

TASTY SUMMER SALADS

SHELL MACARONI SALAD

Ingredients:

1 7-oz. box of shell macaroni,
cooked, rinsed and cooled
2-3 fresh tomatoes, chopped
1/3 green pepper, chopped
3 celery ribs, sliced thinly
1/4 c. chopped onion
1 cucumber, seeded & chopped

Toss ingredients together; set
aside.

Dressing

1/2 c. canola oil
3/4 c. sugar
1/2 c. vinegar
3/4 c. catsup
Dash of lemon juice

METHOD

Mix dressing ingredients well
with wire whip and add to
veggies and macaroni.

Joan Antonen, Arlington

TUNA AND EGG SALAD

Ingredients:

3 6-oz. cans tuna packed in water
3 eggs hard boiled, peeled and
chopped
2 small dill pickles diced
1 large celery rib diced
1/4 cup red onion minced
1 tbsp. lemon juice or red wine
vinegar
2 tsp. garlic powder, optional
1/4 tsp. salt, to taste
Ground black pepper to taste
1/2 cup plain Greek yogurt, 2%+
fat
2 tbsp. mayo

METHOD

Drain cans with tuna well by
pressing hard on the lid while
draining. Transfer to a large bowl
and separate into flakes with a
fork. Add chopped and peeled
hard boiled eggs, pickles, celery,
red onion, lemon juice, garlic
powder (if using), salt, pepper,
yogurt and mayo. Stir well with a
fork and refrigerate. Serve cold in
a sandwich or over salad greens.
ifoodreal.com

GARDEN VEGGIES 'N ROTINI

Ingredients:

3/4 c. oil
3/4 c. white vinegar
3/4 c. white sugar
1 tsp. garlic salt
2 tbsp. onion flakes
1 tbsp. mustard
Bring the above ingredients to a
boil and remove from heat.
Cook 4 cups colored rotini noo-
dles. Rinse and chill.
Cut up the following in chunky
pieces:
1 tomato
1 cucumber
assorted peppers
1/2 red onion

METHOD

Stir veggies together with the
rotini and dressing. Chill before
serving.

Ginny Jensen, Volga

NANCY'S MACARONI SALAD

Ingredients:

Dice:

1 onion
1 green pepper
1-2 carrots
1 cup celery
2 cups Velveeta Cheese

Add:

1 can peas
1 - 16 oz. pkg. macaroni cooked
and drained

Dressing:

1 cup sugar
1 pint mayo
1 cup white vinegar
1 - 14 oz. can evaporated milk

METHOD

Mix together gently and
refrigerate, best overnight. Add
any type of meat, boiled eggs etc.,
as desired.

Nancy Nelson, Mission Hill

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