



# 2010 Salad Luncheon Recipes

## Broccoli Salad

Del Kelley



### ***Ingredients***

#### *Salad*

*1/2 cup cranberries, dried  
3 heads (6 cups) broccoli crowns  
(organic),  
trimmed and divided into bite sized  
pieces  
4-6 slices turkey bacon,  
cooked & crumbled*

#### *Dressing*

*2 Tbsp sugar  
4 Tbsp Wine Vinegar  
1/2 cup Mayonnaise  
1/2 cup sour cream (or yogurt)*

### ***Directions***

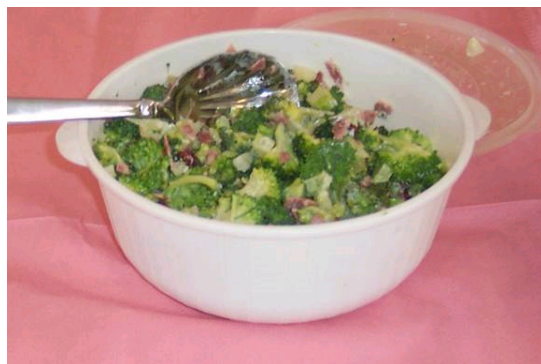
*Microwave broccoli stems for 30 seconds.*

*Combine cranberries, broccoli, and turkey.*

*Mix dressing ingredients and add to salad ingredients.*

*Refrigerate one day for best flavor.*

*Can add 1/2 cup cashews and a small red onion, diced.*





# 2010 Salad Luncheon Recipes

## Chicken Rice Salad

Pat Gaston



### **Ingredients**

*1 ½ Cups Rice (Yield 4 ½ Cups cooked)*

*1 Tbsp White Wine*

*2 Tbsp Olive Oil*

*1 tsp Salt*

*1 tsp Curry Powder*

*2 Cups Chicken Meat*

*1 Cup cubed celery*

*¼ Cup Chopped Green Pepper*

*1 – 1 ½ - 2 Cups Peas*

*1/3 Cups Mayonnaise*

### **Directions**

*Cook rice with wine, olive oil, salt, and curry powder.*

*Refrigerate 1 hour or overnight.*

*Before serving, add chicken, celery, green pepper, peas, and mayonnaise.*

*You can throw the peas in frozen.*

*If desired, top with tomatoes.*





# 2010 Salad Luncheon Recipes

## *Fresh Fruit Platter*

*Sandy Fenske*



### ***Ingredients***

*Red grapes*

*Green grapes*

*Fresh pineapple, sliced and cubed*

*Watermelon, cubed*

*strawberries*

*kiwi, sliced*

*¾ Cups milk*

*black pepper to taste*

### ***Directions***

*Arrange fruit attractively on platter.*





# 2010 Soup Luncheon Recipes

## Pear Walnut Salad With Cranberry Dressing

Debbi Walter

### **Ingredients**

#### Salad:

Spring lettuce (or any type of greens, I usually don't use iceberg)

2 cups diced, peeled pears tossed in 2 tbsp orange juice

2 tbsp chopped walnuts

1/3 cup mozzarella cheese

Sliced red onion (I didn't put this in because I don't like the onion)

#### Cranberry Vinaigrette Dressing

1/2 cup canned whole-berry cranberry sauce

1/4 cup orange juice

1 tbsp of olive oil

2 tbsp Balsamic Vinegar

1 tbsp sugar

1/2 tsp minced ginger

1/4 tsp salt

### **Directions**

Place vinaigrette ingredients in a medium bowl, stir well with whisk,

Put lettuce in large bowl.

Add cheese, walnuts, pears and toss.

Drizzle with vinaigrette dressing.

Serve with remaining dressing.

Calories 148

Fat grams 6.3

per serving

