

Salads

Potato Salad for 100

30 lb. potatoes
3 doz. hard-boiled eggs
6 onions, chopped
3 bunches celery, chopped
1 jar sweet relish
Radishes for color
2 jars salad dressing
1 (6 oz.) jar mustard
Salt & pepper, to taste
Sugar, to taste

Potato Salad

3/4-full cold-pack canner of red potatoes
1 c. diced celery
1 lg. onion
2 doz. hard-boiled eggs
1 pt. whipping cream
1 1/2 qt. Miracle Whip
1 pt. prepared mustard
1/2 pt. milk
1/2 c. sugar
3 T. salt

Cook potatoes with skins on. Peel and dice in large roaster when cooled. Add celery, onions and eggs. Whip cream; set aside. Miracle Whip, mustard, milk, sugar and salt should be mixed together and folded into whipping cream. Then mix with potatoes. Extra milk and Miracle Whip may be added if mixture is too dry. Serves 50.

Leona Rapacz

Nonfat Potato Salad

4 med. red potatoes, cooked & diced
1/2 c. chopped celery
1/4 c. chopped onion
1/4 c. chopped green pepper
1 tsp. Mrs. Dash seasoned salt
3/4 c. fat-free Miracle Whip
1/2 c. nonfat plain yogurt
1 T. prepared mustard

Cook and dice potatoes. Toss with celery, onion, green pepper and salt. Mix Miracle Whip, yogurt and mustard. Mix into potato mixture.

Joyce Kingsbury

Grandma's Potato Salad

1/4 c. vinegar
1/4 c. water
1/4 c. sugar
1/4 tsp. salt
Dash of pepper
1 tsp. mustard
2 eggs, well beaten
4 c. cooked potatoes, diced
2 hard-boiled eggs, diced
1/2 c. chopped cucumber
1 T. minced onion
1 T. green pepper
1 c. Miracle Whip

In a saucepan, combine the vinegar, water, sugar, salt, pepper and mustard. Bring to a boil. Reduce heat gradually. Beat in the 2 eggs. Cook, stirring constantly; until slightly thickened (about 5 minutes). Beat in Miracle Whip. Pour this mixture over potatoes, eggs, cucumber, onion and green pepper, while mixture is still warm. Refrigerate. May garnish with radish slices and parsley.

Jacqueline Rutherford

Dublin Potato Salad

3 lg. white potatoes (1 1/2 lb.)
2 T. white vinegar
2 tsp. sugar
1 tsp. celery seed
1 tsp. salt, divided
2 c. finely-shredded cabbage
12 oz. cooked or canned corned beef, cubed
1/4 c. chopped dill pickle
1/4 c. sliced green onions
1 c. mayonnaise
1/4 c. milk

In a saucepan, cover potatoes with lightly-salted water and boil until tender; drain, peel and cube. Combine vinegar, sugar, celery seed, mustard seed and 1/2 teaspoon salt; drizzle over still-warm potatoes. Cover and chill. Just before serving, fold in cabbage, corned beef, pickle and onions. Combine mayonnaise, milk and remaining salt; pour over salad and toss gently. Serves 8.

Pat Anderson

Tuna Crunch Salad

1 can tuna
1/4 c. sweet relish
2 T. minced onion
2 T. lemon juice
1 c. mayonnaise
2 c. shredded cabbage
2 c. crushed potato chips

Combine tuna, onion, lemon juice and mayonnaise. Chill, covered, until ready to serve. Then add cabbage and 1 1/2 cups potato chips and toss. Serve on leaf lettuce and sprinkle top with more chips and a dash of paprika.

Veggie Salad with Potato Crunch

1 bunch broccoli (skin stems, cut into chunks)
1 sm. head cauliflower
1/4 c. chopped onion
1/2 c. chopped celery

Cover all ingredients with Italian dressing, diet or regular. Marinate several hours, or overnight. Top with Potato Crunch (see Side Dish for recipe).

Side-Line Potato Salad

5 c. cooked potatoes, cubed
1 1/2 c. chopped cucumber
1 1/2 c. broccoli flowerets
1/4 c. finely-chopped onion
3/4 tsp. dill weed
1 (8 oz.) btl. buttermilk dressing
Salt & pepper, to taste

Combine ingredients. Serves 6 to 8.

Swiss Potato Salad

5 med. potatoes
2 T. vinegar
1/2 tsp. salt
1/4 tsp. pepper
1 lb. Swiss cheese, cut in 1/4" cubes
3 hard-boiled eggs, chopped
1 (16 oz.) can green beans, drained
3/4 c. chopped celery

1/3 c. chopped green onion
1/4 c. chopped green pepper
1 1/2 c. mayonnaise or salad dressing
2 T. vinegar
2 T. prepared mustard
1/2 tsp. salt

Cook potatoes in jackets; let cool slightly. Peel and cube warm potatoes (should have about 4 cups); toss with 2 tablespoons vinegar, 1/2 tsp salt, and pepper. Cool. Add cheese, eggs, beans, celery, onion, and green pepper. Combine mayonnaise, 2 tablespoons vinegar, mustard and 1 1/2 teaspoons salt. Gently stir into potato mixture. Cover and chill thoroughly. Makes 9 cups.

Shoestring Salad

1 c. grated raw carrots
1 c. cut-up celery
1 c. tuna or chicken
Enough onion to taste
1 can shoestring potatoes

Take salad dressing and mix with 2 tablespoons milk and carrots, meat and onion. Refrigerate until ready to use. Then toss in shoestring potatoes and mix well; serve.

Potato Salad

5 eggs, boiled & cut up
3 med. potatoes, cooked & cut up

DRESSING:

1 c. Miracle Whip
3 T. cream
1 tsp. mustard
1/4 c. milk
2 T. diced onions
Sprinkle of sugar
Salt & pepper, to taste

Joan Otto

Marinated Potato Salad

6 fist-size potatoes, peeled & sliced very thin
6 to 7 slices of bacon, sautéed in 2 T. bacon grease with 1/2 c. olive oil

Put 3/4 cup wine vinegar in covered pot and bring potatoes to a boil. Barely simmer until done (30 minutes) and refrigerate for several hours. Add green peppers or red. Garnish with chopped parsley.

Potato Salad – Deutschland

1 1/2 qt. potatoes
1/2 lb. ring bologna
4 oz. mild Cheddar cheese
3 T. oil
2 tsp. lemon juice, fresh
2 tsp. mustard
Pinch of salt & pepper
4 boiled eggs
4 med. dill pickles
Mayonnaise
1 1/2 tsp. sugar

Boil potatoes and eggs until done. Dice bologna, cheese, eggs and pickles; combine. Slice potatoes and mix all together.

Juliana Viertel

German Potato Salad

8 med. potatoes
1 med. onion
2 med. pickles
5 hard-boiled eggs
10 T. mayonnaise
Paprika
3 T. mustard
1 T. vinegar
1 1/2 tsp. salt
1/2 tsp. pepper

Wash potatoes, boil until done. Peel potatoes and chop. Add diced onion, diced pickle, diced egg, and mix. Add mayonnaise, mustard, vinegar, sugar, salad and pepper; blend well. Place in a bowl and sprinkle with paprika for color. Ready to serve. Serves 10 to 12.

John Ficklin

Superb Garden Salad

4 c. sliced red potatoes
1 c. whole green beans
10 radishes
1/2 cucumber
10 whole green onions
Equal parts of lettuce, romaine & endive

Boil potatoes and beans. Cool and slice potatoes. Add 1 package Good Seasons Italian dressing.

Prepare as directed on package. Toss salad.

Maxine Block

Potato Salad for 50

15 lb. (20 count) potatoes, cooked & diced*

2 doz. eggs (save 5 or 6 for the top)

1 lg. onion, diced

1 c. celery, chopped fine

1 c. cream

2 qt. Miracle Whip or your choice

1/3 c. sugar

4 T. mustard

Salt & pepper, to taste

Dash of vinegar

Mix cream, Miracle Whip, sugar, mustard, salt and pepper. Toss into potatoes, eggs, onion and celery.

*Potatoes can be peeled and cooked before, too.

Clarice Schmidt

Garden Potato Salad

5 c. potatoes, cooked & peeled

1 (15 oz.) can whole kernel corn

1 c. shredded carrots

1/2 c. red onion, sliced

1/2 c. diced green pepper

1/2 c. diced red pepper

1/2 c. sliced ripe olives

1/2 c. chopped cucumber

DRESSING:

1/2 c. canola oil

1/4 c. vinegar

1 T. sugar

1 1/2 tsp. chili powder

1 tsp. salt

Dash of hot pepper sauce

Cube potatoes and add rest of vegetables. Pour dressing over and toss lightly; cover and chill.

Approximately 146 calories per serving.

Joanne Halverson

Independence Day Salad

2 c. cubed cooked ham
4 c. cubed cooked potatoes
2 c. diced celery
1 c. broken-up lettuce
1/2 c. minced green pepper
4 hard-boiled eggs, sliced
1 c. mayonnaise
1 tsp. salt
Dash of pepper
1 tsp. mustard
1/4 c. sour or whipped cream

Mix in order listed. Refrigerate before serving. Serves 8 to 10.

Marion Drees

Potato Salad

6 med. potatoes, cooked & cooled
5 hard-boiled eggs
3 slices onion, chopped
1/2 c. celery, chopped
1 c. Miracle Whip
1/2 c. half & half
1 tsp. mustard
Salt & pepper, to taste

Cut potatoes into pieces, dice eggs. Mix together potatoes, eggs, onions and celery. Blend Miracle Whip, cream, mustard, sugar, salt and pepper until smooth. Spread over dry ingredients. Chill.

Fern Bunde

Uptown Supper Salad

1 lb. (3 med.) potatoes, cut into 3/4" cubes
1 lb. boned & skinned chicken breasts, cut into 1/3" strips
3/4 c. prepared reduced-calorie red wine vinaigrette dressing
1 1/2 c. halved cherry tomatoes
1/2 c. chopped red onion
1 (2 1/4 oz.) can sliced ripe olives, drained
4 romaine lettuce leaves
1/3 c. crumbled blue cheese

In 3-quart saucepan over medium heat cook potatoes, covered, in 2-inches boiling water for 5 minutes. Add chicken; bring to boil, reduce heat, cover and cook about 10 minutes, until potatoes are tender and juices run clear when chicken is pierced. Drain thoroughly. Add remaining ingredients to potatoes and chicken, except lettuce and cheese. Toss gently over low heat, just until warm. Line platter with lettuce; spoon mixture onto lettuce. Top with cheese. (Salad also can be served chilled.) Makes 4

servings.

Menu: Sourdough Rolls, Honeydew Melon with Lime Wedges.

Nutritional Information Per Serving: 280 calories, 24 gm fat, 55 mg cholesterol, 1240 mg sodium, 31 gm carbohydrate, 4 gm fiber, 23 gm protein.

Greek Potato Salad with Dried Tomatoes

1 lb. (3 med.) potatoes, uniform in size, cut into 1/4" slices
1 c. (1 1/2 oz.) dried tomato halves, halved with kitchen spears
1 c. diced, seedless cucumber
1/2 c. sliced red onion
1 c. crumbled Feta cheese
1/2 c. Greek olives or pitted ripe olives

LEMON DRESSING:

1/4 c. olive oil
1/4 c. water
2 1/2 T. lemon juice
1 lg. clove garlic, pressed
1 T. chopped fresh oregano or 1 tsp. dried oregano leaves
1 tsp. salt
1/2 tsp. pepper

In 2-quart saucepan over medium heat, cook potatoes, covered, in 2-inches boiling water until tender, about 12 minutes; drain and set aside. Meanwhile, in small bowl, cover tomatoes with boiling water; set aside 10 minutes while you preparing dressing. Thoroughly drain tomatoes and pat dry with paper towels. Add potatoes, tomatoes and cucumbers to bowl containing dressing; toss to coat. Mound potato mixture on plate. Arrange onion, cheese and olives on top. Makes 4 servings.

Lemon Dressing: In large bowl, whisk together all dressing ingredients.

Menu: Chicken Soup, Warm Pita Bread, Vanilla Ice Cream with Honey and Toasted Walnuts.

Nutritional Information Per Serving: 450 calories, 30 gm fat, 60 mg cholesterol, 1750 mg sodium, 3 gm carbohydrate, 4 gm fiber, 14 gm protein.

Mediterranean Grilled Chicken Salad

2/3 lb. (2 med.) potatoes, cut into 3/4" cubes
4 oz. mushrooms, halved
4 oz. green beans, halved & steamed until crisp-tender
2 (about 6 oz. ea.) boned & skinned chicken breast halves
1/4 c. chopped red onion
Halved cherry tomatoes, for garnish

VINAIGRETTE:

1/4 c. olive oil
2 T. white wine vinegar
1 c. garlic, minced
2 tsp. minced fresh tarragon or 3/4 tsp. dried tarragon

2 tsp. Dijon-style mustard

1/4 tsp. sugar

1/4 tsp. salt

1/8 tsp. pepper

In 1-quart saucepan over medium heat cook potatoes, covered, in 2-inches boiling water until tender, about 15 minutes; drain. Meanwhile, making vinaigrette: In bowl, whisk all vinaigrette ingredients. Place potatoes, mushrooms and beans in separate piles in large shallow dish; drizzle with 1/3 cup of the vinaigrette (discard vinaigrette); broil 4-to 5-inches from heat source, about 8 minutes, until juices run clear when chicken is pierced, turning once. To serve, slice chicken breasts and arrange on 4 plates with potatoes, mushrooms, and beans, dividing equally. Sprinkle with onion and garnish with cherry tomatoes. Makes 2 servings.

Menu: Garlic Bread, Tangerines or Melon Wedges.

Nutritional Information Per Serving: 540 calories, 31 gm fat, 70 mg cholesterol, 410 mg sodium, 36 gm carbohydrate, 5 gm fiber, 31 gm protein.