red bell pepper, diced
1/2 cup green bell pepper, diced
1/2 cup Newman's Own® Olive Oil & Vinegar, Balsamic Vinaigrette or Lighten Up® Balsamic Vinaigrette Salad Dressing

Directions

Rinse and dry the Romaine lettuce and cut or tear into bite-sized pieces. Place into a large bowl.

Add in the sliced and diced vegetables, as well as dressing to taste.

Toss gently and serve.

Under the Sea Salad

Ingredients

1 (3 ounce) package lime flavored gelatin mix
1/4 teaspoon salt
1 (15 ounce) can pear halves
2 (3 ounce) packages cream cheese
1 cup boiling water
1 tablespoon lemon juice
1/8 teaspoon grated fresh ginger root

Directions

Dissolve gelatin and salt in boiling water.

Drain pears and reserve 3/4 cup liquid. Dice pears and set aside.

Add pear syrup and lemon juice to gelatin. Place 1-1/4 cups gelatin mixture in a 1 quart mold. Chill until firm but not completely set.

Soften cream cheese and add to remaining gelatin and ginger. Blend until smooth. Fold in pears, spoon into mold and chill until firm. Unmold on crisp lettuce.

Green Papaya Salad

Ingredients

3 cloves garlic, peeled
3 fresh green chile peppers
6 green beans, cut into 1 inch pieces
1 large unripe papaya, peeled and cut into thin strips
1 tomato, halved and seeded
2 tablespoons fish sauce
2 tablespoons lime juice
1 teaspoon brown sugar
2 tablespoons finely chopped unsalted, dry-roasted peanuts

Directions

In a blender or food processor, coarsely chop the garlic, chile peppers, and green beans. Mix in the papaya, and process into small chunks. Mix in the tomato, fish sauce, lime juice, and sugar. Process the mixture until soft and slightly chunky. Transfer to a medium bowl. Stir in the peanuts. Cover, and refrigerate until serving.

Santa Fe Rice Salad

Ingredients

2/3 cup uncooked white rice
1 1/3 cups water
3/4 cup black beans, drained and rinsed
1 large tomato, seeded and diced
3/4 cup shredded Cheddar cheese
1/3 cup sliced green onions
1/3 cup vegetable oil
1/4 cup vinegar
1 tablespoon diced jalapeno peppers
1/2 teaspoon white sugar
salt to taste
1 avocado - peeled, pitted and diced

Directions

In a saucepan, bring water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes. Remove from heat and chill.

In a large bowl, mix together the rice, beans, tomato, cheese and green onion.

In a small bowl, whisk together the oil, vinegar, peppers, sugar and salt. Pour over the rice mixture and toss to coat. Cover and refrigerate salad for 30 minutes. Top with avocado just before serving.

Baked Potato Salad II

Ingredients

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

Directions

Preheat oven to 350 degrees F (175 degrees C).

Add whole potatoes to large pot of boiling, salted water. Boil for 20 minutes, or until tender. Remove potatoes from the water and set aside to cool.

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

Peel and cube cooled potatoes, and transfer to a large bowl. Add onion, mayonnaise, cheese, salt and pepper, and mix together with the potatoes.

Place mixture in a lightly oiled 9x11 inch baking dish. Top with the crumbled bacon and the olives. Bake uncovered for 40 minutes.

Creamy Summer Vegetable Salad

Ingredients

4 medium tomatoes, chopped
3 large cucumbers, seeded and chopped
1 medium onion, chopped
10 radishes, sliced
2 cups sour cream
1/4 cup lemon juice
1 teaspoon seasoned salt
1/2 teaspoon pepper
3/4 teaspoon celery seed

Directions

In a large bowl, combine tomatoes, cucumbers, onion and radishes. In a small bowl, combine the remaining ingredients. Add to vegetables and toss to coat.

Cover and refrigerate for at least 2 hours. Serve with a slotted spoon.

Turkey Macaroni Salad

Ingredients

8 ounces dry fusilli/spiral pasta
1 cup mayonnaise
1 cup plain yogurt
1/4 cup chopped green onions
1 teaspoon salt
1/8 teaspoon ground white pepper
3 cups cooked turkey, cubed
1 cup chopped celery

Directions

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.

Chopped Caesar Salad on Pizza Crust

Ingredients

1/3 cup Marzetti® Supreme Caesar Dressing
1 (14 ounce) package large prepared pizza crust
2 tablespoons olive oil
1/2 cup grated Parmesan cheese
1 pinch red pepper flakes
2 medium heads romaine, chopped
1/2 cup cherry tomatoes, halved
1/2 cup shredded or peels of Parmesan cheese
Juice of 1/2 lemon

Directions

Pre-heat the oven to 400 degrees F. Place pizza crust on a baking sheet. Drizzle with olive oil and sprinkle with grated parmesan cheese and red pepper flakes. Bake the crust following the package directions.

While crust is baking, combine Marzetti's Supreme Caesar Salad Dressing and lemon juice in a bowl. Add romaine to the dressing and toss. Transfer salad to the baked crust, add cherry tomatoes and peels of cheese. Serve.

Romaine Caesar Salad

Ingredients

2 hard-cooked eggs
1/4 cup lemon juice
2 tablespoons balsamic vinegar
1 anchovy filet
1 tablespoon Dijon mustard
2 garlic cloves, peeled
1 teaspoon Worcestershire sauce
1 teaspoon pepper
3/4 teaspoon salt
1/2 cup olive oil
1 head romaine, torn
1 cup shredded Parmesan cheese
1 cup Caesar salad croutons

Directions

Slice eggs in half; remove yolks. Refrigerate whites for another use. In a blender or food processor, combine the lemon juice, vinegar, anchovy, mustard, garlic, Worcestershire sauce, pepper, salt and egg yolks; cover and process until blended. While processing, gradually add oil in a steady stream. Cover and refrigerate for 1 hour.

In a salad bowl, combine the romaine, Parmesan cheese and croutons. Drizzle with dressing; toss to coat. Serve immediately.

Marinated Salad

Ingredients

1 (15 ounce) can peas, drained
1 (15 ounce) can shoe peg corn, drained
1 (15 ounce) can green beans, drained
1 (2 ounce) jar pimentos
1 cup chopped celery
1/2 cup chopped green bell pepper
1/2 cup chopped onion
1 cup white sugar
1/2 teaspoon ground black pepper
1 teaspoon salt
1/2 cup vegetable oil
3/4 cup white wine vinegar

Directions

Mix together the peas, corn, green beans, pimentos, celery, bell pepper and onion.

In a saucepan over medium heat, combine the sugar, black pepper, salt, oil and vinegar. Bring to a boil and pour over salad; mix well to coat. Refrigerate for 24 hours.

Like No One Else's Fruit Salad Dressing

Ingredients

4 egg yolks
4 tablespoons distilled white vinegar
2 tablespoons white sugar
3/4 teaspoon prepared mustard
1/2 teaspoon salt
16 large marshmallows, halved
1 cup heavy whipping cream

Directions

On top of a double boiler, beat together the egg yolks, vinegar, sugar, mustard and salt. Cook over medium heat until mixture becomes thick. Remove from heat. Add the marshmallows to the mixture and stir until dissolved.

Whip 1/2 pint of the whipping cream until soft peaks form, and then fold it into the cooked ingredients. If mixture is too thick, thin it by adding a little cream or fruit juice. Add to your favorite fruit salad and use enough dressing to make it the consistency you desire.

Store dressing, tightly covered, in the refrigerator for a week or so.

Dilly Potato Salad

Ingredients

8 medium potatoes, cubed
4 hard-cooked eggs, sliced
1 cup mayonnaise
1/2 cup sour cream
1/2 cup dill pickle relish
1 (2.25 ounce) can sliced ripe olives, drained
2 teaspoons prepared mustard
2 garlic cloves, minced
2 tablespoons snipped fresh dill
3/4 teaspoon celery seed
1/2 teaspoon salt
1/4 teaspoon paprika

Directions

Place potatoes in a saucepan and cover with water. Cover and bring to a boil. Reduce heat; cook for 20-30 minutes or until tender. Drain and cool. Place potatoes in a large bowl; add eggs.

In a small bowl, combine the remaining ingredients. Pour over potatoes and toss to coat. Cover and refrigerate for several hours before serving.

Fresh 'n' Fruity Salad

Ingredients

1 (20 ounce) can unsweetened pineapple chunks, drained
1 (15 ounce) can unsweetened dark sweet cherries, drained
1 1/2 cups cubed cantaloupe
1 1/2 cups cubed seeded watermelon
1 1/2 cups cubed honeydew
DRESSING:
3 tablespoons vegetable oil
3 tablespoons orange juice
3 tablespoons lemon juice
2 tablespoons sugar
1/4 teaspoon paprika

Directions

Combine the fruit in a large bowl. In a small bowl, combine the dressing ingredients; pour over fruit and toss to coat. Serve immediately with a slotted spoon.

Emerald Fruit Salad

Ingredients

3 medium tart green apples, cubed
2 cups cubed honeydew
2 cups halved green grapes
3 kiwifruit, peeled, sliced and quartered
1 cup reduced-fat plain yogurt
3 tablespoons confectioners' sugar
3 tablespoons orange juice
1/2 teaspoon grated orange peel

Directions

In a large bowl, combine the fruit. In a small bowl, combine the yogurt, sugar, orange juice and peel. Spoon over fruit; serve immediately.

Cabbage Salad II

Ingredients

1 small head green cabbage, cored and shredded
1 carrot, peeled and shredded
1 small green bell pepper, seeded and chopped
1 small onion, chopped
3 tablespoons mayonnaise
2 tablespoons white vinegar
1 tablespoon sugar
1/4 teaspoon salt
4 slices bacon

Directions

In a large bowl, toss together the cabbage, carrot, green pepper and onion. In a small bowl, whisk together the mayonnaise, vinegar, sugar and salt. Pour over the cabbage mixture, and toss to coat. Cover and refrigerate for at least 4 hours, or overnight.

Place the bacon in a large deep skillet. Cook over medium heat until evenly browned, turning occasionally. Drain, cool and crumble. Toss crumbled bacon with salad just before serving.

Asian Spicy Tuna Salad

Ingredients

1 (6 ounce) can solid white tuna packed in water, drained
1 teaspoon grated fresh ginger root
1/2 teaspoon diced green chile pepper
3 tablespoons finely chopped onion
1/4 teaspoon curry powder (optional)
1/4 cup mayonnaise
1/2 teaspoon fresh lemon juice

Directions

With a fork, flake tuna into a small bowl. Mix in ginger, pepper, chopped onion, curry powder, mayonnaise, and lemon juice.

Easy Watermelon Salad

Ingredients

1/2 small watermelon, cut into bite-sized chunks
1 (4 ounce) container crumbled feta cheese
1/2 cup salted sunflower seeds

Directions

Combine the watermelon, feta cheese, and sunflower kernels in a large bowl; toss. Serve immediately.

Fruity Acini di Pepe Salad

Ingredients

1 cup acini di pepe pasta
1 (20 ounce) can crushed pineapple, drained with juice reserved
1 (15 ounce) can mandarin oranges, drained with liquid reserved
1 (8 ounce) container frozen whipped topping, thawed
7 ounces miniature marshmallows
1 cup SPLENDA® No Calorie Sweetener, Granulated
2 eggs, beaten
1/2 teaspoon salt
3 tablespoons all-purpose flour
1 (10 ounce) jar maraschino cherries, drained (optional)

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente. Drain.

In medium saucepan, combine reserved liquids from pineapple and oranges (equals about 1 1/2 cups), SPLENDA® Granulated Sweetener, eggs, salt and flour. Cook until thick, stirring constantly. When mixture becomes thick, add cooked pasta and refrigerate overnight.

The next day, add pineapple and oranges, whipped topping and marshmallows to taste. Mix together and top with cherries if desired. Keep chilled until served.

Red Potato, Asparagus, and Artichoke Salad

Ingredients

18 small red potatoes
3 pounds fresh asparagus, trimmed
2 (14 ounce) cans artichoke hearts, drained and quartered
3 tablespoons Dijon mustard
1/4 cup fresh lemon juice
3/4 cup olive oil
salt and ground black pepper to taste
1/4 teaspoon cayenne pepper, or to taste
5 tablespoons minced fresh chives

Directions

Place the potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes. Drain and allow to steam dry for a minute or two. Allow to cool completely before cutting into bite-size cubes. Transfer to a large bowl

Bring a large pot of salted water to a boil over high heat. Add the asparagus spears, and cook until tender, about 3 minutes depending on size. Drain and immediately plunge into cold water to stop cooking. Cut the asparagus spears into 1 inch pieces. Place in the bowl with the potatoes. Stir in the artichokes, breaking them apart slightly as you put them in the bowl.

Combine the mustard and lemon juice in a bowl; whisk the oil gradually into the mustard and lemon juice until smooth. Season with salt, pepper, and cayenne pepper to taste. Drizzle over the vegetables; toss to coat. Sprinkle with chives to serve.

Cherry Salad

Ingredients

1 (8 ounce) container frozen whipped topping, thawed
1 (14 ounce) can sweetened condensed milk
1 (21 ounce) can cherry pie filling

Directions

Mix whipped topping, sweetened condensed milk, and cherries in a large mixing bowl. Transfer to a serving bowl, and chill.

Smoked Salmon & Watercress Salad With Red

Ingredients

3 tablespoons lemon juice
1 tablespoon rice wine vinegar
1 tablespoon Dijon mustard
Salt and freshly ground black pepper
1/4 cup drained capers
1/2 medium red onion, thinly sliced
1/2 cup extra-virgin olive oil
8 cups watercress (preferably the kind that's already trimmed, rinsed, bagged)
6 ounces smoked salmon, torn or cut into bite-size pieces

Directions

Mix lemon juice, vinegar, mustard and a big pinch of salt and pepper to taste in a 1-quart Pyrex measuring cup. Add capers and onion; toss to coat. Slowly add oil, pushing onion aside and beating with a small whisk or fork to form a thick dressing.

Mix watercress and half the salmon in a large bowl. When ready to serve, pour dressing over watercress and salmon; toss to coat. Arrange on salad plates, garnishing each with remaining smoked salmon.

Spring Strawberry Spinach Salad

Ingredients

1 bunch spinach, rinsed
10 large strawberries, sliced
1/2 cup white sugar
1 teaspoon salt
1/3 cup white wine vinegar
1 cup vegetable oil
1 tablespoon poppy seeds

Directions

In a large bowl, mix the spinach and strawberries.

In a blender, place the sugar, salt, vinegar, and oil, and blend until smooth. Stir in the poppy seeds. Pour over the spinach and strawberries, and toss to coat.

Eggplant Salad

Ingredients

6 medium eggplants
2 cloves garlic, minced
3 tablespoons olive oil
1/4 cup balsamic vinegar
2 tablespoons sugar
dried oregano
basil
salt and pepper to taste

Directions

Preheat oven to 350 degrees F (175 degrees C). Pierce eggplants several times with a fork, and place on a baking sheet.

Bake in the preheated oven for 1 1/2 hours, or until completely softened. Cool completely. Remove skin and chop fine. Transfer to a large mixing bowl, and set aside.

In a skillet, cook garlic in 1 tablespoon of oil over medium heat until lightly browned. Transfer to a small bowl. Stir in the remaining 2 tablespoons oil, the vinegar, sugar, oregano, and basil until well blended and sugar is dissolved. Pour over the eggplant, and toss to coat. Season to taste with salt and pepper, and toss again. Cover and refrigerate for at least one hour before serving.

Beet Salad with Goat Cheese

Ingredients

4 medium beets - scrubbed, trimmed and cut in half
1/3 cup chopped walnuts
3 tablespoons maple syrup
1 (10 ounce) package mixed baby salad greens
1/2 cup frozen orange juice concentrate
1/4 cup balsamic vinegar
1/2 cup extra-virgin olive oil
2 ounces goat cheese

Directions

Place beets into a saucepan, and fill with enough water to cover. Bring to a boil, then cook for 20 to 30 minutes, until tender. Drain and cool, then cut in to cubes.

While the beets are cooking, place the walnuts in a skillet over medium-low heat. Heat until warm and starting to toast, then stir in the maple syrup. Cook and stir until evenly coated, then remove from the heat and set aside to cool.

In a small bowl, whisk together the orange juice concentrate, balsamic vinegar and olive oil to make the dressing.

Place a large helping of baby greens onto each of four salad plates, divide candied walnuts equally and sprinkle over the greens. Place equal amounts of beets over the greens, and top with dabs of goat cheese. Drizzle each plate with some of the dressing.

Roquefort Pear Salad

Ingredients

1 head leaf lettuce, torn into bite-size pieces
3 pears - peeled, cored and chopped
5 ounces Roquefort cheese, crumbled
1 avocado - peeled, pitted, and diced
1/2 cup thinly sliced green onions
1/4 cup white sugar
1/2 cup pecans
1/3 cup olive oil
3 tablespoons red wine vinegar
1 1/2 teaspoons white sugar
1 1/2 teaspoons prepared mustard
1 clove garlic, chopped
1/2 teaspoon salt
fresh ground black pepper to taste

Directions

In a skillet over medium heat, stir 1/4 cup of sugar together with the pecans. Continue stirring gently until sugar has melted and caramelized the pecans. Carefully transfer nuts onto waxed paper. Allow to cool, and break into pieces.

For the dressing, blend oil, vinegar, 1 1/2 teaspoons sugar, mustard, chopped garlic, salt, and pepper.

In a large serving bowl, layer lettuce, pears, blue cheese, avocado, and green onions. Pour dressing over salad, sprinkle with pecans, and serve.

Bacon Blue Cheese Flat Iron Salad

Ingredients

2 pounds flat iron steaks
2 tablespoons vegetarian Worcestershire sauce
1 teaspoon salt
2 teaspoons fresh-ground black pepper
1 pound sliced bacon
1/2 head shredded iceberg lettuce
1/2 head red leaf lettuce, torn
1 (10 ounce) bag baby salad greens
1 cup blue cheese salad dressing
1/2 pound crumbled blue cheese
1/2 pound shredded Cheddar cheese (optional)

Directions

Rub the flat iron steaks with Worcestershire sauce, salt, and pepper; set aside. Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown and crispy. Remove bacon to cool on a paper towel lined plate, while leaving the grease in the skillet.

Heat the bacon grease over medium-high heat until it begins to smoke. Place the flat iron steaks in the hot grease, and cook until done to desired degree of doneness, 3 to 4 minutes per side for medium. Once done, remove the steaks and keep warm.

Place the iceberg lettuce, red leaf lettuce, and baby greens into a large salad bowl. Toss with the blue cheese dressing, then sprinkle with the blue cheese and cheddar cheese. Crumble the bacon and sprinkle overtop. Thinly slice the flat iron steak, and arrange over the salad.

Chicken Salad Balsamic

Ingredients

3 cups diced cold, cooked chicken
1 cup diced apple
1/2 cup diced celery
2 green onions, chopped
1/2 cup chopped walnuts
3 tablespoons balsamic vinegar
5 tablespoons olive oil
salt and pepper to taste

Directions

In a large bowl, toss together the chicken, apple, celery, onion and walnuts.

In a small bowl, whisk together the vinegar and oil and pour over the salad. Season with salt and pepper to taste and mix well. Let rest 10 to 15 minutes, mix again and chill.

Mom's Italian Potato Salad

Ingredients

5 large Yukon Gold potatoes
1 large cucumber, chopped
5 stalks celery, chopped
1 large red onion, chopped
3/4 cup green olives with pimento, chopped
1/4 cup olive oil
1/2 cup red wine vinegar
1/4 teaspoon garlic powder
salt and ground black pepper to taste

Directions

Place potatoes in a large saucepan, cover with water, and bring to a boil over high heat. Reduce the heat to medium-low, and simmer until the potatoes are tender, about 15 minutes. Drain and cool, then cut into 1-inch cubes.

Combine the potatoes, cucumber, celery, onion, and olives in a large bowl.

Whisk together the olive oil, red wine vinegar, and garlic powder in a small bowl. Pour the dressing over the potatoes and vegetables; mix well. Season with salt and pepper, then chill. Stir the potato salad again before serving.

Standard Greek Salad

Ingredients

5 cucumbers, sliced
5 large tomatoes, coarsely chopped
1/2 red onion, chopped
1 (4 ounce) package feta cheese, crumbled
1 (2.25 ounce) can pitted green olives, chopped
1/4 cup red wine vinegar

Directions

In a large bowl, toss together cucumbers, tomatoes, red onion, feta cheese, and green olives. Sprinkle with red wine vinegar. Refrigerate until serving.

Sugar Snap Pea Salad II

Ingredients

1 (8 ounce) package sugar snap peas
1 cup halved cherry tomatoes
1/2 cup grated carrots
1/4 red onion, chopped
1/3 cup mayonnaise
1/4 cup grated Parmesan cheese
1/4 teaspoon dried oregano
1/4 teaspoon dried parsley
1/4 teaspoon dried rosemary
1 pinch salt and pepper

Directions

Snap large pea pods in half, and place peas in a salad bowl with cherry tomatoes, carrots, red onion, mayonnaise, Parmesan cheese, oregano, parsley, rosemary, salt, and pepper. Gently toss to combine all ingredients and coat with dressing, and refrigerate salad for at least 1 hour before serving.

Accidental Grilled Chicken Salad

Ingredients

4 boneless, skinless chicken breast halves
2 tablespoons lemon juice
2 tablespoons olive oil
2 teaspoons lemon pepper
2 Vidalia onions, thickly sliced
4 large mushroom caps, chopped
1 cup mayonnaise
hot sauce to taste
salt and pepper to taste

Directions

Place chicken breast halves in a large resealable plastic bag with lemon juice, olive oil, and lemon pepper. Shake to coat, and marinate in the refrigerator for at least 1 hour.

Preheat a grill for high heat.

Lightly oil the grill grate. Place the Vidalia onions and mushrooms on the grill, and cook until lightly charred on both sides; set aside. Place chicken onto the grill, and discard marinade. Cook for 15 minutes, turning once, or until juices run clear. Remove from heat, cool, and chop.

In a large bowl, thoroughly mix the onions, mushrooms, chicken, and mayonnaise. Season with hot sauce, salt, and pepper. Cover, and refrigerate until serving.

Grilled Chicken Salad with Seasonal Fruit

Ingredients

1 pound skinless, boneless chicken breast halves
1/2 cup pecans
1/3 cup red wine vinegar
1/2 cup white sugar
1 cup vegetable oil
1/2 onion, minced
1 teaspoon ground mustard
1 teaspoon salt
1/4 teaspoon ground white pepper
2 heads Bibb lettuce - rinsed, dried and torn
1 cup sliced fresh strawberries

Directions

Preheat the grill for high heat.

Lightly oil the grill grate. Grill chicken 8 minutes on each side, or until juices run clear. Remove from heat, cool, and slice.

Meanwhile, place pecans in a dry skillet over medium-high heat. Cook pecans until fragrant, stirring frequently, about 8 minutes. Remove from heat, and set aside.

In a blender, combine the red wine vinegar, sugar, vegetable oil, onion, mustard, salt, and pepper. Process until smooth.

Arrange lettuce on serving plates. Top with grilled chicken slices, strawberries, and pecans. Drizzle with the dressing to serve.

Creamy Chicken Salad

Ingredients

1/2 cup whipping cream
1/2 cup smoked almonds
4 grilled skinless, boneless chicken breast halves
1/2 cup mayonnaise
1 tablespoon minced fresh tarragon
salt and pepper to taste

Directions

Whip cream to soft peaks. Chop almonds in food processor. If desired, shred chicken or chop finely.

In a large bowl combine the cream, almonds, chicken, mayonnaise, tarragon, salt and pepper. Mix well and serve.

Creamy Tuna Pasta Salad

Ingredients

1 (8 ounce) package small seashell pasta
2 yellow squash, chopped
1 zucchini, chopped
1/2 cup chopped banana squash
1 (15 ounce) can kidney beans, drained and rinsed
1/2 (15 ounce) can canned corn
2 (6 ounce) cans tuna, drained
1/2 cup Italian-style salad dressing

Directions

Bring a large pot of salted water to a boil. Stir in pasta and return pot to boil. Cook until al dente. Drain well.

Place squash and zucchini in a medium saucepan with 2 cups of water. Bring to a boil and cook until tender, about 15 minutes. Drain and set aside.

In a large bowl, combine pasta, squash, zucchini, kidney beans, corn and tuna. Mix well and chill for at least 30 minutes. After salad is chilled, stir in dressing and serve.

Layered Cheddar-Fruit Salad

Ingredients

1/2 cup mayonnaise
1/2 cup sour cream
1 tablespoon honey
1 1/2 cups shredded Cheddar cheese, divided
4 cups shredded lettuce
3 cups fresh peaches - peeled, pitted and sliced
3 cups sliced fresh strawberries
3 cups seedless grapes

Directions

In a small bowl whisk the mayonnaise, sour cream and honey together.

In a large bowl toss 1 cup of the cheese with the lettuce.

In a 2 1/2 quart glass bowl, layer half of the lettuce mixture, peaches, remaining lettuce mixture, strawberries, grapes and remaining cheese. Spread mayonnaise mixture over the top or serve on the side. Chill well before serving.

Black Eyed Susan Salad

Ingredients

1 (15 ounce) can black-eyed peas, drained
1 (10 ounce) package frozen corn kernels, thawed
2 tablespoons chopped pimento peppers
1/2 cup chopped celery (optional)
2 tablespoons minced onion
1/4 cup apple cider vinegar
1 tablespoon white sugar
2 tablespoons Worcestershire sauce
1/2 teaspoon garlic salt
1/2 teaspoon pepper
1/4 cup vegetable oil

Directions

Combine the black-eyed peas, corn, pimentos, celery, and onion in a mixing bowl; set aside. In a separate bowl, whisk together the vinegar, sugar, Worcestershire sauce, garlic salt, and pepper. Slowly whisk in the vegetable oil until the dressing emulsifies. Stir the dressing into the vegetables until evenly coated. Refrigerate 4 hours to overnight before serving.

Tropical Shrimp Spinach Salad

Ingredients

3 fluid ounces pineapple juice
3 tablespoons orange juice
1/4 cup extra-virgin olive oil
salt and pepper to taste

1 pound large peeled and deveined cooked shrimp
1 tablespoon extra-virgin olive oil
salt and pepper to taste

1 (10 ounce) bag baby spinach leaves
1 mango - peeled, seeded and diced
1/2 cup chopped macadamia nuts
1/2 cup dried banana chips

4 ounces crumbled goat cheese
3/4 cup sweetened flaked coconut, toasted

Directions

Prepare the salad dressing by whisking together the pineapple juice, orange juice, and 1/4 cup olive oil. Season to taste with salt and pepper; set aside. Brush the shrimp with 1 tablespoon of olive oil, and season to taste with salt and pepper; set aside. Place the spinach leaves, mango, macadamia nuts, and banana chips into a large mixing bowl.

Heat a large skillet over medium-high heat. Heat the shrimp in the skillet on both sides until just warm in the center, about 1 minute per side.

To assemble the salads, drizzle the spinach mixture with the salad dressing, and toss until evenly combined. Divide onto four plates. Divide the warm shrimp among the plates, and top with goat cheese. This way the goat cheese will melt down a little from the warmth of the grilled shrimp. Sprinkle with toasted coconut flakes to serve.

Carrot Bean Salad

Ingredients

2 cups thinly sliced carrots
1 (15 ounce) can garbanzo beans or chickpeas, rinsed and drained
1 cup thinly sliced celery
2 tablespoons lemon juice
2 teaspoons olive oil
1/2 teaspoon lemon-pepper seasoning
1/4 teaspoon salt
1/2 cup minced fresh cilantro

Directions

Place carrots in a steamer basket; place in a saucepan over 1 in. of water. Bring to a boil;cover and steam for 5-6 minutes or until crisp-tender. Immediately place carrots in a bowl of ice water. In another bowl, combine the garbanzo beans and celery. Drain carrots and add to bean mixture.

In a small bowl, whisk the lemon juice, oil, lemon-pepper and salt. Pour over carrot mixture and toss to coat. Cover and refrigerate for at least 4 hours. Just before serving, stir in cilantro.

Midsummer Night's Salad

Ingredients

1/4 cup lemon juice
2 tablespoons sugar
2 tablespoons extra virgin olive oil
salt and ground black pepper to taste
2 cups mixed salad greens
1/2 cup fresh mint leaves, finely chopped
1/2 cucumber, sliced

Directions

In a medium salad bowl, stir together the lemon juice, sugar, olive oil, salt, and pepper until the sugar is dissolved. Add the salad greens, mint, and cucumber to the bowl and toss to coat.

Harvest Salad

Ingredients

1/2 cup chopped walnuts
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

Directions

Preheat oven to 375 degrees F (190 degrees C). Arrange walnuts in a single layer on a baking sheet. Toast in oven for 5 minutes, or until nuts begin to brown.

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

In a small bowl, whisk together jam, vinegar, walnut oil, pepper, and salt. Pour over the salad just before serving, and toss to coat.

Hot Pork Salad Supreme

Ingredients

2 cups diced cooked pork
2 cups cooked rice
1 (10.75 ounce) can condensed cream of chicken soup, undiluted
1 cup diced celery
1/2 cup mayonnaise
1 (4 ounce) can mushroom stems and pieces, drained
1 tablespoon lemon juice
1 tablespoon finely chopped onion
1/4 teaspoon salt
1 cup cornflake crumbs
1/2 cup sliced almonds
2 tablespoons butter, melted

Directions

Combine the first nine ingredients; mix well. Spoon into an ungreased 11-in. x 7-in. x 2-in. baking dish. Combine crumbs, almonds and butter; sprinkle on top. Bake, uncovered, at 350 degrees F for 30-40 minutes or until lightly browned.

Mediterranean Greek Salad

Ingredients

3 cucumbers, seeded and sliced
1 1/2 cups crumbled feta cheese
1 cup black olives, pitted and sliced
3 cups diced roma tomatoes
1/3 cup diced oil packed sun-dried tomatoes, drained, oil reserved
1/2 red onion, sliced

Directions

In a large salad bowl, toss together the cucumbers, feta cheese, olives, roma tomatoes, sun-dried tomatoes, 2 tablespoons reserved sun-dried tomato oil, and red onion. Chill until serving.

Delicious Potato Salad Bake

Ingredients

8 potatoes
12 slices bacon
2 onions, finely chopped
1 cup sliced mushrooms
1 cup heavy cream
1/2 cup milk
1 1/2 cups shredded mozzarella cheese
salt and pepper to taste

Directions

Preheat oven to 325 degrees F (165 degrees C). Butter or grease one 8x16 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 and cool.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Add onions, mushrooms, salt and pepper. Cook until onions and mushrooms are soft.

Slice potatoes and place a thin layer in the baking dish. Follow with a layer of the bacon mixture and repeat layers until all ingredients are used. Pour cream and milk over layers; sprinkle with grated cheese.

Bake for approximately 35 minutes, or until cream and milk have almost reduced completely.

Spicy Asian Cellophane Noodle Salad

Ingredients

4 eggs
1 tablespoon vegetable oil
1/2 large onion, sliced
1 large zucchini, julienned
1 (14 ounce) package tofu, drained and cubed
1 clove garlic
7 Thai chiles, chopped
3 tablespoons fish sauce
1/4 cup lime juice
2/3 teaspoon sugar
1/3 teaspoon salt
1 quart water
8 ounces cellophane noodles
1/2 head lettuce, chopped

Directions

Place eggs in a saucepan with enough cold water to cover, and bring a boil. Remove from heat, cover, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel, and chop.

Heat the oil in a skillet over medium heat, and cook the onion and zucchini until tender. Mix in the tofu, and continue to cook and stir until browned on all sides.

With a mortar and pestle, grind the garlic and Thai chiles into a fine paste. Mix with the fish sauce, lime juice, sugar, and salt.

Bring 1 quart water to boil in a pot. Turn off heat, and soak the cellophane noodles in the hot water 1 minute, or until soft.

In a large bowl, toss together the eggs, tofu mixture, garlic and chile paste, noodles, and lettuce.

Glass Bowl Salad

Ingredients

1 head iceberg lettuce, shredded
1/2 cup chopped celery
1 cup shredded carrots
1 (10 ounce) package frozen peas, thawed
5 green onions, sliced
1 medium green pepper, chopped
1 cup mayonnaise
2/3 cup sour cream
6 bacon strips, cooked and crumbled

Directions

In a 3-qt. clear glass serving bowl, layer the first six ingredients in order given. Combine mayonnaise and sour cream until smooth; spread evenly over salad. Cover and chill overnight. Sprinkle with bacon just before serving.

Best Ever Pasta Salad

Ingredients

2 cups rotelli pasta
1 cup vegetable oil
1/2 cup white wine vinegar
1/2 teaspoon dried tarragon
1/2 teaspoon dried dill weed
1 teaspoon salt
2 teaspoons prepared Dijon-style mustard
1/4 cup minced pimento
2 tablespoons minced capers
coarsely ground black pepper to taste
1 green bell pepper, seeded and diced
1/2 pound Havarti cheese, diced
4 green onions, diced
4 boneless chicken breast halves - cooked, cooled and cubed

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a medium bowl, whisk together the oil, vinegar, tarragon, dill, salt, mustard, pimento, capers and pepper. Seat aside.

In a large bowl, toss together the pasta, green pepper, Havarti, green onions and chicken. Add dressing to taste and toss to coat.

Fruit and Vegetable Salad

Ingredients

1 medium green pepper, chopped
1 cup chopped celery
1 cup shredded cabbage
3/4 cup chopped unpeeled red apple
1/2 cup seedless red grapes, halved
1/4 cup reduced-fat mayonnaise
1/4 teaspoon salt
Lettuce Leaves

Directions

In a bowl, combine the first five ingredients. In a small bowl, combine the mayonnaise and salt. Stir into pepper mixture. Cover and refrigerate for at least 1 hour. Serve on lettuce leaves.

Super Easy Spinach and Red Pepper Salad

Ingredients

1 (6 ounce) package baby spinach
1 red bell pepper, chopped
1/2 cup grated Parmesan cheese
1/4 cup olive oil
1/4 cup rice vinegar

Directions

In a large bowl, mix the baby spinach, red bell pepper, and Parmesan cheese.

In a small bowl, mix the olive oil and rice vinegar. Toss with the baby spinach mixture, and serve.

Apple, Pecan, Cranberry, and Avocado Spinach

Ingredients

1 cup baby spinach leaves
1 tablespoon dried cranberries
1 tablespoon chopped salted pecans
1/2 apple, cored and diced
1 tablespoon diced red onion
2 tablespoons grated carrot
1/4 avocado, peeled and diced
1 tablespoon balsamic vinaigrette salad dressing, or to taste

Directions

Place spinach, cranberries, pecans, apple, onion, carrot, and avocado into a bowl. Drizzle with balsamic vinaigrette, and toss to coat.

Wagon Wheel Pasta Salad

Ingredients

3 cups uncooked wagon wheel pasta or elbow macaroni
1 (16 ounce) can kidney beans, rinsed and drained
1 cup cubed Cheddar cheese
1 cup halved cherry tomatoes
1 small green pepper, julienned
1 small sweet red pepper, julienned
1/2 cup thinly sliced green onions
2 cups mayonnaise
1 cup picante sauce
1 teaspoon salt
1 teaspoon ground cumin

Directions

Cook pasta according to package directions; drain and rinse in cold water. In a large bowl, combine the pasta, beans, cheese, tomatoes, peppers and onions; mix well. Combine the mayonnaise, picante sauce, salt and cumin; pour over salad and toss to coat. Cover and refrigerate for 2 hours before serving.

Angel Hair Pasta Salad

Ingredients

2 (8 ounce) packages angel hair pasta
1/2 pound cooked bay shrimp
3/4 cup chopped green onions
1 1/2 cups ranch-style salad dressing

Directions

Cook the pasta according to package directions; drain and rinse under cold water.

Mix together the pasta, shrimp, green onions and ranch dressing, then carefully work the shrimp into the pasta with your hands. (Note: As the salad sits, it will absorb some of the dressing; add a little dressing right before serving).

Imitation Crabmeat Salad

Ingredients

1/2 cup diced red onion
1/2 cup diced green bell pepper
1/2 cup diced celery
1 pound imitation crab meat, flaked
1/4 cup sour cream
1 1/2 cups mayonnaise
2/3 cup Italian-style salad dressing
2 tablespoons lemon juice
1/2 teaspoon dried oregano
salt and pepper to taste

Directions

In a large bowl, combine onion, green pepper, celery and imitation crab meat.

In a separate bowl, mix together sour cream, mayonnaise, salad dressing, lemon juice, oregano, salt and pepper.

Pour the dressing mixture into the crab/vegetable mixture and toss lightly to combine. Cover and chill at least 2 hours before serving.

Newman's Tuscan Salad

Ingredients

1 (5 ounce) bag mesclun mix or baby lettuce
1/2 pears - peeled, cored and sliced
1/2 cup toasted pine nuts or pecans
1/3 cup Newman's OwnB® Balsamic Vinaigrette Dressing, or more to taste

Directions

Rinse and fry mesclun mix and place onto plates. Divide pears and nuts evenly between two servings. Drizzle with Newman's Own Balsamic Vinaigrette dressing to taste.

Fruity Chicken Salad

Ingredients

8 ounces uncooked spiral pasta
1 (20 ounce) can pineapple chunks
3 cups cubed cooked chicken
1 (15 ounce) can sliced peaches, drained and diced
2 tablespoons raisins
1/3 cup vegetable oil
1/4 cup soy sauce
1 teaspoon curry powder
1/2 cup chopped pecans

Directions

Cook pasta according to package directions; rinse with cold water and drain. Drain pineapple, reserving 1/2 cup juice. Dice the pineapple and place in a large bowl. Add pasta, chicken, peaches and raisins. In a small bowl, whisk together the oil, soy sauce, curry powder and reserved pineapple juice. Pour over pasta mixture; toss to coat. Cover and refrigerate for 2 hours. Stir in pecans just before serving.

Fat-Free Bean Salad

Ingredients

2 (14.5 ounce) cans French-style green beans, drained
1 (16 ounce) can kidney beans, rinsed and drained
2 cups chopped sweet onions
1 cup sweet pickle relish
1/2 cup chopped green pepper
1/4 cup white vinegar
1/3 cup sugar

Directions

In a bowl, combine the green beans, kidney beans, onion, pickle relish and green pepper. In a small bowl, combine the vinegar and sugar; mix well. Pour over bean mixture; toss to coat evenly. Cover and refrigerate for at least 2 hours. Serve with a slotted spoon.

Mango Madness Salad

Ingredients

5 mango, peeled and diced
6 fresh strawberries, sliced
1/2 cup blackberries
1/4 cup chopped cilantro
1/2 lime, juiced

Directions

Combine mangos, strawberries, and blackberries in a bowl. Toss with cilantro and lime. Refrigerate for 1 hour.

Yankee Salad

Ingredients

1 (16 ounce) package uncooked orzo pasta
3/4 cup white sugar
2 eggs, beaten
2 tablespoons all-purpose flour
1/2 teaspoon salt
2 (20 ounce) cans crushed pineapple, drained with juice reserved
1 cup mandarin orange segments, drained and chopped
1 (10 ounce) jar maraschino cherries, drained and chopped
1 (12 ounce) container frozen whipped topping, thawed

Directions

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

In a sauce pan, combine the sugar, eggs, flour, salt, pineapple juice and cook over medium heat until mixture thickens. Remove from heat and cool.

Toss together the pasta and cooked pineapple juice mixture. Refrigerate overnight.

Break up chilled pasta with a spoon and mix in pineapple, mandarin oranges and cherries. Fold in thawed whipped topping, chill and serve.

Chile Pasta Salad

Ingredients

4 ounces bow tie pasta
1/2 cup nonfat plain yogurt
1 tablespoon Dijon-style prepared mustard
1/2 teaspoon salt
1 green chile pepper, chopped
4 medium tomato - peeled, seeded and chopped
2 green onions, sliced
1 clove crushed garlic

Directions

Cook pasta and drain. Rinse with cold water; drain.

Mix pasta with yogurt, mustard, salt, jalapeno chili, tomatoes, onion and garlic. Cover and refrigerate about 2 hours or until chilled.

Fresh Beet Salad

Ingredients

3 beets, peeled and cut into 1/4-inch cubes
6 slices bacon
1 bunch red Swiss chard - leaves chopped and stems discarded
1 cup frozen peas
3/4 cup crumbled feta cheese

Directions

Place the beets into a saucepan with enough water to cover by 1 inch; bring to a boil. Reduce heat to medium-low, cover, and simmer until the beets are easily pierced with a fork, about 30 minutes.

Meanwhile, cook the bacon in a large, deep skillet over medium-high heat until evenly browned, about 10 minutes; transfer the bacon to a paper towel-lined plate to drain, reserving the bacon drippings in the skillet. Roughly chop the bacon and set aside.

Add the drained beets and red Swiss chard to the reserved bacon drippings; cover the skillet, place over medium heat, and cook until the chard is tender, 3 to 5 minutes. Stir the chopped bacon and frozen peas into the beet mixture; continue cooking until the peas are cooked through, about 5 minutes. Sprinkle the feta cheese over the mixture; stir. Serve hot.

Carrot Pepperoni Caesar Salad

Ingredients

12 carrots, chopped
20 slices pepperoni, cut into eighths
1/4 cup almonds
5 cups shredded lettuce
1 teaspoon grated Parmesan cheese
2 cups lemon juice
4 teaspoons vinegar
2 cups croutons
1 1/3 cups Caesar dressing
2 tablespoons plain oatmeal

Directions

Toss the carrots, pepperoni, almonds, and lettuce together in a bowl; top with the Parmesan. Drizzle the lemon juice and vinegar over the salad. Scatter the croutons over the salad. Spread the Caesar dressing over the top. Sprinkle the oatmeal over the salad to serve.

Tossed Salad with Creamy Garlic Dressing

Ingredients

1/4 cup red wine vinegar
1/4 cup water
2 tablespoons finely chopped onion
1 clove garlic, minced
1/3 cup sugar
1/2 cup mayonnaise or salad dressing
1 1/2 cups sour cream
1/4 teaspoon salt
1/4 teaspoon pepper
8 cups torn lettuce
1 large carrot, shredded
3 tablespoons bacon bits
Croutons

Directions

In a small saucepan, combine vinegar, water, onion, garlic; simmer until the onion is tender, about 5 minutes. Add sugar; simmer until dissolved. Cool to room temperature. Stir in mayonnaise, sour cream, salt and pepper. In a large salad bowl, toss the lettuce, carrots and bacon bits; add dressing and toss to coat. Top with croutons if desired.

Asparagus and Pancetta Salad

Ingredients

2 pounds asparagus, trimmed
4 tablespoons extra-virgin olive oil, divided
2 cloves garlic, minced
1/4 pound pancetta, cut crosswise into 1/8 inch sticks
3 tablespoons lemon juice
2 teaspoons Dijon mustard

Directions

Place asparagus in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 2 to 6 minutes. Drain, cool in a bowl of ice water, drain on paper towels, and place on a serving platter.

In a medium saucepan, heat 1 tablespoon olive oil or medium-low heat. Add the garlic and cook and stir until fragrant, 2 to 3 minutes. Add the pancetta, and continue to cook and stir for 8 to 10 minutes, or until browned.

Remove the pan from the heat and stir in the remaining 3 tablespoons olive oil, lemon juice and Dijon into the garlic-pancetta mixture. Pour the sauce over the asparagus.

Apple-Cheddar Tossed Salad

Ingredients

10 cups torn mixed salad greens
1 cup chopped red apple
1 cup cubed Cheddar cheese
1 cup chopped walnuts, toasted
HONEY DRESSING:
2/3 cup honey
2 tablespoons cider vinegar
1 teaspoon celery seed
1 teaspoon ground mustard
1 teaspoon paprika
1 teaspoon lemon juice
1 teaspoon grated onion
1/4 teaspoon salt
1 cup vegetable oil

Directions

In a large salad bowl, combine the greens, apple, cheese and walnuts. In a blender or food processor, combine the first eight dressing ingredients. While processing, gradually add oil in a steady stream. Serve with salad.

Bacon and 3-Bean Salad

Ingredients

1 (2.1 ounce) package HORMEL® Fully Cooked Bacon, coarsely chopped
1 (14.5 ounce) can great Northern beans, rinsed and drained
1 (14.5 ounce) can pinto beans, rinsed and drained
1 (14.5 ounce) can pork and beans
1 cup Western-style salad dressing
1 bunch green onions, finely chopped

Directions

In medium salad bowl, toss together Great Northern beans, pinto beans, pork and beans, bacon and onions. Fold in dressing, mixing thoroughly. Cover; let stand at room temperature 20 minutes to develop flavors.

Avocado and Fruit Salad

Ingredients

2 avocados - peeled, pitted and diced
1 fresh peach - peeled, pitted and diced
1/2 cup diced sweet onion
2 tablespoons fresh lime juice
salt and ground black pepper to taste

Directions

Mix together the avocado, peach, and onion in a bowl. Pour the lime juice over the mixture and season with salt and pepper. Toss the mixture until evenly coated.

Tomato Herb Salad Dressing

Ingredients

1 1/2 cups low-sodium tomato juice
1/4 cup chopped onion
2 tablespoons chopped green pepper
3 teaspoons sugar
2 teaspoons lemon juice
1 teaspoon garlic salt
1 teaspoon Worcestershire sauce
3/4 teaspoon dried basil
1/4 teaspoon dried marjoram
1/4 teaspoon dried savory
1/4 teaspoon celery seed
1 tablespoon canola oil

Directions

Place all ingredients in a blender; cover and process until smooth. Chill for at least 4 hours before serving. Store leftovers in the refrigerator.

Mushroom Salad I

Ingredients

2 (4.5 ounce) cans sliced mushrooms
4 stalks celery, chopped
1 (4 ounce) jar pimentos
1 onion, chopped
16 ounces light Italian-style salad dressing
1 large red bell pepper, chopped (optional)
1 green bell pepper, chopped
salt and pepper to taste

Directions

In a large bowl, combine the mushrooms, celery, pimentos, onion, red bell pepper and green bell pepper.

Add 1/2 to 1 cup dressing and mix well. Salt and pepper to taste and refrigerate until chilled. Toss well before serving.

Apple-Strawberry Spinach Salad

Ingredients

1 pound fresh spinach, torn
2 cups chopped unpeeled Granny Smith apples
3/4 cup fresh bean sprouts
1/2 cup sliced fresh strawberries
1/4 cup crumbled cooked bacon
DRESSING:
3/4 cup vegetable oil
1/3 cup white wine vinegar
1 small onion, grated
1/2 cup sugar
2 teaspoons Worcestershire sauce
2 teaspoons salt

Directions

In a large salad bowl, combine the first five ingredients. In a small bowl, whisk together all dressing ingredients. Just before serving, pour over salad and toss.

Asian Bok Choy Salad

Ingredients

1/2 cup water
1/4 cup white sugar
1 lemon, juiced
3 tablespoons soy sauce
1/3 cup olive oil
2 medium heads bok choy
4 green onions, chopped
1 cup pine nuts
1 (5 ounce) can chow mein noodles

Directions

Mix water and sugar in a medium saucepan, and bring to a boil. Cook 5 minutes, stirring occasionally, until a light syrup has formed. Remove from heat, and mix in lemon juice, soy sauce, and olive oil. Refrigerate until serving.

In a medium bowl, toss together bok choy and green onions. Top with pine nuts and dried rice noodles. Sprinkle with the dressing to taste.

White Bean Tuna Salad

Ingredients

1/4 cup red wine vinegar
3 garlic cloves, minced
2 teaspoons Dijon mustard
1 teaspoon sugar
1/2 teaspoon salt
1/4 teaspoon pepper
2 tablespoons olive oil
2 (15 ounce) cans white kidney or cannellini beans, drained and rinsed
2 (6 ounce) cans light water-packed albacore tuna, drained and flaked
3/4 cup sliced black olives
1/2 cup chopped red onion

Directions

In a small bowl, combine the vinegar, garlic, mustard, sugar, salt and pepper; gradually whisk in oil. In a large bowl, combine the beans, tuna, olives and onion; add dressing and toss gently. Cover and refrigerate until serving.

Blue Moon Salad

Ingredients

2 cups coarsely chopped cabbage
1/2 cup thinly sliced radishes
1 cup Red Delicious apples - peeled, cored and chopped
4 ounces blue cheese, crumbled
1 tablespoon olive oil
1/4 cup white wine vinegar

Directions

In a large serving bowl, combine the cabbage, radishes, and apple. Pour in the olive oil, and toss to coat. Add blue cheese, then mix in the vinegar. Chill until serving.

Tangy Floret Salad

Ingredients

1 cup broccoli florets
1 cup cauliflowerets
1 cup frozen peas
1/2 cup mayonnaise
1 tablespoon sugar
1 tablespoon vinegar
1/2 teaspoon salt
1/8 teaspoon pepper

Directions

In a bowl, combine the first three ingredients. In a small bowl, combine mayonnaise, sugar, vinegar, salt and pepper; mix well. Add to vegetables and toss to coat.

Sweet Potato Salad

Ingredients

2 pounds sweet potatoes, peeled and cubed
4 tablespoons lemon juice, divided
2 celery ribs, thinly sliced
1 (11 ounce) can mandarin oranges, drained
1 cup fat-free mayonnaise
2 tablespoons orange juice
1 tablespoon honey
1/2 teaspoon salt
1/4 teaspoon ground ginger
1/8 teaspoon ground nutmeg
1/4 cup chopped pecans

Directions

Place sweet potatoes in a large saucepan and cover with water; bring to a boil. Reduce heat. Cover and cook for 9-10 minutes or until tender; drain and place in a bowl. Add 2 tablespoons lemon juice and toss. Add celery and oranges.

In a small bowl, combine the mayonnaise, orange juice, honey, salt, ginger, nutmeg and remaining lemon juice. Pour over potato mixture and toss to coat. Cover and refrigerate for at least 2 hours. Just before serving, stir in pecans.

Cauliflower Radish Salad

Ingredients

4 cups cauliflowerets
1/2 cup sliced green onions
1 (8 ounce) can sliced water chestnuts, drained and halved
2/3 cup reduced-fat mayonnaise
2 tablespoons lemon juice
2 tablespoons dry ranch salad dressing mix
1 cup thinly sliced radishes

Directions

In a bowl, combine the cauliflower, onions and water chestnuts. In a small bowl, combine the mayonnaise, lemon juice and salad dressing mix. Pour over vegetables; toss to coat. Cover and chill for at least 2 hours. Just before serving, stir in radishes.

Mallow Pineapple Salad

Ingredients

1 (20 ounce) can pineapple chunks
1/2 cup sugar
2 tablespoons cornstarch
2 eggs, beaten
1 cup heavy whipping cream
1 1/2 cups miniature marshmallows
2 medium firm bananas. sliced
1/2 cup chopped walnuts

Directions

Drain pineapple, reserving juice; set pineapple aside. In a saucepan, combine the sugar, cornstarch, eggs and reserved juice; mix well. Cook and stir until a thermometer reads 160 degrees F. Remove from the heat. Pour into a bowl; cool completely.

In a small mixing bowl, beat cream until stiff peaks form. Fold into cooled egg mixture. Add marshmallows and reserved pineapple. Cover and refrigerate for 4 hours. Just before serving, fold in bananas and nuts.

Panzanella Salad

Ingredients

6 cups day old Italian bread, torn into bite-size pieces
1/3 cup olive oil
salt and pepper to taste
3 cloves garlic, minced
1/4 cup olive oil
2 tablespoons balsamic vinegar
4 medium ripe tomatoes, cut into wedges
3/4 cup sliced red onion
10 basil leaves, shredded
1/2 cup pitted and halved green olives
1 cup fresh mozzarella, cut into bite-size pieces

Directions

Preheat oven to 400 degrees F (200 degrees C).

In a large bowl, toss bread with 1/3 cup olive oil, salt, pepper, and garlic. Lay bread on a baking sheet, and toast in the preheated oven until golden, about 5 to 10 minutes; allow to cool slightly.

While the bread is in the oven, whisk together 1/4 cup of olive oil and balsamic vinegar. Gently toss together the bread, tomatoes, onion, basil, olives, and mozzarella cheese. Toss with the vinaigrette and let stand for 20 minutes before serving.

Easy Bean Salad

Ingredients

1 (15 ounce) can black beans, drained and rinsed
1 (15 ounce) can garbanzo beans, drained and rinsed
1 (15 ounce) can cannellini beans, drained and rinsed
1 (8 ounce) can water chestnuts, drained and chopped
3/4 cup salsa
1/4 cup fat free French dressing
1/2 teaspoon garlic powder
salt and pepper to taste

Directions

In a large bowl, toss together the black beans, garbanzo beans, cannellini beans, water chestnuts, salsa, and dressing. Season with garlic powder, and salt and pepper. Cover, and chill until serving.

Avocado Salad with Bacon and Sour Cream

Ingredients

4 slices bacon, chopped
2 avocados - peeled, pitted, and cubed
3 green onions, finely chopped
1/2 cup sour cream
1 tablespoon lemon juice
salt to taste
red leaf lettuce

Directions

Cook the chopped bacon in a skillet over medium heat until crisp. With a slotted spoon, remove bacon to a paper towel. Drain fat.

In a large bowl, gently combine avocados, bacon, green onions, sour cream, lemon juice, and salt.

Arrange salad leaves on plates, and spoon avocado salad on top.

Honey Mustard Salad Dressing

Ingredients

1/2 cup vinegar
1 cup mayonnaise
1 teaspoon prepared mustard
1 teaspoon sugar
1 teaspoon finely chopped onion
1/2 cup honey
1 teaspoon minced parsley
1/4 teaspoon salt
1/4 teaspoon pepper
1/2 cup vegetable oil

Directions

In a small bowl, combine the vinegar, mayonnaise and mustard. Add sugar, onion, honey, parsley, salt and pepper. Slowly pour oil into mixture while mixing briskly with a wire whisk. Refrigerate until ready to serve.

Japanese Peanut Salad Dressing

Ingredients

1/2 cup canola oil
6 tablespoons rice wine vinegar
6 green onions, thinly sliced
1/4 cup chopped peanuts
1/4 cup sesame seeds, toasted
1/4 cup sugar
1 1/2 teaspoons salt
1/2 teaspoon pepper

Directions

In a jar with a tight-fitting lid, combine all ingredients; shake well. Store in the refrigerator.

Dilly Crab Salad

Ingredients

1 (16 ounce) package medium shell pasta
2 (8 ounce) packages imitation crab meat, flaked
1 1/2 cups sour cream
1 1/2 cups mayonnaise
1 tablespoon dill weed

Directions

Cook pasta according to package directions; rinse in cold water and drain. Place in a large bowl. Add crab.

Combine sour cream, mayonnaise and dill; add to pasta mixture and mix well. Chill until serving.

No-Fuss Potato Salad

Ingredients

1 (5.5 ounce) package scalloped potato mix
3 2/3 cups water, divided
2 tablespoons butter or margarine
2/3 cup mayonnaise
1 tablespoon prepared mustard
2 hard-cooked eggs, chopped
Paprika

Directions

Set aside sauce packet from potato package. In a large saucepan, bring potatoes and 3 cups water to a boil. Reduce heat; cover and simmer for 10-15 minutes or until potatoes are tender. Rinse with cold water; drain thoroughly. Transfer potatoes to a bowl. Cover and refrigerate.

In a small saucepan, melt butter. Stir in contents of reserved sauce packet. Gradually add the remaining water; stir until smooth. Bring to a boil. Remove from the heat. Cover and refrigerate for 30 minutes. Stir in mayonnaise and mustard; gently stir into potatoes. Add eggs and sprinkle with paprika if desired. Refrigerate leftovers.

Radish Salad With Parsley & Chopped Eggs

Ingredients

2 medium shallots, minced
2 teaspoons Dijon mustard
3 tablespoons rice wine vinegar
Salt and pepper, to taste
1/2 cup extra-virgin olive oil
4 cups thinly sliced radishes
1 cup Italian flat-leaf parsley (whole leaves, washed, patted dry, stems discarded), lightly packed
4 large hard-cooked eggs, in small dice

Directions

Whisk shallots, mustard and vinegar with a generous sprinkling of salt and pepper in a 2-cup measuring cup. Gradually whisk in oil in a slow, steady stream to form a thick dressing. (Can be covered and held at room temperature several hours.)

Place radishes, parsley and chopped eggs in a medium bowl. (Can be covered and refrigerated for several hours.)

When ready, toss with dressing, adjust salt, pepper and vinegar to taste, and serve.

Red Salad

Ingredients

4 medium beets
2 large red potatoes
4 carrots
2 tablespoons mayonnaise, or to taste
1 tablespoon prepared yellow mustard, or to taste

Directions

Fill a large pot with water, and add beets. Bring to a boil over medium-high heat, and cook for about 30 minutes. Add potatoes to the water, and continue to cook for another 30 minutes. Add carrots, and continue boiling until everything is soft, about 15 minutes. Drain, and let the vegetables cool until cool enough to handle.

Cut vegetables into cubes, and place them in a serving bowl. Stir in mayonnaise and mustard until everything is well coated. Serve warm.

Indian-Style Grilled Chicken Salad

Ingredients

2 teaspoons hot pepper sauce
2 tablespoons chili powder
1/2 teaspoon ground coriander
3 1/2 tablespoons tandoori paste
1/2 teaspoon ground oregano
1 dash balsamic vinegar
1 teaspoon lemon juice
5 tablespoons olive oil
4 skinless, boneless chicken breast halves

For Dressing:
1/2 cup lemon juice
2 tablespoons balsamic vinegar
2 teaspoons hot pepper sauce
1 teaspoon salt
1 teaspoon ground black pepper

For Salad:
4 cups chopped lettuce
2 ripe tomatoes, chopped
1 onion, thinly sliced
3/4 cup sliced radishes
1 cup thinly sliced carrots
1/2 cup chopped green bell pepper

Directions

Preheat an outdoor grill for high heat and lightly oil grate.

Combine the hot sauce, chili powder, coriander, tandoori paste, oregano, vinegar, lemon juice, and oil in a small bowl. Coat each piece of chicken with the sauce, then discard remaining sauce. Cook the chicken on the grill until juices run clear and the chicken is cooked through, approximately 10 to 15 minutes. Set chicken aside.

Prepare the dressing by mixing the lemon juice, vinegar, hot sauce, salt and pepper in a small bowl; set aside.

For the salad, combine the lettuce, tomatoes, onion, radishes, carrots, and pepper in a large bowl. Slice the cooked chicken and add to the salad. Toss gently with the dressing.

Cucumber-Avocado Salad Dressing

Ingredients

1/3 cup olive oil
1 clove garlic, minced
3/4 cup chopped fresh cilantro
2 avocados, peeled, seeded and cubed
1 large cucumber, peeled, seeded and cut into chunks
1/4 cup lemon juice
salt and pepper to taste

Directions

Puree the olive oil and garlic in a blender until smooth. Add the cilantro, avocado, cucumber, and lemon juice. Puree again until smooth, then season to taste with salt and pepper.

Rice Salad with Prosciutto and Artichokes

Ingredients

2 tablespoons white wine vinegar
3 tablespoons lemon juice
2 teaspoons Dijon mustard
2 tablespoons extra-virgin olive oil
4 cups cold, cooked white rice
1 (12 ounce) jar marinated artichoke hearts, drained and halved
3 ounces diced prosciutto
3 tablespoons minced fresh parsley
3 tablespoons chopped fresh basil
4 green onions, minced
1/4 cup freshly grated Parmesan cheese
pepper to taste

Directions

Whisk together vinegar, lemon juice, Dijon mustard, and olive oil in a small bowl until blended; set aside. In a large bowl, toss rice together with artichokes, prosciutto, parsley, basil, green onions, and Parmesan cheese. Pour in dressing and stir to mix. Season to taste with pepper. Serve either chilled or at room temperature.

Classic Macaroni Salad

Ingredients

4 cups uncooked elbow macaroni
1 cup mayonnaise
1/4 cup distilled white vinegar
2/3 cup white sugar
2 1/2 tablespoons prepared yellow mustard
1 1/2 teaspoons salt
1/2 teaspoon ground black pepper
1 large onion, chopped
2 stalks celery, chopped
1 green bell pepper, seeded and chopped
1/4 cup grated carrot (optional)
2 tablespoons chopped pimento peppers (optional)

Directions

Bring a large pot of lightly salted water to a boil. Add the macaroni, and cook until tender, about 8 minutes. Rinse under cold water and drain.

In a large bowl, mix together the mayonnaise, vinegar, sugar, mustard, salt and pepper. Stir in the onion, celery, green pepper, carrot, pimentos and macaroni. Refrigerate for at least 4 hours before serving, but preferably overnight.

Ranch-Style Salad Dressing

Ingredients

3/4 cup sour cream
3/4 cup mayonnaise
1/2 cup buttermilk
1 tablespoon fresh lemon juice
2 tablespoons red wine vinegar
1 clove garlic, crushed
2 1/4 teaspoons Worcestershire sauce
1 1/2 teaspoons chopped fresh chives
1 1/2 teaspoons minced shallot
1 1/2 teaspoons Dijon-style prepared mustard
1/2 teaspoon celery seed

Directions

In a medium bowl, whisk together the sour cream, mayonnaise, buttermilk, lemon juice, red wine vinegar, garlic, Worcestershire sauce, chives, shallot, mustard and celery seed. Refrigerate for one hour to allow the flavors to blend.

Black Bean Chicken Salad

Ingredients

6 cups torn lettuce
1 1/2 cups cubed cooked chicken breast
1 (15 ounce) can black beans, rinsed and drained
1 cup chopped seeded tomatoes
1 cup chopped green pepper
1/2 cup sliced red onion
1/2 cup shredded reduced-fat Cheddar cheese
LIME VINAIGRETTE:
1/4 cup minced fresh cilantro or parsley
1/4 cup chopped seeded tomato
1 tablespoon cider vinegar
1 tablespoon olive or canola oil
1 tablespoon lime juice
1/2 teaspoon grated lime peel
1 garlic clove, minced
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon chili powder

Directions

In a large serving bowl, combine the lettuce, chicken, beans, tomatoes, green pepper, onion and cheese. In a blender or food processor, combine the vinaigrette ingredients; cover and process until smooth. Pour over salad and toss to coat.

Creamy Garlic Salad Dressing

Ingredients

2 cups sour cream
1 cup mayonnaise
1 teaspoon steak sauce
3/4 teaspoon lemon juice
3/4 teaspoon white wine vinegar
3/4 teaspoon vegetable oil
1 teaspoon monosodium glutamate (MSG)
2 teaspoons garlic powder
1 teaspoon mustard seed

Directions

Whisk together the sour cream, mayonnaise, steak sauce, lemon juice, vinegar, oil, monosodium glutamate, garlic powder and mustard seed. Refrigerate until chilled.

Wild Rice Barley Salad

Ingredients

1 (6 ounce) package long grain and wild rice mix
1 cup cooked barley
1/2 cup chopped green pepper
1/2 cup sliced ripe olives
1/4 cup dried cranberries
DRESSING:
1/4 cup balsamic vinegar or red wine vinegar
2 tablespoons minced fresh basil
1 tablespoon chopped green onion
2 garlic cloves, minced
1/2 teaspoon pepper
1/3 cup olive or vegetable oil

Directions

Cook rice according to package directions. In a large serving bowl, combine the rice, barley, green pepper, olives and cranberries. In a blender, combine the vinegar, basil, green onion, garlic and pepper. While processing, gradually add oil in a steady stream. Drizzle over salad and toss to coat. Cover and refrigerate until chilled.

Red Bliss Potato Salad with Gorgonzola and

Ingredients

1/2 cup walnuts
12 small red new potatoes, halved
1 large Granny Smith apple - halved, cored and thinly sliced
1 small red onion, halved and thinly sliced
1/2 cup crumbled Gorgonzola cheese
1/4 cup extra-virgin olive oil
1/4 cup champagne vinegar, or as needed
1 tablespoon chopped fresh basil
salt to taste
white pepper to taste

Directions

Preheat an oven to 275 degrees F (135 degrees C). Spread the walnuts onto a baking sheet, and toast until the nuts start to turn golden brown and become fragrant, about 30 minutes. Watch the nuts carefully as they bake, they burn quickly. Once toasted, set the nuts aside to cool to room temperature.

Place the potatoes into a large pot, and cover with salted water. Bring to a boil over high heat; reduce heat to medium-low, cover, and simmer until tender, about 15 minutes. Rinse under cold water, and place in large bowl. Refrigerate until cold.

Combine apples, onion, cheese, and walnuts with cooled potatoes. Whisk together the olive oil, vinegar, basil, salt, and pepper in a small bowl. Pour the dressing over the salad, and toss to coat. Serve chilled.

Chicken Salad Sandwiches

Ingredients

1/3 cup seedless red grapes, cut in half
1/4 cup finely sliced celery
2 tablespoons finely chopped onion
2 tablespoons dried cranberries
2 tablespoons golden raisins
1/3 cup reduced-fat salad dressing
2 tablespoons sliced natural almonds
3 leaves lettuce
6 slices multigrain bread, lightly toasted
1 (12.5 ounce) can HORMELB® Premium Chunk Breast of Chicken, drained

Directions

In large bowl, combine chicken, grapes, celery, onion, cranberries, raisins and dressing. Stir until well combined. Cover; refrigerate at least 1 hour.

Stir almonds into chilled chicken mixture.

Place lettuce on each of 3 slices bread. Top each with chicken mixture and remaining slices bread.

Apple Blue Cheese Salad

Ingredients

1 Granny Smith apple, cored and julienned
1 cup balsamic vinaigrette salad dressing
1 cup crumbled blue cheese
1/2 cup chopped pecans
4 slices turkey bacon
6 cups torn romaine lettuce

Directions

Place the julienned apple into a bowl with the balsamic vinaigrette. Refrigerate for at least one hour to marinate.

Cook bacon in the microwave or in a skillet over medium-high heat until browned. Drain, and crumble.

In a salad bowl, combine the blue cheese, pecans, bacon and romaine lettuce, and toss to blend. When ready to serve, pour the apples and dressing over the top.

Cracker Salad

Ingredients

12 ounces saltine crackers
3 tomatoes - peeled, seeded and diced
1 onion, finely diced
1 green bell pepper, diced
1 (8 ounce) package sharp Cheddar cheese, shredded
1/4 cup mayonnaise, or as needed

Directions

Break saltines in a bowl, add tomatoes, onion, green bell pepper, cheddar cheese and moisten with mayonnaise. Add salt and pepper to taste. Chill before serving.

Petite Pea Tomato Salad

Ingredients

2 plum tomatoes, seeded and cut into thin strips
1/2 cup frozen petite peas, thawed
1 tablespoon olive oil
1 tablespoon red wine vinegar
1 tablespoon grated Parmesan cheese
1 garlic clove, minced
1 teaspoon sugar
1/8 teaspoon salt
1/8 teaspoon dried basil
1/8 teaspoon pepper
1 1/2 cups shredded lettuce

Directions

In a small bowl, combine the tomatoes and peas. In a jar with a tight-fitting lid, combine the oil, vinegar, Parmesan cheese, garlic, sugar, salt, basil and pepper; shake well. Pour over tomato mixture and toss to coat. Serve over lettuce.

Italian Confetti Pasta Salad

Ingredients

1 cup mayonnaise
1 tablespoon red wine vinegar
1 teaspoon salt
1/4 teaspoon ground black pepper
1 clove garlic, minced
1 1/2 tablespoons chopped fresh basil
2 cups colored rotini pasta
1 cup chopped tomatoes
1/2 cup chopped yellow bell pepper
1/2 cup sliced black olives

Directions

Cook pasta according to package directions. Rinse in cold water, and drain.

In a large mixing bowl, whisk together mayonnaise, vinegar, salt, black pepper, and garlic until well blended. Mix in basil. Add pasta, tomatoes, bell peppers, and olives; fold gently until mixed. Chill several hours. Stir gently before serving.

Goal-Line Chicken Salad

Ingredients

4 1/2 cups diced cooked chicken
1 1/2 cups diced apples
3/4 cup seedless green grapes, halved
6 tablespoons sweet pickle relish
6 tablespoons mayonnaise
6 tablespoons Ranch salad dressing
3/4 teaspoon onion salt
3/4 teaspoon garlic salt
Lettuce Leaves

Directions

In a large bowl, combine the chicken, apples and grapes. In a small bowl, combine the pickle relish, mayonnaise, ranch dressing, onion salt and garlic salt. Pour over chicken mixture and toss to coat. Serve in a lettuce-lined bowl.

Thai Tuna Salad

Ingredients

1/4 cup Asian fish sauce
1/2 cup fresh lime juice
2 tablespoons honey
2 1/4 pounds fresh tuna steaks, cubed
1/4 cup extra-virgin olive oil
4 fresh tomatoes, chopped
1 bunch green onion, finely chopped
1 small fresh red chile pepper, seeded and chopped
1/2 cup fresh cilantro leaves
1/2 cup fresh basil

Directions

In a small bowl, mix together fish sauce, lime juice, and honey. Place tuna in a large, plastic, resealable bag, and pour fish sauce mixture over the tuna. Refrigerate for 1 hour.

Heat 2 tablespoons olive oil in a wok over high heat. When the oil is very hot, almost smoking, place 1/2 tuna in pan; cook and stir for 1 minute, or until desired doneness. Transfer cooked fish to a large bowl. Repeat with remaining oil and tuna.

Toss warm fish with tomatoes, green onion, red chile pepper, cilantro, and basil. Serve.

Tomato-Bread Salad with Basil and Capers

Ingredients

5 cups 1/2-inch cubed French or Italian bread
1 1/2 pounds tomatoes, stemmed and cut into medium dice
2 medium garlic cloves, minced
1/2 large red onion, cut into small dice
1/2 cup torn fresh basil leaves
1/4 cup drained capers
1/4 cup olive oil
2 tablespoons red wine vinegar
1 pinch ground black pepper, to taste

Directions

Adjust oven rack to center position and heat oven to 250 degrees.

Place bread cubes on a cookie sheet with a rim; bake until bread is dried out, about 30 minutes, then set aside to cool.

Meanwhile dice and salt the tomatoes in a medium bowl; stir in the garlic and let stand until juicy, about 30 minutes.

Prepare remaining ingredients; add to tomatoes and toss. Add bread cubes; toss again. Adjust seasonings, including pepper to taste. Let stand 10 minutes before serving.

Pineapple Waldorf Salad

Ingredients

1 (20 ounce) can unsweetened pineapple tidbits
6 cups chopped red apples
1 1/2 cups chopped celery
1/2 cup golden raisins
1/4 cup dry-roasted sunflower kernels
1/2 cup reduced-fat mayonnaise
1/2 cup plain fat-free yogurt
1/4 cup sugar

Directions

Drain pineapple reserving 1/2 cup juice (discard remaining juice or save for another use). In a bowl, combine the pineapple, apples, celery, raisins and sunflower kernels. In another bowl, combine the mayonnaise, yogurt, sugar and reserved pineapple juice. Pour over fruit mixture and toss to coat. Refrigerate until serving.

Southern-Style Chicken Salad

Ingredients

2 egg yolks
1/4 cup sugar
1/4 cup cider vinegar
2 teaspoons prepared mustard
1/2 teaspoon salt
2 tablespoons butter or margarine
2 tablespoons milk
2 tablespoons mayonnaise or salad dressing
4 cups diced cooked chicken
1 1/2 cups diced celery
3 hard-cooked eggs, chopped
2 tablespoons finely chopped onion

Directions

In a small saucepan, whisk egg yolks; add sugar, vinegar, mustard and salt. Cook over low heat, stirring constantly, until mixture thickens. Stir in butter until melted. Cover and chill for 30 minutes. Add milk and mayonnaise; mix well. In a large bowl, combine remaining ingredients. Add dressing and mix to coat. Chill until ready to serve.

Zigeunersalat or Gypsy Salad

Ingredients

2 eggs
2 potatoes
1 cup frozen green peas, thawed
1/4 pound salami, cut into strips
1/2 pound Swiss cheese, cut into strips
1/2 cup sliced sweet gherkin pickles
1 cup French dressing
1 (10 ounce) package mixed salad greens, rinsed and dried
1 (2 ounce) can anchovy fillets, drained

Directions

Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and cut into quarters.

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 dice.

In a medium bowl, toss together the potatoes, peas, salami, cheese, gherkins and French dressing until evenly coated.

Line a large, shallow bowl with salad greens and top with the salad mixture. Garnish with the hard boiled eggs and anchovies.

Lentil Bulgur Salad

Ingredients

1 1/2 cups boiling water
1 1/2 cups bulgur
5 cups water
1 1/2 cups dry lentils, rinsed
1 cup diced green onion
1 cup diced sweet red pepper
1/2 cup chopped green onions
1/2 cup minced fresh parsley
DRESSING:
1/3 cup cider vinegar
1/3 cup olive oil
1 tablespoon dried basil
1 tablespoon dill seed
1 teaspoon salt
1/4 teaspoon pepper
3/4 cup feta cheese

Directions

In a large bowl, pour boiling water over bulgur; let stand until the liquid is absorbed, about 30 minutes. Meanwhile, in a saucepan, bring water to a boil. Add lentils. Reduce heat; cover and simmer until tender, about 15 minutes. Drain. In another large bowl, combine bulgur and lentils; cool completely.

Add the peppers, onions and parsley. In a jar with a tight-fitting lid, combine the vinegar, oil, basil, dill, salt and pepper. Pour over salad; toss to coat. Crumble feta cheese over top; toss again. Cover and refrigerate for 4 hours or until serving.

Bob's Bean Salad

Ingredients

1 medium red bell pepper, chopped
1/3 medium onion, chopped
1 (6 ounce) jar marinated artichoke hearts, drained and chopped
1 (12 ounce) can kidney beans, drained and rinsed
1 (12 ounce) can pinto beans, drained and rinsed
1 (12 ounce) can garbanzo beans, drained and rinsed
2 ounces crumbled feta cheese

Dressing
1/4 cup olive oil
1/8 cup white vinegar or white wine vinegar
1/8 cup balsamic vinegar
1 teaspoon salt
1 teaspoon sugar

Directions

In a large bowl, toss red bell pepper, onion, and artichokes together with kidney, pinto, and garbanzo beans. Set aside.

In a separate bowl, whisk salt and sugar with white and balsamic vinegars until completely dissolved. Slowly whisk in olive oil. Adjust seasoning as desired.

Pour dressing over bean mixture, and toss to coat. Cover and refrigerate at least one hour before serving. Serve chilled.

Apricot-Orange Gelatin Salad

Ingredients

1 (15 ounce) can apricot halves, drained with juice reserved
2 (8 ounce) cans crushed pineapple, drained with juice reserved
2 (6 ounce) packages orange flavored gelatin mix
2 cups hot water
1/2 cup chopped walnuts
1 cup miniature marshmallows
1 cup white sugar
1 egg, beaten
3 tablespoons all-purpose flour
2 tablespoons butter
1 cup heavy cream
1/2 cup shredded Colby longhorn cheese

Directions

Drain and reserve syrup from apricots and pineapple. Add water to equal 2 1/2 cups.

In a mixing bowl, dissolve the gelatin in hot water. Stir in 1 1/2 cups reserved fruit syrup, set aside to cool.

To the gelatin mixture, add the apricots, pineapple, nuts and marshmallows. Stir to combine, pour into a lightly oiled 9x13 inch pan and chill until firm.

In a small sauce pan, combine the sugar, flour, egg, remaining fruit syrup and butter. Heat and stir constantly until thickened. Refrigerate until chilled.

Whip cream until stiff peaks form; fold into chilled custard mixture. Spread over gelatin, refrigerate, and sprinkle with cheese before serving.

Argentinean Potato Salad

Ingredients

4 russet potatoes - peeled, boiled, and cubed
3 hard cooked eggs, chopped
1 (10 ounce) can mixed vegetables
1/2 cup mayonnaise
1/2 teaspoon black pepper
1/2 teaspoon ground mustard
1/2 tablespoon fresh lemon juice
1/2 teaspoon dried dill weed
5 tablespoons chopped pimiento-stuffed olives
salt and black pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Cook peeled potatoes until tender but still firm, about 15 minutes. Drain, cool, and cube.

Place eggs in a saucepan, and cover with cold water. Bring to a boil, and immediately remove from heat. Cover pan, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water and allow to cool. Peel and chop the eggs, and toss together with the potatoes and vegetables in a large mixing or serving bowl.

In a separate bowl, combine the mayonnaise, 1/2 teaspoon black pepper, ground mustard, lemon juice, dill weed, and green olives. Stir to blend. Pour dressing over the potato mixture, season with salt and pepper, and toss to coat. Cover, and refrigerate for 1 hour, or overnight.

Carrot Apple Salad

Ingredients

1 (8 ounce) can unsweetened crushed pineapple
2 medium tart apples, diced
3 cups shredded carrots
3 tablespoons raisins
3 tablespoons flaked coconut
1/3 cup fat-free reduced-sugar vanilla yogurt
1/3 cup fat-free plain yogurt
3 tablespoons reduced-fat mayonnaise or salad dressing
1 tablespoon lemon juice

Directions

Drain pineapple, reserving juice in a bowl. Add apples to the juice; toss to coat. Let stand for 5 minutes; drain. In a large bowl, combine the pineapple, carrots, raisins, coconut and apples. In a small bowl, combine the remaining ingredients. Pour over carrot mixture and toss to coat. Cover and refrigerate for 3-4 hours or until chilled.

Watercress, Endive and Avocado Salad

Ingredients

2 bunches fresh watercress
2 Belgian endive
1/2 medium red onion
1 ripe avocado
1/2 cup fresh leaf parsley
1/2 cup Newman's Own® Balsamic Vinaigrette Dressing
salt
cracked black pepper

Directions

Wash, dry and rough chop the watercress and place in large bowl.

Half then slice endive lengthwise in slender ribbons. Slice onion very thin. Add endive and onion to bowl.

Remove skin and pit of avocado and cut into strips. Set aside.

Clean and rough chop the parsley.

Add 1/2 cup Newman's Own Balsamic Vinaigrette and toss. Add avocado and parsley, salt and pepper to taste and toss gently once more. Serve.

Shelly's Super Salad

Ingredients

1 head iceberg lettuce - rinsed, dried, and chopped
1 bunch fresh spinach - rinsed, dried and torn into bite-size pieces
2 tomatoes, chopped
1 red onion, diced
8 ounces fresh mushrooms, sliced
4 eggs
1 cucumber, cleaned and diced
2 cups fat free Italian-style dressing
1/4 cup melba toast, crumbled

Directions

Place eggs in a saucepan and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

In a large salad bowl, combine the lettuce, spinach, tomatoes, red onion, mushrooms, eggs and cucumbers.

Pour enough salad dressing to coat; toss and serve with fat-free croutons or melba toast.

Waldorf Salad I

Ingredients

3 tart apples - peeled, cored and chopped
1 tablespoon lemon juice
1 cup seedless grapes
2 stalks celery, chopped
2 green onions, chopped
2 tablespoons mayonnaise
2 tablespoons plain yogurt
3 tablespoons apple juice
1/4 teaspoon celery seed
1 bunch watercress, trimmed and chopped
2 tablespoons chopped walnuts

Directions

In a large bowl, combine the apples and lemon juice. Add the grapes, celery, and green onions; toss.

In a small bowl, whisk together the mayonnaise, yogurt, apple juice and celery seeds. Spoon over the apple mixture, and toss gently.

Wash the watercress, and dry thoroughly. Arrange greens on individual salad plates. Mound the apple mixture on top, and sprinkle with the walnuts.

Crisp Apple and Sausage Salad

Ingredients

2 teaspoons extra-virgin olive oil
1 (12 ounce) package chicken apple sausage, sliced in 1/2 inch rounds
1 small Granny Smith apple, cored and sliced
1 tablespoon fresh lemon juice
1/3 cup extra-virgin olive oil
1 teaspoon Dijon mustard
1/3 cup fresh lemon juice
kosher salt and ground black pepper to taste
8 cups mixed field greens, washed and dried
1 cup baby arugula leaves, washed and dried
1 small red onion, thinly sliced
1/2 cup toasted pecans
1/2 cup crumbled blue cheese

Directions

Place 2 teaspoons olive oil in a skillet and heat over medium heat. Stir in the sausage; cook until browned, about 5 minutes. Set aside to cool.

Place the apple slices in a bowl, and sprinkle with 1 tablespoon lemon juice. Set aside.

To make the dressing, whisk together 1/3 cup olive oil, Dijon mustard, 1/3 cup lemon juice, salt, and pepper in a bowl until creamy.

Place the field greens and arugula leaves in a salad bowl; toss together. Mix in the red onion, pecans, blue cheese, and apple slices. Pour the lemon dressing over the salad mixture, and toss to coat evenly. Add the sausage, and toss again.

Carrot-Raisin Salad (Bunny Salad)

Ingredients

4 carrots, grated
2 apples, chopped
1 stalk celery, chopped
1 tablespoon lemon juice
1/2 cup raisins
1/2 cup vanilla yogurt
1/2 cup chopped walnuts
1 tablespoon ground cinnamon

Directions

Stir the carrots, apples, celery, lemon juice, raisins, yogurt, walnuts, and cinnamon together in a mixing bowl until evenly blended. Refrigerate 1 hour before serving.

Red Bean Salad with Feta and Peppers

Ingredients

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

Directions

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.

Joy's Taco Salad

Ingredients

1 pound lean ground beef
1 tablespoon chili powder
2 cups low-fat salad dressing
1 cup ketchup
1 (1.25 ounce) package taco seasoning mix
1 head iceberg lettuce - rinsed, dried, and chopped
1 head romaine lettuce- rinsed, dried and chopped
3 large tomatoes, diced
1 green bell pepper, diced
1 yellow bell pepper, diced
1 bunch green onions, chopped
1 (4 ounce) can green chile peppers, finely chopped
1 (15 ounce) can kidney beans, drained
1 (15 ounce) can garbanzo beans, drained
12 ounces shredded Cheddar cheese
2 (14.5 ounce) packages corn tortilla chips

Directions

Brown the beef, drain, season with chili powder and set aside to cool.

Prepare the dressing by whisking the Miracle Whip, ketchup and taco seasoning mix together in a small bowl.

In a large bowl, combine iceberg lettuce, romaine lettuce, tomatoes, green pepper, red or yellow pepper, green onions, jalapeno peppers, kidney beans, garbanzo beans, half of the cheese, half of the crushed chips, dressing and cooled ground beef. Mix well, cover and refrigerate.

Just before serving, top the salad with the other half of the cheese and crushed chips. Serve with whole chips on the side.

Caprese Pasta Salad

Ingredients

1 (16 ounce) package fusilli pasta
1 cup fresh basil leaves
1/4 cup grated Parmesan or Romano cheese
1/4 cup pine nuts, toasted (optional)
2 cloves garlic
1/4 cup olive oil
1 pint cherry tomatoes, halved
3 tablespoons grated Parmesan cheese
4 ounces fresh mozzarella cheese, cut into strips
salt and pepper to taste

Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the fusilli, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 12 minutes. Drain.

Place basil, 1/4 cup Parmesan cheese, pine nuts, and garlic into a blender or food processor; cover and chop to a coarse paste. Add the olive oil in a slow, steady stream. Continue processing until a soft paste has formed. Set pesto aside.

Combine the cooked pasta, tomatoes, 3 tablespoons Parmesan, mozzarella, and pesto in a large bowl. Season with salt and pepper. Cover bowl, refrigerate to chill for 45 minutes, and serve.

Chinese Chicken Salad

Ingredients

3 1/2 boneless chicken breast halves, cooked and diced
1 head lettuce, torn into small pieces
4 green onions, sliced
4 stalks celery, sliced thin
1/2 cup walnuts, chopped
2 tablespoons sesame seeds, toasted
6 ounces Chinese noodles, heated briefly to crisp
6 tablespoons seasoned rice vinegar
4 tablespoons white sugar
1 teaspoon salt
1/2 cup peanut oil

Directions

In a large salad bowl combine the chicken, lettuce, green onion, celery, nuts, seeds and noodles. Mix all together. Set aside.

To Make Dressing: Put vinegar in a small bowl. Dissolve sugar and salt in vingegar before adding oil. Shake/Beat well.

Add dressing to salad and toss to coat. Serve and enjoy!

Cucumber Tomato Salad

Ingredients

2 medium tomatoes, sliced and quartered
1 large cucumber, peeled and sliced
4 green onions, chopped
1 tablespoon sugar
1 teaspoon salt
1/4 teaspoon pepper
1/3 cup cider vinegar
1 cup water

Directions

In a bowl, combine the tomatoes, cucumber and onions. In a small bowl, combine the sugar, salt and pepper. Whisk in the vinegar and water. Pour over vegetables and toss to coat. Cover and refrigerate for 4 hours or overnight. Serve with a slotted spoon.

Indiana Potato Salad

Ingredients

8 baking potatoes, peeled and cubed
1 cup mayonnaise
8 ounces processed cheese food, cubed
1 cup chopped onion
8 ounces sliced bacon

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Place potatoes into a pot and fill with enough water to cover. Bring to a boil and cook until easily pierced with a fork, about 12 minutes. Drain and pour into a 9x13 inch baking dish. Mix with mayonnaise, processed cheese and onion.

While the potatoes are boiling, fry the bacon in a large skillet over medium heat until crisp. Drain and break into large pieces. Place on top of the potatoes.

Bake for 1 hour in the preheated oven, until cheese is browned.

Cornucopia Salad

Ingredients

1/4 cup sliced almonds
1 tablespoon white sugar
1 head red leaf lettuce, torn
3 green onions, chopped
1 Granny Smith apple, cored and chopped
1 avocado - peeled, pitted, and chopped
1/2 cup dried cranberries
1/4 cup crumbled blue cheese

Dressing:
2 tablespoons red wine vinegar
2 teaspoons white sugar
salt and pepper to taste
1/4 cup vegetable oil

Directions

Place the almonds and 1 tablespoon of sugar in a small skillet over medium-low heat, and cook and stir until the sugar melts and the almonds brown, watching carefully to avoid burning. Remove from heat and allow to cool.

In a large salad bowl, mix the lettuce, green onions, apple, avocado, dried cranberries, blue cheese, and cooked almonds.

Whisk together the vinegar, 2 teaspoons of sugar, and salt and pepper in a bowl, and stir in the vegetable oil. Pour the dressing over the salad, and gently toss to combine.

Thai-style Cucumber Salad

Ingredients

1/4 cup tamarind juice
1 tablespoon chopped fresh cilantro
1 tablespoon chopped peanuts
1 tablespoon rice vinegar
1 1/2 teaspoons brown sugar
1 teaspoon fish sauce
3/4 teaspoon red pepper flakes
1 teaspoon toasted Asian sesame oil
3/4 teaspoon minced fresh ginger root
1 cucumber, thinly sliced

Directions

Whisk together the tamarind juice, cilantro, peanuts, rice vinegar, brown sugar, fish sauce, red pepper flakes, sesame oil, and ginger in a large bowl. Stir in the cucumber. Cover and refrigerate for 10 minutes before serving.

Thai Cucumber Salad

Ingredients

3 large cucumbers, peeled, halved lengthwise, seeded, and cut into 1/4-inch slices
1 tablespoon salt
1/2 cup white sugar
1/2 cup rice wine vinegar
2 jalapeno peppers, seeded and chopped
1/4 cup chopped cilantro
1/2 cup chopped peanuts

Directions

Toss the cucumbers with the salt in a colander, and leave in the sink to drain for 30 minutes. Rinse with cold water, then drain and pat dry with paper towels.

Whisk together the sugar and vinegar in a mixing bowl until the sugar has dissolved. Add the cucumbers, jalapeno peppers, and cilantro; toss to combine. Sprinkle chopped peanuts on top before serving.

Fruit Salad with Lemon-Cinnamon Syrup

Ingredients

1 cup white sugar
1/2 cup water
3 1-inch strips of lemon zest
1 cinnamon stick
2 tablespoons lemon juice

4 mango, pitted, peeled, and cut into chunks
4 white peaches, pitted and cut into bite-sized pieces
2 Granny Smith apples - peeled, cored, and sliced
4 (6 ounce) containers fresh raspberries
1/4 cup finely chopped fresh mint
2 tablespoons lemon juice

Directions

Place the sugar, water, lemon zest, cinnamon, and 2 tablespoons of lemon juice into a small saucepan. Bring to a boil; reduce heat to medium-low and simmer 10 minutes. Strain the syrup through a mesh strainer; refrigerate until cold.

Place the mango, peaches, apple, raspberries, mint, and 2 tablespoons of lemon juice into a mixing bowl. Pour the chilled syrup overtop and gently stir to combine.

Red Cabbage and Chickpea Salad

Ingredients

1 (16 ounce) can chickpeas, rinsed and drained
1 cup chopped red cabbage
1/2 cup chopped tomato
1 tablespoon chopped onion
salt and pepper to taste
2 tablespoons tahini salad dressing

Directions

Combine chickpeas, red cabbage, tomato, and onion in a bowl. Season with salt and pepper. Toss with salad dressing until ingredients are evenly coated.

Bacon Ranch Pea Salad

Ingredients

4 slices bacon
1 quart water
1 (16 ounce) package frozen green peas
1/3 cup chopped onions
1/2 cup Ranch dressing
1/2 cup shredded Cheddar cheese

Directions

Place bacon in a skillet over medium-high heat, and cook until evenly brown. Drain, crumble, and set aside.

Bring the water to a boil in a pot. Boil the peas 1 minute, until just tender, and drain. Cool peas under cold running water.

In a bowl, toss together bacon, peas, onion, Ranch dressing, and Cheddar cheese. Refrigerate 30 minutes or until chilled before serving.

Bean and Bacon Salad

Ingredients

10 slices bacon
2 tablespoons vinegar
1/2 cup mayonnaise
2 tablespoons white sugar
1 (15.25 ounce) can kidney beans, drained and rinsed
1 1/2 cups shredded cabbage
1/2 cup diced celery
2 tablespoons chopped fresh parsley
1/3 cup finely chopped onion
1 teaspoon salt
1 dash ground black pepper

Directions

In a skillet over medium heat, cook the bacon until crisp. Drain, cool, and crumble.

In a small bowl, whisk together the vinegar, mayonnaise, and sugar.

In a large bowl, mix the bacon, kidney beans, cabbage, celery, parsley, and onion. Season with salt and pepper. Pour the vinegar dressing mixture over the salad, and toss to coat. Refrigerate at least 1 hour before serving.

Cornbread Salad

Ingredients

1 (7.5 ounce) package corn bread/muffin mix
1 (4 ounce) can chopped green chilies, undrained
1/8 teaspoon ground cumin
1/8 teaspoon dried oregano
1 pinch rubbed sage
1 cup mayonnaise
1 cup sour cream
1 (1 ounce) package dry Ranch-style dressing mix
10 slices bacon
2 (15.5 ounce) cans pinto beans, drained and rinsed
1 (10 ounce) can whole kernel corn, drained
3 medium tomatoes, chopped
1 cup chopped green pepper
1 cup chopped green onion
2 cups shredded Cheddar cheese

Directions

Preheat the oven to 400 degrees F (200 degrees C). Prepare the cornbread mix according to package directions, stirring green chilies, cumin, oregano and sage into the finished batter. Spread into a greased 8 inch square pan.

Bake for 20 to 25 minutes in the preheated oven, or until the top springs back when lightly pressed. Set aside to cool completely.

In a small bowl, stir together the mayonnaise, sour cream, and Ranch dressing mix. Set aside. Wrap bacon in paper towels, and cook in the microwave until crisp, about 45 seconds per slice. Crumble, and set aside.

Crumble half of the cornbread into the bottom of a 9x13 inch baking dish. Pour half of the beans over the crumbled bread, half of the mayonnaise mixture, half of the corn, tomatoes, peppers, green onion, bacon and cheese. Repeat the layers ending with cheese on top. The dish will be very full. Cover and refrigerate for 2 hours before serving.

Crunchy Pea Salad

Ingredients

1 (16 ounce) package frozen peas, thawed
1 (8 ounce) can sliced water chestnuts, drained
1/4 cup diced radishes
1/2 cup diced sweet red pepper
1/3 cup diced red onion
1/3 cup reduced-fat mayonnaise
1 teaspoon dill weed
1/2 teaspoon garlic salt
1/2 teaspoon poppy seeds

Directions

In a large serving bowl, combine the peas, water chestnuts, radishes, red pepper and onion. In a small bowl, combine the remaining ingredients. Pour over vegetables and toss gently to coat. Cover and refrigerate until serving.

Salad With the Blues

Ingredients

1/3 cup Marzetti® Chunky Blue Cheese Dressing
1 (8 ounce) package prepared salad mix
1 apple, chopped and sprinkled with lemon juice
2 turkey bacon slices (thick), cooked and crumbled
Almonds, blanched and slivered
Fruit rolls

Directions

Combine salad mix, apple, bacon and dressing. Toss gently to coat well. Sprinkle with almonds and top with sliced fruit rolls.

Southwestern Caesar Salad

Ingredients

4 skinless, boneless chicken breast halves
1 (1.27 ounce) packet dry fajita seasoning

1 cup mayonnaise
2/3 cup grated Parmesan cheese
1/2 cup sour cream
2 anchovy fillets
4 green onions, chopped
1 tablespoon chopped fresh parsley
1 tablespoon Dijon mustard
1 canned chipotle pepper
1 1/2 teaspoons minced garlic
1 teaspoon Worcestershire sauce

8 cups romaine lettuce, torn into bite-size pieces
1/2 cup garlic flavored croutons
1/4 cup shredded Parmesan cheese
1 red bell pepper, sliced into thin rings
1 yellow bell pepper, sliced into thin rings
1 orange bell pepper, sliced into thin rings

Directions

Preheat an outdoor grill for high heat and lightly oil grate.

Sprinkle chicken breasts with fajita seasoning, and grill for about 4 minutes on each side, or until no longer pink and juices run clear. Allow to cool, then slice into bite-size strips.

In a blender or food processor, combine mayonnaise, grated Parmesan cheese, sour cream, anchovies, green onions, parsley, Dijon mustard, chipotle pepper, garlic, and Worcestershire sauce. Blend until smooth.

Place romaine lettuce in a large bowl, and top with croutons, shredded Parmesan, and red, yellow, and orange pepper rings. Arrange chicken on top, then pour on the dressing.

Honey, Mustard, and Yogurt Salad Dressing

Ingredients

1 cup plain yogurt
1/4 cup honey
2 tablespoons Dijon mustard
1/4 teaspoon celery seed

Directions

Whisk together the yogurt, honey, mustard, and celery seed in a small bowl. Refrigerate at least 1 hour before serving.

Caprese Salad Topped Smoked Sausage

Ingredients

1 (16 ounce) package Hillshire FarmB® Hot and Spicy Italian Smoked Sausage Links
1/4 cup balsamic vinegar
1 tablespoon olive oil
2 cups grape tomatoes, cut in half
1 (8 ounce) package fresh small mozzarella balls (ciliegine-sized), cut into quarters
1 tablespoon chopped red onion
3 tablespoons chopped fresh basil
1/4 teaspoon salt
6 French bread rolls, split

Directions

Brush sausages with balsamic vinegar; set aside.

Heat olive oil over medium heat in small skillet. Add tomatoes and cook until soft, about 3-5 minutes, stirring occasionally. In small bowl, combine tomatoes, mozzarella, red onion, basil and salt.

Grill sausages according to package directions, turning frequently and brushing with balsamic vinegar. Place one grilled sausage in each roll and generously top with tomato-mozzarella mixture.

Cabbage Salad I

Ingredients

1/2 medium head cabbage, chopped
2 carrots, shredded
1 green onion, chopped
1/2 cup mayonnaise
salt and pepper to taste

Directions

In a large bowl, combine the cabbage, carrots, green onion and mayonnaise. Salt and pepper to taste, toss and serve.

Cashew Turkey Pasta Salad

Ingredients

1 1/2 cups uncooked tricolor spiral pasta
3 cups cubed cooked turkey
1 celery rib
3 green onions, chopped
1/4 cup chopped green pepper
3/4 cup mayonnaise
6 tablespoons packed brown sugar
1 1/2 teaspoons cider vinegar
3/4 teaspoon salt
3/4 teaspoon lemon juice
1 cup salted cashew halves

Directions

Cook pasta according to package directions; drain and rinse in cold water. In a large bowl, combine the pasta, turkey, celery, onions and green pepper.

In a small bowl, combine the mayonnaise, brown sugar, vinegar, salt and lemon juice; pour over pasta mixture and toss to coat. Cover and refrigerate for at least 2 hours. Just before serving, stir in cashews.

Sara's Special Red Potato Salad

Ingredients

4 cups peeled and diced red potatoes
3/4 cup vanilla yogurt
1/4 cup chopped green onions
1/2 lemon, juiced
1/2 cup chopped celery
1/2 cup shredded carrots
1/4 cup fresh bean sprouts
1/8 cup minced red onion
salt and pepper to taste
1 dash garlic salt

Directions

Bring a large pot of lightly salted water to a boil. Add potatoes and cook for 15 minutes or until tender but firm. Drain the potatoes and transfer to a large bowl.

In a large mixing bowl, toss together the vanilla yogurt, green onions, lemon, celery, carrots, bean sprouts, red onion, salt, pepper and garlic salt. Pour the mixture over the potatoes. Mix gently, thoroughly coating but not mashing the potatoes. Refrigerate until serving.

Tomato, Prosciutto & Fresh Mozzarella Salad

Ingredients

1 (5 ounce) package DOLE® Organic Spring mix with Herbs or Baby Lettuces
1 cup yellow and red pear or cherry tomatoes, halved
1 1/2 ounces prosciutto, chopped
4 ounces fresh mozzarella cheese, drained and torn into bits or regular mozzarella cheese, cut into julienne strips
1 cup sliced DOLE® Red Onion
1 cup croutons
1/4 cup prepared balsamic vinaigrette dressing

Directions

Combine salad blend, tomatoes, prosciutto, cheese, onion and croutons in large bowl.

Pour vinaigrette over salad; toss to evenly coat.

Sesame Green Bean Salad

Ingredients

1 pound fresh green beans, trimmed
1 tablespoon reduced-sodium soy sauce
2 teaspoons canola oil
1 teaspoon sugar
1 teaspoon cider vinegar
1 teaspoon sesame oil
1/4 teaspoon salt
2 teaspoons sesame seeds, toasted

Directions

Place the beans in a large saucepan and cover with water. Bring to a boil. Cook, uncovered, for 8-10 minutes or until crisp-tender. Drain and rinse in cold water; pat dry. Place in a serving bowl.

In a small bowl, whisk the soy sauce, canola oil, sugar, vinegar, sesame oil and salt. Pour over beans and toss to coat. Sprinkle with sesame seeds; toss again. Serve at room temperature.

Pork and Bean Salad II

Ingredients

6 eggs
4 (15 ounce) cans baked beans with pork, drained
1 cup sweet pickle relish
1 small onion, diced (optional)
5 radishes, diced
1 (16 ounce) jar creamy salad dressing (e.g. Miracle Whip)

Directions

Place eggs in a saucepan, and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and slice.

In a large bowl, stir together the baked beans, relish, onion, and radishes. Stir in the salad dressing, and gently mix in the sliced hard-cooked eggs until everything is evenly blended. The amount of dressing may be adjusted to suit your taste. Cover, and chill for 1 hour before serving.

Sesame Noodle Salad

Ingredients

1 (16 ounce) package angel hair pasta
1/2 cup sesame oil
1/2 cup soy sauce
1/4 cup balsamic vinegar
1 tablespoon hot chili oil
1/4 cup white sugar
1 teaspoon sesame seeds, or more if desired
1 green onion, chopped
1 red bell pepper, diced

Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the angel hair pasta, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, 4 to 5 minutes. Drain well in a colander set in the sink.

Whisk together the sesame oil, soy sauce, balsamic vinegar, chili oil, and sugar in a large bowl. Toss the pasta in the dressing, then sprinkle with sesame seeds, green onion, and bell pepper. Serve warm, or cover and refrigerate for a cold salad.

Best Apple Salad

Ingredients

2 medium sweet apples, cored and cubed
1 green bell pepper, diced
1/4 cup chopped red onion
1 (15 ounce) can kidney beans, rinsed and drained
2 tablespoons white wine vinegar
1 tablespoon honey
2 teaspoons Dijon mustard
ground black pepper to taste

Directions

In a medium bowl, combine the apples, bell pepper, red onion and kidney beans. In a separate bowl, whisk together the vinegar, honey, mustard and pepper. Pour over the salad, and stir gently to coat.

Italian Tomato Pasta Salad

Ingredients

1 (8 ounce) package angel hair pasta
1/2 cup zesty Italian dressing
2 tomatoes, chopped
1/4 cup grated Parmesan cheese

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 4 to 5 minutes or until al dente; drain and place into a large serving bowl. Toss with dressing and tomatoes. Top with Parmesan and serve.

Caesar Salad III

Ingredients

1 head romaine lettuce
1 clove garlic
1 teaspoon lemon juice
1/4 tablespoon lemon juice
1/4 teaspoon ground mustard
1 (2 ounce) can anchovy fillets, oil reserved
2 teaspoons olive oil from anchovies
1/4 cup egg substitute
1/4 teaspoon ground black pepper
1 tablespoon grated Parmesan cheese
1 tablespoon white wine vinegar
4 tablespoons croutons

Directions

Wash the lettuce and dry the leaves well. Tear into 1 to 2 inch pieces, and transfer to a salad bowl.

Using a food processor puree or pulverize the garlic. Add the lemon juice, mustard, anchovies, oil, liquid egg, pepper, parmesan cheese, and vinegar and mix well. Just before serving, toss the romaine lettuce with the dressing and top with croutons.

Avocado Corn Salad with Pine Nuts

Ingredients

1 (10 ounce) package chopped romaine lettuce
1 cup bottled Caesar salad dressing
1 (15.25 ounce) can whole kernel corn, drained
1 avocados - peeled, pitted and diced
8 cherry tomatoes, halved
1/2 cup pine nuts

Directions

In a large bowl, mix the lettuce, corn, avocado, and tomatoes. Drizzle with dressing and sprinkle with pine nuts. Toss and serve.

Broccoli Turkey Salad

Ingredients

1 (8 ounce) can unsweetened pineapple chunks
2 cups torn salad greens
2 cups torn fresh spinach
2 cups broccoli florets
1 green bell pepper, julienned
1/2 cup thinly sliced red onion
2 cups cubed cooked turkey
1/4 cup olive or vegetable oil
2 tablespoons red wine or balsamic vinegar
1 tablespoon poppy seeds
2 teaspoons sugar
2 teaspoons Dijon mustard

Directions

Drain the pineapple, reserving 2 tablespoons juice; set aside (discard remaining juice or save for another use). In a large bowl, combine the greens, spinach, broccoli, green pepper, onion, turkey and pineapple. In a small bowl, combine oil, vinegar, poppy seeds, sugar, mustard and reserved pineapple juice; mix well. Pour over salad and toss to coat. Serve immediately.

Antipasto Salad

Ingredients

1/2 cup vegetable oil
3 tablespoons red wine vinegar
1 clove garlic, minced
1 teaspoon dried basil
1/8 teaspoon crushed red pepper flakes
1 teaspoon salt
6 ounces macaroni
1/4 cup grated Parmesan cheese
2 cups broccoli florets
4 ounces sliced pepperoni sausage
10 cherry tomatoes, halved
1/2 cup shredded mozzarella cheese

Directions

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

In large bowl, stir together oil, vinegar, garlic, basil, and salt and pepper. Toss with warm macaroni to coat well. Toss with Parmesan. Cover, and refrigerate 2 to 3 hours.

Add broccoli, pepperoni, and tomatoes; toss well. Sprinkle with mozzarella cheese, and serve.

Amazing Crunchy Tofu Salad

Ingredients

1 (16 ounce) package firm tofu, drained and cubed
2 tablespoons lemon juice
6 tablespoons soy sauce, divided
1 cup cornstarch
2 tablespoons dry bread crumbs
2 medium shallots, finely minced, divided
1/2 bunch green onions, sliced, divided
vegetable oil for pan-frying
1/4 cup champagne vinegar
2 tablespoons white sugar
1 teaspoon chili oil
1 (10 ounce) package mixed salad greens
1/2 large cucumber, chopped
1 medium tomato, chopped

Directions

Toss the tofu with lemon juice and 2 tablespoons of soy sauce in a small bowl, set aside to marinate.

Combine the cornstarch and bread crumbs with 1 minced shallot and half of the green onions in a bowl. Toss the tofu with the cornstarch mixture to generously bread; reserve the remaining marinade.

Heat about 1/4 inch of oil in a skillet over medium heat. Fry the tofu cubes on all sides until golden brown, remove to drain on a paper towel.

Whisk together the remaining marinade with the vinegar, 4 tablespoons of soy sauce, sugar, and chili oil; set aside. Toss together the salad mix, cucumber, tomato, and tofu cubes in a large bowl; add the dressing and toss to combine.

Raw Veggie Picnic Salad

Ingredients

6 slices bacon
4 cups broccoli florets
1 cup chopped celery
1 (10 ounce) package frozen green peas, thawed
1 cup sweetened dried cranberries
1/2 cup chopped green onions
1 cup seedless green grapes
1 cup seedless red grapes
1/2 cup slivered almonds
1/4 cup white sugar
1 teaspoon salt
1/4 cup white wine vinegar
2 tablespoons grated onion
1/4 cup grated Parmesan cheese
1 1/2 cups mayonnaise

Directions

Place bacon in a skillet over medium high-heat, and cook until evenly brown. Drain, crumble and set aside.

In a large bowl, toss together the bacon, broccoli, celery, peas, cranberries, green onions, green grapes, red grapes, and almonds. In a separate bowl, whisk together the sugar, salt, vinegar, grated onion, Parmesan cheese, and mayonnaise. Pour dressing over the salad. Gently toss to coat.

Orange Cream Fruit Salad

Ingredients

1 (20 ounce) can pineapple tidbits, drained
1 (16 ounce) can peach slices, drained
1 (11 ounce) can mandarin oranges, drained
2 medium firm bananas. sliced
1 medium apple, chopped
1 (3.4 ounce) package instant vanilla pudding mix
1 1/2 cups milk
1/3 cup frozen orange juice concentrate
3/4 cup sour cream

Directions

In a large salad bowl, combine fruits; set aside. In a small mixing bowl, beat pudding mix, milk and orange juice concentrate for 2 minutes. Add sour cream; mix well. Spoon over fruit; toss to coat. Cover and refrigerate for 2 hours.

Chicken Salad II

Ingredients

4 skinless, boneless chicken breast halves
4 eggs
1 red apple, diced
3 green onions, chopped
1/2 cup sweet pickle relish
1/2 cup mayonnaise
3 stalks celery, thinly sliced
1 (8 ounce) can pineapple chunks, juice reserved
1/4 cup chopped fresh cilantro
1 cup chopped pecans
fajita seasoning to taste

Directions

Bring a large pot of water to a boil. Add chicken and cook until thoroughly cooked and no longer pink inside, approximately 20 minutes. Drain, cool and chop.

Meanwhile, place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and slice.

In a large bowl, mix together the chicken, sliced eggs, apple, onions, relish, mayonnaise, celery, pineapple (with just a little juice for flavor), cilantro, pecans and fajita seasoning to taste.

Butterscotch Fruit Salad

Ingredients

4 large apples, diced
1 (3.4 ounce) package butterscotch instant pudding mix
1 cup dry roasted peanuts
1 (15.25 ounce) can crushed pineapple, in juice
1 (16 ounce) package frozen non-dairy whipped topping, thawed

Directions

Toss the diced apples with the packet of pudding mix and peanuts until well combined. Stir in the pineapple and whipped topping. Cover and refrigerate overnight.

Festive Tossed Salad

Ingredients

1/2 cup olive oil
1/4 cup balsamic vinegar
3 tablespoons water
1 envelope Italian salad dressing mix
2 (10 ounce) packages Italian-blend salad greens
2 medium tomatoes, seeded and chopped
1 small red onion, thinly sliced
1 cup crumbled feta cheese
3/4 cup dried cranberries

Directions

In a jar with a tight-fitting lid, combine the oil, vinegar, water and salad dressing mix; shake well. In a large salad bowl, combine the greens, tomatoes, onion, cheese and cranberries. Serve with dressing.

Popcorn Salad

Ingredients

10 slices bacon
3/4 cup mayonnaise
1 cup diced celery
1 1/4 cups shredded Cheddar cheese, divided
1 (8 ounce) can sliced water chestnuts, drained
1/4 cup shredded carrots
2 tablespoons minced fresh chives
6 cups popped popcorn

Directions

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

In a large bowl, combine the mayonnaise, celery, 1 cup of the cheese, water chestnuts, 1/2 cup bacon, carrots and chives. Mix well. Add popcorn and stir to coat. Sprinkle with remaining cheese and bacon and serve immediately.

Confetti Tortellini Salad

Ingredients

1 1/2 cups refrigerated or frozen cheese tortellini
1 cup cauliflowerets
1 cup broccoli florets
2 medium carrots, cut into 1/4 inch thick slices
2 tablespoons thinly sliced green onions
1 garlic clove, minced
1/4 cup grated Parmesan cheese
1/2 cup Italian salad dressing
1/4 teaspoon hot pepper sauce

Directions

Ina large saucepan, cook tortellini according to package directions; drain. In a bowl, combine the tortellini, vegetables and garlic. Sprinkle with cheese. Combine the salad dressing and hot pepper sauce; pour over salad and toss gently. Cover and refrigerate until serving.

Warm Dijon Potato Salad

Ingredients

5 medium red potatoes
1/4 cup reduced-fat mayonnaise
1 tablespoon grated Parmesan cheese
1 green onion, sliced
2 teaspoons cider vinegar
1 teaspoon Dijon mustard
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

Place potatoes in a large saucepan and cover with warm. Bring to a boil. Reduce heat; cover and simmer for 20 minutes or until tender.

In a large bowl, combine the remaining ingredients. Drain potatoes and cut into cubes; add to the mayonnaise mixture and gently toss to coat. Serve immediately.

Fresh Cranberry Salad

Ingredients

1 pound cranberries
8 ounces miniature marshmallows
2 cups white sugar
1 (20 ounce) can crushed pineapple with juice
1 banana, sliced
1 cup unsweetened whipped cream

Directions

In a food processor or blender, coarsely grind the cranberries. Place ground cranberries in a large bowl and stir in the marshmallows, sugar and pineapple. Let mixture stand overnight in the refrigerator. Just before serving, stir in the sliced banana and whipped cream.

Seven Layer Gelatin Salad

Ingredients

7 (3 ounce) packages assorted fruit flavored gelatin mix
4 1/2 cups boiling water, divided
4 1/2 cups cold water, divided
1 (12 fluid ounce) can evaporated milk, divided
1 (8 ounce) container frozen whipped topping, thawed

Directions

Coat a 9x13 inch dish with cooking spray.

Dissolve one package of gelatin in 3/4 cup boiling water. Stir in 3/4 cup cold water. Spoon into pan and refrigerate until almost set, 45 minutes.

Dissolve another package of gelatin in 1/2 cup boiling water. Stir in 1/2 cup cold water and 1/2 cup evaporated milk. Spoon over first layer and refrigerate until almost set, 45 minutes.

Repeat steps 2 and 3 until all gelatin is used. Just before serving, top with whipped topping.

Strawberry and Spinach Salad with Honey

Ingredients

1 bunch fresh spinach
1 cup sliced fresh strawberries
1/2 cup crumbled Gorgonzola cheese
1/2 cup raw pecans

1/4 cup balsamic vinegar
2 tablespoons honey
1/2 cup olive oil
salt and ground black pepper to taste

Directions

Combine the spinach, strawberries, Gorgonzola cheese, and pecans in a large bowl.

Stir the balsamic vinegar and honey together in a bowl; slowly stream the olive oil into the mixture while whisking continuously. Season with salt and pepper. Drizzle the dressing over the salad just before serving.

Tomato, Onion and Goat Cheese Salad

Ingredients

3 heads butterleaf lettuce, leaves separated and 6 large outer leaves reserved for use as cups
2 heads radicchio, cut into julienne strips
3 vine-ripened tomatoes, cored and cut into quarters
1/2 cup finely chopped yellow onion
1 (4 ounce) log goat cheese, crumbled
1/3 cup Newman's Own® Lighten Up® Balsamic Vinaigrette or Lighten Up Raspberry & Walnut Salad Dressing

Directions

Wash and dry butterleaf lettuce. Save six large leaves for 'cups' and tear the remainder into bite-size pieces. In a large salad bowl, combine the torn lettuce, radicchio, tomatoes, onion, and goat cheese. Add the dressing, beginning with 1/3 cup and using up to 1/2 cup if you like, and toss.

To serve, place a lettuce cup on each salad plate, then fill with tossed salad. Garnish with cut tomatoes and goat cheese.

Lebanese Lemon Salad Dressing

Ingredients

1/2 cup fresh lemon juice
1/2 cup mild extra-virgin olive oil
3 cloves garlic, minced
1 teaspoon kosher salt
ground black pepper to taste

Directions

In a medium bowl, whisk together the lemon juice, olive oil, garlic, salt and pepper. Stir just before serving.

Orange, Walnut, Gorgonzola and Mixed Greens

Ingredients

3/4 cup walnut halves
10 ounces mixed salad greens with arugula
2 large navel oranges, peeled and sectioned
1/2 cup sliced red onion
1/4 cup olive oil
1/4 cup vegetable oil
2/3 cup orange juice
1/4 cup white sugar
2 tablespoons balsamic vinegar
2 teaspoons Dijon mustard
1/4 teaspoon dried oregano
1/4 teaspoon ground black pepper
1/4 cup crumbled Gorgonzola cheese

Directions

Place the walnuts in a skillet over medium heat. Cook 5 minutes, stirring constantly, until lightly browned.

In a large bowl, toss the toasted walnuts, salad greens, oranges, and red onion.

In a large jar with a lid, mix the olive oil, vegetable oil, orange juice, sugar, vinegar, mustard, oregano, and pepper. Seal jar, and shake to mix.

Divide the salad greens mixture into individual servings. To serve, sprinkle with Gorgonzola cheese, and drizzle with the dressing mixture.

Main Dish Macaroni Salad

Ingredients

1 cup mayonnaise
1/4 cup grated Parmesan cheese
1/4 cup chopped parsley
2 tablespoons milk
1 clove garlic, minced
2 cups corkscrew pasta
1 1/2 cups diced ham
2 cups halved cherry tomatoes

Directions

Cook pasta in a large pot of boiling water until al dente. Drain, rinse, and drain once more. Set aside.

In a large bowl, combine mayonnaise, grated cheese, parsley, milk, and garlic. Mix well. Stir in pasta, ham, and tomatoes. Chill several hours.

Moore's Cranberry Gelatin Salad

Ingredients

2 (3 ounce) packages raspberry flavored gelatin mix
1 cup white sugar
2 cups boiling water
1 1/2 cups pineapple juice
1 pound cranberries
1 large orange, unpeeled
1 1/2 cups crushed pineapple, drained
2 cups seedless red grapes, halved
1 1/2 cups diced apples

Directions

Add the sugar to the gelatin. Stir in the boiling water and stir until the gelatin is dissolved. Stir in the cold water or the pineapples juice. Chill until gelatin is thick.

Finely grind the cranberries and the orange in food processor or run through the meat grinder.

Add the ground cranberry mixture, drained crushed pineapple, grapes and cubed apples to the thickened gelatin. Pour mixture into one 9x13 inch pan or a large bowl. Refrigerate overnight before serving.

Avocado Quinoa Salad

Ingredients

1 cup quinoa
2 cups chicken broth
2 Chilean Hass avocados
2 tablespoons lemon juice
1 large tomato, diced
1/2 cucumber, diced
2 stalks celery, diced
Salt and pepper to taste

Directions

In medium saucepan, cook quinoa according to package directions, using chicken broth in place of water. Let cool. Cut avocados in half, remove pit and peel. Cut into chunks. Toss with lemon juice. Add avocado and all remaining ingredients to quinoa and toss gently to mix. Chill until ready to serve.

Raisin Broccoli Salad

Ingredients

4 cups broccoli florets
1 cup chopped green pepper
1 cup sliced carrots
1 cup raisins
1 cup chopped walnuts
1 medium onion, chopped
1 cup mayonnaise
1/2 cup sugar
1/4 cup white vinegar

Directions

In a large serving bowl, combine the first six ingredients. In a small bowl, combine the mayonnaise, sugar and vinegar until smooth. Pour over vegetable mixture and toss to coat. Cover and refrigerate for at least 1 hour or until serving.

Ham and Pineapple Couscous Salad

Ingredients

1 cup water
2 tablespoons butter
1/2 teaspoon garlic powder
1 cup couscous
4 ounces cooked ham, cut into 1/2 inch pieces
1 (8 ounce) can pineapple chunks, juice reserved
1/2 small red onion, sliced
1 cup frozen green peas, thawed
1 tablespoon lemon juice
Dijon-style prepared mustard
1 tablespoon vegetable oil
salt and pepper to taste

Directions

In a large saucepan, bring water, butter and garlic powder to a boil. Turn off heat and stir in couscous. Cover and let stand for 5 minutes. Fluff with a fork and let cool.

In a large bowl, mix together couscous, ham, pineapple, onion and drained peas

In a small bowl whisk together 1/4 cup reserved pineapple juice, lemon juice, Dijon-style mustard and vegetable oil. Pour dressing over the salad and stir to coat. Salt and pepper to taste.

Avocado and Tomato Salad

Ingredients

4 large tomatoes, chopped
4 avocados - peeled, pitted and diced
1 red onion, thinly sliced
1/4 teaspoon ground black pepper, or to taste
1 (8 ounce) bottle balsamic vinaigrette salad dressing

Directions

In a large serving bowl, toss together the tomatoes, avocados and red onion. Dust lightly with black pepper, and pour salad dressing over. Cover and chill for at least one hour before serving to blend flavors.

Asparagus Tomato Salad

Ingredients

1 pound fresh asparagus, cut into 1-inch pieces
4 medium tomatoes, cut into wedges
3 cups sliced fresh mushrooms
1 medium green pepper, julienned
1/4 cup vegetable oil
2 tablespoons cider vinegar
1 garlic clove, minced
1 teaspoon dried tarragon
3/4 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon hot pepper sauce

Directions

Cook asparagus in a small amount of water until crisp-tender, about 3-4 minutes; drain and rinse with cold water. Place in a large bowl; add the tomatoes, mushrooms and green pepper. In a small bowl, combine remaining ingredients; mix well. Pour over vegetable mixture; toss to coat. Cover and refrigerate for 2 hours or overnight.

Tenia's Chilled Pasta Salad

Ingredients

1 (16 ounce) package dry rainbow radiatore pasta
4 green onions, chopped
1 green bell pepper, chopped
4 stalks celery, chopped
2/3 cup white sugar
1/2 cup vegetable oil
1/3 cup ketchup
1/4 cup white wine vinegar
1 teaspoon salt
1 teaspoon paprika
1/4 teaspoon ground black pepper

Directions

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

In a large bowl, mix together the pasta, onions, bell pepper and celery.

In a glass jar, combine the sugar, oil, ketchup, vinegar, salt, paprika and pepper. Shake well to mix. Pour dressing over salad, toss to coat evenly.

Schmag Salad

Ingredients

1 large grapefruit
2 tablespoons honey
1/3 bunch fresh cilantro, chopped
1/8 teaspoon orange extract
2 jicama, peeled and diced
2 pears - peeled, cored and diced
3 oranges - peeled, sectioned, and cut into bite-size pieces
2 Golden Delicious apples - peeled, cored and diced
1 mango - peeled, seeded and cubed

Directions

Cut the grapefruit in half, and set aside one half. Juice the remaining half, and combine with honey, cilantro, and orange extract. Set aside.

Segment the reserved grapefruit, and combine with jicama, pears, oranges, apples, and mango in a large bowl. Pour cilantro dressing over the fruit, and stir to combine. Chill in the refrigerator for at least one hour before serving.

Peaches 'n' Cream Salad

Ingredients

1 (3 ounce) package lemon gelatin
3/4 cup boiling water
1 cup orange juice
1 (1.3 ounce) envelope whipped topping mix
1 (3 ounce) package cream cheese, softened
1/4 cup chopped pecans
PEACH LAYER:
1 (3 ounce) package lemon gelatin
1 cup boiling water
1 (21 ounce) can peach pie filling

Directions

In a bowl, dissolve gelatin in water; add orange juice. Refrigerate until partially set. Prepare topping mix according to package directions. In a mixing bowl, beat cream cheese until smooth; fold in whipped topping and pecans if desired. Fold into gelatin mixture. Pour into an ungreased 8-in. square dish. Refrigerate until firm.

For peach layer, dissolve gelatin in water; stir in pie filling. Chill until partially set. Carefully pour over creamy gelatin layer (pan will be full). Chill until firm.

Cucumber Salad with Smoked Salmon

Ingredients

1 cup plain Greek yogurt
1 cup light sour cream
1/2 lemon, juiced
2 tablespoons chopped fresh dill, or to taste
2 tablespoons capers, chopped
1 shallot, minced
1/2 teaspoon white vinegar, or to taste
salt and black pepper to taste
2 large cucumbers, peeled and sliced
2 tomatoes, sliced
1 (3 ounce) package smoked salmon, flaked

Directions

In a large salad bowl, stir together the yogurt, sour cream, lemon juice, dill, capers, shallot, and white vinegar until smooth. Season to taste with salt and pepper. Lightly toss cucumbers and tomatoes in the dressing until coated, and very gently stir in the smoked salmon. Refrigerate until serving time.

Potato Salad with Smoked Sausage

Ingredients

2 1/2 pounds new potatoes, quartered
1 (16 ounce) package Hillshire Farm® Smoked Sausage (any variety), sliced
1 medium green bell pepper, chopped
4 green onions, sliced
1/2 cup cherry tomatoes, quartered

Dressing:
1/4 cup vegetable oil
3 tablespoons white wine vinegar
2 tablespoons whole-grain Dijon mustard
1 teaspoon salt
1/4 teaspoon ground black pepper

Directions

Cook potatoes in boiling water for 10 to 12 minutes or until tender; drain.

Heat a large skillet over medium heat for 3 minutes. Add sausage and cook, stirring frequently for 3 to 4 minutes or until sausage is lightly browned.

Combine dressing ingredients in large bowl; whisk and set aside. Serve immediately or refrigerate.

Greek Lentil Salad

Ingredients

2 (15 ounce) cans brown lentils
1 cup crumbled feta cheese
1/2 (16 ounce) bottle Greek, or other vinaigrette salad dressing
1 English cucumber, peeled and diced
1 beefsteak tomato, diced
1 large red onion, diced

Directions

Strain lentils and place in a large bowl. Pour in 1/2 of the salad dressing, and stir to coat. Place in the refrigerator while preparing other vegetables. Add feta cheese, cucumber, tomato, and red onion. Cover, and refrigerate for 1 hour.

Stir in remaining dressing when ready to serve. May be kept, covered, in the refrigerator for up to 3 days.

Red Salad Dressing

Ingredients

1 cup ketchup
3/4 cup vegetable oil
3/4 cup white sugar
1 1/2 teaspoons distilled white vinegar
1 teaspoon minced onion
1/4 teaspoon minced garlic
1 teaspoon Italian seasoning

Directions

Whisk together the ketchup, oil, sugar, vinegar, onion, garlic, and Italian seasoning. Refrigerate until chilled, about 30 minutes.

Strawberry, Kiwi, And Spinach Salad

Ingredients

2 tablespoons raspberry vinegar
2 1/2 tablespoons raspberry jam
1/3 cup vegetable oil
8 cups spinach, rinsed and torn into bite-size pieces
1/2 cup chopped walnuts
8 strawberries, quartered
2 kiwis, peeled and sliced

Directions

Mix together raspberry vinegar, raspberry jam, and vegetable oil in a small container.

Combine spinach, nuts, strawberries, and kiwi in a salad bowl. Toss with raspberry dressing.

Ozarks Potato Salad

Ingredients

5 pounds red potatoes
1 large onion, chopped
2 1/2 cups creamy salad dressing, e.g. Miracle Whip в„ў
1/4 cup prepared yellow mustard
6 hard-cooked eggs, diced
salt and pepper to taste

Directions

Place the potatoes in a large pot and fill with enough water to cover. Bring to a boil, then reduce heat to medium and cook until tender enough to pierce with a fork, about 15 minutes. Drain and cool slightly. Remove the peels and cut into cubes. Set aside to cool completely.

In a large bowl, mix together the onion, salad dressing and mustard. Stir in the hard-cooked eggs and cooled potatoes. Try not to mash the potatoes very much. Season with salt and pepper.

Southwest Chicken Salad II

Ingredients

1 (15 ounce) can black beans, drained and rinsed
salt and pepper to taste
1/2 head cabbage, chopped
1 (10 ounce) package romaine lettuce, torn
1/2 green bell pepper, chopped
1 (8.75 ounce) can corn, drained
1/4 cup shredded Cheddar cheese
2 cooked skinless, boneless chicken breast halves, cut into strips
1 cup finely crushed blue tortilla chips
1/2 cup prepared Ranch salad dressing

Directions

In a small saucepan over medium heat, cook the black beans until heated through. Season with salt and pepper.

In a large bowl, toss together the cabbage, romaine lettuce, green bell pepper, corn, and Cheddar cheese.

Transfer the tossed salad to serving bowls, and top with the warmed black beans, chicken, tortilla chips, and Ranch dressing.

Grilled Adobo Pork Tenderloin Salad With Plums

Ingredients

2 tablespoons chipotle chilies in adobo sauce
1 1/2 tablespoons chili powder
3 large garlic cloves
1/3 cup packed cilantro leaves, plus extra
1/2 cup orange juice concentrate
1/3 cup water
1/2 teaspoon salt
6 tablespoons extra-virgin olive oil
1 (2 pound) package pork tenderloins
6 plums, halved and pitted
3/4 cup slivered almonds
1 pound Napa cabbage

Directions

Puree first seven ingredients plus 2 Tbs. oil in a blender until smooth, about 30 seconds. Pour all but 3/4 cup of mixture into a gallon-sized zipper bag. Add meat; seal and refrigerate 30 minutes to 4 hours. Whisk 1/4 cup olive oil into remaining mixture for a dressing.

Brush plums with oil; season with salt and pepper. Toast almonds in a 350-degree oven for 4 minutes. Finely shred cabbage. Set all aside.

Build a fire on one side of grill, so you have direct and indirect heat. When coals are covered with white ash, place plums, cut side down, and meat over direct heat; cover and grill until meat is well seared, 5 minutes. Then turn pork to sear other side, 5 minutes more, rearranging plums to ensure even browning. Move meat and plums to indirect heat; cover and grill 12 to 13 minutes, or until meat thermometer inserted in thickest end of meat registers 145 to 150 degrees.

Remove meat and plums to a platter; let sit 5 minutes or up to 1 hour. Cut pork, crosswise, into 1/2-inch-thick slices. Toss cabbage with almonds, salt, pepper and most of dressing. Arrange slaw in each of six shallow bowls. Place a portion of pork over each and 2 plum halves alongside. Drizzle with remaining dressing; garnish with cilantro.

Apple Tossed Salad

Ingredients

1/3 cup red wine vinegar or cider vinegar
1/4 cup olive or vegetable oil
3 tablespoons water
1 garlic clove, minced
1 teaspoon onion powder
1/2 teaspoon Italian seasoning
1/4 teaspoon dried parsley flakes
1/4 teaspoon salt
1/4 teaspoon pepper
8 cups torn romaine
1 medium red apple, thinly sliced
1 small sweet onion, sliced and separated into rings
1/4 cup sunflower kernels or walnuts

Directions

In a jar with a tight-fitting lid, combine the first nine ingredients; shake well. In a salad bowl, combine the romaine, apple, onion and sunflower kernel. Add dressing and toss to coat. Let stand for 30 minutes.

Garden Vegetable Salad

Ingredients

6 medium tomatoes, quartered
1 medium green pepper, julienned
1 medium onion, sliced and separated into rings
1/3 cup cider vinegar
1/4 cup sugar
1 1/2 teaspoons celery seed
1 1/2 teaspoons prepared mustard
1/2 teaspoon salt
1 large cucumber, peeled and sliced

Directions

In a bowl, combine the tomatoes, green pepper and onion. In a small saucepan, combine the vinegar, sugar, celery seed, mustard and salt; bring to a boil. Boil for 1 minute. Pour over vegetables. Let stand until mixture comes to room temperature. Stir in the cucumber. Cover and refrigerate for 2 hours or until chilled.

Macaroni Salad Virginia Style

Ingredients

2 tablespoons butter, melted
1/4 cup tarragon vinegar
1 teaspoon all-purpose flour
1 egg, beaten
1 cup mayonnaise

3 eggs
2 cups macaroni
1/2 cucumber, sliced
1 large tomato, diced
1 green bell pepper, diced
1 teaspoon salt

Directions

In a saucepan over medium heat, mix together butter, tarragon vinegar, flour and egg. Stirring continuously, heat 10 minutes, or until the mixture begins to thicken. Remove from heat and allow to cool 10 minutes.

In a large bowl, prepare the sauce by combining the tarragon vinegar mixture with mayonnaise.

Place eggs in a medium saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

Bring a large saucepan of lightly salted water to a boil. Cook the macaroni 10 minutes, or until al dente. Drain and pour into the bowl with the sauce. Stir until the macaroni is well coated.

Mix the coated macaroni with the eggs, cucumber, tomato, green bell pepper and salt.

Macaroni Tuna Salad

Ingredients

1 (16 ounce) package elbow macaroni
2 (6 ounce) cans white tuna, drained and flaked
2 stalks celery, minced
1 onion, minced
2 cups mayonnaise
1 (5 ounce) jar pimento-stuffed green olives, drained
1 pint grape tomatoes
salt and pepper to taste

Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the macaroni, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes. Drain well in a colander set in the sink. Transfer the macaroni to a bowl, and cool in the refrigerator.

In a large bowl, lightly toss the tuna with celery, onion, and about 1 cup mayonnaise until combined, then stir in the remaining mayonnaise, macaroni, olives, and grape tomatoes. Season to taste with salt and pepper. Let the salad chill in refrigerator 1 hour.

Warm Corn Salad

Ingredients

1 teaspoon butter
2 ears fresh corn, kernels cut from cob
1/2 red onion, diced
1 tablespoon fresh parsley
salt to taste
ground black pepper to taste
1 tablespoon chopped fresh chives

Directions

Heat the butter in a saucepan over medium heat, and stir in the corn and onion. Cook 5 minutes, until heated through. Mix in parsley, and season with salt and pepper. Garnish with chives to serve.

Grecian Beef, Tomato and Cucumber Salad

Ingredients

1 pound boneless beef top sirloin or top round steak, cut 3/4 inch thick or flank steak
1/4 cup prepared Greek dressing
3 medium tomatoes, cut into 8 wedges each
2 medium cucumbers, chopped
1 cup pitted Kalamata olives, cut in half
1/2 cup prepared Greek dressing
1/2 cup crumbled feta cheese

Directions

Cut beef steak lengthwise in half, then crosswise into 1/8 to 1/4-inch thick strips. Place beef and 1/4 cup dressing in medium bowl; toss to coat. Cover and marinate in refrigerator 30 minutes to 2 hours.

Remove beef from marinade; discard marinade. Heat large nonstick skillet over medium-high heat until hot. Add 1/2 of beef; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. Do not overcook. Remove from skillet. Repeat with remaining beef.

Toss tomatoes, cucumbers and olives with 1/2 cup dressing in serving bowl. Top with beef; sprinkle with cheese.

Thai Noodle Salad

Ingredients

1 (12 ounce) package angel hair pasta
3 cups shredded napa cabbage
4 large carrots, shredded
1 small green bell pepper, chopped
1 small red bell pepper, chopped
1 small yellow bell pepper, chopped
1 bunch fresh cilantro, chopped
1 bunch fresh green onions, chopped
1/2 cup chopped peanuts
2 tablespoons toasted black sesame seeds
8 ounces frozen cooked shrimp, thawed and drained

1/4 cup peanut butter
2 tablespoons tahini
1/4 cup rice wine vinegar
1/4 cup sweet chili sauce
5 tablespoons soy sauce
1 teaspoon sesame oil
1 teaspoon brown sugar
1 teaspoon garlic powder
1 teaspoon salt
1 teaspoon ground black pepper

Directions

Bring a large pot of lightly salted water to a boil. Break pasta into small pieces and add to boiling water; cook for 8 to 10 minutes or until al dente; drain. In a large bowl, toss together the pasta, cabbage, carrots, green, red and yellow bell peppers, 1/2 of the cilantro, 1/2 of the onions, and shrimp.

In a small bowl, stir together the peanut butter, tahini, rice wine vinegar and sweet chile sauce. Season with soy sauce, sesame oil, brown sugar, garlic powder, salt and pepper. Ten minutes before serving, toss the sauce with the cabbage mixture until evenly coated. Garnish with remaining cilantro, green onions, peanuts and black sesame seeds.

Red Potato Salad

Ingredients

3 pounds red potatoes, cut into chunks
1 cup low-fat sour cream
1/2 cup light mayonnaise
2 teaspoons Dijon mustard
1 teaspoon white vinegar
4 hard-cooked eggs, chopped
1 dill pickle, chopped
1/3 celery stalk, chopped
2 green onions, chopped
1 dash hot sauce
1 tablespoon dried dill weed
1/2 teaspoon garlic powder
1 dash onion salt
salt and pepper to taste

Directions

Place the potatoes in a pot with enough water to cover. Bring to a boil, and cook for about 10 minutes, or until easily pierced with a fork. Drain, and transfer to a large bowl to cool.

In a medium bowl, mix the sour cream, mayonnaise, mustard, vinegar, eggs, pickle, celery, green onions, and hot sauce. Season with dill, garlic powder, onion salt, salt, and pepper. Pour over the potatoes, and gently toss to coat. Chill at least 3 hours in the refrigerator before serving.

Dressed-Up Tuna Salad

Ingredients

1 head romaine lettuce, torn
1 pint cherry tomatoes, halved
4 hard-cooked eggs, cut into wedges
4 ounces Swiss cheese, julienned
2 (6 ounce) cans light water-packed tuna
1/2 cup sliced red onion
1/2 cup olive or vegetable oil
3 tablespoons balsamic or red wine vinegar
1 teaspoon dried oregano
1 teaspoon salt
1/2 teaspoon pepper

Directions

Arrange romaine on four salad plates. Top with the tomatoes, eggs, cheese, tuna and onion. In a jar with a tight-fitting lid, combine the oil, vinegar, oregano, salt and pepper. Drizzle over salads. Serve immediately.

Spanish Potato Salad

Ingredients

1 1/2 pounds potatoes
8 slices bacon, cooked and crumbled
1 small apple
1 (2 ounce) can chopped black olives
1/4 cup diced red onion
1/3 cup white wine vinegar
3 tablespoons olive oil
2 cloves garlic, minced
salt to taste
1/2 teaspoon ground black pepper

Directions

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes; drain and cool. Cut each potato lengthwise into 1 inch spears. Place spears in 9x13 inch baking dish.

Prepare the marinade by whisking together the white wine vinegar, olive oil, garlic, salt and pepper. Reserve 1 tablespoon and pour the remainder over the potatoes and turn gently to coat. Cover and refrigerate until chilled.

Remove potatoes from refrigerator and bring to room temperature. Arrange potato spears on serving platter.

Core apple and finely chop; add to reserved marinade. Stir in bacon (or ham), olives and onion. Spoon over potatoes and serve.

Southern Chicken Salad

Ingredients

1/2 cup mayonnaise
3 tablespoons buttermilk
1/4 cup minced green onions
2 tablespoons chopped fresh dill
1/4 teaspoon freshly ground black pepper
1 pound skinless, boneless chicken breasts
1 cup dry white wine
1 sprig fresh dill weed
1/8 teaspoon freshly ground black pepper
1 1/2 cups seedless grapes
1 cup thinly sliced celery
8 leaves red leaf lettuce - rinsed
1/2 cup chopped salted cashews
5 sprigs fresh dill weed, for garnish

Directions

TO MAKE DRESSING: Whisk the mayonnaise, green onions, buttermilk, dill and ground black pepper in a small bowl to blend (can be made 1 day ahead). Cover and chill.

TO MAKE SALAD: Arrange the chicken in a heavy, medium size skillet. Add the wine, dill and ground black pepper. Season with salt. If necessary, add water to cover the chicken. Simmer over medium low heat until chicken is just cooked through, turning once (about 11 minutes). Transfer chicken to a plate and let cool.

Cut chicken into 1/2 inch pieces. Place in a large bowl. Add the grapes and the celery and mix in the dressing to thoroughly coat the mixture. Season with salt and pepper to taste. Cover and refrigerate for at least 20 minutes to develop the flavors. (Can be prepared up to 3 hours ahead).

Arrange the lettuce leaves on plates, mound on the salad and sprinkle with nuts. Garnish with fresh dill and serve.

Cranberry Salad

Ingredients

2 (12 ounce) packages cranberries
4 cups white sugar
1 cup diced celery
1 cup chopped walnuts
2 (12 ounce) containers frozen whipped topping, thawed
1 (10.5 ounce) package miniature marshmallows

Directions

Finely chop cranberries in blender or food processor. Place in a non-reactive bowl, cover with sugar, and let sit 4 hours.

Combine sugared cranberries with celery, walnuts, whipped topping and marshmallows; stir to coat thoroughly. Refrigerate until serving.

Good for You Greek Salad

Ingredients

3 large ripe tomatoes, chopped
2 cucumbers, peeled and chopped
1 small red onion, chopped
1/4 cup olive oil
4 teaspoons lemon juice
1 1/2 teaspoons dried oregano
salt and pepper to taste
1 cup crumbled feta cheese
6 black Greek olives, pitted and sliced

Directions

In shallow salad bowl, or on serving platter, combine tomatoes, cucumber, and onion. Sprinkle with oil, lemon juice, oregano, and salt and pepper to taste. Sprinkle feta cheese and olives over salad. Serve.

Hearty Stir-Fry Salad

Ingredients

3/4 cup sherry or chicken broth
1/3 cup soy sauce
1 small onion, sliced
2 garlic cloves, minced
1 1/2 teaspoons ground ginger
1 1/2 teaspoons chili powder
1/2 teaspoon pepper
1 pound boneless beef top round steak, cut into 2-inch strips
3/4 pound skinless, boneless chicken breast halves - cut into 1/2 inch cubes
4 teaspoons vegetable oil, divided
3 medium carrots, julienned
1 cup fresh broccoli florets
1 medium green pepper, julienned
1 medium onion, thinly sliced
1 cup sliced fresh mushrooms
1/2 cup minced fresh cilantro
12 cups torn mixed salad greens
3 medium navel oranges, peeled and cut into 1/2 inch pieces

Directions

In a bowl, combine the first seven ingredients. Pour 2/3 cup marinade into a large resealable plastic bag; add beef. Pour 1/3 cup marinade into another plastic bag; add chicken. Seal bags and turn to coat; refrigerate for up to 2 hours. Cover and refrigerate remaining marinade.

Drain and discard marinade from beef and chicken. In a large skillet or wok, heat 1-1/2 teaspoons oil; stir-fry beef until no longer pink. Remove and keep warm. In the same pan, stir-fry chicken in 1-1/2 teaspoons oil until juices run clear. Remove and keep warm. Stir-fry carrots and broccoli in remaining oil for 5 minutes. Add the green pepper, onion and mushrooms; stir-fry for 5-6 minutes or until vegetables are crisp-tender. Stir in cilantro and reserved marinade.

Toss salad greens and oranges; place on a large serving plate. Top with the stir-fried beef, chicken and vegetables.

Summer Corn Salad

Ingredients

6 ears corn, husked and cleaned
3 large tomatoes, diced
1 large onion, diced
1/4 cup chopped fresh basil
1/4 cup olive oil
2 tablespoons white vinegar
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Cook corn in boiling water for 7 to 10 minutes, or until desired tenderness. Drain, cool, and cut kernels off the cob with a sharp knife.

In a large bowl, toss together the corn, tomatoes, onion, basil, oil, vinegar, salt and pepper. Chill until serving.

Ramen Spinach Pasta Salad Supreme

Ingredients

2 (3 ounce) packages chicken flavored ramen noodles
8 cups torn spinach leaves
2 cups cooked and cubed chicken
1 cup seedless red grapes, halved
1 cup sliced red bell peppers
1/2 cup chopped cashews
1/2 cup Gorgonzola cheese, crumbled
4 cloves garlic, minced
1 lemon, juiced
1/3 cup olive oil
1/4 cup light mayonnaise
1 red bell pepper, sliced
20 grape clusters, for garnish

Directions

Cook ramen noodles according to package directions, without adding the flavor packets. Drain noodles and cool. Cut noodles into large bite size pieces.

In a large bowl combine the torn spinach leaves, cooked turkey or chicken, halved grapes, red pepper, cashews, Gorgonzola or blue cheese, and ramen noodles.

In a small bowl mix flavor packets, garlic, and lemon juice and let stand at least 15 minutes. Add oil and mayonnaise and whisk until smooth.

Pour dressing over salad and toss until thoroughly mixed. Garnish with red pepper rings and small grape clusters, if desired. Serve.

Peanut Apple Salad

Ingredients

1 cup plain or orange yogurt
2 tablespoons honey
1 teaspoon salt
1/8 teaspoon pepper
2 large red apples, chopped
1 (11 ounce) can mandarin oranges, drained
2 celery ribs, finely chopped
2 medium carrots, shredded
1 cup dry roasted peanuts
Lettuce Leaves

Directions

In a bowl, combine the yogurt, honey, salt and pepper. Add the fruit, vegetables and nuts; gently stir to coat. Cover and refrigerate until serving. Serve in a lettuce-lined bowl if desired.

Easy Seafood Salad

Ingredients

2 pounds cooked shrimp, peeled and deveined
1 pound imitation crabmeat, flaked
1 head cabbage, diced
1 bunch celery, diced
3 green onions, thinly sliced
1 cup mayonnaise
2 tablespoons white sugar

Directions

Gently mix the shrimp, imitation crabmeat, cabbage, celery, and green onions together in a large bowl. Stir the mayonnaise and sugar together in a separate bowl until the sugar is dissolved into the mayonnaise; add to the shrimp mixture and gently stir until all ingredients are evenly coated. Refrigerate for 3 hours to allow the cabbage to soften and the flavors to blend.

Summer Potato Salad

Ingredients

5 cups peeled and cubed potatoes
3 eggs
1/3 cup lemon juice
1/4 cup vegetable oil
2 teaspoons white sugar
1 1/2 teaspoons seasoning salt
1 1/2 teaspoons Worcestershire sauce
1 teaspoon ground mustard
1/4 teaspoon ground black pepper
1/2 cup mayonnaise
1/4 cup chopped green onions
1/3 cup chopped celery
3 tablespoons chopped fresh parsley

Directions

Bring a large pot of salted water to a boil. Add potatoes; cook until tender but still firm, about 15 minutes. Drain, and transfer to a large bowl.

Place eggs in a saucepan, and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, and cool. Peel, chop, and add to potatoes.

In a small bowl, combine lemon juice, oil, sugar, seasoned salt, Worcestershire sauce, mustard powder and black pepper; mix well. Blend in mayonnaise. Pour lemon dressing over potatoes, and stir to coat.

Mix in green onions, celery, and parsley. Refrigerate for at least 2 hours before serving.

Bubba's Pretzel Salad

Ingredients

1/2 cup sugar
1/2 cup butter, melted
1 cup crushed pretzels

1/2 cup sugar
1 (8 ounce) package cream cheese, at room temperature
1 (8 ounce) tub frozen whipped topping, thawed

2 tablespoons cornstarch
1/4 cup sugar
1 (8 ounce) can crushed pineapple, drained with juice reserved

Directions

In a medium bowl, mix together crushed pretzels, 1/2 cup sugar and melted butter until blended. Press into the bottom of a 9x9 inch baking dish.

In another bowl, beat 1/2 cup sugar and cream cheese until fluffy. Fold in whipped topping. Spread over the pretzel layer in dish.

In a small saucepan, stir together cornstarch and 1/4 cup sugar. Mix in reserved pineapple juice, and bring to a boil over medium heat. Cook, stirring until thickened, about 5 minutes. Stir in crushed pineapple. Spread over the whipped layer in the dish. Cover and refrigerate for at least 1 1/2 hours, or until firm.

Cranberry-Black Cherry Gelatin Salad

Ingredients

1 (6 ounce) package black cherry flavored gelatin mix
1 (16 ounce) container sour cream, room temperature
1 (16 ounce) can whole cranberry sauce
1 cup chopped walnuts
2 cups hot water

Directions

Combine gelatin mix and hot water until the gelatin dissolves. Stir in the can of cranberries and mix well. Add the room temperature sour cream and stir to combine. Place gelatin mixture in the refrigerator until almost set. Stir in the walnuts and return to the refrigerator until the mixture is completely set.

Potato Salad with Cream

Ingredients

2 1/2 pounds potatoes
1/2 cup vinegar, boiling
4 eggs, beaten
1 tablespoon butter
1 cup heavy cream
4 tablespoons chopped fresh parsley
2 tablespoons chopped onion
2 teaspoons dry mustard
1 teaspoon salt
1/2 teaspoon ground black pepper
1 pinch ground cayenne pepper

Directions

Peel the potatoes and add to a large pot of boiling salted water. Cook until tender but still firm, about 15 minutes. Drain, cool and cube. Place into a large bowl and set aside.

In a double boiler, bring vinegar to a boil. Gradually beat in eggs and cook over simmering water until thickened. Stir in butter and cook 1 minute. Whisk in cream, parsley, onion, mustard, salt, pepper and cayenne. Pour over hot potatoes and combine. Cool, sprinkle with parsley and refrigerate until serving time.

Grilled Chicken Salad

Ingredients

2 (6 ounce) skinless, boneless chicken breast halves
3 cups torn mixed salad greens
1 small tomato, chopped
1/4 cup dried cranberries
1/4 cup shredded reduced-fat Cheddar cheese
1/4 cup sliced ripe olives
2 green onions, chopped
2 tablespoons chopped walnuts
1/4 cup fat-free Italian salad dressing

Directions

Grill chicken, covered, over medium heat for 8-10 minutes on each side or until no longer pink. Divide salad greens between two serving plates; top with tomato, cranberries, cheese, olives, onions and walnuts. Slice chicken; arrange over salads. Serve with Italian dressing.

Spinach and Goat Cheese Salad with Beetroot

Ingredients

1 cup walnuts, coarsely chopped
2 tablespoons white sugar
1/3 (15 ounce) can pickled beets
1/4 cup cider vinegar
1 teaspoon chicken bouillon granules
1/2 teaspoon garlic powder
1 teaspoon white sugar
1/2 teaspoon salt
1/2 teaspoon black pepper
1/4 cup vegetable oil
1/2 pound baby spinach, rinsed and dried
4 ounces goat cheese, crumbled

Directions

In small saucepan over medium heat, cook and stir the walnuts and sugar until walnuts are lightly browned and sugar is caramelized. Thoroughly coat the walnuts with the sugar.

In a blender or food processor, blend the beets with cider vinegar, bouillon granules, garlic powder, sugar, salt, and pepper. Gradually blend in the oil.

In a large bowl, toss together the sugar-coated walnuts and spinach. Before serving, drizzle with the blended beat mixture, toss, and sprinkle with goat cheese.

Frozen Cranberry Salad

Ingredients

1 (12 ounce) package fresh or frozen cranberries
1 1/2 cups sugar
1 (20 ounce) can crushed pineapple
1 (16 ounce) package miniature marshmallows
2 cups whipping cream
2 tablespoons confectioners' sugar
1 teaspoon vanilla extract
1 cup chopped walnuts

Directions

In a blender or food processor, process cranberries until coarsely ground. Pour into a bowl; add sugar. Cover and chill for 1 hour. Drain pineapple, reserving 1/4 cup of juice (discard remaining juice or save for another use). In a large bowl, combine pineapple, juice and marshmallows. Cover and chill for 1 hour. Add cranberry mixture. In a mixing bowl, beat cream until soft peaks from; beat in sugar and vanilla. Fold into the cranberry-pineapple mixture. Stir in walnuts. Transfer to two greased 8-in. square dishes. Cover and freeze for up to 2 months. Remove from the freezer about 45 minutes before serving. Cut into squares.

Cinnamon Apple Salad

Ingredients

1/2 cup red-hot candies
1 cup boiling water
1 (3 ounce) package lemon gelatin
1 cup applesauce
1 (8 ounce) package cream cheese, softened
1/2 cup mayonnaise or salad dressing
1/2 cup chopped pecans
1/4 cup chopped celery

Directions

In a bowl, dissolve candies in water (reheat if necessary). Add gelatin; stir to dissolve. Stir in applesauce. Pour half into an 8-in. square pan that has been lightly coated with nonstick cooking spray. Refrigerate until firm. Cover and set remaining gelatin mixture aside at room temperature.

Meanwhile, combine the cream cheese, mayonnaise, pecans and celery; spread over chilled gelatin mixture. Carefully pour remaining gelatin mixture over cream cheese layer. Chill overnight.

Orange Buttermilk Salad

Ingredients

1 (20 ounce) can unsweetened crushed pineapple, undrained
3 tablespoons sugar
1 (6 ounce) package orange flavored gelatin
2 cups buttermilk
1 (8 ounce) carton frozen whipped topping, thawed
1 cup chopped nuts

Directions

In a saucepan, combine pineapple and sugar; bring to a boil, stirring occasionally. When mixture boils, immediately add gelatin and stir until dissolved. Cool slightly. Stir in buttermilk. Chill until partially set. Fold in whipped topping and nuts. If necessary, chill until mixture mounds slightly. Pour into a lightly oiled 8-1/2-cup mold. Chill overnight.

Tomato Cucumber Salad II

Ingredients

4 medium fresh tomatoes, cut into 1 inch chunks
1 large cucumber, sliced
1/2 red onion, diced
1/4 cup mayonnaise
2 cloves garlic, minced
2 teaspoons fresh ground black pepper
salt to taste

Directions

In a large bowl, toss together the tomatoes, cucumber, onion, mayonnaise, and garlic. Season with pepper and salt.

Artichoke Salad I

Ingredients

1 (10.75 ounce) package chicken flavored rice mix (e.g. Rice A Roni)
1/2 cup mayonnaise
1 tablespoon Worcestershire sauce
1 tablespoon lemon juice
1 teaspoon curry powder
1 dash hot pepper sauce
2 (6.5 ounce) jars marinated artichoke hearts, diced
6 green onions, chopped
12 pimento-stuffed green olives, chopped
1 green bell pepper, chopped

Directions

Prepare rice as package directs, omitting butter, instead spray pan with non-stick vegetable oil. Cool mixture in refrigerator.

In a mixing bowl, combine artichokes, green onions, green olives and bell pepper.

Prepare the dressing by whisking together the mayonnaise, Worcestershire sauce, lemon juice, curry powder and hot pepper sauce. Pour dressing over combined rice and vegetable mix, stir well and chill.

Dennie's Fresh Lobster Salad

Ingredients

1 pound cooked lobster meat, cut into bite-sized pieces
1/4 cup butter, melted
1/4 cup mayonnaise
1/8 teaspoon ground black pepper

Directions

Place the lobster chunks into a medium bowl, and pour the melted butter over. Toss to coat, then stir in mayonnaise and season with black pepper. Cover and chill for 20 minutes before serving.

Chicken Strawberry Spinach Salad with Ginger-

Ingredients

2 teaspoons corn oil
1 skinless, boneless chicken breast half - cut into bite-size pieces
1/2 teaspoon garlic powder
1 1/2 tablespoons mayonnaise
1/2 lime, juiced
1/2 teaspoon ground ginger
2 teaspoons milk
2 cups fresh spinach, stems removed
4 fresh strawberries, sliced
1 1/2 tablespoons slivered almonds
freshly ground black pepper to taste

Directions

Heat oil in a skillet over medium heat. Place chicken in skillet, season with garlic powder and cook 10 minutes on each side or until juices run clear. Set aside.

In a bowl, mix mayonnaise, lime juice, ginger and milk.

Arrange spinach on serving dishes. Top with chicken and strawberries, sprinkle with almonds and drizzle with dressing. Season with pepper to serve.

Ramen Noodle Salad

Ingredients

4 (3 ounce) packages chicken flavored ramen noodles
1 cup diced celery
1 (8 ounce) can water chestnuts, drained and sliced
1/2 red onion, diced
1/2 green bell pepper, diced
4 ounces frozen green peas
1 cup mayonnaise

Directions

Break noodles and cook as directed on package. Drain and rinse noodles under cold water.

In a large bowl, combine the noodles, celery, water chestnuts, red onion, bell pepper and peas.

Prepare the dressing by whisking together the mayonnaise and ramen noodle seasoning mix. Pour over noodle mixture and toss until well coated. Refrigerate until chilled and serve.

Italian Marinated Seafood Salad

Ingredients

1/2 pound sea scallops
1/4 pound medium shrimp
1/2 pound fresh mussels
1/4 pound calamari rings
1/2 cup pitted kalamata olives
2 tablespoons lemon juice
1/3 cup olive oil
1 large clove garlic, minced
1 tablespoon minced fresh parsley
1 tablespoon minced fresh chives
1/4 teaspoon red pepper flakes
1 lemon, sliced
1 medium red onion, thinly sliced
6 cups mixed salad greens
freshly ground pepper to taste
salt

Directions

Bring a large pot of water to boiling. Cook scallops, shrimp, mussels, and calamari in boiling water for 2 minutes. Drain. Peel the shrimp, and shell the scallops and mussels.

Place cooked seafood and olives in a large bowl, and toss with lemon juice, olive oil, garlic, parsley, chives, and red pepper flakes. Chill for 1 hour.

Divide salad greens onto 6 plates or salad bowls. Spoon seafood over greens. Garnish with slices of lemon and red onions. Season with salt and freshly ground black pepper.

Orange Tapioca Salad

Ingredients

3 cups water
1 (3 ounce) package orange flavored gelatin mix
1 (3.4 ounce) package instant vanilla pudding mix
1 (3 ounce) package instant tapioca pudding mix
1 (15 ounce) can mandarin oranges, drained
1 (8 ounce) can crushed pineapple, drained
1 (8 ounce) tub frozen whipped topping, thawed

Directions

Bring the water to a boil in a large saucepan. Whisk in the orange gelatin mix, vanilla pudding mix and tapioca pudding mix. Return to a boil and cook for 1 minute, stirring constantly. Remove from the heat and allow to cool completely. Fold in mandarin oranges, pineapple and whipped topping. Transfer to a serving bowl and refrigerate for at least 2 hours. Fluff the top using a spoon before serving.

Mendocino Chicken Salad

Ingredients

1 (6 ounce) package smoked chicken breast, skin removed, cubed
1 cup seedless grapes, halved
1/2 cup diced red onion
3 stalks celery, diced
1/4 cup fresh basil leaves, cut into thin strips
1 cup blanched slivered almonds
3/4 cup mayonnaise

Directions

In a large bowl, combine the smoked chicken, grapes, red onion, celery, basil, almonds and mayonnaise. Mix well; chill and serve.

Mid-Summer Italian Bread Salad

Ingredients

1 clove garlic
1 (1 pound) loaf Italian bread
1 cup chopped tomatoes
1 cup cucumber - peeled, seeded and chopped
1 cup chopped red onion
1 clove garlic, minced
2 cups chopped fresh basil
1/8 cup chopped fresh thyme
1/4 cup olive oil
2 tablespoons balsamic vinegar

Directions

Rub a peeled clove of garlic around a wooden salad bowl.

Pull apart or chop the bread into bite-size pieces.

In the prepared salad bowl, combine the bread, tomatoes, cucumbers, red onions, garlic, basil and thyme. Add enough olive oil and vinegar to lightly coat, toss and serve.

Garden Fresh Salad

Ingredients

1 pound new red potatoes, scrubbed and halved
1 pound new white potatoes, scrubbed and halved
1/2 pound fresh green beans, trimmed and snapped
1/2 pound fresh wax beans, trimmed and snapped
1/2 cup mayonnaise
2 teaspoons Dijon mustard
2 stalks celery, chopped
1/3 cup chopped fresh dill
salt and pepper to taste

Directions

Place the potatoes into a large pot with enough water to cover. Bring to a boil, and cook until potatoes are tender, about 10 minutes. Add the green beans and wax beans during the last 2 minutes to blanch them. Drain, and rinse under cold water to stop the cooking. Cool before adding to the dressing.

In a large bowl, mix together the mayonnaise, mustard, celery, dill, salt, and pepper. Add the cooled potatoes and beans, and stir to coat. Refrigerate until ready to serve.

Main Dish Salad

Ingredients

1 head iceberg lettuce, torn into bite-sized pieces
1 cup shredded carrot
1/2 cup diced celery
1/4 cup diced onion
1 (7 ounce) can albacore tuna in water, drained and flaked
1 cup creamy salad dressing, e.g. Miracle Whip в„ў
1 tablespoon prepared yellow mustard
2 cups shoestring potatoes

Directions

In a large salad bowl, toss together the lettuce, carrot, celery, onion, and tuna. In a small bowl, stir together the creamy salad dressing and mustard. Stir into the salad so that it is evenly coated. Just before serving, stir in the shoestring potatoes.

Grilled Steak and Potato Salad

Ingredients

1/4 cup red wine vinegar
1 tablespoon Dijon mustard
2 teaspoons jarred minced garlic
1 teaspoon salt
1/2 teaspoon dried thyme leaves
1/2 teaspoon freshly ground black pepper
1/2 teaspoon granulated sugar
3/4 cup CRISCO® Oil
1 1/2 pounds small red potatoes, scrubbed and quartered
1 pound boneless sirloin, New York Strip or Delmonico steak
1/2 pound fresh green beans, cut into 1-inch pieces
1/2 pound white mushrooms, rinsed, stems trimmed and thinly sliced
1 medium red bell pepper, seeds and ribs removed and thinly sliced
1/2 small red onion, peeled and thinly sliced
1 pint cherry tomatoes, rinsed and halved
Bibb or head lettuce leaves

Directions

Whisk together vinegar, mustard, garlic, salt, thyme, pepper and sugar. Add CRISCO® Oil; whisk until thoroughly blended.

Place steak in re-sealable plastic bag. Pour one-third of dressing over meat. Marinate 30 minutes.

Place potatoes in large pot. Cover with cold water; add salt. Bring to boil on high heat. Boil for 12-15 minutes, or until tender when pierced with a knife. Drain. Place in large mixing bowl. Toss with half of remaining dressing.

Prepare grill or broiler.

Microwave green beans on high for 2 minutes, or until crisp-tender. Set aside. Add green beans, mushrooms, red bell pepper, onion and tomatoes to potatoes; toss gently to mix.

Remove steak from marinade; discard marinade. Season steak with salt and pepper.

Grill steak to desired doneness; allow to rest 5 minutes before slicing into thin slices across the grain.

Arrange lettuce leaves on 4 plates. Top with vegetable mixture. Place steak slices on top; drizzle with remaining dressing. Serve immediately.

Really, Truly Gorgeous Dried Fruit Salad

Ingredients

8 ounces dried figs
8 ounces dried apricots
8 ounces pitted prunes
1/2 cup dried cranberries
1/2 cup raisins
1/2 cup golden raisins
1/4 cup pine nuts
1 tablespoon honey

Directions

Place the figs, apricots, prunes, cranberries, raisins, and golden raisins into a bowl. Pour in just enough water to cover. Cover the bowl and soak overnight, at least 8 hours.

Pour the fruit with the soaking water into a saucepan. Stir in the pine nuts and honey. Bring to a simmer; cook, stirring occasionally, until the fruit is tender but still holds its shape, about 30 minutes. Remove from the heat; return the fruit and liquid to the bowl, being careful not to break up the fruit. Cool to room temperature.

Shawna's Southern Fried Chicken Salad

Ingredients

1/2 cup yellow cornmeal
1/3 cup all-purpose flour
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/8 teaspoon cayenne pepper
1/2 cup buttermilk
2/3 cup vegetable oil
1 pound skinless, boneless chicken breast halves
2 cups cooked white rice
1/4 cup chopped red bell pepper
1/4 cup chopped green bell pepper
1/4 cup chopped red onion
1/2 head romaine lettuce - rinsed, dried and shredded
5 slices bacon
3 tablespoons apple cider vinegar
1 tablespoon honey
1/2 teaspoon Dijon mustard
1/2 teaspoon salt
1/4 teaspoon ground black pepper

Directions

In a large bowl, sift together the cornmeal, flour, salt, black pepper and red pepper.

Pour buttermilk in a separate large bowl.

Heat the oil in a large, deep skillet over medium-high heat.

Dip the chicken in the buttermilk, then in cornmeal mixture. Coat lightly and cook in hot oil until crispy and golden brown, about 5 minutes. Drain on paper towels; keep warm.

Combine the rice, red bell peppers, green bell peppers, onion, and chicken in medium bowl. Place lettuce on bottom of 4 servings bowls or plates. Top with rice and chicken mixture.

Prepare the dressing by placing the bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside. Sprinkle crumbled bacon over chicken mixture.

Pour off all but 2 tablespoons drippings. Add 2 tablespoons water, cider vinegar, honey, mustard, salt and pepper; heat just to boiling and pour over salad.

Chinese Pasta Salad

Ingredients

1 medium head cabbage, shredded
4 green onions, sliced
1/2 cup slivered almonds
1 (3 ounce) package ramen noodles with seasoning packet
1/2 cup chopped fresh cilantro
1/4 cup vegetable oil
1/2 cup rice wine vinegar

Directions

In large bowl, combine cabbage, green onion and almonds. Crush ramen noodles and add to bowl with cilantro. Toss.

In small bowl, combine oil, vinegar and contents of ramen noodle seasoning packet. Toss dressing with cabbage mixture. Serve.

Mango, Orange, Grapefruit, Avocado, and

Ingredients

1 head romaine lettuce, chopped
1/2 cup balsamic vinaigrette salad dressing
3/4 cup crumbled blue cheese
2 mangos, peeled and sliced
2 grapefruit, sectioned
2 oranges, sectioned
2 avocados - peeled, pitted and diced
1/2 cup shelled pistachios, coarsely chopped

Directions

Toss the romaine lettuce with the balsamic vinaigrette and blue cheese crumbles. Place into a large salad bowl. Arrange the mango, grapefruit, orange, and avocado over the salad in a lovely pattern. Sprinkle with chopped pistachios to serve.

Peach Chicken Salad

Ingredients

3 medium fresh peaches, peeled and cubed
2 cups cubed cooked chicken breast
1 medium cucumber, seeded and chopped
3 tablespoons finely chopped red onion
MINT VINAIGRETTE:
1/4 cup white wine vinegar
1 tablespoon lemon juice
1/3 cup sugar
1/4 cup minced fresh mint
1/4 teaspoon salt
1/8 teaspoon pepper
4 lettuce leaves

Directions

In a large bowl, combine the peaches, chicken, cucumber and onion; set aside. In a blender, combine the vinegar, lemon juice, sugar, mint, salt and pepper; cover and process until smooth. Drizzle over chicken mixture; toss to coat. Cover and refrigerate until chilled. Use a slotted spoon to serve on lettuce-lined plates.

Tomato Cucumber Salad

Ingredients

2 tomatoes, chopped
1 cucumber, peeled and diced
1 onion, chopped
1 tablespoon lemon juice
salt to taste
ground black pepper to taste

Directions

Combine tomatoes, cucumbers, and onions in a salad bowl. Season to taste with salt and black pepper. Sprinkle with lemon juice. Chill.

Jamie's Cranberry Spinach Salad

Ingredients

1 tablespoon butter
3/4 cup almonds, blanched and slivered
1 pound spinach, rinsed and torn into bite-size pieces
1 cup dried cranberries
2 tablespoons toasted sesame seeds
1 tablespoon poppy seeds
1/2 cup white sugar
2 teaspoons minced onion
1/4 teaspoon paprika
1/4 cup white wine vinegar
1/4 cup cider vinegar
1/2 cup vegetable oil

Directions

In a medium saucepan, melt butter over medium heat. Cook and stir almonds in butter until lightly toasted. Remove from heat, and let cool.

In a large bowl, combine the spinach with the toasted almonds and cranberries.

In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, onion, paprika, white wine vinegar, cider vinegar, and vegetable oil. Toss with spinach just before serving.

Roasted Carrot Salad

Ingredients

2 pounds carrots, peeled and thinly sliced on the diagonal
1/2 cup slivered almonds
2 cloves garlic, minced
1/4 cup extra-virgin olive oil
salt and ground black pepper to taste

1 teaspoon honey
1 tablespoon cider vinegar
1/3 cup dried cranberries
1 (4 ounce) package crumbled Danish blue cheese
2 cups arugula

Directions

Preheat an oven to 400 degrees F (200 degrees C).

Combine the carrots, almonds, and garlic in a mixing bowl. Drizzle with the olive oil, then season to taste with salt and pepper. Spread out onto an ungreased baking sheet.

Bake the carrots in the preheated oven until soft and the edges turn brown, about 30 minutes. Remove and allow to cool to room temperature.

Once cool, return the carrots to the mixing bowl, and drizzle with honey and vinegar; toss until coated. Add the cranberries and blue cheese; toss again until evenly mixed. Combine with the arugula and serve immediately.

Baby Beet Salad

Ingredients

4 (14 ounce) cans baby beets - drained, rinsed, and quartered
2 (15.5 ounce) cans mandarin oranges, drained
1 large purple onion, cut into chunks
2 cups apple cider vinegar
2 cups orange juice

Directions

Stir the beets, oranges, onion, vinegar, and orange juice together in a bowl; serve immediately or chill until needed.

Tasty Salad Seasoning

Ingredients

1/4 cup grated Romano cheese
1 tablespoon sesame seed
1 teaspoon paprika
1 teaspoon poppy seed
1 teaspoon celery seed
1 1/2 teaspoons salt
1/2 teaspoon garlic powder
1/2 teaspoon ground black pepper
1 dash cayenne pepper

Directions

Stir the Romano cheese, sesame seed, paprika, poppy seed, celery seed, salt, garlic powder, black pepper, and cayenne pepper together in a small bowl until evenly mixed. Store refrigerated in an airtight container.

Best Chicken Salad Ever I

Ingredients

1 (5 ounce) can chunk chicken, drained and flaked
2 tablespoons creamy salad dressing
1 teaspoon sweet pickle relish
1 large apple, cored and diced
1 cup chopped pecans
1/2 stalk celery, chopped (optional)
2/3 cup raisins
salt and pepper to taste

Directions

In a large bowl, mix the chicken, creamy salad dressing, pickle relish, apple, pecans, celery, and raisins. Season with salt and pepper. Chill until serving.

Colorful Bulgur Salad

Ingredients

1/2 cup cracked bulgur wheat
1/2 cup chicken broth
1 small cucumber, seeded and chopped
1 tomato, chopped
1 carrot, shredded
3 green onions, thinly sliced
3 tablespoons fresh lime juice
3/4 tablespoon chili powder
1 pinch garlic powder

Directions

Place bulgur in a colander and rinse under cold running water. Drain and transfer to a small bowl.

In a small saucepan bring the chicken broth to a boil. Stir in the bulgur, remove from the heat and let stand for 1 hour.

Stir in the cucumbers, tomatoes, carrots, and green onions into the bulgur.

In a small bowl whisk the lime juice, chili powder and garlic powder together. Pour over the bulgur mixture and stir until combined. Cover and chill for 2 hours before serving. Stir before serving.

Buckwheat and Summer Squash Salad

Ingredients

2 cups uncooked buckwheat
4 cups water
1/2 teaspoon salt

1 large summer squash, thinly sliced
1 cup cooked garbanzo beans
1/2 cup chopped toasted walnuts
1/4 cup grated Parmesan cheese
1 lemon, juiced
1 tablespoon chopped fresh parsley
2 tablespoons olive oil
salt and black pepper to taste

Directions

Bring the buckwheat, water, and salt to a boil in a saucepan. Cook at a boil for 7 minutes; drain and pour into a mixing bowl. Refrigerate until cooled to room temperature.

Place the summer squash, garbanzo beans, walnuts, and Parmesan cheese into the bowl with the buckwheat. Season with lemon juice, parsley, olive oil, salt, and pepper. Gently stir until evenly combined; serve at room temperature.

Avocado Egg Salad

Ingredients

6 avocados - peeled, pitted, and cubed
1 teaspoon fresh lemon juice
5 hard-cooked eggs, chopped
1/2 red onion, minced
1/2 cup light mayonnaise
1 tablespoon milk
3 hard-cooked eggs, sliced
1/2 teaspoon paprika

Directions

Toss avocado cubes with lemon juice in a serving bowl; mix avocado with chopped egg and onion. Whisk together the mayonnaise and milk; add to avocado mixture and gently mix. Arrange the remaining eggs sliced atop the salad in rows. Sprinkle top with paprika.

Zippy Tuna Salad

Ingredients

1 (8 ounce) can crushed pineapple
1 (12 ounce) can tuna, drained and flaked
2 hard-cooked eggs, chopped
1/2 cup chopped celery
1/4 cup chopped onion
6 tablespoons mayonnaise
1/2 teaspoon Dijon mustard
1/4 teaspoon Creole seasoning
1/8 teaspoon minced garlic
1 dash celery salt
dash cayenne pepper
1/4 cup chopped pecans

Directions

Drain pineapple, reserving 2 tablespoons juice. Combine pineapple, tuna, eggs, celery and onion. In a small bowl, combine reserved pineapple juice, mayonnaise, mustard and seasonings. Add to tuna mixture; mix well. Chill. Add pecans just before serving.

Watercress and Crab Salad

Ingredients

2 bunches watercress, trimmed and chopped
6 ounces imitation crabmeat, chopped
1 stalk celery, chopped
2 green onions, chopped
1 tomato, chopped

1/4 cup olive oil
1/4 cup rice vinegar
1 teaspoon chopped fresh basil
1 pinch salt and pepper to taste

Directions

In a large bowl, combine the watercress, imitation crabmeat, celery, green onion, and tomato. In a separate bowl, whisk together the olive oil, vinegar, basil, salt, and pepper. Pour over the watercress mixture, and toss to coat evenly. Serve immediately.

Bacon-Cauliflower Tossed Salad

Ingredients

2 heads iceberg lettuce, coarsely shredded
1 head cauliflower, coarsely chopped
1 pound sliced bacon, cooked and crumbled
1 1/2 cups shredded Colby-Monterey Jack cheese
6 green onions, sliced
DRESSING:
1 cup mayonnaise
1/3 cup sugar
1 tablespoon milk
1/2 teaspoon salt
1/8 teaspoon pepper

Directions

In a large salad bowl, toss the lettuce, cauliflower, bacon, cheese and green onions. In a small bowl, whisk together the dressing ingredients. Serve with salad.

Cucumber Peanut Salad

Ingredients

1 large cucumbers - peeled, seeded, and diced
salt to taste
1 tablespoon butter
1/2 teaspoon ground cumin
1 dried red chile pepper
3 tablespoons coarsely chopped peanuts
1 tablespoon lemon juice
1 teaspoon white sugar
1 teaspoon minced fresh cilantro

Directions

Mix together salt and cucumber, and allow to drain in a colander for ten minutes to release water. Pat dry, and place in a medium size bowl.

Melt butter in a small saucepan, and stir in cumin and chili pepper.

Add peanuts, lemon juice, sugar, and melted butter to cucumber, and stir together. Garnish with cilantro.

Rice Salad in Tomato Cups

Ingredients

1 cup cooked rice
1 hard-cooked egg, chopped
3 tablespoons mayonnaise
1 tablespoon chopped celery
1 tablespoon chopped onion
1/4 teaspoon dried basil
1/4 teaspoon dried parsley flakes
1/8 teaspoon dried oregano
Dash pepper
2 medium tomatoes

Directions

In a bowl, combine the first nine ingredients; mix well. Cut a thin slice off the top of each tomato. Scoop out and discard pulp, leaving a 1/2-in. shell. cut a thin slice off bottom of tomatoes to level if necessary. Fill with rice salad. Cover and refrigerate for 1 hour or until serving.

Orzo Pasta Salad

Ingredients

1 cup uncooked orzo pasta
1/4 cup chopped sun-dried tomatoes
1/2 cup boiling water
1 tablespoon extra-virgin olive oil
1 lemon, juiced and zested
1/2 cup kalamata olives
1/4 cup finely chopped fresh parsley
1/4 cup crumbled feta cheese
salt and pepper to taste

Directions

Fill a pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the orzo, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes. Drain well in a colander set in the sink.

Place the sun-dried tomatoes into the boiling water in a bowl, and let stand for 10 minutes to plump up. Drain off excess water.

Toss the cooked orzo, sun-dried tomatoes, olive oil, lemon juice, lemon zest, olives, parsley, and feta cheese together in a bowl. Season to taste with salt and pepper.

Tandoori Chicken Salad

Ingredients

1 cup honey mustard dressing
1 1/2 tablespoons ground cumin
1 tablespoon curry powder
1 (8 ounce) container mango yogurt
2 tablespoons garam masala
2 teaspoons lemon juice
4 (4 ounce) skinless, boneless chicken breast halves
1/2 red onion, thinly sliced
1/2 cup raisins
1/2 cup blanched slivered almonds
3/4 cup drained canned pineapple tidbits
8 cups mixed salad greens
4 sprigs fresh mint
4 wedges lime

Directions

In a small bowl, whisk together honey mustard dressing, ground cumin, and curry powder. Cover, and refrigerate until serving.

In a baking dish, whisk together yogurt, garam masala, and lemon juice. Place chicken breasts in the dish, and turn to coat. Cover, and refrigerate for at least 1 hour, turning occasionally.

Preheat an outdoor grill for high heat. Lightly brush oil over grill grate. Grill chicken until done, about 6 to 8 minutes per side.

In a small bowl, mix together onion, raisins, almonds, and pineapple.

In a large bowl, toss salad greens with salad dressing and 3/4 of the almond mixture. Divide salad among 4 plates. Sprinkle equal amounts of reserved almond mixture over each salad. Top each with grilled chicken, and garnish with a mint sprig and a lime wedge.

Alabi Potato Salad

Ingredients

5 pounds potatoes
1 cup mayonnaise
1 cup dill pickle relish
3/4 cup prepared yellow mustard
12 hard-cooked eggs, peeled and chopped
2 cups chopped celery (optional)
2 teaspoons paprika
20 buttery round crackers

Directions

Place the potatoes into a large pot, and fill with enough water to cover. Bring to a boil, and cook for about 20 minutes, or until easily pierced with a fork. Drain, and set aside to cool.

In a large bowl, stir together the mayonnaise, relish, mustard, hard-cooked eggs and celery. Cut the potatoes into cubes, and add to the bowl. Mix gently until coated. Garnish with a sprinkling of paprika, and arrange crackers around the edge.

Bean and Carrot Salad

Ingredients

1/2 cup baby carrots, cut in half lengthwise
2 cups fresh-cut green beans
1/4 cup chopped radishes
1/4 cup chopped red onion
DRESSING:
1 tablespoon lemon juice
1 1/2 teaspoons olive oil
1/2 teaspoon sugar
1/2 teaspoon Dijon mustard
1/4 teaspoon minced garlic
1/8 teaspoon salt
1/8 teaspoon ground cumin
1 1/2 teaspoons sesame seeds, toasted

Directions

In a small saucepan, cook carrots in a small amount of boiling water for 4 minutes. Add the beans; cook 4-5 minutes longer or until vegetables are crisp-tender. Drain; chill in ice water. Drain and pat dry; place in a large bowl. Add radishes and onion.

In a small bowl, whisk the lemon juice, oil, sugar, mustard, garlic, salt and cumin. Pour over bean mixture; toss to coat. Cover and refrigerate until serving. Sprinkle with sesame seeds.

Cabbage Chicken Salad

Ingredients

1 (3 ounce) package chicken flavored ramen noodles
2 cups shredded cabbage
1 cup cubed cooked chicken
1/4 cup sliced green onions
3 tablespoons sesame seeds, toasted
1/3 cup white vinegar
2 tablespoons sugar
2 tablespoons water
4 teaspoons vegetable oil
1/4 teaspoon salt
1/8 teaspoon pepper

Directions

Set seasoning packet from noodles aside. Crumble the noodles into a large bowl; add the cabbage, chicken, onions and sesame seeds. In a jar with a tight-fitting lid, combine the vinegar, sugar, water, oil, salt, pepper and contents of seasoning packets; shake well. Pour over cabbage mixture and toss to coat. Cover and refrigerate for 8 hours or overnight.

Simple Cranberry Spinach Salad

Ingredients

1 (6 ounce) package fresh spinach
1/3 cup dried cranberries
1/3 cup chopped walnuts
1/3 cup raspberry walnut vinaigrette
1 tablespoon finely shredded Romano cheese

Directions

Combine the spinach, cranberries, walnuts, vinaigrette, and Romano cheese in a large bowl; toss until spinach is evenly coated. Serve immediately.

Peanutty Pea Salad

Ingredients

1/2 cup mayonnaise
1/2 cup sour cream
1/4 cup white sugar
1 (16 ounce) package frozen green peas, thawed
1/2 red onion, diced
1/2 cup sweetened dried cranberries
1 cup unsalted peanuts

Directions

In a large bowl, whisk together the mayonnaise, sour cream and white sugar.

Add peas, onion, cranberries and peanuts and stir until evenly coated. Chill for 30 minutes before serving.

Mixed Vegetable Salad

Ingredients

1 (10 ounce) package frozen mixed vegetables
1 (15 ounce) can kidney beans, rinsed and drained
1/2 cup chopped celery
1/2 cup chopped onion
1/2 cup chopped green pepper
3/4 cup sugar
1/2 cup vinegar
1 tablespoon cornstarch

Directions

Cook the mixed vegetables on the stove or in the microwave until crisp-tender. Drain; place in a large bowl. Add kidney beans, celery, onion and green pepper. In a saucepan over medium heat, bring sugar, vinegar and cornstarch to a boil, stirring constantly, until thickened. Cool slightly. Pour over vegetables and toss. Refrigerate.

Sweet Floret Salad

Ingredients

1/2 cup mayonnaise
1/3 cup sugar
1/4 cup vegetable oil
1/4 cup vinegar
1 medium head cauliflower, broken into florets
1 3/4 pounds fresh broccoli florets
1 medium red onion, sliced
1 medium yellow bell pepper, cut into 1" pieces (optional)
1/2 pound sliced bacon, cooked and crumbled

Directions

In a small saucepan, combine the mayonnaise, sugar, oil and vinegar. Bring to a boil, whisking constantly. Cool to room temperature. In a large bowl, combine the remaining ingredients. Add dressing and toss to coat. Cover and refrigerate for several hours or overnight, stirring occasionally.

BLT Salad

Ingredients

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

Directions

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.

Bacon-Mustard Salad Dressing

Ingredients

1 bacon, diced
6 tablespoons orange juice
1/2 cup fat-free sour cream
3 tablespoons finely chopped green onions (white portion only)
1 tablespoon Dijon mustard
1 garlic clove, minced
2 teaspoons brown sugar
1/4 teaspoon salt
1/8 teaspoon pepper

Directions

In a nonstick skillet, cook bacon over medium heat until crisp. Remove with a slotted spoon to drain on paper towels. Add orange juice to the drippings; stir to loosen browned bits from pan. Place the remaining ingredients in a blender or food processor; add orange juice mixture and bacon. Cover and process until smooth. Store in the refrigerator.

Colorful Mixed Salad

Ingredients

1/2 cup orange juice
1/3 cup cider vinegar
1/3 cup vegetable oil
4 teaspoons sugar
6 cups torn mixed salad greens
1 (11 ounce) can mandarin oranges, drained
1 small red onion, thinly sliced
4 radishes, thinly sliced
4 green onions, thinly sliced
1/3 cup dried cranberries
1/3 cup sunflower seeds
3/4 cup crumbled feta cheese
3/4 cup cherry tomatoes, halved

Directions

In a jar with a tight-fitting lid, combine the orange juice, vinegar, oil and sugar; shake well. Cover and refrigerate for 1 hour. Just before serving, combine the remaining ingredients in a large serving bowl. Drizzle with dressing and toss gently.

Feta and Slow-Roasted Tomato Salad with French

Ingredients

12 cherry tomatoes
salt and black pepper to taste
1/4 cup olive oil
1 bay leaf, crumbled
1/4 cup pine nuts
2/3 pound thin green beans, trimmed
1 (5 ounce) package arugula leaves
6 fresh basil leaves, torn into pieces

1 tablespoon red wine vinegar
2 tablespoons whole-grain mustard
2 cloves garlic, minced
1/2 teaspoon honey
1/4 cup olive oil

6 ounces crumbled feta cheese

Directions

Preheat an oven to 225 degrees F (110 degrees C).

Slice the cherry tomatoes in half, and arrange them, cut sides up, on a baking sheet. Sprinkle them with salt, pepper, and the bay leaf; drizzle with 1/4 cup olive oil.

Bake the tomatoes until they are shriveled and dry on the outside, but a little moist inside, about 2 hours.

Toast the pine nuts in a small pan over medium-low heat, gently shaking the pan as they toast, until beginning brown and fragrant, 2 to 3 minutes; set aside.

Bring a saucepan of water to a boil; cook the green beans in the boiling water until bright green but still crisp, about 3 minutes. Drain and rinse immediately with cold water.

Combine the roasted tomatoes, toasted pine nuts, green beans, arugula, and basil in a salad bowl. Whisk together the red wine vinegar, mustard, garlic, honey, and 1/4 cup olive oil in a bowl, and pour the dressing over the salad. Stir in the crumbled feta cheese just before serving.

Light Turkey Salad

Ingredients

2 cups sliced cooked turkey
4 radishes, thinly sliced
1 carrot, shredded
1 zucchini, sliced and julienned
1 small onion, chopped
2 tablespoons plain yogurt
1 teaspoon Dijon-style prepared mustard
1 teaspoon soy sauce
1/2 teaspoon white sugar
1 small head iceberg lettuce, shredded
1 tablespoon toasted sesame seeds

Directions

In a large bowl, combine the turkey, radishes, carrots, zucchini and onion.

In a small bowl, whisk together the yogurt, mustard, soy sauce and sugar. Pour dressing over turkey mixture and toss to coat.

Divide shredded lettuce among 6 plates, spoon on turkey salad and sprinkle with sesame seeds.

Turkey Salad

Ingredients

3/4 pound cooked turkey meat
2 stalks celery
2 green onions
1/2 red bell pepper
3 tablespoons mayonnaise
2 tablespoons prepared Dijon-style mustard
1 tablespoon cider vinegar
1 teaspoon white sugar
1/4 teaspoon salt

Directions

Place cooked turkey meat, celery, green onions and red bell pepper in a blender or food processor. Finely chop using the pulse setting.

Transfer the turkey mixture to a medium bowl. Mix in mayonnaise, prepared Dijon-style mustard, cider vinegar, white sugar and salt. Cover and refrigerate 8 hours, or overnight, before serving.

Grilled Chicken Salad Sandwich

Ingredients

1 cup mayonnaise
1/8 teaspoon ground black pepper
1/8 teaspoon garlic powder
1/8 teaspoon celery salt
4 cups chopped leftover grilled chicken
2 celery stalks, sliced
1/2 cup sweetened dried cranberries
2/3 cup salted cashews
8 slices bread, toasted
4 tablespoons mayonnaise
4 large red leaf lettuce leaves
1 ripe tomato, sliced

Directions

Whisk together 1 cup of mayonnaise, pepper, garlic powder, and celery salt until combined. Combine the chicken, celery, cranberries, and cashews in a large bowl. Pour the mayonnaise mixture over the chicken mixture and stir until evenly combined.

Spread 1/2 tablespoon of mayonnaise on each slice of toasted bread. Divide the chicken salad between four of the slices of toast; top each with a lettuce leaf and a slice of tomato. Complete each sandwich with the remaining toast slices.

Springtime Tossed Salad

Ingredients

1/2 cup raspberry juice or cranberry-raspberry juice
3 tablespoons white wine vinegar or cider vinegar
1 tablespoon olive oil
8 ounces spring mix salad greens
2 (11 ounce) cans mandarin oranges, drained
1/2 cup crumbled blue cheese
1/4 cup chopped pecans, toasted

Directions

In a small bowl, whisk together the raspberry juice, vinegar and oil. Cover and refrigerate. In a large bowl, combine the salad mix, mandarin oranges and blue cheese. Pour dressing over salad mixture; toss to coat. Add pecans; toss to coat. Serve immediately.

Golden Apple Potato Salad

Ingredients

6 medium russet potatoes
2/3 cup mayonnaise
1/2 cup plain yogurt
2 tablespoons cider vinegar
2 teaspoons prepared mustard
1 garlic clove, minced
1 teaspoon salt
5 bacon strips, cooked and crumbled
1 medium onion, grated
2 Golden Delicious apples, cubed

Directions

Place potatoes in a large saucepan and cover with water; bring to a boil over medium-high heat. Cover and cook for 20-30 minutes or until tender. In a small bowl, combine the mayonnaise, yogurt, vinegar, mustard, garlic and salt. Peel warm potatoes and slice into a large bowl; add the bacon and onion. Pour dressing over potato mixture and gently toss to coat. Fold in apples. Cover and refrigerate for several hours before serving.

A Potato Salad Sandwich

Ingredients

1 hamburger bun
1 1/2 tablespoons mayonnaise
2 leaves of lettuce
2 slices tomato
1/3 cup prepared potato salad

Directions

Open bun and spread each side with mayonnaise. Place lettuce leaves and tomato slices on bottom half of bun. Scoop potato salad onto tomato, and gently spread toward edges of bun. Cover with top of bun.

Chop Salad

Ingredients

Dressing:
1/4 cup olive oil
1/4 cup red wine vinegar
1 tablespoon Dijon mustard
1 tablespoon onion, minced
1 clove garlic, minced
1/2 teaspoon salt
Few grinds black pepper

Salad:
2 Chilean Hass avocados
1 cup turkey or chicken, cooked and cubed
1 cup salami, cubed (optional)
4 ounces reduced fat mozzarella cheese, cubed
1 cup Italian parsley, coarsely chopped
1 (10 ounce) bag romaine, chopped

Directions

Dressing: In large salad bowl combine oil, vinegar, mustard, onion, garlic, salt and pepper and whisk to blend.

Salad: Cut avocados in half, remove pit, and peel. Cut into chunks. Add to dressing in bowl and toss gently to coat. Add all remaining ingredients and toss gently to mix.

Cookie Salad II

Ingredients

2 (3.4 ounce) packages instant vanilla pudding mix
1 pint buttermilk
16 ounces frozen whipped topping, thawed
2 (11 ounce) cans mandarin orange segments, drained
1 (20 ounce) package chocolate sandwich cookies, crushed

Directions

In a large bowl, mix together the pudding mix, buttermilk and whipped topping. Cover and refrigerate until serving. Just before serving, fold in the oranges and cookie crumbs.

Bermuda Spinach Salad

Ingredients

6 eggs
1/2 pound bacon
2 pounds spinach, rinsed and chopped
2 3/4 ounces croutons
1/4 cup sliced fresh mushrooms
1 onion, chopped
2/3 cup white sugar
1 teaspoon salt
1 cup vegetable oil
1/3 cup cider vinegar
1/2 teaspoon ground black pepper
1 teaspoon celery seed
1 tablespoon prepared Dijon-style mustard

Directions

Place eggs in a saucepan and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, and cool. Once cool, peel and chop.

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

Prepare the dressing in a blender by combining the onion, sugar, salt, oil, vinegar, pepper, celery seed and Dijon mustard. Blend until smooth.

In a large salad bowl, combine the eggs, bacon, spinach, croutons and mushrooms. Toss to mix. Pour enough dressing over salad to lightly coat. Toss and serve.

Farro Salad with Asparagus and Parmesan

Ingredients

2 cups farro
3/4 pound fresh asparagus, trimmed
1 cup red and yellow cherry tomatoes, halved
3/4 cup chopped walnuts
3/4 cup dried cranberries
1/2 cup chopped fresh parsley
1/3 cup chopped fresh chives
1/4 cup balsamic vinaigrette, or to taste
1 cup shaved Parmesan cheese, divided

Directions

Soak farro in a large bowl of water for at least 12 hours. Drain.

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the drained farro, and return to a boil. Reduce heat to medium, then cook the farro uncovered, stirring occasionally for 20 minutes. Reduce heat to low, cover, and continue simmering until tender, about 30 more minutes. Drain and allow to cool.

Bring a large pot of lightly salted water to a boil. Add the asparagus, and cook uncovered until tender, about 3 minutes. Drain in a colander, then immediately immerse in ice water for several minutes until cold to stop the cooking process. Once the asparagus is cold, drain well, and chop. Set aside.

Place farro, asparagus, tomatoes, walnuts, cranberries, parsley, and chives in a large bowl. Drizzle the balsamic vinaigrette over and sprinkle about 3/4 cups Parmesan cheese, then toss. Top with the remaining 1/4 cup of Parmesan cheese. Serve at room temperature.

Garlic Lover's Shrimp and Green Bean Salad

Ingredients

4 large cloves garlic, peeled
1/4 cup olive oil
2 tablespoons key lime juice
2 sprigs fresh rosemary leaves
1/2 teaspoon garlic salt
20 large shrimp, peeled and deveined
1 pound fresh green beans, trimmed

1/4 cup olive oil
1 clove garlic, minced
1/2 onion, thinly sliced
1/2 teaspoon garlic salt
1/2 teaspoon cracked black pepper
1/2 cup crumbled garlic and herb feta cheese

Directions

Place garlic cloves, 1/4 cup olive oil, key lime juice, rosemary, and 1/2 teaspoon garlic salt into a blender; puree until smooth. Combine shrimp and marinade in a resealable plastic bag. Marinate at least 30 minutes in the refrigerator.

Place an oven rack in the topmost position and preheat oven on the broil setting.

Pour the shrimp and their marinade onto a baking sheet lined with aluminum foil. Broil in preheated oven 3 to 4 minutes per side until the shrimp are opaque. Once cooked, pour everything into a bowl and place into refrigerator.

Meanwhile, bring a large pot of lightly salted water to a boil. Add green beans and cook for 2 to 3 minutes, until tender; drain and rinse with cold water. Drain excess water from the chilled beans and place into a large bowl.

Heat remaining 1/4 cup olive oil in a large skillet over medium heat. Stir in minced garlic and onion, cook until the onion has softened and turned translucent. Pour the oil over the beans, add shrimp mixture, and toss. Season with garlic salt, and pepper; mix well. Cover and refrigerate at least 1 hour. Mix in crumbled feta before serving.

Raw Vegetable Salad

Ingredients

6 slices bacon
3 cups chopped broccoli
3 cups cauliflower, chopped
3 cups chopped celery
1 (10 ounce) package frozen green peas, thawed
1 cup sweetened-dried cranberries
1 cup raw Spanish peanuts
1/4 cup white sugar
1 teaspoon salt
1 tablespoon white wine vinegar
2 tablespoons grated onion
1/4 cup Parmesan cheese
1 1/2 cups mayonnaise

Directions

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

In a large bowl, combine the broccoli, cauliflower, celery, peas and cranberries.

Wisk together the sugar, salt, vinegar, grated onion, cheese and mayonnaise. Pour dressing over the salad; add nuts and bacon and toss well.

Grape Banana Salad

Ingredients

1 pint heavy whipping cream
6 cups seedless red grapes, halved
4 large bananas, peeled and sliced
1 cup chopped walnuts

Directions

In a large bowl, beat the cream until stiff peaks form. Gently stir in fruit and nuts.

BLT Chicken Salad

Ingredients

1/2 cup mayonnaise
4 tablespoons barbecue sauce
2 tablespoons finely chopped onion
1 tablespoon lemon juice
1/4 teaspoon pepper
8 cups torn salad greens
2 large tomatoes, chopped
1 1/2 pounds boneless skinless chicken breasts, cooked and cubed
10 bacon strips, cooked and crumbled
2 hard-cooked eggs, sliced

Directions

In a small bowl, combine the first five ingredients; mix well.

Cover and refrigerate until serving.

Place salad greens on a large serving platter. Sprinkle with tomatoes, chicken and bacon; garnish with eggs. Drizzle with dressing.

Heavenly Pink Salad

Ingredients

1 (21 ounce) can cherry pie filling
1 (14 ounce) can sweetened condensed milk
1 (11 ounce) can mandarin oranges, drained
1 (15 ounce) can crushed pineapple
1 cup shredded coconut
2 cups miniature marshmallows
1 (16 ounce) package frozen whipped topping, thawed

Directions

Mix together the cherry pie filling, condensed milk, oranges, pineapple, coconut, marshmallows and whipped topping.

Chill for several hours and top with crushed pecans if desired.

Cabbage Salad with Lemon-Garlic Dressing

Ingredients

1 head cabbage, cored and shredded
1/8 cup olive oil
1 teaspoon garlic powder
2 teaspoons lemon juice
1 tablespoon chopped fresh cilantro

Directions

Place the shredded cabbage in a large bowl, and drizzle olive oil over it. Toss until evenly coated. Season with garlic powder, lemon juice and cilantro, and stir to blend in all of the flavors.

Israeli Salad

Ingredients

6 cucumbers, diced
4 roma (plum) tomatoes, seeded and diced
5 green onions, sliced
1 red bell pepper, seeded and diced
1/3 cup chopped garlic
1 cup chopped fresh parsley
1/2 cup minced fresh mint leaves
1/2 cup olive oil
2 tablespoons fresh lemon juice
1 tablespoon salt
1 tablespoon ground black pepper

Directions

Toss the cucumbers, tomatoes, onions, bell pepper, garlic, parsley, and mint together in a bowl. Drizzle the olive oil and lemon juice over the salad and toss to coat. Season with salt and pepper to serve.

Lentil and Buckwheat Salad

Ingredients

4 cups vegetable broth
1 cup green lentils, rinsed and drained
2 tablespoons extra virgin olive oil
2 medium onions, chopped
2 stalks celery, chopped
3 carrots, chopped
2 cloves garlic, minced
2 tablespoons salt-free seasoning blend
1 teaspoon chopped fresh marjoram leaves
1 teaspoon chopped fresh thyme
1 teaspoon chopped fresh lemon thyme
1 tablespoon ground cumin
1/2 teaspoon crushed red pepper flakes
1/8 teaspoon ground cardamom
1 egg
1 cup uncooked roasted buckwheat groats
1 tablespoon olive oil
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1 tablespoon olive oil
1 tablespoon red wine vinegar

Directions

Bring broth to a boil in a large pot over high heat. Stir in lentils, reduce heat to low and simmer until lentils are tender but firm, 15 to 20 minutes. Drain, but reserve liquid. Transfer lentils to a large bowl.

Heat olive oil over medium heat in a skillet. Cook onions until they are soft and translucent about 10 minutes, stirring occasionally. Add celery, carrots, and garlic and continue cooking until carrots are just tender, about 10 minutes. Stir vegetables into lentils. Mix in the seasoning blend, marjoram, thyme, lemon thyme, cumin, crushed red pepper, and cardamom. Set aside.

Whisk egg in a bowl; add the buckwheat and stir until well coated with egg.

Heat 1 tablespoon of olive oil in a skillet over medium heat. Add buckwheat and egg mixture. Cook, stirring constantly, until buckwheat has absorbed the egg and appears dry, about 10 minutes. Stir in 2 cups of the reserved lentil liquid and bring to a boil over medium-high heat; reduce heat to low and simmer until liquid is absorbed and buckwheat is soft but maintains its shape and texture, 15 to 25 minutes.

Mix buckwheat into lentil mixture. Season with salt, pepper, 1 tablespoon olive oil, and vinegar. Stir and adjust seasonings. Serve warm, at room temperature, or chilled.

Green Salad Plus

Ingredients

Salad:
6 cups mixed baby greens
2 medium pears, sliced
1 large bulb fennel, chopped or sliced
1/3 cup toasted walnuts

Dressing:
5 tablespoons olive oil
3 tablespoons balsamic vinegar
1/4 cup orange juice
2 ounces blue cheese, crumbled

Berries with Yogurt:
1 cup blueberries
1 cup strawberries
1 cup raspberries
1 cup fat-free yogurt, lemon or vanilla flavored

Directions

Combine salad ingredients. Whisk together dressing and add to salad. Toss.

Combine berries. Serve with a dollop of yogurt.

Egg Salad Cheese Spread

Ingredients

2 cups shredded process cheese
4 hard-cooked eggs, chopped
1/2 cup mayonnaise or salad dressing
1/4 cup sweet pickle relish
1 teaspoon prepared mustard
salt and pepper to taste

Directions

Combine first five ingredients in a mixing bowl; season with salt and pepper.

Sweet and Tart Strawberry Salad

Ingredients

1 1/2 pounds fresh strawberries, rinsed and sliced
2 1/2 tablespoons brown sugar
1 tablespoon balsamic vinegar
1/4 teaspoon freshly ground black pepper

Directions

In a large bowl, toss berries with sugar and let stand at room temperature for 10 minutes.

In a small bowl, combine the vinegar and pepper. Pour over berries and toss to coat. Divide berries among 4 serving bowls and serve. Enjoy!

Chilled Asiago Rice Salad

Ingredients

1 1/4 cups MarzettiB® Asiago Peppercorn Dressing
2 (8 ounce) packages instant microwaveable brown and wild rice blend, prepared
1 (15 ounce) can garbanzo beans, rinsed and drained
1 cup frozen peas, thawed by running under water and drained
1 cup diced red onion (1/4-inch pieces)
1/4 cup fresh chopped parsley
1 red pepper, diced

Directions

In a large mixing bowl, combine all ingredients and toss with Marzetti Asiago Peppercorn Salad Dressing. Season with salt and serve. This recipe can be chilled for 1 hour prior to serving. Store remaining portion covered in the refrigerator.

Orange Banana Salad

Ingredients

1 medium navel orange, sectioned
2 tablespoons flaked coconut, toasted
2 tablespoons orange juice
1/8 teaspoon ground cinnamon
1 medium ripe banana, sliced

Directions

Cut orange sections into bite-size pieces. In a bowl, combine the orange, coconut, orange juice and cinnamon if desired; toss gently. Refrigerate until chilled. Just before serving, add banana and toss gently.

Vegetable Stack-up Salad

Ingredients

4 cups salad greens
1 small green pepper, chopped
1 (11 ounce) can Mexicorn, drained
2 small zucchini, sliced
2 cups chopped fresh tomatoes
1 cup sliced celery
2 cups mayonnaise or salad dressing
2 cups shredded Cheddar cheese
6 bacon strips, cooked and crumbled

Directions

In a 2-1/2-qt. glass serving bowl, layer salad greens, green pepper, corn, zucchini, tomatoes and celery. Spread mayonnaise over all; seal to edges of bowl. Cover and refrigerate for several hours or overnight. Just before serving, sprinkle with cheese and bacon.

Super Duper Bean Salad

Ingredients

1 (15 ounce) can kidney beans, drained
1 (14.5 ounce) can wax beans, drained
1 (15 ounce) can lima beans, drained
1 (15 ounce) can green beans, drained
1 (15 ounce) can garbanzo beans, drained
1 sweet onion, chopped
1 green bell pepper, chopped
1 red bell pepper, chopped
3/4 cup white sugar
2/3 cup distilled white vinegar
1/2 cup vegetable oil
1/2 teaspoon dried dill weed
1/2 teaspoon dried rosemary
1/2 teaspoon dried basil
salt to taste

Directions

Mix beans with onion and bell peppers in a large bowl.

In a small saucepan, combine vinegar, oil, sugar, and herbs. Season to taste with salt. Stir over medium heat until sugar dissolves; do not boil.

Pour warm dressing over bean mixture, and marinate for at least 2 hours in the refrigerator before serving.

Mom's Best Macaroni Salad

Ingredients

16 ounces uncooked elbow macaroni
4 carrots, shredded
1 large red onion, chopped
1/2 green bell pepper, seeded and chopped
1/2 red bell pepper, seeded and chopped
1 cup chopped celery
2 cups mayonnaise
1 (14 ounce) can sweetened condensed milk
1/2 cup white sugar
1/2 cup white vinegar
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add macaroni, and cook until tender, about 8 minutes. Rinse under cold water, and drain.

In a large bowl, stir together the carrots, red onion, green pepper, red pepper and celery. Mix in the mayonnaise, condensed milk, sugar, vinegar, salt and pepper. Add the macaroni, toss gently, cover and refrigerate for at least 8 hours. I usually make this a day ahead of time, and stir it occasionally to blend the flavors. The macaroni will absorb some of the liquid.

Atomic Tuna Salad

Ingredients

2 (6 ounce) cans tuna, drained
1/2 head broccoli, finely chopped
1/2 head cauliflower, finely chopped
1/2 red onion, finely chopped
2 stalks celery, finely chopped
1 cup fat-free mayonnaise, or to taste
4 pita bread rounds

Directions

In a large bowl, toss together the tuna, broccoli, cauliflower, onion and celery. Stir in mayonnaise until the salad reaches your desired consistency. Serve on pita bread.

Aunt Mary's Layered Salad

Ingredients

1 pound bacon
1 head iceberg lettuce - rinsed, dried, and chopped
1 onion, chopped
1 head cauliflower, chopped
16 ounces shredded sharp Cheddar cheese
1 (32 ounce) jar mayonnaise
1 (16 ounce) package frozen green peas

Directions

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

In a large serving bowl place a thin layer of 1/2 of the listed ingredients. Begin with the lettuce followed by onion, cauliflower, cheese, bacon and peas. Repeat.

Top the salad with mayonnaise and garnish with a sprinkle of crumbled bacon.

Southwest Corn Salad

Ingredients

3 cups cooked tri-colored spiral pasta
1 (15.25 ounce) can whole kernel corn, drained
1 (15 ounce) can black beans, rinsed and drained
1 large tomato, seeded and chopped
1/2 cup chopped onion
1/2 cup chopped green pepper
1 (4 ounce) can chopped green chilies
1/2 cup olive or vegetable oil
1/4 cup cider vinegar
2 teaspoons sugar
1 teaspoon chili powder
3/4 teaspoon salt
1/2 teaspoon ground cumin

Directions

In a large bowl, combine the first seven ingredients. In a jar with a tight-fitting lid, combine the oil, vinegar, sugar, chili powder, salt and cumin; shake well. Pour over pasta mixture; toss to coat. Cover and refrigerate for at least 1 hour or until chilled.

Broccoli-Cauliflower Salad

Ingredients

1 cup broccoli florets
1 cup cauliflower florets
2 cups hard-cooked eggs, diced (optional)
1 cup shredded Cheddar cheese
6 slices bacon
1 cup mayonnaise
1/2 cup white sugar
2 tablespoons white wine vinegar

Directions

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

In a medium sized salad bowl, layer in order the broccoli, cauliflower, eggs, cheese and bacon.

Prepare the dressing by whisking together the mayonnaise, sugar and vinegar. Drizzle dressing over top and serve.

Pepperoni Floret Salad

Ingredients

2 cups fresh cauliflowerets
2 cups fresh broccoli florets
1 (6 ounce) can pitted ripe olives, drained
1/2 cup sliced pepperoni
1/4 cup pickled pepper rings
1/2 cup Italian salad dressing

Directions

In a large bowl, combine the cauliflower, broccoli, olives, pepperoni and pepper rings. Add dressing; toss to coat. Refrigerate leftovers.

Cheesy Pasta Salad

Ingredients

4 cups cubed cooked chicken
8 ounces dry fusilli/spiral pasta
1 1/2 cups cubed Gouda or Monterey Jack cheese
1 cup sliced celery
1 cup seedless green grapes
1 cup mayonnaise
1/4 cup sour cream
3 tablespoons lemon juice
3 tablespoons honey
1 teaspoon dried thyme
1/2 teaspoon dry mustard
1/4 teaspoon white pepper
2/3 cup chopped pecans, toasted
Lettuce Leaves

Directions

In a large bowl, combine chicken, pasta, cheese, celery and grapes. In a small bowl, combine next seven ingredients. Pour over chicken mixture and toss to coat. Cover and chill until ready to serve; toss with pecans.

Corn Off the Cob Salad

Ingredients

6 ears white corn, husked and cleaned
3 tablespoons melted butter
1/3 cup fresh lime juice
1/2 red bell pepper, diced
4 sun-dried tomatoes (not packed in oil), snipped into small pieces
1 tablespoon kosher salt, or to taste
1 teaspoon cracked black pepper
2 tablespoons chopped fresh parsley
2 tablespoons garlic powder

Directions

Preheat an outdoor grill for medium-high heat.

Grill corn on preheated grill until the kernels are tender and have browned in spots, about 8 minutes. Set aside to until cool enough to handle.

Whisk together the melted butter and lime juice in a large bowl. Slice the kernels off of the corn and place into the bowl along with the red pepper and sun-dried tomatoes. Season with salt, pepper, parsley, and garlic powder. Toss until well combined.

Grilled Mustard Potato Salad

Ingredients

3 Yukon Gold potatoes, cubed
3 red potatoes, cubed
1/4 cup canola oil
3 tablespoons distilled white vinegar
1 tablespoon Dijon mustard
1/2 teaspoon celery salt
1/4 teaspoon pepper

Directions

Preheat an outdoor grill for high heat.

Bring a large pot of salted water to a boil, and cook potatoes 10 to 15 minutes, until tender but firm. Drain, and transfer to a medium bowl.

In a small bowl, mix canola oil, vinegar, Dijon mustard, celery salt, and pepper. Toss 1/2 the mixture with the potatoes.

Arrange potatoes in a single layer on a sheet of foil, and place on the prepared grill. Turning occasionally, cook 7 to 9 minutes, until lightly browned. Remove from heat, and cool. Toss with remaining oil mixture to serve.

Mediterranean Tuna Salad Sandwich

Ingredients

1 (12 ounce) can water packed tuna, drained
1 (15.5 ounce) can white beans, rinsed and drained
1 (14 ounce) can artichoke hearts, drained and chopped
1/4 cup pesto
1/4 cup low-fat mayonnaise
2 tablespoons fresh lemon juice
1/4 teaspoon ground black pepper
6 lettuce leaves
6 slices Roman Meal Original bread

Directions

Combine tuna, beans, artichokes, pesto, mayonnaise, lemon juice and black pepper in medium bowl.

Place one lettuce leaf on each slice of toast; top with about 3/4 cup tuna salad each.

Tangy Ginger Lime Salad Dressing

Ingredients

1 cup reduced-sodium soy sauce
2 tablespoons minced garlic
2 tablespoons grated fresh ginger root
2 teaspoons sesame oil
1 teaspoon chili oil
1/3 cup fresh lime juice
1/4 cup rice vinegar
1/4 teaspoon onion powder

Directions

Combine soy sauce, garlic, ginger, sesame oil, chili oil, lime juice, vinegar and onion powder in a blender. Process until evenly combined. Chill before serving.

Best Macaroni Salad

Ingredients

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

Directions

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.

Spinach and Strawberry Daiquiri Salad

Ingredients

1/4 cup lime juice
1/4 cup honey
1/4 teaspoon poppy seeds
1/4 teaspoon Dijon mustard
1/4 cup vegetable oil

1 cup sliced almonds
1/4 teaspoon salt
1/4 cup white sugar

1 (10 ounce) bag baby spinach, rinsed and dried
2 pints sliced fresh strawberries
1 cup toasted flaked coconut
1/2 red onion, sliced

Directions

Combine the lime juice, honey, poppy seeds, and mustard in a small bowl; slowly whisk in the oil.

Combine the almonds, salt, and sugar in a large skillet. Stir constantly over medium-low heat until almonds are light golden brown, about 5 minutes. Remove nuts from the skillet to cool.

Toss the spinach, strawberries, coconut, onions, and cooled almonds in a large bowl. Top with prepared dressing, and toss to coat.

Cranberry Salad IV

Ingredients

2 cups fresh cranberries
2 oranges, peeled and seeded
1 carrot, peeled and sliced
1 cup pecans
3/4 cup white sugar
1 (8 ounce) can crushed pineapple, drained
2 (3 ounce) packages raspberry flavored gelatin mix
1 cup boiling water
1 cup cold water

Directions

In an electric food processor or meat grinder, grind cranberries, oranges, carrot, and pecans. Pour mixture into a large mixing bowl.

In a separate bowl, combine sugar, pineapple, gelatin and both cups of water. Mix the ingredients from the two bowls together. Pour the entire mixture into a mold and chill overnight before serving.

Gourmet Cucumber Chicken Salad

Ingredients

2 (10 ounce) cans chicken chunks, drained
1 cup seedless green grapes, halved
1/2 cup chopped pecans
1/2 cup chopped celery
1 (11 ounce) can mandarin oranges, drained
3/4 cup creamy cucumber salad dressing

Directions

In a salad bowl combine the chicken, grapes, pecans/almonds, celery, oranges and salad dressing. Toss to coat and serve!

Smoky Eggplant and Yogurt Salad

Ingredients

1 medium eggplant, cubed
1/2 cup water
1 1/2 cups plain yogurt
1 bunch green onions, chopped
1/2 bunch cilantro, finely chopped
1 teaspoon ground black pepper
salt to taste
1/4 teaspoon paprika
1 tablespoon margarine

Directions

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 one piece charcoal over open flame until gray and reddish in color. Place a small square of aluminum 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 sprinkle of paprika.

Broccoli Salad I

Ingredients

4 cups fresh broccoli florets
1/4 cup red onion, finely diced
3 tablespoons raisins
2 tablespoons dry roasted sunflower seeds
1/4 cup plain yogurt
2 tablespoons orange juice
1 tablespoon fat-free mayonnaise

Directions

Combine the broccoli, onions, raisins, and sunflower seeds.

In a small bowl, whisk the yogurt, orange juice, and mayonnaise until blended. Pour over the broccoli mixture and toss to coat.

Steak Salad II

Ingredients

1 pound boneless beef sirloin steaks
2 cups chopped romaine lettuce
1/2 small red onion, chopped
1/2 small green bell pepper, chopped
1 small tomato, diced
1/2 cup creamy Ranch salad dressing

Directions

Preheat an outdoor grill for high heat.

In a bowl, toss together the lettuce, onion, pepper, tomato, and dressing.

Lightly oil grill grate. Place steak on grill, and cook 5 minutes on each side, or to desired doneness. Cut into strips, and arrange over the salad to serve.

Apple-Feta Tossed Salad

Ingredients

2 tablespoons butter
1 cup walnut halves
1 tablespoon sugar
1/8 teaspoon pepper
5 cups torn romaine
5 cups torn red leaf lettuce
1 medium red apple, chopped
1 green apple, chopped
1/2 cup crumbled feta cheese
DRESSING:
6 tablespoons white wine vinegar
2 tablespoons finely chopped onion
1 1/2 teaspoons Dijon mustard
2 garlic cloves, minced
1/2 teaspoon sugar
1/4 teaspoon dried oregano
1/8 teaspoon salt
1/8 teaspoon dried parsley flakes
1/8 teaspoon pepper

Directions

In a small skillet, melt the butter over medium heat. Add the walnuts; sprinkle with sugar and pepper. Stir until well coated. Spread onto a baking sheet. Bake at 350 degrees F for 15 minutes or until lightly browned, stirring every 5 minutes. Cool on a wire rack.

In a large bowl, combine romaine, red lettuce, apples and feta cheese; set aside. In a blender, combine the dressing ingredients; cover and process until blended. Drizzle over salad; toss to coat. Sprinkle with sugared walnuts.

Poppy Seed Salad Dressing

Ingredients

3/4 cup sugar
1/3 cup cider vinegar
4 1/2 teaspoons grated onion
3 teaspoons ground mustard
1 teaspoon poppy seeds
1/2 teaspoon salt
1 cup vegetable oil

Directions

In a small bowl, combine the first six ingredients. Slowly add oil, while whisking briskly. Cover and refrigerate until serving.

Roasted Mushroom Salad

Ingredients

1 pound white button mushrooms, halved or quartered
1 tablespoon olive oil
1 teaspoon lemon juice
3/4 cup finely chopped red bell pepper
1/2 cup fresh basil or mint leaves, torn
1/4 cup pine nuts, toasted
4 leaves Boston lettuce

Dressing
2 tablespoons extra-virgin olive oil
1 tablespoon balsamic vinegar or lemon juice
1 large garlic clove, crushed
Salt, to taste

Directions

Preheat oven to 400 degrees F. Toss mushrooms in 1 Tb. olive oil and 1 tsp. lemon juice. Spread on large baking sheet and bake 15 minutes. Drain off liquid. Cool slightly. In a bowl, combine mushrooms, red pepper, basil or mint, and pine nuts.

Whisk together dressing ingredients; toss into mushroom mixture.

Place lettuce on 4 salad plates and spoon mushroom mixture on top.

Sweet Potato Salad

Ingredients

3 pounds red potatoes
2 1/2 pounds sweet potatoes
1/4 cup white wine vinegar
1/4 cup olive oil
1 clove garlic, minced
1/4 cup dill pickle relish
1/2 cup chopped red onion
1/3 cup mayonnaise
1 pinch ground black pepper
1/3 cup sour cream
1/2 cup chopped parsley

Directions

Bring a large pot of salted water to a boil. Add potatoes; cook until tender but still firm, about 15 minutes. Drain, cool and slice.

In a large bowl, combine the vinegar, olive oil, garlic, dill pickle relish and onion. Mix and cover with sliced potatoes.

Whisk together mayonnaise, pepper, sour cream and parsley. Pour over potatoes and chill at least 8 hours.

Pasta Salad with Homemade Dressing

Ingredients

1 (8 ounce) package uncooked tri-color rotini pasta
6 ounces pepperoni sausage, diced
6 ounces provolone cheese, cubed
1 red onion, thinly sliced
1 small cucumber, thinly sliced
3/4 cup chopped green bell pepper
3/4 cup chopped red bell pepper
1 (6 ounce) can pitted black olives
1/4 cup minced fresh parsley
1/4 cup grated Parmesan cheese

1/2 cup olive oil
1/4 cup red wine vinegar
2 cloves garlic, minced
1 teaspoon dried basil
1 teaspoon dried oregano
1/2 teaspoon ground mustard seed
1/4 teaspoon salt
1/8 teaspoon ground black pepper

Directions

Bring a large pot of lightly salted water to a boil. Add rotini pasta, and cook for 8 to 10 minutes, until al dente. Drain, and rinse with cold water.

In a large bowl, mix the cooled pasta, pepperoni, provolone cheese, red onion, cucumber, green bell pepper, red bell pepper, olives, parsley, and Parmesan cheese.

In a jar with a lid, mix the olive oil, vinegar, garlic, basil, oregano, ground mustard, salt, and pepper. Seal jar, and shake well.

Pour the dressing mixture over the pasta salad, and toss to coat. Cover, and chill 8 hours in the refrigerator

Sweet Spinach Salad

Ingredients

1 (10 ounce) package fresh spinach, torn
1 (11 ounce) can mandarin oranges, drained
10 cherry tomatoes, halved
1 cup sliced fresh mushrooms
DRESSING:
1/3 cup sugar
3 tablespoons cider vinegar
1 tablespoon honey
1/2 teaspoon dried minced onion
1/2 teaspoon celery seed
1/2 teaspoon ground mustard
1/2 teaspoon paprika
1/2 teaspoon lemon juice
1/2 cup vegetable oil
1 (2.8 ounce) package French-fried onions

Directions

In a large salad bowl, toss spinach, oranges, tomatoes and mushrooms; set aside. In a microwave-safe bowl, combine first eight dressing ingredients.

Microwave on high for 1 to 1-1/2 minutes. Stir until sugar is dissolved. Whisk in oil. Drizzle over salad and toss to coat. Sprinkle with onions. Serve immediately.

Sesame Ginger Spinach Salad

Ingredients

1 pound boneless, skinless chicken breasts
1 (16 ounce) bottle Newman's Own Lighten Up Low Fat Sesame Ginger Dressing
1 teaspoon black pepper
1/2 teaspoon cayenne pepper
1/2 teaspoon salt (optional)
2 tablespoons fresh herbs
6 cups baby spinach, washed, stems removed
1/2 cup raspberries, washed
1 ounce feta, crumbled
1/4 cup chopped pecans or walnuts

Directions

Preheat oven to 350 degrees F.

Place chicken in oven-safe baking dish. Tenderize chicken slightly with mallet or fork. Whisk together Newman's Own Lighten Up Low Fat Sesame Ginger Dressing, spices, and herbs. Pour over chicken breasts, turning breasts a couple of times. Breasts do not need to be submerged in dressing, but the dressing should fully cover the bottom of baking dish. Bake chicken 45 minutes.

Dry spinach leaves in a salad spinner or between two clean dish towels. Combine with raspberries, feta, and nuts in large bowl; toss to mix.

Once chicken breasts are fully cooked, remove from oven and rest 3 to 5 minutes. Add small amount of Newman's Own dressing to the salad and toss. Slice chicken into strips and serve over salad.

Potato Salad with Chives

Ingredients

1 3/4 pounds new potatoes, halved
1 cup sour cream
1/2 cup mayonnaise
1/2 cup chopped fresh chives
salt and freshly ground black pepper to taste
1/2 cup chopped fresh chives for garnish

Directions

Place the potatoes into a pan, and fill with just enough water to cover. Bring to a boil, then simmer over low heat until tender, about 10 minutes. Drain, and cool under cold running water.

In a large bowl, stir together the sour cream, mayonnaise, and 1/2 cup of chives. When the potatoes have cooled, stir them into this mixture. Season with salt and pepper. Garnish with remaining chives.

Cheesy Beef Taco Salad

Ingredients

1 1/2 pounds ground beef
1 1/2 cups chopped onion
1 cup diced celery
1 cup diced green pepper
2 garlic cloves, minced
1 pound process cheese (eg. Velveeta), cubed
1 (10 ounce) can diced tomatoes and green chilies, undrained
2 teaspoons chili powder
2 teaspoons ground cumin
1 1/2 cups crushed corn chips
Shredded lettuce
chopped green onions
2 large tomatoes, cut into wedges

Directions

In a large skillet, cook the beef, onion, celery, green pepper and garlic over medium heat until meat is no longer pink and vegetables are tender; drain. Stir in the cheese, tomatoes, chili powder and cumin. Cook and stir over low heat until cheese is melted. Stir in corn chips.

Line six salad plates with lettuce; sprinkle with green onions. Top each with 1 cup beef mixture. Garnish with tomato wedges.

Fresh Broccoli Salad

Ingredients

2 heads fresh broccoli
1 red onion
1/2 pound bacon
3/4 cup raisins
3/4 cup sliced almonds
1 cup mayonnaise
1/2 cup white sugar
2 tablespoons white wine vinegar

Directions

Place bacon in a deep skillet and cook over medium high heat until evenly brown. Cool and crumble.

Cut the broccoli into bite-size pieces and cut the onion into thin bite-size slices. Combine with the bacon, raisins, your favorite nuts and mix well.

To prepare the dressing, mix the mayonnaise, sugar and vinegar together until smooth. Stir into the salad, let chill and serve.

Crisp Side Salad

Ingredients

1/4 cup olive or vegetable oil
2 tablespoons cider vinegar
4 teaspoons sugar
1/2 teaspoon salt
1/4 teaspoon pepper
4 cups torn salad greens
3/4 cup sliced zucchini
2 medium carrots, sliced
2 celery ribs, sliced
2 green onions, sliced
1/4 cup seasoned croutons
1 tablespoon whole almonds, toasted
1 tablespoon sesame seeds, toasted

Directions

In a jar with tight-fitting lid, combine the first five ingredients and shake well.

In a large salad bowl, combine greens, zucchini, carrots, celery and onions. Just before serving, add dressing and toss to coat. Top with croutons, almonds and sesame seeds.

Emily's Spinach Salad

Ingredients

2/3 cup vegetable oil
1/4 cup red wine vinegar
2 teaspoons lemon juice
2 teaspoons soy sauce
1 teaspoon sugar
1 teaspoon dry mustard
1/2 teaspoon curry powder
1/2 teaspoon salt
1/2 teaspoon seasoned pepper
1/4 teaspoon garlic powder
1 (10 ounce) package fresh spinach, torn into bite-size pieces
5 bacon strips, cooked and crumbled
2 hard-cooked eggs, sliced

Directions

Combine first 10 ingredients in a jar; cover tightly and shake until well mixed; set aside. Place spinach in a large salad bowl. Just before serving, pour dressing over spinach and toss gently. Garnish with crumbled bacon and egg slices.

Shrimp Salad with Vinaigrette

Ingredients

3 tablespoons white wine vinegar
1 garlic clove, minced
1 teaspoon sugar
1 teaspoon grated orange peel
3 tablespoons olive oil
2 navel oranges, peeled
1 pound cooked medium shrimp, peeled and deveined
1 tablespoon diced pimientos
5 cups Bibb or Boston lettuce
5 cups torn leaf lettuce
1/4 cup sliced green onions

Directions

In a large bowl, combine the vinegar, garlic, sugar and orange peel. Whisk in oil; set aside. Cut oranges into 1/2-in. slices; cut slices into quarters. Add oranges, shrimp and pimientos to dressing; toss to coat. Cover and chill for at least 1 hour.

Just before serving, toss the shrimp mixture with lettuces and onions.

Mardi's Broccoli Salad

Ingredients

3 heads fresh broccoli, chopped
1 red onion, chopped
3 (6 ounce) cans jumbo black olives, sliced
2 (6.5 ounce) jars marinated artichoke hearts, sliced
3 large tomatoes, chopped
3 bunches green onions, chopped
1 (8 ounce) bottle Italian-style salad dressing

Directions

In a large bowl, combine the broccoli, red onion, olives, artichoke hearts, tomatoes and green onions.

Add the dressing, toss, cover and refrigerate for 24 hours. The dressing will serve as a marinade and the vegetables will remain fresh, crunchy, yet easy to chew!

The Really Good Salad Recipe with Pieces of Fruit

Ingredients

1 cup slivered almonds
1/2 cup white sugar
1/2 cup olive oil
1/4 cup distilled white vinegar
2 tablespoons white sugar
salt and pepper to taste
1/2 head iceberg lettuce - rinsed, dried, and chopped
1/2 head leaf lettuce - rinsed, dried, and chopped
1 cup chopped celery
1/4 cup chopped fresh chives
1/2 cup dried, sweetened cranberries
1/2 cup mandarin orange segments, drained
1/2 cup sliced fresh peaches
1/2 cup diced mango
1/2 cup chopped fresh strawberries

Directions

In a skillet over medium heat, cook and stir the almonds and 1/2 cup sugar 5 minutes, or until almonds are well-coated and lightly browned.

In a bowl, mix the olive oil, vinegar, 2 tablespoons sugar, salt, and pepper. Set aside.

In a large bowl, gently mix the almonds, iceberg lettuce, leaf lettuce, celery, chives, cranberries, mandarin orange, peaches, mango, and strawberries. Serve with desired amount of the oil and vinegar dressing.

Mandarin Chicken Pasta Salad

Ingredients

1 teaspoon finely chopped, peeled fresh ginger
1/3 cup rice vinegar
1/4 cup orange juice
1/4 cup vegetable oil
1 teaspoon toasted sesame oil
1 (1 ounce) package dry onion soup mix
2 teaspoons white sugar
1 clove garlic, pressed

1 (8 ounce) package bow tie (farfalle) pasta
1/2 cucumber - scored, halved lengthwise, seeded, and sliced
1/2 cup diced red bell pepper
1/2 cup coarsely chopped red onion
2 diced Roma tomatoes
1 carrot, shredded
1 (6 ounce) bag fresh spinach
1 (11 ounce) can mandarin orange segments, drained
2 cups diced cooked chicken
1/2 cup sliced almonds, toasted

Directions

To make the dressing, whisk together the ginger root, rice vinegar, orange juice, vegetable oil, sesame oil, soup mix, sugar, and garlic until well blended. Cover, and refrigerate until needed.

Bring a large pot of lightly salted water to a boil. Add the bowtie pasta and cook for 8 to 10 minutes or until al dente; drain, and rinse under cold water. Place pasta in a large bowl.

To make the salad, toss the cucumber, bell pepper, onion, tomatoes, carrot, spinach, mandarin oranges, chicken, and almonds with the pasta. Pour the dressing over the salad mixture, and toss again to coat evenly. Serve immediately.

Vanilla Fruit Salad

Ingredients

5 (20 ounce) cans pineapple chunks
1 (8 ounce) can pineapple chunks in juice
4 (5.1 ounce) packages instant vanilla pudding mix
8 (15 ounce) cans mandarin oranges
10 medium red apples, chopped

Directions

Drain pineapple, reserving juice. Add enough water to juice to make 6 cups. Place pudding in a large bowl; stir in pineapple juice until thickened, about 4-6 minutes. Fold in pineapple, oranges and apples. Pour about 8 cups each into four greased 13-in. x 9-in. x 2-in. pans. Chill.

Rotini Chicken Salad

Ingredients

1 (6 ounce) skinless, boneless chicken breast
1/2 (16 ounce) package rotini pasta
1/2 cup chopped celery
1/2 cup grated Parmesan cheese
2 green onions, sliced
1 cup mayonnaise
1/4 cup sour cream
2 tablespoons milk
1/4 cup chopped fresh parsley
1 teaspoon dried basil
1/4 teaspoon dried thyme
1 cup frozen peas, thawed
salt and pepper to taste

Directions

Fill a pot with lightly-salted water and bring to a boil. Cook the chicken breast in the boiling water until no longer pink in the center and the juices run clear, about 10 minutes. An instant-read thermometer inserted into the center of the chicken breast should read at least 165 degrees F (74 degrees C). Cut the breast into cubes and spread in a single layer on a plate; place chicken in refrigerator for 1 hour, or until completely cooled.

Fill a pot with lightly-salted water and bring to a boil. Stir the pasta into the boiling water; cook until the pasta has cooked through, but is still firm to the bite, about 8 minutes. Drain, and rinse thoroughly with cold water to cool.

Stir the celery, Parmesan cheese, green onions, mayonnaise, sour cream, milk, parsley, basil, and thyme together in a large bowl. Fold the chicken, rotini, and peas into the mayonnaise mixture. Season with salt and pepper. Chill in refrigerator for 1 hour.

Salad with Creamy Dressing

Ingredients

12 cups mixed salad greens
2 large tomatoes, chopped
1 large cucumber, chopped
1 cup mayonnaise or salad dressing
1 cup thousand island salad dressing
2 tablespoons milk
2 hard-cooked eggs, chopped

Directions

In a large bowl, toss salad greens, tomatoes and cucumbers; set aside. In a small bowl, combine mayonnaise, Thousand Island dressing and milk; mix well. If desired, gently stir in eggs. serve over salad. Store any leftover dressing in the refrigerator.

Grilled Chicken Salad Cosmopolitan

Ingredients

1/4 cup jellied cranberry sauce
1/4 cup orange marmalade
1/4 cup fresh lime juice
1/4 cup fresh orange juice
1/4 cup vegetable oil
2 tablespoons lemon flavored vodka
4 skinless, boneless chicken breast halves
3/4 teaspoon salt
3/4 teaspoon lemon pepper
1 (10 ounce) bag European blend salad greens
1/2 cup dried cranberries
2 cups diced orange segments
2 tablespoons orange zest strips

Directions

In a small saucepan over low heat, combine the cranberry sauce and orange marmalade. Warm and stir until melted and well blended. Remove from the heat and stir in the lime juice, orange juice and vegetable oil. Remove 1/2 cup of the mixture and set aside in the refrigerator for later.

Allow the mixture to cool then stir in the lemon vodka and transfer to a large resealable bag. Season the chicken pieces with salt and lemon pepper; place them into the bag with the marinade. Seal the bag and marinate in the refrigerator for at least 1 hour, turning occasionally.

Preheat a grill for medium heat. Remove the chicken from the plastic bag, discarding the marinade.

Place the chicken pieces on the preheated grill and cook for 4 to 5 minutes on each side, or until firm and no longer pink in the center. If you have a meat thermometer, it should measure 160 degrees F (70 degrees C) when measured in the thickest part. Remove chicken to a cutting board and allow to rest for about 5 minutes.

While the chicken is resting, combine the salad greens, cranberries, and orange segments. Pour the reserved citrus marinade over the salad and toss lightly to coat. Divide the salad between four serving plates. Slice each piece of chicken crosswise into 1/2 inch strips. Arrange over the tops of the salads and sprinkle with orange zest strips.

Avocado Olive Salad

Ingredients

2 tablespoons capers
1 clove garlic, minced
2 small limes, juiced
2 tablespoons olive oil
1 tablespoon balsamic vinegar
1/2 cup freshly grated Parmesan cheese
salt and pepper to taste
20 black olives, thinly sliced
4 avocados - peeled, pitted and diced

Directions

In a large bowl, mix the capers, garlic, lime juice, olive oil, balsamic vinegar, Parmesan cheese, salt, and pepper. Gently toss in the olives and avocados until coated. Cover, and chill 30 to 45 minutes before serving.

Beet and Yogurt Salad

Ingredients

1 tablespoon canola oil
1/8 teaspoon black mustard seed
1/8 teaspoon cumin seeds
2 cups plain yogurt
1 (15 ounce) can sliced beets, drained
salt
2 tablespoons chopped fresh cilantro

Directions

Heat oil in a skillet over medium heat, and add mustard seeds. When the mustard seeds begin to pop, add the cumin seeds. Stir for about 10 seconds, and remove from heat.

In a large bowl, gently stir yogurt with beets. Stir in mustard and cumin seeds, and season with salt to taste. Garnish with chopped cilantro.

Black Bean Pasta Salad

Ingredients

8 ounces rigatoni or penne pasta
1 (16 ounce) jar salsa
1 (15 ounce) can black beans, rinsed and drained
2 cups (8 ounces) shredded reduced-fat Mexican-blend cheese
1/2 cup chopped green pepper
1 small onion, chopped
1/2 teaspoon salt
1/8 teaspoon pepper

Directions

Cook pasta according to package directions; drain and rinse in cold water. Place in a bowl; stir in the remaining ingredients. Cover and refrigerate for 30 minutes before serving.

Soccer Salad

Ingredients

3 ounces blanched slivered almonds
1/4 cup sesame seeds
5 slices bacon

1/4 cup white sugar
2 tablespoons distilled white vinegar
1 teaspoon monosodium glutamate (such as Ac'cent®)
1/2 cup vegetable oil
1/2 teaspoon minced garlic

2 heads leaf lettuce - rinsed, dried and torn into bite-size pieces
1 cup chow mein noodles

Directions

Preheat an oven to 325 degrees F (165 degrees C).

Spread the almonds and sesame seeds onto an ungreased baking sheet.

Bake in the preheated oven until the almonds are just turning golden brown, about 8 minutes. Set aside to cool completely. Meanwhile, place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain the bacon slices on a paper towel-lined plate, cool, and crumble.

Cook the bacon in a large, deep skillet over medium-high heat until evenly browned, about 10 minutes. Drain the bacon slices on a paper towel-lined plate and allow to cool; crumble.

Make the dressing by shaking the sugar, vinegar, monosodium glutamate, vegetable oil, and garlic in a glass jar with a sealable lid until mixed. Combine the cooled almonds, sesame seeds, crumbled bacon, lettuce, and chow mein noodles in a bowl. Pour the dressing overtop and gently toss until coated.

Egg Salad Sandwiches

Ingredients

8 hard-cooked eggs, diced
1 cup mayonnaise
1/4 cup dried onion flakes
1/2 teaspoon salt
1 teaspoon mustard powder
1/4 teaspoon garlic powder
1/4 teaspoon black pepper
1 teaspoon dill weed
8 slices white bread

Directions

In a bowl, gently mix the eggs, mayonnaise, onion flakes, salt, mustard powder, garlic powder, pepper, and dill. Cover, and refrigerate 8 hours, or overnight. To serve, spread equal amounts on 4 slices bread; top with remaining bread slices to make sandwiches.

Strawberry Avocado Salad

Ingredients

2 tablespoons white sugar
2 tablespoons olive oil
4 teaspoons honey
1 tablespoon cider vinegar
1 teaspoon lemon juice
2 cups torn salad greens
1 avocado - peeled, pitted and sliced
10 strawberries, sliced
1/2 cup chopped pecans

Directions

In a small bowl, whisk together the sugar, olive oil, honey, vinegar, and lemon juice. Set aside.

Place the salad greens in a pretty bowl, and top with sliced avocado and strawberries. Drizzle dressing over everything, then sprinkle with pecans. Refrigerate for up to 2 hours before serving, or serve immediately.

Easy Waldorf and Raisin Salad

Ingredients

4 cups cubed apples
1 cup unsweetened pineapple tidbits
2 tablespoons chopped celery
2 tablespoons chopped pecans
2 tablespoons raisins
1 cup (8 ounces) fat-free sour cream
1 tablespoon reduced-fat mayonnaise
1 1/2 teaspoons sugar
1 1/2 teaspoons orange juice

Directions

In a large bowl, combine the first five ingredients. In a small bowl, combine the sour cream, mayonnaise, sugar and orange juice. Pour over apple mixture; toss to coat. Cover and refrigerate for 2 hours or until chilled. Toss just before serving.

Goldy's Special Salad

Ingredients

10 ounces fresh spinach - trimmed, washed and dried
1 mango - peeled, seeded and cubed
1 avocado - peeled, pitted and diced
1 tomato, cut into wedges
1/2 red onion, julienned
1/2 pound fresh mushrooms, sliced
2 tablespoons extra virgin olive oil
1/2 cup white wine vinegar
1/2 teaspoon ground black pepper
1 pinch white sugar

Directions

In a large salad bowl, combine the spinach, mango, avocado, tomato, onion and mushrooms.

Prepare the dressing in a jar by combining the oil, vinegar, pepper and sugar. Seal, shake well, and pour over salad. Toss and serve.

Veggie Potato Salad

Ingredients

1 pound small red potatoes, cooked and cubed
1 1/2 cups chopped fresh broccoli
1/2 cup sliced celery
1/4 cup chopped red onion
1/4 cup sliced radishes
2 tablespoons chopped green pepper
1/3 cup fat-free Italian salad dressing
1/2 teaspoon salt-free seasoning blend
1/4 teaspoon dill weed

Directions

In a large salad bowl, toss the potatoes and vegetables. In a small bowl, blend the salad dressing and seasonings; add to potato mixture and toss to coat. Cover and refrigerate for 1 hour or until serving.

Hearty Eight-Layer Salad

Ingredients

1 1/2 cups uncooked small shell macaroni
1 tablespoon vegetable oil
3 cups shredded lettuce
3 hard-cooked eggs, sliced
1/4 teaspoon salt
1/8 teaspoon pepper
1 cup julienned fully cooked ham
1 cup julienned hard salami
1 (10 ounce) package frozen peas, thawed
1 cup mayonnaise
1/4 cup sour cream
1/4 cup chopped green onions
2 teaspoons Dijon mustard
1 cup shredded Colby or Monterey Jack cheese
2 tablespoons minced fresh parsley

Directions

Cook macaroni according to package directions; drain and rinse with cold water. Drizzle with oil; toss to coat.

Place the lettuce in a 2-1/2-qt. glass serving bowl; top with macaroni and eggs. Sprinkle with salt and pepper. Layer with ham, salami and peas.

Combine mayonnaise, sour cream, green onions and mustard. Spread over the top. Cover and refrigerate for several hours or overnight. Just before serving, sprinkle with cheese and parsley.

Orange Romaine Salad

Ingredients

1/4 cup red wine vinegar
3/4 cup vegetable oil
1 tablespoon honey
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/4 cup chopped green onion
1 large head romaine lettuce, torn into bite-size pieces
3 oranges, peeled and thinly sliced

Directions

In a small container with a tight-fitting lid, combine the vinegar, oil, honey, salt, pepper and green onion. Close the lid, and shake vigorously to blend.

Place the romaine lettuce into a large serving bowl. Sprinkle with dressing and toss to coat. Add orange slices and toss gently. Serve immediately.

Arugula, Fennel, and Orange Salad

Ingredients

1 tablespoon honey
1 tablespoon lemon juice
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/4 cup olive oil
1 bunch arugula
2 orange, peeled and segmented
1 bulb fennel bulb, thinly sliced
2 tablespoons sliced black olives

Directions

Whisk together the honey, lemon juice, salt, and pepper; slowly add the olive oil while continuing to whisk.

Place the arugula in the bottom of a salad bowl; scatter the orange segments, fennel slices, and olives over the arugula; drizzle the dressing over the salad to serve.

Cindy's Turkey Salad

Ingredients

5 cups cooked turkey meat, chopped
1 cup finely chopped celery
1 fresh jalapeno pepper, diced
3 tablespoons sweet pickle relish
1 cup mayonnaise
1 tablespoon dried cilantro
2 teaspoons salt
2 teaspoons pepper

Directions

In a bowl, mix the turkey meat, celery, jalapeno, relish, and mayonnaise. Season with cilantro, salt, and pepper. Chill in the refrigerator until serving.

Warm Mushroom Salad with Pancetta

Ingredients

8 thick slices pancetta
3 tablespoons olive oil
12 shiitake mushrooms, sliced
15 crimini mushrooms, sliced
1 clove garlic, minced
15 kalamata olives, pitted and halved
2 tablespoons capers
3 tablespoons lemon juice
1 tablespoon balsamic vinegar
2 cups fresh spinach, stems removed
2 cups arugula
1/2 cup crumbled feta cheese
ground black pepper to taste

Directions

Place the pancetta in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain the bacon slices on a paper towel-lined plate. Chop into small pieces.

Heat the olive oil in a skillet over medium-high heat. Cook and stir the shiitake and crimini mushrooms in the hot oil for 5 minutes. Reduce heat to medium and add the garlic, olives, capers, lemon juice, and balsamic vinegar; cook another 8 minutes.

Combine the spinach, arugula, bacon pieces, and the mushroom mixture in a large bowl; toss until the spinach and arugula leaves are coated. Sprinkle the feta cheese over the salad; season with black pepper to serve.

Spinach Salad with Baked Goat Cheese

Ingredients

8 cups baby spinach, rinsed and dried
1 tablespoon butter
1 clove garlic, crushed
1/4 cup plain bread crumbs
6 ounces goat cheese, sliced
8 tablespoons balsamic vinegar
8 tablespoons olive oil

Directions

Arrange the spinach on four plates.

In a skillet, melt butter over medium heat, and add crushed garlic. Cook and stir until slightly golden. Stir in breadcrumbs. Drop the goal cheese slices into the breadcrumbs a few at a time, and turn to coat in the breadcrumb mixture.

Place a slice or two of goat cheese on each serving of spinach, and drizzle the salads with olive oil and balsamic vinegar.

Jenn's Coconut Salad (Buko Salad)

Ingredients

3 (11 ounce) cans whole lychees, quartered
6 (3.5 ounce) cans canned grated coconut in syrup
1 cup heavy cream

Directions

In a medium bowl, toss together lychees with coconut meat. Stir in cream. Chill one hour in refrigerator before serving.

Steak Salad (Ranen Salad)

Ingredients

1 1/2 pounds beef sirloin steak
8 cups romaine lettuce, torn into bite-size pieces
6 roma (plum) tomatoes, sliced
1/2 cup sliced fresh mushrooms
3/4 cup crumbled blue cheese
1/4 cup walnuts

1/3 cup vegetable oil
3 tablespoons red wine vinegar
2 tablespoons lemon juice
1/2 teaspoon salt
1/8 teaspoon ground black pepper
3 teaspoons Worcestershire sauce
1/8 teaspoon liquid smoke flavoring

Directions

Preheat oven on broiler setting. Broil steaks for 3 to 5 minutes per side, or to desired doneness. Allow to cool, then slice into bite-size pieces.

On chilled plates, arrange lettuce, tomatoes, and mushrooms. Sprinkle with blue cheese and walnuts. Top with steak slices.

In a small bowl, whisk together oil, vinegar, lemon juice, salt, pepper, Worcestershire sauce, and smoke flavoring. Drizzle over salad.

Warm Chicken Spinach Salad

Ingredients

3 cups torn fresh spinach
1 (11 ounce) can mandarin oranges, drained
1/2 cup sliced fresh mushrooms
3 slices red onion, halved
1/2 pound skinless, boneless chicken breast halves - cut into strips
1/4 cup chopped walnuts
2 tablespoons olive or vegetable oil
2 teaspoons cornstarch
1/2 teaspoon ground ginger
1/4 cup orange juice
1/4 cup red wine vinegar or cider vinegar

Directions

On two salad plates, arrange spinach, oranges, mushrooms and onion; set aside. In a skillet, saute chicken and walnuts in oil until chicken is no longer pink. In a small bowl, combine the cornstarch, ginger, orange juice and vinegar until smooth; stir into the chicken mixture. Bring to a boil; cook and stir for 2 minutes or until thickened and bubbly. Pour over salads and serving immediately.

Black-Eyed Pea Salad

Ingredients

2 (15.5 ounce) cans black-eyed peas
1 large tomato, chopped
1 medium red bell pepper, chopped
1 medium green bell pepper, chopped
1/2 red onion, diced
1 stalk celery, chopped
1 tablespoon chopped fresh parsley
3 tablespoons balsamic vinegar
2 tablespoons olive oil
salt and pepper to taste

Directions

In a medium bowl, toss together black-eyed peas, tomato, red bell pepper, green bell pepper, red onion, celery, and parsley.

In a small bowl, mix balsamic vinegar and olive oil. Season with salt and pepper. Toss into the vegetables. Cover, and chill in the refrigerator 8 hours, or overnight.

Salami Lover's Italian Pasta Salad

Ingredients

8 ounces rotelli pasta
3/4 cup creamy salad dressing
3/4 cup Italian-style salad dressing
3/4 cup grated Parmesan cheese
8 ounces salami, cubed
1 red bell pepper, thinly sliced
1 (2 ounce) can sliced black olives
1/2 red onion, julienned

Directions

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

In a large bowl, mix together the creamy salad dressing, Italian Dressing, and grated cheese.

Add the pasta, salami, bell pepper, olives and onion. Stir well to evenly coat. Allow to chill before serving.

Creamy Citrus Salad

Ingredients

1 (6 ounce) package orange gelatin
2 cups boiling water
1 (6 ounce) can frozen orange juice concentrate, thawed
2 (11 ounce) cans mandarin oranges, drained
1 (20 ounce) can crushed pineapple, undrained
1 cup cold milk
1 (3.4 ounce) package instant lemon pudding mix
1 cup whipping cream, whipped

Directions

In a large bowl, dissolve gelatin in boiling water; stir in orange juice concentrate. Cool until partially set. Fold in oranges and pineapple. Pour into an oiled 13-in. x 9-in. x 2-in. dish. Chill until firm. In a small bowl, beat milk and pudding mix for 2 minutes; fold in cream. Spread over gelatin. Chill for 30 minutes.

Twenty Four Hour Fruit Salad

Ingredients

1 egg, beaten
1 tablespoon lemon juice
1 1/2 teaspoons butter
1 tablespoon white sugar
1 (15 ounce) can pineapple chunks - drained with juice reserved
1 tablespoon poppy seeds
1/2 pint heavy cream, whipped
1 (11 ounce) can mandarin orange segments, drained
1 (15.25 ounce) can fruit cocktail, drained
1/2 (16 ounce) package miniature marshmallows
1 banana, sliced

Directions

In a medium saucepan, whisk together the egg, lemon juice, butter, sugar and 1 tablespoon of the reserved pineapple juice over low heat. Cook, whisking constantly, until mixture becomes thick. Whisk in poppy seeds. Remove from heat and chill.

Once dressing is cold, fold in whipped cream, pineapple, orange segments, fruit cocktail and marshmallows. Cover and refrigerate 24 hours. Just before serving, mix in the banana.

Bait and Tackle Salad

Ingredients

2 cups grape or cherry tomatoes
2 small zucchini, coarsely chopped
2 small yellow summer squash, coarsley chopped
2 tablespoons minced fresh cilantro
5 tablespoons white wine vinegar
3 tablespoons sugar
1 teaspoon Dijon mustard
1/4 teaspoon salt
1/8 teaspoon pepper
2 tablespoons olive oil

Directions

In a large bowl, combine the tomatoes, zucchini, yellow squash and cilantro. In a blender, combine the vinegar, sugar, mustard, salt and pepper. White processing, gradually add oil. Drizzle over vegetables; toss to coat. Cover and refrigerate for at least 20 minutes.

Yummy Taco Salad Dip

Ingredients

1 (16 ounce) can refried beans
2 avocados, peeled and pitted
1 teaspoon lemon juice
1 (16 ounce) container sour cream
1 (1.25 ounce) package taco seasoning mix
2 tomatoes, diced
1 (2.25 ounce) can sliced black olives, drained
1 bunch green onions, chopped
1 (16 ounce) package Cheddar cheese, shredded

Directions

In a 12x12 inch or larger dish, evenly spread the refried beans in a thin layer.

In a medium bowl, mix the avocado and lemon juice until almost smooth. A few avocado lumps are desirable. Spread the avocado mixture over the refried beans. In a medium bowl, blend the sour cream and taco seasoning; spread over the avocado mixture. Sprinkle the tomatoes in a layer over the sour cream mixture, followed by the olives and the green onions. Top the dip with a layer of cheese.

Chinese Chicken Salad I

Ingredients

1 cup sweet and sour sauce
1 pinch ground ginger
6 cups romaine lettuce - torn, washed and dried
1 cup fresh bean sprouts
4 boneless chicken breast halves, cooked and shredded
1/2 cup cornflakes cereal
1/4 cup toasted sliced almonds
1 pinch ground black pepper
2 tablespoons sesame seeds (optional)

Directions

Pour sweet and sour sauce into a large bowl. Sprinkle ground ginger into the bowl and mix it thoroughly with the sauce.

Place romaine lettuce and bean sprouts into the bowl of sauce and toss it a few times.

Add the shredded chicken to the bowl and toss it thoroughly with the lettuce and bean sprouts.

Transfer the salad into a large serving bowl or 4 separate serving bowls. Top with cornflakes, almonds and a pinch of black ground pepper. Sprinkle with sesame seeds, if desired.

Asian Asparagus Salad with Pecans

Ingredients

2 pounds fresh asparagus, trimmed
1/4 cup rice vinegar
1/4 cup soy sauce
2 tablespoons vegetable oil
2 teaspoons sugar
salt and pepper to taste
1/2 cup chopped pecans
1 tablespoon chopped green onions

Directions

Bring a medium saucepan of water to a boil, and cook the asparagus until tender but crisp. Drain, and briefly immerse in cold water.

In a large, resealable plastic bag, mix the rice vinegar, soy sauce, vegetable oil, sugar, salt, and pepper. Seal the asparagus in the bag. Marinate 24 hours in the refrigerator. Sprinkle the marinated asparagus with pecans and green onion to serve.

Mom's Shrimp Macaroni Salad

Ingredients

1 cup uncooked elbow macaroni
1 tablespoon finely diced onion
1 tablespoon chopped green bell pepper
1/2 cup diced celery
3/4 cup mayonnaise
1/4 cup sweet pickle relish
2 tablespoons ketchup
2 tablespoons white wine vinegar
1 teaspoon prepared horseradish
1/4 teaspoon hot pepper sauce
1 tablespoon chopped fresh parsley
1/2 teaspoon celery seed
1/8 teaspoon chili powder
ground black pepper to taste
2 ounces cooked salad shrimp

Directions

Bring a large pot of salted water to a boil, add the macaroni and let it cook until al dente; drain well.

In a medium-size mixing bowl, combine onion, bell pepper, celery, mayonnaise, sweet pickle relish, ketchup, pickle juices, horseradish, hot pepper sauce, parsley, celery seed, chili powder, salt, black pepper and shrimp. Fold the macaroni into the mixture. Cover and chill at least 3 hours before serving.

Creamy Tarragon Salad Dressing

Ingredients

1 tablespoon Dijon mustard
2 tablespoons white sugar
1/3 cup white vinegar
1 clove garlic
1 teaspoon salt

1/3 cup vegetable oil
3/4 cup water

1/8 teaspoon celery seed
1/8 teaspoon red pepper flakes
1/2 teaspoon cracked black pepper
3/4 teaspoon dried tarragon
3/4 tablespoon brown mustard seed

Directions

Place the Dijon mustard, sugar, vinegar, garlic clove, and salt into a blender. Cover, and puree until the garlic has blended smooth. With the blender running, pour in the vegetable oil alternately with the water; blend until thick and creamy. Add the celery seed, red pepper flakes, black pepper, tarragon, and mustard seed; pulse to until the spices are evenly distributed.

Cauliflower Salad

Ingredients

1 head cauliflower, trimmed and cut into bite-size florets
3/4 cup mayonnaise
1 tablespoon mustard
1 teaspoon salt
ground black pepper to taste
3 hard boiled eggs, chopped
1 onion, chopped
3/4 cup frozen green peas, thawed
1/4 cup dill pickles, chopped
3 slices crisply cooked bacon, crumbled (optional)

Directions

Place cauliflower in a large saucepan and cover with water. Bring to a boil and cook until just fork tender, about 10 minutes. Drain and cool slightly.

In a large bowl whisk together the mayonnaise, mustard, salt, and pepper. Add the cauliflower, eggs, onion, peas, dill pickles, and bacon to the dressing and stir until well coated. Cover and refrigerate for 2 to 24 hours. The longer the cauliflower salad chills, the better the flavor.

Spicy Mango Salad

Ingredients

4 medium mangos - peeled, seeded, and cubed
1/4 cup fresh lime juice
2 tablespoons extra-virgin olive oil
1 tablespoon red pepper flakes
2 tablespoons chopped fresh cilantro
2 tablespoons chopped shallots
salt and freshly ground black pepper to taste

Directions

Place the mango cubes into a serving bowl. In a separate bowl, whisk together the lime juice and olive oil. Season with red pepper flakes, cilantro, shallots, salt and pepper. Whisk briefly, then pour over the mangos. Stir to coat, then cover and refrigerate for about 30 minutes to blend the flavors before serving.

Apple Walnut Salad with Cranberry Vinaigrette

Ingredients

1/2 cup chopped walnuts
1/4 cup cranberries
1/4 cup balsamic vinegar
1 cup red onion, chopped
1 tablespoon white sugar
1 tablespoon Dijon-style prepared mustard
1 cup vegetable oil
salt and pepper to taste
10 cups mixed salad greens, rinsed and dried
2 Red Delicious apples, cored and thinly sliced

Directions

Preheat the oven to 350 degrees F (175 degrees C). Spread the walnuts out on a baking sheet in a single layer. Bake for 8 to 10 minutes in the preheated oven, or until lightly toasted.

In a food processor, combine the cranberries, vinegar, onion, sugar, and mustard. Puree until smooth; gradually add oil, and season with salt and pepper.

In a salad bowl, toss together the greens, apples, and enough of the cranberry mixture to coat. Sprinkle with walnuts, and serve.

Marinated Potato Salad with Anchovy Vinaigrette

Ingredients

1 1/2 cups vegetable oil
1/2 cup white wine vinegar
1/4 cup chopped parsley
1 1/2 teaspoons salt
1 teaspoon white sugar
1 (2 ounce) can anchovy filets
2 cloves garlic, minced
3 pounds red potatoes
1 pound Italian sausage
2 cups chopped green onions
1/3 cup chopped parsley
6 ounces black olives, pitted and halved
salt and pepper to taste

Directions

In a blender, combine the oil, vinegar, parsley, salt, sugar, anchovy fillets and garlic. Puree until smooth.

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 cut into cubes. Pour prepared vinaigrette over potatoes and marinate overnight.

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

Combine the potatoes and dressing, sausage, green onions, parsley and olives. Toss together well and season with salt and pepper to taste.

Best Chicken Salad Ever II

Ingredients

1/4 cup honey
1/4 cup Worcestershire sauce
6 (4 ounce) skinless, boneless chicken breast halves
3 tablespoons honey
3 tablespoons prepared Dijon-style mustard
2 tablespoons white wine vinegar
2 teaspoons lemon zest
1 1/2 teaspoons lemon pepper
1/2 teaspoon poppy seeds
1/2 teaspoon garlic powder
1 cup halved seedless red grapes
1/2 cup cashews

Directions

In a large, self-sealing bag, combine honey and Worcestershire sauce. Add chicken and place bag in a shallow dish in the refrigerator. Chill 2 to 4 hours, turning bag occasionally. Remove chicken and discard marinade.

Grill chicken over medium heat for 12 to 15 minutes, until juices run clear and chicken is no longer pink inside. Remove from grill, cool and chop.

In a medium bowl, whisk together the remaining honey, mustard, vinegar, lemon zest, lemon pepper, poppy seeds and garlic powder. Add chicken, grapes and cashews and toss until evenly coated. Cover and chill until serving.

Grammy's Calamari Salad

Ingredients

2 lemons, juiced
6 cloves garlic, peeled and minced
1 sprig fresh parsley, chopped
salt and pepper to taste
3 pounds squid, cleaned and sliced into rounds
1 (2.25 ounce) can pitted black olives
4 stalks celery, chopped

Directions

In a medium bowl, mix lemon juice, garlic, and parsley. Season with salt and pepper.

Bring a medium pot of water to a boil. Stir in squid, and cook about 3 minutes, or until tender; drain.

Toss squid, olives, and celery with the lemon juice mixture. Cover, and chill in the refrigerator until serving.

Chipotle Chicken Salad

Ingredients

2 1/2 cups cubed cooked chicken
1 cup mayonnaise
1/4 cup crumbled reduced-fat feta cheese
2 green onions, chopped
3 tablespoons reduced-fat sour cream
3 chipotle peppers in adobo sauce, minced
garlic salt and pepper to taste

Directions

Combine the chicken, mayonnaise, feta cheese, green onions, sour cream, and chipotle peppers in a bowl. Season with garlic salt and pepper to taste; stir until evenly combined.

Onion Cucumber Salad

Ingredients

7 medium cucumbers, sliced
1 small onion, sliced
1 green pepper, cut into thin rings
2 tablespoons salt
1 tablespoon celery seed
2 cups sugar
1 cup white vinegar

Directions

In a large serving bowl, combine the cucumbers, onion and green pepper. Sprinkle with salt and celery seed. Combine the sugar and vinegar; pour over cucumber mixture. Cover and refrigerate for at least 8 hours. Serve with a slotted spoon.

Creamy Waldorf Salad

Ingredients

1 large red apple, chopped
1/2 cup halved seedless red grapes
1/2 cup whipped topping
1/4 cup raisins
1/4 cup mayonnaise or salad dressing
3 tablespoons coarsely chopped walnuts

Directions

In a bowl, combine all ingredients. Refrigerate until serving.

Lemon Lentil Salad

Ingredients

5 tablespoons olive oil, divided
1 tablespoon lemon juice
2 teaspoons red wine vinegar
2 teaspoons sugar
1 teaspoon Dijon mustard
1/2 teaspoon dried thyme
1/4 teaspoon salt
1/4 teaspoon pepper
1 garlic clove, minced
3 cups water
1 cup dried lentils, rinsed
1 bay leaf
1 large tomato, diced
1/2 cup minced fresh parsley
2 green onions, sliced

Directions

In a small bowl, combine 4 tablespoons oil, lemon juice, vinegar, sugar, mustard, thyme, salt, pepper and garlic; set aside.

In a medium saucepan, bring the water, lentils, bay leaf and remaining oil to a boil. Reduce heat; simmer, uncovered, for 30 minutes. Remove from the heat. Let stand for 30 minutes; drain if necessary. Discard bay leaf. Add the tomato, parsley, onions and dressing; mix gently. Cover and refrigerate for at least 2 hours.

Mother's Potato Salad

Ingredients

5 pounds whole russet potatoes
5 eggs
1 1/2 cups mayonnaise (such as Hellman'sB®)
2 tablespoons prepared yellow mustard (such as French's B®)
1 small onion, chopped
3 stalks celery, chopped
7 sweet gherkins, chopped
25 pimento-stuffed green olives, sliced
1 pinch salt to taste
1 green bell pepper, sliced (optional)

Directions

Place the potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes. Drain and allow to steam dry for a minute or two. Allow to cool, peel, and cut into cubes.

Place the eggs into a saucepan in a single layer and fill with water to cover the eggs by 1 inch. Cover the saucepan and bring the water to a boil over high heat. Once the water is boiling, remove from the heat and let the eggs stand in the hot water for 15 minutes. Pour out the hot water, then cool the eggs under cold running water in the sink. Peel and slice once cold. Reserve 1 attractive slice of egg for garnish.

Mix the mayonnaise and mustard together in a bowl. In a large salad bowl, lightly mix together the potatoes, eggs, onion, celery, sweet gherkins, and olives until thoroughly combined. Pour the mayonnaise dressing over the salad, and gently toss gain to coat the ingredients with dressing. Season to taste with salt, and top the salad with slices of green pepper and reserved egg slice in the center for garnish. Chill until ready to serve.

Grilled Chicken and Orange Salad

Ingredients

1 (10.75 ounce) can Campbell'sB® Condensed Tomato Soup
1/2 cup vegetable oil
2 tablespoons vinegar
1 tablespoon soy sauce
1/2 teaspoon ground ginger
1/4 teaspoon garlic powder
4 skinless, boneless chicken breasts
1 (12 ounce) bag mixed salad greens
1 (11 ounce) can mandarin orange segments, drained
3 green onions, sliced

Directions

Stir the soup, oil, vinegar, soy, ginger and garlic powder in a medium bowl and set aside.

Lightly oil the grill rack and heat the grill to medium. Grill the chicken for 15 minutes or until chicken is cooked through, turning and brushing the chicken often with 1/2 cup of the soup mixture while it's grilling. Throw away any remaining basting mixture. Cut the chicken into thin strips.

Arrange the salad greens, oranges and green onions on a serving platter. Top with the chicken and serve the remaining soup mixture as a dressing.

Chicken Salad

Ingredients

2 1/2 cups diced cooked chicken
4 bacon strips, cooked and crumbled
1 (8 ounce) can sliced water chestnuts, drained
1/2 cup thinly sliced celery
1 cup halved green grapes
3/4 cup mayonnaise or salad dressing
1 tablespoon dried parsley flakes
2 teaspoons finely minced onion
1 teaspoon lemon juice
1/4 teaspoon ground ginger
1 dash Worcestershire sauce
salt and pepper to taste

Directions

Combine chicken, bacon, water chestnuts, celery and grapes in large bowl; set aside. In another bowl, whisk together remaining ingredients; add to salad and toss to coat. Chill until serving.

Blue Cheese Waldorf Salad

Ingredients

1/4 cup fat-free mayonnaise
1/4 cup 1% buttermilk
2 teaspoons sugar
1 1/2 teaspoons cider vinegar
1/8 teaspoon salt
1/8 teaspoon cayenne pepper
1/8 teaspoon pepper
1/4 cup crumbled blue cheese
2 tablespoons grated onion
3 medium apples, chopped
3 celery ribs, chopped
1/2 cup raisins
1/4 cup chopped walnuts, toasted

Directions

In a small bowl, whisk the mayonnaise, buttermilk, sugar, vinegar, salt, cayenne and pepper. Stir in blue cheese and onion. In a large bowl, combine the apples, celery and raisins. Drizzle with dressing; toss to coat. Sprinkle with walnuts.

Chickpea Salad with Red Onion and Tomato

Ingredients

19 ounces garbanzo beans, drained
2 tablespoons red onion, chopped
2 cloves garlic, minced
1 tomato, chopped
1/2 cup chopped parsley
3 tablespoons olive oil
1 tablespoon lemon juice
salt and pepper to taste

Directions

In a large bowl, combine the chickpeas, red onion, garlic, tomato, parsley, olive oil, lemon juice and salt and pepper to taste. Chill for 2 hours before serving. Taste and adjust seasoning. Serve.

Tortellini Bacon Broccoli Salad

Ingredients

2 (9 ounce) packages refrigerated three-cheese tortellini
1 pound bacon
4 cups chopped broccoli
1 pint grape tomatoes, halved
2 green onions, finely chopped
1 cup bottled coleslaw dressing

Directions

Cook the tortellini according to the package directions, drain, rinse with cold water, and refrigerate until cool, about 30 minutes.

Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain the bacon slices on a paper towel-lined plate. Chop the bacon into 1/2-inch pieces while still a little warm.

Place the tortellini, bacon, broccoli, grape tomatoes, and green onions into a salad bowl. Pour the dressing over the ingredients, and toss lightly to coat. Chill in refrigerator before serving.

Dilly Egg Salad

Ingredients

3 hard-cooked eggs, chopped
1/4 cup small curd cottage cheese
1 celery rib, chopped
2 tablespoons dill pickle relish
3 tablespoons mayonnaise
1 teaspoon Dijon mustard
salt and pepper to taste
4 slices bread
Lettuce Leaves

Directions

In a bowl, combine the eggs, cottage cheese, celery, relish, mayonnaise, mustard, salt and pepper. Spread 2/3 cup on two slices of bread; top with lettuce and remaining bread.

Becky's Chicken Salad

Ingredients

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

Directions

In a medium bowl, whip cream to soft peaks.

Combine meat, celery, grapes, almonds, parsley, salt, and mayonnaise with whipped cream. Chill.

Pickled Veggie Salad

Ingredients

1/4 cup olive oil
1/4 cup sesame seeds

1/2 cup white vinegar
1/3 cup teriyaki sauce
1/2 teaspoon black pepper
1 teaspoon crushed red pepper flakes
1/4 teaspoon minced fresh ginger root
4 teaspoons granular no-calorie sucralose sweetener (such as Splenda®)

3 stalks celery
4 green onions, chopped
2 carrots, cut into matchsticks (optional)
1 yellow bell pepper, sliced (optional)
1 small cucumber, sliced (optional)
1 small white onion, sliced (optional)

Directions

Heat the olive oil in a small saucepan over medium heat. Stir in the sesame seeds, and cook until lightly browned, about 3 minutes. Scrape into a metal mixing bowl, and cool to room temperature.

Whisk the vinegar, teriyaki sauce, black pepper, red pepper flakes, ginger root, and sweetener into the sesame seed mixture. Stir in the celery, green onions, carrots, bell pepper, cucumber, and onion into the sesame dressing until evenly coated. Cover and refrigerate until cold before serving.

Cucumber Shell Salad

Ingredients

1 (16 ounce) package medium shell pasta
1 (16 ounce) package frozen peas, thawed
1 medium cucumbers, halved and thinly sliced
1 small red onion, chopped
1 cup Ranch salad dressing

Directions

Cook pasta according to package directions; drain and rinse in cold water. In a large bowl, combine the pasta, peas, cucumber and onion. Add dressing; toss to coat. Cover and chill at least 2 hours before serving.

French Salad Dressing

Ingredients

1 1/2 cups vegetable oil
1 cup ketchup
3/4 cup sugar
1/2 cup vinegar
1 small onion, chopped
1 teaspoon lemon juice
1 teaspoon paprika
1/2 teaspoon salt

Directions

In a blender or food processor, blend all ingredients until smooth. Store in the refrigerator.

Almond Chicken Salad

Ingredients

4 green onions, thinly sliced
1 large carrot, shredded
1 red bell pepper, cut into 1/2 inch pieces
1/2 pound sugar snap peas, halved
2 cups chopped, cooked chicken breast meat
1/2 cup fresh cilantro leaves
1/2 cup blanched slivered almonds, toasted
2 tablespoons white sugar
2 tablespoons distilled white vinegar
1 1/2 tablespoons sesame oil
1 tablespoon teriyaki sauce
1 tablespoon ground dry mustard

Directions

In a large bowl, mix together the onions, carrot, red pepper, peas, chicken, cilantro and almonds. Set aside.

In a small bowl, whisk together the sugar, vinegar, sesame oil, teriyaki sauce and dry mustard until smooth. Pour over salad mixture and toss until coated. Serve in pita pockets or on a bed of lettuce.

Taco Salad

Ingredients

1/2 pound ground beef
1 (15.5 ounce) can chili beans, undrained
1/2 cup chopped green pepper
1/3 cup chopped onion
1 (2.25 ounce) can sliced ripe olives, drained
1/4 teaspoon salt
2 cups corn chips
4 cups shredded iceberg lettuce
1/2 cup shredded Cheddar cheese
1/2 cup chopped tomato

Directions

In a skillet, cook beef over medium heat until no longer pink; drain. Stir in the beans, green pepper, onion, olives and salt if desired; heat through. On two plates, layer the corn chips, lettuce, beef mixture, cheese and tomato.

Tossed Romaine and Orange Salad

Ingredients

1/2 cup orange juice
3 tablespoons olive oil
2 tablespoons red wine vinegar
1/2 teaspoon ground black pepper
1/4 teaspoon salt
1 large head romaine lettuce - torn, washed and dried
3 (11 ounce) cans mandarin oranges
1/2 cup slivered almonds

Directions

Prepare the dressing by whisking together the orange juice, olive oil, vinegar, pepper and salt; set aside.

In a large bowl, combine the romaine and oranges. Add enough dressing to coat and toss well. Sprinkle with almonds and serve.

Barley Salad With Almonds And Apricots

Ingredients

1 1/2 cups pearl barley
4 1/2 cups water
1 tablespoon canola oil
1 red onion, thinly sliced
3/4 cup dried apricots, sliced
1/2 cup sliced almonds
2 tablespoons chopped fresh parsley
1 cup plain low-fat yogurt
2 tablespoons honey
1 lemon, juiced
1/2 teaspoon ground cinnamon
1/2 teaspoon ground turmeric
1/2 teaspoon salt
1 pinch ground nutmeg

Directions

Rinse barley in a fine sieve. Bring water to a boil in a heavy saucepan. Stir in the barley, and return to a boil. Cover, and reduce heat. Simmer until water is absorbed, about 45 to 50 minutes. Cool to room temperature.

Pour oil into a small skillet, and place over medium heat. Add onion, and saute until golden brown.

In a serving dish, combine barley, onion, apricots, almonds, and parsley. Toss.

In a small bowl, mix together yogurt, honey, lemon juice, cinnamon, turmeric, salt, and nutmeg. Pour over the barley mixture ,and toss well to combine. Serve at room temperature.

Chicken Pasta Salad

Ingredients

1/2 pound uncooked pasta of your choice
1 cup frozen corn kernels, thawed
1 cup sliced mushrooms
1/2 cup diced celery
1/4 cup minced onion
1/2 cup sliced green olives
1/2 cup diced green bell pepper
1 cup shredded Cheddar cheese
3/4 cup Italian-style salad dressing
1/2 cup mayonnaise
2 (10 ounce) cans chunk chicken, drained
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and pour pasta into a large dish.

Stir in the corn, mushrooms, celery, onions, olives, bell pepper and cheese.

In a separate bowl, whisk together the salad dressing and mayonnaise, then pour this mixture over the salad and toss again, to coat. Add flaked chicken and toss gently a final time.

Jicama and Pineapple Salad in a Cilantro

Ingredients

2 serrano peppers, seeded and minced
2 tablespoons fresh lime juice
2 tablespoons rice vinegar
1 bunch fresh cilantro, minced
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/4 cup olive oil
1/2 fresh pineapple - peeled, cored and cut into chunks
1 jicama, peeled and julienned
3 cups mixed baby greens
1 avocado - peeled, pitted and diced

Directions

Whisk together the serrano pepper, lime juice, rice vinegar, cilantro, salt, and pepper in a large bowl. Slowly drizzle in the olive oil while continually whisking. Add the pineapple and jicama; toss to coat. Allow to sit 30 minutes to 1 hour.

Place the spring mix in a large salad bowl; scatter the avocado over the lettuce; top with the marinated pineapple and jicama, drizzling the remaining vinaigrette over the salad. Serve NOW!

Chicken Salad With Pine Nuts and Raisins

Ingredients

1 1/2 cups cubed French bread
1/2 cup sour cream
1/3 cup mayonnaise
2 tablespoons lemon juice
2 teaspoons Dijon-style prepared mustard
2 teaspoons honey
1 tablespoon chopped fresh rosemary
1/8 teaspoon salt
1/4 teaspoon ground black pepper
1 pound skinless, boneless chicken breasts
2 stalks celery, chopped
1/3 cup golden raisins
1 tablespoon lemon zest
6 leaves romaine lettuce
6 leaves Radicchio, raw
2 teaspoons lemon juice
1 teaspoon olive oil
3 slices red onion
1/3 cup pine nuts, toasted

Directions

Preheat oven to 350 degrees F (175 degrees C). Spray a baking sheet with olive oil or non-stick cooking spray.

Prepare the croutons by spreading bread cubes over prepared baking sheet. Lightly spray cubes with oil or cooking spray and bake for 20 minutes or until golden brown. Remove from oven and cool.

Prepare the dressing by whisking together the sour cream, mayonnaise, lemon juice, mustard, honey, rosemary, salt and pepper. Cover and refrigerate until ready to serve.

Prepare the salad by placing the chicken in a pan and cover with water. Bring just to a boil, cover and reduce the heat to medium-low. Cook 10 minutes, or until chicken is cooked through. Remove from heat, drain and cool; dice or pull into shreds.

Combine the chicken with the celery, raisins and lemon peel.

When ready to serve, stir together the lemon juice and olive oil. Tear the lettuce into small pieces and toss with the lemon and oil mixture. Divide between plates and top with the chicken salad. Garnish with onion rings, a sprinkling of pine nuts and the croutons.

Garden Party Salad

Ingredients

1/4 cup vegetable oil
1/4 cup orange marmalade
3 tablespoons cider vinegar
3 tablespoons mayonnaise
2 teaspoons curry powder
1/4 teaspoon hot pepper sauce
6 cups cubed, cooked chicken
2 tablespoons golden raisins
2 tablespoons slivered almonds, toasted
2 tablespoons minced fresh parsley

Directions

In a small bowl, whisk first six ingredients until smooth; chill. Just before serving, combine chicken, raisins, almonds and parsley in a large bowl; add dressing and toss.

Tomato, Cucumber and Red Onion Salad with

Ingredients

2 large cucumbers - halved lengthwise, seeded and sliced
1/3 cup red wine vinegar
1 tablespoon white sugar
1 teaspoon salt
3 large tomatoes, seeded and coarsely chopped
2/3 cup coarsely chopped red onion
1/2 cup chopped fresh mint leaves
3 tablespoons olive oil
salt and pepper to taste

Directions

In a large bowl, toss together the cucumbers, vinegar, sugar and salt. Let stand at room temperature for an hour, stirring occasionally.

Add tomatoes, onion, mint and oil to cucumbers and toss to blend. Season to taste with salt and pepper.

Eggless Egg Salad

Ingredients

1 pound firm tofu, cubed
4 cups water
1/4 cup white vinegar
1 pinch salt

Directions

In a large pot over medium-high heat bring water, vinegar and salt to a boil. Stir in tofu and return to a boil. Reduce heat to medium and simmer 15 minutes. Drain.

Salad Taverna

Ingredients

8 ounces dry spinach noodles
1/3 cup olive oil
3 tablespoons lemon juice
1 clove garlic, minced
1/2 teaspoon green hot pepper sauce
1/2 teaspoon anise seed
1/2 teaspoon salt
1 cup ricotta cheese
2 tomatoes, coarsely chopped
1/2 cup sliced black olives

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a large bowl, whisk together olive oil, lemon juice, garlic, hot pepper sauce, anise seed and salt. Mix in cooked pasta, ricotta cheese, tomatoes, and olives. Cover, and chill.

Summer Squash Salad

Ingredients

2 cups torn Boston lettuce
1/3 cup thinly sliced zucchini
1/3 cup thinly sliced yellow summer squash
3 radishes, sliced
1/4 cup reduced-fat Italian salad dressing

Directions

In a bowl, toss the lettuce, zucchini, yellow squash and radishes. Serve with dressing.

Fruit Salad

Ingredients

1 (14 ounce) can sweetened condensed milk
1 (8 ounce) container frozen whipped topping, thawed
1 (16 ounce) can cherry pie filling
1 (15 ounce) can pineapple chunks, drained
1 1/2 cups miniature marshmallows
1/4 cup chopped pecans (optional)

Directions

In a large bowl, fold together the condensed milk and whipped topping.

Add the pie filling, pineapple, marshmallows and pecans (if desired). Mix well and refrigerate until chilled.

Tomato Bread Salad

Ingredients

8 cups Italian bread cubes
3 cups chopped tomatoes
1 cup minced fresh basil
1/2 cup thinly sliced red onion
1/2 cup olive or vegetable oil
2 tablespoons cider or red wine vinegar
1/2 teaspoon salt
1/2 teaspoon pepper
1 garlic clove, minced

Directions

In a large bowl, combine the bread, tomatoes, basil and onion. In a small bowl, whisk together the remaining ingredients; drizzle over bread mixture. Cover and let stand for 30 minutes before serving.

Strawberry Salad with Shallot-Honey Vinaigrette

Ingredients

1/4 cup lemon juice
2 tablespoons honey
1 tablespoon minced shallot
1 teaspoon chopped fresh thyme
1/2 teaspoon salt
1/4 teaspoon red pepper flakes
2 tablespoons olive oil
2 tablespoons vegetable oil

1 cup slivered almonds
2 tablespoons white sugar
1 pinch salt

1 (16 ounce) package mixed salad greens
1/2 pint strawberries, quartered

Directions

Combine the lemon juice, honey, shallot, thyme, salt, and red pepper flakes together in a bowl; vigorously whisk the olive oil and vegetable oil into the lemon juice mixture. Set aside.

Place a small skillet over medium-high heat; toss the almonds, sugar, and salt together in the hot skillet until the sugar caramelizes on the almonds, 2 to 3 minutes. Remove from heat immediately.

Place the salad mix in a large bowl. Drizzle the dressing over the salad mix and toss to coat. Top with the almonds and strawberries to serve.

Three Bean and Artichoke Salad

Ingredients

1 (15 ounce) can butter beans
1 (15 ounce) can kidney beans, drained and rinsed
1 (15 ounce) can green beans, drained
1 (14 ounce) can artichoke hearts, drained and quartered
4 tablespoons lemon juice
4 tablespoons olive oil
2 tablespoons coarse grained prepared mustard
salt and pepper to taste

Directions

In a medium bowl combine the butter beans, kidney beans, green beans and artichoke hears.

In a small bowl, whisk together the lemon juice, olive oil, mustard and salt and pepper to taste. Toss with bean mixture and serve.

Gazpacho Salad

Ingredients

4 tomatoes, seeded and diced
2 cucumbers, peeled and diced
2 green peppers, diced
1 medium onion, diced
1 (2.25 ounce) can sliced ripe olives, drained
1 teaspoon salt
1/2 teaspoon pepper
DRESSING:
1/2 cup olive oil
1/4 cup white vinegar
1/4 cup lemon juice
1 tablespoon chopped fresh parsley
2 garlic cloves, minced
2 teaspoons chopped green onions
1/2 teaspoon salt
1/4 teaspoon ground cumin

Directions

In a 1-1/2-quart bowl, layer one-third to one-half of the tomatoes, cucumbers, green peppers, onion, olives, salt and pepper. Repeat layers two or three more times.

In a small bowl, combine all dressing ingredients. Pour over vegetables. Cover and chill several hours or overnight. Serve with a slotted spoon.

Fancy Chicken Salad

Ingredients

1/2 cup light mayonnaise
2 tablespoons cider vinegar
2 cloves crushed garlic
3 tablespoons chopped fresh dill
1 pound skinless, boneless chicken breast halves - cooked
1/4 cup crumbled feta cheese
1/2 cup red bell pepper, chopped

Directions

Blend mayonnaise, vinegar, garlic and dill. Refrigerate for several hours or overnight.

Stir together chicken, peppers and cheese and blend with the chilled dressing. Serve!

Lemon Poppy Seed Chicken Pasta Salad

Ingredients

1 (16 ounce) package penne pasta
1 1/2 cups cubed cooked chicken
2 stalks celery, chopped
1 cup dried cranberries
4 green onions, chopped
1 1/2 cups creamy poppy seed salad dressing
2 teaspoons lemon juice

Directions

Bring a large pot of lightly salted water to a boil over high heat. Add the penne pasta, and cook until al dente, 8 to 10 minutes. Drain, and rinse under cold water until the pasta is cold; drain well.

Place the drained penne pasta into a large mixing bowl, and stir in the chicken, celery, cranberries, and green onions. Pour in the salad dressing and lemon juice; stir until evenly mixed.

Kumquat Salad

Ingredients

1/3 cup extra virgin olive oil
1/3 cup red wine vinegar
1 teaspoon brown sugar
1/4 teaspoon freshly ground black pepper
5 ounces mixed baby greens
2 green onions, chopped
1/2 cup chopped celery
1 carrot, julienned
1/2 cup broccoli florets
1/2 cup cauliflower florets
1 avocados - peeled, pitted and diced
1 teaspoon fresh lemon juice
2 ounces grated Asiago cheese
3 ounces pine nuts
4 ounces kumquats - rinsed, seeded and sliced

Directions

To prepare the dressing, place extra virgin olive oil, red wine vinegar, brown sugar, and pepper in a small container with a lid. Shake well to blend.

In a medium bowl, toss together baby salad greens, green onions, celery, carrot, broccoli, and cauliflower. Sprinkle avocado with lemon juice, and toss into the mixture. Sprinkle mixture with Asiago cheese and pine nuts. Toss in kumquats. Serve with the olive oil dressing.

Summer Salad

Ingredients

1 yellow squash, diced
1 zucchini, diced
3 green onions, sliced
1 carrot, cubed
1/2 green bell pepper, diced
1 tomato, chopped
1/2 cup fat free ranch dressing
salt to taste
ground black pepper to taste

Directions

Toss vegetables with dressing, and chill for at least 1 hour. Season with salt and black pepper, and serve.

Mom's Mustard Style Potato Salad

Ingredients

6 large potatoes - peeled and cubed
3 eggs
1 onion, finely chopped
3 stalks celery, diced
3 teaspoons sweet pickle relish
1 (4 ounce) jar pimentos
2 teaspoons prepared mustard
3 tablespoons creamy salad dressing
1 teaspoon paprika

Directions

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain, place in a large mixing bowl and beat until smooth.

Place eggs in a saucepan and cover with cold water. Bring water to a boil; cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

In a mixing bowl, combine the potatoes, eggs, onion, celery, relish and pimentos.

Blend together the mustard and salad dressing, add to salad and mix well. Sprinkle with paprika and refrigerate until chilled.

Honey Fruit Salad

Ingredients

2 medium firm bananas, chopped
2 cups fresh blueberries
2 cups fresh raspberries
2 cups sliced fresh strawberries
5 tablespoons honey
1 teaspoon lemon juice
3/4 teaspoon poppy seeds

Directions

In a large bowl, combine the bananas and berries. In a small bowl, combine the honey, lemon juice and poppy seeds. Pour over fruit and toss to coat.

Tuscan Bean Salad

Ingredients

1 cup dried navy beans
4 cups cold water
1/2 cup diced red onion
1/2 cup thinly sliced celery
1/4 cup chopped fresh parsley
3 tablespoons chicken broth
2 tablespoons balsamic vinegar
1 tablespoon olive oil
1 teaspoon Dijon mustard
1 garlic clove, minced
1 teaspoon salt
1/4 teaspoon ground oregano
1/4 teaspoon ground thyme

Directions

Place beans in Dutch oven or kettle; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour. Drain and rinse beans, discarding liquid. Return beans to the pan. Add cold water. Bring to a boil. Reduce heat; cover and simmer for 50-60 minutes or until beans are tender.

Drain beans; place in a bowl. Add the onion, celery and parsley. In a jar with a tight fitting lid, combine the remaining ingredients; shake well. Pour over bean mixture and stir to coat. Cover and refrigerate for at least 2 hours.

Amelia's Tuna Macaroni Salad

Ingredients

1 (12 ounce) package elbow macaroni
1 (6 ounce) can tuna, drained
2 stalks celery, chopped
2 tablespoons chopped sweet onion
1 (10 ounce) can baby peas, drained
1 cup mayonnaise
2 tablespoons sweet pickle relish
salt and pepper to taste
3 hard-cooked eggs, quartered
1 pinch paprika, for garnish

Directions

Bring a large pot of lightly salted water to a boil. Add the macaroni, and cook until tender, about 8 minutes. Drain and rinse under cold running water.

In a large bowl, stir together the macaroni, tuna, celery, onion and peas. Mix in the mayonnaise, relish, salt and pepper. Garnish with egg wedges and a sprinkle of paprika. Cover and chill for at least 1 hour before serving.

Barbeque Macaroni Salad

Ingredients

1 (12 ounce) package elbow macaroni
1 (15 ounce) can marinara sauce
1 1/2 cups chopped celery
1 cup sweet pickle relish
1 (4 ounce) can sliced black olives
1 small red onion, chopped
1 1/2 cups mayonnaise
1 teaspoon chili powder

Directions

Bring a large pot of lightly salted water to a boil. Add macaroni, and cook for 8 to 10 minutes or until al dente. Drain, and rinse under cold water. Put macaroni in a serving bowl, and mix in the marinara sauce, celery, relish, olives, onion, mayonnaise and chili powder. Cover and chill for at least 2 hours before serving.

Pat's Potato Salad

Ingredients

12 medium red potatoes, cooked, peeled and cubed
1 medium red onion, chopped
1 cup chopped fresh parsley
1 1/2 cups mayonnaise
1 cup sour cream
1/4 cup sugar
1/4 cup vinegar
4 teaspoons ground mustard
1 teaspoon salt

Directions

In a large bowl, combine potatoes, onion and parsley. In a small bowl, combine remaining ingredients. Pour over potatoes and mix well. Refrigerate at least 1 hour before serving. Salad can be prepared a day ahead.

Broiled Egg Salad Sandwiches

Ingredients

3 hard-cooked eggs, chopped
1/4 cup crushed saltine crackers
1/4 cup chopped celery
1 tablespoon diced pimientos
1/2 cup mayonnaise
2 tablespoons milk
1/8 teaspoon salt
1/8 teaspoon garlic salt
1/8 teaspoon pepper
2 English muffins, split and toasted

Directions

In a bowl, combine the eggs, crackers, celery and pimientos. In another bowl, combine the mayonnaise, milk, salt, garlic salt and pepper; mix well. Stir into the egg mixture.

Spoon about 1/3 cup onto each muffin half; place on an ungreased baking sheet. Broil 4 in. from the heat for 3-4 minutes or until lightly browned.

Curried Couscous Salad with Bacon

Ingredients

4 slices bacon
1 onion, chopped
1 1/2 cups water
1 cup uncooked couscous
3/4 cup diced carrot
3/4 cup diced cucumber
1/2 red bell pepper, diced
1/2 (15 ounce) can garbanzo beans, drained and rinsed

1/4 cup olive oil
2 tablespoons white balsamic vinegar
1 tablespoon soy sauce
1 tablespoon white sugar
2 teaspoons curry powder
salt and pepper to taste

Directions

Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain the bacon slices on a paper towel-lined plate. When cool, crumble the bacon slices, and set aside.

Drain all but 1 tablespoon of bacon drippings from the skillet, and cook and stir the onion in the skillet until the edges of the onion begin to turn brown. Set the onion aside.

Bring the water to a boil in a saucepan, and sprinkle in the couscous. Remove the pan from the heat, let stand for 5 minutes to absorb the water, then fluff the couscous with a fork. Allow couscous to cool.

Place the onion, cooled couscous, carrot, cucumber, red bell pepper, and garbanzos into a salad bowl, and stir lightly to combine.

In a bowl, whisk together the olive oil, white balsamic vinegar, soy sauce, sugar, curry powder, and salt and pepper until the sugar has dissolved. Pour the dressing over the salad, mix again lightly, and sprinkle with bacon bits.

Caesar Salad I

Ingredients

1 head romaine lettuce
3/4 cup extra virgin olive oil
3 tablespoons red wine vinegar
1 teaspoon Worcestershire sauce
1/2 teaspoon salt
1/4 tablespoon ground mustard
1 clove crushed garlic
1 egg
1 lemon, juiced
freshly ground black pepper
1/4 cup grated Parmesan cheese
1 1/2 cups garlic croutons
1 (2 ounce) can anchovy filets

Directions

Clean lettuce thoroughly and wrap in paper towels to absorb moisture. Refrigerate until crisp, at least 1 hour or more.

In a bowl or jar combine oil, vinegar, Worcestershire sauce, salt, mustard, garlic and lemon juice. Whisk until well blended.

Coddle egg by heating 3 cups of water to boiling. Drop in egg (still in shell) and let stand for 1 minute. Remove egg from water and let cool. Once cooled crack open and whisk egg into dressing. Whisk until thoroughly blended.

Mash desired amount of anchovies and whisk them into the dressing. If desired set aside a few for garnish.

To assemble, place torn lettuce leaves in a large bowl. Pour dressing over the top and toss lightly. Add the grated cheese, garlic croutons and freshly ground pepper, toss. Serve immediately!

Nutty Shrimp Salad Sandwiches

Ingredients

2 cups cooked salad shrimp
3 kiwifruit, peeled, sliced and quartered
3/4 cup shredded carrots
1/2 cup mayonnaise
1/2 cup chopped pecans
1/8 teaspoon ground nutmeg
Lettuce Leaves
3 (6-inch) pita breads, halved

Directions

In a medium bowl, combine the first six ingredients. Line pita halves with lettuce; spoon about 1/2 cup shrimp mixture into each.

Ham Skroodle Salad

Ingredients

1 1/2 cups uncooked tri-color spiral pasta
4 cups chopped ham
1 1/2 cups broccoli florets
1/2 cup chopped red onion
1/3 cup white sugar
3 tablespoons prepared mustard
1 1/2 teaspoons salt
1 1/4 cups vegetable oil
1/3 cup distilled white vinegar
1 cup halved cherry tomatoes

Directions

In small bowl, whisk together sugar, mustard, and salt until well blended. Whisk in oil, a small amount at a time. Whisk in vinegar, a small amount at a time. Set dressing aside.

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

Add ham, broccoli, and onion to the pasta. Toss lightly with dressing to coat evenly. Cover, and refrigerate at least 2 hours. Garnish with tomatoes.

Quinoa Salad with Grapefruit, Avocado, and

Ingredients

1 cup quinoa
4 cups water
1/4 teaspoon salt
1/4 cup dried cranberries
1/4 cup fresh lime juice
1/4 cup olive oil
2 teaspoons honey
2 cloves garlic, minced
1 teaspoon minced serrano pepper
1/4 cup chopped fresh mint
1/4 cup minced cilantro
1 shallot, minced
1/2 cup arugula
1 pinch salt and black pepper to taste
4 cups baby arugula leaves, washed and dried
1 avocado - peeled, pitted and diced
1/2 grapefruit, peeled and sectioned

Directions

In a dry skillet over medium heat, toast the quinoa until it has a nutty aroma. Remove from heat, rinse and drain in a fine mesh strainer. Bring water to a boil in a saucepan, add salt, and slowly add toasted quinoa. Cook until tender and the outer rings appear on the grains, 15 to 20 minutes. Strain through a fine mesh colander. Place in a large bowl to cool.

In a small bowl, combine cranberries, lime juice, olive oil, honey, garlic, serrano pepper, mint, cilantro, shallot, and arugula. Stir into the cooled quinoa and add salt and freshly ground pepper to taste. Place 1 cup of baby arugula on each salad plate. Top with quinoa mixture, avocado, and grapefruit.

Salad with Hot Italian Dressing

Ingredients

2 cups torn leaf lettuce
4 green onions, sliced
2 radishes, sliced
1 medium tomato, cut into wedges
3 bacon strips, diced
1 teaspoon all-purpose flour
1/4 cup vinegar
2 tablespoons water
2 tablespoons sugar
3/4 teaspoon dry Italian salad dressing mix

Directions

Arrange the lettuce, onions, radishes and tomato in salad bowls or plates; set aside. In a small skillet, cook bacon until crisp. Remove bacon to paper towels to drain; reserve 1 tablespoon drippings. Add flour to drippings; stir until smooth. Cook over low heat for 3 minutes. Combine vinegar, water, sugar and salad dressing mix; add to skillet. Bring to a boil over medium heat; cook and stir for 2 minutes. Pour over salads. Top with bacon. Serve immediately. Refrigerate leftover dressing for up to 2 weeks.

Twenty-Four Hour Salad

Ingredients

6 cups shredded iceberg lettuce
1/2 cup chopped celery
1/2 cup chopped green bell pepper
1/2 cup chopped onions
1/2 cup frozen green peas, thawed and drained
1 1/2 cups mayonnaise
2 tablespoons white sugar
2 cups shredded Cheddar cheese
1 (3 ounce) can bacon bits

Directions

In a large transparent bowl, layer lettuce, celery, bell peppers, onions, peas, mayonnaise, sugar and cheese. Sprinkle bacon bits evenly over the top of the salad.

Cover bowl, and refrigerate for 24 hours before serving.

Five-Bean Salad

Ingredients

1 (19 ounce) can garbanzo beans (chickpeas), rinsed and drained
1 (16 ounce) can kidney beans, rinsed and drained
1 (15.5 ounce) can great northern beans, rinsed and drained
1 (14.5 ounce) can yellow wax beans, drained
1 (10 ounce) package frozen cut green beans, thawed
2 small onions, chopped
1 cup white vinegar
3/4 cup sugar
1/4 cup canola oil
1 teaspoon salt
1/2 teaspoon pepper

Directions

In a large bowl, combine the first six ingredients. In another bowl, whisk the vinegar, sugar, oil, salt and pepper. Pour over bean mixture and toss to coat. Cover and refrigerate for several hours or overnight. Serve with a slotted spoon.

Peachy Fruit Salad

Ingredients

2 fresh peaches - peeled, pitted and sliced
1 medium red apple, chopped
1 cup halved seedless red grapes
1 medium ripe mango or additional peach, peeled and sliced
1 medium firm banana, sliced
1 1/2 cups apple pie filling

Directions

In a large bowl, combine the fruit. Add pie filling and toss to coat. Refrigerate until serving.

Misti's Dried Herb Salad Seasoning

Ingredients

1/2 cup grated Parmesan cheese
1 tablespoon dried parsley flakes
2 teaspoons dried basil
2 teaspoons dried chives
2 teaspoons dried marjoram
2 teaspoons paprika
2 teaspoons onion powder
2 teaspoons garlic powder
2 teaspoons salt
1/2 teaspoon freshly ground black pepper

Directions

Combine Parmesan cheese, parsley flakes, basil, chives, marjoram, paprika, onion powder, garlic powder, salt, and pepper in a small bowl; stir to blend evenly. Store in an airtight container.

Creamy Cauliflower Salad

Ingredients

1 head cauliflower, cut into florets
1/2 cup grape tomatoes, quartered
3 tablespoons bacon bits
1/4 cup shredded Cheddar cheese
3 hard-boiled eggs, chopped
1 cup mayonnaise
1/3 cup sugar
2 tablespoons vinegar
1 tablespoon lemon juice

Directions

Place egg in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel, and chop.

Toss cauliflower florets, tomatoes, bacon bits, cheese, and eggs together in a bowl.

In a separate bowl, dissolve sugar into vinegar and lemon. Whisk in mayonnaise until thoroughly combined.

Pour dressing over salad, and toss gently to coat. Cover and refrigerate until well-chilled. Toss again gently, and serve.

Asian Salad

Ingredients

2 (3 ounce) packages ramen noodles, crushed
1 cup blanched slivered almonds
2 teaspoons sesame seeds
1/2 cup butter, melted
1 head napa cabbage, shredded
1 bunch green onions, chopped
3/4 cup vegetable oil
1/4 cup distilled white vinegar
1/2 cup white sugar
2 tablespoons soy sauce

Directions

In a medium skillet over low heat brown ramen noodles, almonds, and sesame seeds with melted butter or margarine. Once browned, take off heat and cool.

In a small saucepan bring vegetable oil, sugar, and vinegar to boil for 1 minute. Cool. Add soy sauce.

In a large bowl , combine shredded napa cabbage and chopped green onions. Add the noodle and soy sauce mixture. Toss to coat. Serve.

Taffy Apple Salad IV

Ingredients

1 (15 ounce) can crushed pineapple, drained
4 cups miniature marshmallows
1/2 cup white sugar
1 tablespoon all-purpose flour
1 egg, beaten
1 1/2 tablespoons white wine vinegar
3 cups diced apple without peel
1 cup chopped Spanish peanuts
1 (8 ounce) container frozen whipped topping, thawed

Directions

Mix together the pineapple and marshmallows; set aside.

In a saucepan, combine the reserved pineapple syrup, sugar, flour, egg and vinegar. Mix together well and cook over medium heat until slightly thickened. Set aside to cool.

Add the whipped topping, pineapple mixture, apples and 3/4 cup peanuts. Mix together well and refrigerate until chilled. Sprinkle top with extra 1/4 cup peanuts.

Pasta and Salmon Salad

Ingredients

1 (8 ounce) package tri-colored pasta assortment
3 tablespoons curry powder
3/4 pound medium shrimp, in the shell
1/4 pound smoked salmon, chopped
1 1/2 cups frozen green peas, thawed
1 tablespoon chopped fresh tarragon
1 teaspoon lemon juice
3 tablespoons olive oil
salt to taste
ground black pepper to taste

Directions

Fill a large saucepan with salted water and bring to a boil. Add the curry powder, let it dissolve, then add the pasta. When the pasta is cooked but still firm, drain and cool with running water. Drain again thoroughly and place in a large salad bowl.

Fill a large pot with salted water and bring to a boil. Boil the shrimp until they turn pink and curl slightly, 2-3 minutes. Drain, place under cold running water and drain again. Peel and devein the shrimp and set aside.

To the pasta add the cooked shrimp, smoked salmon and green peas. In a small bowl stir together the tarragon, lemon juice, and salt and pepper to taste until well mixed. Add the oil and stir vigorously until blended.

In a small bowl stir together the tarragon, lemon juice, and salt and pepper to taste until well mixed. Add the oil and stir vigorously until blended.

Pour dressing over pasta dish. Toss well and serve.

Nutty Wild Rice Salad with Kiwifruit and Red

Ingredients

2 1/2 cups chicken stock
1 cup wild rice
3 tablespoons lemon juice
2 teaspoons olive oil
2 teaspoons honey
2 kiwis, peeled and diced
1 cup seedless red grapes, halved
1 1/2 tablespoons toasted, chopped pecans

Directions

Place broth in a medium saucepan, and bring to a boil. Add rice, reduce heat to low, and simmer, covered, for 45 minutes, or until tender. Drain excess liquid, cover and let cool.

Whisk together lemon juice, oil, and honey in a small bowl until honey is dissolved. Season with salt and pepper.

Place cooled rice in a salad bowl, along with kiwi, red grapes and pecans. Add dressing, and gently toss.

Oriental Spinach Salad

Ingredients

5 cups fresh spinach, rinsed and dried
1 cup bean sprouts
2 clementines, peeled and segmented
1/3 cup sliced fresh mushrooms
1/3 cup vegetable oil
2 tablespoons soy sauce
1 pinch garlic powder

Directions

Tear the spinach into bite size pieces and toss in a large bowl with the bean sprouts, clementines and mushrooms.

In a small bowl, whisk together the oil, soy sauce and garlic powder. Pour over the spinach mixture, toss, and let stand for about 5 minutes to let the flavors blend.

Summer Bean Salad II

Ingredients

1 (15 ounce) can light red kidney beans, drained and rinsed
1 cup fresh corn kernels
1 small onion, diced
1 cup cherry tomato halves
2 tablespoons lime juice
1 teaspoon lemon zest (optional)
1 tablespoon olive oil, or as needed
salt to taste
ground black pepper to taste
1/3 cup thinly sliced fresh basil

Directions

In a large bowl, gently toss beans, corn, onion, tomatoes, lime juice, and lemon zest. Drizzle with olive oil, and season with salt and pepper. Mix in basil just before serving.

Citrus-Tarragon Chicken Salad

Ingredients

5 cups chopped cooked chicken breast meat
1 celery stalk, chopped
4 green onions, chopped
2 tablespoons fresh tarragon, chopped
2 tablespoons fresh lemon juice
2 teaspoons lemon zest
2 teaspoons orange zest
1 cup mayonnaise
salt and pepper to taste

Directions

Mix the chicken, celery, green onions, and tarragon together in a large bowl. Stir in the lemon juice, lemon zest, orange zest, and mayonnaise. Season to taste with salt and pepper. Refrigerate at least 30 minutes before serving.

Roasted Pear Salad

Ingredients

2 firm ripe pears, halved and cored
4 teaspoons olive oil, divided
2 tablespoons cider vinegar
1 teaspoon water
1 teaspoon honey
1/4 teaspoon salt
1/8 teaspoon white pepper
1 (10 ounce) package mixed baby salad greens
1 cup watercress sprigs
1/4 cup chopped toasted hazelnuts
1/4 cup dried cranberries

Directions

In a bowl, toss pears with 1 teaspoon oil. Place in a 15-in. x 10-in. x 1-in. baking pan coated with nonstick cooking spray. Bake at 400 degrees F for 10 minutes. Turn pears over;bake 5-7 minutes longer or until golden and tender.

When cool enough to handle, peel pears. Thinly slice two pear halves lengthwise and set aside. Place remaining pear halves in a food processor or blender. Add the vinegar, water, honey, salt and white pepper; cover and process until smooth. While processing, slowly add remaining oil.

In a large bowl, toss the salad greens, watercress, nuts and cranberries. Arrange pear slices on top; drizzle with dressing.

Tropical Chicken Salad

Ingredients

2 cups diced cooked chicken breast meat
1/2 cup sliced celery
1/2 cup diced fresh mango
1/4 (8 ounce) can sliced water chestnuts
2 cups diced fresh pineapple
1 cup juice packed mandarin oranges, drained
1/4 cup low-fat mayonnaise
2 tablespoons reduced fat sour cream
1 teaspoon coconut extract

Directions

In a mixing bowl, combine the chicken, celery, mango, water chestnuts, pineapple, mandarin oranges, mayonnaise, sour cream and coconut extract. Mix together well and refrigerate 1 to 2 hours before serving.

Dilly Potato Salad

Ingredients

2 pounds red potatoes, diced
6 hard-cooked eggs, chopped
1 cup nonfat plain yogurt
3 tablespoons fat-free mayonnaise
1/4 cup chopped green onions
1 teaspoon prepared Dijon-style mustard
1 teaspoon dried dill weed
1 teaspoon garlic powder

Directions

Bring a large pot of salted water to a boil. Add potatoes; cook until tender but still firm, about 15 minutes. Drain, and set aside to cool.

In a large bowl, combine the potatoes and chopped eggs.

Mix together the yogurt, mayonnaise, green onions, mustard, dill weed and garlic powder. Pour dressing over potatoes and eggs; toss and chill until ready to serve.

Marinated Tomato Salad

Ingredients

5 medium tomatoes, sliced
1/4 pound fresh mushrooms, sliced
3/4 cup vegetable oil
1/4 cup red wine vinegar
3 garlic cloves, minced
1 tablespoon minced fresh parsley
1/2 teaspoon salt

Directions

In a large shallow dish, layer the tomatoes and mushrooms. In a bowl, whisk the oil, vinegar, garlic, parsley and salt. Pour over vegetables. Cover and refrigerate for at least 4 hours, turning occasionally. Serve with a slotted spoon.

Almond Strawberry Salad

Ingredients

3 cups fresh baby spinach
1/2 cup sliced fresh strawberries
1/4 cup sliced honey-roasted almonds
1 tablespoon cider vinegar
1 tablespoon honey
1 1/2 teaspoons sugar

Directions

In a large bowl, combine the spinach, strawberries and almonds. In a jar with a tight-fitting lid, combine the vinegar, honey and sugar; shake well. Drizzle over salad and toss to coat. Serve immediately.

BBQ Chicken Salad

Ingredients

2 skinless, boneless chicken breast halves
4 stalks celery, chopped
1 large red bell pepper, diced
1/2 red onion, diced
1 (8.75 ounce) can sweet corn, drained
1/4 cup barbeque sauce
2 tablespoons fat-free mayonnaise

Directions

Preheat grill for high heat.

Lightly oil grate. Grill chicken 10 minutes on each side, or until juices run clear. Remove from heat, cool, and cube.

In a large bowl, toss together the chicken, celery, red bell pepper, onion, and corn.

In a small bowl, mix together the barbeque sauce and mayonnaise. Pour over the chicken and veggies. Stir, and chill until ready to serve.

Hazelnut Blue Pecan Salad

Ingredients

1 egg white
1/4 cup light brown sugar
1/4 teaspoon cayenne pepper
1/4 teaspoon salt
2 cups coarsely chopped pecans
4 cups mixed salad greens
1/2 cup crumbled Gorgonzola cheese
2 teaspoons hazelnut oil

Directions

Preheat an oven to 300 degrees F (150 degrees C). Line a baking sheet with parchment paper.

Beat egg whites until foamy in a large glass or metal mixing bowl. Gradually add the sugar, continuing to beat until medium peaks form. Lift your beater or whisk straight up: the tip of the peak formed by the egg whites should curl over slightly. Fold in cayenne pepper and salt. Add the pecans and stir until coated. Spread the mixture evenly on the parchment-lined baking sheet.

Bake 10 minutes, then turn the pecan pieces. Bake another 10 minutes until toasted. Remove from oven and let cool about 15 minutes.

Mound two cups of salad greens on each plate. Sprinkle each serving with 1/4 cup Gorgonzola cheese, then drizzle with a teaspoon of hazelnut oil. Top each salad with a cup of toasted pecans.

Sesame Shrimp Rice Salad

Ingredients

5 cups water
2 cups fresh snow peas
1 pound cooked medium shrimp, peeled and deveined
2 cups cooked brown rice
1 medium red onion, diced
1 medium sweet red pepper, diced
1/3 cup minced fresh parsley
2 tablespoons lemon juice
1 tablespoon reduced-sodium soy sauce
1 tablespoon canola oil
2 teaspoons sesame oil
1/2 teaspoon ground ginger
1 garlic clove, minced

Directions

In a saucepan, bring water to a boil. Add peas; cover and cook for 2 minutes. Drain and immediately place peas in ice water. Drain and pat dry.

In a large bowl, combine the shrimp, rice, onion, red pepper, parsley and snow peas. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Pour over shrimp mixture; toss to coat. Serve immediately.

Chilled Russian Salad Dressing

Ingredients

1 cup mayonnaise
3 teaspoons minced onion
1 teaspoon prepared horseradish
1 teaspoon Worcestershire sauce
1 teaspoon dried parsley
3 tablespoons chili sauce
1 tablespoon ketchup

Directions

In a small bowl, whisk together the mayonnaise, onion, horseradish, Worcestershire, parsley, chili sauce and ketchup. Chill until serving.

Cranberry Salad I

Ingredients

2 (12 ounce) packages fresh cranberries
1 cup white sugar
1 (20 ounce) can crushed pineapple, drained
1 cup chopped pecans
1 pint heavy whipping cream
7 ounces miniature marshmallows

Directions

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.

Thanksgiving Day Salad

Ingredients

2 cups water
1 (6 ounce) package strawberry flavored gelatin mix
1 (10 ounce) package frozen strawberries, thawed
1 (16 ounce) can whole cranberry sauce
1/2 cup chopped pecans
8 leaves lettuce
1 (3 ounce) package cream cheese, softened
1 cup sour cream
1/3 cup white sugar
1 tablespoon lemon juice

Directions

Boil the water and combine with the strawberry flavored gelatin mix in a medium bowl. Mix in the strawberries, cranberry sauce and pecans. Transfer to a 2 quart mold. Chill in the refrigerator 6 to 8 hours, or overnight.

Place the molded gelatin mixture on a serving plate and surround the base with lettuce leaves.

In a medium bowl, mix the cream cheese, sour cream, sugar and lemon juice with an electric mixer until well blended. Use this mixture as a topping for each serving of salad.

Pan Seared Sea Bass with Warm Spinach Salad

Ingredients

1/4 cup CRISCO® Canola Oil*, divided
4 (6 ounce) fillets sea bass
Salt and pepper to taste
1 red onion, cut into thin strips
2 cups button mushrooms, sliced
1 tomato, cut into 8 wedges
1 pound fresh baby spinach, stems removed
4 slices crisply cooked bacon, chopped
3 tablespoons sunflower seeds
1 tablespoon balsamic vinegar

Directions

In a large heavy skillet heat 2 tablespoons CRISCO® Oil over medium-high heat, until hot but not smoking. Sprinkle fillets with salt and pepper. Cook on one side, about 7 minutes, or until golden brown. Carefully turn each fillet; cook 5 minutes more. Remove from the pan and set aside.

Add the remaining CRISCO® Oil to the pan. Add onions, mushrooms, tomato, spinach, bacon and sunflower seeds; saute quickly over medium-high heat. Add vinegar; toss and cook just until warm. Place spinach mixture on 4 serving plates; top each with a sea bass fillet.

Fall Salad with Cranberry Vinaigrette

Ingredients

1/2 cup cider vinegar
1/4 cup cranberries
1/4 cup olive oil
2 teaspoons white sugar
1/8 teaspoon kosher salt
1 pinch freshly ground black pepper

2 heads romaine lettuce - rinsed, dried, and torn into bite-size pieces
2 medium heads Belgian endive - washed, dried and chopped
2 red Anjou pears
1/2 cup toasted walnuts, chopped
1/2 cup crumbled Gorgonzola cheese

Directions

In a saucepan, combine vinegar and cranberries. Cook over medium heat until cranberries soften. Remove from heat; add olive oil, sugar, salt and pepper. Place in blender and mix until smooth. Refrigerate until chilled.

Core and julienne one pear, core and dice the other.

In a large bowl, combine the Romaine lettuce, endive, diced pears, walnuts and Gorgonzola. Toss and drizzle with enough dressing to coat.

Divide among salad plates and garnish with julienned pear. Top with any additional walnuts as well.

Spicy Creamy Cajun Ham and Black Eyed Peas

Ingredients

2 cups fresh corn kernels
2 (15 ounce) cans black-eyed peas, rinsed and drained
1 cup cubed fully cooked ham
3 stalks celery, finely chopped
2 tablespoons chopped red onion

2/3 cup sour cream
1 tablespoon ketchup
1 tablespoon dried cilantro
1 teaspoon Cajun seasoning
2 dashes hot pepper sauce (such as Tabasco®), or to taste

Directions

Place the corn into a saucepan, cover with water, and bring to a boil. Reduce heat and simmer until the corn is fully cooked, about 2 minutes. Drain the corn in a colander set in the sink.

Mix together the warm corn, black-eyed peas, ham, celery, and onion in a salad bowl.

Whisk together the sour cream, ketchup, cilantro, Cajun seasoning, and hot pepper sauce in a bowl until smooth. Stir the dressing lightly into the black-eyed pea mixture until thoroughly mixed. Serve immediately.

Wild Rice Salad

Ingredients

1 (6 ounce) package wild rice
3/4 cup light mayonnaise
1 teaspoon white vinegar
1 teaspoon white sugar
salt and pepper to taste
2 cups cooked, cubed turkey meat
1/4 cup diced green onion
1 cup seedless red grapes
6 ounces blanched slivered almonds

Directions

Cook rice according to package directions. Remove from heat and set aside to cool.

In a medium bowl, whisk together the mayonnaise, vinegar, sugar, salt and pepper. Stir in rice, turkey, onion and grapes until evenly coated with dressing. Cover and refrigerate for 1 to 2 hours.

Before serving, sprinkle slivered almonds over the top of the salad.

Fresh Summer Corn Salad with Creamy Italian

Ingredients

1/4 cup balsamic vinegar
1/4 cup olive oil
1/4 cup Hellmann's® or Best Foods® Real Mayonnaise
1 clove garlic, finely chopped
3/4 teaspoon Italian seasoning
8 ears corn-on-the-cob*
1 small red onion, halved and thinly sliced
12 cherry tomatoes, quartered
1 small zucchini, finely chopped
1/4 cup chopped fresh basil leaves

Directions

Combine vinegar, olive oil, Hellmann's® or Best Foods® Real Mayonnaise, garlic and Italian seasoning in small bowl with wire whisk. Season, if desired, with salt and pepper; set aside.

Bring large saucepot of salted water to a boil over high heat. Add corn and cook 3 minutes; drain and cool. Remove kernels (about 4 cups) from cob with knife. Combine cooled corn, onion and 1/4 cup vinaigrette in medium bowl. Gently fold in tomatoes, zucchini and basil. Drizzle with remaining vinaigrette. Serve at room temperature.

Margarita Shrimp Salad

Ingredients

1 tablespoon lime juice
2 teaspoons grated lime peel
3 cloves garlic, minced
1 pound large shrimp, shelled and deveined
3/4 cup SwansonB® Chicken Broth (regular, Natural Goodnessв „ў or Certified Organic)
1 medium orange or red pepper
1 small onion, sliced
1/4 cup chopped fresh cilantro
4 cups torn romaine lettuce or iceberg lettuce
2 large tomatoes, thickly sliced

Directions

Mix the lime juice, lime peel and garlic in a 12x8x2-inch nonmetallic shallow baking dish or gallon size resealable plastic bag. Add the shrimp and toss to coat with the marinade. Cover the dish or seal the plastic bag and refrigerate it for 30 minutes, turning the shrimp over a few times while it's marinating.

Heat the broth in a 2-quart saucepan over high heat to a boil. Add the pepper and onion and cook until the vegetables are tender-crisp.

Reduce the heat to medium. Add the shrimp and marinade. Cook until the shrimp turn pink. Stir in the cilantro. Divide the lettuce, tomatoes and shrimp mixture among 4 serving plates.

Tater Salad

Ingredients

8 potatoes, peeled and cubed
4 eggs
1 cup mayonnaise
2 tablespoons prepared mustard
1 tablespoon ground turmeric
1 onion, chopped

Directions

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 10 minutes. Drain and set aside.

Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

In a large bowl, whisk together the mayonnaise, mustard, turmeric and onion. Add the still-warm potatoes and stir until evenly coated. Gently mix in the hard-cooked eggs. Serve immediately, or refrigerate and serve cold.

Fresh Floret Salad

Ingredients

1 cup fresh broccoli florets
1 cup fresh cauliflowerets
3 tablespoons sliced celery
2 tablespoons finely chopped onion
1 hard-cooked egg, chopped
1/3 cup prepared Italian salad dressing
2 tablespoons plain yogurt
2 1/2 teaspoons Italian salad dressing mix
2 teaspoons lemon juice

Directions

In a small bowl, combine the first five ingredients. In another bowl, whisk the salad dressing, yogurt, dressing mix and lemon juice. Pour over broccoli mixture and toss to coat. Cover and refrigerate for 4 hours or overnight.

Black-Eyed Pea Salad

Ingredients

2 (15.5 ounce) cans black-eyed peas, rinsed and drained
2 medium tomatoes, chopped
1 cup chopped green pepper
1/2 cup chopped red onion
4 green onions, sliced
1 garlic clove, minced
1 cup Italian salad dressing
1/4 cup sour cream
1/4 cup minced fresh parsley
Tortilla chips

Directions

In a bowl, combine the first six ingredients. Combine the salad dressing, sour cream and parsley. Add to the pea mixture; toss to coat. Cover and refrigerate for at least 4 hours. Serve with tortilla chips.

Eggnog and Cranberry Salad

Ingredients

1 (3.5 ounce) package instant vanilla pudding mix
1 (3 ounce) package lemon flavored gelatin
2 cups water
2 tablespoons lemon juice
1 (3 ounce) package raspberry flavored gelatin mix
1 cup boiling water
1 (16 ounce) can jellied cranberry sauce
1/4 cup chopped pecans
1 (1.3 ounce) envelope whipped topping mix
1/2 teaspoon ground nutmeg

Directions

Combine vanilla pudding mix, lemon gelatin, and 2 cups water in a saucepan. Bring to a boil, stirring constantly. Stir in lemon juice. Chill until partially set.

Dissolve raspberry gelatin in 1 cup boiling water. Blend in cranberry sauce, and add pecans. Chill until partially set.

Prepare whipped topping according to package directions. Fold in nutmeg. Fold whipped topping into vanilla pudding mixture. Pour into a 9 x 13 inch glass dish. Chill until firm.

Pour cranberry mixture over pudding mixture. Chill for 6 hours before serving to appreciative family and friends.

Wilted Cabbage Salad with Bacon

Ingredients

1/2 pound bacon
1 medium head cabbage, shredded
1 onion, chopped
1 clove garlic, minced
1/2 cup tarragon vinegar

Directions

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

Add the onion and garlic and fry in the bacon fat until browned.

Add the vinegar. Bring to a simmer and add the cabbage and bacon. Saute briefly and serve warm.

Christmas Cranberry Salad

Ingredients

1 pound cranberries, finely ground
2 cups white sugar
1 (20 ounce) can crushed pineapple, drained
1 (16 ounce) package miniature marshmallows
1 cup chopped pecans (optional)
1 pint whipped cream, beaten stiff

Directions

Mix together the cranberries and sugar; cover and refrigerate overnight.

The next day, combine the cranberry mixture with the pineapple, marshmallows, pecans and whipped cream. Mix well.

Pour into a 3 quart dish, cover and refrigerate or freeze until ready to serve.

Valentine's Day Salad

Ingredients

1 (6 ounce) package strawberry flavored gelatin
2 cups boiling water
1 (16 ounce) package strawberries, partially frozen
2 bananas, peeled and diced
1 (20 ounce) can crushed pineapple, drained
1 (8 ounce) container frozen whipped topping, thawed (optional)

Directions

In a medium saucepan over high heat, bring water to a boil and add gelatin. After gelatin has dissolved, add strawberries, bananas and pineapple, mix well; remove from heat.

Spoon mixture into individual heart molds or a 9x13 inch baking dish; chill until firm.

Top each serving with whipped topping, if desired; serve.

Tara's Sweet and Chunky Chicken Salad

Ingredients

1 (10 ounce) can chunk chicken, drained
2 tablespoons mayonnaise
1/8 cup chopped dill pickle
1/8 cup chopped onion
2 tablespoons sunflower seeds
1/4 cup dried cranberries

Directions

Without breaking up large chicken pieces, empty canned chicken into medium bowl. Stir in mayonnaise, pickle, onion, sunflower seeds, and cranberries; mix until well blended and very large chicken chunks are broken up.

Wonder Bread Curried Chicken Salad Appetizer

Ingredients

12 slices Wonder® Classic White Bread
1/2 cup light sour cream
2 tablespoons orange marmalade
3/4 teaspoon curry powder
1/2 teaspoon salt
1/4 teaspoon black pepper
1 medium rib celery, finely chopped
1 green onion, finely chopped
1/2 red bell pepper, finely diced
1 (9.75 ounce) can white chunk chicken breast, drained
3 tablespoons finely chopped roasted peanuts
12 red grapes, sliced in half

Directions

Preheat oven to 400 degrees F.

Wonder Bread Croustades: Cut crusts from Wonder Bread and flatten with a rolling pin until quite flat, about 1/8-inch thick. Cut circles from the bread with a 2 1/2-inch round cookie cutter. (You can cut 2 circles from each slice of bread.)

Lightly brush mini-muffin pan with melted butter. Gently press each round of bread into a mini-muffin cup, forming it into a bowl shape. Repeat, making as many Croustades as specified in the recipe.

Bake about 9 to 10 minutes, or until golden brown.

Cool slightly, then remove the Croustades from the pan and allow them to cool completely on a wire rack.

Curried Chicken Salad: In a medium bowl combine the sour cream, marmalade, curry powder, salt and pepper. Add the celery, green onions, red pepper and chicken breast. Stir to combine; flaking the chicken into small pieces. Gently fold in peanuts.

Fill Croustades and top with a red grape half.

Tuna Macaroni Salad

Ingredients

3 cups macaroni
1/3 cup Italian-style salad dressing
1/2 cup sour cream
1 cup mayonnaise
1 onion, chopped
2 stalks celery, chopped
1/2 teaspoon garlic powder
1 teaspoon salt
1/2 teaspoon ground black pepper
1 (6 ounce) can tuna, drained

Directions

Cook pasta in a large pot of boiling salted water until done. Drain.

Marinate macaroni in Italian dressing for 2 to 3 hours or overnight.

Mix sour cream, mayonnaise, onion, celery, garlic powder, tuna, and salt and pepper into macaroni. Chill.

Eggplant Tomato Salad

Ingredients

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

Directions

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.

Macaroni Salad I

Ingredients

2 cups macaroni
2 small cucumbers, chopped
2 tomatoes, chopped
1 green bell pepper, chopped
1 onion, chopped
salt to taste
ground black pepper to taste
1 3/4 cups creamy salad dressing, e.g. Miracle Whip в„ў
1/4 cup milk

Directions

Cook macaroni pasta in a large pot with boiling salted water until al dente. Rinse with cool water and drain.

In a large bowl add the chopped cucumber, tomatoes, green bell pepper, and onion.

Blend the milk and creamy salad dressing together in a small bowl until smooth and to your liking of thickness.

Add cooled pasta and salad dressing mixture to large bowl of chopped vegetables. Add salt and pepper to taste.

Refrigerate until chilled. Serve.

Nicole's Tailgate Party Chicken Salad

Ingredients

2 cups shredded cooked chicken meat
2 cups chopped celery
2 cups sliced almonds
2 cups small seasoned croutons
1 cup shredded sharp Cheddar cheese
4 hard-cooked eggs, peeled and chopped
2 cups creamy salad dressing, e. g. Miracle Whip в„ў

Directions

In a large bowl, toss together the chicken, celery, almonds, croutons, Cheddar cheese and eggs. Mix in salad dressing until the ingredients are evenly coated. Cover and refrigerate overnight before serving for best flavor.

Potato and Bacon Salad

Ingredients

5 eggs
4 slices bacon
2 tablespoons Dijon mustard, or to taste
1 cup mayonnaise
3 stalks celery, minced
2 pounds small potatoes
2 tablespoons chopped fresh parsley
salt and pepper to taste

Directions

Place the potatoes in a pot with enough water to cover, and bring to a boil. Cook for about 20 minutes, or until tender. Drain and cool.

Meanwhile, place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, and place in a bowl of cold water to cool.

Peel the eggs, and place 3 of them into a large bowl. Reserve the rest for later. Mash the eggs in the bowl with a fork. Stir in the mustard, mayonnaise, celery, salt and pepper. Set aside.

Cook bacon slices in the microwave for about 4 minutes, until crisp, or fry in a skillet over medium-high heat. Crumble 2 of the bacon slices into the mayonnaise mixture. Reserve the rest for garnish.

Peel and chop the potatoes, and stir into the bowl until evenly coated. Slice the 2 remaining eggs, and place on top of the salad. Crumble the remaining bacon over the eggs, then sprinkle parsley over the top.

Grandma's Salad Dressing

Ingredients

1 cup vegetable oil
3/4 cup white wine vinegar
1 cup white sugar
1/2 cup ketchup
1/2 teaspoon salt
2 teaspoons Worcestershire sauce
1 onion, chopped

Directions

Prepare dressing in a large jar with a tight fitting lid. Add the oil, vinegar, sugar, ketchup, salt, Worcestershire sauce and onion. Shake until the sugar is dissolved. Refrigerate and shake well before using.

Spring Strawberry Salad with Chicken

Ingredients

2 large boneless, skinless chicken breasts, cubed
2 tablespoons olive oil
2 tablespoons balsamic vinaigrette salad dressing
1 bunch fresh spinach, rinsed and dried
1 pint strawberries, sliced
4 ounces crumbled goat cheese
1 (5 ounce) package candied pecans (such as Emerald® Pecan Pie Glazed Pecans)
2 tablespoons olive oil
2 tablespoons balsamic vinaigrette salad dressing

Directions

Place the chicken breast meat into a skillet with 2 tablespoons of olive oil and 2 tablespoons of balsamic vinaigrette over medium heat; cook and stir until the chicken is browned, no longer pink in the center, and the juice has nearly evaporated, about 10 minutes. Remove the chicken to a bowl and let cool.

Place the spinach into a salad bowl; scatter the strawberries, goat cheese, and candied pecans over the spinach. Drizzle 2 tablespoons of olive oil and 2 tablespoons of balsamic vinaigrette over the salad and top with the chicken. Serve slightly warm or chilled.

Slimmed-Down Potato Salad

Ingredients

3 pounds red new potatoes
1 (12 ounce) package silken tofu
3 tablespoons fresh lemon juice
1 tablespoon prepared yellow mustard
1 clove garlic, minced
1 teaspoon salt
2 tablespoons olive oil
1 cup chopped celery
1 red bell pepper, seeded and cubed
3 eggs, hard-boiled, shelled, and chopped
1/2 cup chopped green onions
1/2 cup chopped dill pickles
salt and ground black pepper to taste
2 tablespoons whole milk

Directions

Place the potatoes in a Dutch oven and fill with enough water to cover. Bring to a boil; reduce heat to medium-low. Cover and simmer until potatoes are tender, and a fork can be easily inserted and removed, about 20 minutes. Drain and cool slightly. Peel, cut into cubes, and place in a large bowl.

To make the dressing, combine the tofu, lemon juice, mustard, garlic, and 1 teaspoon of salt in the bowl of a food processor. Blend until smooth. With the processor running, add the olive oil in a thin, steady stream, blending just until mixture thickens. Set aside.

Combine the celery, red bell pepper, eggs, green onions, and pickles in the bowl with the potatoes. Pour the dressing over the potato mixture, and toss lightly to evenly coat all ingredients. Season to taste with salt and pepper. Cover and chill at least 4 hours.

Just before serving, toss the salad with milk, 1 tablespoon at a time, to reach the desired consistency.

Speedy Pear and Pecan Salad

Ingredients

1 (10 ounce) bag Italian-blend salad greens
1 pear - peeled, cored and diced
1/2 cup pecan halves
1/2 cup finely shredded mozzarella cheese
1/3 cup Italian-style salad dressing

Directions

Place the salad greens, pear pieces, pecans, and mozzarella cheese in a bowl. Pour the Italian dressing over the salad mixture, and toss to coat evenly.

Cold Black Bean Salad

Ingredients

2 (15 ounce) cans black beans, rinsed and drained
2 tomatoes, finely chopped
3 serrano chile peppers, seeded and chopped
1 red bell pepper, seeded and chopped
1/4 cup white wine vinegar
2 tablespoons vegetable oil
1/2 teaspoon salt

Directions

In a medium serving bowl, mix together the black beans, tomatoes, chilies, bell pepper, vinegar, oil and salt. Chill for 1 hour before serving.

Cheeseburger Salad

Ingredients

2 hamburger buns, split and cut into 3/4 inch strips*
1/2 small red onion, chopped
1 pound lean ground beef
1 cup ketchup
1/2 cup finely chopped dill pickle
1 tablespoon prepared yellow mustard
1/2 small red onion, sliced
8 cups chopped lettuce
2 plum tomatoes, chopped
1 cup shredded Cheddar cheese

Directions

Preheat an oven to 425 degrees F (220 degrees C).

Arrange the strips in a single layer on a baking sheet, and bake for 8 to 10 minutes, until the strips are lightly toasted. Set the strips aside.

Place the ground beef into a skillet over medium heat, and brown the meat for about 10 to 12 minutes, breaking the beef apart as it cooks, until the meat is well browned and no longer pink inside. Stir the chopped onion, ketchup, dill pickle, and mustard into the beef mixture and mix well.

Arrange the chopped lettuce on a large serving platter, and spoon the beef mixture over the lettuce. Top the salad with the sliced onion, plum tomatoes, and shredded cheese, and arrange the hamburger bun croutons around the platter.

Carrot-Bean Sprouts Salad

Ingredients

2 cups grated carrots
1/2 cup bean sprouts
1 teaspoon white sugar
1 tablespoon lemon juice
1 tablespoon grated fresh coconut
1 tablespoon finely chopped cilantro
1 tablespoon sunflower seed oil
1 teaspoon mustard seed
salt to taste

Directions

In a large bowl, gently toss the carrots, bean sprouts, sugar, lemon juice, coconut, and cilantro.

Heat the oil in a small saucepan over medium heat. Stir in the mustard seed, and cook until golden brown. Mix into the salad. Season with salt.

Chicken Fajita Salad

Ingredients

2 tablespoons cooking oil, divided
1/4 cup lime juice
1 garlic clove, minced
1/2 teaspoon ground cumin
1/2 teaspoon oregano
1 pound boneless, skinless chicken breasts cut into thin strips
1 onion, cut into thin wedges
1 red bell pepper, cut into thin strips
1 (7 ounce) can chopped green chilies, drained
1 cup whole almonds, toasted
Shredded lettuce
3 tomatoes, cut into wedges
1 avocado, sliced

Directions

Combine 1 tablespoon oil, lime juice, garlic, cumin and oregano. Toss with chicken; marinate at least 30 minutes. Meanwhile, in a skillet, heat remaining oil on medium-high. Saute onion 2 minutes. Drain chicken, reserving marinade. Add chicken to skillet; stir-fry until it begins to brown. Add red pepper, chilies and marinade; cook 2 minutes. Stir in almonds. Serve immediately over shredded lettuce and top with tomatoes and avocado.

Jesse's Ginger Salad Dressing

Ingredients

1 carrot, peeled and chopped
1 cup mayonnaise
2 tablespoons ground ginger
2 tablespoons soy sauce
2 tablespoons white sugar

Directions

Combine carrot, mayonnaise, ground ginger, soy sauce, and white sugar in a food processor. Blend until smooth.

Winter Market Salad

Ingredients

1/4 cup olive oil
1/4 cup apple cider vinegar
1 teaspoon prepared yellow mustard
1 teaspoon Dijon mustard, or to taste
1 tablespoon honey, or to taste
salt and pepper to taste

1 beet, peeled and grated
1 small celery root (celeriac), peeled and grated
1 large carrot, peeled and grated
1 small Macintosh apple - peeled, cored, and cubed (optional)

Directions

Place the olive oil, vinegar, yellow mustard, Dijon mustard, and honey into a screw top jar. Seal, and shake to blend the salad dressing. Season to taste with salt and pepper.

Scatter the beet, celery root, carrot, and apple in layers onto individual salad plates. Drizzle with dressing to serve.

Tossed Spinach Salad

Ingredients

1 (10 ounce) package fresh spinach, torn
1 pound fresh mushrooms, sliced
1/2 pound sliced bacon, cooked and crumbled
3 celery ribs, sliced
1 cup shredded Cheddar cheese
3 hard-cooked eggs, chopped
3 green onions, sliced
1 cup ketchup
3/4 cup white vinegar
3/4 cup vegetable oil
1/2 cup sugar
1 teaspoon salt
1 teaspoon Worcestershire sauce

Directions

In a large salad bowl, combine the first seven ingredients. In a jar with a tight-fitting lid, combine the remaining ingredients; shake until sugar is dissolved. Drizzle over salad; toss to coat. Serve immediately.

Creamy Roasted Vegetable Pasta Salad

Ingredients

3 tablespoons olive oil
2 tablespoons red wine vinegar
1 teaspoon Dijon mustard
1 teaspoon garlic powder
salt and pepper to taste
1/2 cup chopped green bell pepper
1/2 cup diced yellow bell pepper
1/2 cup chopped fresh mushrooms
1/2 cup chopped white onion
1 (8 ounce) package dry penne pasta
2 tablespoons light mayonnaise
2 tablespoons grated Parmesan cheese

Directions

Preheat the oven broiler.

In a bowl, mix the olive oil, red wine vinegar, Dijon mustard, garlic powder, salt, and pepper. Spread the green bell pepper, yellow bell pepper, mushrooms, and onion on a baking sheet. Pour the oil and vinegar mixture over the vegetables.

Broil the vegetables 5 minutes, stirring occasionally, until lightly scorched. Remove from heat, and cool.

Bring a large pot of lightly salted water to a boil. Add penne pasta, cook for 8 to 10 minutes, until al dente. Drain, and rinse with cold water to cool.

In a large bowl, toss the vegetables, pasta, and mayonnaise. Top with Parmesan cheese to serve.

Minted Zucchini Salad

Ingredients

1/4 cup olive oil
2 tablespoons lemon juice
1 tablespoon minced fresh mint
1/4 teaspoon salt
dash cayenne pepper
1 1/2 pounds zucchini, thinly sliced

Directions

In a large bowl, whisk the oil, lemon juice, mint, salt and cayenne until blended. Add zucchini; toss to coat. Refrigerate until serving.

Cranberry-Black Cherry Gelatin Salad

Ingredients

1 (6 ounce) package black cherry flavored gelatin mix
1 (16 ounce) container sour cream, room temperature
1 (16 ounce) can whole cranberry sauce
1 cup chopped walnuts
2 cups hot water

Directions

Combine gelatin mix and hot water until the gelatin dissolves. Stir in the can of cranberries and mix well. Add the room temperature sour cream and stir to combine. Place gelatin mixture in the refrigerator until almost set. Stir in the walnuts and return to the refrigerator until the mixture is completely set.

Spicy English Seven-Layer Salad

Ingredients

2 cups small seashell pasta
4 carrots, peeled and julienned
1/2 head leaf lettuce - rinsed, dried, and chopped
1 medium cucumber, peeled, seeded, and diced
3/4 cup frozen green peas
1/2 cup frozen whole-kernel corn
2 cups mayonnaise
2 tablespoons brown sugar
1 tablespoon curry powder
1/2 teaspoon garlic salt
1 cup shredded Cheddar cheese

Directions

Bring a pot of lightly salted water to a boil. Add the pasta, and cook until tender, about 7 minutes. Drain, and rinse under cold water to cool.

Place the carrots in an even layer in the bottom of a large glass bowl, preferably one that is roughly the same diameter from top to bottom. Place the lettuce in a layer over the carrots. Combine the cucumber, peas and corn; spread in a layer over the lettuce. Once the pasta is cooled and drained, then spread that out over the top.

In a smaller bowl, stir together the mayonnaise, brown sugar, curry powder, and garlic salt. Spread this carefully over the pasta. Top with shredded Cheddar cheese. Cover, and refrigerate for at least 1 hour before serving.

Chicken Spaghetti Salad

Ingredients

3 ounces uncooked spaghetti
1/2 cup shredded cooked chicken breast
1/2 cup julienned cucumber
1/3 cup julienned carrots
1 tablespoon white vinegar
1 tablespoon reduced-sodium soy sauce
2 teaspoons canola oil
1 teaspoon minced fresh gingerroot
3/4 teaspoon sugar
1/4 teaspoon minced garlic

Directions

Cook spaghetti according to package directions; drain and rinse in cold water. Combine the spaghetti, chicken, cucumber and carrot. In a small saucepan, combine the vinegar, soy sauce, oil, ginger, sugar and garlic. Bring to a boil; remove from the heat. Drizzle over spaghetti mixture and toss to coat.

Pipirrana (Spanish Potato Salad)

Ingredients

6 eggs
6 potatoes, peeled and cubed
1 green bell pepper, seeded and diced
1 red bell pepper, seeded and diced
1/2 onion, chopped
1 large fresh tomato, chopped
1 (6 ounce) can tuna, drained
1/2 cup green olives with pimento or anchovy, halved
1/4 cup extra virgin olive oil
2 tablespoons distilled white vinegar
1 teaspoon salt, or to taste

Directions

Place egg in a saucepan, and cover with cold water. Bring water to a boil, and immediately remove from heat. Cover, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, and peel. Cut eggs into quarters, and set aside.

Meanwhile, bring a large pot of salted water to a boil. Add potatoes, and cook until tender but still firm, about 15 minutes. Drain, and transfer to a large bowl.

Toss potatoes with eggs, bell peppers, onion, tomato, tuna, green olives, olive oil, and vinegar. Season to taste with salt. Refrigerate, and serve cold

Cranberry Salad VII

Ingredients

1 (6 ounce) package cranberry flavored gelatin mix
2 cups boiling water
1/2 orange, peeled and chopped
1/2 pound fresh or frozen cranberries, chopped
3 apples - peeled, cored and chopped
1 cup white sugar
1 cup chopped celery
1 cup chopped walnuts

Directions

Dissolve gelatin in boiling water. Refrigerate 1/2 hour, or until it begins to gel.

Mix together orange, cranberries, apples and sugar. In a 9x13 inch dish, mix the gelatin, fruit mixture, celery and walnuts

Chill in the refrigerator 3 to 4 hours, until firm.

Brie and Mandarin Salad

Ingredients

1/2 cup champagne
1/2 cup orange juice
1/2 teaspoon coarsely ground mustard
1/4 teaspoon hot English mustard
6 cups mixed salad greens
2 mandarin oranges, peeled and segmented
1 (8 ounce) wheel Brie cheese, cubed
1 1/2 ounces macadamia nuts, chopped

Directions

In a small saucepan, whisk together the champagne, orange juice and mustards. Bring to a boil for approximately 5 minutes, or until the mixture is reduced. Taste and add more mustard to suit your taste. Remove from heat and set aside to cool.

In a large bowl, toss together the salad greens, mandarin oranges, Brie and macadamias. Drizzle dressing on top and serve.

Sunflower Broccoli Salad

Ingredients

2 cups fresh broccoli florets
2 bacon strips, cooked and crumbled
1 green onion, chopped
3 tablespoons raisins
1 tablespoon sunflower kernels
DRESSING:
1/3 cup mayonnaise
4 teaspoons sugar
2 teaspoons white vinegar

Directions

In a bowl, combine the broccoli, bacon, onion, raisins and sunflower kernels. In a small bowl, combine the dressing ingredients; stir until smooth. Pour over broccoli mixture and toss gently. Cover and refrigerate for at least 2 hours before serving, stirring occasionally.

Apple Stick Salad

Ingredients

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

Directions

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.

Simple Macaroni Salad

Ingredients

1 (16 ounce) package macaroni
2 red bell peppers, chopped
1 green bell pepper, chopped
1/2 cup chopped green onions
1 stalk celery, chopped (optional)
1 tablespoon olive oil
1 cup mayonnaise
1 packet dry vegetable soup mix

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes, or until al dente. Drain, and rinse with cold water until no longer hot. Transfer noodles to a large bowl.

Stir in red bell peppers, green bell peppers, green onions, celery and olive oil. Mix in mayonnaise and soup mix. Refrigerate for a few hours before serving.

Tomato-Mint Quinoa Salad

Ingredients

2 1/2 cups water
1 1/4 cups quinoa
1/3 cup raisins
1 pinch salt
2 medium tomatoes, diced
1 medium onion, minced
10 radishes, quartered
1/2 cucumber, diced
2 tablespoons sliced almonds, toasted
1/4 cup chopped fresh mint
2 tablespoons chopped fresh parsley
1 teaspoon ground cumin
1/4 cup lime juice
2 tablespoons sesame oil
salt to taste

Directions

Bring water to boil in a small saucepan. Pour in quinoa, raisins, and a pinch of salt. Cover, and let simmer for 12 to 15 minutes, then remove from heat, and allow to cool to room temperature.

Toss together the tomatoes, onion, radish, cucumber, and almonds in a large bowl. Stir in the cooled quinoa, then season with mint, parsley, cumin, lime juice, sesame oil, and salt. Chill 1 to 2 hours before serving.

Strawberry Cream Salad

Ingredients

6 egg whites
3/4 teaspoon cream of tartar
2 cups white sugar
2 cups coarsely broken soda crackers
3/4 cup chopped walnuts
1 teaspoon vanilla extract
1 (8 ounce) package cream cheese, softened
1/2 cup white sugar
1 (16 ounce) container frozen whipped topping, thawed
1 (6 ounce) package strawberry flavored gelatin mix
2 cups boiling water
2 (10 ounce) packages frozen strawberries

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, beat egg whites until foamy. Add cream of tartar and sugar and beat on medium speed until stiff. Fold in cracker pieces, walnuts and vanilla. Spread into the bottom of a 9x13 inch pan. Bake in preheated of for 25 minutes, remove from oven and set aside to cool.

In a medium bowl, mix together the cream cheese and 1/2 cup sugar. Fold in whipped topping and spread atop cooled crust.

In a medium bowl, whisk the boiling water into the gelatin to dissolve. Mix in strawberries and let stand for 15 minutes. Pour over the cream cheese layer, cover and chill until serving.

Poblano Chicken Salad

Ingredients

3 large poblano peppers
3 pounds skinless, boneless chicken breast halves
1 pound fresh corn kernels
4 green bell peppers, seeded and chopped
4 red bell peppers, seeded and chopped
1 stalk celery, chopped
2 large yellow onions, chopped
1 pound corn tortillas
2 eggs, beaten
1 cup milk
2 cups mayonnaise
1 cup vegetable oil for frying

Directions

Preheat the oven to 375 degrees F (175 degrees C).

Coat the poblano peppers with a small amount of oil or cooking spray. Place directly on the oven rack. On a baking sheet, combine the onions, red and green bell peppers, celery and corn.

Roast the vegetables and peppers for about 15 minutes in the preheated oven. Check occasionally, and turn or stir as needed for even browning. Remove from the oven, and refrigerate until needed.

Tear the corn tortillas into pieces, and place them in a food processor. Process into fine crumbs. Do this in smaller batches if necessary. Place crumbs on a plate. In a shallow bowl, whisk together the eggs and milk.

Heat the oil in a large skillet over medium heat. Dip chicken breast halves into the tortilla crumbs to coat, then into the egg mixture, and again in the tortilla crumbs to give them a nice thick coating. Fry the chicken until golden brown on each side, about 4 minutes per side. If your chicken is thick and isn't cooked through when the coating is browned, you can place it in the hot oven to finish it. When done, refrigerate until cooled completely.

Peel and seed the poblano peppers. Place into a food processor along with the mayonnaise. Puree until smooth, and set aside.

When everything has chilled, dice the chicken breasts. In a large food processor, combine the chicken and roasted vegetables. Blend in the poblano mayonnaise until your desired consistency is reached. Taste and season with salt and pepper as desired.

Fruity Macaroni Salad

Ingredients

4 cups macaroni
2 stalks celery, diced
1 green bell pepper, diced
1 cup sweet corn kernels
2 apples - peeled, cored and diced
1 large orange, peeled, sectioned, and cut into bite-size pieces
1 tablespoon chopped fresh chives
1 tablespoon chopped fresh parsley
salt and pepper to taste
3/4 cup mayonnaise

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; rinse with cold water.

In large bowl combine pasta, celery, pepper, corn, apple, orange, chives, parsley, salt, pepper and mayonnaise. Adjust seasonings. Serve

Chickpea Macaroni Salad

Ingredients

1 cup macaroni
1 (19 ounce) can chickpeas (garbanzo beans), drained
4 tomatoes, chopped
1 onion, chopped
1 clove garlic, minced
6 ounces feta cheese, crumbled
1 cup pitted black olives
1 teaspoon salt
1/2 teaspoon ground black pepper
1/2 cup olive oil
1/4 cup fresh lemon juice

Directions

Bring a medium saucepan of lightly salted water to a boil. Add macaroni, and cook 8 to 10 minutes, or until al dente. Rinse under cold water to chill, and drain.

Meanwhile, combine the chickpeas, tomatoes, onion, garlic, feta cheese, olives, salt, pepper, olive oil, and lemon juice in a large bowl. Set aside to marinate while the pasta is cooking.

Mix macaroni with chickpea mixture. Cover, and refrigerate for at least 30 minutes to blend flavors.

Orange-Cucumber Lettuce Salad

Ingredients

5 cups torn Bibb lettuce
1 navel orange, peeled and sectioned
1/2 medium cucumber, sliced
1/4 cup orange juice
2 tablespoons honey
2 tablespoons olive oil
1/4 teaspoon cider vinegar

Directions

On two salad plates, arrange the lettuce, orange sections and cucumber. In a small bowl, whisk the orange juice, honey, oil and vinegar. Drizzle over salads.

Jalapeno Ranch Salad Dressing

Ingredients

3 tomatillos, husked and quartered
1/2 bunch cilantro
2 pickled jalapeno peppers
1 (16 ounce) container fat-free sour cream
2 (1 ounce) packages ranch dressing mix

Directions

Place tomatillos, cilantro, and jalapenos in a food processor or blender. Blend until smooth and set aside.

Combine the sour cream and ranch dressing mix in a medium bowl. Whisk in about 3/4 of the green sauce; taste and adjust the heat level by adding more green sauce.

Spamв„ў-a-licious Not-So-Caesar Salad

Ingredients

1 (12 ounce) container Spamв„ў luncheon meat, diced
3/4 cup button mushrooms, chopped
1/2 head red leaf lettuce, rinsed and torn
1 cup baby spinach leaves
2 eggs
1/2 cup crumbled feta cheese
1 tablespoon finely grated Parmesan cheese
1 tablespoon finely chopped salted peanuts
4 tablespoons chopped dill
8 anchovy fillets
4 tablespoons Ranch dressing
1 cup croutons, purchased or homemade

Directions

Heat a large skillet over medium-high heat. Fry the meat in the preheated skillet until it is golden brown and crispy. Remove from skillet and drain on paper towels. Cook the mushrooms in the same skillet until softened. Remove from skillet and set aside. Crack the eggs into the skillet and cook while stirring until they are cooked through and scrambled. Turn off the heat.

Divide the red leaf lettuce and baby spinach leaves between two large salad bowls. Top the salad greens with the fried luncheon meat, mushrooms and scrambled eggs. Sprinkle both salads with crumbled feta cheese, Parmesan cheese, chopped peanuts, and dill. Arrange the anchovy fillets across the top of the salads and drizzle two tablespoons of Ranch dressing on each serving. Garnish with croutons.

Avocado Mandarin Tossed Salad

Ingredients

1 (11 ounce) can mandarin oranges, drained
1/2 cup thinly sliced green onions
1/3 cup chopped pecans, toasted
1/8 teaspoon pepper
4 cups torn salad greens
1 medium ripe avocado, peeled and sliced
1/4 cup prepared Italian salad dressing

Directions

In a bowl, combine the oranges, onions, pecans and pepper; refrigerate for 30 minutes. Just before serving, place the greens in a salad bowl; top with orange mixture and avocado slices. Drizzle with dressing.

Greek Pasta Salad with Roasted Vegetables and

Ingredients

1 red bell pepper, cut into 1/2 inch pieces
1 yellow bell pepper, chopped
1 medium eggplant, cubed
3 small yellow squash, cut in 1/4 inch slices
6 tablespoons extra virgin olive oil
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1 1/2 ounces sun-dried tomatoes, soaked in 1/2 cup boiling water
1/2 cup torn arugula leaves
1/2 cup chopped fresh basil
2 tablespoons balsamic vinegar
2 tablespoons minced garlic
4 ounces crumbled feta cheese
1 (12 ounce) package farfalle pasta

Directions

Preheat oven to 450 degrees F (230 degrees C). Line a cookie sheet with foil, and spray with non-stick cooking spray.

In a medium bowl toss the red bell pepper, yellow bell pepper, eggplant, and squash with 2 tablespoons of the olive oil, salt, and pepper. Arrange on the prepared cookie sheet.

Bake vegetables 25 minutes in the preheated oven, tossing occasionally, until lightly browned.

In a large pot of salted boiling water, cook pasta 10 to 12 minutes, until al dente, and drain.

Drain the softened sun-dried tomatoes and reserve the water. In a large bowl, toss together the roasted vegetables, cooked pasta, sun-drained tomatoes, arugula, and basil. Mix in remaining olive oil, reserved water from tomatoes, balsamic vinegar, garlic, and feta cheese; toss to coat. Season with salt and pepper to taste. Serve immediately, or refrigerate until chilled.

Chicken Salad Puffs II

Ingredients

1 cup water
1/2 cup butter
1/8 teaspoon salt
1 cup all-purpose flour
4 eggs

1/4 cup red onion, chopped
1 stalk celery, chopped
1 tablespoon raisins
2 teaspoons Dijon mustard
1/3 cup mayonnaise
1/4 cup plain yogurt
1/2 teaspoon salt
1/4 teaspoon dried dill weed
2 cups chopped cooked chicken breast

Directions

Preheat an oven to 400 degrees F (200 degrees C). Grease a baking sheet.

Combine the water and butter with 1/8 teaspoon salt in a saucepan. Bring to a boil over medium-high heat. Once boiling, reduce heat to medium, and pour in the flour all at once. Stir vigorously until the mixture forms a semi-translucent ball. Remove from the heat and allow to cool for 10 minutes.

Mix in the eggs into the dough, one at a time, adding the next egg only after the first has been completely incorporated. Drop the dough onto the prepared baking sheet by the heaping tablespoon.

Bake in the preheated oven until puffed and golden brown, 30 to 35 minutes. The puffs should be hollow on the inside, and just browned on the bottom. Remove from the oven, and cool to room temperature on a wire rack.

To prepare the filling, stir together the onion, celery, raisins, mustard, mayonnaise, yogurt, 1/2 teaspoon salt, and dill in a bowl until combined. Fold in the chopped chicken meat until evenly combined. Cut the tops from the puffs, and spoon the chicken filling inside. Replace the tops before serving.

Avocado Salad

Ingredients

2 avocados - peeled, pitted and diced
1 sweet onion, chopped
1 green bell pepper, chopped
1 large ripe tomato, chopped
1/4 cup chopped fresh cilantro
1/2 lime, juiced
salt and pepper to taste

Directions

In a medium bowl, combine avocados, onion, bell pepper, tomato, cilantro and lime juice. Gently toss until evenly coated. Season with salt and pepper.

Three Bean Salad II

Ingredients

1 1/4 cups white sugar
3 teaspoons cornstarch
1/2 teaspoon salt
1 teaspoon ground dry mustard
1 1/4 cups water
1/2 cup cider vinegar
1 (14.5 ounce) can green beans, drained
1 (14.5 ounce) can wax beans, drained
1 (15.25 ounce) can red kidney beans, drained
1/2 cup finely chopped onion
1/2 cup finely chopped green bell pepper

Directions

In a small saucepan over medium heat, stir together the sugar, cornstarch, salt, mustard, water and vinegar. Bring to a boil and cook, stirring, for 1 minute. Remove from heat and let cool.

In a large bowl, combine the green beans, wax beans, kidney beans, onion and green pepper. Pour the cooled dressing over all and toss to coat. Best if marinated for at least an hour before serving. Yummy!

Quick and Easy Falafel Salad

Ingredients

3 ounces dry falafel mix
1/2 cup olive oil for frying
1 medium cucumber, chopped
2 medium tomatoes, chopped
1 small onion, chopped
1 large green bell pepper, chopped
1 stalk celery, chopped
2 large carrots, chopped
1 1/2 cups reduced fat Ranch dressing
1/2 teaspoon garlic powder (optional)
1/2 teaspoon ground cumin (optional)
1 head romaine lettuce, torn

Directions

Prepare the falafel mix according to package directions. Heat the oil in a skillet over medium-high heat. Shape the prepared falafel mix into 1/2-inch rounds. Place in the skillet in batches, and fry until evenly browned. Drain on paper towels.

In a large bowl, mix the falafel, cucumber, tomatoes, onion, green bell pepper, celery, and carrots. In a separate bowl, mix the Ranch dressing, garlic powder, and cumin. Toss with the salad to coat. Serve over lettuce.

Penne Pasta Salad

Ingredients

16 ounces penne pasta
1 cup creamy salad dressing, e.g. Miracle Whip в„ў
1/2 cup Dijon-style prepared mustard
1 1/2 cups grated Parmesan cheese
1 tablespoon dried dill weed
1 red onion, julienned
1 yellow bell pepper, thinly sliced
1 orange bell pepper, julienned

Directions

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

In a large bowl, mix together the salad dressing, mustard, cheese and dill.

Add pasta, red onion and bell peppers. Toss well; season with salt and pepper. Chill before serving.

Grandma Bellows' Lemony Shrimp Macaroni

Ingredients

3 eggs
1 cup uncooked ditalini pasta
2 (4.5 ounce) cans small shrimp, drained and chopped, or more to taste
3 stalks celery, finely chopped
2 green onions, finely sliced
1/2 teaspoon finely chopped fresh dill
1 tablespoon coarsely chopped fresh parsley
1/4 cup fresh lemon juice
1 cup mayonnaise
salt and pepper to taste
1 sprig fresh dill for garnish, or as needed
1 sprig fresh parsley for garnish, or as needed

Directions

Place the eggs into a saucepan in a single layer and fill with water to cover the eggs by 1 inch. Cover the saucepan and bring the water to a boil; remove from heat and let the eggs stand in the hot water for 15 minutes. Drain the hot water; cool the eggs under cold running water in the sink. Peel and set aside.

While the eggs are cooking, fill a large pot with lightly salted water and bring to a rolling boil. Stir in the ditalini pasta, and return to a boil. Cook uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes. Drain. Rinse the pasta in cold water until cool and drain thoroughly.

In a large salad bowl, lightly toss the cooked ditalini, shrimp, celery, green onions, chopped dill, chopped parsley, lemon juice, and mayonnaise until thoroughly combined. Season with salt and pepper. Slice the hard-cooked eggs, and retain several pretty slices for garnish. Gently fold in the rest of the eggs. Arrange reserved egg slices, sprigs of dill, and parsley sprigs on top of the salad; chill for 1 to 2 hours before serving.

Sushi-Inspired Tuna Salad

Ingredients

1 (6 ounce) can solid white tuna packed in water, drained
1/2 cup mayonnaise
1 tablespoon wasabi paste, or to taste
1 teaspoon minced fresh ginger root
1 tablespoon minced green onion

Directions

In a medium bowl, mix together the tuna, mayonnaise, wasabi paste, ginger and green onion. Serve on lettuce leaves or make a sandwich with white bread.

Cheddar and Macaroni Salad

Ingredients

1 cup macaroni
3/4 cup cubed Cheddar cheese
1 stalk celery, chopped
1 green bell pepper, chopped
1/2 cup frozen green peas, thawed
1/3 cup chopped onion
1/4 cup mayonnaise
1/4 cup sour cream
2 tablespoons milk
1 1/2 tablespoons sweet pickle relish

Directions

Cook pasta in boiling salted water until done. Drain. Rinse macaroni under cold water, and drain again.

Combine pasta with cheese, vegetables, mayonnaise, sour cream, milk, and pickle relish. Chill for at least 24 hours.

Jim's Birthday Pasta Salad

Ingredients

1 (16 ounce) package dry penne pasta
1 (15 ounce) can garbanzo beans, drained
1 (14 ounce) can artichoke hearts, drained
1 pint cherry tomatoes
1 lemon, zested
2 tablespoons chopped fresh basil leaves
1/2 cup Italian salad dressing, or as needed
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Place penne pasta in pot, and cook for 10 to 12 minutes, until al dente; drain and cool.

In a large bowl, gently toss the cooked penne, garbanzo beans, artichoke hearts, cherry tomatoes, lemon zest, basil leaves, and Italian salad dressing. Season to taste with salt and pepper. Chill at least 1 hour before serving

Thai-Style Rice Salad

Ingredients

4 cups uncooked jasmine rice
2 teaspoons unsalted butter
2 teaspoons minced fresh ginger root
2 (14 ounce) cans coconut milk
2 cups water
1/2 teaspoon salt

1 tablespoon peanut oil
2 cloves garlic, minced
1 shallot, minced
1 Thai chile pepper, seeded and minced
1 teaspoon minced fresh ginger root
1 teaspoon minced lemon grass
1/2 pound peeled and deveined medium shrimp (30-40 per pound)
1/2 red bell pepper, sliced
1 tablespoon chopped fresh basil
1 tablespoon fish sauce
1 teaspoon soy sauce
1/2 lime, juiced
1 1/2 cups diced pineapple
2 teaspoons white sugar, or to taste
1/4 cup chopped fresh cilantro

Directions

Bring the rice, butter, ginger, coconut milk, water, and salt to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, about 20 minutes. Remove from the heat, fluff with a fork, and refrigerate until cold.

Heat the peanut oil in a large skillet over medium-high heat. Stir in the garlic, shallot, minced chile pepper, ginger, and lemon grass; cook for 1 minute until the shallot begins to go limp. Add the shrimp; cook and stir until the shrimp has turned pink, then stir in the red bell pepper slices. Continue cooking until the shrimp is no longer opaque in the center. Season with basil, fish sauce, soy sauce, and lime juice.

Stir the shrimp mixture into the chilled rice along with the pineapple and sugar. Sprinkle with cilantro to serve.

Eastern Rice Salad

Ingredients

3/4 cup long-grain white rice
1 cup fresh sliced mushrooms
1/2 cup chopped green bell pepper
1/2 cup chopped red bell pepper
1 cup salted cashew pieces
1 cup chopped green onions
1/2 pound fresh bean sprouts
2 1/2 ounces fresh spinach
3 stalks celery, chopped
1/2 cup vegetable oil
1/4 cup soy sauce
1 teaspoon chopped fresh parsley
1/2 teaspoon crushed garlic

Directions

In a saucepan bring 1 1/2 cups salted water to a boil. Add 3/4 cup rice, reduce heat, cover and simmer for 20 minutes. Refrigerate rice until chilled.

Combine the chilled cooked rice, mushrooms, green peppers, red peppers, cashews, green onions, bean sprouts, spinach and celery in a large bowl.

Blend the vegetable oil, soy sauce, parsley and crushed garlic in a separate bowl.

Pour the dressing over the salad 1 hour before serving and toss well.

Nutty Strawberry Salad

Ingredients

1/4 cup apple cider vinegar
1/4 cup sugar
1/4 cup vegetable oil
1/4 teaspoon paprika
1 dash Worcestershire sauce
1 tablespoon butter
1/2 cup slivered almonds
1 quart strawberries
2 romaine hearts, chopped into bite size pieces

Directions

In a bowl, mix the vinegar, sugar, oil, paprika, and Worcestershire sauce. Cover, and refrigerate at least 6 hours.

Melt butter in a skillet over medium heat. Stir in the almonds, and cook until golden brown. Remove from heat, and cool.

In a bowl, toss the strawberries, romaine, and almonds. Mix with the dressing just before serving.

Jackie's Spinach and Apple Salad

Ingredients

12 ounces baby spinach leaves
2 Granny Smith apples, cored and sliced
8 ounces Cheddar cheese, cubed
1/2 cup chopped walnuts

1/4 cup apple cider vinegar
1/4 cup maple syrup
1/4 cup olive oil

Directions

In a large bowl, combine the spinach, apples, Cheddar cheese and walnuts. Toss lightly to blend.

In a small bowl, whisk together the vinegar, maple syrup and olive oil. Pour over the salad, and stir to coat. I like to use a bowl with a lid so I can shake the ingredients. Serve immediately.

12-Hour Salad

Ingredients

8 cups torn salad greens
1 1/2 cups chopped celery
2 medium green peppers, chopped
1 medium red onion, chopped
1 (10 ounce) package frozen peas, thawed
1 cup mayonnaise
1 cup sour cream
3 tablespoons sugar
1 cup shredded Cheddar cheese
1/2 pound sliced bacon, cooked and crumbled

Directions

Place salad greens in a 3-qt. bowl or 13-in. x 9-in. x 2-in. dish. Top with layers of celery, green peppers, onion and peas; do not toss.

In a bowl, combine the mayonnaise, sour cream and sugar; spread over vegetables. Sprinkle with cheese and bacon. Cover and refrigerate overnight.

Cranberry Apple Salad

Ingredients

1 (6 ounce) package fruit flavored gelatin mix
1 cup hot water
1 teaspoon lemon juice
3/4 cup unsweetened pineapple juice
1/4 cup water
1 1/2 cups cranberries, pureed
1/2 cup crushed pineapple, drained
1 stalk celery, diced
1 apple - peeled, cored and diced

Directions

In a saucepan, dissolve gelatin and hot water. Add lemon juice, pineapple juice and 1/4 cup water.

In a medium bowl, combine the cranberries, crushed pineapple, celery and apple. Stir into gelatin mixture and pour into a mold. Chill until firm.

Greek Rice Salad

Ingredients

1 cup uncooked long grain brown rice
2 1/2 cups water
1 avocado - peeled, pitted, and diced
1/4 cup lemon juice
2 vine-ripened tomatoes, diced
1 1/2 cups diced English cucumbers
1/3 cup diced red onion
1/2 cup crumbled feta cheese
1/4 cup sliced Kalamata olives
1/4 cup chopped fresh mint
3 tablespoons olive oil
1 teaspoon lemon zest
1/2 teaspoon minced garlic
1/2 teaspoon kosher salt
1/2 teaspoon ground black pepper

Directions

Bring the brown rice and water to a boil in a saucepan over high heat. Reduce the heat to medium-low, cover, and simmer until the rice is tender and the liquid has been absorbed, 45 to 50 minutes; remove from heat and allow to cool, fluffing occasionally with a fork.

Toss the avocado and lemon juice together in a large bowl. Add the tomatoes, cucumber, onion, feta, olives, mint, olive oil, lemon zest, garlic, salt, and pepper to the bowl; lightly toss the mixture until evenly combined. Fold the cooled rice gently into the mixture. Serve immediately or chill up to 1 hour; the salad does not last well for more than a day as the tomato and cucumber begin to release their juices and the salad becomes watery.

Amy's Sensational Summer Salad

Ingredients

3 (6 ounce) skinless, boneless chicken breast halves
1 cup Italian-style salad dressing
1 Granny Smith apple, cored and diced
2 tablespoons lemon juice
1 head romaine lettuce, chopped
1 avocado, diced
4 ounces feta cheese, crumbled
1 1/2 cups diced fresh strawberries
1 cup dried cranberries
3/4 cup balsamic vinaigrette, or to taste

Directions

Place the chicken breasts and Italian dressing into a resealable plastic bag. Mix together to coat the chicken with the dressing, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 1 hour.

Preheat an outdoor grill for medium-high heat, and lightly oil grate.

Remove the chicken from the marinade, and shake off excess. Discard the remaining marinade. Grill the chicken breasts until no longer pink in the center, or to an internal temperature of 165 degrees F (74 degrees C), about 3 minutes per side. Set aside to cool while preparing the ingredients for salad, then dice.

Toss the diced apple with the lemon juice in a large mixing bowl until well coated; drain and discard any excess lemon juice. Place the lettuce into the mixing bowl, then sprinkle with the diced chicken, avocado, feta cheese, strawberries, and cranberries. Gently toss the salad with the balsamic vinaigrette, and serve immediately.

Cran-Broccoli Salad

Ingredients

2 tablespoons balsamic vinegar
1 teaspoon Dijon mustard
1 teaspoon maple syrup
1 clove garlic, minced
1/2 teaspoon grated lemon zest
salt and pepper to taste
1/2 cup canola oil
1 (16 ounce) package broccoli coleslaw mix
1/2 cup dried cranberries
1/4 cup chopped green onions
1/4 cup chopped pecans

Directions

In a medium bowl, whisk together the vinegar, mustard, maple syrup, garlic, and lemon zest. Gradually whisk in the canola oil while drizzling in a fine stream.

In a serving bowl, combine the broccoli slaw, dried cranberries, and onion. Pour the dressing over, and toss to coat evenly. Chill for at least 15 minutes before serving. Sprinkle pecans over the top just before serving.

Sunflower Chicken Salad

Ingredients

2 cups cubed cooked chicken breast meat
1 cup cubed Cheddar cheese
1/4 cup sunflower seeds
1/4 cup thinly sliced celery
1/2 cup seedless green grapes, halved
1/2 cup mayonnaise
salt and pepper to taste

Directions

In a large bowl combine the chicken, cheese, sunflower seeds, celery, grapes, mayonnaise and salt and pepper to taste. Mix all together and serve on rolls or lettuce leaves, if desired.

Gujarati Carrot and Peanut Salad

Ingredients

2 cups grated carrots
1/2 cup chopped salted peanuts
3 tablespoons lemon juice
1/2 teaspoon salt
1 teaspoon white sugar
1 green chile pepper, seeded and diced
2 tablespoons finely chopped fresh cilantro

Directions

In a medium serving bowl, toss together the carrots and peanuts. In a separate bowl, whisk together the lemon juice, salt, sugar, chile pepper and cilantro. Pour over the carrots and stir gently to coat. Serve immediately.

Barley Waldorf Salad

Ingredients

1 cup quick-cooking barley
2 large tart apples, chopped
1/2 cup chopped walnuts
1/2 cup raisins
1/2 cup heavy whipping cream
1/2 cup mayonnaise
4 1/2 teaspoons sugar

Directions

Cook barley according to package directions; drain and rinse in cold water. In a small serving bowl, combine barley, apples, walnuts, raisins, cream, mayonnaise and sugar. Cover and refrigerate until serving.

Ginger-Cabbage Salad

Ingredients

3/4 cup pickled ginger
4 cups shredded cabbage, green or red
1 cup shredded carrots
1/2 cup peanuts, crushed
1/4 cup mirin (sweetened Asian wine)
1/4 cup rice vinegar
4 scallions, sliced

Directions

Combine all.

European Tossed Salad

Ingredients

1 (10 ounce) package European salad greens
1/2 cup grape tomatoes
1/2 cup mayonnaise
1 tablespoon sugar
1 tablespoon lemon juice

Directions

In a salad bowl, combine the greens and tomatoes. In a small bowl, whisk the mayonnaise, sugar and lemon juice. Pour over salad and toss to coat.

Super Easy Salad

Ingredients

2 medium cucumbers, quartered and thinly sliced
1 medium onion, chopped
1 bunch radishes, thinly sliced
3/4 cup mayonnaise
1/2 cup Ranch dressing
salt to taste
ground black pepper to taste

Directions

In a bowl, toss together the cucumbers, onion, and radishes. In a separate bowl, mix the mayonnaise and Ranch dressing. Season with salt and pepper. Mix into the vegetables. Chill in the refrigerator at least 2 hours before serving.

Mexican-Style Taco Salad

Ingredients

2 teaspoons olive oil
1 large onion, finely chopped
3 cloves garlic, minced
1 pound ground turkey
2 tablespoons chili powder
2 teaspoons ground cumin
1 teaspoon dried oregano
1 dash cayenne pepper
1 (19 ounce) can kidney beans, rinsed and drained
1 cup salsa
2 cups shredded iceberg lettuce
2 small carrots, julienned
2 red bell peppers, cut into thin strips

Directions

Heat the olive oil in a skillet over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Add the turkey, and stir until crumbly and no longer pink. Season with chili powder, cumin, oregano, cayenne pepper, kidney beans, and salsa. Cook over medium-high heat until the mixture is simmering and the beans are hot, about 5 minutes.

Divide the lettuce, carrots, and red bell peppers among 4 serving plates. Spoon the turkey mixture overtop to serve.

Four-Bean Salad

Ingredients

1/2 cup vegetable oil
1/2 cup honey
1/2 cup vinegar
1 tablespoon water
1/8 teaspoon salt
1/8 teaspoon pepper
1 (15 ounce) can kidney beans, rinsed and drained
1 (15 ounce) can garbanzo beans, rinsed and drained
1 (14.5 ounce) can wax beans, drained
1 (14.5 ounce) can green beans, drained
1/4 cup chopped onion
1 (2 ounce) jar chopped pimientos, drained

Directions

In a medium bowl, combine the first six ingredients; mix well. Add remaining ingredients; toss to coat. Cover and chill for at least 6 hours.

Southwestern Bean and Rice Salad

Ingredients

3 cups cooked long-grain rice, cooled
1 (16 ounce) can kidney beans, rinsed and drained
1 medium green pepper, diced
1 (2.25 ounce) can sliced ripe olives, drained
1/3 cup lime juice
1/4 cup chopped green onions
2 tablespoons canola oil
1 tablespoon minced fresh cilantro
2 garlic cloves, minced
1/2 teaspoon salt
1/2 teaspoon ground cumin

Directions

In a large bowl, combine the rice, beans, green pepper and olives. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Pour over rice mixture and toss to coat. Cover and refrigerate for 1 hour or until chilled. Toss before serving.

Pretty Picnic Salad

Ingredients

5 medium red potatoes
1/2 pound fresh green beans, cut into 2 inch pieces
1 medium red sweet pepper, cut into thin strips
1 cup frozen corn, thawed
1 celery rib, thinly sliced
1 medium carrot, shredded
3 green onions, thinly sliced
1 1/2 cups cubed mozzarella cheese
VINAIGRETTE:
2/3 cup olive oil
2 garlic cloves, minced
1/4 cup white wine vinegar
2 tablespoons minced fresh thyme
1 teaspoon salt
1/2 teaspoon sugar
1/2 teaspoon garlic powder
1/2 teaspoon pepper

Directions

Cut potatoes into 1/2-in. slices; cut each slice into four pieces. Place in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 15-20 minutes or until tender. Meanwhile, place beans in a small saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 8-10 minutes or until crisp-tender. Drain potatoes and beans.

In a large bowl, combine the red pepper, corn, celery, carrot, onions and cheese. Add potatoes and beans. In a small bowl, whisk the vinaigrette ingredients. Pour over vegetables; toss to coat. Serve at room temperature or chilled.

Mediterranean Pasta Salad

Ingredients

6 ounces uncooked spinach fettuccine
1 (3 ounce) can light water-packed tuna, drained and flaked
1 medium tomato, cut into wedges
1/4 cup pitted ripe olives, halved
1/3 cup thinly sliced red onion
VINAIGRETTE:
1/4 cup red wine vinegar or cider vinegar
4 1/2 teaspoons olive or canola oil
1 garlic clove, minced
1/2 teaspoon dried oregano
1/4 teaspoon salt
1/4 teaspoon dried basil
Dash pepper

Directions

Cook fettuccine according to package directions; rinse in cold water and drain. Place in a large bowl; add the tuna, tomato, olives and onion. In a jar with a tight-fitting lid, combine the vinaigrette ingredients; shake well. Pour over salad and toss to coat. Cover and refrigerate for 1-2 hours.

Waldorf Salad II

Ingredients

2 cups chopped apples
1 1/2 lemons, juiced
1/4 cup chopped celery
1/4 cup chopped walnuts
1/4 cup raisins
1/4 cup seedless grapes, halved
1/2 cup heavy cream, whipped
1/4 cup mayonnaise
1 pinch ground nutmeg

Directions

In a salad bowl, toss together the apples, lemon juice, celery, walnuts, raisins and grapes.

In a separate bowl, fold together the whipped cream and mayonnaise; add to salad and mix well. Sprinkle with nutmeg and chill before serving.

Sour Cream Macaroni Salad

Ingredients

1 (8 ounce) package elbow macaroni
3/4 cup diced green pepper
1/3 cup sweet pickle relish
1 (2 ounce) jar diced pimientos, drained
1 tablespoon grated onion
1/2 cup mayonnaise
1/2 cup sour cream
1/4 cup milk
1/2 teaspoon salt or salt-free seasoning blend
pepper to taste

Directions

Cook macaroni according to package directions; rinse in cold water and drain. Place in a large bowl; add green pepper, pickle relish, pimientos and onion. In a small bowl, combine the remaining ingredients; mix well. pour over macaroni mixture and toss to coat. Cover and refrigerate until serving.

Warm Bok Choy, Beet and Feta Salad

Ingredients

4 small beets, trimmed, leaving 1 inch of stems attached
4 cloves garlic, chopped, divided
1 teaspoon olive oil
3 heads baby bok choy, chopped
2 tablespoons peanut oil
1 1/2 teaspoons butter
1/3 cup crumbled feta cheese

Directions

Preheat an oven to 425 degrees F (220 degrees C). Place the beets, 1/4 of the chopped garlic, and the olive oil on a piece of heavy aluminum foil; fold the foil around the beets into a sealed packet.

Roast beets in the preheated oven until easily pierced with a fork, 40 minutes to 1 hour. Let beets cool just until they can be handled, then rub with a paper towel to remove skins. Chop into 1/2-inch cubes; set aside.

Heat the peanut oil and butter in a heavy skillet over medium-high heat. Cook and stir bok choy and the remaining garlic together until bok choy is slightly softened but still crunchy, about 5 minutes. Remove from heat; stir in the beets and the feta. Serve warm.

Dilled Cucumber, Tomato and Celery Salad

Ingredients

1/3 cup water
1 tablespoon dill seed
1 tablespoon honey
1/3 cup buttermilk salad dressing and seasoning mix
2 cups mayonnaise
1 cup buttermilk
1 1/3 cups milk
1 cup white vinegar

2 large cucumbers, quartered and thinly sliced
3 tomatoes, cubed
2 stalks celery, chopped
1/2 onion, sliced and quartered
2 cloves garlic, minced
1 teaspoon salt

Directions

Place water and dill seed in a small saucepan and bring to a simmer over medium-high heat. Reduce heat to medium-low and simmer 10 minutes. Whisk in honey and salad dressing mix, then pour mixture into a large bowl. Whisk in mayonnaise, buttermilk, milk, and vinegar until smooth.

Place cucumbers, tomatoes, celery, onion, garlic, and salt into a separate bowl, and pour half of the dressing onto the vegetables; toss well. Cover, and refrigerate salad for at least 1 hour. Cover and refrigerate remaining dressing for future use.

Company Chicken Pasta Salad with Grapes

Ingredients

2 cups small seashell pasta
3 1/2 cups chopped poached chicken breast meat
1/2 cup diced celery
1 cup seedless green grapes, halved
salt to taste
1/4 teaspoon ground white pepper
1/3 cup mayonnaise
1/2 teaspoon curry powder
1/4 teaspoon ground cumin
2 tablespoons rice vinegar
1 tablespoon white sugar

Directions

Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 8 to 10 minutes or until al dente; drain.

In a medium bowl, combine chicken, celery, grapes, cooked pasta, salt, and white pepper; mix well and reserve.

In a medium bowl, combine mayonnaise, curry powder, cumin, rice vinegar, and sugar; whisk ingredients together and toss with chicken mixture.

Cover salad with plastic wrap and refrigerate for at least 2 to 4 hours before serving.

Cauliflower Romaine Salad

Ingredients

1 cup dry bread crumbs
3 tablespoons butter or margarine
10 cups torn romaine
1 cup mayonnaise
2 tablespoons grated Parmesan cheese
1 tablespoon lemon juice
1 garlic clove, minced
1/4 teaspoon salt
1/8 teaspoon pepper
1 3/4 cups coarsely grated cauliflower

Directions

In a small skillet, brown bread crumbs in butter; set aside. Place the romaine in a large salad bowl. In a small bowl, combine mayonnaise, Parmesan cheese, lemon juice, garlic, salt and pepper. Pour over romaine and toss to coat. Top with cauliflower and reserved crumbs. Serve immediately.

Barbeque Potato Salad

Ingredients

5 pounds unpeeled potatoes, cubed
1 small red onion, diced
6 hard-cooked eggs, peeled and finely diced
1 1/2 cups mayonnaise
1/2 cup barbeque sauce
1/2 teaspoon garlic powder
salt and ground black pepper to taste
1 teaspoon paprika (optional)

Directions

Place cubed potatoes into a large kettle and cover with water. Bring to a boil over medium-high heat, then reduce heat to medium-low, cover, and simmer until the potatoes are just tender, 15 to 20 minutes. Drain and spread the potatoes onto baking sheets in a single layer. Chill the potatoes in the refrigerator until cold, about 2 hours.

Mix the cooled potatoes, red onion, egg, mayonnaise, barbeque sauce, garlic powder, salt, and pepper in a large bowl. Sprinkle with paprika if desired.

Pear and Pomegranate Salad

Ingredients

3 cups green leaf lettuce, rinsed and torn
1 Bartlett or Anjou pear
1/3 cup pomegranate seeds
1 tablespoon vegetable oil
2 tablespoons pomegranate juice
1 tablespoon lemon juice
1 teaspoon prepared Dijon-style mustard
1/2 tablespoon honey
ground black pepper to taste

Directions

Divide the lettuce between two bowls. Halve and core the pear, then cut each half in slices. Divide the pear slices and pomegranate seeds among the two bowls and mix gently.

Combine the vegetable oil, pomegranate juice, lemon juice, mustard, honey, and pepper in a saucepan. Bring to a boil over high heat; reduce heat and simmer, stirring frequently, until the dressing thickens slightly, about 2 minutes. Pour the warm dressing over the salads and serve.

Spinach Pasta Salad

Ingredients

1 (12 ounce) package farfalle pasta
10 ounces baby spinach, rinsed and torn into bite-size piece
2 ounces crumbled feta cheese with basil and tomato
1 red onion, chopped
1 (15 ounce) can black olives, drained and chopped
1 cup Italian-style salad dressing
4 cloves garlic, minced
1 lemon, juiced
1/2 teaspoon garlic salt
1/2 teaspoon ground black pepper

Directions

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, spinach, cheese, red onion and olives.

Whisk together the salad dressing, garlic, lemon juice, garlic salt and pepper. Pour over salad and toss. Refrigerate for 2 hours and serve chilled.

Salad with Artichokes

Ingredients

4 cups mixed salad greens
1/2 red onion, sliced
1 (14 ounce) can artichoke hearts in water, drained
1/2 cup vegetable oil
1/2 cup red wine vinegar
1 teaspoon seasoned salt
1 teaspoon ground black pepper
1 teaspoon garlic powder
3 tablespoons grated Parmesan cheese

Directions

In a large bowl, combine the mixed greens, onion, and artichoke hearts.

In a medium-size mixing bowl, whisk together the oil, vinegar, seasoned salt, pepper, and garlic.

Pour enough dressing over salad to coat, and toss well. Sprinkle with grated cheese, and serve.

Summer Tomato Salad

Ingredients

1 pint cherry tomatoes, halved
1 pint yellow pear tomatoes, halved
1/4 cup chopped green onions
1 clove garlic, minced
1/4 cup chopped fresh basil
1/4 cup chopped cilantro
freshly ground black pepper to taste
ground red pepper to taste
salt to taste

Directions

In a bowl, toss the cherry tomatoes, yellow pear tomatoes, green onions, garlic, basil, cilantro, black pepper, red pepper, and salt. Refrigerate 30 minutes and toss again before serving.

Holiday Bean Salad

Ingredients

1 (.7 ounce) package dry Italian-style salad dressing mix
14 ounces frozen green beans
1 (16 ounce) package frozen lima beans, thawed
2 green onions, thinly sliced
1/4 cup pimentos
1 head iceberg lettuce - rinsed, dried, and shredded

Directions

Prepare Italian salad dressing according to instructions.

In a salad bowl, combine 1/2 cup of the Italian salad dressing, green beans, lima beans, green onions and pimentos. Refrigerate over night. Serve chilled over shredded lettuce.

Jarlsberg Winter Salad

Ingredients

1 1/2 cups fresh DOLE® Tropical Gold® Pineapple, chopped
2 oranges, peeled and sectioned
1 tablespoon grated orange peel
1/4 cup orange juice
2 tablespoons balsamic or white wine vinegar
1 tablespoon vegetable oil
1 (10 ounce) package DOLE® Italian or other DOLE® salad variety
1/2 cup shredded Jarlsberg cheese or crumbled blue cheese
1/2 cup chopped walnuts or pecans, toasted

Directions

Combine pineapple, oranges, orange peel, orange juice, vinegar and oil in large bowl. Let stand for 5 minutes.

Add salad blend; toss well. Sprinkle with cheese and nuts.

Bell Pepper-Cabbage Salad

Ingredients

1 head cabbage, cored
1 green bell pepper, diced
4 stalks celery ribs, diced
1 1/2 cups cider vinegar
1 cup water
6 packets artificial sweetener

Directions

Use the grating attachment of a food processor to grate the cabbage; transfer to a large bowl. Toss the green pepper and celery with the cabbage. Stir the vinegar, sweetener, and water together in a bowl; sprinkle over the cabbage mixture and toss until thoroughly coated.

Watercress, Melon and Almond Salad

Ingredients

3 tablespoons fresh lime juice
1 teaspoon white sugar
1 teaspoon minced fresh ginger root
1/4 cup vegetable oil
2 bunches watercress, trimmed and chopped
2 1/2 cups cubed watermelon
2 1/2 cups cubed cantaloupe
1/3 cup toasted and sliced almonds

Directions

In a large bowl, whisk together lime juice, sugar, and ginger. Gradually add oil and season with salt and pepper to taste.

Add watercress, watermelon, and cantaloupe to dressing and toss to coat. Transfer salad to plates, sprinkle with sliced almonds and serve immediately.

Mediterranean Seafood Salad

Ingredients

1 1/2 cups dried small pasta shells
3 cups imitation crab or lobster meat
2 stalks celery, finely chopped
3/4 cup black olives
1 1/2 cups mayonnaise
1/3 cup Catalina salad dressing
2 teaspoons Worcestershire sauce
1 tablespoon hot sauce
1/4 teaspoon Dijon mustard
1 cup cubed Cheddar cheese

Directions

Bring a large pot of lightly salted water to a boil. Add pasta, and cook until al dente, about 8 to 10 minutes. Drain, and place pasta in a large bowl. Stir in crabmeat, celery, and olives. Mix in mayonnaise, Catalina dressing, Worcestershire sauce, hot sauce, and Dijon. Stir in Cheddar cheese, cover, and chill at least 1 hour.

Cran-Apple Salad

Ingredients

1 (16 ounce) can whole berry cranberry sauce
1 medium unpeeled tart apple, diced
1 celery rib, thinly sliced
1/2 cup chopped walnuts

Directions

In a bowl, combine the cranberry sauce, apple and celery. Cover and refrigerate. Stir in walnuts just before serving.

Ham 'N' Hominy Salad

Ingredients

1 medium onion, diced
1 tablespoon butter
1 tablespoon all-purpose flour
1/2 cup water
1/4 cup cider vinegar
1/4 cup sugar
1/4 teaspoon salt
1/8 teaspoon pepper
1 (15 ounce) can yellow hominy, drained
1 cup cubed fully cooked ham
1/2 cup diced celery
1/2 cup diced green pepper

Directions

In a skillet, saute onion in butter until tender. Stir in flour until blended. Remove from the heat. Gradually whisk in the water, vinegar and sugar. Return to the heat. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat; stir in the remaining ingredients. Serve warm or cold.

Sweet Pasta Salad

Ingredients

1 pound rotini pasta
4 carrots, shredded
1 green bell pepper, chopped
1 onion, diced
1 cup distilled white vinegar
1 cup white sugar
1 (14 ounce) can sweetened condensed milk
2 cups mayonnaise
1 teaspoon salt
1/2 teaspoon ground black pepper

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In large bowl, combine pasta, carrot, green pepper and onion. In medium bowl, combine vinegar, sugar, condensed milk, mayonnaise, salt and pepper. Toss salad with dressing and chill 4 hours in refrigerator before serving.

Maurice Salad

Ingredients

2 teaspoons white wine vinegar
1 1/2 teaspoons lemon juice
1 1/2 teaspoons onion juice
1 1/2 teaspoons white sugar
1 1/2 teaspoons Dijon-style prepared mustard
1/4 teaspoon mustard powder
1 cup mayonnaise
2 tablespoons chopped fresh parsley
1 hard-cooked egg, diced
1 pound cooked ham, cut into 1/2 inch pieces
1 pound turkey breast, cut into strips
14 ounces Swiss cheese, cut into strips
1/2 cup sliced sweet gherkin pickles
1 head iceberg lettuce - rinsed, dried, and shredded
12 pimento-stuffed green olives

Directions

Prepare the dressing by whisking together the vinegar, lemon juice, onion juice, sugar, Dijon, dry mustard and mayonnaise. Add the parsley and egg; mix well.

In a large bowl, combine the ham, turkey, cheese and pickles. Add the dressing and mix well. Divide the lettuce among plates, top with salad and garnish each plate with 2 olives.

Pasta Salad with Tuna and Broccoli

Ingredients

1 head broccoli, separated into florets
1 pound penne pasta
1 pound fresh tuna steaks
1/4 cup water
2 tablespoons fresh lemon juice
1/4 cup white wine
4 medium tomatoes, quartered
1 pound mozzarella cheese, diced
8 large black olives, sliced
1/2 cup walnut pieces, toasted
4 cloves garlic, minced
2 tablespoons chopped fresh parsley
4 anchovy fillets, rinsed
3/4 cup olive oil

Directions

Put a large pot of salted water on to boil; use this water to blanch the broccoli and cook the pasta. Blanch broccoli in boiling water. When it is al dente, transfer broccoli to a bowl of ice water. Drain thoroughly.

Cook penne in salted, boiling water until al dente. Drain. Rinse under cold running water until completely cooled, and then drain completely.

Meanwhile, place tuna in a skillet with water, white wine, and lemon juice. Cover, and cook until done. Break fish into chunks.

Combine broccoli, penne, fish, tomatoes, cheese, olives, walnuts, garlic, and parsley in a large serving bowl.

Heat olive oil in small pan over low heat. Cut anchovy fillets into small pieces, add to the olive oil, and mash with a fork until they dissolve. Do not let oil get too hot. Pour oil-anchovy mixture over salad. Toss, and serve immediately.

Smucker's Chicken Salad with Wild Rice, Pecans,

Ingredients

4 (4 ounce) skinless, boneless chicken breasts
3 1/2 cups cooked wild rice
1 cup sliced green grapes
1 cup sliced green onions (optional)
1/4 cup chopped pecans, toasted (optional)
1 tablespoon grated pecans, toasted (optional)
1 tablespoon grated orange rind
1 cup Smucker's® Sugar Free Orange Marmalade
1/3 cup raspberry vinegar
1/4 teaspoon salt
1/8 teaspoon pepper
CRISCO® Cooking Spray

Directions

Spray a large skillet with Crisco cooking spray: heat over medium-high heat until hot. Add chicken; cook 2 minutes on each side or until lightly browned.

Place chicken in an 11x17-inch baking dish coated with cooking spray. Bake at 450 for 20 minutes or until cooked through. Remove chicken: cook and cut into 1/4-inch strips.

In a large bowl, combine chicken, rice, green onions, and grapes and pecans, if desired. Toss well and set aside. In a small bowl, combine orange rind and next 4 ingredients; stir well. Pour over chicken mixture; toss well.

Serve salad at room temperature, on lettuce-lined plates, if desired.

Angel Salad

Ingredients

1 (6 ounce) package lime flavored gelatin mix
2 cups hot water
2 (3 ounce) packages cream cheese, softened
1 (8 ounce) can crushed pineapple, drained
1 (2 ounce) jar diced pimento peppers, drained
1 cup diced celery
1 cup chopped pecans
1 cup heavy cream

Directions

In a small bowl, dissolve the lime flavored gelatin in hot water. Allow it to cool for 10 minutes.

In a medium bowl, mix together the cream cheese, pineapple, pimento peppers, celery and pecans. Fold in the gelatin. Chill in the refrigerator 1 hour, or until thickened but not firm.

Whip the heavy cream in a small bowl until thickened. Fold into the gelatin mixture. Refrigerate 3 hours, or until firmly gelled.

Midwestern House Salad Dressing

Ingredients

3 cups mayonnaise
1/2 cup sour cream
6 tablespoons red wine vinegar
1/3 cup packed brown sugar
1/4 cup honey
1 teaspoon Worcestershire sauce
1/8 teaspoon ground white pepper
1/8 teaspoon salt

Directions

In a large bowl, whisk mayonnaise, sour cream, vinegar, sugar, honey, Worcestershire sauce, pepper and salt together until smooth. Cover and refrigerate until ready to serve.

Taffy Apple Salad III

Ingredients

1 (20 ounce) can pineapple chunks
2 cups miniature marshmallows
1 1/2 tablespoons white wine vinegar
1/2 cup white sugar
1 egg, beaten
1 tablespoon all-purpose flour
2 cups chopped red apple
1 1/2 cups raw Spanish peanuts
1 (8 ounce) container frozen whipped topping, thawed

Directions

Drain Pineapple juice into medium saucepan. Combine pineapple chunks and marshmallows into bowl and refrigerate.

Add vinegar, sugar, egg and flour to pineapple juice; mix well. Cook over medium heat until thick. Remove from heat and refrigerate until chilled.

Combine juice mixture with pineapple and marshmallows. Add apples, peanuts and whipped topping. Mix well and chill before serving.

Mexican Chicken and Black Bean Salad

Ingredients

2 (4 ounce) frozen skinless, boneless chicken breast halves
1 (8 ounce) can low sodium tomato sauce
1/4 cup water
1 (1 ounce) packet taco seasoning
1 (15.5 ounce) can black beans
4 cups baby spinach leaves
2 tablespoons fat-free sour cream
1/2 cup shredded Mexican cheese blend
1/2 cup salsa

Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a baking dish.

Place the chicken breasts in the prepared dish. Mix the tomato sauce, water and taco seasoning in a small bowl; pour sauce over the chicken.

Bake in preheated oven until chicken is no longer pink in the center, about 30 minutes.

Divide spinach between two plates. Place the chicken breasts on the spinach beds and spoon half the black beans over each piece. Divide sour cream, shredded cheese and salsa to top each salad.

Spinach and Orzo Salad

Ingredients

1 (16 ounce) package uncooked orzo pasta
1 (10 ounce) package baby spinach leaves, finely chopped
1/2 pound crumbled feta cheese
1/2 red onion, finely chopped
3/4 cup pine nuts
1/2 teaspoon dried basil
1/4 teaspoon ground white pepper
1/2 cup olive oil
1/2 cup balsamic vinegar

Directions

Bring a large pot of lightly salted water to a boil. Add orzo and cook for 8 to 10 minutes or until al dente; drain and rinse with cold water. Transfer to a large bowl and stir in spinach, feta, onion, pine nuts, basil and white pepper. Toss with olive oil and balsamic vinegar. Refrigerate and serve cold.

Buffalo Chicken and Potato Salad

Ingredients

1 pound red potatoes, cut into bite-size pieces
1 pound cooked chicken, cut into bite-size pieces
1 cup peeled and chopped cucumber
1/2 cup HellmannвЂ™sB® or Best FoodsB® Canola Cholesterol Free Mayonnaise
1/2 cup chopped red onion
1/2 cup chopped celery
2 tablespoons cayenne pepper sauce*

Directions

In 3-quart saucepan, cover potatoes with water. Bring to a boil over high heat. Reduce heat to medium-low and cook 10 minutes or until potatoes are tender. Drain and cool slightly.

In serving bowl, toss potatoes with remaining ingredients. Serve chilled or at room temperature. Serve, if desired, on a bed of lettuce, garnished with celery leaves.

Chickpea Coconut Salad

Ingredients

1 (15 ounce) can garbanzo beans (chickpeas), rinsed and drained
1/3 cup freshly grated coconut
1 teaspoon chopped green chile peppers (optional)
1/3 cup chopped fresh cilantro
2 teaspoons lemon juice
1/2 teaspoon salt

Directions

Combine garbanzo beans, coconut, green chile peppers, and cilantro in a large bowl. Stir in lemon juice, and season with salt. Refrigerate for 2 hours before serving for best flavor.

Avocado Tomato Salad

Ingredients

2 Hass Avocados from Mexico, diced small
1 pint cherry tomatoes, quartered
3 tablespoons sweet onion, diced small
1 jalapeno, finely chopped
3 tablespoons cilantro, chopped
2 tablespoons extra virgin olive oil
2 tablespoons fresh lime juice
Salt to taste
1 head baby red romaine lettuce, trimmed and left as whole leaves
1 medium head frisee, washed and chopped
1 bunch watercress, washed and chopped

Directions

Combine all ingredients in a large bowl, gently mix, and season with salt to taste. If preferred, add more cilantro and fresh lime juice to taste.

Refrigerate for thirty minutes prior to serving.

Just before serving, toss salad with romaine, frisee and watercress. Season to taste with salt and fresh black pepper. Serve immediately.

Greek Orzo Salad

Ingredients

1 1/2 cups uncooked orzo pasta
2 (6 ounce) cans marinated artichoke hearts
1 tomato, seeded and chopped
1 cucumber, seeded and chopped
1 red onion, chopped
1 cup crumbled feta cheese
1 (2 ounce) can black olives, drained
1/4 cup chopped fresh parsley
1 tablespoon lemon juice
1/2 teaspoon dried oregano
1/2 teaspoon lemon pepper

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Drain artichoke hearts, reserving liquid.

In large bowl combine pasta, artichoke hearts, tomato, cucumber, onion, feta, olives, parsley, lemon juice, oregano and lemon pepper. Toss and chill for 1 hour in refrigerator.

Just before serving, drizzle reserved artichoke marinade over salad.

Cool Down Fruit Salad

Ingredients

6 bananas
1 (6 ounce) can frozen orange juice concentrate, thawed slightly
1 (20 ounce) can crushed pineapple, drained
1 (10 ounce) package frozen strawberries, partially thawed
1 cup white sugar
1 cup boiling water

Directions

In a large bowl, mash bananas. Stir in orange juice concentrate, pineapple and strawberries until well mixed. In a separate bowl, stir sugar into boiling water until dissolved. Allow to cool slightly, then pour over fruit mixture; stir to coat. Freeze until cold and just firm.

Layered Fruit Salad

Ingredients

2 cups sliced fresh peaches
2 cups fresh blueberries
2 cups sliced fresh strawberries
2 cups halved green grapes
1 (8 ounce) package reduced fat cream cheese
1/2 cup confectioners' sugar
1 (8 ounce) container frozen reduced-fat frozen whipped topping, thawed
1/4 cup chopped pecans

Directions

In a 2-1/2-qt. glass bowl, layer the fruits in the order listed. In a mixing bowl, beat the cream cheese and confectioners' sugar until smooth; fold in whipped topping. Spoon over fruit. Refrigerate until serving. Sprinkle with pecans.

Pasta Salad with Poppy Seed Dressing

Ingredients

1 (16 ounce) package bow tie or small tube pasta
1 cup shredded Cheddar cheese
2 cups broccoli florets
1 cup sliced carrots
1 cup diced cucumber
1 cup halved cherry tomatoes
1/2 cup chopped green onions
DRESSING:
1/2 cup cider vinegar
1/2 cup sugar
1 garlic clove, minced
1 green onion, chopped
1/2 teaspoon ground mustard
1/2 teaspoon salt
1 cup vegetable oil
4 teaspoons poppy seeds

Directions

Cook pasta according to package directions; rinse with cold water and drain. Place in a large bowl; add cheese, broccoli, carrots, cucumber, tomatoes and onions. In a blender, combine vinegar, sugar, garlic, onion, mustard and salt; gradually add oil, blending until smooth. Add poppy seeds. Pour over pasta mixture and toss. Cover and refrigerate for at least 1 hour.

Quinoa Vegetable Salad

Ingredients

1 teaspoon canola oil
1 tablespoon minced garlic
1/4 cup diced (yellow or purple) onion
2 1/2 cups water
2 teaspoons salt
1/4 teaspoon ground black pepper
2 cups quinoa

3/4 cup diced fresh tomato
3/4 cup diced carrots
1/2 cup diced yellow bell pepper
1/2 cup diced cucumber
1/2 cup frozen corn kernels, thawed
1/4 cup diced red onion
1 1/2 tablespoons chopped fresh cilantro
1 tablespoon chopped fresh mint
1 teaspoon salt
1/4 teaspoon ground black pepper
2 tablespoons olive oil
3 tablespoons balsamic vinegar

Directions

Heat the canola oil in a saucepan over medium heat. Cook and stir the garlic and 1/4 cup onion in the hot oil until the onion has softened and turned translucent, about 5 minutes. Pour in the water, 2 teaspoons salt, and 1/4 teaspoon black pepper and bring to a boil; stir the quinoa into the mixture, reduce heat to medium-low, and cover. Simmer until the quinoa is tender, about 20 minutes. Drain any remaining water from the quinoa with a mesh strainer and transfer to a large mixing bowl. Refrigerate until cold.

Stir the tomato, carrots, bell pepper, cucumber, corn, and 1/4 cup red onion into the chilled quinoa. Season with cilantro, mint, 1 teaspoon salt, and 1/4 teaspoon black pepper. Drizzle the olive oil and balsamic vinegar over the salad; gently stir until evenly mixed.

Greek-alicious Pasta Salad

Ingredients

2 1/2 cups bow tie (farfalle) pasta
1 cup Greek salad dressing
2 1/2 tablespoons mayonnaise
4 radishes, finely chopped
1/2 cucumber, peeled and chopped
1 (15 ounce) can garbanzo beans, drained
3/4 cup crumbled feta cheese

Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the bow tie pasta and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 12 minutes. Drain well in a colander set in the sink.

Place the Greek dressing and mayonnaise into a large salad bowl, and whisk together until smooth and well blended. Add the cooked pasta, and stir lightly to coat the pasta. Sprinkle on the radishes, cucumber, garbanzo beans, and crumbled feta cheese, and fold in gently.

Cover the salad and refrigerate until ready to serve.

Mom's Seafood Pasta Salad for a Crowd

Ingredients

1 (32 ounce) package dried small pasta shells
4 stalks celery, chopped
4 green onions, chopped
1/2 (16 ounce) bottle French dressing
1/2 (16 ounce) bottle thousand island dressing
1/2 cup mayonnaise
2 (6 ounce) cans water packed tuna, drained and flaked
2 (6 ounce) cans tiny shrimp, drained

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a large bowl, toss together cooked pasta, celery and green onions. Mix in French dressing, thousand island dressing and mayonnaise. Fold in tuna and shrimp. Cover and chill in the refrigerator at least 3 hours.

Sawdust Salad

Ingredients

1 (3 ounce) package lemon flavored gelatin mix
1 (3 ounce) package orange flavored gelatin mix
2 cups boiling water
1 (20 ounce) can crushed pineapple, drained
1 (16 ounce) package miniature marshmallows
2 cups pineapple juice
1 cup white sugar
2 eggs, lightly beaten
5 tablespoons all-purpose flour
3 bananas, sliced
1 tablespoon lemon juice
2 (1.3 ounce) envelopes whipped topping mix
1 (8 ounce) package cream cheese, softened
1 cup shredded coconut, toasted

Directions

In a large bowl, combine the lemon and orange gelatin powders and add the boiling water. Stir until the powders are dissolved, then stir the drained pineapple and marshmallows into the mixture and chill until firm.

While the gelatin mixture is chilling, whisk together the pineapple juice, sugar, eggs and flour in a medium saucepan and cook over medium heat until thick. Stir constantly and do not allow mixture to scorch. Remove from heat and let before spreading over the congealed gelatin mixture.

Toss the sliced bananas with the lemon juice to prevent browning of the fruit. Drain the fruit and layer the sliced bananas over the custard mixture.

Mix the whipped topping mix as directed on the packages and beat in the cream cheese until smooth. Spread over the bananas and sprinkle with the toasted coconut. Chill for several hours before serving.

Chicken Salad Spread

Ingredients

1 (10 ounce) can chicken chunks, drained
1/4 cup chopped celery
1/3 cup low-fat mayonnaise
1/2 teaspoon onion powder
1/2 cup sweet pickles, chopped

Directions

Combine the chicken meat, celery, mayonnaise, onion powder and sweet pickles.

Dad's Potato Salad

Ingredients

5 pounds potatoes, unpeeled
12 eggs
1 (16 ounce) package uncooked spiral pasta
1 (16 ounce) jar dill pickles, chopped (reserve juice)
2 bunches green onions, chopped
3 cups mayonnaise, or to taste
2 tablespoons Worcestershire sauce
1/4 cup dill pickle juice, or as needed
salt and pepper to taste

Directions

Place the potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes. Drain and allow to steam dry for a minute or two. Allow the potatoes to cool.

While potatoes are cooking, place the eggs into a saucepan in a single layer and fill with water to cover the eggs by 1 inch. Cover the saucepan and bring the water to a boil over high heat. Once the water is boiling, remove from the heat and let the eggs stand in the hot water for 15 minutes. Pour out the hot water, then cool the eggs under cold running water in the sink. Peel once cold.

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the spiral pasta, and return to a boil. Cook uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes. Drain well in a colander set in the sink, rinse with cold water, and let cool.

Peel the potatoes. Chop potatoes and hard-cooked eggs into bite-size pieces in a large bowl. Mix in the cooked pasta, dill pickles, and green onions. In a bowl, stir together the mayonnaise, Worcestershire sauce, enough dill pickle juice to make a creamy dressing, and salt and pepper to taste. Pour the dressing over the potato mixture, and toss lightly to coat all ingredients with dressing. Chill the salad until cold, at least 30 minutes.

Mediterranean Potato Salad

Ingredients

2 pounds potatoes
1 green bell pepper, minced
1 cucumber, sliced and quartered
1/2 cup sliced red onion
8 ounces crumbled feta cheese
1 lemon, juiced
1/2 cup Italian-style salad dressing
salt and pepper to taste
3 pita breads, cut into wedges

Directions

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 chop.

In a large bowl, combine the potatoes, green peppers, cucumbers, red onion and cheese.

Whisk together the lemon juice, salad dressing, salt and pepper. Pour over salad and toss to coat. Serve with pita bread wedges if desired.

Raspberry Congealed Salad

Ingredients

1 (8 ounce) can crushed pineapple
1 (10 ounce) package frozen unsweetened raspberries, thawed
1 (3 ounce) package raspberry gelatin
1 cup applesauce
1/4 cup coarsely chopped pecans
Mayonnaise

Directions

Drain pineapple and raspberries, reserving juices. Place fruit in a large bowl; set aside. Add enough water to the juice to measure 1 cup. Pour into a saucepan; bring to a boil. Remove from the heat; stir in gelatin until dissolved. Pour over fruit mixture. Add the applesauce and pecans. Pour into a 1-qt. bowl. Chill until set. Spoon into individual dessert dishes; top with a dollop of mayonnaise if desired.

Ripe Olive Potato Salad

Ingredients

3 pounds potatoes
1 2/3 cups black olives
1 cup chopped celery
1/3 cup chopped green onions
1 1/2 tablespoons white wine vinegar
2 tablespoons vegetable oil
1 1/2 teaspoons salt
3/4 teaspoon dried dill weed
1/4 teaspoon ground black pepper
1 cup plain yogurt
2 teaspoons prepared mustard
1 teaspoon honey
1/4 teaspoon garlic salt

Directions

Bring a large pot of salted water to a boil. Add potatoes; cook until tender but still firm, about 15 minutes. Drain and transfer to a large bowl; cool, peel and dice.

Add olives, celery and onions to potatoes and gently mix.

Whisk together the vinegar, oil, salt, dill weed and pepper. Pour over potatoes and mix gently to coat. Refrigerate.

Whisk together yogurt, mustard, honey and garlic salt. Pour over potato mixture and stir gently but thoroughly. Chill and serve.

Baked Potato Salad with Dill

Ingredients

4 baking potatoes
4 ounces fresh bean sprouts
1/4 cup coarsely chopped walnuts
4 celery, thinly sliced
4 radishes, sliced
3 tablespoons chopped fresh dill weed
2 tablespoons chopped fresh parsley
1/3 cup mayonnaise
2 tablespoons lemon juice
4 teaspoons Dijon-style prepared mustard
1/4 teaspoon curry powder

Directions

Preheat over to 400 degrees F (200 degrees C). Pierce the potatoes with a fork, and bake in the preheated over for about an hour, or until tender. Remove from oven, let cool, and then chill until cold.

Peel and cube the potatoes, and then add to a large bowl along with the bean sprouts, walnuts, celery, radishes, dill weed and parsley.

Whisk together the mayonnaise, lemon juice, mustard and curry powder.

Pour dressing over potato mixture; toss to coat. Cover and refrigerate until ready to serve.

Orange Carrot Salad

Ingredients

3 cups shredded carrots
2 medium oranges, peeled
3 tablespoons lemon juice
1 tablespoon sugar
1 teaspoon ground cinnamon
Dash salt

Directions

Place carrots in a medium bowl. Section oranges into the bowl to catch juices. Add remaining ingredients and mix well. Cover and chill for several hours.

Confetti Bean Salad

Ingredients

1 (16 ounce) can kidney beans, rinsed and drained
1 (15 ounce) can garbanzo beans or chickpeas, rinsed and drained
1 (15 ounce) can black beans, rinsed and drained
1 (10 ounce) package frozen corn, thawed
1/2 cup minced fresh cilantro or parsley
1/2 cup chopped sweet red pepper
1/2 cup chopped green pepper
1/4 cup chopped onion
1 small jalapeno pepper, seeded and finely chopped* (optional)
2 garlic cloves, minced
1/2 cup balsamic vinegar or red wine vinegar
1/4 cup olive oil or canola oil
1 teaspoon chili powder
1/2 teaspoon sugar

Directions

In a large bowl, combine the first 10 ingredients. In a jar with a tight-fitting lid, combine the vinegar, oil, chili powder and sugar;. shake well. Pour over bean mixture; toss to coat. Cover and refrigerate overnight. Serve with a slotted spoon.

Lettuce, Avocado and Sunflower Seed Salad

Ingredients

1/2 cup olive oil
1 1/2 tablespoons red wine vinegar
1 1/2 tablespoons balsamic vinegar
1 clove garlic, minced
1 tablespoon mayonnaise
2 heads Bibb lettuce - rinsed, dried and torn
1/3 cup sunflower seeds
2 avocados - peeled, pitted and sliced

Directions

Whisk together the olive oil, red wine vinegar, balsamic vinegar, garlic and mayonnaise. Season with salt and pepper to taste.

In a salad bowl, combine the lettuce and sunflower seeds. Toss with enough dressing to coat. Top with sliced avocado and serve.

Creamy Dill Salad Dressing

Ingredients

1/2 cup reduced-fat mayonnaise
1/3 cup fat-free evaporated milk
1 teaspoon minced fresh dill
1/4 teaspoon seasoned salt

Directions

In a small bowl, whisk the mayonnaise, milk, dill and seasoned salt. Cover and refrigerate for at least 4 hours before serving.

Crunchy Apple Salad

Ingredients

4 large red apples, diced
1 cup chopped celery
1 cup raisins
1 cup chopped walnuts
1/2 cup mayonnaise

Directions

In a large bowl, combine the apples, celery, raisins and walnuts. Blend in mayonnaise. Cover and refrigerate until serving.

Warm Orange and Mushroom Salad

Ingredients

8 ounces bacon, cut into 1 inch pieces
3/4 cup orange juice
1/4 cup shallots, minced
1/4 cup olive oil
1/4 cup balsamic vinegar
4 large oranges, peeled and segmented
10 ounces spinach, rinsed and chopped
1 medium head radicchio
6 ounces fresh shiitake mushrooms, stemmed and sliced
6 ounces fresh oyster mushrooms, stemmed and sliced
1/2 cup chopped toasted hazelnuts
1 (3 ounce) package enoki mushrooms

Directions

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

Whisk together 1/4 cup bacon fat, orange juice, shallots, olive oil and vinegar.

In a large bowl, combine the spinach and radicchio.

Heat 2 tablespoons reserved bacon drippings in skillet over medium-high heat. Add shitake mushrooms and cook for 1 minute. Add oyster mushrooms and cook for 2 minutes. Season with salt and pepper; add to greens and toss.

Pour dressing into same skillet and boil 2 minutes. Pour dressing over greens. Add bacon, orange segments and chopped hazelnuts. Toss to combine. Season to taste with salt and pepper. Garnish salad with enoki mushrooms and serve.

Fresh Chicken Salad with Baby Greens

Ingredients

2 tablespoons extra virgin olive oil, divided
2 skinless, boneless chicken breast halves
1/4 cup pesto sauce
3 cups mixed baby greens
1 medium red bell pepper, sliced
1 small cucumber, sliced
1/4 red onion, thinly sliced
1 tablespoon balsamic vinegar
1 tablespoon honey
salt and pepper to taste

Directions

Heat 1 tablespoon olive oil in a skillet over medium heat. Cook chicken breast in the skillet 10 minutes on each side, or until juices run clear. Remove chicken from skillet and shred. Return to skillet, mix in pesto sauce, and continue cooking just until sauce is heated through.

Place greens in a bowl, and top with chicken, bell pepper, cucumber, and onion. Drizzle with remaining olive oil, balsamic vinegar, and honey. Season with salt and pepper. Toss, and serve.

Apple Beet Salad

Ingredients

1/3 cup sweet pickle relish
1/4 cup sliced green onions
1/4 cup mayonnaise
2 tablespoons cider vinegar
1 tablespoon sugar
1/4 teaspoon salt
1/8 teaspoon pepper
2 cups diced peeled apples
2 cups diced pickled beets
Lettuce Leaves
1 hard-cooked egg, chopped

Directions

In a bowl, combine the first seven ingredients. Gently fold in apples and beets. If desired, serve on a lettuce-lined plate and top with chopped egg.

Mom Dill's Harlequin Salad

Ingredients

1 (10 ounce) can baby peas, drained
1 (15 ounce) can sliced beets, drained and diced
2 tablespoons chopped onion (optional)
1/2 cup creamy salad dressing, e. g. Miracle Whip в„ў

Directions

In a medium bowl, mix together the peas, beets, onion and salad dressing. Refrigerate until cold, about 30 minutes, before serving.

Picnic Chicken Salad Sandwiches

Ingredients

1 (10.75 ounce) can Campbell's® Condensed Cream of Celery Soup (Regular or 98% Fat Free)
2 tablespoons mayonnaise
1/4 teaspoon ground black pepper
2 cups chopped cooked chicken
2 stalks celery, sliced
1 small onion, finely chopped
6 Pepperidge Farm® Classic Sandwich Buns with Sesame Seeds, split
Lettuce leaves
Tomato slices

Directions

Stir the soup, mayonnaise and black pepper in a large bowl. Add the chicken, celery and onion and toss to coat. Cover and refrigerate for 2 hours.

Spoon the chicken mixture onto the rolls. Top with the lettuce and tomato.

Nicoise-Style Tuna Salad With White Beans &

Ingredients

3/4 pound green beans, trimmed and snapped in half
1 (12 ounce) can solid white albacore tuna, drained
1 (16 ounce) can Great Northern beans, drained and rinsed
1 (2.25 ounce) can sliced black olives, drained
1/4 medium red onion, thinly sliced
1 teaspoon dried oregano
6 tablespoons extra-virgin olive oil
3 tablespoons lemon juice
1/2 teaspoon finely grated lemon zest
Salt and ground black pepper, to taste
4 large hard-cooked eggs, peeled and quartered

Directions

Place green beans, 1/3 cup water and a large pinch of salt in a medium skillet. Cover, turn heat on high, and bring water to boil. Once beans start to steam, set timer and cook until tender-crisp, about 5 minutes. (Because the beans cook in such a small amount of water, make sure not to let the skillet run dry.) Immediately dump them onto a lipped cookie sheet lined with paper towels to cool.

Mix tuna, white beans, olives and onion in a medium bowl. Whisk together oregano, oil, lemon juice and zest in a medium bowl, then pour over the salad and gently stir to combine.

Adjust seasonings to taste. Arrange a portion of green beans, tuna-bean salad and eggs on each of 4 plates.

Crunchy Turkey Salad

Ingredients

1/4 cup sugar
1/4 cup vegetable oil
1/4 cup cider or red wine vinegar
1/2 teaspoon salt
1/2 teaspoon garlic salt
1/2 teaspoon pepper
5 cups cubed cooked turkey, chicken or ham
6 cups shredded lettuce
1 (8 ounce) can sliced water chestnuts, drained
2 celery ribs, sliced
2 tablespoons sesame seeds, toasted
2 tablespoons sliced almonds, toasted
1 (3 ounce) can chow mein noodles

Directions

In a jar with tight-fitting lid, combine sugar, oil, vinegar, salt, garlic salt and pepper; shake well. In a large bowl, combine remaining ingredients. Just before serving, add the dressing and toss to coat.

Brown Rice and Black Bean Salad

Ingredients

1 1/2 cups uncooked brown rice
3 cups water
1 tablespoon extra virgin olive oil
1/2 teaspoon salt

1 (14.5 ounce) can collard greens, drained
1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can green peas, rinsed and drained
1 (15.25 ounce) can corn kernels, drained
1 (4 ounce) can chopped green chilies
1 (4 ounce) can sliced black olives
1 (14.5 ounce) can Italian-style tomatoes, undrained and chopped
salt and freshly ground black pepper to taste

Directions

Bring the brown rice, water, olive oil, and 1//2 teaspoon salt to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the rice is tender and the liquid has been absorbed, 45 to 50 minutes. Scrape into a mixing bowl, fluff with a fork, and refrigerate to room temperature.

Stir the collard greens, black beans, green peas, corn, green chiles, olives, and tomatoes into the cooled rice until evenly mixed. Season to taste with salt and pepper before serving.

Creamy Pesto Pasta Salad with Chicken,

Ingredients

Creamy Buttermilk Dressing:
1 large garlic clove, minced
1/3 cup mayonnaise
1/3 cup sour cream
1/3 cup buttermilk
3 tablespoons rice wine vinegar

Pasta Salad:
2 tablespoons salt
1 pound bow tie (farfalle) pasta
8 ounces trimmed asparagus, cut into 1-inch lengths
1 pound cooked chicken breast strips, pulled into bite-size pieces
8 ounces cherry tomatoes, halved and lightly salted
1 (14 ounce) can whole artichoke hearts, drained, cut into sixths
3 green onions, thinly sliced
1/2 cup pine nuts, toasted in a small skillet over low heat until golden
1/4 cup pesto (homemade or refrigerated prepared variety)

Directions

Mix dressing ingredients in a small bowl; keep chilled until ready to toss with salad. (Store in clean jar with lid.)

Bring 1 gallon of water and 2 Tbs. of salt to boil in a large soup kettle. Add pasta and, using package times as a guide, boil, stirring frequently and adding asparagus the last 1 minute, until just tender. Drain thoroughly (do not rinse) and dump onto a large, lipped cookie sheet. Set aside to cool while preparing remaining salad ingredients.

Place all salad ingredients (except buttermilk dressing) in a large bowl or transfer to a gallon-size zippered bag. (Can be covered and refrigerated several hours at this point.) When ready to serve, add dressing; toss to coat and serve.

White Beans and Tuna Salad

Ingredients

1 (6 ounce) can tuna, drained and flaked
1/2 red bell pepper
1/2 onion, chopped
3 tablespoons chopped fresh cilantro
2 tablespoons capers
1/4 cup pickle relish
1/2 cup mayonnaise
1/2 cup Dijon-style mustard
1 teaspoon garlic powder
1/2 (15 ounce) can white beans, drained
2 tablespoons chopped fresh parsley, for garnish

Directions

In a food processor, blend the tuna, red bell pepper, onion, cilantro, capers, relish, mayonnaise, mustard, and garlic powder until smooth. Transfer to a bowl, and mix in the white beans. Garnish with parsley to serve.

Nacho Corn Chip Salad

Ingredients

2 cups crumbled nacho cheese tortilla chips
1 medium tomato, chopped
1 green onion, chopped
1/2 cup sliced fresh mushrooms
1 hard-cooked egg, chopped
3/4 cup mayonnaise, or to taste
salt and pepper to taste

Directions

In a medium bowl, mix together the tortilla chips, tomato, green onion, mushrooms, and hard-cooked egg. Stir in mayonnaise, and season with salt and pepper. Serve immediately.

Golden Potato Salad with Creamy Harvest

Ingredients

For the Creamy Harvest Dressing:
1 (15 ounce) can sweet potatoes or yams in light syrup, drained
1 slice yellow onion, 1/2-inch thick
3/4 cup apple juice
1/2 cup orange juice
1/4 cup red-wine vinegar
1/8 teaspoon dried thyme
1/4 teaspoon pumpkin pie spice
1/2 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
2 tablespoons chopped, flat-leaf (Italian) parsley

For the salad:
3 pounds Yukon Gold potatoes, washed, cut in 1 1/2-inch chunks
1 small red onion, finely chopped
3 ribs celery, peeled and finely diced
2 bacon strips, cooked crisp, fat drained and crumbled

Directions

To make the dressing, puree all of the dressing ingredients, except for the parsley, in a blender or food processor until smooth; stir in the parsley.

Boil the potatoes in a large pot of water until tender, about 15 minutes; drain. While still hot toss the potatoes, onion, celery and bacon and the dressing prepared before; set aside to cool.

Dill Lemon Chicken Pasta Salad

Ingredients

20 pounds skinless, boneless chicken breast halves, cooked and cut into bite-sized pieces
3 stalks celery, chopped
5 pounds lemon penne pasta
12 cups mayonnaise
1 cup lemon juice
2 teaspoons dried dill weed
4 cups buttermilk

Directions

In a large bowl combine the chicken, celery and pasta and toss together. In a separate large bowl, combine the mayonnaise, lemon juice and dill weed and mix well, then stir in buttermilk.

Add lemon dill mixture to chicken mixture and toss to coat. Cover bowl, chill for 20 minutes, and serve.

Spinach Salad With Berries and Curry Dressing

Ingredients

6 cups fresh spinach, torn into bite-size pieces
1 cup thickly sliced strawberries
1 cup blueberries, trimmed
1 small red onion, thinly sliced
1/2 cup chopped pecans

Non-Fat Curry Dressing:
2 tablespoons balsamic vinegar
2 tablespoons rice vinegar
4 teaspoons honey
1 teaspoon curry powder
2 teaspoons Dijon mustard
1 pinch Salt and pepper to taste

Directions

Wash and dry spinach. Whip together dressing ingredients. Add to spinach and toss lightly. Add berries, onion and pecans. Toss lightly and serve.

Orange Sherbet Salad II

Ingredients

2 (11 ounce) cans mandarin oranges
2 (3 ounce) packages orange flavored gelatin
1 cup hot water
8 ounces sour cream
1 pint orange sherbet
1 cup pineapple chunks

Directions

Drain the mandarin oranges and reserve juice. Add water to the juice (if necessary) to make 1 cup of liquid.

In a large mixing bowl, combine the hot water and 1 cup juice liquid. Dissolve gelatin in this mixture, and cool until it begins to set. Using an electric mixer, beat in sour cream and sherbet at medium speed until fluffy and well-blended. Gently stir in mandarin oranges and pineapple chunks. Pour mixture into ring mold or a 9 x 9 inch square pan and chill overnight.

Orzo and Tomato Salad with Feta Cheese

Ingredients

1 cup uncooked orzo pasta
1/4 cup pitted green olives
1 cup diced feta cheese
3 tablespoons chopped fresh parsley
3 tablespoons chopped fresh dill
1 ripe tomato, chopped
1/4 cup virgin olive oil
1/8 cup lemon juice
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Cook orzo for 8 to 10 minutes, or until al dente; drain, and rinse with cold water.

When orzo is cool, transfer to a medium bowl and mix in olives, feta cheese, parsley, dill, and tomato. In a small bowl, whisk together oil and lemon juice. Pour over pasta, and mix well. Season with salt and pepper to taste. Chill before serving.

White Bean and Artichoke Salad

Ingredients

3 cups white beans, drained
1/2 (14 ounce) can artichoke hearts, drained and quartered
2/3 cup diced green bell pepper
1/3 cup chopped black olives
1/4 cup chopped red onion
1/4 cup chopped fresh parsley
1/4 ounce chopped fresh mint leaves
3/4 teaspoon dried basil
1/3 cup olive oil
1/4 cup red wine vinegar
salt and pepper to taste

Directions

In a large bowl, combine beans, artichoke hearts, bell peppers, olives, onion, parsley, mint, and basil.

In a jar or small bowl, combine oil and vinegar; shake together or mix well. Pour oil and vinegar over the salad, and toss to coat.

Cover and chill in refrigerator for several hours or overnight, stirring occasionally, to let flavors blend.

Mandarin Fruit Salad

Ingredients

2 (11 ounce) cans mandarin oranges, drained
1 (21 ounce) can apple pie filling
1 (20 ounce) can pineapple chunks, drained
3 medium firm bananas, sliced
2 cups halved fresh strawberries

Directions

In a large bowl, combine all ingredients. Cover and refrigerate for 2 hours or until chilled.

Fruity Lime Salad Mold

Ingredients

1 (3 ounce) package lime gelatin
1 cup boiling water
1 (3 ounce) package cream cheese, softened
1 (8 ounce) can crushed pineapple, undrained
1 cup whipping cream, whipped
1/4 cup chopped pecans
1/4 cup chopped maraschino cherries

Directions

In a large bowl, dissolve gelatin in boiling water; chill until syrupy. In a small bowl, combine cream cheese and pineapple; stir into cooled gelatin. Fold in whipped cream, pecans and cherries. Pour into a 4-cup mold coated with nonstick cooking spray. Refrigerate for 3 hours or overnight.

Cannellini Bean Salad

Ingredients

1 large sweet red pepper
2 (15 ounce) cans white kidney or cannellini beans, drained and rinsed
1 medium red onion, sliced and separated into rings
1/4 cup minced fresh basil
3 tablespoons red wine vinegar
2 tablespoons olive oil
1/4 teaspoon salt
1/4 teaspoon pepper

Directions

Cut red pepper in half; remove seeds. Place pepper halves cut side down on a rack in a broiler pan. Broil 4 in. from the heat until skin blisters, about 8 minutes. Immediately place peppers in a bowl; cover and let stand for 15-20 minutes. Peel off and discard charred skin. Cut peppers into strips; place in a large bowl. Add the beans, onion and basil.

In a jar with a tight-fitting lid, combine the vinegar, oil, salt and pepper; shake well. Pour over bean mixture; toss to coat.

Dilled Chicken Salad

Ingredients

1 (16 ounce) package spiral pasta, cooked and drained
2 cups cubed, cooked chicken
1 cup chopped celery
1/3 cup chopped onion
1 (10 ounce) package frozen peas, thawed
DRESSING:
1 (1 ounce) package ranch salad dressing mix
2 cups sour cream
1 cup mayonnaise
1 cup milk
3 tablespoons minced fresh dill
1/2 teaspoon garlic salt

Directions

In a large bowl, combine the first five ingredients; mix well. Combine dressing ingredients; whisk until smooth. Pour over salad; toss to coat. Cover and refrigerate for at least 2 hours.

Potatoless Salad

Ingredients

3 eggs
1 (16 ounce) package saltine crackers
1 cup chopped onions
1 cup diced celery
1 cup diced sweet pickles
1/2 cup diced dill pickles
1/2 cup sliced green olives
1 cup chopped black olives
1/2 cup chopped green onions

Directions

Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

In a large bowl, break up crackers with a spoon. Add onions, celery, sweet pickles, dill pickles, green olives, black olives and green onions and stir all together. If desired, stir in a small amount of the salad dressing of your choice. Serve chilled.

Salmon Avocado Salad

Ingredients

2 (6 ounce) fillets salmon
1/4 cup butter, melted and divided
salt and pepper to taste
4 ounces fresh mushrooms, sliced
12 grape tomatoes, halved
2 tablespoons olive oil, divided
8 ounces leaf lettuce, torn into bite-size pieces
1 avocado - peeled, pitted, and cubed
5 sprigs fresh cilantro, chopped
1 fresh jalapeno pepper, chopped
2 tablespoons distilled white vinegar
1 ounce feta cheese, crumbled

Directions

Preheat the oven broiler. Line a baking sheet with aluminum foil. Place the salmon on the foil, and brush with 2 tablespoons melted butter. Season with salt and pepper. Broil 15 minutes, until fish is easily flaked with a fork.

Melt the remaining butter in a skillet over medium heat, and saute the mushrooms until tender.

Place the tomatoes in a bowl, and drizzle with 1 tablespoon olive oil. Season with salt and pepper.

In a large bowl, toss together the salmon, mushrooms, tomatoes, lettuce, avocado, cilantro, and jalapeno. Drizzle with remaining olive oil and the vinegar. Season with salt and pepper, and sprinkle with feta cheese to serve.

Chicken and Red Bell Pepper Salad Sandwiches

Ingredients

2 skinless, boneless chicken breast halves
1/2 red bell pepper, seeded
1/4 cup mayonnaise
1 tablespoon heavy cream
salt and pepper to taste
4 slices white bread

Directions

Bring a large pot of water to a boil; add chicken and cook until no longer pink in the center and the juices run clear, about 20 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Drain, cool and chop.

Bring a small pot of water to a boil; add the bell pepper and cook until soft, about 10 minutes.

Combine the bell pepper, chicken, cream, and mayonnaise in a food processor. Blend until mostly smooth. Season with salt and pepper. Spread about half of the mixture on each of two slices of bread and sandwich with the remaining bread.

Quick Rocket Salad

Ingredients

2 tablespoons olive oil
1 tablespoon balsamic vinegar
1/3 cucumber, cubed
4 cherry tomatoes, halved
4 cups baby arugula leaves
1 cup alfalfa sprouts
salt and pepper to taste

Directions

Whisk together the olive oil and balsamic vinegar in a large bowl. Add the cucumber, tomatoes, arugula, and alfalfa sprouts; toss to coat. Season to taste with salt and pepper before serving.

Homemade Mustard Salad Dressing

Ingredients

1/2 cup white sugar
2 tablespoons all-purpose flour
1 teaspoon prepared mustard
1/2 teaspoon salt
1/4 cup white wine vinegar
1/4 cup water
1 egg, beaten

Directions

Whisk together the sugar, flour, mustard, salt, vinegar, water and egg.

Cook in a double boiler until thick; allow to cool. Mix with equal parts mayonnaise and stir into potato salad.

Frozen Cranberry Salad

Ingredients

6 ounces cream cheese, softened
2 teaspoons butter, softened
2 teaspoons white sugar
1 (16 ounce) can whole cranberry sauce
1 (8 ounce) can crushed pineapple, drained
1 cup chopped walnuts
1 cup heavy whipping cream
1/2 cup confectioners' sugar
1 teaspoon vanilla extract

Directions

Mix together cream cheese, butter, sugar, cranberry sauce, pineapple and nuts. Set aside.

Whip heavy cream with powdered sugar and vanilla until soft peaks form. Fold into cranberry mixture. Pour into a 9x5 inch loaf pan. Freeze until firm. Slice and serve frozen.

Sirloin Caesar Salad

Ingredients

1 pound boneless top sirloin steak
1 cup Caesar salad dressing
1/4 cup Dijon mustard
1/4 cup lemon juice
6 French bread
12 cups torn romaine
1 medium tomato, chopped

Directions

Place steak in a large resealable plastic bag or shallow glass container. In a bowl, combine salad dressing, mustard and lemon juice; set aside 3/4 cup. Pour remaining dressing mixture over the steak. Seal or cover and refrigerate for 1 hour, turning occasionally. Brush both sides of bread with 1/4 cup of the reserved dressing mixture. Grill bread, uncovered, over medium heat for 1-2 minutes on each side or until lightly toasted. Wrap in foil and set aside.

Drain steak, discarding marinade. Grill, covered, for 5-8 minutes on each side or until meat reaches desired doneness (for rare, a meat thermometer should read 140 degrees F; medium, 160 degrees F; well-done, 170 degrees F). Place romaine and tomato on serving platter. Slice steak diagonally; arrange over salad. Serve with the bread and remaining dressing.

Cheggy Salad Sandwiches

Ingredients

2 (10 ounce) cans chunk chicken, drained
4 hard-cooked eggs, chopped
1/4 cup Parmesan curls, shaved with a vegetable peeler
1/4 cup chopped pine nuts
2 tablespoons sweet dill pickle relish
1/4 cup chopped white onion
1/3 cup mayonnaise
1/3 cup cole slaw dressing
salt and freshly ground black pepper to taste

10 slices sandwich bread
5 lettuce leaves
5 slices ripe tomato
2 avocados, sliced
5 slices Monterey Jack cheese

Directions

Lightly combine the canned chicken, eggs, Parmesan cheese, pine nuts, pickle relish, chopped onion, mayonnaise, cole slaw dressing, and salt and pepper to taste in a large bowl. Cover and refrigerate for 30 minutes to blend the flavors.

To assemble sandwiches, spread a generous serving on each of 5 slices of sandwich bread, and place lettuce leaves, sliced tomato, sliced avocado, and Monterey Jack cheese slices over the salad. Top with remaining sandwich bread slices.

Simple Ranch Chicken Macaroni Salad

Ingredients

1 cup uncooked elbow macaroni
1 stalk celery, chopped
1 (2.25 ounce) can chopped green olives
1/4 cup mayonnaise
1/4 cup sour cream
2 tablespoons milk
1 (10 ounce) can chicken chunks, drained
1 (1 ounce) package dry Ranch-style dressing mix
2 teaspoons paprika

Directions

Bring a pot of water to a boil. Add the macaroni, and cook until tender, about 8 minutes. Drain, and pat dry.

In a medium bowl, mix together the celery, olives, mayonnaise, sour cream, milk, chicken and Ranch dressing mix. Stir in macaroni until well blended. Refrigerate for 24 hours. Stir, and sprinkle paprika over the top before serving.

Two-Bean and Mango Salad

Ingredients

1 mango - peeled, seeded and diced
1/2 (15 ounce) can black beans, rinsed and drained
1/2 (15 ounce) can navy beans, rinsed and drained
1/4 cup chopped onion
1/4 cup chopped fresh cilantro
1/4 cup balsamic vinaigrette salad dressing

Directions

In a medium salad bowl, mix together the mango, black beans, navy beans, onion and cilantro. Toss with the balsamic vinaigrette dressing. Enjoy right away, or chill until serving.

Marinated Beet Salad

Ingredients

1 (16 ounce) can whole beets
1/4 cup white sugar
1 teaspoon prepared mustard
1/4 cup white wine vinegar
1/4 cup diced red onion

Directions

Drain beets, reserving 1/4 cup liquid, and slice into 1/4 to 1/2 inch slivers. Add onions and toss.

In a saucepan over medium heat, cook the sugar, mustard and reserved 1/4 cup liquid until dissolved. Add vinegar and bring to boil; remove from heat and allow to cool.

Pour over the beet slices and onions, toss and refrigerate for 4 to 6 hours. Remove from refrigerator and serve at room temperature.

Chicken Pecan Salad

Ingredients

2 tablespoons hot red pepper sauce
1/2 cup margarine, melted
2/3 cup brown sugar
1 teaspoon Worcestershire sauce
1 tablespoon lemon juice
1 pinch salt
1 pound coarsely chopped pecans

6 skinless, boneless chicken breast halves
1 tablespoon olive oil
1 tablespoon Greek seasoning
1 pound romaine lettuce, torn
1 cup cherry tomato halves
1/2 cup fresh strawberries
1/2 cup seedless grapes
1/4 cup fresh raspberries
1/4 cup fresh blueberries
1/2 cup honey mustard salad dressing

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a bowl, mix the hot red pepper sauce, margarine, brown sugar, Worcestershire sauce, lemon juice, and salt. Mix pecans into the bowl, tossing to coat evenly. Spread pecans in a single layer on a baking sheet. Bake 10 minutes in the preheated oven, stirring often and watching carefully, until lightly browned. Remove from heat, and set aside.

Rub chicken with the olive oil, place on a baking sheet, and sprinkle with Greek seasoning. Bake 20 minutes or until juices run clear. Slice into strips.

In a salad bowl, toss together romaine lettuce, chicken strips, cherry tomato halves, strawberries, grapes, raspberries, and blueberries. Sprinkle with pecans, and drizzle with dressing.

Napa Cabbage Salad

Ingredients

1 head napa cabbage
1 bunch minced green onions
1/3 cup butter
1 (3 ounce) package ramen noodles, broken
2 tablespoons sesame seeds
1 cup slivered almonds
1/4 cup cider vinegar
3/4 cup vegetable oil
1/2 cup white sugar
2 tablespoons soy sauce

Directions

Finely shred the head of cabbage; do not chop. Combine the green onions and cabbage in a large bowl, cover and refrigerate until ready to serve.

Preheat oven to 350 degrees F (175 degrees C).

Make the crunchies: Melt the butter in a pot. Mix the ramen noodles, sesame seeds and almonds into the pot with the melted butter. Spoon the mixture onto a baking sheet and bake the crunchies in the preheated 350 degrees F (175 degrees C) oven, turning often to make sure they do not burn. When they are browned remove them from the oven.

Make the dressing: In a small saucepan, heat vinegar, oil, sugar, and soy sauce. Bring the mixture to a boil, let boil for 1 minute. Remove the pan from heat and let cool.

Combine dressing, crunchies, and cabbage immediately before serving. Serve right away or the crunchies will get soggy.

Red Cabbage Salad II

Ingredients

1/2 cup canola oil
2/3 cup red wine vinegar
1 tablespoon white sugar
1 teaspoon salt
1 teaspoon seasoned salt
1/4 teaspoon ground black pepper
1/4 teaspoon onion powder
1 head red cabbage, cored and shredded

Directions

In a bowl, mix the canola oil, red wine vinegar, sugar, salt, seasoned salt, pepper, and onion powder. Place the cabbage in a large glass bowl. Pour dressing over cabbage, and toss to coat. Cover, and refrigerate 8 hours, or overnight, stirring occasionally. Drain before serving.

Fresh 'n' Fruity Salad

Ingredients

1 (20 ounce) can unsweetened pineapple chunks, drained
1 (15 ounce) can unsweetened dark sweet cherries, drained
1 1/2 cups cubed cantaloupe
1 1/2 cups cubed seeded watermelon
1 1/2 cups cubed honeydew
DRESSING:
3 tablespoons vegetable oil
3 tablespoons orange juice
3 tablespoons lemon juice
2 tablespoons sugar
1/4 teaspoon paprika

Directions

Combine the fruit in a large bowl. In a small bowl, combine dressing ingredients; pour over fruit and toss to coat. Serve immediately with a slotted spoon.

Pea 'n' Cheese Salad

Ingredients

1 (20 ounce) package frozen peas, thawed
1 cup chopped celery
2 hard-cooked eggs, chopped
1/4 cup chopped green onions
1 cup cubed Cheddar cheese
1/2 cup thinly sliced radishes
1 cup mayonnaise
3 tablespoons sweet pickle relish
1 teaspoon sugar
1 teaspoon seasoned salt
1 teaspoon ground mustard

Directions

In a bowl, combine the first six ingredients. In a small bowl, combine the mayonnaise, relish and seasonings. Stir into pea mixture. Cover and refrigerate until serving.

Lime Gelatin Salad

Ingredients

1 (6 ounce) package lime flavored gelatin mix
1 1/2 cups boiling water
1 (8 ounce) package cream cheese
1 (20 ounce) can crushed pineapple with juice
2 cups heavy whipping cream
1 cup chopped pecans

Directions

Pour 1 cup boiling water over the gelatin mix in a large bowl. Stir it until it is dissolved. Add 1/2 cup pineapple juice. Place it in the refrigerator to partially gel. It is important that the gelatin is only partially gelled.

Meanwhile, cook the pineapple in a small saucepan until it boils. Let it cook about 5 minutes. Cool it to room temperature.

When the gelatin is partially gelled, blend the softened cream cheese into it until it is creamy. Mix in the cooled, cooked pineapple.

Whip the cream until it is fluffy. Fold it into the gelatin-cream cheese mixture. Fold the nuts into the gelatin mixture. Pour it all into a pretty crystal bowl and place it in the refrigerator to completely gel.

Curried Walnut Rice Salad

Ingredients

1 3/4 cups brown rice, cooked and cooled
1 medium cucumber, diced
1/2 cup chopped onion
1 large carrot, shredded
1 tablespoon minced fresh parsley
3 tablespoons fat-free mayonnaise
2 tablespoons canola oil
1 tablespoon lemon juice
2 teaspoons honey
1 teaspoon curry powder
2 garlic cloves, minced
1 teaspoon salt
1/4 teaspoon pepper
1/2 cup chopped walnuts, toasted
4 medium tomatoes, cut into wedges

Directions

In a large bowl, combine the first five ingredients. In another bowl, whisk mayonnaise, oil, lemon juice, honey, curry powder, garlic, salt and pepper; stir into rice mixture. Just before serving, stir in nuts. Garnish with tomatoes.

Fruit, Veggie, and Tuna Salad Wrap

Ingredients

1 (6 ounce) can tuna, drained
2 tablespoons mayonnaise
4 cups chopped fresh spinach
1 large carrot, shredded
1 apple, cored and diced
1/2 cup shredded mozzarella cheese
1/4 cup fresh blueberries
4 (10 inch) flour tortillas

Directions

Combine the tuna with the mayonnaise in a bowl, and mix until well combined.

Mix together the spinach, carrot, apple, mozzarella cheese, and blueberries in a bowl, and gently fold in the tuna salad, making sure not to crush the blueberries.

Microwave the flour tortillas for about 10 seconds, until slightly warmed and pliable. Scoop about 1 1/2 cups of the spinach-tuna mixture into the center of each tortilla, fold up the bottom 2 inches to enclose the filling, wrap, and serve.

Refreshing Summer Orzo Salad

Ingredients

4 cups chicken broth
1 (16 ounce) package orzo pasta
1 1/2 tablespoons butter
1/4 cup extra-virgin olive oil
1 1/2 teaspoons minced garlic
1/2 teaspoon dried basil
1/2 teaspoon dried thyme
1/4 teaspoon crushed red pepper flakes
1 cup pine nuts
1 cup pitted kalamata olives
1 (2 ounce) jar capers, with liquid
12 ounces basil-flavored feta cheese
1 (10 ounce) bag fresh spinach leaves, chopped
1 tablespoon lemon juice

Directions

Bring the chicken broth to a boil over high heat. Add the orzo pasta, and cook until al dente, 8 to 10 minutes. Drain well, then pour the orzo into a bowl, and toss with the butter to keep it from sticking; set aside.

While the pasta is cooking, heat the olive oil in a skillet over medium heat. Stir in the garlic, and cook until the garlic softens and the aroma mellows, about 2 minutes. Stir in the basil, thyme, red pepper flakes, and pine nuts. Cook and stir until the pine nuts have toasted to a light golden brown.

Stir the pine nut mixture into the orzo along with the olives, capers, feta cheese, spinach, and lemon juice. Serve either warm or cold, but it's better the next day.

Deli-Style Pasta Salad

Ingredients

1 (16 ounce) package ziti, penne, bow tie or tricolor spiral pasta
2 large cucumbers, peeled, seeded and chopped
2 large red onions, sliced into thin strips
2 large green bell peppers, chopped
2 large tomatoes, chopped
1 (16 ounce) bottle Italian salad dressing
1 (2.62 ounce) bottle Salad Supreme Seasoning*

Directions

Cook pasta according to package directions; drain and rinse with cold water. In a large bowl, combine the pasta, cucumbers, onions, green peppers and tomatoes. In a small bowl, whisk the salad dressing and seasoning. Drizzle over pasta mixture and toss to coat. Cover and refrigerate for at least 1 hour. Gently toss just before serving.

Black-Eyed Peas Salad

Ingredients

2 cups cubed, cooked chicken
2 teaspoons seasoned salt
1 (15.5 ounce) can black-eyed peas, rinsed and drained
1 (15 ounce) can white or yellow corn, drained
1 (8 ounce) can sliced water chestnuts, drained
1 cup mayonnaise
1 cup sliced celery
1 cup cooked wild rice
3/4 cup chopped cucumber
1/2 cup fresh broccoli florets
1/2 cup chopped green pepper
1/4 teaspoon pepper

Directions

Place the chicken in a large bowl; sprinkle with seasoned salt. Add remaining ingredients and mix well. Cover and chill until ready to serve.

Fruit Salad

Ingredients

1 (1.5 fluid ounce) jigger vodka
4 fluid ounces pineapple juice
1 fluid ounce cranberry juice
1 fluid ounce orange juice
1 fluid ounce carbonated water
1 tablespoon fresh lemon juice
1 teaspoon lime juice

Directions

Fill a tall glass with ice cubes. Pour in the vodka, pineapple juice, cranberry juice, a splash of orange juice and a splash of carbonated water. Add a quick squeeze of fresh lemon and lime. Stir and garnish with wedges of lemon and lime.

Roasted Asparagus and Yellow Pepper Salad

Ingredients

1 1/2 pounds fresh asparagus, trimmed and cut into thirds
2 medium yellow bell peppers, seeded and diced
1/4 cup olive oil
1 large red onion, cut into strips
1/4 cup toasted almond slices
1/2 cup grated Parmesan cheese

1/2 cup olive oil
3 tablespoons Dijon mustard
3 cloves garlic, minced
2 teaspoons lime juice
2 teaspoons sugar
1 teaspoon hot sauce
salad seasoning mix to taste

Directions

Preheat oven to 400 degrees F (200 degrees C). Arrange the asparagus spears and bell peppers in a single layer on the baking sheet, and drizzle or mist with 1/4 cup of olive oil.

Roast 8 to 10 minutes in the preheated oven, or until tender, turning occasionally to prevent burning. Remove from heat, and cool completely.

In a bowl, toss together the asparagus, bell peppers, onion, almond slices, and Parmesan cheese.

In a separate bowl, mix the 1/2 cup olive oil, Dijon mustard, garlic, lime juice, sugar, hot sauce, and salad seasoning. Pour over the salad, and toss to coat.

Mushroom Salad II

Ingredients

1 pound fresh white mushrooms
1 cup sliced celery
1/4 cup chopped fresh parsley
1/4 cup diced Swiss cheese
1/2 cup chopped green onions
1/2 cup olive oil
1/3 cup red wine vinegar
1 tablespoon prepared Dijon-style mustard

Directions

In a large bowl, whisk together the oil, vinegar and mustard. Add mushrooms, celery, parsley, cheese and onions and toss until evenly coated. Refrigerate at least 2 hours before serving.

Mediterranean Lentil Salad

Ingredients

1 cup dry brown lentils
1 cup diced carrots
1 cup red onion, diced
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 parsley
1 teaspoon salt
1/4 teaspoon ground black pepper
1/4 cup olive oil

Directions

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.

Lemony Fruit Salad

Ingredients

1/4 cup sugar
1/4 cup lemon juice
2 teaspoons grated lemon peel
1 1/2 teaspoons poppy seeds
4 medium apples, diced
1 (11 ounce) can mandarin oranges, drained
1 large carrot, grated
1/2 cup raisins
Lettuce Leaves

Directions

For dressing, combine the sugar, lemon juice, lemon peel and poppy seeds in a small saucepan. Cook over medium heat for 5-6 minutes or until sugar is dissolved, stirring occasionally. Remove from the heat; cool.

In a large bowl, combine the apples, oranges, carrot and raisins. Add dressing and toss to coat. Cover and refrigerate for 4 hours. Serve in a lettuce-lined bowl if desired.

GG's Bulgur Salad

Ingredients

1 cup bulgur wheat
2 cups hot water
2 apples - peeled, cored and diced
1/2 cup chopped pitted dates (optional)
4 green onions, chopped
3 cups chopped romaine lettuce
1/2 cup chopped fresh cilantro
1/2 cup chopped fresh parsley
1/3 cup olive oil
1/4 cup lemon juice
3 tablespoons plain yogurt
1 tablespoon honey
salt and pepper to taste
1 cup diced Muenster cheese
2 cups toasted slivered almonds

Directions

Place the bulgur wheat into a bowl, and pour the hot water over it. Let it soak for 20 to 30 minutes, until tender. Drain off any excess water.

In a serving bowl, combine the apples, dates, green onion, lettuce, cilantro and parsley with the bulgur. Whisk together the olive oil, lemon juice, yogurt, honey, salt and pepper in a small bowl; pour over the salad and stir to coat. Refrigerate until serving. Just before serving, stir in the Muenster cheese and slivered almonds.

Pistachio Fruit Salad

Ingredients

1 (20 ounce) can crushed unsweetened pineapple
1 (1 ounce) package instant sugar-free pistachio pudding mix
1 (15.25 ounce) can unsweetened fruit cocktail, drained
1 (11 ounce) can mandarin oranges in light syrup, drained
1 cup reduced-fat whipped topping

Directions

Drain pineapple, reserving juice. In a bowl, whisk together reserved juice and pudding mix for 2 minutes (mixture will be thick). Stir in the pineapple, fruit cocktail and mandarin oranges. Fold in whipped topping. Cover and refrigerate until serving.

Danny's Salad

Ingredients

1 (15 ounce) can pears, chopped
2 bananas, sliced
2 apples - peeled, cored and chopped
1/2 cup creamy salad dressing
1/2 cup frozen whipped topping, thawed

Directions

Whisk together the creamy salad dressing and whipped topping until smooth. Pour dressing over the pears, bananas, apples and toss. This salad may also be garnished with your favorite chopped nuts.

Hot Chicken Salad III

Ingredients

4 skinless, boneless chicken breast halves, cooked and cut into bite-sized pieces
salt and pepper to taste
1 cup cooked white rice
1 (10.75 ounce) can condensed cream of chicken soup
1 (16 ounce) can sliced mushrooms, drained
1 cup chopped celery
1/3 cup chopped onion
1/3 cup sliced almonds
3/4 cup mayonnaise
6 slices white bread
1 tablespoon butter, softened

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl combine the chicken, salt and pepper, rice, soup, mushrooms, celery, onion, almonds and mayonnaise. Mix well and spread mixture into an ungreased 9x13 inch baking dish.

Spread a generous layer of butter or margarine onto one side of each slice of bread, then tear bread into small pieces and place on top of chicken mixture to form a top 'crust'.

Place baking dish on center oven rack and bake at 350 degrees F (175 degrees C) for about 30 minutes, or until crust is crisp and golden and mixture is bubbly around the edges.

Chive Cucumber Salad

Ingredients

2 large cucumbers, peeled and thinly sliced
1/2 cup sour cream
3 tablespoons snipped fresh or dried chives
2 tablespoons vinegar
1 tablespoon water
1 tablespoon chopped green onion
1/4 teaspoon garlic powder
1/4 teaspoon salt
1/8 teaspoon pepper

Directions

In a bowl, combine cucumbers and sour cream. Cover and refrigerate for at least 1 hour. Stir in remaining ingredients just before serving.

Warm Thai-Style Scallop & Mango Salad

Ingredients

12 ounces bay scallops, rinsed and drained or medium shrimp, shelled and deveined
6 tablespoons oriental chicken salad dressing, divided
1 (5 ounce) package DOLE® Organic Spring Mix with Herbs or Baby Lettuces
1 DOLE® Mango or Papaya, peeled, seeded, and chopped
1 medium cucumber, peeled, seeded, and cut into half-slices
1 red, yellow or green bell pepper, cut into julienne strips
1/4 cup DOLE® Cilantro leaves

Directions

Cook scallops in 1 tablespoon salad dressing for 2 to 3 minutes, or just until opaque. (If using shrimp, cook until shrimp turn pink and opaque.) Remove from heat.

Toss together salad blend, mango, cucumber, bell pepper and cilantro leaves with 1/4 cup salad dressing. Spoon mixture onto three serving plates.

Arrange scallops over each salad; drizzle remaining tablespoon of dressing over scallops.

Sugar Salad

Ingredients

1/4 cup vegetable oil
2 tablespoons apple cider vinegar
2 tablespoons white sugar
1 head green leaf lettuce, torn into bite-size pieces

Directions

Whisk the vegetable oil, vinegar, and sugar in a small bowl. Place the lettuce in a large bowl. Drizzle the oil mixture over the lettuce and toss to coat.

Justin's Macaroni Salad

Ingredients

1 (16 ounce) package elbow macaroni
1 cup creamy salad dressing
1 tablespoon cider vinegar
2 tablespoons milk
1 1/2 stalks celery, chopped
1 (6 ounce) can pitted black olives, chopped
1/2 cup chopped Vidalia onion
1/2 cup chopped green bell pepper
salt and ground black pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add macaroni, and cook for 8 to 10 minutes or until al dente; drain.

In a medium bowl, blend creamy salad dressing, cider vinegar, and milk.

In a large bowl, mix the cooked macaroni, celery, olives, Vidalia onion, and green bell pepper. Toss with the creamy salad dressing mixture. Season with salt and pepper. Cover and chill until serving.

Red, White and Blue Potato Salad

Ingredients

1 pound medium purple potatoes, scrubbed
2 bunches red radishes, trimmed and diced
1/2 white onion, diced
1/2 cup crumbled blue cheese
3 tablespoons mayonnaise

Directions

Bring a large pot of salted water to a boil; add potatoes and cook until tender, about 15 minutes. Drain, cool and dice the potatoes.

Combine the potatoes, radishes, onion, blue cheese and mayonnaise in a large bowl; mix until the mayonnaise evenly coats the ingredients.

Three-Bean Garden Salad

Ingredients

1 (10 ounce) package frozen lima beans
1 (15 ounce) can kidney beans, rinsed and drained
1 (9 ounce) package frozen cut green beans, thawed
8 ounces fresh mushrooms, sliced
1 pint cherry tomatoes, halved
1/4 cup thinly sliced green onions
DRESSING:
2/3 cup lemon juice
1/3 cup sugar
1/3 cup olive or vegetable oil
1 1/4 teaspoons salt
3/4 teaspoon Italian seasoning
1/2 teaspoon dried basil
1/2 teaspoon pepper

Directions

Cook lima beans according to package directions. Rinse in cold water; drain and place in a medium bowl. Add kidney and green beans, mushrooms, tomatoes and onions. Combine dressing ingredients. Pour over salad; mix gently to coat. Cover and chill for at least 5 hours, stirring occasionally.

Marinated Five Bean Salad

Ingredients

1 (14.5 ounce) can green beans, drained
1 (14.5 ounce) can wax beans, drained
1 (15.25 ounce) can red kidney beans, drained
1 (15 ounce) can garbanzo beans, drained
1 (15 ounce) can black beans, drained
1 red onion, chopped
1 green bell pepper, chopped
3/4 cup red wine vinegar
3/4 cup SPLENDA® No Calorie Sweetener, Granulated
3/4 cup vegetable oil
3/4 teaspoon ground dry mustard
1/2 teaspoon dried tarragon
1 1/2 teaspoons dried cilantro

Directions

In a large bowl, layer the beans, onion and green pepper. Set aside.

In a small saucepan, mix the vinegar, SPLENDA® Granulated Sweetener, oil, mustard, tarragon and cilantro. Cook and stir over medium heat until sweetener has dissolved. Remove from heat and pour over bean mixture. Stir until all ingredients are coated. This is best if it is left to marinate for a few hours in the refrigerator, and stirred occasionally.

Acini di Pepe Salad

Ingredients

1 cup acini di pepe pasta
1 (20 ounce) can crushed pineapple, drained with juice reserved
1 (15 ounce) can mandarin oranges, drained with liquid reserved
1 (8 ounce) container frozen whipped topping, thawed
7 ounces miniature marshmallows
1 cup white sugar
2 eggs, beaten
1/2 teaspoon salt
3 tablespoons all-purpose flour
1 (10 ounce) jar maraschino cherries, drained (optional)

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente. Drain.

In medium saucepan, combine reserved liquids from pineapple and oranges (equals about 1 1/2 cups), sugar, eggs, salt and flour. Cook until thick, stirring constantly. When mixture becomes thick, add cooked pasta and refrigerate overnight.

The next day, add pineapple and oranges, whipped topping and marshmallows to taste. Mix together and top with cherries if desired. Keep chilled until served.

Raspberry Salad Dressing I

Ingredients

1 cup plain yogurt
1/2 cup raspberries
1 tablespoon red wine vinegar
2 teaspoons white sugar

Directions

In a blender, combine the yogurt, raspberries, vinegar and sugar. Blend until smooth and refrigerate until chilled.

Creamy Lettuce Salad

Ingredients

3 hard-cooked eggs
1 (16 ounce) package salad greens
1 medium tomato, diced
1/4 cup diced onion
DRESSING:
3/4 cup mayonnaise or salad dressing
3 tablespoons milk
2 tablespoons sugar
2 tablespoons cider vinegar

Directions

Cut one egg into wedges for garnish. Dice remaining eggs. In a salad bowl, combine the greens, tomato, onion and diced eggs. In a jar with tight-fitting lid, combine the dressing ingredients; shake well. Pour over salad and toss to coat. Garnish with egg wedges. Serve immediately.

Chocolate Caramel Nut Salad

Ingredients

1 (5 ounce) package instant vanilla pudding mix
1 cup milk
1 (12 ounce) container frozen whipped topping, thawed
6 apple - peeled, cored, and chopped
6 (2.16 ounce) bars chocolate-coated caramel-peanut nougat candy, chilled and sliced
1/4 cup seedless grapes (optional)

Directions

Prepare the pudding using 1 cup of milk; blend together with whipped topping.

Add the apples, candy bars and grapes. Mix together and refrigerate until chilled.

Spring Sweet Pea Pasta Salad

Ingredients

1 (16 ounce) package bow tie (farfalle) pasta
1 tablespoon olive oil
3/4 cup sour cream
3/4 cup mayonnaise
1/4 cup lemon juice
1 tablespoon lemon zest
1 tablespoon dried dill weed
1 pinch cayenne pepper, or to taste
kosher salt to taste
1/2 cup diced red onion
8 ounces frozen green peas, thawed
8 ounces diced fully cooked lean ham
8 ounces cubed sharp Cheddar cheese
2 sprigs fresh dill, for garnish

Directions

Bring a large pot of lightly salted water to a boil over high heat. Add the bow tie pasta, and cook until al dente, 8 to 10 minutes. Drain and rinse well with cold water, then toss with the olive oil, and set aside.

Stir the sour cream, mayonnaise, lemon juice, lemon zest, dried dill, cayenne pepper, and salt until smooth. Fold in the onion, peas, ham, Cheddar cheese, and bow tie pasta. Garnish with the dill sprigs to serve.

Fruity Gelatin Salad

Ingredients

7 fluid ounces lemon-lime flavored carbonated beverage
2 cups miniature marshmallows
1 (3 ounce) package lime flavored gelatin mix
8 ounces cream cheese
1 (20 ounce) can crushed pineapple with juice
3/4 cup chopped pecans
1 teaspoon mayonnaise
1 cup frozen whipped topping, thawed

Directions

In a non-reactive sauce pan, combine the carbonated beverage and marshmallows; heat until dissolved stirring constantly. Add gelatin and stir until dissolved.

Add cream cheese and blend by hand or with electric mixer until smooth.

Add pineapple and juice, nuts, mayonnaise and whipped topping. Pour into 7x11 dish, chill until set.

Spinach Salad I

Ingredients

1/4 cup diced red onion
2/3 cup white sugar
1 teaspoon ground black pepper
1/2 teaspoon celery salt
1 tablespoon mustard powder
1 cup vegetable oil
1/3 cup white wine vinegar
4 eggs
10 ounces fresh spinach - chopped, washed and dried
1 head iceberg lettuce - rinsed, dried, and chopped
1/2 pound bacon - cooked and crumbled
1 1/2 cups crushed croutons
1 red onion, sliced in rings

Directions

Place eggs in a saucepan and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

In a small saucepan, combine the diced onion, sugar, black pepper, celery salt, mustard, vegetable oil, and vinegar. Whisk over high heat until all ingredients are well mixed and onions are translucent. Remove from heat and refrigerate until cool.

In a large bowl, combine the eggs, spinach, iceberg, bacon, croutons and onion rings. Toss together.

Pour dressing over salad and toss to coat evenly.

Hail Mighty Caesar Salad

Ingredients

4 boneless skinless chicken breasts
2 cups Newman's Own® Caesar, Creamy Caesar or Lighten Up® Caesar Salad Dressing
2 heads romaine lettuce
3/4 cup freshly grated Parmesan cheese
2 cups Mrs. Cubbison's® Restaurant Style Caesar Salad Croutons
2 large ripe beefsteak tomatoes, cored and cut into six slices each

Directions

Wash and dry chicken thoroughly. Marinate chicken breasts in 1 cup Caesar dressing for several hours or overnight. Remove and discard marinade.

Preheat oven to 350 degrees F. Place chicken breasts in baking dish and cook for 15 minutes or until chicken is no longer pink inside. Remove from oven and let cool. Slice the chicken lengthwise into strips.

Toss the romaine in a bowl with dressing to taste. Add Parmesan cheese and croutons and toss.

Arrange the lettuce on plates and add tomato slices. Place chicken slices on top of lettuce bed and serve.

Mixed Greens Salad with Tarragon Dressing

Ingredients

2 tablespoons tarragon vinegar
2 tablespoons canola oil
2 teaspoons sugar
1 garlic clove, minced
1/2 teaspoon salt
1/4 teaspoon ground mustard
1/4 teaspoon pepper
1/4 teaspoon lemon juice
1/4 teaspoon Worcestershire sauce
6 cups torn mixed salad greens
2 radishes, thinly sliced
1 cup salad croutons
2 tablespoons sesame seeds, toasted

Directions

In a small bowl, whisk together the first nine ingredients. In a large salad bowl, toss salad greens, radishes, croutons and sesame seeds. Drizzle with dressing; toss to coat.

Tomato Mozzarella Salad with Balsamic Reduction

Ingredients

1 cup balsamic vinegar
1 clove garlic, crushed

1 head red leaf lettuce
4 tomatoes, sliced
2 balls of fresh mozzarella, sliced
1/4 small red onion, sliced
1/2 cup fresh raspberries
1/2 cup sliced black olives
2 teaspoons dried basil
salt and black pepper to taste
2 tablespoons extra-virgin olive oil

Directions

Pour balsamic vinegar into a small saucepan, and add the crushed garlic; bring to a boil over medium-high heat. Reduce heat to medium-low, and simmer until the vinegar has reduced to 1/4 cup. Set aside, and cool to room temperature.

Divide the lettuce leaves among 4 salad plates. Arrange the tomato slices on top of the lettuce, then place the mozzarella on top of the tomatoes. Sprinkle the salads with the red onion, raspberries, and sliced black olives. Season with dried basil, salt, and pepper; drizzle with the olive oil and balsamic vinegar.

Chicken Bread Salad

Ingredients

24 (3/4 inch thick) slices French bread
3 cups cooked, cubed chicken breast
4 medium tomatoes, cut into chunks
1 (15.5 ounce) can great northern beans, rinsed and drained
1 large cucumber, seeded and chopped
1/4 cup chopped fresh basil
1/4 teaspoon salt
1/4 teaspoon pepper
3/4 cup balsamic vinaigrette
1/2 cup shredded Parmesan cheese

Directions

Place bread on a baking sheet. Broil 3-4 in. from the heat for 2-3 minutes or until golden brown, turning once. Cool on a wire rack. Cut bread into 1-in. pieces.

In a large bowl, combine the bread, chicken, tomatoes, beans, cucumber, basil, salt and pepper. Drizzle with vinaigrette and toss to coat. Refrigerate for 30 minutes. Sprinkle with Parmesan cheese and toss.

Cranberry Salad III

Ingredients

2 (3 ounce) packages cherry flavored gelatin mix
1 (16 ounce) can whole cranberry sauce
1 (20 ounce) can crushed pineapple with juice
1 (8 ounce) package cream cheese
1 cup chopped pecans
1 tablespoon mayonnaise

Directions

Drain crushed pineapple and save 1/4 cup of the juice. Dissolve gelatin in 2 cups of hot water. Stir in cranberries and crushed pineapple. Pour 1/2 of the mixture in a bowl and leave at room temperature, set the other 1/2 in the refrigerator until firm.

In a separate bowl mix together the cream cheese, mayonnaise, reserved pineapple juice and chopped pecans. Spread mixture over chilled gelatin. Place in refrigerator for 10 minutes. Pour the room temperature gelatin over the top of the cream cheese layer and refrigerate until set.

Bob Evans® Mediterranean Pasta Salad

Ingredients

1 (2.1 ounce) package Bob Evans® Express pre-cooked bacon
8 ounces bow tie pasta
1/2 cup sun-dried tomato salad dressing (can also use Italian or Greek style dressing)
8 ounces fresh mozzarella, cut into small cubes
1 cup cherry tomatoes, cut in half
1/3 cup kalamata olives, chopped
4 sun dried tomatoes in oil, drained and chopped

Directions

Microwave bacon according to package directions. Cool slightly and then chop. Meanwhile cook pasta according to package directions and drain. In a large serving bowl, combine all ingredients and stir well. Serve warm.

Gingery Carrot Salad

Ingredients

1 pound carrots, cut diagonally into thin slices
2 tablespoons cider vinegar
1 tablespoon olive oil
2 tablespoons Splenda
1 clove garlic, grated
1/4 teaspoon ground cumin
1/4 teaspoon cinnamon
1 teaspoon grated fresh ginger
1/8 teaspoon seasoned salt
1 dash cayenne pepper
1/2 cup raisins

Directions

Bring a large pot of water to boil. Add carrots, and continue to boil until just tender, about 2 minutes. Rinse with cold water, drain well, and set aside.

In a large bowl, whisk together the vinegar, olive oil, Splenda, and garlic. Season with cumin, cinnamon, ginger, salt, and cayenne pepper. Stir in carrots and raisins, and toss with dressing. Cover, and refrigerate at least 4 hours.

Ensalada Roja con Pollo (Red Salad with Chicken)

Ingredients

6 large baking potatoes, peeled and cubed
4 carrots, diced
1 tablespoon olive oil
1 large onion, chopped
3 cups diced cooked chicken
6 hard-cooked eggs, peeled and chopped
2 dill pickles, chopped
2 tablespoons dill pickle brine
2 cups mayonnaise
salt and pepper to taste
1 cup diced cooked beets

Directions

Place the potatoes and carrots into a large pot and fill with enough water to cover. Bring to a boil, and cook until potatoes are tender enough to pierce with a fork, 8 to 10 minutes. Drain and rinse under cold water to cool. Set aside.

Heat the olive oil in a large skillet over medium heat. Add the onion; cook and stir until tender and light brown, about 10 minutes. Set aside to cool.

In a large bowl, combine the potatoes, carrots, chicken, eggs and pickles. In a separate bowl, whisk together the onion, pickle juice and mayonnaise. Season with salt and pepper. Pour over the potato mixture and stir gently to coat. Adjust the amounts of mayonnaise, salt and pepper if desired. Gently stir in beets last. Refrigerate for at least 1 hour to blend flavors before serving.

Apple Salad II

Ingredients

5 Granny Smith apples - peeled, cored and chopped
5 Red Delicious apples - peeled, cored and chopped
2 (8 ounce) cans pineapple chunks, drained
2 cups raisins
1 cup chopped pecans
1 (16 ounce) container frozen whipped topping, thawed

Directions

In a medium-size mixing bowl, combine the apples, drained pineapple, raisins, pecans and whipped topping. Mix well and serve chilled.

Delicious Apple Salad

Ingredients

10 Granny Smith apples - peeled, cored and chopped
2 (8 ounce) cans pineapple chunks
2 cups raisins
1 cup chopped pecans
20 ounces sour cream
1 teaspoon granulated sugar

Directions

Combine the apples, undrained pineapple, raisins, pecans and sour cream. Mix well and add sugar to taste. Serve chilled.

Classic Crab and Shrimp Salad

Ingredients

6 ounces fresh crabmeat, drained and flaked
5 ounces small cooked shrimp, chopped
1 stalk celery, diced
1 green bell pepper, seeded and chopped
1 onion, diced
3/4 cup mayonnaise
2 teaspoons fresh dill, finely chopped
1 teaspoon Worcestershire sauce
salt and ground black pepper to taste

Directions

Place the crabmeat, shrimp, celery, bell pepper, and onion into a bowl. Stir in the mayonnaise, dill, and Worcestershire sauce until evenly blended. Season to taste with salt and pepper. Refrigerate 1 hour before serving.

Avocado Grapefruit Salad

Ingredients

1 cup cucumber or jicama cut in 1-inch matchsticks
1/2 cup thinly sliced red onion
1 large grapefruit, sectioned, reserving juice
2 fully ripened Avocados from Mexico, halved, pitted, and sliced
1 tablespoon olive oil
2 teaspoons honey
1 1/2 tablespoons minced jalapeno peppers
1/4 teaspoon salt
8 romaine lettuce leaves

Directions

In a small bowl, combine cucumber and onion.

In a medium bowl, place 3 tablespoons grapefruit juice with oil, honey, jalapeno and salt.

Add cucumber mixture; toss. Add grapefruit sections and sliced Avocado; toss gently.

Divide Romaine among 4 serving plates. Top with Avocado and grapefruit mixture.

Fresh Asparagus, Tomato, and Feta Salad

Ingredients

1/2 cup rice vinegar
1 tablespoon white sugar
1 teaspoon sea salt
1/2 teaspoon sesame oil
2 tablespoons olive oil
3/4 pound asparagus - cut into 1-inch pieces, cooked and drained
1 (4 ounce) container crumbled feta
1 large tomato, diced
1 green onion, diced
2 tablespoons chopped cilantro

Directions

Whisk together the rice vinegar, white sugar, sea salt, sesame oil, and olive oil in the bottom of a salad bowl. Add the asparagus, feta, tomato, green onion, and cilantro to the bowl with the dressing; toss to coat. Cover and refrigerate for 1 hour before serving.

Winter Fruit Salad

Ingredients

1 1/3 cups quinoa, rinsed
1 1/2 cups water
2 kumquats - 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 Bosc pear - peeled, cored and chopped
1 cucumber - peeled, seeded and chopped
1 cup trimmed and coarsely chopped watercress

Directions

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.

Candied Walnut Salad with Walnut Vinaigrette

Ingredients

1 tablespoon butter
1/2 cup brown sugar
12 ounces walnut halves
1/2 cup apple cider vinegar
2 tablespoons chopped fresh chives
2 tablespoons chopped fresh parsley
1 1/4 teaspoons chopped fresh dill
1 tablespoon chopped fresh chervil
1/2 cup walnut oil
1/2 cup peanut oil
10 ounces arugula leaves or spring mix
salt to taste
ground multi-colored peppercorns to taste

Directions

Preheat oven to 450 degrees F (230 degrees C). Line a baking sheet with foil.

Melt butter in a small saucepan over medium heat. Stir in brown sugar, and cook until the sugar has melted and turned deep brown - but not burnt, 5 to 8 minutes.

Once the sugar has browned, stir in walnut halves until coated with caramelized sugar. Spread out onto prepared baking sheet, and place into preheated oven. Cook until the center of the walnuts have just turned a light golden brown, about 5 minutes. Once done, remove from the oven and allow to cool until warm or room temperature.

Whisk the vinegar together with the chives, parsley, dill, and chervil. Whisk in walnut and peanut oils until well combined.

To serve, toss the arugula with enough dressing to moisten in a large bowl. Season to taste with salt and pepper. Place onto salad plates and garnish with candied walnuts.

Lap Salad

Ingredients

2 boneless chicken breast halves, cooked and diced
2 ounces almonds
2 green onions, chopped
1 tablespoon white sugar
2 tablespoons sesame seeds
1 (3 ounce) package ramen noodles, crushed
1/2 medium head cabbage, shredded
1/2 cup vegetable oil
salt and pepper to taste
3 tablespoons distilled white vinegar

Directions

Combine chicken, nuts, onion, sugar, sesame seeds, noodles and their flavor packet and cabbage in large bowl. In small bowl combine oil, salt, pepper and vinegar. Pour oil mixture over noodle mixture. Let stand overnight in refrigerator and serve.

Randy's Wedding Gelatin Salad

Ingredients

1 cup boiling water
1/2 tablespoon unflavored gelatin
1 (3 ounce) package lime flavored gelatin mix
1 cup mayonnaise
1 cup small curd cottage cheese
2 teaspoons prepared horseradish
1 (20 ounce) can crushed pineapple, drained
1 cup chopped pecans
1 dash salt

Directions

In a medium bowl, stir together the boiling water, unflavored gelatin, and lime flavored gelatin until gelatin is dissolved. Set aside to cool until slightly thick.

Using an electric mixer, beat in the mayonnaise, cottage cheese, and horseradish until foamy. Fold in the pineapple, pecans and salt. Pour into a gelatin mold, and refrigerate until set.

Miss Betty's 24 Hour Lettuce Salad

Ingredients

3/4 pound sliced bacon
1 large head iceberg lettuce, shredded
1/4 cup sliced onion
1/4 cup thinly sliced celery
1 (8 ounce) can water chestnuts, drained and sliced
1 (10 ounce) package frozen peas
1 cup mayonnaise, or to taste
1 tablespoon white sugar
2 tablespoons grated Romano or Parmesan cheese
4 tomatoes, cut into wedges
2 hard-cooked eggs, sliced
1 tablespoon chopped fresh parsley for garnish

Directions

Spread the lettuce out on a large serving dish or bowl. Sprinkle the onion, celery, water chestnuts and frozen peas (unthawed) over the lettuce in layers. Spread mayonnaise over the top like a frosting. Sprinkle with sugar and grated cheese. Cover and refrigerate overnight.

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

Before serving, sprinkle crumbled bacon over the top, and garnish with tomato wedges, slices of hard-cooked egg, and parsley.

Potato Salad With Bacon, Olives, and Radishes

Ingredients

5 potatoes
1 pound bacon
2 stalks celery
4 small green onions
12 stuffed green olives
5 radishes
1/4 cup mayonnaise
1 tablespoon lemon juice

Directions

Wash and peel the potatoes and cut into 1/2 to 3/4 inch pieces. Bring a large pot of salted water to a boil. Add the potatoes and cook until tender but still firm, about 10 minutes.

Slice the bacon into small pieces and cook over medium high heat in a large, deep skillet until evenly brown. Do not overcook.

Chop the celery, green onions, stuffed olives and radishes into small pieces and put into a large bowl. Add the potatoes and bacon and mix together. Add the mayonnaise and lemon juice to taste, stir, and place in the refrigerator for a few hours to chill before serving. You may want to add a few sliced hard boiled eggs on top. ENJOY!!!

Tuna And Bean Salad

Ingredients

1 cup frozen French-style green beans
1 (6 ounce) can tuna, drained
1/2 cup drained canned cannellini beans
1 red onion, chopped
1 tablespoon olive oil
1 tablespoon lemon juice
1 tablespoon minced garlic
2 tablespoons grated Parmesan cheese
salt and pepper to taste

Directions

In a large bowl, mix together green beans, tuna, cannellini beans, chopped onion, olive oil, lemon juice, garlic, and cheese. Season to taste with salt and black pepper. Cover, and chill in the refrigerator for about 2 hours.

Just Peachy Chicken Salad

Ingredients

1 cup mayonnaise
1/4 cup peach juice
2/3 cup whipped heavy cream
salt and pepper to taste
4 cups cubed, cooked chicken
3 cups pitted and diced fresh peaches

Directions

In a large bowl, whisk together the mayonnaise, peach juice and whipped cream. Add salt and pepper to taste. Stir in chicken and peaches and chill until ready to serve.

Cold Tropical Macaroni Salad

Ingredients

1 (16 ounce) package macaroni
10 hard-cooked eggs, peeled and chopped
1 (16 ounce) jar creamy salad dressing
1 onion, thinly sliced
1 apple, cored and chopped
1 (8 ounce) can pineapple chunks, drained
1 (15 ounce) can peas, drained

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In large bowl combine pasta, eggs, dressing, onion, apple, pineapple and peas. Chill 2 hours in refrigerator. Serve cold.