

SALADS , ETC .

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FOR THE WICHITA CHAPTER OF



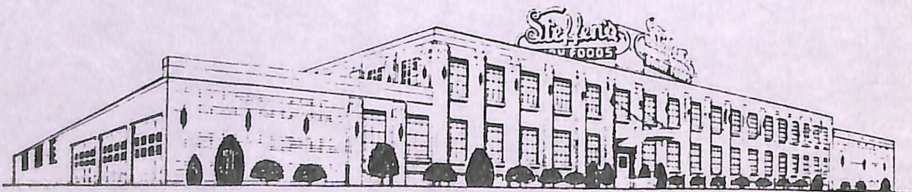
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EVERYPERSON'S COOK BOOK

Whether you turn to the stove for survival or for fun, this book has something in it for you.

Some of the recipes are original creations contributed by Wichita NOW members. Others have been published in newspapers. We have used several from the Christian Science Monitor's Thursday Food Section in particular. A few have been passed down within a family from generation to generation. Some take time and skill. Some are quick and easy. All of them are good.

Enjoy

Wichita NOW



"Above the titles of wife and mother, which although dear, are transitory and accidental, there is the title human being which precedes and out-ranks every other."

Mary Livermore
Reformer

UCO Women's Research & BGLTQ+ Center
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LIMA BEAN SALAD

3 c. cooked lima beans
1/2 c. chopped sweet pickle
1/2 c. finely chopped celery
1/2 c. chopped stuffed olives
3/4 c. mayonnaise
1/2 t. salt

Toss all ingredients together lightly. Chill for at least an hour before serving. Serve on lettuce or romaine leaves with additional dressing. Serves 8.

GREEN PEA SALAD

3 c. cooked green peas, drained
1/2 c. sweet pickle relish
1/2 c. diced celery
1 c. diced cheddar cheese
4 hard cooked eggs, diced
1 c. mayonnaise

Toss ingredients, lightly. Chill. Serve on lettuce or romaine leaves with sprinkle of chopped pimento on top. Serves 8.

PEANUT AND CARROT SALAD

2 c. grated carrots, raw.
1 c. ground peanuts
1 T. grated onion
1/2 t. salt
1/2 c. mayonnaise
Lettuce
1 small tomato cut into thin wedges.

Combine carrots, peanuts, onion, salt and mayonnaise. Mix lightly and serve on crisp lettuce. Garnish with tomato wedges. Serves 6.

BROCCOLI-CAULIFLOWER SALAD

1 small head cauliflower, cut fine
1 bunch broccoli, cut fine
4 tablespoons onion, diced fine
Mix together and add to vegetables: 1 cup
Miracle Whip, 1 tablespoon vinegar, 1 table-
spoon sugar, salt and pepper as desired.
Mix together well. Chill before serving.

ITALIAN CUCUMBERS

| | |
|-------------------------|---------------|
| 2 medium-size cucumbers | Oregano |
| 1/4 cup salad oil | Thyme |
| 1/8 cup wine vinegar | Rosemary |
| Marjoram | Salt & Pepper |

Peel and slice cucumbers very thin. Mix the
oil with the cucumbers. Add vinegar and
a pinch of each herb. Salt and pepper to
taste. Refrigerate until ready to serve.

KIDNEY BEAN SALAD

3 c. canned kidney beans
1 c. chopped sweet pickle
5 hard cooked eggs, sliced
3/4 c. diced celery
1 c. mayonnaise
Lettuce

Drain beans; add pickle, eggs, and celery.
Toss together lightly. Add mayonnaise and
blend. Chill thoroughly. Serve on shredded
lettuce, garnish with egg wedges or slices.
Serves 8.

AVOCADO DRESSING

| | |
|-------------------|-----------------------|
| 2 T. lemon juice | 4 T. evaporated milk |
| 1/2 t. salt | 1 t. prepared mustard |
| 6 drops hot sauce | 1 c. avocado |

Mix in blender until thick and creamy. Serve
with tomato or vegetable salads.

PISTACHIO DESSERT SALAD

Crust:

Crumble - 1 cup flour, 1 stick oleo,
1/2 cup chopped nuts, 2 tablespoons
sugar.

Press into 9 x 13 ungreased pan. Bake at 400°
until light brown. Cool.

1 8 oz pkg. cream cheese
1 cup powdered sugar
1 cup cool whip (save rest of 9 oz carton for
topping)

Blend and spread on cooled crust.

2 pkgs. instant pistachio pudding
3 cups milk

Beat 2 minutes on low speed and spread on cream
cheese layer. Spread cool whip over pudding
layer. Sprinkle 1/2 bar of grated German sweet
chocolate over last layer. Refrigerate several
hours before serving.

CHERRY COLA DESSERT SALAD

1 can (1 lb) Bing cherries
1 can (1 lb) crushed pineapple
1 large package (6 oz) cherry or black cherry
flavored gelatin
1 can or bottle (12 oz) cola beverage
1 cup canned or packaged blanched, slivered almonds

Drain cherries and pineapple; measure syrups;
add water, if necessary, to make two cups.
Heat syrups to boiling; pour over gelatin; stir
until gelatin is dissolved. Combine cherries,
pineapple and almonds; fold in. Spoon into
eight-cup mold. Chill until firm. Unmold.
If desired, garnish with dairy sour cream
sweetened to taste. Makes 10-12 servings.

APRICOT SALAD

Boil together:

1 cup water

1/2 cup sugar

1 can crushed pineapple

Pour over 2 boxes apricot gelatin. Cool.

Add:

1 cup chopped celery

nuts

Let thicken.

Prepare whipped topping according to package directions. Fold gelatin mixture into it. Put in bowl and refrigerate until serving time.

CRANBERRY SALAD

1/2 package raw cranberries, ground

1/4 package miniature marshmallows

1/2 can crushed pineapple (1 cup)

3/4 cup sugar

2 apples, ground

1/2 cup whipped topping

Mix ground cranberries, sugar, and marshmallows. Let stand overnight in refrigerator. Next morning, grind apples and combine with cranberry mixture. Chill until serving time.

FROZEN FRUIT SALAD

Mix together: 1 pt. sour cream, dash salt, 3/4 cup sugar. Add: 2 tablespoons lemon juice. Fold in: 1 diced banana, 1 small can crushed pineapple, 1 can drained Bing cherries. Pour into 9 x 5 loaf pan. Freeze until firm. Slice to serve. Serves 8.

POTATO SALAD

| | |
|----------------------|--------------------------|
| 3 eggs | 1/2 cup vinegar |
| 1/2 cup mayonnaise | 1/2 teaspoon sugar |
| 1 teaspoon water | 1 potato |
| 1/4 teaspoon mustard | Little bit chopped onion |

Boil 3 eggs and the potato and cool. Cut into small pieces and add salt to taste. Then add the rest of ingredients. Stir well.

GERMAN POTATO SALAD

| | |
|--------------------------|------------------------------|
| 4 slices bacon, crumbled | 1/3 cup vinegar or kraut |
| 4 raw potatoes, sliced | juice |
| 1 onion, sliced thin | 2 tablespoons water |
| 2 tablespoons sugar | 2 tablespoons minced parsley |
| 1/2 teaspoon salt | 1/4 teaspoon pepper |
| 1 teaspoon mustard | 1 slice American cheese |

Brown bacon and crumble into bottom of a pressure cooker. Break cheese into small pieces and add with remaining ingredients. Mix well. Close cover tightly. Pressure 5 minutes at 15 pounds. Cook cooker at once. Serves four.

ITALIAN VEGETABLE SALAD

1 pkg frozen Italian green beans
1 pkg frozen broccoli
1 pkg frozen cauliflower
8 oz fresh mushrooms
1 bottle Italian dressing

Thaw vegetables. Cook Italian green beans until little flavor cubes dissolve (don't fully cook). Add everything. Pour Italian dressing over and let stand in refrigerator over night.

Alternative: use all fresh vegetables and marinate three days. Also, experiment with carrots, etc.

Bill Wix

HAM SALAD

pickle & lemon juice give
just-right tang

1-1/2 cups diced cooked or canned ham
6 hard-cooked eggs, coarsely diced
1/2 cup diced celery
1/2 cup sliced gherkins
1/3 cup mayonnaise or salad dressing
2 tablespoons prepared mustard
1 tablespoon lemon juice, fresh,
frozen, or canned
Salt and pepper

Combine ham, eggs, celery, and gherkins.
Blend mayonnaise, mustard, and lemon
juice and add to ham mixture. Toss
lightly. Season to taste with salt
and pepper. Chill. Garnish with
additional mayonnaise sprinkled
with paprika, if desired. Serve on
lettuce. Makes 6 servings.

SUMMER SALAD

1/2 head uncooked cauliflower
1/2 bunch uncooked broccoli
1 large red onion - sliced
3 stalks celery - sliced slantwise
8 green onions

Break the broccoli and cauliflower into bite-
size pieces. Combine all ingredients.

Dressing

2 tablespoons salad oil 1/8 teaspoon pepper
3/4 cup vinegar 1/4 cup water
1 teaspoon salt

Combine dressing ingredients in a saucepan and
bring to boil. Cool dressing. Pour over
summer salad and refrigerate.

OLIVE OYL SPINACH SALAD

Fresh spinach - wash and tear into bite-sized pieces.

Fresh mushrooms

Sliced black olives

Sliced radishes

Sliced green onions

Sliced celery

Boiled eggs

Sliced red onions (optional)

Water chestnuts (optional)

Croutons and dressing of your choice

Salt and pepper

WONDER WOMAN YOGURT SALAD

1 (8-1/2 oz) pear halves

2 cups boiling water

2 packages lime gelatin

1 (8 oz) container vanilla-flavored yogurt

Drain pears, reserving 1/2 cup syrup; slice pears. Dissolve gelatin in boiling water. Measure 1 cup gelatin; blend in yogurt and pour into 8-inch square pan. Chill until set but not firm. Add measured syrup to remaining gelatin and chill until slightly thickened. Arrange pear slices on gelatin-yogurt layer and top with clear gelatin. Chill until firm, about 3 hours. Cut into squares to serve. Makes 9 servings.

CALAMITY JANE BANANA CHIPS

Heat salad oil or shortening to depth of 1/2 inch in skillet to 375° F. over medium heat. Slice peeled firm bananas into thin rounds; fry until golden brown, turning once. Drain well on paper towels and sprinkle with salt.

FRUITED CHEESE SALAD

1 cup hot water
1 small pkg lime gelatin

Mix together, stirring until dissolved.

Add: 1/2 cup cold water, dash salt, 1 table-
spoon lemon juice, and 1/2 cup mayonnaise.

Pour into ice cube tray and quick chill in freez-
ing unit 15-20 minutes or until firm for 1 inch
from edge of tray, but soft in center. Turn into
bowl and beat with hand beater until fluffy.

Mix together: 1 small pkg cream cheese and 1
(303 size) can fruit cocktail that has been
drained. Fold into gelatin mixture.

Add 1 diced banana and 1/2 cup chopped nuts.
Pour into mold and chill until firm.

FISHERMEN'S GROTTO SPECIAL SALAD DRESSING

1 1/2 cups chili sauce
1/4 cup celery (ground fine)
1/4 cup sour pickles (ground fine)
2 cups mayonnaise
1 teaspoon lemon juice
1/2 teaspoon Worcester'shire sauce
1 teaspoon horseradish

Put all ingredients into bowl and mix
until well blended. Serve with any
seafood salad. Makes one quart. Keep
in cool place, but not in the refrigera-
tor. It will keep indefinitely.

(from Fishermen's Wharf)

CRAB LOUIS

2 - 6 1/2 oz cans crab meat
Shredded lettuce bed

Center crab on lettuce bed and surround
with fine chopped hard-boiled eggs. Garnish
with chopped green onion tops, olives, and
tomatoes. Serve with Fishermen's Grotto
Special Salad Dressing.

DEE'S CRANBERRY SALAD

1/2 lb fresh cranberries 1 cup sugar
1 cup Tokay grapes, halved 1 cup chopped, unpeeled
1/2 cup chopped nuts apples
 1/2 pt whipping cream

Grind cranberries and drain several hours. Mix cranberries with sugar and let stand several hours. Drain again. Add grapes, apples, and nuts. Add whipped cream and fold in. Chill. Serves 6.

SNOWBERRY SALAD

2 cups fresh cranberries, ground
3 cups marshmallows
3/4 cup sugar

Mix together and let stand overnight. Mix the following ingredients with mixture on the day to be served:

2 cups diced apples
1/2 cup green grapes
1/2 cup walnuts
1/4 teaspoon salt
2 cups Cool Whip topping

EASY FRUIT SALAD

4 small oranges, separated and cut in chunks
1 small can chunk pineapple, drained
2 small or 1 large banana, sliced

Toss together lightly. Serve on lettuce bed with favorite dressing or sprinkle with shredded coconut. Serves 4 to 6.

APRICOT-NECTAR SALAD

2 small or 1 large package orange gelatin
1 cup miniature marshmallows
1 1/2 cup boil water
2 1/2 cups apricot nectar

Dissolve gelatin in boiling water, add marshmallows, and stir until marshmallows are dissolved. Add 2-1/2 cups nectar. Chill until set.

Topping

1/2 cup sugar
2 tablespoons flour
dash salt
1 egg
1 cup apricot nectar
1 package prepared whipped topping

Beat sugar, flour, salt and egg. Slowly add nectar. Cook until thick, stirring constantly. Cool. Add prepared whipped topping. Blend well, spread over Apricot-Nectar Salad.

ORANGE SALAD

Combine in sauce pan and bring to boil:

1 pkg (3 oz) orange gelatin
1 pkg (3-1/4 oz) vanilla pudding mix (not instant)
2-1/2 cups water

Cool and then add:

2 cups whipped cream
1 can drained mandarin oranges
1 small can crushed pineapple, drained

Chill until firm. Add orange food coloring if desired.

FRUIT SALAD DRESSING

1/2 c. oil
1/4 c. raspberry juice
1/2 c. honey
1/4 c. lemon juice
Poppy seeds
Sesame seeds

Combine and beat well before serving.

BETTER-WITH-AGE COPPER PENNY CARROTS

2 lbs fresh carrots, peeled and sliced in rounds.
Cook in slightly salted water 15 minutes. Drain.

In large Pyrex dish, slice one medium onion,
1/2 cup bell pepper. Layer with carrots in
dish.

Dressing

| | |
|-------------------|---------------------|
| 1 cup tomato soup | 1/2 cup cooking oil |
| 1/2 cup vinegar | 1/2 cup sugar |

Bring to boil. Pour over carrots. Cover and
refrigerate.

CRISP LETTUCE SALAD

Line 9 x 13 x 2 inch pan with well-drained bite-
size lettuce. Sprinkle with 1/2 cup green pepper
and 1/2 cup red pepper (if you can't get red
pepper, use 1 cup green pepper)

Then add: Layer of chopped celery (1/2 cup);
1/2 cup chopped red onion, and
1/2 package uncooked frozen peas.

mix 1-1/2 cups mayonnaise with 2 tablespoons
sugar. Spread over layers. Top with 4 oz
grated Cheddar cheese. Top this with 8 slices
crisp-fried bacon that has been crumbled.
Refrigerate over night.

SHARON'S SPECIAL SALAD

1 cauliflower broken into flowerets
1 can ripe olives, drained and sliced
2 chopped green onions
1/2 c. mayonnaise.

Mix gently, not to break the cauliflower,
sprinkle with salt and pepper and serve.
Serves 4-6.

WILTED LETTUCE

1 lb. fresh leaf lettuce
1/2 c. minced green onions, with tops
1/2 t. salt
Dash pepper
4 slices bacon, diced
1/4 c. vinegar

Shred lettuce coarsely into salad bowl, add onion, salt and pepper. Fry bacon crisp and drain. Add vinegar to bacon fat and heat to boiling. Pour over lettuce, tossing salad well. Sprinkle top with crisp bacon. Serves 4.

FRENCH DRESSING

1 c. oil
1/4 c. vinegar or lemon juice
1/2 t. salt
Sprinkle of cayenne
1/4 t. white pepper
2 T. chopped parsley
1/4 c. white wine
1/3 c. soft white cheese
1 clove of garlic.

Blend cheese with 2 T. oil until smooth. Mix in remaining ingredients. Pour into shaker and shake thoroughly before using. Remove clove of garlic before storing for future use.

This is a basic salad dressing recipe, and can be made a creamy dressing by adding cottage cheese and chives, or cucumber and chives blended and added to 1 c. dressing. Tomato french dressing can be made by adding to 1 c. dressing, 1 c. tomato juice and 1 T. powdered sugar. For spicy dressing, add parsley, chervil and basil.

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for contributions and assistance
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