



Summer Salad Recipes

Expanded Food and Nutrition Education Program

1992

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This bulletin contains salad recipes which were prepared and consumed at an Expanded Food and Nutrition Education Program (EFNEP) annual training session held at Utah State University. Each nutrition assistant was asked to prepare a favorite salad for lunch and to also share the recipes. It was such a success we wanted to share it.

The recipes were analyzed for content of the following nutrients.

Nutrient	RDA or Accepted Standard
Total calories	2000
Protein, grams	50
Carbohydrate, grams	
Fiber, grams	25
Total Fat, grams	67 (30% or less of total calories)
Saturated Fatty Acid (SFA), grams	22 (less than 10% of total calories)
Monounsaturated Fatty Acid (MUFA), grams	22
Polyunsaturated Fatty Acid (PUFA), grams	22
Cholesterol, mg	300, or less

Suggestions for use:

- Have participants bring the salads. This allows them to share their creative talents and provides lunch or refreshments.
- It is a natural for a lunch and learn series.
- The nutrient analysis information could be used for a discussion on controlling calories, limiting fat intake or increasing fiber in the diet.
- The suggestions in the revised Dietary Guidelines to increase fruit and vegetable consumption could be expanded.
- The two recipes for broccoli salad are a wonderful example of how to reduce calories and total fat by making ingredient adjustments.
- New and interesting salads are especially welcome during the summer season for family meals.

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BROCCOLI SALAD

Kay Evans

2 lbs. broccoli, finely chopped
½ cup cheese, grated
4 strips bacon

⅔ cup light mayonnaise
¼ cup sugar
4 tsp. vinegar

Combine broccoli and cheese. Fry bacon; drain well and crumble. Add bacon to broccoli mixture. Prepare dressing by mixing mayonnaise, sugar and vinegar. Pour dressing over salad and toss; chill.

Yield: 6–8 servings	Fat: 10.6 gm
Calories: 164	Cholesterol: 18 mg
Protein: 6.4 gm	SFA: 3.13 gm
Carbohydrates: 13.3 gm	MUFA: 1.58 gm
Fiber: 1.5 gm	PUFA: 3.87 gm

BROCCOLI SALAD

Ruby Pottle

2 large heads broccoli
1 red onion
1 lb. bacon
1½ cups Cheddar cheese

2 cups mayonnaise
4 Tbsp. vinegar
½ cup sugar

Fry bacon and crumble. Chop broccoli and onion. Combine broccoli, onion and bacon overnight in refrigerator. Mix mayonnaise, vinegar and sugar. Let sit overnight.

Before serving add cheese and mayonnaise mixture.

Yield: 12–16 servings	Fat: 39.4 gm
Calories: 437	Cholesterol: 51 mg
Protein: 12.3 gm	SFA: 10.44 gm
Carbohydrates: 9.2 gm	MUFA: 13.97 gm
Fiber: .4 gm	PUFA: 13.15 gm

CHICKEN CANTALOUPE/RED GRAPE SALAD

Susan LeeFlang

1¼ cups uncooked Rosa Marina, cook and drain	1 cup diced celery
2 large cantaloupe, cut or in melon balls	1 cup red seedless grapes (she adds more—about 4 cups)
3 Tbsp. oil	¾ cup mayonnaise or salad dressing
4 tsp. orange juice	¾ cup cashews
4 tsp. vinegar	½ tsp. grated orange rind (she uses about 1+ Tbsp.)
1 tsp. salt	
4 cups cubed chicken or turkey	

She adds more dressing and 1–2 tsp. sugar to the dressing. You can cut the cantaloupe in wedges and serve the salad in the wedges. You can make the salad in advance, especially to blend the flavors, but do not add the cashews until time to serve, as they will go soggy.

Yield: 12 servings (generous)	Fat: 22 gm
Calories: 303	Cholesterol: 50 mg
Protein: 15.9 gm	SFA: 3.92 gm
Carbohydrates: 12.2 gm	MUFA: 7.54 gm
Fiber: 1.1 gm	PUFA: 9.16 gm

CHICKEN ORIENTAL SALAD

Maud Allen

2 chicken breast halves	2 Tbsp. toasted sesame seeds* (optional)
2 Tbsp. slivered almonds, toasted or not as desired*	1 Tbsp. sugar
½ head cabbage, finely chopped (about 4 cups)	½ cup vegetable oil
2 green onions, sliced	1 tsp. salt
1 package (3 ounces) Ramen oriental noodles, chicken flavor	¼ tsp. pepper
	3 Tbsp. vinegar
	Salad greens
	Tomato wedges

Cook chicken in small amount of water, covered, until tender, about 20 to 30 minutes; skin, debone, and dice chicken to make 2 cups. Combine chicken with almonds, cabbage, green onions, and uncooked noodles that have been broken up with envelope of seasonings; set aside. In a glass jar combine sugar, oil, salt, pepper, and vinegar; shake until blended. Pour over salad; toss. Add more salt and pepper as needed. Cover and refrigerate for at least 2 hours or for as long as 24 hours. Serve on crisp salad greens garnished with tomato wedges.

*Toasted Sesame Seeds and Almonds: To toast sesame seeds, spread in shallow pan in single layer; bake at 350°F for 2 to 3 minutes, stirring occasionally. To toast slivered almonds, spread in single layer in shallow pan; bake at 350°F for about 5 minutes.

Yield: 8–10 servings	Fat: 14.8 gm
Calories: 203	Cholesterol: 16 mg
Protein: 7.9 gm	SFA: 2.08 gm
Carbohydrates: 11 gm	MUFA: 4.99 gm
Fiber: 1.2 gm	PUFA: 6.94 gm

CHINESE SALAD

Jessie Wang

1 carrot, shredded	¼ tsp. soy sauce
1 cucumber, thinly sliced	1 tsp. sugar
2 slices ham, chopped	½ tsp. vinegar
1 cup bean sprouts	1 tsp. sesame oil
1 egg, hard cooked	2 Tbsp. peanut butter
¼ tsp. salt	

Mix vegetables, ham and egg, and top with sauce made from remaining ingredients.

Yield: 4–6 servings	Fat: 7.1 gm
Calories: 121	Cholesterol: 62 mg
Protein: 9.8 gm	SFA: 1.75 gm
Carbohydrates: 5.2 gm	MUFA: 3.27 gm
Fiber: .8 gm	PUFA: 1.7 gm

COLESLAW

Shirley Pewtress

1 medium cabbage, finely shredded	1 Tbsp. cider vinegar
1 carrot, shredded	1 tsp. honey
½ tsp. celery seed	¾ cup light Miracle Whip

Combine cabbage and carrot. Prepare dressing by mixing celery seed, vinegar, honey and Miracle Whip. Pour dressing over salad and toss; chill.

Yield: 8–10 servings	Fat: 5.7 gm
Calories: 80	Cholesterol: 7 mg
Protein: 1.3 gm	SFA: .76 gm
Carbohydrates: 7.1 gm	MUFA: .03 gm
Fiber: 1.2 gm	PUFA: 2.74 gm

CRUNCHY GREEN PEA SALAD

Bev Hill

1 cup thawed green peas
½ cup sliced celery
½ cup chopped cauliflower
2 Tbsp. diced green onion
1 Tbsp. sliced pimento
¼ cup sour cream

½ cup Hidden Valley Ranch dressing
⅛ tsp. Dijon mustard
1 cup torn lettuce
½ cup roasted cashews, macadamia nuts,
roasted peanuts, or sunflower seeds

Combine peas, lettuce, celery, cauliflower, onion, pimento and nuts. Mix together sour cream, dressing and mustard. Toss together.

Yield: 4–6 servings	Fat: 15 gm
Calories: 185	Cholesterol: 11 mg
Protein: 4.5 gm	SFA: 3.61 gm
Carbohydrates: 9.8 gm	MUFA: 5.86 gm
Fiber: 1.6 gm	PUFA: 4.83 gm

FESTIVE FRUIT SALAD

Cleo Cervantez

Combine in mixing bowl:

1 can (16 oz.) fruit cocktail and juice
1 can (20 oz.) pineapple tidbits and juice
1 can (8 oz.) mandarin oranges, drained

Pour 1 small package banana instant pudding over fruit and mix well.

Add:

2 bananas, sliced
1 cup miniature marshmallows

Yield: 6–8 servings	Fat: .3 gm
Calories: 152	Cholesterol: 0 mg
Protein: 1.1 gm	SFA: .07 gm
Carbohydrates: 38.9 gm	MUFA: .04 gm
Fiber: 2 gm	PUFA: .09 gm

FIESTA BEAN SALAD

Doris Trush

1 can (16 oz.) each: red kidney beans, yellow wax beans, green beans, garbanzo beans, rinsed and drained
1 large red onion, sliced
1 large green pepper, sliced
½ cup vinegar
½ cup oil
1 cup sugar
Salt and pepper to taste

Combine beans, onion and green pepper in a large bowl. Mix vinegar, oil and sugar. Pour over bean mixture and stir well. Season with salt and pepper. Marinate at least 3 hours in refrigerator.

Yield: 8–10 servings	Fat: 11.7 gm
Calories: 293	Cholesterol: 0 mg
Protein: 5.9 gm	SFA: 1.49 gm
Carbohydrates: 43.4 gm	MUFA: 2.78 gm
Fiber: 1.4 gm	PUFA: 6.8 gm

HOMEMADE SALAD DRESSING

Carla Staples

¾ cup sugar
½ cup water
½ cup white vinegar
¼ cup oil
¼ tsp. dry mustard
¼ tsp. prepared mustard
¼ tsp. salt
¼ tsp. pepper
Dash paprika, celery salt and garlic powder

Mix ingredients together and chill. Shake before using. Pour over salad greens and toss.

Yield: 16 servings (2 Tbsp.)	Fat: 3.4 gm
Calories: 67	Cholesterol: 0 mg
Protein: 0 gm	SFA: .43 gm
Carbohydrates: 9.7 gm	MUFA: .83 gm
Fiber: 0 gm	PUFA: 2.00 gm

HONEY BEE AMBROSIA

Judy Hagan

Combine in large bowl and gently mix:
3 medium oranges, peeled and cut into pieces
2 bananas, peeled and sliced
1 pint strawberries or any fruit in season

Heat in small saucepan to blend:
½ cup orange juice
¼ cup honey
2 Tbsp. lemon juice

Cool and pour mixture over fruit.

Optional: Sprinkle with ⅓ cup flaked coconut

Yield: 6–8 servings	Fat: .3 gm
Calories: 102	Cholesterol: 0 mg
Protein: 1.1 gm	SFA: .07 gm
Carbohydrates: 26 gm	MUFA: .04 gm
Fiber: 2.8 gm	PUFA: .11 gm

LENTIL CONFETTI SALAD

Peggy Okelberry

¼ lb. (½ cup) lentils
1½ cups water
1 tsp. salt
1 cup cooked rice
½ cup Italian dressing

½ cup tomatoes, diced
¼ cup chopped green pepper
2 Tbsp. chopped onion
Chopped parsley

Wash and drain lentils. Bring lentils and salted water to a boil. Simmer, covered, for about 20 minutes. Do not overcook—lentils should be tender with skin intact. Drain immediately. Combine with cooked rice, pour dressing over rice and lentils and refrigerate until cool. Add remaining ingredients except parsley; mix well. Garnish with parsley before serving.

Yield: 5 servings	Fat: 14.9 gm
Calories: 250	Cholesterol: 0 mg
Protein: 6.6 gm	SFA: 2.22 gm
Carbohydrates: 23.3 gm	MUFA: 6.31 gm
Fiber: 2.6 gm	PUFA: 5.61 gm

MARINATED VEGETABLE SALAD

Frances Hernandez

1 head broccoli, cut in florets
1 head cauliflower, cut in florets
1 cup carrots, sliced
1 small red onion, sliced
1 tomato, diced
1 cup non-fat Italian dressing

Optional: Avocado, marinated artichoke hearts, or any vegetable.

Mix all ingredients and allow to marinate in refrigerator several hours.

Yield: 6–8 servings	Fat: .3 gm
Calories: 44	Cholesterol: 0 mg
Protein: 1.8 gm	SFA: .04 gm
Carbohydrates: 9.7 gm	MUFA: .04 gm
Fiber: 1.4 gm	PUFA: .11 gm

MEXICALI CHEDDAR BEAN SALAD

Mary Twitchell

1 can (16 oz.) each: black beans, kidney beans and navy or great northern beans, rinsed, drained
1 small red pepper, chopped
¾ cup chunky salsa
½ cup green onion slices
6 oz. (1 ½ cups) reduced-fat mild Cheddar cheese, cut into strips

Mix together all ingredients except cheese; chill. Toss with cheese before serving.

Yield: 6–8 servings	Fat: 2.4 gm
Calories: 255	Cholesterol: 0 mg
Protein: 19 gm	SFA: .21 gm
Carbohydrates: 41.1 gm	MUFA: .08 gm
Fiber: 4.2 gm	PUFA: .42 gm

PINEAPPLE CHEESE SALAD

Becky Low

1 Tbsp. unflavored gelatin
¼ cup cold water
¾ cup sugar
1 cup crushed pineapple (drained—reserve juice)
1 cup grated cheese
1 cup evaporated skim milk, whipped and chilled

Soften gelatin in cold water. Add ½ cup pineapple juice drained from crushed pineapple and sugar. Heat over low heat until dissolved. Chill until syrup thickens. Add

crushed pineapple and grated cheese. Beat chilled evaporated milk until soft peaks form, fold into gelatin mixture. Spoon into mold, chill until firm.

Yield: 6–8 servings	Fat: 4.8 gm
Calories: 174	Cholesterol: 16 mg
Protein: 7 gm	SFA: 3.02 gm
Carbohydrates: 26.7 gm	MUFA: 1.35 gm
Fiber: .1 gm	PUFA: .15 gm

PISTACHIO PUDDING SALAD

Kay Miller

1 pkg. (3 oz.) instant pistachio pudding	2 cups miniature marshmallows
2 cups milk	1 (8 oz.) carton Cool Whip
1 cup crushed pineapple (drained)	¼ cup crushed nuts (optional)

Prepare pudding according to package directions. Fold in pineapple, marshmallows and Cool Whip. Top with nuts. Chill 2–3 hours.

Yield: 10–12 servings	Fat: 6.4 gm
Calories: 152	Cholesterol: 5.67 mg
Protein: 1.9 gm	SFA: 4.99 gm
Carbohydrates: 22.7 gm	MUFA: .31 gm
Fiber: .1 gm	PUFA: .2 gm

RICE SALAD

Sharlene Casey

1½ cups uncooked rice	1 can (6½ oz.) tuna, shrimp or crab
3 cups water	2 Tbsp. pimento, chopped
¼ tsp. salt	¼ cup green pepper, chopped
½ tsp. oil	¼ cup radishes, sliced
4 eggs, hard cooked	¼ cup black olives, sliced
1 pkg. (10 oz.) frozen peas	¼ cup stuffed green olives, sliced
2 stalks celery, chopped	2 small tomatoes, chopped
3 green onions, chopped	Mayonnaise

Season to taste with: seasoned salt, onion powder, garlic powder, celery seed, salt and pepper

Combine rice, water, salt and oil in saucepan. Bring to a boil; cover and reduce heat; simmer 20 minutes until rice is tender. Cool. Combine cooled rice and remaining salad ingredients. Moisten salad with mayonnaise and season to taste. Chill.

Yield: 15–20 servings	Fat: 10.5 gm
Calories: 180	Cholesterol: 61 mg
Protein: 6 gm	SFA: 1.74 gm
Carbohydrates: 15.4 gm	MUFA: 3.28 gm
Fiber: 1.1 gm	PUFA: 4.84 gm

SAUERKRAUT SALAD

JoAnn Barker

2 medium onions, finely chopped
1 small green pepper, finely chopped
½ cup chopped celery
½ cup Italian dressing
¾ cup sugar
½ cup vinegar
1 quart jar sauerkraut

Mix all ingredients and let stand in refrigerator overnight.

Yield: 12–16 servings	Fat: 4.7 gm
Calories: 98	Cholesterol: 0 mg
Protein: .9 gm	SFA: .71 gm
Carbohydrates: 14.2 gm	MUFA: 1.97 gm
Fiber: .9 gm	PUFA: 1.78 gm

SESAME BROCCOLI SALAD

Ching-Shiang Ho

1 Tbsp. sesame seeds
1½ lbs. broccoli, cut in florets
1 Tbsp. reduced-sodium soy sauce
2 Tbsp. rice vinegar or white wine vinegar
2 tsp. oriental sesame or peanut oil
1 tsp. honey

Preheat the oven to 325 °F. Spread the sesame seeds in a pie pan and bake, uncovered, shaking the pan frequently, until the seeds are golden. Set aside.

Bring 2 cups unsalted water to a boil in a large saucepan. Add the broccoli, cover and cook for 5 minutes or until tender and still crisp. Transfer drained broccoli to a serving dish.

Combine the soy sauce, vinegar, sesame oil and honey. Pour over the broccoli and toss well. Sprinkle with the sesame seeds and serve.

Yield: 4–6 servings	Fat: 2.6 gm
Calories: 59	Cholesterol: 0 mg
Protein: 3.8 gm	SFA: .42 gm
Carbohydrates: 7.7 gm	MUFA: 1.0 gm
Fiber: 1.5 gm	PUFA: 1.0 gm

SHRIMP SALAD

Sandra Sprague

1 head of lettuce
2 bunches of green onions
3 small or 2 large tomatoes
2 cans of tiny shrimp
½ to 1 cup Miracle Whip
Salt and pepper to taste

Yield: 10–12 servings	Fat: 5.1 gm
Calories: 83	Cholesterol: 36 mg
Protein: 5.3 gm	SFA: .80 gm
Carbohydrates: 4.2 gm	MUFA: 1.09 gm
Fiber: .8 gm	PUFA: 2.91 gm

SPAGHETTI SALAD

Sonja Hunsaker

1 pkg. (12 oz.) spaghetti	1 pkg. (3½ oz.) pepperoni, sliced
1 cup celery, chopped	5 Tbsp. *Salad Supreme
1 cup cucumber, chopped and partially peeled	1 bottle (16 oz.) fat-free Italian dressing
1 medium red Bermuda onion, chopped	1 large tomato, sliced

Break spaghetti into thirds and cook as directed on the package. Do not overcook. Drain spaghetti and rinse in cold water. Add celery, cucumber, onion, pepperoni, and Salad Supreme; toss with salad dressing. Marinate in refrigerator 6 to 8 hours. Toss occasionally to coat ingredients with dressing. Just before serving arrange tomato slices on top.

Yield: 10–12 servings	Fat: 4.1 gm
Calories: 172	Cholesterol: 0 mg
Protein: 5.8 gm	SFA: 1.4 gm
Carbohydrates: 27.4 gm	MUFA: 1.82 gm
Fiber: 1 gm	PUFA: .54 gm

*Salad Supreme is a seasoning mix by Schilling

SUMMER FRUIT SALAD

Cindy Higgs

1 pkg. Dream Whip	2 medium peaches, sliced
½ cup strawberries, halved	2 medium apples, sliced
1 cup raspberries	2 small bananas, sliced
½ cup seedless green grapes, halved	

Prepare Dream Whip according to package directions. Fold in all other ingredients and chill.

Yield: 8–10 servings	Fat: 1.9 gm
Calories: 87	Cholesterol: 1 mg
Protein: 1.1 gm	SFA: .137 gm
Carbohydrates: 18 gm	MUFA: .14 gm
Fiber: 3.2 gm	PUFA: .15 gm

TUNA IN TOMATOES

Karen Walker

6 cups water	2 Tbsp. minced onion
1 tsp. salt	½ cup mayonnaise-style salad dressing
1 Tbsp. vegetable oil	¼ cup plain yogurt
2 cups shell or elbow macaroni, cooked	2 Tbsp. lemon juice
1 can (7 oz.) water pack tuna, drained, flaked	¼ tsp. salt
½ cup minced celery	White pepper to taste
¼ cup chopped sweet pickle	6 medium tomatoes
¼ cup minced green pepper	6 lettuce leaves
½ cup cubed Swiss cheese	Parsley sprigs for garnish (optional)

Place cold macaroni in large salad bowl with tuna, celery, sweet pickle, green pepper, cheese and onion. Set aside. In a small bowl, combine mayonnaise style salad dressing, yogurt, lemon juice, ¼ teaspoon salt and pepper. Add tuna mixture. Toss to coat all ingredients. Chill. Place tomatoes stem-end down on lettuce leaves. Cut each tomato from top center down to about ¼ inch from the stem end, making six equal sections. Spread sections apart. Sprinkle with salt to taste. Fill with chilled tuna salad. Garnish with parsley sprigs.

Yield: 6 servings	Fat: 11.8 gm
Calories: 258	Cholesterol: 17 mg
Protein: 16.3 gm	SFA: 3.03 gm
Carbohydrates: 22.5 gm	MUFA: 1.4 gm
Fiber: 1.9 gm	PUFA: 4.68 gm

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