

## SALADS

### *DEENIE'S POTATO SALAD*

- 8 large cooked potatoes
- 4 hard boiled eggs
- 1 bundle chopped green onions
- 4 stalks of finely chopped celery
- 2 grated apples (lemon juice for colour)
- 1/4 cup vegetable oil
- 1/2 cup sour cream
- 1 cup miracle whip
- 1/4 cup pickle liquid
- 1/2 cup chopped sweet pickles (e.g. Yum, Yum)
- 1 tablespoon dill weed
- 1 teaspoon curry powder, salt and pepper to taste

In a large bowl mash potatoes and eggs. (A heavy dough-blender works great for this.) Mix together all the liquids (oil, sour cream, miracle whip and pickle juice) and mix on with potatoes and eggs. Stir in onions, celery, apples, pickles and seasonings. Should look nice and moist.

Deenie Spelt  
Bentley, AB

### *FRENCH POTATO SALAD*

- |                                    |                              |
|------------------------------------|------------------------------|
| 7 potatoes, unpeeled and quartered | 1 teaspoon tarragon, chopped |
| 1/4 cup chopped onion              | 1/2 cup dry white wine       |
| 2 tablespoons shallots, chopped    | 1/2 cup olive oil            |
| 1/2 teaspoon garlic, chopped       | 2 tablespoons vinegar        |
| 1/4 cup parsley                    | fresh ground pepper          |

In a large saucepan, cover potatoes with cold water and simmer 20 minutes or until tender. Cut potatoes lengthwise in half. Cut each half into thin slices. Put potatoes in a bowl and add remaining ingredients, including pepper. Stir gently. Serves 10.

Irene Prins  
Lacombe, AB

## GREEK LUNCHEON SALAD

Serve with bread and a dessert for a complete meal.

1/2 cup olive or vegetable oil or a combination  
1/4 cup lemon juice  
1 clove garlic, minced  
1/2 teaspoon dried oregano leaves, crushed  
1/4 teaspoon salt  
1/4 teaspoon dried rosemary leaves, crushed  
1/8 teaspoon pepper  
2 cups cubed cooked potatoes (about 2 medium)  
1 can (7<sup>3</sup>/<sub>4</sub> oz.) red salmon\*  
Lettuce leaves  
4 cups chopped iceberg lettuce  
1 large cucumber, peeled, halved lengthwise and sliced  
6 ounces feta cheese, crumbled  
1 can (3<sup>1</sup>/<sub>4</sub> oz.) pitted ripe or Greek olives  
2 medium tomatoes, chopped  
1/3 cup sliced green onions  
3 tablespoons capers, drained

In a small bowl, whisk oil, lemon juice, garlic, oregano, salt, rosemary and pepper until blended. Place potatoes in a shallow dish. Drizzle with 2 tablespoons of the dressing and toss lightly; set potatoes and remaining dressing aside.

Drain salmon, remove bones and dark skin. Break into bite-size chunks; set aside. Line a large shallow bowl with lettuce leaves. Add chopped lettuce and cucumber. Arrange potatoes, feta cheese, salmon and olives in a decorative design on top. Place tomatoes around edge. Sprinkle with green onions and capers. Pour half of the dressing over salad. Pass remaining dressing separately.

\*If you prefer, use 1 can (6<sup>1</sup>/<sub>2</sub> oz.) skinless, boneless pink salmon, drained. There will be no bones or dark skin to remove. Makes 4 large servings.

## GERMAN HOT POTATO SALAD

If you like the cold salad, wait 'til you try this.

6 medium potatoes  
6 slices bacon  
1 tablespoon (15 mL) flour  
1 tablespoon (15 mL) sugar  
1/2 teaspoon (2 mL) salt  
1/2 teaspoon (2 mL) celery salt  
1/4 teaspoon (1 mL) pepper  
1/2 teaspoon (2 mL) dry mustard  
1/4 cup (50 mL) vinegar  
1/4 cup (50 mL) beef stock  
1/4 cup (50 mL) chopped green onion  
1/4 cup (50 mL) chopped celery

Boil, peel and slice potatoes. Keep hot. Sauté bacon until crisp, then crumble. Drain off half the fat. Add flour, sugar, salt, celery salt, pepper and dry mustard to remaining fat. Gradually add combined vinegar and stock. Stir and cook until smooth and thick (about 3 minutes). Pour over potatoes. Add green onion, celery and bacon and toss lightly.

Microwave Method: Prick potatoes. Arrange at least 2.5 cm (1 inch) apart on paper towel in microwave oven. Microwave with full power 12 to 14 minutes. Turn potatoes over and re-arrange after every 4 minutes. Let stand 5 to 10 minutes to complete cooking. Peel and slice. Microwave bacon with full power 6 minutes, turning after 3 minutes. Drain on paper towel and crumble. Drain off half the fat. Add flour, sugar, salt, celery salt, pepper and dry mustard to remaining fat. Microwave with full power 1 minute. Add vinegar and beef stock and microwave 2 minutes until mixture boils and thickens. Pour over potatoes. Add green onion, celery and bacon and toss lightly. Serves 6.

Red or yellow skinned potatoes are the best potatoes for potato salad.

## LIGHT POTATO SALAD

*Lots of flavour without a heavy dressing.*

4 c. diced, cooked red potatoes, peeled if desired (about 1<sup>1</sup>/<sub>2</sub> lb.)  
1 cup celery, thinly sliced  
1/4 cup (50 mL) green onions, sliced  
1/4 cup (50 mL) red pepper, diced  
1 tablespoon (15 mL) parsley, chopped  
2/3 cup (175 mL) plain yogurt  
1/4 c. (50 mL) reduced-calorie mayonnaise-like salad dressing  
1 tablespoon (15 mL) Dijon mustard  
1 teaspoon (5 mL) salt  
8 drops hot pepper sauce  
Paprika

Place potatoes, celery, green onions, red pepper and parsley in a large bowl.

In a medium bowl, stir yogurt, salad dressing, Dijon mustard, salt and hot pepper sauce until blended. Pour over potato mixture and stir gently. Transfer to a serving bowl. Sprinkle with paprika. Cover and refrigerate for 1 to 4 hours. To serve, garnish with a parsley sprig. Serves 8.



*115 calories, 3 g fat; 3 g protein; 25 g carbohydrate;  
2 g fibre; 21 mg vitamin C; 537 mg sodium;  
437 mg potassium.  
21% calories from fat.*

## PINEAPPLE POTATO SALAD

4 cups (1 L) chopped cooked potato  
1<sup>1</sup>/<sub>2</sub> cups (375 mL) cooked pork tenderloin, diced  
1/2 green apple, diced  
1/2 small onion, diced  
1 can (224 mL/8<sup>1</sup>/<sub>2</sub> oz.) pineapple pieces, drained, reserving juice  
3 gherkins, cut into small strips  
1/4 teaspoon (2 mL) salt  
pepper to taste  
1/2 cup (125 mL) plain yogurt  
1/2 cup (125 mL) reduced-calorie mayonnaise-like salad dressing

Combine potato, meat, apple, onion, pineapple pieces and gherkins. Add salt and pepper to taste. Combine mayonnaise and 15 mL (1 tablespoon) reserved pineapple juice and add to potato mixture. Toss lightly and chill thoroughly. Serves 4.



*396 calories; 17 g fat; 26 g protein;  
35 g carbohydrate; 3 g fibre; 21 mg vitamin C;  
330 mg sodium; 989 mg potassium.  
21% of calories are from fat.*

If we "vegged out" by overindulging in vegetables instead of the couch, would our bodies ever regret it?

## CHINESE POTATO SALAD

3 cups (750 mL) cooked red potatoes, unpeeled  
3/4 cup (200 mL) red pepper, diced  
1/2 cup (125 mL) celery, chopped  
1/4 cup (50 mL) green onion, diced  
1/4 cup (50 mL) rice wine vinegar  
1 tablespoon (15 mL) sesame oil  
1 teaspoon (5 mL) grated ginger root  
2 teaspoons (10 mL) honey  
1 tablespoon (15 mL) lemon juice  
1 tablespoon (15 mL) soy sauce  
1/4 teaspoon (1 mL) cayenne pepper  
2 tablespoons (10 mL) toasted sesame seeds

In a large pot, cook quartered potatoes until tender. Drain and chill. Cut into cubes.

In a salad bowl, mix together potatoes, red pepper, celery, and green onion. In a small bowl or measuring cup mix together the rice wine vinegar, oil, ginger root, honey, lemon juice, soy sauce and cayenne pepper. Pour the dressing over the vegetables and gently toss. Garnish with sesame seeds. Serves 4.



*160 calories; 6 g fat; 3 g protein; 26 g carbohydrate;  
4 g fibre; 53 mg vitamin C; 164 mg sodium;  
550 mg potassium.  
31% of calories are from fat.*