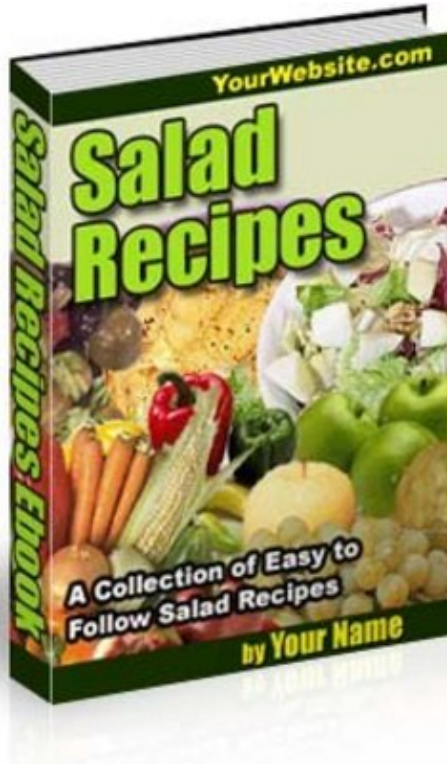


# Salad Recipes

## Collection of Easy to Follow Salad Recipes

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## VEGETABLE SALADS

With the knowledge already obtained of the food value of the vegetables that are generally used as ingredients in vegetable salads, the housewife ought to have no difficulty in determining whether she is giving her family a salad that is high or low in food value. For instance, she should know that the food value of a plain lettuce or cucumber salad is lower than that of one made from potatoes because of the different values in the vegetables used.

### GREEN VEGETABLE SALAD

There are a number of green vegetables that are much used for salad either alone or with other vegetables. All of them are used in practically the same way, but a point that should not be overlooked if an appetizing salad is desired is that they should always be fresh and crisp when served. Any salad dressing that is preferred may be served with them. Chief among these green vegetables come lettuce, including the ordinary leaf lettuce, head lettuce, and romaine lettuce, which is not so common as the other varieties. Several kinds of endive as well as watercress may also be used for salad.

### MIXED VEGETABLE SALAD - 1

One pint of cold boiled potatoes, cut in slices; one-third the quantity of cold boiled beets cut fine; one-third the quantity of green peas (winter beets and canned peas are as good as fresh ones); sprinkle with salt and pepper, then pour over it a French dressing made of a saltspoonful of salt, one of black pepper, a teaspoonful of onion juice or grated onion, three tablespoonfuls of olive oil and one of vinegar; mix thoroughly and set aside. When ready to serve spread over it a thick mayonnaise dressing and garnish with slices of beet, cut in shapes, hard boiled egg and parsley; if made in summer a border of crisp lettuce leaves is an additional garnish. If the quantity of vegetable is increased the amount of dressing must also

be doubled or the salad will be dry.

## MIX VEGETABLE SALAD - 2

1 cup finely cut red cabbage

1 cup cold boiled beets

1 cup cold boiled carrots

1 cup cold boiled potatoes

1 cup chopped celery

1/2 cup pimiento

1 head lettuce

1 cup French dressing

Soak cabbage in cold water 1 hour; drain and add beets, carrots and potatoes cut into small pieces; add celery. Mix well together, season with salt and pepper and serve on lettuce leaves. On top put strips of pimento and serve with French dressing, to which may be added one teaspoon onion juice.

## CUCUMBER SALAD - 1

Besides serving plain slices of cucumber on a lettuce leaf, as may be done at any time, cucumbers may be used as an ingredient in the making of many salads.

3 medium-sized cucumbers

1 c. diced tomato

1/2 c. diced celery

Salad dressing

Lettuce

1 pimiento

Peel the cucumbers, cut them into halves, and with a small spoon scoop out the cucumbers in chunks, so that a boat-shaped piece of cucumber that is about 1/4 inch thick remains. Dice the pieces of cucumber which have been scooped from the center, and place the cucumber shells in ice water so as to make them crisp. Mix the diced tomato, celery, and cucumber together, and just before serving drain them carefully so that no liquid remains. Mix with salad dressing, wipe the cucumber shells dry, fill them with the salad mixture, and place on salad plates garnished with lettuce leaves. Cut the pimiento into thin strips, and place three or four strips diagonally across the cucumber. Sufficient to Serve Six

## CUCUMBER SALAD – 2

Pare thickly, from end to end, and lay in ice-water one hour; wipe them, slice thin, and slice an onion equally thin. Strew salt over them, shake up a few times, cover and let remain in this brine for another hour. Then squeeze or press out every drop of water which has been extracted from the cucumbers. Put into a salad bowl, sprinkle with white pepper and scatter bits of parsley over them; add enough vinegar to cover. You may slice up an equal quantity of white or red radishes and mix with this salad.

## CUCUMBER SALAD – 3

Peel and slice a cucumber, mix together 1/2 a teaspoonful of salt, 1/4 of a teaspoonful of white pepper, and 2 tablespoonfuls of olive oil, stir it well together, then add very gradually 1 tablespoonful of vinegar, stirring it all the time. Put the sliced cucumber into a salad dish, and garnish it with nasturtium leaves and flowers.

## CUCUMBER & TOMATO SALAD

A salad made of cucumbers and tomatoes is very attractive because of the contrasting colors

of the vegetables, and it is at the same time extremely palatable. When such a salad is to be made, small, firm tomatoes and rather large cucumbers that do not contain very large seeds should be selected. Peel the cucumbers and tomatoes and cut them into slices of any desired thickness. Garnish salad plates with lettuce, and on this place a ring of the slices, alternating the tomatoes with the cucumbers. In the center, put a slice of cucumber or tomato and serve with any desired salad dressing.

## SLICED CUCUMBER & ONION SALAD

An attractive way in which to serve sliced cucumbers and onions. A single large cucumber should be selected for this salad.

With a sharp knife, peel the skin from the cucumber in narrow strips back to the stem end, but do not cut the strips loose from the end. After the peeling has all been removed, place the cucumber on a board and cut it into thin slices. Place on a small platter, as shown, arrange slices of onion around the edge, and pour French dressing over the whole. Dust with paprika and serve. A number of slices of cucumber and one or two slices of onion should be served to each person.

## ONION SALAD – 1

To persons who are fond of the flavor of onions, the salad given in the accompanying recipe is very agreeable, but it is a wise plan not to serve onions or salads containing onions unless every one who is served is certain to enjoy them. When a salad is made from onions, a mild onion should be selected.

3 onions

French dressing

Parsley

## Lettuce

Peel the onions and slice them into thin slices. Chop the parsley and add it to 1 or 2 tablespoonfuls of French dressing. Use comparatively coarse leaves of lettuce and shred them. Arrange the slices of onion on a bed of the shredded lettuce, pour the French dressing with the parsley over all, and serve. Sufficient to Serve Six.

## ONION SALAD – 2

1 large boiled onion (Spanish), 3 large boiled potatoes, 1 teaspoonful of parsley, pepper and salt to taste, juice of 1 lemon, 2 or 3 tablespoonfuls of olive oil. Slice the onion and potatoes when quite cold, mix well together with the parsley and pepper and salt; add the lemon juice and oil, and mix well once more.

## TOMATO SALAD - 1

Fresh tomatoes make a delightful salad because of their appetizing appearance and color. In fact, when they are placed on a bed of green garnish, nothing can be more delightful. Tomatoes may be served whole on a lettuce leaf or they may be sliced. Then, again, they may be cut from the center into sections that are allowed to fall part way open. In any of these forms, they may be served with French dressing, mayonnaise, or any cooked salad dressing.

## TOMATO SALAD - 2

Six tomatoes, one-half cup of mayonnaise dressing, the crisp part of one head of lettuce. Peel the tomatoes and put them on the ice until they are very cold; make the mayonnaise and stand it on the ice until wanted; wash and dry the lettuce. When ready to serve, cut the tomatoes in halves, make twelve little nests with two or three salad leaves each, arrange on the dish, place

half a tomato in each nest, put a tablespoonful of mayonnaise on each tomato and serve immediately.

### TOMATO SALAD - 3

(With Canned Tomatoes)

Rub through a coarse sieve one can of tomatoes; cover with cold water a half box of Cox gelatine and let it stand a half hour or more; then pour in enough hot water to thoroughly dissolve it; then mix with one full pint of the strained tomatoes; add a little salt; pour into small round moulds and put in a cool place to harden. Serve on lettuce leaves with mayonnaise dressing.

### TOMATO SALAD – 4

Select perfectly ripe tomatoes, and peel at least an hour before using. Slice, and place on ice or in a cool place. Serve plain or with lemon juice or sugar as preferred.

### TOMATO SALAD - 5

Use one half small yellow tomatoes and one half red. Slice evenly and lay in the dish in alternate layers. Powder lightly with sugar, and turn over them a cupful of orange juice to a pint of tomato, or if preferred, the juice of lemons may be used instead. Set on ice and cool before serving.

### STUFFED TOMATO SALAD

An attractive salad in which vegetables of almost any kind, fresh or canned, may be used to advantage is the stuffed tomato salad. Medium-sized, well-ripened tomatoes are best to select.

The vegetables that may be used for the stuffing are celery, radishes, onions, cucumbers, cooked asparagus, green peas, and string beans. Any one or any desirable combination of these vegetables will make a satisfactory filling.

6 medium-sized tomatoes

French dressing

1 1/2 c. diced vegetables

Mayonnaise dressing

Cut out the stem and blossom ends of the tomatoes and hollow out the center so as to leave a shell. Dice the contents of the tomatoes and mix with the other diced vegetables. Marinate the diced vegetables with French dressing and put into the tomato shells, heaping each one as shown. Place on lettuce leaves and serve with mayonnaise.

## TOMATO & STRING BEAN SALAD

Besides being appetizing in flavor and appearance, tomato and string-bean salad has the advantage over some salads in that it can be made of either fresh or canned vegetables. For the salad here shown, tomatoes and beans canned by the cold-pack method were used. If it is desired to duplicate this salad, place a canned tomato or a peeled fresh tomato in the center of a plate garnished with lettuce and around it place several piles of three or four canned or freshly cooked beans. Serve with French dressing or any other desired salad dressing.

## BEET SALAD - 1

Cold boiled or baked beets, chopped quite fine, but not minced, make a nice salad when served with a dressing of lemon juice and whipped cream in the proportion of three tablespoonfuls of lemon juice to one half cup of whipped cream, and salt if desired.



## BEET SALAD - 2

Chop equal parts of boiled beets and fresh young cabbage. Mix thoroughly, add salt to taste, a few tablespoonfuls of sugar, and cover with diluted lemon juice. Equal quantities of cold boiled beets and cold boiled potatoes, chopped fine, thoroughly mixed, and served with a dressing of lemon juice and whipped cream, make a palatable salad.

## BEET & BEAN SALAD

An excellent winter salad and one that may be made from canned or left-over vegetables is beet & bean salad. If string beans happen to be left over or only part of a can remains, they may be combined with beets that are canned or freshly cooked for the purpose. This salad should be carefully combined just before serving.

1 c. string beans

Lettuce

1 c. beets

Salad dressing

Cut the string beans into half-inch lengths and cut the beets into half-inch dice. Season each well with salt and pepper. Just before serving, garnish salad plates with lettuce, combine the two vegetables, and place in a heap on a lettuce leaf. Pour French dressing or any other salad dressing desired over them, but do not mix the salad dressing with the vegetables. Sufficient to Serve Four.

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