

WEEK TWO SALAD SCHEDULE

1/17 SUNDAY

WALDORF SALAD (apples, grapes, celery, walnuts, whipped cream, mayonnaise)

ASPARAGUS SALAD (asparagus, tomato juice, vinegar, onion, parsley, dill, sugar, salt paprika, bed of lettuce)

1/18 MONDAY

PINEAPPLE SLAW (pineapple, cabbage, orange, apple, oil, vinegar, celery seed, dry mustard)

SUPERSTAR SPINACH SALAD (spinach, cantaloupe, ham, red onion, grapes, onion, orange juice, vinegar, oil, poppy seeds, pecans)

1/19 TUESDAY

BLUE CHEESE BLT SALAD (blue cheese, bacon, lettuce, tomato)

SUMMER FRUIT SALAD (rice, strawberries, grapes, kiwi, pineapple, banana, yogurt, honey)

1/20 WEDNESDAY

MIDDLE EASTERN CARROT SALAD (carrots, lemon juice, oil, coriander, mint, parsley, sugar)

BABA GHANNOUJ—EGGPLANT AND SESAME PUREE (eggplant, tahini, lemon juice, garlic, oil, parsley)

ATJAR TUMIS DJAMUR—MUSHROOM PICKLES (mushrooms, shallots, vinegar, cumin)

1/21 THURSDAY

BUILD YOUR OWN CHEF SALAD (lettuce, turkey, ham, swiss cheese, cheddar cheese, hard boiled egg, olives, tomato)

BROCCOLI AND RAISIN SALAD (broccoli, raisins, red onion, pecans, bacon, vinegar, mayonnaise, sugar)

1/22 FRIDAY

CONFETTI SALAD (diced red peppers, diced green peppers, diced red onion, matchstick carrots, diced jicama, diced cucumber, diced celery, Italian dressing)

CHERRY-PINEAPPLE GELATIN SALAD (cherry gelatin, pineapple tidbits)

1/23 SATURDAY

TEXAS CAVIAR (black-eyed peas, green pepper, onion, jalapenos, oil, red wine vinegar, garlic)

ORANGE-PICKLED BEETS (beets, orange juice, vinegar, sugar)