

# *Holiday Salad Recipes*

A Primer of Recipes and Techniques



**The  
Prepared Pantry**



# Table of Contents

Fruit Salad Three Ways.....	5
Simple Grape and Cantaloupe Salad .....	6
Frosted Strawberry Salad.....	6
Light Waldorf Salad .....	7
A Yankee in Paradise Salad.....	8
How to Make a Sweetened Fruit Salad .....	8
Peach Blueberry Salad.....	9
Holiday Cranberry Salad .....	9
Marshmallow Pineapple Salad .....	10

## The Prepared Pantry

2 North Landmark Lane  
Rigby, ID 83442  
208-745-7892

[www.preparedpantry.com](http://www.preparedpantry.com)

Copyright 2004-2008, The Prepared Pantry. All rights reserved.

The material herein is published by The Prepared Pantry for the private use of individuals and may not be used for commercial purposes without the express consent of the publisher. The information contained herein is believed accurate but the publisher makes no warranties, express or implied, and the recipient is using this information at his or her own risk.

[www.preparedpantry.com](http://www.preparedpantry.com)



## Fruit Salad Three Ways

Mixed fruit salads should be easy and showcase fresh fruit. Any flavors that we add should be background flavors, a pallet for the fruit, and not mask the fresh fruit flavor. Here we are suggesting three ways to do this:

- Use a couple teaspoons of honey to sweeten the fruit and serve.
- Make a cream sauce to drizzle over the fruit
- Purchase a cream sauce. [Coconut cream syrup](#) is our favorite for fruit salads. It is very, very good.

You can change the fruit in this recipe to whatever is available and to suit your tastes.



*For the salad:*

### Ingredients

2 tablespoons lemon juice  
2 teaspoons honey or drizzle with [cream syrup](#) (recipe follows)  
2 peaches, diced  
1 banana, sliced  
1 cup red or green grapes, cut in half  
1 cup raspberries or strawberries (slice the strawberries)  
1/2 cup coconut (optional)

### Directions

1. Whisk together the lemon juice and honey in a large bowl.
2. Add the fruit and toss gently but thoroughly to coat.
3. Add the optional coconut, tossing gently.
4. Chill thoroughly before eating and store in the refrigerator.

*For the cream syrup:*

### Ingredients

1 cup brown sugar  
2 teaspoons corn starch  
1 cup cream or half and half  
3 tablespoons butter  
1 dash of cinnamon  
1/2 tablespoon vanilla

### Directions

1. In a heavy saucepan, mix the brown sugar and corn starch together until the corn starch is well dispersed in the sugar. Stir in the cream.

2. Heat the sauce until it boils and thickens, stirring with a whisk. Remove the pan from the heat and stir in the butter. Add the vanilla and cinnamon.

## Simple Grape and Cantaloupe Salad

This is a simple fruit salad and yet very good and refreshing. If you like cantaloupe, you'll love this salad.

This salad is made with vanilla yogurt. Other flavors of yogurt can make for interesting combinations.

### Ingredients

1/2 ripe cantaloupe, cut into melon balls  
1 cup seedless red grapes, halved  
1 stalk celery, bias sliced  
1/4 slivered almonds  
1/2 cup vanilla yogurt



### Directions

Toss the melon balls, grape halves, celery, and almonds with the yogurt.

## Frosted Strawberry Salad

This is an absolutely delicious gelatin salad. It makes a great, cool summer salad and a perfect salad for the holidays. It's made with strawberries, pineapple, bananas, and cream cheese. No wonder it's good.

### For the base layer:

1 8-ounce can crushed pineapple  
2 cups apple juice  
3 cups sliced fresh strawberries (about 1 1/2 pounds before trimming and slicing)  
1 banana, sliced  
3/4 cup pecan pieces  
2 3-ounce packages strawberry flavored gelatin  
1 8-ounce package cream cheese  
2 tablespoons light mayonnaise  
2 cups whipped topping such as Dream Whip®



1. Drain the pineapple and reserve the juice. Set the drained pineapple aside.
2. In a saucepan, bring the apple juice mixture to a boil. Pour the hot juice into a bowl and add the gelatin. Stir to dissolve. Refrigerate until partially set.
3. Beat the cream cheese and mayonnaise together until light and fluffy. Fold in the gelatin mixture. Fold in the whipped topping.
4. Fold the pineapple, strawberries, sliced banana, and pecans into the remaining cream cheese mixture. Pour into an 8 x 13 pan. Chill until the top sets, about 20 minutes.

### For the top layer:

reserved pineapple juice plus water to make one cup  
1 packet unflavored gelatin  
1 cup miniature marshmallows  
1 cup whipped topping such as Dream Whip

1. Bring the juice and water mixture to a boil. Dissolve the unflavored gelatin in the boiling water. Turn the heat down, add the marshmallows and stir until the marshmallows are dissolved. Set aside to cool until tepid but not set.
2. Fold in the whipped topping. Spread the topping mixture over the fruit mixture. Chill for several hours before serving.

## Light Waldorf Salad

There are many Waldorf salad recipes. Most are made with mayonnaise. This one is a little different, made lighter with whipped cream and grapes instead of raisins. (Of course, you can substitute commercial whipped topping for the whipped cream.)

We don't know that you can call this Waldorf salad "light" like in reduced fat but it is light on the palette, delightfully refreshing. We suppose that if you use a light whipped topping, it would be. Fresh grapes instead of the traditional raisins help.

We think of Waldorf salad as a harvest-time salad but all that is really required are good crisp apples. You can usually get good apples year around but if you don't have good apples, don't bother making a Waldorf salad.

### Ingredients

3 cups coarsely chopped apples, about 3 medium apples  
1 tablespoon lemon juice  
1 tablespoon sugar  
1/4 teaspoon salt  
1 cup grapes, cut in half  
1 cup chopped celery  
1/2 cup coarsely chopped [walnuts](#)  
1/4 cup mayonnaise, or to taste  
1/3 heavy cream, whipped  
salad greens or lettuce

### Directions

1. Toss the apples with the lemon juice, sugar, and salt to coat. (The lemon juice will help keep the apples from turning dark. If you were making a Waldorf salad with mayonnaise only, the acidity in the mayonnaise would do the trick.) Add the grapes, celery, and nuts.
2. Fold the mayonnaise into the whipped cream. Fold the apple mixture into the whipped cream mixture. Serve on greens.



## A Yankee in Paradise Salad

This is a great fruit salad! It's a medley of tropical flavors—bananas, pineapple, coconut, and macadamia nuts—with a Yankee favorite, strawberries, thrown in. We tossed it with coconut cream syrup but you can use whatever you choose.

### Ingredients

2 pounds strawberries trimmed and sliced  
1/2 ripe fresh pineapple sliced and cut into chunks  
1 cup green grapes sliced lengthwise  
2 or 3 bananas, sliced  
2/3 cup macadamia nuts  
1/3 cup Lawford's Reserve Coconut Cream Syrup or other sweet dressing

### Directions

Toss the fruit and nuts together. Add the cream syrup just before serving.

**Note:** This salad is best if prepared just prior to serving. The fruit can be cut and stored in the refrigerator in individual bowls.

## How to Make a Sweetened Fruit Salad

Sometimes simpler is better. Fresh fruit is so good that you don't want to overwhelm it with other ingredients or too many flavors. Two or three fruits are often just right especially if you choose fruits of different colors or textures. Prep the fruit, toss them in a bowl with a little lemon juice, and then add a bit of sweetener. (The lemon juice helps keep many fruits from turning dark.) Here are our favorites:

- **Cinnamon sugar.** Mix a teaspoon of [cinnamon](#) with two tablespoons of sugar. Sprinkle it over the fruit. If the fruit includes peaches or nectarines, consider just a touch of nutmeg.
- **Cinnamon vanilla sugar.** We sell a [cinnamon](#) vanilla sugar blend that works perfectly. You can also toss your fruit with a teaspoon of vanilla extract or run flavoring and add [cinnamon](#) sugar.
- **Mint sugar.** Mix about one tablespoon fresh mint with about 1/4-cup granulated sugar your food processor and pulse until the mint leaves are finely chopped to make a mint-flavored sugar.
- **Honey.** Nothing is simpler than sweetening your fruit with just a touch of honey



## Peach Blueberry Salad

This is a bright, fresh fruit salad lightly sweetened with brown sugar and orange juice. It is refreshing on a hot summer day. It is equally good spooned over pound cake or angel food cake, maybe a with a dollop of whipped cream. It makes an excellent mixed fruit shortcake.

The pineapple in this salad was somewhat controversial. I liked it but I like pineapple. Merri Ann thought it competed with the subtle flavor of the peaches. Leave it out if you like.

### Ingredients

- 1/4 cup brown sugar
- 1/2 cup orange juice
- 1 tsp rum flavor or vanilla extract
- 1 cup fresh blueberries
- 1 cup fresh or canned pineapple chunks
- 2 small peaches or nectarines peeled, and sliced (about 2 cups)



### Directions

1. Mix the brown sugar and the orange juice in a microwave safe bowl. Heat the mixture in the microwave.
2. Stir until the sugar is completely dissolved. Add the vanilla or rum extract.
3. In a large bowl, combine the blueberries, pineapple, and peaches. Toss the fruit in the orange juice mixture.

## Holiday Cranberry Salad

### Ingredients

- 1 6-ounce package raspberry gelatin
- 2 cups boiling water
- 1 cup cold water
- 3 tablespoons lemon juice
- 1 14 or 16-ounce can whole-berry cranberry sauce
- 1 cup chopped celery
- 1 cup chopped walnuts

### Directions

1. Place the gelatin in a 2-quart bowl and pour in 2 cups of boiling water. Stir until crystals are completely dissolved. Add 1 cup of cold water. Refrigerate until gelatin barely begins to set.
2. Remove the partially set gelatin from the refrigerator and stir in the lemon juice, cranberry sauce, celery, and nuts, distributing the ingredients thoroughly. Return to refrigerator until gelatin is completely set up. Serve cold.



## Marshmallow Pineapple Salad

### Ingredients

30 large marshmallows (1/2 pound)  
2 tablespoons milk

1 cup mild cheddar cheese  
1 cup crushed pineapple, drained  
1/2 cup celery, finely chopped

1/2 cup mayonnaise  
1 cup stiffly whipped cream

1/2 pecans, chopped



### Directions

1. Place the marshmallows and the milk in a double boiler. Cook slowly, stirring frequently, until the marshmallows are melted. (You may also use a microwave oven. In the microwave, it takes from 1 to 2 minutes for the marshmallows to melt. Stir every 30 seconds.) Let melted marshmallows cool slightly.
2. Add the cheese, crushed pineapple, and celery. Stir to distribute the ingredients.
3. Fold in the mayonnaise and whipped cream. Stir in the walnuts. Pour the salad into a glass dish and refrigerate until completely set up, about 1 to 2 hours.