



*Let's Prepare and Eat . . .*

## VEGETABLE SALADS

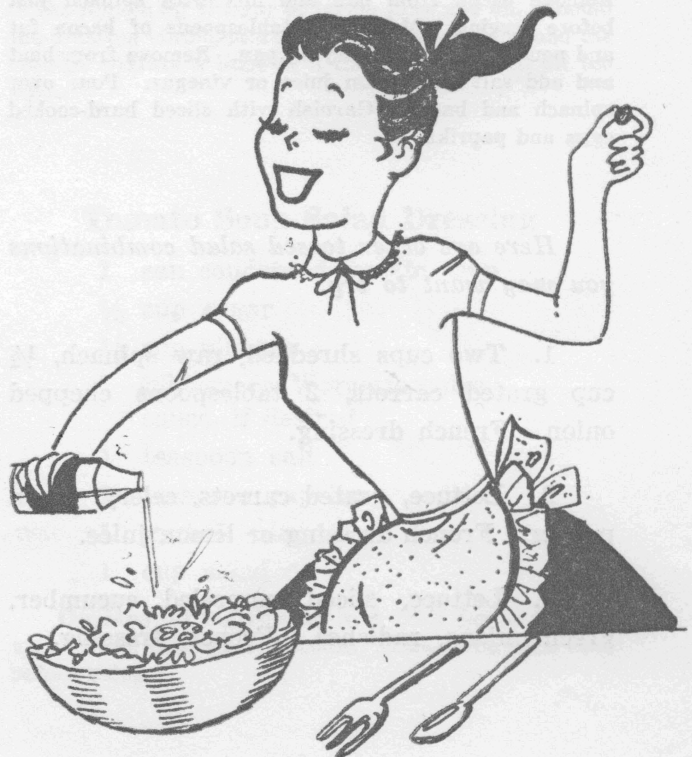
**V**EGETABLE SALADS taste good and are easy to make. Sometimes only one vegetable is used. Other times two or more vegetables may be put together for a salad. They may be served on individual salad plates, or they may be served at the table from a salad bowl. Eat vegetable salads to help you look and feel your best. They will give you many of the vitamins and minerals you need each day.

Remember these salad secrets that spell success:

1. Have all leafy vegetables fresh, clean, crisp, cold and dry.
2. Rub salad bowl with a cut clove of garlic for a hint of garlic flavor.
3. For crisper salads, tear greens into bite-size pieces. Cutting makes them wilt sooner.
4. Cut other vegetables into large enough pieces so that you can tell what they are.
5. Toss salad when mixing—do not stir. Run a fork down the sides of the salad bowl, and gently lift vegetables to the center of the bowl.
6. Combine or arrange salads just before serving for a fresh, crisp appearance.
7. Add dressing to fresh vegetable salads just before serving, or pass it separately at the table.
8. Make salads colorful.

### Vegetable Salad Bowls

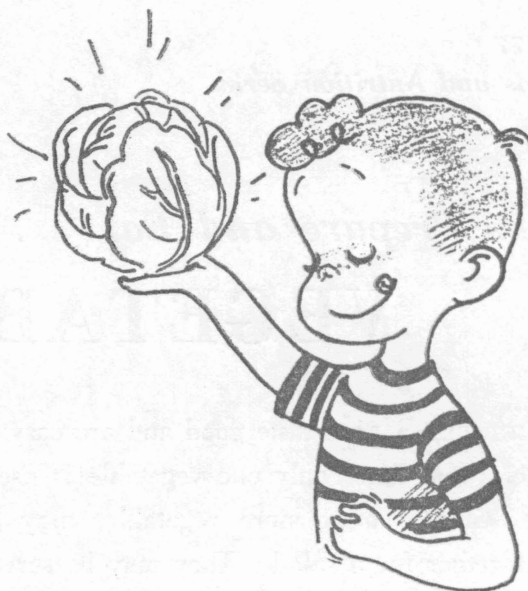
Tossed salad bowls are easy to prepare for everyday salad enjoyment. You can use many combinations to add variety. Many good tossed salads may be started with lettuce. Then add other fresh, uncooked vegetables in a variety of combinations. Try the combinations on the next pages for good tossed salads.



## Tossed Green Salad

- 1/2 head of lettuce
- 2 tablespoons sliced green onions
- 1/4 cup sliced radishes
- 1/3 cup chopped celery
- 2 tomatoes
- 1/4 cup French dressing

Break lettuce into salad bowl. Add onion, radishes and celery. Wash tomatoes and cut out stem end. Slice in wedges. Add to salad. Pour dressing over salad and toss.



## Spinach Salad

- 6 slices bacon
- 4 cups raw spinach (or 2 cups raw spinach and 2 cups leaf lettuce)
- 2 sliced green onions
- 3 tablespoons bacon fat
- 4 tablespoons lemon juice or vinegar
- 3/4 teaspoon salt
- 3 hard-cooked eggs
- Paprika

Cut bacon into 1 1/2-inch pieces and fry until crisp. Remove bacon from pan and mix with spinach just before serving. Measure 3 tablespoons of bacon fat and pour back into hot frying pan. Remove from heat and add salt and lemon juice or vinegar. Pour over spinach and bacon. Garnish with sliced hard-cooked eggs and paprika.

*Here are other tossed salad combinations you may want to try.*

1. Two cups shredded, raw spinach, 1/2 cup grated carrots, 2 tablespoons chopped onion. French dressing.
2. Lettuce, grated carrots, celery, green pepper. French dressing or lemon juice.
3. Lettuce, sliced, unpeeled cucumber, green onions, radishes. French dressing.

4. Lettuce, cauliflower, carrots, onion. Tomato soup dressing.

5. Shredded cabbage, unpeeled apples, peanuts. Mayonnaise or cooked salad dressing.

6. Cucumber, tomatoes, onion, green pepper. Tomato soup dressing.

7. Lettuce, spinach, parsley, celery, green onion, green pepper, hard-cooked eggs. French dressing.

## Cabbage Slaw

- 1 quart cabbage, finely shredded
- 1/2 cup green pepper, minced
- 1/4 cup diced sweet pickle, if desired
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 3 tablespoons vinegar
- 1/4 cup cream, sweet or sour
- 2 tablespoons prepared mustard
- Black pepper

Mix the cabbage with the green pepper and pickles. Combine the sugar, salt, vinegar, cream, mustard and pepper. Pour over the cabbage. Blend carefully, but well. Serve at once.

### Calico Slaw

- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon dry mustard
- 1/2 teaspoon grated onion
- 2 tablespoons sugar
- 2 tablespoons salad oil
- 1/3 cup vinegar
- 5 cups cabbage
- 1/4 cup chopped green pepper
- 1/4 cup grated carrots

Mix salt, pepper, mustard, onion, sugar, salad oil and vinegar in bottom of mixing bowl. Add cabbage, green pepper and carrots. Toss lightly with fork and spoon. Serve immediately. Six servings.

### Tomato Aspic

- 1 cup tomato juice
- 1 slice onion
- 2 whole cloves
- Bit of bay leaf
- 1/2 teaspoon salt
- 1 teaspoon sugar
- 2 teaspoons vinegar
- 1 tablespoon gelatin
- 1/2 cup cold water
- 1 tablespoon celery, chopped

Soak gelatin in cold water. Cook tomato juice and all seasonings slowly 15 minutes in a covered saucepan. Strain, add gelatin and stir until dissolved. Pour into one large mold or individual molds. Chill in the refrigerator until firm. Serve on lettuce leaves with salad dressing.

### Green Pea Salad

- 3 cups cooked or canned green peas
- 1/2 cup finely chopped sweet pickle
- 1/2 cup chopped celery
- 1/4 cup pimiento
- 2 hard-cooked eggs
- 1/2 cup mayonnaise

Toss chilled ingredients together lightly. Serve at once. Eight servings.

### French Dressing

- 1 teaspoon salt
- 1/2 teaspoon sugar
- 1/4 teaspoon paprika
- 1/4 teaspoon pepper
- 1/2 teaspoon dry mustard, if desired
- 1/4 cup vinegar or lemon juice
- 3/4 cup salad oil

Blend the dry ingredients in a jar. Add the vinegar or lemon juice and shake thoroughly. Add the oil and shake again. Always shake just before serving.

### Mayonnaise

- 1/2 teaspoon salt
- 1 teaspoon sugar
- 1/2 teaspoon dry mustard
- 1/4 teaspoon paprika
- 1 egg or 2 egg yolks
- 2 cups salad oil
- 3 tablespoons vinegar or lemon juice

Mix dry ingredients. Add to egg and beat well. Add one-half the vinegar or lemon juice gradually while beating. Add oil gradually, a teaspoon at a time, beating constantly. After about half the oil is in, it may be added more rapidly. Alternate the addition of the remaining vinegar or lemon juice and oil. Should the dressing curdle, start with another egg, and add the curdled mixture a little at a time, beating well all the while.

### Tomato Soup Salad Dressing

- 1 can condensed tomato soup
- 1/3 cup sugar
- 1/2 cup vinegar
- 1 tablespoon Worcestershire sauce, if desired
- 1 teaspoon salt
- 1 teaspoon paprika
- 1 grated onion
- 1 cup salad oil

Combine all ingredients in a fruit jar and shake well. Store in the refrigerator. Shake well each time before using.

## Cooked Salad Dressing

- 3/4 teaspoon salt
- 2 tablespoons flour
- 1 teaspoon dry mustard
- Few grains cayenne pepper
- 1 1/2 tablespoons sugar
- 2 egg yolks or 1 whole egg slightly beaten
- 3/4 cup milk
- 1/4 cup vinegar
- 2 tablespoons fat

Mix dry ingredients. Add to egg, mixing well. Add milk gradually, then vinegar very slowly. Cook over hot water, stirring until mixture thickens; add fat. Cool.

## This Tastes Good in Texas

### Dinner

- Roast Beef
- Baked Potato      Stewed Tomatoes
- Cabbage Slaw\*
- Butter or Margarine      Bread
- Peach Cobbler
- Milk

### Dinner or Supper

- Escalloped Ham and Potatoes
- Green Beans
- Tomato Aspic Salad\*
- Bread      Butter or Margarine
- Baked Apple
- Milk

### Supper

- Cream of Tomato Soup
- Green Pea Salad\*
- Cornbread Sticks      Butter or Margarine
- Cherry Pie
- Milk

### Dinner

- Fried Chicken      Gravy
- Buttered Carrots      Mashed Potatoes
- Tossed Green Salad with French Dressing\*
- Bread      Butter or Margarine
- Fresh Fruit      Cookies
- Milk

\*Recipes given in leaflet

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Cooperative Extension Work in Agriculture and Home Economics, The Texas A. & M. College System and United States Department of Agriculture cooperating. Distributed in furtherance of the Acts of Congress of May 8, 1914, as amended, and June 30, 1914.

15M—2-56, Revised