

SIMPLE SALADS

Greens N Fruit Salad

6 cups torn salad greens
2 medium navel oranges, peeled and sectioned
1 cup halved red seedless grapes
1/2 cup golden raisins
1/4 cup chopped red onion
1/4 sliced almonds
4 bacon strips, cooked and crumbled
Dressing:
1/2 cup mayonnaise
1/2 cup honey
1/4 cup orange juice
2 tablespoons grated orange peel

In a large salad bowl, combine the first 7 ingredients. In a bowl, whisk together the mayonnaise, honey, orange juice and peel. Serve with the salad. Refrigerate leftover dressing.

Makes 6 servings.

Gerry Leach
Mifflintown

Cheddar Broccoli Salad

6 cups fresh broccoli florets
1 1/2 cups (6-oz.) 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

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.

Makes 8 servings.

Gerry Leach
Mifflintown

Waldorf Salad

2 cups pineapple chunks, drained
2 cups seedless grapes
1/2 cup chopped celery
6 diced apples

Nuts optional

For dressing: Bring to a boil 1 cup pineapple juice. Stir together 2/3 cup sugar, 1 tablespoon cornstarch, 1/2 teaspoon salt. Add 1 egg and blend. Stir in 3 tablespoons hot pineapple juice. Cook over low heat until thoroughly cooked. Cool and add to fruit.

Maxine Varner
Richfield

Marinated Veggies

1 large stalk fresh broccoli
1 (3.5-oz.) can medium pitted ripe olives, drained
1 (16-oz.) can green beans, drained
1 (16-oz.) can julienned carrots, drained
6 halved cherry tomatoes
1/4 pound sliced fresh mushrooms

Marinade:

1 cup cider vinegar
1 cup salad oil
1 minced large garlic clove

3/4 teaspoon dried basil leaves
3/4 teaspoon dried oregano leaves
3/4 teaspoon salt
1/4 teaspoon pepper
1/2 small onion, minced

Chop broccoli florets and a small portion of upper stalk. Cook broccoli 5 minutes or until slightly crisp. Combine broccoli and remaining vegetables in a 2-quart casserole dish. Mix marinade in a small saucepan, bring to boil and reduce heat. Simmer 10 minutes. Pour marinade over vegetables, toss and refrigerate for several hours until chilled. Eat alone or with cooked pasta.

Lori Hostetler
McClure

Fruit Salad

1 can mandarin orange
1 can pineapple chunks
1 cup coconut
1 cup small marshmallows

1 cup sour cream
Drain fruit well. Mix all together. Chill and serve.

Ellen Knepp
Lewistown

Seafood Pasta Salad

2 cups cooked tri-color spirals
1 cup cooked shrimp or tuna

1 green pepper, diced
1/4 cup carrots, sliced
1/2 cup zucchini, cubed
1/3 cup Worcestershire sauce

1/3 cup mayonnaise
Salt and pepper, to taste
In mixing bowl, combine pasta, shrimp or tuna, green peppers, carrots and zucchini. Add Worcestershire sauce, mayonnaise, salt and pepper. Toss lightly to combine. Refrigerate at least 30 minutes. Prep time: 15 minutes.

Jody Hetrick
Reedsville

Chicken Pasta Salad

1 head broccoli, chopped
1/4 teaspoon salt
3 cups chicken, cooked and diced
1/2 pound pasta, cooked
2 large tomatoes, cubed
1/2 cup red onion, coarsely chopped
1/2 teaspoon pepper
1 cup Italian dressing

Steam broccoli over boiling water for about 5 minutes. Drain. Place in large bowl and sprinkle with salt. Add chicken, pasta, tomatoes and onion. Sprinkle with pepper. Pour dressing over salad and gently toss. Cover and chill 1 hour. Prep time: 10 minutes.

Jody Hetrick
Reedsville

5-Cup Wonder Salad

1 cup sour cream
1 cup mandarin oranges slices, drained
1 cup pineapple chunks,

drained
1 cup flaked coconut
1 cup miniature marshmallows
Combine ingredients. Refrigerate for 5 hours.
Nancy G. Morgan
Milroy

Strawberry Spinach Salad

1 tablespoon poppy seeds
1/2 cup white sugar
1/2 cup olive oil
1/4 cup distilled white vinegar
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
In medium bowl, whisk

together the poppy seeds, sugar, olive oil, white vinegar, Worcestershire sauce and minced onion. Cover and chill for 1 hour. In a large bowl, combine spinach, strawberries and almonds. Pour dressing over salad and toss. Refrigerate 10 to 15 minutes before serving.

Anna Yoder
Belleville

Tuna Macaroni Salad

2 cups elbow macaroni, cooked and drained
1 cup diced celery
1/4 cup chopped green pepper
2 tablespoons chopped pimento
1 can (6-oz.) tuna, drained and flaked
3/4 cups mayonnaise
1/4 cup chopped green onions
Mix ingredients together.

Season to taste with salt and black pepper. Refrigerate. Serve on lettuce leaves. Makes 8 servings.

Nancy G. Morgan
Milroy

Chicken Salad

3 cups diced cooked chicken
1 cup diced celery
2 tablespoons lemon juice
1 tablespoon finely chopped onion
3/4 cup mayonnaise
1 (11-oz.) can mandarin oranges, drained
1 cup seedless grapes, halved
1 teaspoon lemon pepper
1 cup chopped English walnuts
Combine all ingredients, mix well. Cover and chill for 2 hours.
Makes 6 servings.
Nancy G. Morgan
Milroy



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