

Brianne and Paul's  
Rehearsal Party  
Salad Book

Potato Salads: Eldrbarry's improvised Potato Salad  
Dill Potato Salad  
Deviled Potato Salad  
Sweet and Sour Potato Salad  
Red, White and Blue Potato Salad  
Sweet Potato Salad

Cole Slaws: Marianne's Cole Slaw  
Chuckanut Broccoli Salad  
Red Cabbage, Cranberry and Apple Salad  
SCSI's Oriental Chicken Salad

Carrot Salads: Marianne's Carrot-Raisin Salad  
Carrot Ambrosia Salad  
Carrot Pineapple Jello Salad  
Helen Graham's Musical Salad

Fruit Salads: Hawaiian Fruit Salad  
Ann Gaston's Frozen Fruit Salad  
Waldorf Salad

Green's Salads: Taylor's Landing Spinach Salad  
Poppy Seed Salad  
Friar Joes' Californian Salad  
California Taco Salad  
Brown Derby Cobb Salad  
Crab Louie

Other Salads: Pasta Salad with Smoked Salmon  
Navy Bean Salad  
7 Bean Salad  
Hungarian Cucumber Salad  
Hungarian Flag Salad  
Pickett's Pea Salad  
Italian Pasta Salad

Recipes compiled by Eldrbarry  
(The Groom's Father and the host of the party)



Vasona Lake Park, Los Gatos, Ca.  
August 11<sup>th</sup>, 2006



### Thousand Island Dressing (1)

1 c. mayonnaise 1 stalk celery, chopped very fine  
1 sm. onion, chopped very fine 2-3 Tbsp. ketchup  
2 lg. hard boiled eggs, chopped

- Mix all ingredients together. Yields approximately 2 cups. May add a small amount of chopped parsley if desired.

### Thousand Island Dressing (11)

1/2 c. mayonnaise 1/4 c. chili sauce or catsup  
1 hard cooked egg, finely chopped 1 Tbsp. finely chopped green pepper  
2 Tbsp. chopped celery 1 tsp Worcestershire sauce Salt 1 tsp. Paprika  
Optional ingredients: Drained pickled relish, Finely chopped onion & pimento  
Or 8 finely chopped stuffed Olives

- Mix together well and refrigerate.

### Ranch Dressing

- mix the following until smooth:

1 c. mayonnaise 1/2 c. sour cream 1 tsp. garlic powder  
1 tsp. dill weed 1/4 c. milk 1 Tbsp. Parsley 1 tsp. onion powder  
1/4 tsp. Accent 1/8 tsp. pepper

Option: 1/4 cup buttermilk may be used instead.

Or add 1/2 cup of crumbled blue cheese

### Ranch Salad Dressing Mix

3 Tbsp. Salt 3 Tbsp. dry parsley 2 Tbsp. Accent 2 Tbsp. onion powder  
1 Tbsp. black pepper 2 tsp. garlic powder

- Mix together and store in a tightly covered jar. Mix 2 tablespoons of mix with a cup each of buttermilk and mayonnaise.

### Friar Joes' California Dressing

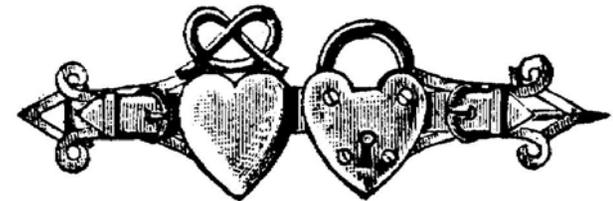
1/4 c. salad oil, 1 Tbsp. Sugar, 2 Tbsp. wine vinegar, 2 tsp. parsley, minced,  
1/2 tsp. garlic salt 1/2 tsp. seasoned salt, 1/4 tsp. oregano leaves  
1/8 tsp. seasoned pepper

- Mix. Stir and pour over salad immediately before serving, don't toss!

### Sweet Sour Potato Salad

8 potatoes 1 stalk celery, diced 2 hard-cooked eggs, sliced  
1 onion, minced 3 sweet-sour pickles, diced  
Several red radishes, sliced and quartered  
1 tablespoon minced parsley 4 slices bacon, diced  
2 eggs, well beaten 1 cup sugar 1/4 teaspoon dry mustard  
1/2 teaspoon salt 1/4 teaspoon pepper  
1/2 cup vinegar, diluted with 1/2 cup cold water

- Boil potatoes. When tender, peel and dice. Add celery, hard-cooked eggs, onion, pickle, radishes and parsley. Fry bacon until crisp, and remove. Beat eggs, add sugar, spices and diluted vinegar. Mix well. Pour egg mixture into the hot bacon fat and cook, stirring constantly, until thickened (about 10 minutes). Pour over potato mixture and mix lightly. Serves 6



### Red White and Blue Savory Potato Salad

6 Large red potatoes, unpeeled  
6 slices maple smoked bacon (Reserve 2 T bacon drippings for dressing)  
4 hard cooked eggs  
4 small green onions thinly sliced (white and light green part only)  
1/2 cup blue cheese crumbles (4 oz package)

- Cook potatoes, while still warm cut into small chunks Layer 1/3 of potatoes, eggs, onions Top with Dressing Repeat layering two more times Top with crumbled bacon and blue cheese

Dressing : 1 1/2 cups Mayonnaise 1/3 cup minced bread and butter pickles 1 T  
cider vinegar 2 T bacon drippings 1/4 cup celery seed 1/4 t Tabasco seasoning  
1/2 t salt Stir and mix thoroughly – thin with pickle juice if necessary

## Marianne's Cole Slaw

1/2 head of green cabbage, cored and shredded  
2 large carrots, peeled and shredded a little Sugar  
1 cup of mayonnaise 1 TTbs lemon Juice  
1 Tbs Celery Seed, 1 Tbs Poppy Seed salt and black pepper, to taste  
Shake of paprika to garnish

- Grate or Shred cabbage and carrots Place in a bowl. Sprinkle with sugar and toss. Whisk the mayonnaise and lemon juice together in a medium-size bowl with seeds and salt and pepper. Pour over the vegetables. Toss and Top with paprika. Serve right away.
- Option: for more color use red cabbage as well as green.

## Chuckanut Broccoli Salad

4 c Raw broccoli; chopped in 1/2" pieces (1 large crown)  
1 med red Onion; diced (optional)  
1 handful Dried Cranberries  
1 handful coarsely chopped walnuts  
1 cup Mushrooms; sliced (opt)  
4 slices Bacon; cooked, then crumbled or 1/3 cup bacon bits  
Dressing: 1/2 cup light mayonnaise, 1/2 cup sour cream, 3 Tbs. sugar  
1 Tbs. white vinegar 1 Tb Dijon Mustard touch of salt & pepper

- Combine the first 6 ingredients in a large bowl and toss. Combine mayonnaise and remaining ingredients, stirring with a whisk. Pour dressing over broccoli mixture, and toss well. Chill for 1 hour.

## Pickett's Pea Salad

1 pkg. thawed peas  
1 c. chopped celery                      Mix and season  
1/2 c. chopped green onions  
1 c. sour cream  
1/2 c. chopped bacon  
1/2 c. chopped cashews                  Add at end

- A good potluck salad.

## Western Style Salad Dressing (2)

1/2 c. white sugar 1/2 c. sweet pickle juice 1 clove garlic, minced 1/2 tsp.  
dried chives, crumbled 1/2 c. salad oil 1/2 c. ketchup 1/2 tsp. Salt 1/4 tsp.  
celery seed, crushed

- Mix all ingredients either in a blender and blend for 2 minutes, or using a mixing bowl and a hand mixer for 4 minutes. Shake well before using.

Catalina: add 1/4 more oil and blend in blender.

French: add 1/2 cup mayonnaise, 1/4 cup fresh parsley and blend in blender.

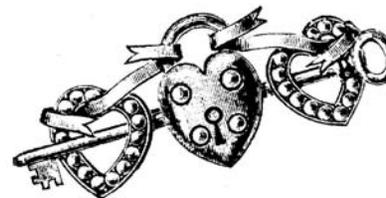
Poppy Seed Dressing best for Green Salads with fruits and nuts, or with grapefruit, avocado and apple slices on a crisp bed of Romaine lettuce.  
3/4 cup cider vinegar, 2/3 cup honey, 1 med onion, 3 Tbs prepared mustard, 3 Tbs poppy seeds. 1/2 tsp salt, dash of pepper

- Toss and refrigerate salad in bowl. Blend dressing without poppy seeds in blender till smooth, then stir in poppy seeds. Or combine in a screw top jar and shake well. Store in refrigerator.

## Sesame Seed Dressing:

1 Tbs toasted Sesame Seeds, 1 Tbs chopped fresh or 1 tsp dried tarragon, 1 Tbs extra virgin Olive Oil, 1 Tbs balsamic vinegar, 1/2 tsp paprika, 1/8 tsp salt, 1/8 tsp black pepper.

- Mix well with a whisk, cover and chill. May be combined with chopped roasted chicken breast meat – chill together 1 hour and serve over gourmet salad greens.



# Salad Dressings

## Green Goddess (1)

(This creamy, herby dressing was invented at the historic Palace Hotel in San Francisco in the 1920's in honor of William Archer's hit play The Green Goddess.)

1 cup Mayonnaise 1/2 cup sour cream 1/4 cup snipped fresh chives or minced scallions 1/4 cup minced fresh parsley 1 tablespoon fresh lemon juice 1 tablespoon white wine vinegar salt and freshly ground pepper to taste

- Stir all the ingredients together in a small bowl until well blended. Taste and adjust the seasonings. Use immediately or cover and refrigerate.

## Green Goddess (2)

1/2 c. buttermilk 6 Tbsp. low-calorie mayonnaise 1/4 c. water 1 Tbsp. Vinegar 1/3 c. minced fresh parsley 3 Tbsp. grated Parmesan cheese Salt & pepper to taste Dash of Tabasco

- Combine all ingredients well in blender or food processor

## Taylor's Landing Honey-Mustard Dressing:

1/2 c. honey 3/4 t. curry powder 1 1/4 t. each salt and dry mustard 1 T. minced onion 1/2 c. tarragon vinegar scant cup (.8) oil

- In med. bowl. blend together honey, vinegar, salt, mustard, curry and onion; slowly beat in oil. Makes about 1 pint

## Western Style Salad Dressing (1)

1/4 c. catsup 1/4 c. oil 1/4 c. cider vinegar 6 Tbsp. Sugar 1/4 tsp. garlic salt 1/4 tsp. celery salt

- Combine and shake well. Store covered in refrigerator. Yield: 1 cup.

## Red Cabbage, Cranberry, and Apple Slaw

The slaw should marinate in the refrigerator for a couple of hours, allowing the vinaigrette to permeate the cabbage and plump the cranberries. Stir in apples just before serving to keep them bright.

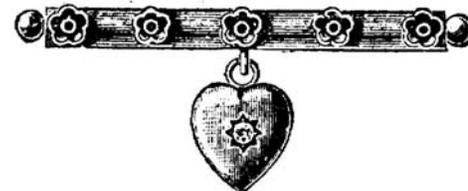
5 cups thinly sliced red cabbage (about 1 1/2 pounds)  
1/2 cup dried cranberries 1/3 cup rice vinegar  
1/3 cup sugar 2 tablespoons white wine vinegar  
2 teaspoons olive oil 3/4 teaspoon salt  
1/2 teaspoon freshly ground black pepper  
2 1/4 cups thinly sliced Granny Smith apple  
1/4 cup chopped pecans, toasted

- Combine cabbage and cranberries in a large bowl. Combine vinegar and next 5 ingredients (vinegar through pepper), stirring with a whisk; drizzle over cabbage mixture, tossing gently to coat. Cover and chill 2 hours. Add apple, and toss well to combine. Sprinkle with pecans.

## SCSI's Oriental Chicken Salad

1 head of cabbage (shredded) or prepared slaw mix  
1 cup slivered almonds 3 Tbs. sesame seeds  
2 bunch green onions (chopped) 2 cup cooked chicken (chopped)  
2-3 oz. pkg. Top Ramen Chicken Flavored Noodles  
DRESSING: Top Ramen Chicken Seasoning 1/2 cup sugar  
1/4 cup tarragon vinegar 1/4 cup vegetable oil 1/2 tsp. Pepper  
2 Tbs. soy sauce

- Toast almonds and sesame seeds in skillet with no-stick spray until golden brown. Break noodles into small pieces. DO NOT ADD SEASONING PACKET. Reserve for use in the dressing. Mix cabbage (or slaw mix), cooked chicken, green onions, noodles, and toasted almonds and seeds. Toss well. Chill until serving.



## Hungarian Flag Salad

3 or 4 large juicy fresh tomatoes

a couple of cucumbers peeled, and thin sliced

A couple of green peppers seeded and chopped or sliced

1/8 cup of chopped Italian parsley -OR- 1 tsp. of minced fresh dill

1 small peeled onion sliced thin or a bunch of chives snipped

Dressing: 1 garlic clove minced 3 Tbs. of vinegar or dry white wine

1 tsp. sugar 6 Tbs. Of Olive oil 4 oz Goat or Feta Cheese

Parsley for Garnish Salt and pepper (to taste)

- Slice the tomatoes and place in salad bowl. Peel cucumbers, score lengthwise and slice. Chop the seeded green peppers. Add the chopped parsley or dill, sliced onion or chives, and toss together. Season with salt Add to a bowl the garlic, wine or vinegar, sugar and Olive oil and whisk into a thick dressing then toss it with the vegetables. Sprinkle on the goat cheese and Toss again, taste and adjust seasoning by adding salt and pepper if needed. Refrigerate for several hours allowing the salad to mingle flavors

## Hungarian Cucumber Salad

2 lrg. waxed cucumbers - sliced thin 2 tsp. salt

3 Tbs. apple cider vinegar OR distilled white vinegar

1 1/2 tsp. granulated sugar 1/4 tsp. paprika

1/4 tsp. white pepper 1 clove garlic - minced

1 med. white onion – chopped

1 cup sour cream and buttermilk - low-fat okay,

paprika - for garnish

- Sprinkle cucumber slices with salt, stir to coat, and refrigerate for 1 hour. Mix vinegar, sugar, paprika, white pepper, and garlic; set aside. Squeeze liquid from cucumbers and discard liquid. Fold vinegar mixture, onions, and sour cream into cucumbers. Sprinkle additional paprika over top and refrigerate for 1 - 2 hours

## 7 Bean Salad

2 cans green beans 1 can wax beans 1 can red kidney beans

1 pinto beans or navy beans 1 black eyed peas 1 garbanzo beans

1 can baby lima beans 1 med. diced onion 1/2 med. green pepper, diced

Dressing: 3/4 c. sugar 3/4 c. vinegar 1/2 c. salad oil 1 1/4 tsp. salt

1/2 tsp. Pepper – Whisk together.

- Drain the following cans of beans: Combine beans. To beans add Dressing and let beans marinate for several hours before serving. 7 Bean Salad will keep for weeks in the refrigerator.

## Graham's Musical Salad

1 pkg lemon Jello 1 cup hot water 1 cup Miracle Whip (Not Mayonnaise)

1 glass jar Kraft pimento cream cheese spread

- Mix together and Chill till partially thickened

Add: 1 cup grated carrots 1/4 cup diced green pepper (opt)

2 tsp grated green onions 1 can tiny shrimp, drained

1 small can crushed pineapple drained.

- Chill. Cut in squares and serve with tsp of Mayo on top of each serving



## Waldorf Salad

2 c. diced apples 1 Tbsp. Sugar 1/2 tsp. lemon juice Dash of salt  
1 c. coarsely chopped celery 1/2 c. chopped walnuts  
1/4 c. mayonnaise 1/2 c. whipping cream, whipped  
1 c. mini marshmallows (optional)  
1 13 oz can pineapple chunks, drained (optional)

- Combine sugar, lemon juice and salt. Add apples, celery and walnuts. Fold mayonnaise into whipped cream. Fold gently into apple mixture. Chill. Serve in lettuce lined bowl.

**Tangy Waldorf Dressing:** 2 eggs 2 Tbsp. lemon juice 1/4 c. sugar  
1/4 c. pineapple juice Beat eggs, add juice, sugar and pineapple juice. Cook, stirring constantly until thick. Cool, add 1/2 c. sour cream, and mix with salad.

## Carrot Pineapple Jello Salad

2 pkgs. Jello: orange, lime or lemon 1 1/2 c. coarsely grated raw carrots  
3 c. hot water 2 1/2 c. cold water (and pineapple juice)  
1 sm. can crushed pineapple, drained

- Follow directions on Jello box. Wait until almost set and stir in carrots and pineapple. Pour into 9 x 13 " pan. Let set
- Option: blend in 2 cups of whipping cream (not whipped) before adding carrots and pineapple.

## Church Potluck Layered Salad

1 medium head of iceberg lettuce, shredded – spread in bowl or dish

- Layer on top in order given:

1/2 c thin sliced onion, 1 c thin sliced celery, 1 8 oz can water chestnuts, sliced  
1 10 oz pkg frozen peas 2 cups mayonnaise 2 tsp sugar 1/2 cup Parmesan cheese, 1 tsp seasoning salt, 1/4 tsp garlic powder, grated cheddar cheese

- Let sit overnight in refrigerator

Top with cooked, diced bacon bits and chopped black olives just before serving.

## Poppy Seed Salad

4 cups torn lettuce 4 cups torn spinach  
4 cups shredded red cabbage 1 11 oz can mandarin orange sections drained  
12 – 15 strawberries quartered 1 1/2 cups  
1/2 red onion sliced and separated into rings (1/2 cup)

- Toss together with Poppy Seed Dressing (See Dressings)

Alternate; Add 2 cups diced roasted chicken breasts;  
Or replace the Oranges with 1/3 cup chopped celery  
and 1/4 cup golden raisins



## Marianne's Carrot Raisin Salad

2 cups grated raw carrot, 1/2 c. raisins, 2 Tbsp. lemon juice , 1 c. diced celery  
Dress with Miracle Whip or Mayonnaise, perhaps diluted with a little milk.

- Mix carrots, raisins, lemon juice, celery, and nuts. Toss lightly with salad dressing,

Options add 1/4 c. chopped Spanish peanuts, walnuts, or toasted slivered Almonds; and / or 1 1/2 c. miniature marshmallows

## Carrot Ambrosia Salad

1 3/4 c. carrots, shredded 1/2 c. pineapple tidbits 1/4 c. raisins  
1/2 c. miniature marshmallows 1/4 c. salad dressing  
1/4 c. sour cream 1/2 c. whipped cream

- Mix carrots, pineapple, raisins, marshmallows. Fold together salad dressing, sour cream and whipped cream. Fold dressing mixture into fruit and vegetable mixture and chill. Shredded coconut can be added if desired.

## Hawaiian Fruit Salad

1 (16 oz.) can cubed pineapple or Tidbits 1 can mandarin oranges  
1 c. miniature marshmallows 1/2 c. shredded coconut  
1 or 2 bananas sliced 1 1/2 cups sliced fresh strawberries (Opt)  
2 c. grapes, cut in half (Opt)  
1 1/4 cups pina colada-flavored or vanilla yogurt  
1/4 to 1/2 teaspoon coconut or vanilla extract (opt)

- Combine the pineapple chunks, oranges, strawberries and grapes. Combine the yogurt, 1/4 cup coconut and extract; spoon over fruit and toss gently. Sprinkle with remaining coconut. Chill 3 hours. Yield: 6 servings

## Ann's Frozen Fruit Salad

8 Oz Philadelphia Cream Cheese  
1/4 Cup Salad Dressing (Mayo)  
1/2 lb Marshmallows (cut up)  
Cut up Cans of Peaches, Pears, and Pineapple Chunks, drained  
Maraschino Cherries (Small Bottle) (save some for top)  
1/2 Pint Whipping cream

- Blend Cream Cheese and Salad Dressing & fold in fruit and Marshmallows. Fold in Whipped Cream last. Put in Rectangular Glass Baking dish and freeze.

## Pasta Salad with Smoked Salmon

Substitute leftover cooked salmon for the sliced smoked salmon, if you prefer.

3 cups uncooked farfalle (bow tie pasta)  
2 cups cherry tomatoes, halved  
1/4 cup chopped fresh dill  
1 (6-ounce) bag baby spinach  
1 teaspoon grated lemon rind  
2 tablespoons fresh lemon juice  
2 tablespoons cold water  
1 1/2 tablespoons extra-virgin olive oil  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
4 ounces (about 8 slices) smoked salmon, cut into thin strips

- Cook pasta according to package directions, omitting salt and fat. Drain and rinse with cold water; drain.
- Combine pasta, tomatoes, dill, and spinach in a large bowl, tossing gently to combine.
- Combine lemon rind and next 5 ingredients (lemon rind through pepper) in a small bowl, stirring with a whisk. Drizzle over pasta mixture; toss gently to coat. Top with salmon.

## Crab Louie

Tear a bowlful of butter and leaf lettuce, endive, and chopped Romaine lettuce  
Toss in some chopped green onion, chopped celery, and chopped red or yellow sweet pepper, or diced zucchini

- Arrange the lettuce mixture on Individual serving plates  
Top each with thin slices of cucumber, hard boiled egg slices, cherry tomatoes or quartered plum tomato wedges, and sliced black Olives. Top each with 1/2 cup of shredded crab meat (Imitation crab ok) Add a couple of slices of lemon
- Serve with Thousand Island or Catalina Dressing



## Taylor's Landing Spinach Salad

(A restaurant that used to be at Mukilteo, Washington)

- 1 bunch spinach, washed well, drained
- 1 oz. Monterey jack cheese, grated
- 1 oz. slivered almonds
- 4 slices or wedged tomatoes
- 2 oz. bacon bits
- 1 hard boiled egg, peeled and chopped
- 2 oz. fresh shrimp

- Prepare Honey Mustard dressing (See Dressings) ; cover and refrigerate to allow flavors to develop. Place spinach on plate; garnish with remaining ingredients and top with dressing.

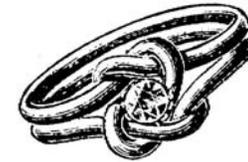
## Navy Bean Salad

- 1 can navy beans, drained    2 tablespoons wine vinegar
  - 2 cups celery    1 cup green onions    3 whole pimentos
  - Cayenne or Tabasco    1 teaspoon dried dill    Mayonnaise
- Directions: Mix and chill several hours

## Sweet Potato Salad

- 3 lbs Sweet Potatoes, peeled and cut into ½" cubes
- ¼ tsp Salt    1 ½ cups Sour Cream    2/3 cup Mayonnaise
- 2 Tbs Crystallized ginger, chopped    2 tsp grated Orange Peel
- 1 20 oz can Crushed Pineapple, well drained
- 4 stalks Celery, Sliced    1 cup walnuts    1 cup raisins

- Boil Sweet Potatoes and Salt 10 –15 mins till tender, drain and cool  
Beat together till creamy the Sour Cream, Mayonnaise, ginger and Orange peel. Fold together gently the potatoes, pineapple, celery, walnuts and raisins. Gradually add the Mayonnaise mixture – avoid mashing the potatoes. Cover and chill 12- 24 hours.



## Italian Pasta Salad

- 8 oz spiral pasta (Rotini) Cooked, Drained and cooled
- 1 med Zucchini sliced (1 ¼ cups)
- 1 med green Pepper chopped (3/4 cup)
- 1 med red sweet pepper chopped
- 1 Tomato, seeded and chopped
- 3 oz sliced pepperoni    2 oz Provolone cheese, cubed
- ½ cup snipped Parsley    ¼ cup chopped Red Onion
- 14 pitted ripe Olives

**Vinaigrette:** ¼ cup balsamic vinegar    1 large clove garlic minced  
2 Tbs Vegetable Oil    2 Tbs Olive Oil    1 tsp dried basil    ½ tsp Salt  
¼ tsp dried oregano    ¼ tsp pepper    Fresh basil – garnish (opt)

- Toss together salad ingredients. Whisk or shake together the Vinaigrette – combine with salad, toss and let stand at room temperature 30 mins before serving, or may be refrigerated

## California Taco Salad

1 head lettuce, shredded  
1 onion, diced  
4 tomatoes, cut in pieces  
1 can kidney beans, drained  
1 lb. ground beef, browned & drained  
8 oz. mild Cheddar cheese, grated  
1 bag nacho flavored Doritos or corn chips, crushed into little pieces  
1 avocado, peeled & cut mixed with 2 tsp. lemon juice  
Serve with Western Style or Thousand Island Dressing

- Chop onion, tomatoes and head lettuce. Toss with 1 cup grated cheese, dressing. Brown 1 pound ground beef, add 1 can (15 ounce) drained kidney beans, 1/4 teaspoon salt. Simmer 10 minutes and mix into cold salad. Crunch and add 1 (6 ounce) bag of corn or tortilla chips. Slice and add avocado.. Decorate with extra chips, avocado and tomato.!

## Brown Derby Cobb Salad

1/2 head iceberg lettuce 1/2 bunch watercress  
1 sm. bunch curly endive 1/2 head Romaine  
2 Tbsp. minced chives 2 med. tomatoes  
2-3 cooked chicken breasts, skinned & diced  
8 slices cooked & diced bacon 1-2 avocado, peeled & diced  
3 hard cooked eggs, diced 1/2 c. Roquefort cheese, crumbled

- Chop lettuce and greens. Mix in large bowl or individual shallow bowls. Add chives. Arrange rest of ingredients across top of greens. Sprinkle with cheese. Chill. Serve with Special French Dressing or your favorite. Makes 6 servings.



## Friar Joe's California Salad

1/2 lg. head Iceberg lettuce 1/4 lg. head Bibb lettuce  
2 green onions, chopped  
2 lg. avocados, peeled & sliced  
1 Can Red Kidney Beans, drained and rinsed  
1/4 (2.25 ounce) can pitted green or black olives  
1/2 c. California walnuts  
1/4 cup golden raisins  
1 c. sliced strawberries  
3 ounces Cheddar cheese, shredded  
2 tomatoes, cut into 8ths

- Into a large bowl, tear Iceberg and Bibb lettuce into bite-size pieces. Toss in Green Onion, Beans, Olives Add avocados and strawberries. Garnish top with Tomatoes, Walnuts and more Strawberries Serve with a western style dressing or Fr. Joes California Dressing (See Dressings)

## Recipe for Surefire Bliss!

Take half a cup of friendship, One cup of thoughtfulness,  
Cream together with a pinch of powdered tenderness

Beat very lightly in a bowl of loyalty with one cup of  
faith, one cup of hope and one cup of charity

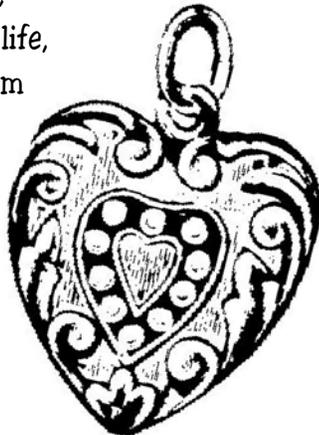
Add one teaspoonful each of gaiety,  
and one of the ability to laugh at things,  
Mix in one cup consideration, one cup courtesy,  
And a generous dash of cooperation

Stir in three teaspoons pure extract of "I'm sorry,"  
and one cup of blindness to the other's faults.  
Moisten with tears of heartfelt sympathy,  
And knead gently with a soft touch.

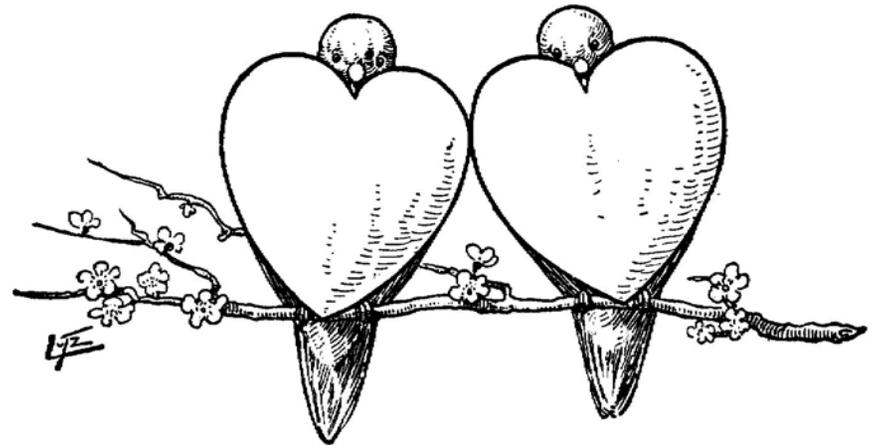
Flavor it with frequent recreation, a dash of happy  
memories, and plenty of worship together

Saute it with some genuine passion;  
Then bake it slowly in the trials of life,  
Checking frequently, keeping it warm  
with a steady flame of devotion.

Garnish always with lots of love!!



*The cheerful heart has  
a continual feast . . .*



*better a meal of vegetables  
where there is love . . .*