THE BRIEFTONS
A TO Z GUIDE OF
SALAD RECIPES

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</tr>
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</table>
**APPLE CIDER SALAD**

| 2 packages | gelatin powder -- unflavored |
| 2 cups      | apple cider                 |
| 1/4 teaspoon| salt                        |
| 2 cups      | apples -- diced             |
| 1/4 cup     | black walnuts -- chopped    |
| 1 tablespoon| chopped parsley             |
|             | cooking oil                 |
|             | lettuce leaves -- for decoration |

1. Put 1/2 cup cold water into a small bowl. Sprinkle two envelopes (2 tablespoons) of unflavored gelatin on water. Let stand 5-10 minutes to soften.

2. Heat 2 cups apple cider until very hot; add salt. Remove from heat and immediately add softened gelatin. Stir until gelatin is completely dissolved. Have a 1 quart mold lightly greased with cooking oil. Do not use olive oil. Spoon about 1/2 cup of gelatin mixture into mold and place in refrigerator.

3. Chill remaining mixture until slightly thicker than consistency of unbeaten egg white. Just before large bowl of gelatin is desired consistency, dice apples and chop walnuts and parsley. Add this to the gelatin and place into the mold which already has thin bottom layer of gelatin. Chill until set.

4. Unmold onto serving plate which has been decorated with lettuce leaves; curly endive is a good choice.
AVOCADO WITH GROUNDNUT DRESSING

2 avocados -- ripe
1 tablespoon lemon juice
2 tablespoons peanuts -- shelled
1/2 teaspoon paprika
cinnamon
cayenne -- to taste
salt -- to taste
fresh chives -- to garnish

Peel the avocados; cut out the stone and cut into cubes. Sprinkle with lemon juice and set aside. Grind the peanuts roughly with a rolling pin or in a grinder for a few seconds. Mix the peanuts and spices well. Sprinkle over the avocados with finely chopped chives.

Refrigerate until ready to serve.
Bavarian Potato Salad

4 cups Potatoes -- *
2 cups Chicken broth -- **
1/2 teaspoon Salt
1/4 cup Vegetable oil
1/3 cup Onion -- chopped
1/2 teaspoon Sugar
2 tablespoons Lemon juice
Pepper -- as desired

*Potatoes should be peeled and sliced 1/4-inch thick. ** Chicken broth may be either home made or commercial.

Boil potatoes in broth with 1/4 t salt for 5 to 8 minutes, until tender. Drain. Toss warm potatoes with vegetable oil and onions. Dissolve remaining 1/4 t salt and the sugar in lemon juice. Pour over potatoes. Marinate salad 1 to 2 hours before serving. Serve at room temperature.
BROCCOLI SESAME SALAD

1 head broccoli
2 tablespoons olive oil
1/4 cup rice wine vinegar
1/4 cup soy sauce
2 tablespoons sesame oil
4 tablespoons sesame seeds -- toasted

Wash broccoli, discarding leaves and toughest part of stem. Blanch entire head in boiling water for one minute. Rinse under cold water. Break off florets and cut remaining stem (peeled, if desired) into 2” pieces.

Preheat oven to 450 degrees. Pour olive oil onto a baking sheet.

Spread broccoli pieces in one layer, turning to coat with olive oil. Roast at 450 degrees for 5 minutes, turn broccoli pieces over, and continue roasting until broccoli begins to brown, about 5 minute more.

Whisk together soy sauce, vinegar, and sesame oil. Stir in 3 tablespoons sesame seeds. When broccoli is done, transfer to a bowl and pour dressing over it, stirring gently to coat. Sprinkle with remaining tablespoon sesame seeds. Serve warm or at room temperature.
CREAMY FRUIT SALAD

1 cup Strawberries -- quartered
1 cup Cantaloupe -- chunked
6 each Strawberries -- whole
1 each Apple -- cored and chopped
20 each Grapes -- seedless green
1/2 cup Pineapple -- chunked
1/2 cup Mandarin orange sections*
1 1/2 cups Topping*
2 tablespoons Coconut -- shredded & toasted

In 2 quart bowl combine fruits except whole berries; cover with plastic wrap and refrigerate until well chilled, at least 2 hours. To serve: into each of 6 parfait or sundae glasses spoon 2 T whipped topping* (thawed frozen non-dairy) and top each portion with 1/4 c. fruit mixture. Top each portion of fruit with 1 T whipped topping, then an equal amount of remaining fruit mixture. Spoon 1 T whipped topping onto each portion of fruit, sprinkle with 1 t coconut, and granish with 1 berry.
### CURRIED CHICKEN & MANGO SALAD

| 2 quarts | Water |
| 4 | (4 Oz.) Boneless -- Skinned Chicken Breasts |
| 3/4 cup | Plain Yogurt |
| 1 tablespoon | Lime Juice |
| 1 tablespoon | Honey |
| 1 teaspoon | Curry Powder |
| 1/8 teaspoon | Salt |
| 1/2 teaspoon | Pepper |
| 1 cup | Peeled Cubed Mango -- Papaya OR Pineapple |
| 4 | Lettuce Leaves |


## DIAKON AND TUNA SALAD

![Diakon and Tuna Salad](image)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daikon</td>
<td>3 cups</td>
<td>-- cut into 1 1/2&quot; rub in 1/2 tbs -- of salt and drain</td>
</tr>
<tr>
<td>Onion</td>
<td>1/2 cup</td>
<td>-- thinly sliced -- soak water for 10 minutes -- drain</td>
</tr>
<tr>
<td>Okura</td>
<td>10</td>
<td>-- rub in 1/2 tb salt cook, drain -- chopped</td>
</tr>
<tr>
<td>Tuna</td>
<td>1 can</td>
<td>-- drained (keep 1 tb o from tuna for -- dressing *)</td>
</tr>
<tr>
<td>Rice vinegar</td>
<td>1 1/2 tbs</td>
<td></td>
</tr>
<tr>
<td>Soy sauce</td>
<td>1 1/2 tbs</td>
<td></td>
</tr>
<tr>
<td>Juice from Tunas</td>
<td>1 tbs</td>
<td>-- mix well</td>
</tr>
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Put well-drained tuna flakes into a bowl and add daikon, onion and okura; mix well. Pour in dressing to the tuna mixture and mix. Toss and put into a serving platter and serve.
DRUNKEN CHICKEN SALAD

Cut cooked chicken breasts in half. Put in large bowl with wine, salt and sugar. Toss, cover and marinate for 24 hours in the refrigerator. Next day drain off marinade. Arrange lettuce leaves on serving platter; place chicken pieces in the center. Sprinkle with sesame seed, cilantro leaves, and scallions.
ENDIVE, BEET AND RED-ONION SALAD

1/2 pound Raw Beets -- trimmed
3 each Heads of Belgian Endives -- md
1 each Red onion
1 tablespoon Dijon Mustard
1 tablespoon Red Wine Vinegar
3 tablespoons Vegetable oil
4 tablespoons Finely Chopped Parsley

Place the beets in a saucepan and add water to cover with salt. Bring to a boil until the beets are tender, about 30 minutes, depending on the size or age of the beets. Drain and let cool. Remove the skins and slice the beets. Trim off the bottom of the endives and cut them into 1 1/2 inch strips. Drop the pieces into cold water. Drain and pat dry. Peel and slice the onion. Combine the mustard, vinegar, salt and pepper in a salad bowl. Add the oil and blend well with a wire whisk. Add the beets, endive, onion and parsley. Toss well and serve.

Serves 4.
ENDIVE-RADICCHIO SALAD

1 head curly endive
1 radicchio
1 head Belgian endive
3 tablespoons sesame seeds
1 tablespoon sesame oil
3 tablespoons peanut oil
2 tablespoons white wine vinegar
4 tablespoons honey
1 tablespoon soy sauce
salt – to taste
black pepper

1. Prepare curly endive; remove stems and tear into small pieces. Prepare radicchio; shred. Prepare Belgian endive; julienne.

2. Combine in a large bowl all the greens and sesame seeds. Toss well and set aside.

3. In a small bowl combine the remaining ingredients; blend thoroughly.

4. Pour the dressing over the greens mixture and serve immediately or refrigerate, tightly covered, for a few hours.
FLUFFY FRUIT SALAD

2 cans (20 oz. ea.) crushed -- pineapple
2/3 cup Sugar
2 tablespoons Flour
2 Eggs -- lightly beaten
1/4 cup Orange juice
3 tablespoons Lemon juice
1 tablespoon Vegetable oil
2 cans (17 oz. ea.) fruit cocktail -- drained
2 cans (11 oz. ea.) mandarin -- oranges, drained
2 Bananas -- sliced
1 cup Heavy cream -- whipped

Drain pineapple, reserving 1 cup juice in a small saucepan. Set pineapple aside. To saucepan, add sugar, flour, eggs, orange juice, lemon juice and oil.

Bring to a boil, stirring constantly. Boil for 1 minute; remove from the heat and let cool. In a salad bowl, combine the pineapple, fruit cocktail, oranges and bananas. Fold in whipped cream and cooled sauce. Chill for several hours.
French Potato Salad

with
Tarragon Vinaigrette

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<thead>
<tr>
<th>Ingredient</th>
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<tr>
<td>2 1/2 pounds</td>
<td>red potatoes -- small, unpeeled</td>
</tr>
<tr>
<td>1 cup</td>
<td>fresh parsley -- chopped</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>red onion -- chopped</td>
</tr>
<tr>
<td></td>
<td>Pepper</td>
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-----Tarragon Vinaigrette-----

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
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<tbody>
<tr>
<td>1/3 cup</td>
<td>wine vinegar</td>
</tr>
<tr>
<td>2 tablespoons</td>
<td>olive oil</td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>Dijon mustard</td>
</tr>
</tbody>
</table>

Scrub potatoes. In a large pot of boiling water, cook potatoes until fork-tender; drain. Shake pan over medium heat for a minute to dry potatoes. Cut into 1/4-inch (5 mm) thick slices. In salad bowl, combine potatoes, parsley and onion. Tarragon vinaigrette: In a small bowl whisk together vinegar, oil, mustard and tarragon; mix well. Pour over warm potatoes and toss to mix. Season with pepper to taste. Cover and let stand at room temperature for at least 1 hour or refrigerate up to 3 days.
GOLDEN GLOW SALAD

1. Dissolve gelatin in 1 cup boiling water. Add 1 cup cold water, salt, cayenne and a scant tablespoon of vinegar. Refrigerate until partially set.

2. Add crushed pineapple which has been well-drained, grated carrots and chopped pecans. Blend well.

3. Refrigerate at least 3 hours until firmly set. Cut into squares and serve on lettuce leaves.

3 ounces lemon gelatin
3/4 teaspoon salt
1 dash cayenne pepper
1 tablespoon vinegar
1 1/2 cups crushed pineapple -- drained
1 cup carrots -- shredded
1/3 cup pecans -- chopped
lettuce
**GREEN-BEAN SALAD**

<table>
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<tr>
<td>Green beans</td>
<td>1 pound</td>
</tr>
<tr>
<td>-- fresh *</td>
<td></td>
</tr>
<tr>
<td>-- boiling salted water</td>
<td></td>
</tr>
<tr>
<td>Stock</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Vinegar</td>
<td>3 tablespoons</td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>3 tablespoons</td>
</tr>
<tr>
<td>Onions; med.</td>
<td>2 each</td>
</tr>
<tr>
<td>Dried dillseed</td>
<td>1/2 teaspoon</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 teaspoon</td>
</tr>
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</table>

-----sour-cream sauce-----

* Green beans should be sliced lengthwise (French Cut). ** Stock is the water that the green beans were cooked in.

Cook beans in boiling salted water until just tender. Reserve 1/4 cup of the cooking liquid and drain off the rest.

Prepare sauce by combining vinegar, oil, reserved vegetable stock, onions, dill, and sugar; stir until blended. Pour mixture over beans; marinate several hours before serving.
HARVEST SALAD WITH HONEY DRESSING

--- Fruit: -----
navel oranges
grapefruit sections
avocados -- sliced
green grapes -- seedless
red grapes -- seedless
berries -- * see note

--- Dressing: -----
3 tablespoons honey
3 tablespoons orange juice -- or lime juice
1/2 cup light whipping cream

* Use berries of your choice. Some good ones to use in this salad are strawberries, raspberries, blackberries.

1. Prepare fruit by peeling oranges and grapefruits, then slice into thin slices, removing all white pith. Arrange decoratively on a large platter, leaving center free for dressing container.

2. Scatter green and red grapes on oranges and grapefruit. Place berries, a few in each group, around edges of salad. Tuck in slices of avocado here and there. Kiwi fruit can be used here for a colorful and delicious addition.

DRESSING: Chill bowl and beaters, then whip chilled cream until it piles softly. Blend honey and orange juice or lime juice. Beat the two mixtures together, only enough to combine well.

Pour dressing into a serving container and set in middle of fruit platter, or serve on the side.
HERRING SALAD WITH SOUR CREAM SAUCE

---sour-cream sauce-----
1 cup Sour cream
1/2 cup Yogurt
1/4 teaspoon Lemon -- juice only

-----------salad-----------
2 each Onions -- small
2 each Apples; medium -- tart
8 each Herring fillets -- marinated
2 teaspoons Dill -- fresh or
1/2 teaspoon Dillweed -- dried

Sauce: Blend thoroughly sour cream, yogurt, lemon juice and sugar.

Salad: Peel onions and cut into thin slices. Peel and quarter apples, remove cores and but into thin wedges. Blend onions and apples with sauce.

In a dish arrange herring and apple-onion mixture in layers. Cover tightly and marinate in refrigerator for 5 hours. Sprinkle with dill before serving.
IMPERIAL VALLEY SALAD BOWL

1 head Romaine lettuce
1/2 cup cheddar cheese, shredded
2 tomatoes
3 green onions
1/2 cup black olives -- chopped
1/2 cup jicama
1/2 cup alfalfa sprouts
1/2 cup beets -- sliced

1. Wash, dry and tear romaine into bite-size pieces. Put into a salad bowl. Sprinkle half the shredded cheese evenly over greens.

2. Prepare vegetables: chop tomatoes into bite-size pieces; slice green onions, using part of the green tops; cut jicama into thin strips; drain beets very thoroughly and cut into thin strips.

3. Layer all the vegetables and then black olives and alfalfa sprouts. Sprinkle remaining cheese over top.

Optional: 1/2 cup drained red kidney beans, chopped hard-boiled egg and some crisp croutons or broken corn chips placed on top of salad.
ITALIAN ASPARAGUS RICE SALAD

Combine cheese and breadcrumbs in a medium bowl. Coat each chicken breast with breadcrumb mixture. Heat olive oil in skillet over medium-high heat until hot. Add chicken; cook and stir about 5 minutes until brown. Remove chicken; place in large bowl. Add spinach, rice, asparagus, tomatoes, onion, walnuts, and basil; toss well. Just before serving pour dressing over salad; toss to coat.
**Jayne’s Sesame Cucumber Salad**

1 tablespoon toasted sesame seeds -- 350°-5 minutes
1 tablespoon sugar
1/4 teaspoon salt
1 teaspoon cornstarch
2 tablespoons water
1/2 cup rice wine vinegar
2 medium cucumbers -- sliced thin or diced
1/2 cup finely chopped celery

Blend liquids and cook until mixture comes to a boil, cook one minute more.

Add sesame seeds and cool. Sprinkle dressing over cucumbers and celery, chill well.
JEANETTE’S STRAWBERRY JELLO MOLD

Soften 1 envelope plain gelatine in 1/4 cup water. Dissolve it and 2 packages (3 oz) strawberry jello in 2 cups boiling water.

ADD:
1 large or 2 small packages frozen strawberries
1 small can crushed strawberries
1-2 diced bananas
1 cup fine chopped nuts (optional—daughter disliked them so I left them out.)

FILLING:
1 cup sour cream (will use LandoLakes nofat)
1 package Dream Whip made up
Combine well.

METHOD:
Pour half of jello mix into mold and chill to allow to become fairly firm. Spread filling over jello and pour over that the rest of the jello. Allow to become very firm before unmolding—like overnight.
KALTHER KARTOFFELSALAT  
(COLD POTATO SALAD)

6 each Potatoes -- Large *  
-- Boiling Water
1/2 teaspoon Salt
1 each Onion; Medium -- Minced
3 tablespoons Vinegar
1/2 teaspoon Mustard -- Prepared
1 teaspoon Sugar
2 teaspoons Dillseed

* Potatoes should be peeled and quartered.

In medium saucepan cook potatoes in boiling salted water until tender. Drain, reserving 3/4 cup of potato water. Dice potatoes. Add oil and minced onion; toss gently. In small saucepan bring the 3/4 cup potato water to a boil; pour over potatoes and onion. Keep at room temperature for 2 to 3 hours.

Stir in vinegar, mustard, sugar, and dillseed.

Potato salad will be creamy. Serve at room temperature.
### KFC Coleslaw

<table>
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<th>Amount</th>
<th>Description</th>
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<tr>
<td>Cabbage</td>
<td>1</td>
<td>-- shredded</td>
</tr>
<tr>
<td>Sugar</td>
<td>1/4 cup</td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td>1 cup</td>
<td>-- shredded</td>
</tr>
<tr>
<td>Salt</td>
<td>1/2 tsp</td>
<td></td>
</tr>
<tr>
<td>Pepper</td>
<td>1/4 tsp</td>
<td></td>
</tr>
<tr>
<td>Milk</td>
<td>1/2 cup</td>
<td></td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>1 cup</td>
<td></td>
</tr>
<tr>
<td>Buttermilk</td>
<td>1/2 cup</td>
<td></td>
</tr>
<tr>
<td>Celery seed</td>
<td>1/2 tsp</td>
<td></td>
</tr>
<tr>
<td>Tabasco</td>
<td>2 drops</td>
<td>-- or to taste</td>
</tr>
<tr>
<td>Onions</td>
<td>3 tbsp</td>
<td>-- dry minced</td>
</tr>
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Slice cabbage paper thin, and toss lightly with sugar, shredded carrots.

Sprinkle with salt and pepper and drench it all with milk. Cover and refrigerate for about 15 minutes. Meanwhile, combine mayonnaise (not salad dressing), buttermilk, celery seed, Tabasco and minced onion.

Mix well with cabbage mixture.

Refrigerate again at least an hour before serving.

Drain some of the dressing first and serve it separately at the table. It keeps for 24 hours only!!
Lentil Salad

- 1/4 cup fresh lemon juice
- 2/3 cup olive oil
- 1 teaspoon Italian seasoning
- 1 clove garlic -- mashed
- 2 cups dried lentils
- 1/2 cup diced celery
- 2 whole red ripe tomatoes -- chopped

Whisk together lemon juice and olive oil. Beat in Italian seasoning and garlic.

Wash lentils and boil in a quart of water until barely tender, about 30 minutes. Drain. While warm, toss with lemon dressing. Cool to room temperature. Add celery and tomatoes. Serve immediately or chill and serve cold.
LETTUCE WEDGE WITH POPPY SEED
DRESSING

In a small mixing bowl, combine vinegar, onion juice, sugar, mustard, and salt. Stir vigorously by hand or with electric mixer set on low. Whisking constantly, pour in oil in a slow thin stream, and continue to beat until dressing is smooth and thick. Stir in poppy seeds. Cut lettuce into 6 wedges and lay each on a chilled salad plate. Ladle on 2 or 3 T of the dressing or to taste.
MARKET SALAD WITH CAPERS

Peel potatoes if desired. Dice. Cook corn and remove from cob. Combine tomato, corn, potatoes, and capers in salad bowl. Stir together paprika, oil, vinegar, salt, and pepper in small bowl. Pour over vegetables and toss well. Let stand 5 minutes for flavors to blend.
MINTED CUCUMBER SALAD

Peel, seed, and chop cucumbers. Sprinkle with salt and allow to drain for half an hour.

Line a sieve with a coffee filter. Pour yogurt in and allow to drain for half an hour. In a glass or pottery serving bowl, combine yogurt with remaining ingredients. Stir in cucumber. Cover and refrigerate if not served at once.
NEW ENGLAND STYLE POTATO SALAD

3 pounds potatoes -- cooked
1 cup celery -- diced
5 tablespoons vinegar
2 teaspoons salt
4 eggs -- hard-cooked, sieved
1 pint sour cream
1 teaspoon pepper
1 1/2 tablespoons mustard
1/2 clove garlic -- crushed
1 n -- chopped

Peel potatoes, cut into 1/2 inch cubes and chill. Add celery, 3 tbs. vinegar and salt. Fold eggs into sour cream, add remaining vinegar, pepper, mustard, garlic and onion. Place potato mixture in salad bowl, add dressing and toss well. Garnish with olives.
NEW POTATO SALAD

2 pounds Potatoes -- new (approximately)
1 each Can drained Tuna -- water pack
5 each Green onions -- finely chopped
Salt & pepper to taste

A local restaurant serves a simple, but elegant, potato salad as part of their Sunday Brunch menu.

This is my own attempt at duplicating it. Stir the chopped green onions into the Dill Cream Dressing.

Add salt and pepper to taste. You may also want to add more lemon juice or Dijon mustard at this point, as this produces a fairly bland dressing. Slice potatoes (leave skins on) about 1/4 inch thick. Place in a large bowl and fold in the dressing. Serve chilled. Best made the day before so the flavors have a chance to mingle.
OK CORRAL SALAD

4 cups Cooked Pasta wheels
   Raw Carrot *
   Med onion -- chopped
   Rib Celery -- sliced thin
   Green pepper -- chopped
   Radishes -- sliced thin

6 1/2 ounces Can drained Tuna -- water pack
3/4 cup Dressing (see recipe)

* Scrubbed and sliced into thin matchsticks.

This pasta salad gets its name from the shape of the pasta, but you could just as easily use shells and rename it Seashell Salad, etc. Toss all the ingredients in a large salad bowl and chill. The salad can be made the night before and refrigerated. If you want to take it easy, just slice all the veggies with a food processor. BASIC DRESSING 1 c extra-virgin olive oil 2t Honey 2/3 c brown rice vinegar freshly ground black or 1t Salt 1 garlic clove, mashed

Combine all ingredients and shake well or blend. Refrigerate. Keeps for up to a week. Makes a little less than 2 cups.
## ORIENTAL CABBAGE SALAD

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<th>Quantity</th>
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<tbody>
<tr>
<td>3 ounces</td>
<td>Ramen w/ chicken flavor</td>
</tr>
<tr>
<td>4 cups</td>
<td>Cabbage -- shredded</td>
</tr>
<tr>
<td>4 each</td>
<td>Green onions -- sliced (1/4 c</td>
</tr>
<tr>
<td>2 tbsp</td>
<td>Sesame seed</td>
</tr>
<tr>
<td>3 tbsp</td>
<td>Vinegar</td>
</tr>
<tr>
<td>2 tbsp</td>
<td>Sugar</td>
</tr>
<tr>
<td>2 tbsp</td>
<td>Salad oil</td>
</tr>
<tr>
<td>1/2 tsp</td>
<td>Ground white pepper</td>
</tr>
<tr>
<td>1/4 tsp</td>
<td>Salt</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Almonds -- toasted slivered</td>
</tr>
</tbody>
</table>

This is from Better Homes & Gardens for someone that had asked for this type of salad. Crush noodles slightly; Pour boiling water over noodles in a colander to soften slightly, drain well, combine noodles, cabbage, onions and sesame seed. Dressing: in a screw-top jar combine seasoning packet from noodles, vinegar, sugar, oil, pepper and salt; shake to mix well. Pour over cabbage mixture and toss.

Cover and chill several hours or overnight. Before serving, stir in almonds.
PASTA SALAD

Cook pasta as directed on the box. Drain. Add a little Italian dressing to prevent sticking together.

Cool. While pasta is cooling, cut up all fresh vegetables into bite size pieces. Add any vegetables that you prefer. In a large bowl, add vegetables to pasta. Add Italian dressing and mix thoroughly. Chill salad. Prior to serving, add remaining Italian dressing and mix again. Salad is excellent when cold.

The longer you chill it, the better it is.
PASTA WITH ASPARAGUS SALAD

Heat olive oil and cook garlic 1 min. Cook pasta until al dente and drain.

Combine pasta with oil and garlic in large bowl. Add remaining ingredients and toss well. Serve at room temp. or refrigerate until cold if desired.
QUICK SPINACH SALAD WITH SPROUTS

1 pound Spinach
1/2 cup Alfalfa Sprouts
1/4 cup Feta Cheese -- crumbled
2 tablespoons Sunflower Seeds
2 tablespoons Olive Oil
2 tablespoons Lemon Juice
2 tablespoons Water
1 each Garlic Clove, small -- minced
1 teaspoon Dijon Mustard
Salt
Freshly Ground Black Pepper

EVERYDAY VINAIGRETTE

* Cubed skim-milk mozzarella cheese can be used instead of crumbled

Feta cheese. Rice vinegar, cider vinegar or balsamic vinegar can be used instead of lemon juice. Trim, wash and dry spinach. Tear into bite-sized pieces to make about 10 cups, lightly packed. Place in salad bowl. Add alfalfa sprouts, cheese and sunflower seeds. In small measuring cup, bowl or jar with screw top, combine oil, lemon juice, water, garlic, mustard, salt and pepper.

Mix well.
QUINOA SUPER SALAD

5 ups quinoa, cooked -- (basic recipe)
1 cup carrots -- chopped
3/4 cup parsley -- minced
1 cup sunflower seeds
4 cloves garlic, minced -- or to taste
1/4 cup olive oil -- or less
1/4 cup soy sauce or tamari -- Try braggs aminos
1/2 cup lemon juice
Tomatoes
black olives

Cook quinoa. let cool. Add carrots, parsley sunflower seed and garlic to quinoa. Mix thoroughly. Combine liquids, pour over quinoa and toss well. Garnish with tomato wedges and olives.
RICE SALAD MOLD

1 cup long-grain rice
1/4 cup olive oil
2 teaspoons Dijon mustard
2 cups mixed vegetables -- cooked
1/2 cup green bell pepper -- finely diced
1 cup cucumber -- peeled and diced

1. Place rice, salt and pepper in small heavy pan with tight fitting lid. Add 2 cups water; bring to a boil, cover, then simmer for 20 minutes without lifting lid.

2. Put cooked rice in mixing bowl, add oil, vinegar and mustard. Toss with a fork to mix well.

3. Gently fold in cooked vegetables. You will need 2 cups total so use your choice of green peas, carrots, corn, green beans, etc. Add the diced green pepper and cucumber.
ROASTED RED PEPPER AND CHIVE DRESSING

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>1 each</td>
<td>Sweet red pepper -- medium-size</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Prepared roasted red peppers</td>
</tr>
<tr>
<td>1/3 cup</td>
<td>Red wine vinegar</td>
</tr>
<tr>
<td>1 each</td>
<td>Garlic clove -- medium minced</td>
</tr>
<tr>
<td>1 cup</td>
<td>Olive oil</td>
</tr>
<tr>
<td>1/3 cup</td>
<td>Finely chopped fresh chives Salt</td>
</tr>
<tr>
<td></td>
<td>White pepper -- freshly ground</td>
</tr>
</tbody>
</table>

Hold red pepper over a flame, turning it until evenly charred. Or cut it in half, rub with oil, and place under the broiler until blackened. Wrap in a plastic bag and set aside to cool. Scrape off the burned skin and remove seeds and stem. In bowl of blender or food processor fitted with a steel blade, place red pepper, vinegar, and garlic. Process until pepper is pureed.

With machine running, slowly drizzle in olive oil until fully combined. Stir in chives and season with salt and pepper to taste.
SLICED CUCUMBERS IN YOGURT

Pare and thinly slice cucumbers. Place in small bowl. Sprinkle with salt; stir. Let stand 10 minutes. Stir together yogurt, sugar, lemon juice, celery seeds, cumin and pepper in small bowl to mix well. Transfer cucumbers to colander; rinse with cold water. Squeeze with hands to extract as much liquid as possible. Return to bowl. Stir in yogurt mixture. Refrigerate covered until serving. Makes 4 servings.
SUMMERTIME RICE SALAD

2 cups cooked rice
--- Vinaigrette -----
2 tablespoons fresh lemon juice
1 red bell pepper -- finely diced
3 scallions -- chopped
1 carrot -- chopped
3 tablespoons fresh parsley -- *chopped (see note)
1 cucumber -- peeled and diced
1 tomato -- peeled and chopped
1 celery stalks -- peeled and diced

* Substitute dill or basil for the parsley if preferred.

Put rice in a serving bowl and pour 2 tablespoons lemon juice and 4 tablespoons Vinaigrette over. Add freshly ground black pepper to taste. Toss well with fork.

Prepare all the remaining ingredients, except tomatoes and cucumbers, and blend. Mix well and let cool.

Add onions and cucumbers just before serving to maintain best texture and taste for those two vegetables.
TORTELLINI AND ARTICHOKE PASTA SALAD

Cook tortellini, rinse and drain well. Toss with 1 tbs. of the marinated artichoke liquid to keep from sticking together. More may be added for flavoring of desired. Drain artichokes. Cut into chunks. Combine remaining ingredients and toss gently in a large bowl to combine. Refrigerate if not served immediately.
# Tropical Chicken Salad

In a bowl, combine chutney, curry, and mayonnaise.

Combine all other ingredients in a separate bowl. Stir curry, chutney, and mayonnaise mixture into the chicken mixture. Serve on watercress or lettuce leaves, with slices of avocado.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken, white meat</td>
<td>2 cups</td>
<td>-- *</td>
</tr>
<tr>
<td>Apples</td>
<td>1 cup</td>
<td>-- peeled and diced</td>
</tr>
<tr>
<td>Pineapple Chunks</td>
<td>1/3 cup</td>
<td></td>
</tr>
<tr>
<td>Chopped almonds</td>
<td>1/2 cup</td>
<td></td>
</tr>
<tr>
<td>Shredded Coconut</td>
<td>1/4 cup</td>
<td></td>
</tr>
<tr>
<td>White Raisins (opt.)</td>
<td>3 tbsps</td>
<td></td>
</tr>
<tr>
<td>Chopped Chutney</td>
<td>2 tbsps</td>
<td></td>
</tr>
<tr>
<td>Curry Powder</td>
<td>3/4 cup</td>
<td></td>
</tr>
<tr>
<td>Mayonnaise</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
VERMICELLI SALAD

Break vermicelli into 1” pieces, and cook according to package directions. Mix pickle juice, French dressing, garlic, and seasonings and pour over warm vermicelli. Chill. One hour before serving, add celery, green onions and parsley.
## VIDALIA ONION AND CARROT SALAD

![Vidalia Onion and Carrot Salad](image)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/4 pound carrots</td>
<td></td>
</tr>
<tr>
<td>1/2 cup Vidalia onions</td>
<td></td>
</tr>
<tr>
<td>Dressing:</td>
<td></td>
</tr>
<tr>
<td>1/2 cup olive oil</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon fresh lemon juice</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon wine vinegar</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon cumin seed</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon fresh mint</td>
<td></td>
</tr>
</tbody>
</table>

* Use Vidalia onions or other sweet onions such as Walla Walla, Maui, Imperial Sweet or Texas 1015.

1. Grate carrots coarsely; place in serving bowl along with chopped onions.

2. In a small bowl combine olive oil, lemon juice, wine vinegar and black pepper to taste. Mix with wire whisk until blended. Add chopped fresh mint and mix well.

3. Pour dressing over carrots and onions and toss well.
WARM BEAN AND TOMATO SALAD
WITH BASIL

1/2 pound Green Beans -- ends removed
3 tablespoons Olive Oil
2 each Large Dry Shallots -- chopped
1 tablespoon Balsamic or Red Wine Vinegar
1 cup Chickpeas -- drained 19oz
2 each Tomatoes, seeded -- chopped
2 tablespoons Fresh Basil -- chopped
1 tablespoon Lemon Juice -- fresh
Salt
Freshly Ground Black Pepper

* You can use 1 teaspoon of dried basil instead of the fresh stuff.

Remove the ends from the beans and cut into 1 1/2 inch lengths. Cook in boiling water until just tender, about 5 - 7 minutes. Drain well. Meanwhile heat one tablespoon of oil in a large fry pan over medium heat; cook the shallots until softened, about 2 minutes. Add balsamic vinegar and cook until liquid is reduced. Drain chickpeas and stir in chickpeas and green beans; cook until heated through, about 2 minutes.

In a serving bowl, combine the bean mixture with tomatoes, olives and basil. Whisk together the remaining oil with lemon juice and pour over salad; season with salt and pepper to taste. Serve warm or at room temperature. Serves 2 as main course, 4 as side dish.
WARM RED CABBAGE SALAD

Quarter and core the cabbage. Cut the wedges into thin pieces, 2 to 3 inches long and set aside. Cut apple lengthwise into sixths, cut out the core, then slice the pieces thinly, crosswise. Put the garlic, vinegar, and oil in a wide sauté pan over a medium-high flame. As soon as they are hot, add the onion and sauté for 30 seconds. Add the cabbage, and cook for about 2 minutes. Season with salt, freshly ground black pepper, and more vinegar, if necessary. Add the goat cheese, apple, and herbs. Toss briefly and carefully before serving.
## Zucchini and Mushroom Salad

![Image of Zucchini and Mushroom Salad](image)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity/Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>button mushrooms</td>
<td>1 pound</td>
</tr>
<tr>
<td>zucchini</td>
<td>8 small</td>
</tr>
<tr>
<td>wine vinegar</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>olive oil</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>salt</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>fresh tarragon</td>
<td>2 sprigs</td>
</tr>
<tr>
<td>water</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>dry white wine</td>
<td>1/4 cup</td>
</tr>
</tbody>
</table>

Clean the mushrooms. Cut the zucchini into 1 inch lengths. Place all ingredients in a pot. Simmer until the zucchini is just tender. Turn off heat. Place lid on pot and leave for 15 minutes. Place the drained vegetables in a bowl, reserving the cooking liquid. Place this liquid back in the pot and cook until reduced to about 1/3 cup. Discard the tarragon. Pour over the vegetables and lightly chill (don’t over-chill or it will kill the flavor). Throw on a little finely chopped parsley before serving.
ZUCCHINI SALAD

2 medium zucchini -- shredded
2 teaspoons salt
1 cup sour cream
1 tablespoon fresh lime juice
1 teaspoon cumin seed
black pepper
paprika
2 tablespoons onion -- grated

In a colander, sprinkle zucchini with salt and allow to stand 15 minutes. Squeeze as much moisture as possible from zucchini. Combine remaining ingredients in ceramic bowl. Stir in zucchini. Chill at least one hour.
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