

Prepared Salads & Dressings



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Ambrosia Salad

This is practically a dessert. Easy to make and really good.

Makes about 12 servings

3	cups	whipped topping or cool whip
1	cup	sour cream
6	cups	mini marshmallows, or cut large ones into pieces
2	cans	mandarin oranges, drained
2	cups	pineapple chunks (fresh is best, canned, drained ok)
2	cups	coconut flakes
1	cup	pecans, lightly toasted (about 3 minutes in oven)
1	cup	grapes, seedless, any color
1/2	cup	maraschino cherries, drained and cut in half



Ambrosia Salad

Asian Style Slaw

Brace yourself; this one has peanut butter, soy sauce, and brown sugar in it, and this gives it a unique and interesting flavor. But it's not for everyone.

Serves about 20

3/4	cup	cider vinegar
3/4	cup	cooking oil
2/3	cup	creamy peanut butter
6	Tbsp	soy sauce
6	Tbsp	brown sugar
¼	cup	ginger, minced, then smashed
3	quarts	shredded cabbage
4	cups	shredded carrots
3	each	bell peppers, thin sliced
12	each	green onions, sliced
1	cup	cilantro, chopped (optional)

- In a bowl, mix the vinegar, oil, soy, sugar, ginger and garlic. Let it stand for about an hour to let flavors mingle and blend.
- In a large bowl, put the bell peppers, cilantro, carrots and cabbage.
- Toss together, then add in the sauce and blend.
- Chill and serve.



Broccoli Bacon Salad

Simple to make and very, very good. It's a combination of sweet and savory with the bacon and sugar.

Makes about 15 servings

2	heads	broccoli, chopped (grate the stem)
½	each	red onion, diced
8	slices	bacon, cooked and crumbled
1 ½	cups	shredded cheddar
¼	cup	cider vinegar
3	Tbsp	granulated sugar
1	tsp	salt



Carrot Apple Salad

Makes about 12 servings

1	cup	yogurt (pineapple, peach, plain are all okay)
½	cup	mayonnaise
2	Tbsp	lemon juice
1	cup	canned crushed pineapple
4	each	apples, washed, cored and peeled
6	cups	shredded carrots
1/3	cup	coconut flakes
1/3	cup	raisins (OPTIONAL)

- Drain pineapple juice into a large bowl and add lemon juice.
- Either dice or shred the apples. If dicing, they should be small pieces.
- Put apples in juice and toss to coat well (preventing browning)
- Separately, blend mayonnaise and yogurt, then add to apples.
- Add remaining ingredients to the bowl, stir well and chill several hours before serving.



Coleslaw

For about 25 servings

Sauce:

2 1/4	cups	mayonnaise
6	Tbsp	sugar
3	Tbsp	vinegar
1 1/2	tsp	Season-All or regular salt
1 1/2	tsp	celery seed (optional)
1	tsp	black pepper
4 to 5	lbs	cabbage, shredded fine
6	each	carrots, shredded
1	cup	green onions

- Make sauce from first group of ingredients.
- Toss together the cabbage, carrots and onions in a bowl.
- Add the sauce, mix in very well and cool before serving.



Cucumber Spring Salad

Makes about 15 servings

5	each	cucumbers
1	cup	cider vinegar
3	Tbsp	granulated sugar
2	tsp	salt
4	each	tomatoes, seeded and coarsely chopped
1 ½	cups	red onion, halved and sliced thin
¼	cup	cooking oil

- Peel the cucumbers, slice in half lengthwise and remove seeds. Then dice into pieces about $\frac{3}{4}$ to 1 inch in size.
- Mix the vinegar, sugar, salt and oil together; add salt and pepper.
- Fold in the tomatoes, onions and cucumbers. Mix well.
- Check salt and pepper; adjust as needed
- Cover; let marinate at least a few hours before serving.



Pea Salad with Bacon & Ranch

Makes about 25 servings

2	lbs	peas, thawed (about 6 cups)
12	strips	bacon, cooked crisp and chopped coarsely
1	cup	finely diced onions
1	cup	Ranch dressing
1	cup	shredded cheddar cheese
1	tsp	black pepper

- Mix all ingredients gently in a bowl.
- Chill until serving time.



Pea Salad (Traditional)

Makes about 25 servings

2	lbs	peas, thawed (about 6 cups)
1	cup	red onion, finely diced
6	each	eggs, hard boiled, peeled and diced
½	cup	mayonnaise
¼	tsp	paprika
½	tsp	salt
1	cup	shredded cheddar cheese
1	tsp	black pepper

- Mix all ingredients gently in a bowl.
- Chill until serving time.



Waldorf Salad

Makes about 25 servings

1 ½	cups	mayonnaise
¼	cup	lemon juice
1	tsp	salt
8	each	apples, peeled, cored and diced
4	cups	seedless grapes, halved
3	cups	celery, sliced thin
3	cups	walnuts, chopped and lightly toasted

- In a bowl large enough for everything, blend mayo, lemon juice and salt.
- Add the apples and fold in until completely coated (to ensure that the lemon juice helps preventing the apples from discoloring).
- Add remaining ingredients. Blend and put in serving pan.

As an option, portion individual salads on plates with a bed of lettuce.



Bacon Ranch Pasta Salad

2	12 oz.	pack, rotini, cooked and cooled
12	slices	bacon, diced in 1 inch pieces
1	cup	mayonnaise
1	cup	Ranch dressing
½	tsp	garlic powder
1	tsp	onion powder
1	can	black olives, sliced
1	tsp	black pepper
1	each	tomato, diced (remove as many seeds as possible)
2	cups	shredded cheddar

- Make dressing: In a bowl, mix mayo, dressing and seasonings.
- Add the pasta, bacon, olives and tomatoes and fold into the dressing.
- Add half the cheese and fold in, then transfer to a serving pan.
- Put remaining cheese on top of salad.



Caesar Pasta Salad & Chicken

Serves about 20

3	packs	penne or butterfly pasta, cooked
3	Tbsp	cooking oil
4	each	boneless chicken breasts, cubed in small pieces
2	tsp	Italian seasoning
1	Tbsp	garlic powder
3	cups	cherry or grape tomatoes, halved
1	cup	grated parmesan cheese
3	Tbsp	fresh parsley, chopped
1 ½	cups	Caesar salad dressing
½	cup	mayonnaise
1	Tbsp	lemon juice
1	tsp	black pepper
1	cup	black olives, sliced (optional)
1 or 2	cups	croutons

- In a large skillet, brown the chicken in the cooking oil. When it is fully cooked, add Italian seasoning, pepper and garlic powder. Stir the chicken to coat well.
- Remove from heat, drain excess oil from pan, and sprinkle on some parmesan cheese while tossing the chicken to coat. Let stand a few minutes to set.
- In a large bowl, combine Caesar dressing, mayo and lemon juice.
- Fold in all remaining ingredients – except croutons – and blend gently.
- Put in serving pan and top with croutons.

Caesar Pasta Salad with Chicken & Bacon

Serves about 20

3	packs	penne or butterfly pasta, cooked
12	strips	bacon, diced
2	Tbsp	cooking oil
4	each	boneless chicken breasts, cubed in small pieces
1	Tbsp	garlic powder
1	cup	grated parmesan cheese
3	Tbsp	fresh parsley, chopped
1 ½	cups	Caesar salad dressing
½	cup	mayonnaise
1	tsp	black pepper
1	cup	black olives, sliced (optional)
1 or 2	cups	croutons

- In a large skillet, cook the bacon crisp and remove. Leave the fat.
- Brown the chicken in the pan and when almost cooked, add the Italian seasoning and garlic powder. Stir in to coat.
- Remove from heat, drain excess oil from pan, and sprinkle on some parmesan cheese while tossing the chicken to coat. Let stand a few minutes to set.
- In a large bowl, combine Caesar dressing and mayonnaise.
- Fold in all remaining ingredients – except croutons – and blend gently.
- Put in serving pan and top with croutons.

Italian Pasta Salad

Makes about 25 servings

3	12 oz.	packages cooked rotini or butterfly pasta
3	cups	Italian dressing (regular or fat free)
2	each	green bell peppers, diced
2	each	red bell peppers, diced
1	can	black olives, sliced
2	oz	pepperoni, chopped coarsely
1	cup	grated parmesan cheese

- Mix everything together in a bowl.
- Cool and serve.



Macaroni Salad

Makes about 20 servings

2	lbs	elbow macaroni
2	each	medium onions, diced
4	stalks	celery, diced
2	each	green bell pepper, seeded and diced
1	can	pimentos, drained and diced
½	cup	grated carrot
2	cups	mayonnaise
½	cup	vinegar
1 1/3	cup	granulated sugar
1	tsp	salt
1	tsp	black pepper
1	can	black olives, sliced (optional)

- In a bowl, combine the macaroni and vegetables.
- Make sauce: combine mayo, vinegar, sugar, salt and pepper. Blend.
- Add in to the macaroni, fold together and put in a serving pan.

Pizza Pasta Salad

For about 25 servings

3	packs	rotini, cooked and chilled
1	cup	olive oil
½	cup	cider or wine vinegar
2	Tbsp	Italian seasoning
1	Tbsp	basil flakes
¼	tsp	red pepper flakes
½	tsp	black pepper
3	cups	pepperoni, separated and cut in half
1	cup	sliced black olives
2	each	green bell peppers, seeded and diced
1/2	cup	grated parmesan cheese
1	cup	shredded mozzarella

- Make sauce: Mix vinegar, oil, seasoning.
- Combine all ingredients in a bowl.



Southwest Style Pasta Salad

Makes about 24 servings

2	packs	rotini or butterfly pasta, cooked and cooled
1	cup	mayonnaise
½	cup	veg oil
½	cup	lemon or lime juice
3	Tbsp	chili powder
4	tsp	ground cumin
1	tsp	salt
3	cups	whole kernel corn, thawed (or use fresh, shucked)
2	cans	black beans, rinsed and well-drained
1	cup	bell pepper, diced
1	cup	red pepper, diced (optional)
1	cup	tomatoes, diced
1	cup	cilantro, chopped

- Combine mayo, oil, juice, spices, and cilantro in a bowl, mix together.
- Add remaining ingredients and toss well.
- Chill before serving.



Baked Potato Salad

This is made with baked – not boiled – potatoes. Better made a day ahead.

Serves about 25

6	lbs	white potatoes, scrubbed, skin on
2	cups	sour cream
1 ½	cups	mayonnaise
3	cups	shredded cheddar
1	cup	green onions, thin sliced
1	lb	bacon, cooked crisp and crumbled

- Bake the potatoes, unwrapped until done. Let cool at least an hour.
- In a large bowl, combine dressing mix, mayo and sour cream.
- Slice the larger potatoes in half lengthwise, then slice about 1/4" thick.
- Fold in potatoes, then add remaining ingredients except a bit of bacon to use as a garnish on top.
- Transfer potato salad to a serving pan and garnish with bacon.



Creamy Potato Salad

Serves about 25

5	lbs	white potatoes, peeled and cubed
4 ½	cups	mayonnaise
4	Tbsp	white or cider vinegar
5	Tbsp	yellow mustard
4	tsp	salt
1	tsp	black pepper
4	cups	celery, diced
2	cups	onion, diced small
12	each	eggs, boiled, peeled and coarsely chopped

- Cook potatoes in salted water until just tender when pierced with a fork or knife.
- While waiting for potatoes to cook, combine all other ingredients -except the eggs - in a large bowl and blend.
- Drain very well and add to the mayonnaise mixture. Blend, mashing some of the potatoes if you want a creamier texture.
- Fold eggs gently into the potato salad and transfer to serving containers.
- Cover and refrigerate at least a couple of hours to let flavors blend.

German Style Potato Salad

This is based on a traditional recipe and should be served warm.

For about 25 servings

4	quarts	potatoes, peeled and cubed about 3/4" in size
1 1/2	lb	bacon
4	cups	diced onions
2	cups	diced celery
1	cup	vinegar
1/2	cup	water
3/4	cup	granulated sugar
1	Tbsp	salt
1/2	tsp	black pepper
1/3	cup	chopped fresh parsley

- Put the potatoes on to boil. While potatoes cook:
- In a large pan, cook the bacon crisp and remove from pan. Leave the bacon fat in the pan and drain the bacon well, then chop coarsely.
- Add onions to the bacon fat, sauté until just browned and add vinegar, water, sugar, salt and pepper.
- Add celery, bring to a boil, let cook a couple of minutes to let the celery cook but not become soft.
- Add potatoes, half the bacon and fold in; cook until heated through.
- Remove, add the bacon and transfer to a steamtable pan.



German Style Potato Salad

“Gumbo” Potato Salad

If you’ve been to Prejean's, you may find this to be very similar. Use red or white potatoes. Red potatoes will hold their shape better and you might prefer for gumbo.

Serves about 25

7	lbs	potatoes, red, peeled and quartered 1 inch
3	cups	mayonnaise
1/3	cup	sweet relish
1/3	cup	mustard
1 ½	tsp	cayenne
12	each	eggs, hard boiled, peeled and chopped
1	cup	green onion tops, sliced

- Boil the potatoes until tender, drain and put in a bowl.
- While warm, partially smash for a lumpy mixture that's somewhat smooth.
- Let cool, then sprinkle seasonings lightly onto potatoes, stir in and then add remaining ingredients.
- Blend together and transfer to a serving pan. Optionally you can cool before serving.

“Gumbo” Potato Salad II

This is another good one to serve alongside gumbo. No eggs here.

Serves about 25

7-8	lbs	white potatoes, peeled and cubed
2	cups	onions, minced
4	each	celery rib, minced
2 – 3	cups	mayonnaise
¼	cup	Creole mustard
3	tsp	salt
½	tsp	cayenne
½	tsp	black pepper
¼	cup	sliced green onions

- Boil the potatoes until very tender. Drain and let cool in a large bowl.
- Add celery, onions, salt, pepper and mustard, and partially smash together.
- Add in the mustard and most of the mayo. Work in and add more mayo as needed to moisten, but you don't want this to be soupy or loose.
- Transfer to serving pan and either serve warm or cool before serving.

Loaded Red Ranch Potato Salad

This is like a loaded potato but with red potatoes, skin on and ranch dressing.

Serves about 25

7	lbs	red potatoes, scrubbed and cubed, skin on
2	cups	sour cream
1 ½	cups	mayonnaise
2	each	1 ounce package Ranch Dressing Mix
3	cups	shredded cheddar
1	cup	green onions, thin sliced
1	lb	bacon, cooked crisp and crumbled coarse

- Boil the potatoes until tender, drain well and set aside.
- In a large bowl, combine dressing mix, mayo and sour cream.
- Fold in potatoes, then add remaining ingredients ¼ of the bacon.
- Transfer potato salad to a serving pan and garnish with bacon.



Red Potato Salad

Red taters with the skins, smashed with a bunch of stuff. Can't be bad.

Serves about 25

5	lbs	red potatoes, skin on, washed (eyes removed)
12	each	eggs, hard boiled, peeled and chopped
2	lbs	bacon, cooked and crumbled
2	each	large onions, finely diced
4	stalks	celery, finely diced
4	cups	mayonnaise
		salt and pepper as needed

- Boil the potatoes until tender, drain well and set aside.
- In a large bowl, combine dressing mix, mayo and sour cream.
- Fold in potatoes, then add remaining ingredients except a bit of bacon to use as a garnish on top.
- Transfer potato salad to a serving pan and garnish with bacon.



Roasted Reds Potato Salad

This is a roasted potato salad that uses reds, cut and with skin on. You can use leftover potatoes from a seafood boil if you have some.

Makes about 25 servings

7	lbs	red potatoes, cut in 1 inch chunks
¼	cup	cooking oil
2	each	red onions, sliced into rings about 1/4" thick
2	tsp	cumin
2	Tbsp	dried oregano
1	each	jalapeno, seeded and minced
12	each	slices bacon, crisply cooked and chopped
½	cups	olive oil
¼	cup	cider vinegar
2 ½	tsp	salt
1	tsp	black pepper
1	cup	cilantro, chopped (not the thick stems)

- Boil the potatoes in salted water until tender. Drain well.
- Coat the potatoes in cooking oil, season with salt and pepper, then roast in a hot oven until the skins are crisp.
- Sauté the onions in some of the olive oil until lightly caramelized and tender, then toss onto potatoes.
- In a dry skillet, toast the cumin briefly then add oregano, remaining olive oil, vinegar and mix well.
- Drizzle over the potatoes while stirring. Add cilantro and black pepper, fold in and put in serving pan.



Roasted Reds Salad (with Bacon)

1000 Island Dressing

Makes about 3 cups

1	cup	mayonnaise
½	cu	ketchup
¾	cup	sweet relish
¼	cup	onion, minced
¼	tsp	salt
¼	tsp	black pepper
½	tsp	paprika



Mix everything together.
Chill and serve.

Cranberry Balsamic Vinaigrette

Makes about 1 cup

¼	cup	balsamic vinegar
½	cup	olive oil
1	clove	garlic, smashed to a pulp
½	tsp	salt
1	tsp	granulated sugar
2	Tbsp	dried cranberries, chopped very fine
1	tsp	Dijon mustard
	pinch	black pepper

Combine all ingredients but the oil in a blender cup.
Pulse a few seconds.
With blender on puree, stream oil into the mixture and
blend until it blends completely into the vinegar.
Let chill well before using.



Honey Balsamic Vinaigrette

Makes about 1 ½ cups

1	cup	balsamic vinegar
1	each	medium onion, minced
½	cup	honey
2	Tbsp	soy sauce
2	Tbsp	sugar
1	Tbsp	garlic, minced
1	tsp	red pepper flakes
1 1/3	cup	olive oil



Mix everything but the oil together in a blender cup and pulse. With blender on 'puree', gradually add in oil and blend until thick. Let chill before serving.

Mustard Vinaigrette Dressing

Makes about 2 cups

1	cup	vegetable oil
¼	tsp	hot sauce
2	tsp	garlic, minced
½	cup	cider vinegar
1	Tbsp	honey
1	Tbsp	Dijon mustard
2	tsp	salt
2	tsp	garlic, minced



Combine everything in a bowl. Chill until time to serve.

Orange Vinaigrette Dressing

Makes about 2 cups

1	cup	orange juice
½	cup	balsamic vinegar
½	cup	honey
½	tsp	black pepper

Combine all ingredients in a saucepan.
Simmer 5 minutes.
Cool before serving.

