

**Ladies,**

**Below are some suggestions for funeral salads, however we welcome you to make a salad of your choice. Pinterest and the Parish cookbook have some great ideas. Please do not make a Pasta, Potato, Lettuce or Relish Tray due to the menu served at the funeral. Also let your guild captain know which salad you are making so we do not have more than 2 of the same salads. Your salad will need to serve a minimum of 16. If possible place in a disposable container or mark your name on the container if you would like to retrieve it from the south cry room closet at the Church.**

**In the summer, salads may be taken the night prior to the funeral if there is a cookie reception at the school cafeteria between 6:30 and 8 p.m. (Ask your guild captain about a cookie reception). Funeral dinner ladies will be in the kitchen as early as 9 a.m. the morning of the funeral, but don't depend on the school office staff to be at the school every day in the summer. You can always leave a salad/cake at the Parish Office when they open at 8:30, but make sure you have notified Carol Dugan @ 316-648-0786 or Deb Gowing @ 316-650-6642. Notify one of these ladies prior to dropping off the item at the office.**

**If you have any questions or need additional assistance please call Deb Gowing at the number above.**

**Thanks**

**Deb Gowing**

## **\*\*Marinated Asparagus Salad\*\***

- 1 15 oz. can asparagus pieces, drained
- 1 8 ½ oz. can small early peas, drained
- 3 hardboiled eggs, chopped
- 1 package garlic salad dressing mix, prepared

***Combine asparagus, peas, and eggs.***

***Pour dressing over mixture and stir gently.***

***Cover and chill several hours.***

***Drain and serve on a lettuce bed.***

## **\*\*Corn Salad\*\***

- 4 large cucumbers, peeled and sliced
- 2 onions, sliced
- ½ teaspoon sugar
- 1 cup sour cream

***Place cucumbers and onions in bowl.***

***Sprinkle with sugar.***

***Add sour cream and mix.***

***Salt and pepper to taste.***

***Refrigerate for several hours.***

## **\*\*Pea Salad\*\***

1 10 oz. package frozen green peas, thawed

½ c. cheddar cheese, cubed

½ c. celery, chopped

½ c. sour cream

*Combine above ingredients.*

*Salt and pepper to taste. Refrigerate for several hours. Serve on bed of lettuce.*

## **\*\*Spinach Salad\*\***

1 lb. spinach, torn into bite-size pieces

1 medium red onion, thinly sliced

1 11 oz. can mandarin oranges, drained

½ c. almonds, toasted

*Combine ingredients. Good served with poppy seed dressing.*

## **\*\*Cherry Whip Salad\*\***

2 cans cherry pie filling

2 cans crushed pineapple – drained

1 can sweetened condensed milk (Eagle brand)

12 ounces Cool Whip

½ cup nuts

***Mix together and chill overnight***

## **\*\*Blueberry Salad\*\***

2 – 3 ounce packages of Raspberry jello

2 cups boiling water (Mix w jello)

1 can blueberry pie filling

1 - 20 ounce can crushed pineapple. (add pie filling and pineapple to jello)

***Chill mixture above until firm in 9 x 13 pan***

1 - 8 ounce cream cheese

1 – 8 ounce carton sour cream

½ cup sugar

1 tsp vanilla

***Mix sugar and vanilla w cream cheese, then add sour cream to mixture.***

***Spread on top of jello mixture after firm.***

## **\*\*Cauliflower and Broccoli Salad\*\***

1 head cauliflower

1 head broccoli

1 bunch green onion chopped

*Chop above 3 vegetables into small pieces and combine in bowl.*

½ cup oil

½ cup sugar

¼ cup vinegar

½ cup mayonnaise or Miracle Whip

*Mix last 4 ingredients together, season and pour over vegetables.*

*Marinate for several hours before serving.*

## **\*\*Broccoli Salad\*\***

2 heads broccoli, cut into small pieces

12 slices bacon, cooked and crumbled

½ cup mild onion minced

1 cup raisins

1 cup sunflower seeds

*Combine and mix salad ingredients*

*For dressing mix 3 ingredients below and pour over salad then refrigerate*

1 cup mayonnaise

3 Tbsp. cider vinegar

1 cup sugar

## **\*\*Mexican Cucumber Salad\*\***

1 medium cucumber cut into  $\frac{1}{4}$  inch pieces

1 green and 1 red bell pepper chopped into pieces

1  $\frac{1}{2}$  cups grape tomatoes halved

2 tablespoons red wine vinegar

1 teaspoon crushed red pepper

$\frac{1}{4}$  cup chopped fresh cilantro

1 teaspoon cumin

$\frac{1}{2}$  teaspoon minced garlic

$\frac{1}{2}$  teaspoon salt

$\frac{1}{8}$  teaspoon black pepper

Toss together all vegetables and red wine vinegar in bowl.

Sprinkle crushed red pepper and other seasonings onto vegetables and toss again.

Cover and chill at least 30 minutes before serving.

## **\*\*Copper Pennies\*\***

2 pounds carrots, sliced thin	½ cup vinegar
1 green pepper cut into slices	½ cup oil
1 red onion sliced	½ cup sugar
1 small can tomato soup (undiluted)	

Cook carrots until tender.

Mix sliced pepper and onion; set aside.

In saucepan, combine tomato soup, vinegar, oil and sugar. Heat to boil.

Layer carrots and pepper/onion mix into bowl.

Make 2 or 3 layers. Pour sauce over top.

Refrigerate for 5 hours.

Toss to mix.

## **\*\*Cucumber, Avocado and Basil Salad\*\***

1 minced shallot                      ¼ tsp sugar                      ¼ tsp sugar

*In large bowl combine the first 3 ingredients and let stand for 5 minutes.*

2 Tbsp. lemon juice                      1 Tbsp. white wine vinegar

¼ cup extra virgin olive oil

*Then add the lemon juice, vinegar and oil, whisk well and add to first 3 ingredients.*

6 plum tomatoes chopped

2 medium cucumbers peeled and chopped

2 ripe avocados peeled, cored and chopped

¼ cup chopped basil

Pepper for seasoning

*Add tomatoes, cucumbers and avocados; toss to coat with dressing.*

*Fold in basil and season with pepper or more salt.*

## **\*\*Jello Cottage Cheese Salad\*\***

- 1 - 8 ounce carton cottage cheese
- 2 - 3 ounce package any flavor jello
- 1 large can crushed pineapple (drained)
- 1 large container Cool Whip

*Mix cottage cheese and dry jello; drain pineapple and add to cottage cheese mixture.  
Fold in Cool Whip. Chill and serve*

## **\*\*Cranberry Salad\*\***

- 2 cups raw cranberries
- 2 cups water
- 1 cup sugar
- ½ cup nuts (chopped)
- ½ cup crushed pineapple (drained)
- 1 tart apple (peeled and chopped)
- 1 - 6 ounce Cherry Jello

*Add water to cranberries and simmer 10 minutes.*

*Add sugar, and stir in gelatin.*

*Remove from heat and partially cool.*

*Add pineapple, apple and nuts.*

*Pour into pan and refrigerate.*

## **\*\*Waldorf Salad\*\***

12 Tbsp. mayonnaise (or plain yogurt)  
2 Tbsp. lemon juice (Omit if using yogurt)  
1/2 teaspoon salt  
4 sweet apples, cored and chopped  
1 1/2 cups red seedless grapes, sliced in half  
1 cup celery, thinly sliced  
1 cup chopped, slightly toasted walnuts

*In a medium sized bowl, whisk together the mayonnaise (or yogurt), lemon juice, and salt.  
Stir in the apple, celery, grapes, and walnuts.  
Serve on a bed of fresh lettuce.*

## **\*\*Broccoli Apple Salad\*\***

6 cups broccoli florets	1/2 cup shredded carrots
1/4 cup diced red onion	4 large Gala apples finely chopped
1/2 cup pecans chopped	1 cup dried cranberries

*Mix in bowl above ingredients.*

### **For dressing mix:**

1/2 cup lite mayonnaise	1/2 cup low fat Greek yogurt
2 Tbsp. lemon juice	1/4 Tbsp. sugar
1/4 tsp. salt	1/4 tsp. pepper

*Whisk dressing and pour onto salad mix.  
Refrigerate and serve 4 hours later*

## **\*\*Green Fluff {Pistachio Watergate Salad\*\***

2– 3 ounce box instant pistachio pudding mix

1– large container Cool Whip non-dairy whipped topping

1– 20 ounce can crushed pineapple, undrained

4 cups mini marshmallows

$\frac{3}{4}$  cup chopped pecans

*Combine dry pudding mix and pineapple {with its juice} in a large mixing bowl.*

*Stir until mixed.*

*Add marshmallows and pecans; stir again.*

*Add Cool Whip and fold in until well combined.*

*Cover and refrigerate at least 3 hours or overnight.*

## **\*\*Orange Carrot Salad\*\***

1 6 ounce orange gelatin                      2 cups boiling water

1 - 20 oz. can crushed pineapple      2 Tbsp. lemon juice

Cold water                                      1  $\frac{1}{2}$  cups finely shredded carrots

1 large can Mandarin oranges

*In a bowl, gently stir gelatin and boiling water until gelatin is dissolved.*

*Drain the pineapple and add the pineapple juice to the lemon juice.*

*Combine lemon juice and pineapple juice. Add enough cold water to equal 2 cups.*

*Stir into gelatin mixture. Chill until slightly set (1-2 hours).*

*Stir in pineapple and carrots. Mix well. Place into 9 x 13 serving pan and chill again.*

## **\*\*Strawberry Pretzel Jello\*\***

**2 cups crushed pretzels**                      **1 small carton Cool Whip**  
**¾ cup melted butter**                      **1 large pkg. strawberry jello**  
**1 cup plus 3 TBSP. sugar**                      **1 – 8 ounce softened cream cheese**  
**20 ounces of frozen sliced strawberries (thawed)**

*For Crust – Mix pretzels, butter and 3 TBSP sugar together.  
Pat down into 9 x 13 pan and bake at 400 degrees for 8 minutes.*

*Beat together cream cheese and 1 cup sugar. Fold into the Cool Whip and spread on cooled crust mixture. Cover entire crust.*

*Boil 2 cups water and add the jello. Stir until dissolved. Add the thawed strawberries. Refrigerate jello until partially set. Pour jellied jello mixture over the cream cheese and place back into refrigerator to set completely. Make the day before serving.*

## **\*\*Favorite Jello Recipe\*\***

**2 boxes orange jello**                      **1 pkg. mini marshmallows**  
**4 cups boiling water**

### ***Topping:***

**1 small container Cool Whip**                      **1 cup shredded Cheddar cheese**  
**¼ cup Hellmann's mayonnaise**

*Mix jello and boiling water; place in 9 x 13 glass dish. Add marshmallows.  
When somewhat softened refrigerate to jell.*

*For topping mix Cool Whip and mayonnaise and spread onto firm jello.  
Sprinkle cheese on top.*

**\*\*Cabbage Salad\*\***

<b>1 large head cabbage shredded</b>	<b>8 Tbsp slivered almonds, toasted</b>
<b>8 TBSP sesame seeds toasted</b>	<b>8 green onions diced</b>
<b>2 pkg Ramen noodles broken up</b>	

***Dressing:***

<b>4 TBSP sugar</b>	<b>1 tsp sugar</b>
<b>2 tsp. salt</b>	<b>1 cup salad oil</b>
<b>1 tsp Accent or seasoned salt</b>	<b>6 TBSP rice vinegar</b>

*Toast seeds and almonds under broiler. Watch carefully.*

*Mix cabbage and onions in large bowl.*

*Just before serving, mix almonds, noodles and dressing*

*Rev. 6/9/17*