

Anna Sheldon Hopkins passed away peacefully in her home at the age of 84 on November 2, 2006. To honor her memory and her wonderful cooking, we will continue to enclose bulletins from the past. We hope you will continue to enjoy reading, cooking, and eating these great recipes.

SHELDON GAS BULLETIN

June 2017

At last summer is finally arriving! With it comes a happy menu for BBQ's, picnics, parties, and celebrations. These recipes are old, delicious family favorite salad recipes that I hope you enjoy as much as my family.

BEAN AND FETA SALAD

Salad:

- 1 ½ lbs. fresh green beans, cooked
- 1 cup canned kidney beans
- 1 cup canned garbanzo beans
- 1 cup canned lima beans
- ½ cup chopped red onions
- ⅓ cup thinly sliced red bell pepper
- ⅓ cup thinly sliced green bell pepper
- ½ cup feta cheese
- ½ cup toasted and chopped walnuts

Dressing:

- 3 tbs. fresh lemon juice
- 3 tbs. white wine vinegar
- 2 tsp. Dijon mustard
- ¼ tsp. dries basil, crumbled
- 3 tsp. sugar
- ½ cup olive oil
- Salt and pepper to taste

Combine all salad ingredients except feta cheese and walnuts. In a separate bowl combine all dressing ingredients whisking together until thick and thoroughly blended. Pour over salad ingredients, add feta cheese and walnuts. Cover and chill for several hours before serving.

ORIENTAL SALAD

This salad is great for a luncheon or a light dinner.

Dressing:

- 3 – 4 tbs. soy sauce
- ½ cup vegetable oil
- 1 clove garlic, crushed
- ¼ cup fresh lemon juice
- 1 ½ tsp. grated lemon zest
- 3 tbs. sugar

Salad:

- 3 cups cooked chicken, cut into bite size pieces
- 1 lb. fresh spinach, cut into bite size pieces
- 3 cups iceberg lettuce, cut into bite size pieces
- 1 ½ cups fresh bean sprouts
- 1 ¼ cups can pineapple chunks, drained
- 1 (6oz.) can mandarin oranges, drained
- 1 cup seedless white grapes
- 3 – 4 tbs. toasted almond slivers
- 3 tbs. toasted sesame seeds

Combine all salad ingredients except fruit, nuts, and seeds. Combine all dressing ingredients and pour over green salad; add fruit, nuts, and seeds just before serving. Makes 6 – 8 servings

PATIO CHICKEN SALAD

Salad:

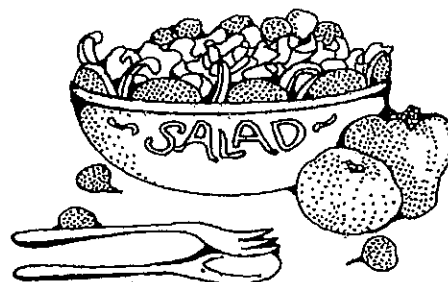
- 3 cups cooked, cut to bite size, chicken
- 3 ½ cups small macaroni, cooked
- 2 cups fresh broccoli flowerets (cooked only to crisp)
- 1 cup red bell pepper strips (cut very thin)
- 6 oz. fresh snow peas, trimmed
- ½ cup green onion tops, sliced thin
- ½ cup grated carrots
- 1 ⅓ cups fresh mushrooms, sliced thin

Dressing:

- ⅓ cup red wine vinegar
- ⅓ cup vegetable oil
- 3 tbs. honey
- (Optional) 2 – 3 tbs. toasted sesame seeds

Combine all salad ingredients. Combine all dressing ingredients; whisk vigorously. Combine together, tossing gently.

If you would like to add a little more flavor you can add 1 ½ cups grated cheddar cheese and 2 oz. chopped green chilies (canned).



CHERRY JELL-O FRUIT SALAD

- 1 pkg. black cherry Jell-O
- 1 cup boiling water
- 1 cup juice drained from cherries and pineapple
- 1 can dark sweet cherries, drained
- 1 can crushed pineapple, drained
- 3 bananas, sliced
- 1 cup marshmallows
- ¾ cup chopped almonds, toasted
- ½ pint cream, whipped

Dissolve Jell-O in boiling water; add drained juices. (If it doesn't equal a cup, add water). Then add fruit, marshmallows, and nuts. Just before it congeals, add whipped cream. Refrigerate at least four hours; overnight works well too.

ANNA SHELDON HOPKINS