

Simply American Salads

The United States has been called "the salad bowl of the world" because of the abundant supply of fresh salad ingredients year-round. Salad chefs have used the variety and availability of not only vegetables, but fruits and staples like pasta and rice, to create some of the world's most popular salad recipes.

BUTTERMILK POTATO SALAD

Creamy buttermilk dressing is a delicious alternative to mayonnaise in this basic potato salad.

- 1 qt. chopped potatoes
- 1 cup celery slices
- 3 crisply cooked bacon slices, crumbled
- 2 hard-cooked eggs, chopped
- 2 tablespoons green onion slices
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup creamy buttermilk dressing

Combine ingredients; mix lightly. Chill several hours. Add additional dressing before serving, if desired.
4 to 6 servings

COLORFUL VEGETABLE SLAW

This crunchy slaw includes chopped apple and walnuts.

- 1-1/2 cups chopped apple
- 1 qt. shredded cabbage
- 1 cup chopped cucumber
- 1 cup shredded carrot
- 1/3 cup green onion slices
- 1/2 cup chopped walnuts
- 1/2 cup coleslaw dressing

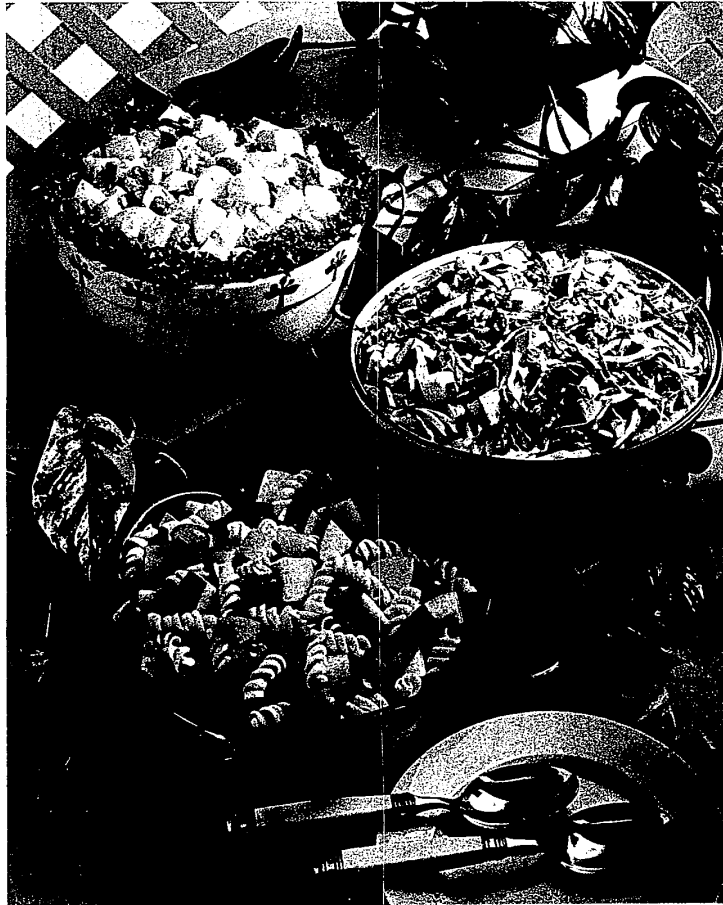
Combine ingredients; toss lightly. Chill.
8 to 10 servings

FRUIT FILLED MACARONI SALAD

A delightful combination of fresh fruit and pasta is complemented by a unique dressing.

- 1 8-oz. bottle oil and vinegar dressing
- 2 tablespoons orange juice
- 1 tablespoon honey
- 1 teaspoon grated orange rind
- 1/2 teaspoon paprika
- 2 cups (7 ozs.) spiral macaroni, cooked, drained
- 1 cup chopped pears
- 1 cup chopped plums
- 1 cup chopped peaches
- 1 cup chopped cantaloupe
- 1 cup grapes

Combine dressing, juice, honey, rind and paprika; mix well. Combine 1/2 cup dressing mixture, macaroni and fruit; mix lightly. Serve over lettuce wedges, if desired, with remaining dressing.
6 to 8 servings



ICEBERG FRUIT COMBO

A spectacular presentation of fruit and iceberg lettuce that is sure to be the main attraction of the meal.

- 1 cup green grapes
- 1 cup red grape halves
- 1 cup pineapple chunks
- 1 cup banana slices
- 1/2 cup celery slices
- 1/2 cup sliced almonds
- 1/3 cup chunky blue cheese dressing
- 1 head iceberg lettuce

Combine fruit, celery, nuts and dressing; mix lightly. From stem end, remove center of lettuce leaving 1-inch shell. Fill shell with fruit mixture. Shred remaining lettuce; combine with remaining fruit mixture. Place shell on platter; surround with fruit and lettuce mixture. Serve with additional dressing, if desired.

6 to 8 servings

LAYERED FRUIT SALAD

Just what a layered salad should be: a colorful combination of flavors and textures.

- 2 cups cottage cheese
- 1/4 cup chopped blue cheese crumbles
- 1/4 cup chopped walnuts
- 2 cups peach slices
- 2 cups plum chunks
- 2 cups cantaloupe balls
- 2 cups pear slices
- 1-1/2 cups nectarine slices
- Catalina french dressing

Combine cottage cheese, blue cheese and nuts; mix well. Layer fruit and cottage cheese mixture in 2-1/2 quart salad bowl. Serve with dressing.

8 to 10 servings

AVOCADO SALAD BOWL

This special macaroni salad gets its tang from French dressing.

- 2 cups (7 ozs.) shell macaroni, cooked, drained
- 2 cups chopped avocado
- 1 cup chopped tomato
- 2 hard-cooked eggs, chopped
- 1/4 cup pitted ripe olive slices
- 1 tablespoon finely chopped onion
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup french dressing
- Hot pepper sauce
- Spinach

Combine macaroni, avocado, tomato, eggs, olives, onion, seasonings and dressing; mix lightly. Season to taste with hot pepper sauce. Serve on spinach-covered plates.

6 to 8 servings

