

SALADS and SIDEDISHES

Broken Glass Salad(Sharon Steinmeyer)

Combine:

1/4 cup melted butter

1¼ cups graham cracker crumbs

1/4 cup sugar

Press into bottom of shallow 2 quart baking dish. Bake 7 -8 minutes at 375. Cool.

Get out 3 9" by 5" pans. Place a 3oz. package of jello in each pan. Use these flavors: orange, lime and a red flavor. Pour 1½ cups boiling water over jello in each pan (4 ½ cups total). Stir until dissolved. Chill until set. Cut jello in 1/2" cubes.

Bring 1 cup orange juice to a boil. Pour it over a 3 oz. package lemon jello combined with 1/4 cup sugar. Stir until dissolved. Cool until partially set (consistency of egg white). Fold in 2 cups whipped cream or Cool Whip. Fold in gelatin cubes. Pour over crust. Chill 4 to 6 hours.

Cabbage and Ramen Salad

1 pkg. Ramen noodles

4 green onions or small regular onion

2 Tbsp. sesame seeds

1/2 head shredded cabbage

1/4 cup nuts(optional)

Dressing:

3 Tbsp. sugar

1 tsp salt

seasoning packet from Ramen noodles

3 Tbsp. vinegar

1 tsp. pepper

1/4 - 1/2 cup oil

Mix dressing ingredients and refrigerate several hours.

Mix all salad ingredients except noodles. Toss with dressing. Just before serving, add the Ramen noodles, either uncooked or cooked and rinsed with cold water. You may also add cooked meat or shrimp if desired, to make a main dish salad.

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Layered Overnight Salad(Mary E. Steinmeyer)

1 head lettuce, chopped
1/2 cup sliced green onion
1 cup sliced celery 1
1 can (8 oz.) sliced water chestnuts
1 package (10 oz.) frozen peas(do not thaw)
2 cups mayonnaise
2 tsp. sugar
1/2 cup grated parmesan cheese
1 tsp. seasoned salt 1/4 tsp. garlic powder
grated hard-boiled egg

Layer lettuce, onion, celery, water chestnuts and peas, in that order. Spread with mayonnaise. Sprinkle sugar, parmesan cheese, seasoned salt and garlic powder over mayonnaise. Cover tightly and chill 24 hours. Top with grated hard-boiled egg right before serving.

Cucumbers and Sauce (Kay Persons)

7 cups cucumbers, peeled and sliced thin
1 cup sliced onion
1 cup sliced green pepper
1 Tbsp. salt

Let vegetables and salt sit 45 minutes. Pour off liquid. Discard.

Stir together and dissolve over heat:

2 cups sugar 1 cup vinegar
1 tsp. celery salt or celery seed

Cool. Pour over vegetables. Let stand 24 hours before serving.

Joann's Jello and Cottage Cheese (Mary Persons)

1 pint cottage cheese 9 oz. carton of Cool Whip, thawed
1 3 oz. pkg Jello, any flavor
fruit(fresh, canned or frozen. Drain if canned or frozen.)

Mix cottage cheese and jello(dry). Fold in Cool Whip. Fold in fruit. Ready to eat immediately, or may be made several hours in advance.

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Cucumbers and Onions in Sour Cream(Sharon Steinmeyer)

2 Tbsp. flour	1/3 cup vinegar
1/2 tsp. salt	2 tsp. butter
1 Tbsp. sugar	1 cup sour cream
1/2 tsp. dry mustard	cucumbers, peeled and sliced
1 beaten egg yolk	sliced onions, separated into rings
3/4 cup milk	(use mild onion like Walla Walla Sweet)

In saucepan, stir together flour, salt, sugar and mustard. Mix egg and milk together and stir slowly into flour mixture until smooth. Cook over medium heat, stirring constantly until mixture thickens and boils. Boil and stir 1 minute. Remove from heat and stir in vinegar and butter. Cool thoroughly and then add sour cream. Pour over onion rings and cucumber slices. Cover and chill overnight or longer.

Finger Jello(Sharon Steinmeyer)

2 1/2 cups cold water	6 oz. package jello (any flavor)
5 packages Knox gelatine	1 cup sugar
2 cups hot water	1 cup ice water

In a large bowl, mix cold water and Knox gelatine. In a saucepan, heat hot water, jello and sugar until boiling, stirring frequently. Pour hot mixture over cold mixture. Add ice water. Pour into 9" by 13" pan. Chill at least 3 hours. This makes a rubbery jello that can be cut into shapes or eaten as finger food. Popular with preschoolers and on camping trips.

Chinese Cabbage Slaw (Jackie Steinmeyer)

Mix:	1 cup frozen peas
1/2 head cabbage, finely chopped	1/2 cup green onion, chopped

Saute 1 package Top Ramen noodles in 1 tablespoon of oil. Add 1 to 2 tablespoons sesame seeds and 2 tablespoons sunflower seeds. Mix with cabbage.

Dressing:	1 Tbsp. sugar
1/2 cup vinegar	1/4 cup oil

package of seasoning mix from ramen noodles.

Mix thoroughly. You can increase the dressing as you like.

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Layered Salad (Jackie Steinmeyer)

1 head lettuce, shredded
1/4 cup chopped green onions
1/4 cup chopped celery
1 can (8 oz.) sliced water chestnuts
10 oz. package frozen peas(do not thaw)
1 1/2 - 1 3/4 cups mayonnaise
1 Tbsp. sugar
3/4 lb. bacon, fried and crumbled
3 tomatoes, cut in wedges
3 hard boiled eggs, sliced
grated fresh parmesan or romano cheese

In large glass pan or bowl, layer lettuce, onion, celery, water chestnuts and peas, in that order. Spread mayonnaise over the top and sprinkle with sugar. Cover and refrigerate overnight. When ready to serve, add layers of bacon, eggs and tomatoes. Sprinkle lightly with cheese.

Linda White's Fruit Salad (Mary Persons)

1 tall can pineapple chunks
2 bananas
1 small sugar-free vanilla instant pudding

1 can fruit cocktail
2 apples

Open fruit and drain juice into bowl. Chop up fresh fruit into fruit juice (this keeps it from turning brown). Drain juice into serving bowl. Put pudding into bowl with juice. Mix together. Add fresh and canned fruit. Mix and chill.

Margie's Salad (Margie Roley)

1/3 cup sugar
3 oz. package lime jello
2 cups crushed pineapple
16 large marshmallows

1/2 pint whipping cream, whipped
1 pint cottage cheese
1/2 cup walnuts

Heat sugar, jello, pineapple and marshmallows together until marshmallows are melted, stirring frequently. Chill slightly, just until soft-set. Fold whipped cream, cottage cheese and walnuts into jello mixture. Chill several hours or overnight.

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Miss Vicki's Marinated Vegetable Salad (Mary Persons)

1 or 2 jars marinated artichoke hearts (plus liquid)

Fresh vegetables(cut into bite size): broccoli, cauliflower, cherry tomatoes, carrots, zucchini

Canned baby corn ears

Jumbo olives

Bottle of Italian dressing.

Pour dressing over vegetables. Refrigerate several hours, stirring occasionally.

Ribbon Salad(Sharon Steinmeyer)

Sour cream mixture:

2 packets, Knox gelatine

1/2 cup sugar

1/2 cup cold water

2 cups sour cream

2 cups milk

2 tsp. vanilla

Sprinkle gelatine over water. Bring milk to a boil. Add sugar; stir to dissolve. Add softened gelatine, sour cream and vanilla. Set aside at room temperature.

Jello layers(4 layers total - lime, orange, lemon, red):

Combine a 3 oz. package Jello with 1 cup boiling water. Stir to dissolve. Add 1/2 cup cold water.

Spread 1/2 cups sour cream mixture in a 9" by 13" pan. Chill 1 hour. Add 1 Jello layer. Chill 1 hour. Continue alternating sour cream and jello layers. When all layers have been added, chill overnight

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Au Gratin Potatoes (Sharon Steinmeyer)

6 Tbsp. butter	3 cups milk
chopped onion to taste(optional)	1 to 2 cups grated cheese
6 Tbsp. flour	potatoes
chopped ham, wieners or Polish sausage(optional)	

Melt butter in saucepan; saute onions, if desired. Stir in flour until completely dissolved. Add milk all at once. Cook, stirring constantly, until mixture comes to a boil. Boil and stir 1 minute. Remove from heat. Stir in grated cheese until it melts. Set aside. Peel potatoes; slice or chop. Place in greased casserole dish. Sprinkle meat over potatoes. Pour cheese sauce over top. Cover. Bake 30 minutes at 350. Remove cover from casserole and continue to bake for 60 to 70 minutes.

Fried Apples (Mary E. Steinmeyer)

4 cups peeled, sliced apples
¼ cup butter
2-3/4 cups brown sugar

Peel, core and slice apples (about 1/2 inch thick). Melt butter in heavy frying pan and add apples and brown sugar. Cover with lid and cook over low heat. Cook with lid on until apples are tender. (Watch closely at first so they do not burn.) Remove lid and cook slowly until moisture forms a syrup. Add cinnamon to taste, if desired.

Parmesan Potato Sticks (Andy Steinmeyer)

6 medium potatoes	paprika
4 Tbsp. butter, melted	6 Tbsp. Parmesan cheese
onion powder	

Preheat oven to 450. Wash potatoes; do not peel them. Cut into long slices like french fries. Soak in cold water for 30 minutes, drain off water, pat potatoes dry with paper towel.

Brush potatoes with melted butter. Put potatoes in a greased shallow pan, making sure they are in a single layer. Sprinkle lightly with onion powder and paprika. Bake in 450 oven for 10 minutes. Turn potatoes and return to oven for 10 to 20 minutes more, until they are golden brown. Remove from oven. Sprinkle with Parmesan cheese, shaking the pan so potatoes are evenly coated.

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Pasta Primavera di Paula (Paula Repman)

1 - 2 cloves garlic	2 mushrooms, sliced
1 plum tomato, cubed	salt
1/2 c. yellow squash, cubed	fresh chopped basil
2 - 3 Tbsp. oil	fresh rosemary, chopped
pepper	
prepared pasta(spaghetti, linguini, etc.)	

Crush garlic and saute in oil until lightly browned. Add herbs, mushrooms, tomatoes and squash. Saute, stirring often until squash is tender. Add salt and pepper to taste. Serve over pasta. OK warm or cold.

Rice Pilaf (Fannie Farmer Cookbook)

3 Tbsp olive oil or vegetable oil	1/2 tsp. salt
3 Tbsp. chopped onion	1/4 tsp. pepper
1 cup rice, uncooked	2 cups beef broth
	1 cup chopped mushrooms

Heat the oil in a saucepan. Add onion and mushrooms and cook, stirring often, until soft. Add the rice and cook over low heat, stirring often, for 3 minutes. Add the salt, pepper and beef broth. Put into a covered casserole and bake at 350° for 1 hour. (Or you may leave it in the saucepan and simmer it on burner for 20 minutes.)

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Sweet Sour Baked Beans (Jackie Steinmeyer and Barbie Davenport)

8 bacon slices, fried until crisp, drained and crumbled
2 large onions, peeled and cut into rings
1/2 to 1 cup brown sugar
1 tsp. dry mustard
1/2 tsp garlic powder or 2 cloves garlic, minced
1 tsp. salt
1/2 cup cider vinegar
2 15 oz cans lima beans, drained
1 1 lb can red kidney beans, drained
1 1 lb, 11 oz can New England style baked beans, undrained
1 1 lb can green lima beans drained

Use the larger amount of sugar if you like beans on the sweet side. Place onions in skillet. Add sugar, mustard, garlic, salt and vinegar. Cook 20 minutes covered. Add onion mixture to beans. Add crumbled bacon. Pour into 3 qt. casserole. Bake in moderate oven (350°) for 1 hour.

Potato Kugel (Steve Steinmeyer)

5 large potatoes (4 lbs.)	1 tsp. baking powder
3 eggs	2 tsp. salt
1 large onion, chopped (1 cup)	
3 Tbsp. vegetable oil or butter	1/3 cup unsifted flour

Pare potatoes. Shred coarsely directly into large bowl of cold water. Drain, then rinse in running water. Squeeze firmly in toweling to remove as much water as possible.

Beat eggs in large bowl until frothy. Add potatoes, onions, flour, baking powder and salt; stir to blend.

Grease 13" by 9" pan. Pour mixture into pan. Drizzle with oil or butter.

Bake at 350 for 1 1/2 hours or until browned and crusty.

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Fruit and Rice Salad

3 cups cooked brown rice	2 Tbsp dried mint or 1/4 cup fresh mint
2 Tbsp lemon juice	1/4 cup chopped green onions
1 Tbsp olive oil	1/3 cup chopped dates
1/4 tsp cinnamon	2 large oranges, sliced or 2 cans (11 oz each)
1/2 cup chopped parsley	mandarin oranges

Put cooked rice into mixing bowl. Add lemon juice, olive oil, cinnamon, parsley, mint and onions. Add dates and orange slices and gently toss. Cover and chill.

Sunshine Spinach Salad

4 cups torn lettuce	1 can (8 oz) sliced water chestnuts, drained
4 cups torn fresh spinach	1 cup sliced fresh mushrooms
1 fresh orange, sliced, or 11 oz can of mandarin oranges, drained	1 small red onion, sliced, separated into rings
	1/2 cup low calorie Italian dressing

In large bowl, combine all ingredients except dressing. Chill until serving time. Toss with dressing.

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Dilled Salmon-Potato Salad

2 medium red potatoes
1/4 cup light mayonnaise
1/4 cup nonfat plain yogurt
2 tsp fresh dill or 1 tsp dried dillweed
6 oz can skinless, boneless salmon, drained
1 Tbsp lemon juice
1/8 tsp garlic salt
1/2 cup chopped cucumber
2 Tbsp sliced green onion

Wash and scrub potatoes. Cut into bite-size cubes and cook, covered in a small amount of salted boiling water for 12 to 15 minutes. Drain well; cool slightly.

Stir together mayonnaise, yogurt, dill, lemon juice and garlic salt. Stir in cucumber and onion. Add cooked potatoes and salmon. Toss lightly. Cover and chill 4 to 24 hours.

Tortellini Salad

12 oz package rainbow spiral pasta, cooked and drained
12 oz package rainbow cheese tortellini, cooked and drained
fresh mushrooms, sliced
green onions, sliced
tomatoes, seeded and diced
broccoli, chopped
olives, sliced
16 oz Italian dressing

Combine all ingredients. Chill several hours before serving. Top with parmesan cheese at serving time, if desired.