

Molded Fruit Salad

1 Tbl. GELATIN
2 Tbl. WATER
4 Tbl. SUGAR
2 Tbl. VINEGAR
2 Tbl. MILK
2 Tbl. BUTTER
1 c. WHIPPED CREAM
2 c. CHERRIES
2 c. PINEAPPLE
1 c. ORANGE sections
1 c. MARSHMALLOWS
GRAPES or PEARS optional.

Let GELATIN and WATER dissolve and set aside. Cook SUGAR, VINEGAR, and MILK in double boiler until thick. Remove from fire and add BUTTER. Add GELATIN mixture. Mix well. When cool add WHIPPED CREAM. Add CHERRIES, PINEAPPLE, ORANGE, and MARSHMALLOWS. Put in mold and let stand overnight.

Waldorf Tuna Salad

2 cans (6 oz. each) light water-packed TUNA, drained and flaked
1 large red APPLE, chopped
1/3 cup chopped CELERY
1/3 cup RAISINS
1/3 cup chopped DATES
1/4 cup chopped WALNUTS
1/2 cup fat-free plain YOGURT
1/4 cup reduced-fat MAYONNAISE
4 LETTUCE leaves
1/4 cup shredded reduced-fat MONTEREY JACK CHEESE (optional)

In a large bowl, combine the TUNA, APPLES, CELERY, RAISINS, DATES, and WALNUTS. Combine YOGURT and MAYONNAISE. Add to TUNA mixture and toss to coat. SERVE on LETTUCE-lined plates. Sprinkle with CHEESE.

Sweet Spinach Salad

1 bag (10 oz.) SPINACH
2 cups COLE SLAW (from the bag without the slaw dressing)
½ cup finely chopped RED ONION (optional)
1 cup ALMOND SLICES (honey roasted)
HONEY DIJON SALAD DRESSING

Chop up SPINACH into smaller pieces. Add COLE SLAW, ONION, ALMONDS and toss with dressing.

Mediterranean Rice Salad

1 box Near East Chicken and Herb RICE
1 large CUCUMBER
1 GREEN BELL PEPPER
1 RED BELL PEPPER (or yellow or orange)
1 medium RED ONION
¼ cup PARSLEY
FETA CHEESE to taste
EXTRA VIRGIN OLIVE OIL to taste
BALSAMIC VINEGAR to taste
BLACK PEPPER to taste
DRIED BASIL to taste

Prepare RICE according to directions. (I like the chicken and herb whole grain rice, but I have also made this dish with walnut and garlic rice for vegetarians. Use whatever you like.) Chop VEGGIES and ONION. Combine OLIVE OIL, BALSAMIC VINEGAR, BLACK PEPPER, and dried BASIL (or any combination of dried herbs that you like) in a small bowl and whisk. Pour over veggies. You do not need much, just enough to lightly coat the veggies. When rice is done cooking let it cool thoroughly. Once it's cool, combine with veggies, FETA CHEESE, and PARSLEY.

Best served at room temperature.

Pepperoni Pizza Salad

10 PLUM TOMATOES, chopped
3 GREEN PEPPERS, cut into 1-inch pieces
2 cups (8 oz.) shredded MOZZARELLA CHEESE
1 package (3 ½ oz.) sliced PEPPERONI
1 can (2 ¼ oz) sliced ripe OLIVES, drained
¼ cup chopped ONION
1/3 cup TOMATO JUICE
¼ cup RED WINE VINEGAR or CIDER VINEGAR
¼ cup OLIVE OIL or VEGETABLE OIL
1 clove GARLIC, minced
½ tsp. dried BASIL
¼ tsp PEPPER
¾ cup seasoned CROUTONS

In a large bowl, combine the TOMATOES, GREEN PEPPERS, CHEESE, PEPPERONI, OLIVES and ONION. In a small bowl, combine the TOMATO JUICE, VINEGAR, OIL, GARLIC, BASIL and PEPPER. Mix well. Pour over tomato mixture and toss to coat. Cover and refrigerate for several hours. Just before serving, sprinkle with CROUTONS.