

1965

## EC65-939 Satisfying Salads

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Diedrichsen, Ethel, "EC65-939 Satisfying Salads" (1965). *Historical Materials from University of Nebraska-Lincoln Extension*. 3751.  
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# satisfying salads



BY ETHEL DIEDRICHSEN . . . .

EXTENSION SERVICE

UNIVERSITY OF NEBRASKA COLLEGE OF AGRICULTURE AND HOME ECONOMICS

AND U. S. DEPARTMENT OF AGRICULTURE COOPERATING

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# SATISFYING SALADS

BY

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Ever since the early Romans put salt on lettuce to make it tasty, salads have been eaten and enjoyed. The custom of eating greens with oil and seasonings spread from Italy to Spain and France. In time, salads became popular in England and America.

Salads are good eating, a good source of vitamins and minerals, and generally low in calories. They offer contrast in color, flavor and texture. Greens and citrus fruits contribute vitamin C; dark green and yellow foods are rich in vitamin A; and meats, cheese, and eggs add protein, some of the B vitamins, and iron.

Greens are an important part of the salad and there are many to choose from. Lettuce is most frequently used. Varieties of lettuce include iceberg, leaf, Boston, Bibb and romaine. Other greens often used are cabbage, celery, endive, escarole, watercress, spinach, mint, and parsley.

Use young, crisp, and tender greens for salads. Wash them carefully in cold water to remove all dirt and grit. Use a colander or wire salad basket. Drain carefully and dry between towels, then store in plastic bag or vegetable crisper in the refrigerator until needed. With few exceptions, the salad should be mixed just before serving.

## Kinds of Salads

Salads may be made from a single variety of green or a combination of fruits, vegetables or meats on crisp greens, with salad dressing. With imagination, it becomes easy to find the right salad for every occasion.

A main dish salad is a meal by itself. For this, combine strips of turkey, chicken, or meat, strips or cubes of cheese and slices of hard-cooked egg with salad greens and dressing. Make a lighter main dish by using a variety of fresh or canned fruits with cottage cheese or sherbet.

The most frequently served salad is the one eaten with the main course of the meal. This usually contrasts in flavor, color and texture with the rest of the menu. Appetizer salads are often made of tart fruits or seafoods in small amounts. Fruit and frozen salads are enjoyed for dessert.

Hearty vegetable salads include hot or cold potato salad, bean salads, or stuffed tomatoes. Cole slaw is made from shredded green or red cabbage and may be accented with pieces of fruit, carrots, peanuts, caraway or dill seed.

Fruit salads are fresh, canned, or frozen fruits in various shapes and sizes. Colors and flavors should complement each other; vary texture with toasted nuts, coconut or miniature marshmallows. Lemon, orange, or pineapple juice sprinkled over such fruits as apple or banana will keep them from darkening.

Molded gelatin salads are pretty to look at, easy to prepare and serve. Fruits and vegetables that are added are folded into the gelatin mixture when it has thickened to the consistency of unbeaten egg white. Gelatins can be varied by using fruit juice or gingerale for the liquid or blending in sherbet or sour cream. When gelatin salads are arranged in layers, each layer should be set before adding the next one.



Special molds are available in fancy shapes for making gelatin salads. The ring mold is a popular shape and the center can be filled with fruit, vegetables, cheese or a bowl of dressing when served. Common household items, such as muffin pans, ice cube trays or custard cups make effective molds.

Before unmolding a gelatin salad, moisten the serving plate and the top surface of the salad. Then the salad can be centered on the plate without marring its shape. Dip the mold in warm water for a few seconds, loosen the top edge with the tip of a paring knife, and place serving plate on top of mold. Hold in place, and turn mold upside down. Shake gently and lift off mold.

### Salad Dressings

The three basic types of dressing are French, mayonnaise and cooked. Different seasonings can be used with each one, making variations to suit every taste. For best results, add the dressing at the last minute and use just enough to coat the salad ingredients.

1. French dressing is a combination of oil and vinegar with salt, pepper, paprika and mustard. Any of the different vinegars may be used. Because the oil and acid separate on standing, shake the dressing before using. French dressing is best on fruit, gelatin and tossed green salad.

2. Mayonnaise is a stable dressing of egg yolk, vegetable oil, acid and seasoning. Russian dressing is a popular variation made by adding chili sauce, chopped onion, and chopped green pepper. Make another variation, Thousand Island dressing, by adding sweet pickle relish and chopped hard-cooked egg. Mayonnaise is frequently used with vegetable and meat salads and sometimes with fruit salads.

3. Cooked salad dressing is made with vinegar or fruit juice thickened with flour, cornstarch or egg yolk plus seasoning. Whipped cream or sour cream may be folded in. Cooked dressing is especially good on fruit, chicken, potato or gelatin salad.

## Garnishes

Garnishes add to the attractiveness of the salad. A sprig of water cress or parsley, a ripe olive, small pickled beet or stuffed prune may add just the contrast in shape or color needed. On the garnish may be a dash of paprika, strip of pimento, pomegranate seeds, slice of hard-cooked egg or nutmeats. As a general rule garnishes are edible.

## Accompaniments

A crisp food is often served with a salad. Suggestions include:

crackers	dainty sandwiches
bread sticks	wafers
cheese balls	salted nuts
small rolls	potato chips

## Salad Combinations

Certain foods seem to go well together in salads. Here are some tasty combinations. Serve them with salad greens and your favorite dressing.

### Fruit

Diced apples and celery, nuts or dates.

Sections of avocado, sliced cucumber, tomato, orange or grapefruit sections.

Banana chunks rolled in chopped nuts.

Banana slices, pineapple chunks, orange sections and marshmallows.

Cantaloupe, watermelon, honeydew melon wedges or balls.

Cantaloupe, Bing cherries, white or Tokay grapes.

Grapefruit sections, thin slices of sweet onion, chopped olives and celery.

Grapefruit sections and alternate slices of unpeeled red apple.

Orange sections, water cress, chopped mint or onion rings.

Orange sections, grapefruit and avocado sprinkled with pomegranate seeds.

Pineapple chunks, sweet green grapes, sliced banana, raspberries.

Diced fresh pineapple, strawberries and finely chopped mint.

Figs, orange slices, raspberries, shredded coconut.

Blackberries, apricots, sweet red cherries.

#### Meat and Cheese:

Diced chicken, mandarin oranges, almonds and ripe olives.

Diced chicken, celery, apple and nuts.

Diced ham or chicken, hard-cooked eggs, celery and pickles.

Seafood, diced celery, hard-cooked eggs, pickles.

Seafood, diced celery, tart apple, chopped green pepper, olives.

Sardines, hard-cooked eggs, tomato slices.

Cream or cottage cheese, chopped nuts, olives, pickles or pimento in gelatin.

Prunes or dates stuffed with cheese.

Crushed pineapple, diced celery and cottage cheese in gelatin

Cream or cottage cheese with sliced pineapple, halves of peaches, pears or apricots.

#### Vegetable:

Green beans, diced celery, onion, crumbled bacon and pimento.

Diced beets, celery, peas, onion and American cheese.

Sliced beets and onion rings.

Shredded cabbage, sliced banana and peanuts.

Shredded cabbage and carrots, chopped nuts or raisins.

Shredded cabbage, diced apple or pineapple and celery.

Shredded cabbage, diced cucumber, tomato and green pepper.

Shredded carrots and chopped peanuts.

Shredded carrots, coconut and orange sections in gelatin.

Cucumber, radishes, lettuce.

Potatoes, cooked and diced, crisp bacon, hard-cooked egg, pickles and onions.

Raw spinach, hard-cooked egg, tomato or radishes.

Sliced tomatoes and cucumber, onion or green pepper.

Sliced tomatoes, hard-cooked egg and olives.



## RECIPES

### Vegetable Souffle Salad

1 package lime gelatin	Dash pepper
1 cup hot water	1 cup shredded raw carrots
1/2 cup cold water	1 cup shredded cabbage
1 tablespoon vinegar	1/4 cup diced cucumber
1/2 cup mayonnaise	1 tablespoon chopped onion
1/4 teaspoon salt	1 can tuna fish, drained

Dissolve gelatin in hot water. Add cold water, vinegar, mayonnaise, salt and pepper. Chill in refrigerator until mixture is the consistency of unbeaten egg whites. Beat until fluffy and fold in vegetables. Pour into ring mold and chill until firm. Unmold and garnish with salad greens. Fill center with tuna fish.

### Apricot Salad

1 large can apricots	2 packages orange gelatin
1 large can crushed pineapple	2 cups boiling water

Drain apricots and pineapple. Dissolve gelatin in boiling water and add one cup of sirup from the drained fruit. Chill until partially set. Chop apricots and add with crushed pineapple to the gelatin. When mixture is firm, cover with the following topping.

1/2 cup sugar	1 egg, beaten
2 tablespoons flour	1 cup cream whipped
1 cup sirup from drained fruit	Grated American cheese

Mix sugar and flour together. Stir in fruit sirup and beaten egg. Cook until thick. When cool, fold in whipped cream. Spread over firm gelatin and sprinkle with grated cheese.

Commercial sour cream, whipped dry milk or whipped topping may be substituted for whipped cream.

### Fruit Salad

- |                                     |  |
|-------------------------------------|--|
| 1 can mandarin oranges,<br>drained  | 2 cups miniature marsh-<br>mallows       |
| 1 can pineapple tidbits,<br>drained | 1 cup flaked coconut<br>1 cup sour cream |

Mix all ingredients and chill before serving. Other fruits may be substituted for those listed above.

### Frozen Salad

- |                                  |   |
|----------------------------------|---|
| 1 teaspoon unflavored<br>gelatin | 2 tablespoons sugar<br>1/2 cup whipping cream |
| 2 tablespoon lemon juice         | 1/4 cup chopped nuts                          |
| 3 oz package cream cheese        | 1/4 cup chopped maraschino<br>cherries        |
| 1/4 cup mayonnaise               |   |
| 1/4 teaspoon salt                | 1 3/4 cup mixed diced fruit                   |

Combine gelatin and lemon juice in small bowl and set in pan of boiling water until gelatin dissolves. Combine cheese, mayonnaise, salt, sugar and gelatin. Whip cream and fold into mixture with nuts and fruit. Pour into ice-cube tray and freeze until firm. Slice; serve on crisp greens. Makes 8 servings.

### Wilted Lettuce

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|-------------------------|---------------------|
| 4 slices bacon          | 1 tablespoon sugar  |
| 1 quart leaf lettuce    | 1/2 teaspoon salt   |
| 2 green onions, chopped | 1/4 teaspoon pepper |
| 1/4 cup vinegar         | 1 hard-cooked egg   |
| 2 tablespoons water     |                     |

Fry bacon until crisp; reserve 2 tablespoons drippings. Crumble bacon and add to lettuce with chopped onion. Heat together 2 tablespoons bacon drippings, vinegar, water, sugar, salt and pepper. Pour over lettuce. Toss lightly. Garnish with chopped hard-cooked egg.

### Caesar Salad

1 clove garlic	1/2 teaspoon salt
1/2 cup salad oil	Dash pepper
2 cups bread cubes	1 egg
2 quarts romaine or mixed greens	1/4 cup lemon juice
	1/4 cup grated Parmesan cheese

Cut garlic clove and marinate in salad oil for 30 minutes. Remove garlic. Brown bread cubes in 2 tablespoons of the salad oil. Cool. Rub salad bowl with clove of garlic. Tear romaine into salad bowl in bite-size pieces. Add salt, pepper and remaining salad oil. Toss lightly. Break egg over greens. Add lemon juice and toss again. Sprinkle cheese and browned bread cubes over top and toss lightly. Serve immediately. Makes 4 servings.

### Triple Bean Salad

1-lb can French-cut green beans	3/4 cup vinegar
1-lb can yellow wax beans	3/4 cup sugar
1-lb can kidney beans	1 teaspoon salt
1 Bermuda onion, sliced	1/2 teaspoon black pepper
1/4 cup chopped green pepper	1/4 cup salad oil

Combine all ingredients except salad oil. Chill in refrigerator overnight or at least 6 hours. Just before serving, drain well. Toss with salad oil and serve in lettuce cups. Makes 8 to 10 servings.

### Crab and Deviled-Egg Salad

1 cup crab meat	1/2 cup sliced radishes or celery
1 teaspoon lemon juice	
1 teaspoon grated onion	2 tablespoons mayonnaise
1/4 teaspoon celery seed	2 deviled eggs

Toss salad ingredients together. Serve in lettuce cups and garnish with deviled eggs.