

# SALADS AND SANDWICHES

## ... Classic and Contemporary

Both sandwiches and salads began as food trends, and both went on to become American institutions. Plain or fancy, versatile and imaginative sandwiches and salads are staples in today's daily diets, but this wasn't always the case.

The Earl of Sandwich is generally credited with having invented his namesake over three centuries ago, but by contrast, salads have been a part of the American scene for only fifty years. Until the early Thirties, salads were unfamiliar foods in this country, appearing infrequently as a novelty on special formal occasions. With the introduction of Miracle Whip salad dressing in 1933, a "salad revolution" ensued. Created at a time when the nutritional importance of fruits, vegetables and other salad ingredients was first realized, the one-of-a-kind product quickly captivated the taste of a nation. Miracle Whip salad dressing helped to educate the American public about how to serve salads and the importance of good nutrition.

This year, Miracle Whip salad dressing fans can satisfy their appetite for this venerable product with over 200 recipes in a new 160-page cookbook. *Cooking With MIRACLE WHIP Salad Dressing* is a "soup to nuts" collection which contains both newly created recipes reflecting the Eighties' cooking styles, such as those pictured here, and time-honored "classics." Chapters highlight international and American regional cuisine, ideas for casual entertaining, recipes which shortcut preparation time with food processors and microwave ovens, recipes for two, and much more. Liberally sprinkled with recipe tips and hints, the book is illustrated with more than two dozen color photographs. To order your copy, simply send a check or money order for \$3.95 to: Miracle Whip 50th Anniversary Cookbook, P.O. Box 854, Dept. P, South Holland, IL 60473. Be sure to enclose your name, address and zip code, and allow six to eight weeks for delivery.

### CHICKEN SALAD CREAM PUFF RING

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|-------------------|----------------------------------|
| 1 cup water       | 1/2 cup raisins                  |
| 1/2 cup margarine | 1/2 cup chopped celery           |
| 1 cup flour       | 2 tablespoons green onion slices |
| 1/4 teaspoon salt | 3/4 cup salad dressing           |
| 4 eggs            | 1/2 teaspoon curry powder        |
- 2-1/2 cups chopped cooked chicken

Bring water and margarine to boil. Add flour and salt; stir vigorously over low heat until mixture forms a ball. Remove from heat. Add eggs, one at a time, beating well after each addition. Drop rounded tablespoonfuls of batter onto ungreased cookie sheet to form 10-inch ring. Bake at 400° 45 to 50 minutes or until golden brown. Remove from cookie sheet immediately; cool.

Combine chicken, raisins and vegetables. Add combined salad dressing and curry; mix lightly. Chill. Cut top from ring; fill with chicken salad. Replace top; slice to serve. 8 to 10 servings.

### FROSTED SANDWICH LOAF

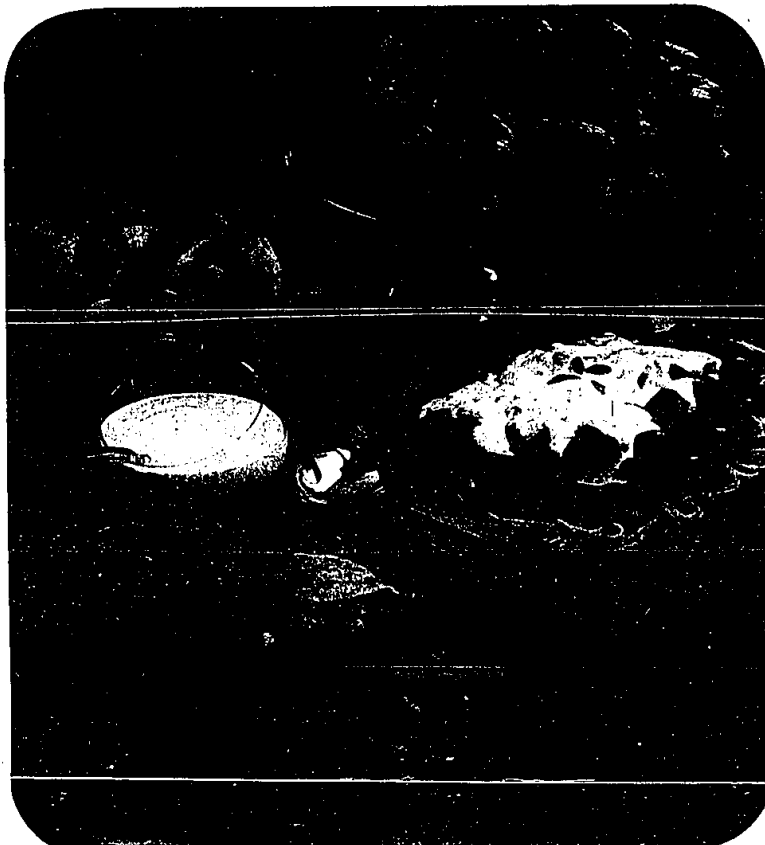
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|------------------------------------|--------------------------------------|
| 6 hard-cooked eggs, finely chopped | 3 8-oz. pkgs. cream cheese, softened |
| 1 teaspoon prepared mustard        | 1/4 cup finely chopped watercress    |
| 1/4 teaspoon salt                  | Dash of salt and pepper              |
| Dash of pepper                     |                                      |
| salad dressing                     |                                      |
- 2 cups finely chopped ham  
1/4 cup finely chopped sweet pickle  
salad dressing
- 1 unsliced sandwich loaf, 16 inches long  
Soft margarine  
salad dressing

Combine eggs, mustard, seasonings and enough salad dressing to moisten; mix lightly.

Combine meat, pickle and enough salad dressing to moisten; mix lightly.

Combine 1/2 package cream cheese, watercress and seasonings, mixing until well blended.

Trim crust from bread; cut into four lengthwise slices. Spread bread slices with salad dressing. Spread one bread slice with egg salad, second slice with ham salad and third slice with cream cheese mixture; stack. Top with fourth bread slice. Combine remaining cream cheese and 1/3 cup salad dressing, mixing until well blended. Frost sandwich loaf; chill thoroughly. Garnish as desired.



Celebrating its Golden Anniversary this year, Miracle Whip salad dressing demonstrates its contemporary versatility in Chicken Salad Cream Puff Ring, Garden Pasta Salad, Pitas Jardiniere and Lemon Yogurt Dressing. These recipes were inspired by such all time favorites as Frosted Sandwich Loaf, Golden Gate Sandwich, Macaroni Fiesta Salad and Sherbet Dressing.

### PITAS JARDINIERE

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| 1 cup shredded zucchini          |
| 1 cup shredded carrot            |
| 1/2 cup alfalfa sprouts          |
| 1/4 cup salad dressing           |
| 3 hard-cooked eggs, chopped      |
| 1/2 teaspoon salt                |
| 1/4 teaspoon pepper              |
| 4 pita bread rounds, cut in half |
- Shredded lettuce

Combine zucchini, carrot, alfalfa sprouts, salad dressing, eggs and seasonings; mix lightly. For each sandwich, spread insides of bread with salad dressing; fill with lettuce and vegetable mixture. 4 sandwiches.

Variation: For appetizers, substitute 8 small pita bread rounds, quartered, for pita bread.

### GOLDEN GATE SANDWICH

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| 6 hard-cooked eggs, chopped                                   |
| 1/4 cup chopped celery  |
| 2 tablespoons stuffed green olive slices                      |
| salad dressing  |
| Salt and pepper   |
| 16 whole-wheat bread slices                                   |
| 1 8-oz. pkg. sharp natural cheddar cheese slices, cut in half |
| Lettuce   |

Combine eggs, celery, olives and enough salad dressing to moisten; mix lightly. Season to taste. For each sandwich, spread two bread slices with salad dressing. Top one bread slice with egg salad, cheese, lettuce and second bread slice. 8 sandwiches.

### GARDEN PASTA SALAD

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|--------------------------------------|-----------------------------------|
| 1/2 cup salad dressing               | 7 ozs. spaghetti, cooked, drained |
| 2 tablespoons green onion slices     |                                   |
| 2 tablespoons grated parmesan cheese | 2 cups cherry tomato halves       |
| 2 tablespoons milk                   | 1 cup zucchini slices             |
|                                      | 1 cup green pepper chunks         |
|                                      | 1/2 cup pitted ripe olive slices  |
|                                      | 4 oz. salami, cut into strips     |

Combine salad dressing, onion, parmesan cheese and milk; mix well. Combine 1/4 cup salad dressing mixture and spaghetti; toss lightly. Chill.

Combine tomatoes, zucchini, green pepper, olives and salami; mix lightly. Top spaghetti with vegetable mixture and remaining salad dressing mixture. Garnish with additional green onion slices, if desired. 4 servings.

### MACARONI FIESTA SALAD

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|---|------------------------------------|
| 2 cups (7 ozs.) elbow macaroni, cooked, drained | 1/4 cup chopped pimiento           |
| 8 ozs. sharp natural cheddar cheese, cubed      | 2 tablespoons chopped green pepper |
| 1 cup chopped celery                            | 1 tablespoon grated onion          |
| 1 cup salad dressing                            | Salt and pepper                    |
|   | Lettuce                            |

Combine macaroni, cheese, celery, salad dressing, pimiento, green pepper and onion; toss lightly. Season to taste. Serve in lettuce-lined bowl. 6 to 8 servings.

### LEMON YOGURT DRESSING

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| 1/2 cup salad dressing                    |
| 1/2 cup lemon, pineapple or orange yogurt |

Combine ingredients; mix well. Chill. Serve over fresh fruit. 1 cup.

### SHERBET DRESSING

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|---------------------------------------|
| 1/2 cup salad dressing                |
| 1/2 cup lime, lemon or orange sherbet |

Combine ingredients; mix well. Serve over fresh fruit. 1 cup.