

SIMPLE SALADS

Creamy Cauliflower Salad

1 medium head of cauliflower, broken into florets
1 cup thinly sliced radishes
3/4 cup thinly sliced green peppers
1 cup (8-oz.) sour cream
2 tablespoons grated onion
4 to 5 teaspoons lemon juice

1 tablespoon Caesar salad dressing mix
1 teaspoon vegetable oil
1/4 teaspoon seasoned salt

1/4 teaspoon pepper
In a large bowl, combine the cauliflower, radishes and green pepper. In a small bowl, combine the remaining ingredients; mix well. Pour over cauliflower mixture and toss to coat. Cover and refrigerate for at least 2 hours before serving.

Males 8 to 10 servings.
Bonnie Ross
McVeytown

Sunshine Salad

1 can (20-oz.) pineapple tidbits
1 can mandarin oranges
1 package (3.4-oz.) instant lemon pudding mix
1 cup quartered strawberries

1 cup sliced ripe bananas
Drain pineapple and oranges, reserving liquid. Prepare pudding using liquid from the fruit in place of milk. In a bowl, combine pineapple, oranges and strawberries; gently fold in pudding. Chill for at least 2 hours. Add bananas just before serving.

Makes 8 to 10 servings.
Bonnie Ross
McVeytown

Cherry Coke Salad

1 can (20-oz.) crushed pineapple
1/2 cup water
2 packages (3-oz. each)

cherry gelatin mix

1 can (21-oz.) cherry pie filling

1/4 cup cola soda
Drain pineapple, reserving juice. Set pineapple aside.

In saucepan or microwaveable dish, bring juice and water to a boil. Add gelatin. Stir until dissolved. Stir in pie filling and soda. Pour into serving bowl. Refrigerate until slightly thickened. Fold in pineapple. Refrigerate until firm. Garnish with whipped topping to serve.

Makes 10 to 12 servings.
Bonnie Ross
McVeytown

Salad Dressing

1 cup tomato soup
2 cups sugar
3/4 cup vinegar
1 cup oil
1 small onion, finely chopped
2 tablespoons mustard
Dash of garlic salt
Mix all ingredients.
Barbara Reed
Mifflintown

Watercress, Pear and Blue Cheese Salad

1/2 cup chopped walnuts
1 (4-oz.) bag watercress, trimmed
1 pear, thinly sliced
1 head Belgian endive, thinly sliced
1/2 cup light blue cheese dressing
1/2 cup crumbled blue cheese

In small nonstick skillet, heat walnuts over medium-low heat, stirring often, for 3 to 5 minutes or until toasted and fragrant.

In a large bowl, combine watercress, pear and endive. Add dressing, tossing well to coat. Top with cheese and walnuts.

Charlene Swineford
Lewistown

BLT Potato Salad

3 large baking potatoes (about 3 1/2 pounds), peeled and chopped
1 cup mayonnaise
3 tablespoons sweet pickle relish
2 tablespoons Dijon mustard

1/4 cup chopped fresh flat-leaf parsley
1 teaspoon salt
1 teaspoon freshly ground pepper
4 green onions, sliced
2 hard-cooked eggs, coarsely chopped
1 cup grape tomatoes, halved
8 bacon slices, cooked and crumbled

Curly leaf lettuce leaves
Bring potatoes and salted water to cover to a boil in Dutch oven. Boil 15 to 20 minutes or until tender (do not overcook). Drain and cool.

Stir together mayonnaise and next 5 ingredients in a large bowl; add cooked potatoes, green onions and eggs, tossing gently until well blended. Gently stir in tomatoes. Cover and chill at least 3 hours. Stir in bacon just before serving. Serve on lettuce leaves.

Makes 8 to 10 servings.
Charlene Swineford
Lewistown

Broccoli-Carrot Salad

1 1/2 pounds fresh broccoli
1 cup scraped, sliced or shredded carrot
1 cup (4-oz.) shredded cheddar cheese
1 cup raisins (optional)
1/2 cup mayonnaise
2 to 3 tablespoons sugar
2 teaspoons red wine vinegar

Lettuce leaves (optional)
8 bacon slices, cooked and crumbled

Remove broccoli leaves and cut off tough ends of stalks; discard. Wash broccoli thoroughly and cut into

florets. Blanch broccoli in boiling water 10 seconds. Plunge into ice water to stop the cooking process; drain well.

Combine broccoli, carrot, cheese and, if desired, raisins, tossing gently. Combine mayonnaise, sugar and vinegar; stir well. Add mayonnaise dressing to broccoli mixture, and toss gently.

Spoon broccoli salad onto lettuce-lined salad plates, if desired, using a slotted spoon. Sprinkle with bacon and serve immediately.

Makes 8 servings.
Charlene Swineford
Lewistown

Five Cup Salad

1 cup light sour cream
1 cup coconut
1 cup mandarin oranges, drained
1 cup crushed pineapple, drained
1 cup mini marshmallows
Stir ingredients together and refrigerate overnight.
Carol Booher
Lewistown

Bean Salad

Soak 1/2 cup minced onion in water for 10 minutes. Drain and rinse.

Grate: 4 halved tomatoes into bowl. Add:
3 tablespoons oil (I use olive oil)

Juice of 1 orange
1/2 teaspoon cayenne
1 diced bell pepper
1 small onion
1 can pinto beans, drained

1/2 teaspoon salt
Stir in:
2 cups cold, cooked brown or white rice
Chopped parley or cilantro

Green onions, sliced
Salt and pepper, to taste
Serve.

Carolyn Hayes
Energy, Ill.

Crab Salad

1 pound crab meat (I use imitation)
1 cup diced celery
2 (8-oz.) packages cream cheese

1 cup diced onion
1 cup mayonnaise
2 teaspoons garlic salt
2 1/2 tablespoons dill
1 to 2 boxes crackers
Leftover tortillas
Mix all but crackers and tortillas. Cover with foil and put in ice chest. Serve with crackers, tortillas, fruit, chips, and can be used with cookies.

Cook's note: This is a good recipe for camping. If not taking it camping,

do not put in ice chest.

Carolyn Hayes
Energy, Ill.

Nutty Banana Salad

2/3 cup mayonnaise
2 tablespoons sugar
6 medium bananas
1 1/3 cups peanuts, finely chopped

Add sugar to mayonnaise and mix well. Roll the bananas in mayonnaise mixture. Roll the bananas in the nuts. Slice and serve on a crisp bed of lettuce.

Corinda Norris
Milroy

Mac's Clothing

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