



*Let's Prepare and Eat . . . .*

## VEGETABLE SALADS

**V**EGETABLE SALADS add eye appeal and taste appeal to meals. The crispness of salads is a pleasant contrast to soft foods in the meal and their fresh flavor can be the highlight of the whole meal. To get the most from salads, choose fresh and high quality ingredients and prepare them with care.

Vegetable salads help you to look and feel your best because they give you vitamins and minerals that you need every day. When green and yellow vegetables are used in salads, they supply you with vitamin A, which is necessary to protect against night blindness, to help keep your skin smooth and soft and to help your body resist infection. Tomatoes, cabbage and raw green vegetables supply your body with vitamin C, which helps to keep tissues throughout the body in good condition. Other vegetables provide vitamins and minerals that help your body make better use of other nutrients.

Vegetable salads may be made of one vegetable, a combination of two or more vegetables or vegetables combined with fruits. Serve them on individual salad plates placed at the tip of the fork on the left side of the dinner plate, or at the table from a salad bowl by lifting the salad into individual salad bowls, onto salad plates or onto the dinner plate.

### *Tips for salad making:*

- Prepare vegetables just before the salad is to be combined and served. If stored a short time, store without dressing.
- Salad greens should be torn for crisp salads. Cutting makes them wilt sooner.
- Vegetables should be washed and chilled before using.
- Leafy vegetables should be well dried to prevent "watery" salads.
- Cut vegetables into large enough pieces to know what each vegetable is.

- When using several vegetables, cut the vegetables into various shapes.
- Make salads colorful.
- Use only enough dressing to lightly coat the vegetables.
- Do not stir vegetables when mixing. Toss them by running a fork down one side of the bowl and a spoon down the other side. Gently lift vegetable or vegetables to the center of the bowl.

### Tossed Vegetable Salads

Tossed vegetable salads are popular and easy to prepare. They usually are made by starting with torn lettuce, spinach or other salad greens and adding other ingredients. A combination of salad greens, one salad green or a combination of salad greens and other fresh or cooked vegetables or fruits makes a good salad.



## Tossed Green Salad

- 1 cucumber, sliced
- 1 bunch radishes, sliced
- ½ green pepper, cut in strips
- 2 tomatoes
- 2 cups salad greens
- ⅔ cup French dressing

Break lettuce into salad bowl. Add cucumber, radishes and green pepper. Wash tomatoes and cut out stem end. Cut into wedges and add to salad. Pour dressing over salad and toss.

## Cabbage Salad

- 3 cups shredded cabbage
- 2 carrots, diced
- 1 green pepper, cut in strips
- Salt to taste
- 1 medium onion, sliced
- French dressing
- Mayonnaise or cooked dressing

Combine vegetables in a salad bowl. Stir French and mayonnaise or cooked dressing together until creamy. Pour over vegetables, add salt and toss.

## Spinach Medley

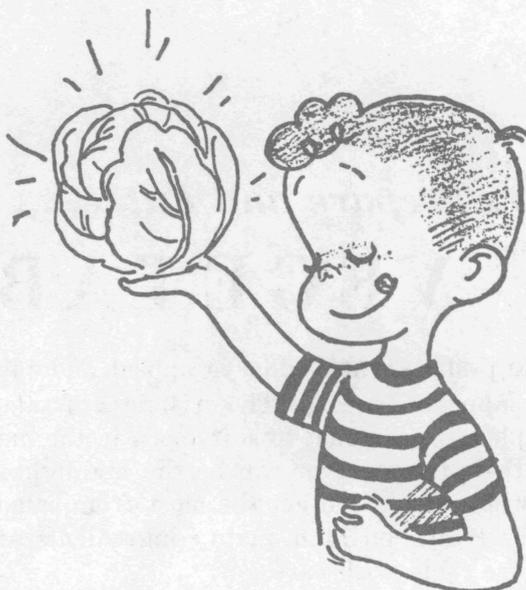
- ½ pound clean, raw spinach
- 1½ cups torn lettuce
- 1 cup grated carrots
- ¼ cup chopped green onions
- ½ cup sliced radishes
- ½ cup oil and vinegar dressing
- ½ teaspoon salt

Have vegetables cold and crisp. Cut spinach into shreds. Add torn lettuce, carrots, onions, radishes and sprinkle with salt. Pour on dressing, toss lightly and serve at once.

*Try these combinations for other tossed salads:*

Cauliflower separated into flowers, radishes, carrots, lettuce and onions with French dressing.

Lettuce, green onions, radishes, carrots, green peppers with French dressing.



Cabbage, tomatoes, cucumber with French or cooked salad dressing.

Red cabbage, onions, peanuts with mayonnaise.

Spinach, celery, onion rings with French dressing.

Lettuce, diced celery, chopped green pepper and carrot rings with French dressing.

Shredded cabbage with sliced apple or pineapple chunks with mayonnaise.

## Individual Salads

### Beet and Pea Salad

- 2 cups diced or sliced cooked beets
- 1 cup cooked English peas
- 1 medium onion separated into rings
- ⅓ cup French dressing or mayonnaise
- Lettuce

Combine chilled beets, peas and onion rings with French dressing or mayonnaise. Serve at once on lettuce leaves.

### Green Bean Salad

- 1 No. 303 can green beans or ½ pound fresh green beans
- ¼ cup sliced onion, dry or green
- 1 cup diced celery

- ½ cup sliced radishes
- ½ teaspoon salt
- ½ cup French dressing
- Lettuce

If fresh beans are used, wash and cut into 1-inch lengths. Cook in salted water until tender, about 20 minutes. Drain beans and chill. If canned beans are used, chill and drain. Combine vegetables, sprinkle with salt, add dressing and toss. Serve on lettuce leaves.

### Crisp Molded Vegetable Salad

- 1 envelope unflavored gelatin
- ¼ cup cold water
- 1 cup hot water
- 1 tablespoon sugar
- 1 teaspoon salt
- 2 tablespoons lemon juice
- ¼ cup vinegar
- 1 large carrot
- 1 small onion
- ⅓ medium cucumber
- 2 stalks celery
- ¼ green pepper

Soften gelatin by sprinkling over cold water. Add hot water, sugar, salt, lemon juice and vinegar. Stir until clear. Place in refrigerator to cool and thicken. Slice carrots into thin rounds, onions into thin rings, unpeeled cucumber into paper-thin slices and celery and pepper into thin strips. When gelatin mixture is syrup-like, fold in vegetables. Pour into mold and chill until firm. Dip mold quickly into bowl of warm water to loosen salad. Turn out on a serving plate. Garnish with salad greens and serve with French dressing or mayonnaise.

### Carrots, Cabbage and Raisin Salad

- 2 cups shredded crisp cabbage
- 1 cup shredded carrots
- ½ cup seedless raisins
- ½ cup mayonnaise
- 1 teaspoon salt
- 1 teaspoon sugar
- 2 teaspoons lemon juice

Blend mayonnaise with salt, sugar and lemon juice. Combine with cabbage, carrots and raisins and toss. Serve at once on lettuce leaves.

## Salad Dressings

### French Dressing

- 1 teaspoon salt
- ½ teaspoon sugar
- ¼ teaspoon paprika
- ¼ teaspoon pepper
- ½ teaspoon dry mustard, if desired
- ¼ cup vinegar or lemon juice
- ¾ cup salad oil

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

### Mayonnaise

- ½ teaspoon salt
- 1 teaspoon sugar
- ½ teaspoon dry mustard
- ¼ 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 ½ 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, the rest 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.

### Oil and Vinegar Dressing

- ½ teaspoon salt
- ½ teaspoon sugar
- ½ cup salad oil
- 5 tablespoons vinegar
- ⅛ teaspoon garlic salt
- ⅓ teaspoon celery seed

Measure all ingredients into a jar. Shake. Drizzle the dressing over salad and toss lightly. May be stored in the refrigerator. Shake before using.

### Cooked Salad Dressing

- ¾ teaspoon salt
- 2 tablespoons flour
- 1 teaspoon dry mustard
- Few grains cayenne pepper
- 1½ tablespoons sugar

2 egg yolks or 1 whole egg, slightly beaten  
¾ cup milk  
¼ cup vinegar  
2 tablespoons fat

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

## This Tastes Good in Texas

### *Dinner*

Veal Cutlets      Gravy  
Mashed Potatoes      String Beans  
Crisp Molded Vegetable Salad\*  
Rolls      Butter or Margarine  
Ice Cream with Crushed Fruit Topping  
Milk

### *Dinner or Supper*

Macaroni and Cheese  
Green Lima Beans  
Tossed Vegetable Salad\*  
Corn Bread      Butter or Margarine  
Baked Apples  
Milk

### *Supper*

Hot Roast Beef Sandwiches  
Shoestring Potatoes  
Beet and Pea Salad\*  
Cherry Crisp  
Milk

### *Dinner*

Roast Pork  
Baked Sweet Potatoes  
Spinach Medley Salad\*  
Bread      Butter or Margarine  
Chocolate Cake  
Milk

\*Recipes given in leaflet.

## Do This at Home

If you are carrying a demonstration in foods and nutrition, do these things at home before the next club meeting:

1. Prepare two vegetable salads using any recipe you would like to try.

2. Prepare a salad dressing using one of the recipes in this leaflet.

3. Plan and prepare or help your mother plan and prepare two meals containing vegetable salads. Set the table when these meals are served.

*Prepared by*

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