

Simply Deli Salads

28 Best Recipes for Potato Salad, Macaroni Salad & More



A Free eCookbook from the Mr. Food Test Kitchen

"00H IT'S SO GOOD!!""



Simply Deli Salads: 28 Best Recipes for Potato Salad, Macaroni Salad & More

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Revised Edition August 2015 Published April 2012

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Published by Prime Publishing LLC, 3400 Dundee Road, Northbrook, IL 60062 – www.primecp.com





Dear Friends,

It's getting to be that time of year again when you have more barbecues to attend than you can keep up with, and you're at a loss for what to bring. If you've been looking for a new crowd-pleasing dish to bring along to your next potluck, you won't go wrong with one of these tasty deli salad options.

You're sure to be the hit of the party with a traditional potato salad like our **All in One Chicken Potato Salad** (page 6). Plus, how could anyone resist the sweet, tangy flavor of this **Sweet Potato Salad** (page 7)? It's just perfect for satisfying that sweet tooth!

If you're looking for a side dish that will mesh perfectly with anything, try one of our popular pasta salads such as our **Bacon and Egg Macaroni Salad** (page 11) or our **Southwest Macaroni Salad** (page 14). Add a refreshing twist to your meal with our **Pasta Fruit Salad** (page 15) which is sure to bring a smile to anyone's face.

Get a bit of that homestyle flavor with some good, old-fashioned coleslaw like our unbelievably good **Everything Coleslaw** (page 17). We've also got a little something for those who think outside of the box like this **Carrot 'Waldorf' Salad** (page 24) or the tempting **Crab Tortellini Salad** (page 25). You're going to have to make two batches to make sure you've kept enough for yourself!

So, put on your apron and get ready to wow the crowds! We've got all the fix-ins to make sure your next potluck is full of...



P.S. Enjoy this eCookbook packed with 28 easy potluck recipes, perfect for small groups or big crowds. Remember, the Simply Deli Salads eCookbook is available FREE, with many others also available on www.MrFood.com. Go on, tell your friends to visit MrFood.com, so they too can get their very own FREE copies!



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Presto Potato Salad

Potato salad can wear a lot of tasty hats and this one is sure to be one of your favorites. Packed with lots of flavors and textures, our Presto Potato Salas is quick-to-fix and always satisfies.

Ingredients

2 pounds (4 to 5 large) Idaho potatoes, peeled and cut into medium-sized cubes

2 cups mayonnaise

2 hard-boiled eggs, chopped

1/2 cup diced onion (1 small onion)

1 cup sliced celery (1 to 2 celery ribs)

3 teaspoons prepared yellow mustard

2 teaspoons salt

1 teaspoon black pepper

1/2 teaspoon white vinegar

1 tablespoon sweet relish

1 teaspoon paprika, for garnish

Makes: 4 cups Cook Time: 30 min



Directions

- 1. Cook potatoes in a large pot of boiling salted water until fork tender, about 20 minutes. (Be careful not to overcook them.) Drain potatoes, then place in a large bowl and chill.
- 2. In a medium bowl, combine remaining ingredients then add to chilled potatoes. Mix well then sprinkle with paprika. Salad should be served chilled.



Notes:

We've learned that if you mix the mayonnaise mixture with the potatoes while they're still warm, you'll get a bigger, richer flavor.



Ranch Potato Salad

This red potato salad recipe is perfect for serving up at a graduation party, holiday barbecue, or picnic in the park. Loaded with eggs, peppers, and a couple of zesty add-ins, our Ranch Potato salad is both flavorful and unforgettable.

Ingredients

4 pounds red-skinned potatoes, washed

6 hard-cooked eggs, chopped

1 red bell pepper, minced

4 celery stalks, diced

2 cups mayonnaise

1 (4-ounce) can chopped green chilies, drained

1-1/2 teaspoons chili powder

1 teaspoon salt

1/2 teaspoon black pepper



Serves: 14

Cook Time: 30 min

Directions

- 1. Place potatoes in a large pot and add enough water to completely cover them. Bring to a boil over high heat and cook 25 to 30 minutes, or until potatoes are fork-tender. Drain and let cool.
- 2. Cut potatoes into 1-inch chunks and place in a large bowl; add remaining ingredients and mix gently until potatoes are completely coated.
- 3. Serve warm, or cover and chill until ready to serve.



Notes:

This recipe makes a really large batch so, after your get-together, you can keep any leftovers in a covered container in the refrigerator. We can almost guarantee that before you know it, it'll all disappear.



"No Bake" Baked Potato Salad

This twist on traditional potato salad has all the taste of a loaded baked potato, minus the baking part. Enjoy our No-Bake Baked Potato Salad for a change of pace.

Ingredients

8 potatoes (about 3 pounds), scrubbed and cut into 1-inch chunks

1 tablespoon salt

1 (16-ounce) container sour cream

1/4 cup real bacon bits

4 scallions (green onions), thinly sliced

1/2 teaspoon black pepper



Cook Time: 20 min

Serves: 6

Directions

- 1. Place potatoes in a large pot and add enough water to cover them. Add salt and bring to a boil over high heat.
- 2. Cook potatoes 10 to 15 minutes, or until fork-tender; drain well and allow to cool slightly.
- 3. In a large bowl, combine remaining ingredients; mix well. Add potatoes and mix until well combined.
- 4. Serve warm, or cover and chill until ready to serve.



Notes:

For a really loaded "baked" potato salad, add 1 cup (4 ounces) shredded Cheddar cheese along with the sour cream and other ingredients.



Dill New Potato Salad

Dill New Potato Salad can be served as a warm or chilled side dish, and it works nicely with small new potatoes (red or white). We recommend leaving the skins on the red potatoes for color and texture..

Ingredients

5 pounds new potatoes

1 cup sour cream

3 tablespoons fresh dillweed

1 teaspoon salt

1/2 teaspoon black pepper

2 scallions, thinly sliced

1 teaspoon garlic powder

1 teaspoon hot pepper sauce



Cook Time: 20 min

Serves: 12

Directions

- 1. Place potatoes in a large pot, add enough water to cover, and boil 18 to 20 minutes, or until tender. Drain, let cool slightly, and cut into quarters.
- 2. In a large bowl, combine all remaining ingredients and mix well. Add potatoes, toss gently to coat, and serve immediately, or refrigerate until chilled.



Notes:

Garnish with fresh dill and sliced scallions, if desired.



Taco Potato Salad

Potato salad lovers will rejoice in this novel twist on a favorite cold summer salad. Boasting a fiesta of flavors, our Taco Potato Salad is sure to be the talk of your patio party.

Ingredients

3 pounds white potatoes

2 cups mayonnaise

1 (1.25-ounce) package taco seasoning mix

1 cup shredded Cheddar cheese

1/2 cup sliced scallions (green onions)

1 (2.25-ounce) can sliced black olives, drained

1 cup coarsely crushed ranch-flavored tortilla chips



Cook Time: 20 min

Serves: 6

- 1. Place potatoes in a large pot with enough water to cover them. Bring to a boil over high heat and cook 20 to 25 minutes, or until fork-tender. Drain and let cool.
- 2. In a medium bowl, combine mayonnaise and taco seasoning; mix well.
- 3. Cut cooled potatoes into chunks and place in a large bowl. Add mayonnaise mixture and remaining ingredients to potatoes and mix until thoroughly combined. Cover and refrigerate until ready to serve.



All-in-One Chicken Potato Salad

This All-in-One Chicken Potato Salad has it all: chicken, hearty potatoes, and fresh spring veggies, all tossed together in a creamy ranch sauce. It's a great fill-ya-up type of potato salad that the whole gang will enjoy!

Ingredients

6 potatoes, peeled and cut into 1-inch chunks

1 (10-ounce) package refrigerated cooked, sliced chicken breast (see Tip)

6 fresh asparagus spears, cut into 1-inch pieces

4 radishes, thinly sliced

1 cup ranch dressing

1 teaspoon salt

½ teaspoon black pepper



Cook Time: 15 min

Serves: 8

Directions

- 1. In a large soup pot, cover potatoes with water and bring to a boil over high heat. Cook potatoes for 15 to 20 minutes, or until tender; drain well.
- 2. Place the potatoes in a large bowl and add the chicken, asparagus, radishes, dressing, salt, and pepper; toss well. Serve warm, or cover and chill until ready to serve.



Notes:

Packaged sliced, precooked chicken is available in various flavors, and can be found in the refrigerated meats section of most supermarkets.



Sweet Potato Salad

This Southern-inspired potato salad starts with sweet potatoes and ends up as the star of the picnic line-up. It's certainly a refreshing change-of-pace potato salad for any time of year.

Ingredients

5 sweet potatoes (about 2 pounds), peeled and cut into 1-inch chunks

1 cup mayonnaise

1/4 cup honey

1 tablespoon yellow mustard

1/2 cup raisins

1/2 cup chopped walnuts

1/4 teaspoon salt

Serves: 6 Cook Time: 15 min Chill Time: 2 hr



- 1. Place potatoes in a large saucepan and add just enough water to cover. Bring to a boil over high heat and let boil 12 to 15 minutes, or until fork-tender; drain.
- 2. In a large bowl, combine remaining ingredients; mix well. Add sweet potatoes and mix until well coated. Cover and chill for at least 2 hours before serving.



True Blue Potato Salad

Just one taste of our True Blue Potato Salad and you'll be a true-blue fan of this novel twist on traditional potato salad. The richness of distinctive blue cheese turns ordinary into extraordinary!

Ingredients

1-1/2 to 2 pounds potatoes, cooked and cut into 3/4-inch cubes

1 cup diced celery

1/2 cup sliced scallions (green onions)

1-1/4 cups sour cream

2 tablespoons minced fresh parsley

2 tablespoons white wine vinegar

1/2 teaspoon celery seed

1/2 teaspoon salt

1/4 teaspoon black pepper

3/4 cup (3 ounces) crumbled blue cheese



- 1. In a large bowl, combine the potato cubes, celery, and scallions; set aside.
- In a medium bowl, combine the sour cream, parsley, vinegar, celery seed, salt, and pepper; mix well. Stir in the blue cheese. Pour over the potato mixture and toss lightly. Cover and refrigerate until chilled.





Basic Macaroni Salad

Our easy recipe for Basic Macaroni Salad is a potluck staple. No frills in this macaroni salad! This macaroni salad has the same classic taste you love and remember growing up with.

Ingredients

1 pound elbow macaroni

5 hard-cooked eggs, chopped

1 cup chopped celery

1/2 cup finely chopped red onion

2 cups mayonnaise

1/2 teaspoon garlic powder

1 teaspoon salt

3/4 teaspoon black pepper



Cook Time: 15 min

Serves: 8

- 1. In a large pot of boiling water, cook macaroni over high heat 7 to 9 minutes, or just until tender. Drain, rinse, and let cool.
- 2. Place macaroni in a large bowl, add remaining ingredients, and mix well. Cover and refrigerate at least 1 hour before serving.





Garbage Pasta Salad

Quick! - Check the pantry and the fridge and grab whatever you've got on hand, 'cause you're going to need it to make a throw-together Garbage Pasta Salad that's potluck-worthy! This is one easy pasta salad that won't ever make it to the garbage.

Ingredients

1 (12-ounce) package twist rainbow pasta

1/2 head fresh cauliflower, cut into small florets

1/2 head fresh broccoli, cut into small florets

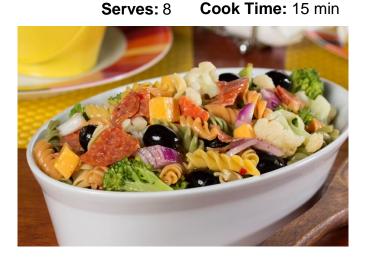
1/2 red onion, cut into 1/2-inch chunks

1 cup 1/2-inch chunks Cheddar cheese

1 cup pepperoni slices, cut in half

1 (16-ounce) can black olives, drained

3/4 cup Italian dressing



Directions

- 1. In a large pot of boiling salted water, cook pasta according to package directions; drain and let cool.
- 2. In a large bowl, combine remaining ingredients; add pasta and toss until evenly coated. Refrigerate until ready to serve.



Notes:

This pasta salad is great made in advance, but you may need to add a little extra Italian dressing to moisten it just before serving.



Bacon and Egg Macaroni Salad

We've given popular macaroni salad a homemade makeover by adding the smoky flavors of bacon and the heartiness of chopped eggs. Team this salad with any of your picnic favorites and get ready for raves.

Ingredients

1 pound elbow macaroni

8 hard-boiled eggs, chopped

1/2 pound bacon, cooked and crumbled

1 cup chopped celery

1/2 cup finely chopped red onion

2 cups mayonnaise

1 teaspoon salt

3/4 teaspoon black pepper



Serves: 10 Cook Time: 15 min Chill Time: 1 hr

Directions

- 1. In a large pot of boiling water, cook macaroni over high heat 7 to 9 minutes, or just until tender. Drain, rinse, and let cool.
- 2. Place macaroni in a large bowl, add remaining ingredients, and mix well. Cover and refrigerate at least 1 hour before serving.



Notes:

You may substitute turkey bacon for regular bacon.



Chicken Tortellini Salad

If you're looking for a great potluck salad for your next barbecue or get-together then our Chicken Tortellini Salad is right up your alley. It's so easy to make you won't even break a sweat.

Ingredients

- 1 (20-ounce) package fresh, frozen, or dried cheese tortellini
- 1 cup sour cream
- 1 cup mayonnaise
- 1 (1-ounce) package dry ranch dressing mix
- 1 (10-ounce) package cooked sliced chicken OR 2 cups leftover cooked chicken
- 1 (12-ounce) jar sliced roasted red peppers, drained
- 6 scallions, thinly sliced
- 1/4 cup fresh chopped basil



- 1. Cook tortellini according to package directions; drain, rinse with cold water, and drain again.
- 2. In a large bowl, combine sour cream, mayonnaise, and ranch dressing mix; mix well.
- 3. Add tortellini, chicken, roasted peppers, scallions, and basil; toss until well combined. Serve warm, or cover and chill until ready to serve.





Gazpacho Pasta Salad

Fresh cucumber, tomatoes, and herbs adds color and flavor to our Gazpacho Pasta Salad. Inspired by popular Spanish flavors, this pasta salad will leave your taste buds wanting more!

Ingredients

1/2 pound elbow macaroni or any medium pasta shape

4 ripe tomatoes seeded and chopped

1/2 cup sliced scallion

1/2 cup cucumber, peeled, seeded, and chopped

1/4 cup grated Parmesan cheese

Dash of hot pepper sauce

1 garlic clove, minced

2 tablespoons chopped parsley

1/2 cup vegetable oil

1 tablespoon wine vinegar

1 teaspoon salt

1/2 teaspoon black pepper

Cayenne pepper to taste

1 can (6 ounces) spicy vegetable juice

Serves: 6 Cook Time: 10 min Chill Time: 1 hr



- 1. In a large pot of boiling salted water, cook the pasta to desired doneness; drain and place in a large bowl.
- 2. Add the remaining ingredients and combine until thoroughly mixed.
- 3. Cover and chill at least 1 hour, then mix again before serving.





Southwest Macaroni Salad

Step out of the box with this pasta salad recipe that's full of authentic Southwestern flavors. This recipe for Southwestern Macaroni Salad is a hit no matter when you serve it.

Ingredients

1 pound penne, ziti, or other medium pasta shape

1 (16-ounce) can black beans, rinsed and drained

1 (10-ounce) package frozen corn, thawed

2 cups (about 1 pint) cherry tomatoes, halved

1/2 cup finely diced red onion

1 teaspoon garlic powder

1 tablespoon vegetable oil

1/2 cup mayonnaise

1/4 cup red wine vinegar

2 tablespoons chopped fresh cilantro

3/4 teaspoon salt

1/2 teaspoon black pepper

Serves: 6 Cook Time: 10 min Chill Time: 1 hr



- 1. In a large pot of boiling salted water, cook pasta to desired doneness; drain, rinse under cold water, and drain again.
- 2. In a large bowl, mix together remaining ingredients; stir in pasta. Cover and chill about 1 hour.





Pasta Fruit Salad

Need a unique dish to bring to your next potluck? Our Pasta Fruit Salad is the perfect colorful standout dish that will impress even the pickiest of palates. Best part? It's not only simple to make, but healthy too!

Ingredients

1/2 pound corkscrew pasta

1 (8-ounce) can pineapple chunks, drained with 2 tablespoons juice reserved

1 cup cantaloupe or honeydew cubes

1 cup seedless green or red grapes, cut in half

1/4 cup honey

1 (8-ounce) carton low-fat peach yogurt

1/4 cup sour cream

1 cup fresh strawberries, hulled and halved



Directions

- 1. Cook pasta according to package directions; drain and place in a large bowl. Add pineapple, melon, and grapes.
- 2. Combine reserved pineapple juice, the honey, yogurt, and sour cream; toss with pasta mixture. Top with strawberries, and serve.



Notes:

For a fancy look, just before serving, line individual serving plates with leaf lettuce then top with the salad.



Deviled Egg Macaroni Salad

Here's another two-in-one recipe that'll leave everyone at the potluck asking for more. Our Deviled Egg Macaroni Salad takes two summer favorites, deviled eggs and macaroni salad, and puts 'em together to deliver one dish that has twice the flavor!

Ingredients

1 pound elbow macaroni

6 hard-boiled eggs, chopped

1 cup chopped celery

3/4 cup sweet pickle relish, drained well

2 cups mayonnaise

2 tablespoons Dijon mustard

1 teaspoon salt

1/2 teaspoon black pepper

Paprika for sprinkling

Serves: 10 Cook Time: 7 min Chill Time: 1 hr



Directions

- 1. In a large pot of boiling water, cook macaroni 7 to 9 minutes, or just until tender. Drain, rinse, and let cool.
- 2. In a large bowl, combine macaroni with remaining ingredients except paprika; mix well. Sprinkle with paprika and cover.
- 3. Refrigerate 1 hour or until ready to serve.



Notes:

You may need to add a little more mayonnaise to moisten before serving.



Everything Coleslaw

Everybody has a favorite dish to partner with coleslaw. From picnic food to fried chicken and more, this no-fail recipe for Everything Coleslaw works with everything you could possibly serve with coleslaw!

Ingredients

1 cup mayonnaise

2 tablespoons fresh lemon juice

3 tablespoons sugar

1/2 teaspoon celery seed

1 teaspoon salt

1/4 teaspoon white pepper

6 cups (1 small head) shredded cabbage (see Notes)

1 cup (about 2) shredded carrots



Makes: 4 cups Chill Time: 2 hr

Directions

- 1. In a large bowl, combine mayonnaise, lemon juice, sugar, celery seed, salt, and pepper. Add shredded cabbage and carrots. Toss to coat well.
- 2. Cover and chill 2 to 3 hours before serving.

Notes:



Some say coleslaw should be sweet, others say it should be tangy. Well, you can adjust the amount of sugar to your own liking to make it your very own taste. You can also use two 10-ounce packages of pre-shredded coleslaw instead of shredding the cabbage and carrots yourself. It's a nice time-saver when you have little preparation time!



Homestyle Coleslaw

As we gear up for our summer picnics and cookouts, we're looking for the best coleslaw recipes to pair with our favorites. Well, look no further than this homestyle coleslaw that tastes like a childhood memory!

Ingredients

1/2 cup mayonnaise

1/3 cup milk

1 teaspoon white vinegar

1/4 cup sugar

1/4 teaspoon salt

1 (16-ounce) package cabbage coleslaw mix (see Note)



Directions

- 1. In a large bowl, whisk together the mayonnaise, milk, vinegar, sugar, and salt; mix until smooth and creamy. Add the coleslaw mix and toss until well coated.
- 2. Cover and chill at least 1 hour before serving.



Notes:

Prefer to shred the cabbage yourself? Go ahead! Use about 10 cups shredded cabbage (and add a few shredded carrots, too, if you want).



Sunny Slaw

Coleslaw is an almost universal dish, and everybody has his or her own way of making it. If you've got a favorite, fine. But Sunny Slaw is a simple one that works every time!

Ingredients

1/3 cup white vinegar

1/4 cup sugar

1/4 cup vegetable oil

2 teaspoons salt

2 tablespoons grated or minced onion

1/2 green cabbage, shredded or 6 cups shredded green cabbage

1 cup shredded carrots

Serves: 4 Prep Time: 5 min Cook Time: 5 min



- 1. In a small bowl, combine vinegar, sugar, oil, salt, and onion.
- 2. Place shredded cabbage in a large bowl, pour dressing over cabbage, and toss.
- 3. Transfer slaw to a salad bowl and arrange shredded carrots around top to form a decorative border.





"German" Coleslaw

We came up with this coleslaw recipe when we were out of potatoes, but wanted something with the traditional taste of a German potato salad. Our "German" Coleslaw is a great new take on a classic. It's a coleslaw recipe that's sure to be a hit at your next potluck!

Ingredients Serves: 8

8 cups shredded or chopped cabbage (1 medium-sized head)

2 cups grated or chopped carrots (about 4 carrots)

1/2 cup finely chopped red onion

1/4 cup bacon bits

1/2 cup corn or vegetable oil

1/2 cup white vinegar

1/3 cup sugar

1-1/2 teaspoons salt



- 1. Place the cabbage, carrots, onion, and bacon bits in a large bowl.
- 2. In a small bowl, combine the remaining ingredients. Pour over the cabbage mixture and mix well. Serve chilled.





Bean Trio

Beans, beans, beans...yes, you get the taste, texture and nutrition of three kinds of beans in this easy salad that's perfect for picnics, parties and any time!

Ingredients

1/2 cup seasoned rice vinegar

1 tablespoon Dijon mustard

1/4 teaspoon black pepper

1 (15-ounce) can garbanzo beans, drained and rinsed

1 (15-ounce) can black beans, drained and rinsed

1 (15-ounce) can red kidney beans, drained and rinsed

1/2 cup thinly sliced carrot

1/2 cup thinly sliced celery

1/3 cup sliced scallion

1/3 cup chopped fresh basil

Serves: 8 Prep Time: 15 min Cook Time: 1 hr



- 1. In a large bowl, combine the vinegar, mustard, and pepper; mix well. Add the remaining ingredients and toss until evenly coated.
- 2. Chill 1 hour before serving.





Creamy Cucumber Salad

We love bringing this easy cucumber salad along to any potluck because it's the perfect side dish for just about everything. Cucumber salad is a nice change from your typical coleslaw or potato salad, so if you're looking to switch things up go with our Creamy Cucumber Salad.

Ingredients

3 large cucumbers

1 small onion, grated (about 1/2 cup)

2 cups plain yogurt

1/2 teaspoon garlic powder

1 tablespoon dried mint leaves (see Option)

3/4 teaspoon salt

1/4 teaspoon black pepper



Directions

- 1. Peel cucumbers and slice in half lengthwise. Scoop out seeds and coarsely chop cucumbers; place in a large bowl.
- 2. Add remaining ingredients to cucumbers; mix well. Serve immediately, or cover and chill until ready to use.



Notes:

When fresh mint is available, go ahead and use it. Coarsely chop 2 tablespoons fresh mint leaves and use it in place of dried mint.



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Best Broccoli Salad

We've got what we think is the Best Broccoli Salad, and we're betting you'll agree! This garden-fresh broccoli salad that's tossed in a creamy homemade dressing and livened up with a few surprises is sure to be one of your favorite easy salad recipes for potluck parties.

Ingredients Serves: 6 Chill Time: 4 hr

1-1/2 cups mayonnaise

1/2 cup sour cream

1/4 cup sugar

1 bunch broccoli, cut into small florets (see Note)

1/2 head cauliflower, cut into small florets (see Note)

1 small red onion, chopped

1 cup shredded sharp Cheddar cheese

1 (3-ounce) container real bacon bits



Directions

- 1. In a large bowl, combine mayonnaise, sour cream, and sugar; mix well.
- 2. Add remaining ingredients; mix until well combined. Cover and chill at least 4 hours before serving.

Notes:



- Make sure to cut the broccoli and cauliflower into very small florets.
- This is even better if it's made a few days in advance and allowed to marinate in the fridge.



Carrot 'Waldorf' Salad

Celery and walnuts add crunch, while raisins and pineapple sweeten this vitamin-packed salad. It's a play on the famous Waldorf salad, replacing the usual apple with colorful carrots.

Ingredients

5 carrots, peeled and grated

1 (8-ounce) can pineapple tidbits in heavy syrup, undrained

1/2 cup raisins

1/2 cup sliced celery

1/2 cup chopped walnuts

1/4 cup mayonnaise

1 tablespoon lemon juice



Directions

1. Toss together all ingredients in a medium bowl. Cover and chill at least 1 hour before serving.





Crab Tortellini Salad

Crab Tortellini Salad makes a scrumptious snack or lunch. It's very creamy and rich, and a squirt of lemon injects some tang.

Ingredients

1 (19-ounce) package frozen cheese tortellini

1/2 cup mayonnaise

1/4 cup heavy cream

1 (8-ounce) package imitation crabmeat, flaked or 1 can (6-ounces) crabmeat, drained and flaked

2 teaspoons fresh lemon juice

1/2 teaspoon salt

1/4 teaspoon black pepper



Directions

- 1. Cook tortellini according to package directions; drain, rinse, and drain again.
- 2. In a large bowl, combine tortellini and remaining ingredients; mix well.

Cover, and chill at least 2 hours before serving.





Seashell Salad

Everybody loves the roar of the ocean and the roar of the crowd. So why not have the best of both with this salad that's sure to make waves?!

Ingredients Serves: 4 Cook Time: 25 min

- 1 pound small seashell pasta
- 1 can (20 ounces) pineapple tidbits in heavy syrup, drained
- 1 red onion, finely chopped
- 1-1/2 cups mayonnaise
- 1/4 cup honey
- 1/2 teaspoon paprika
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 (12-ounce) package frozen cooked large shrimp, thawed and drained

- 1. Prepare the pasta according to the package directions; drain, rinse, drain again, and set aside to cool.
- 2. In a large bowl, combine the remaining ingredients except the shrimp; mix well. Add the shrimp and cooled pasta and toss to combine. Cover and chill at least 2 hours before serving.





Tuna and White Bean Salad

This is no ordinary tuna salad! Our Tuna and White Bean Salad has all the flavor and crunch of a chopped salad, and comes with the added healthy benefits of fiber-rich beans.

Ingredients

1/2 cup olive oil

2 tablespoons fresh lemon juice

1 teaspoon Italian seasoning

3/4 teaspoon salt

1/2 teaspoon black pepper

1 large cucumber, peeled, seeds removed, chopped

4 plum tomatoes, chopped

1/2 cup chopped red onion

2 tablespoons chopped fresh parsley

1 (15.5-ounce) can great Northern beans, rinsed and drained

1 (12-ounce) can solid white tuna, drained well

Serves: 6 Prep Time: 15 min



- 1. In a large bowl, whisk together olive oil, lemon juice, Italian seasoning, salt, and black pepper.
- 2. Stir in cucumber, tomato, onion, parsley, and beans. Add tuna and toss gently until evenly coated. Serve immediately or refrigerate until ready to serve.





Tuna Salad Surprise

Our Test Kitchen's lighter take on the classic tuna salad boasts the addition of everybody's favorite - apples! We've made sure to tone down the high fat and calories and ramp up the flavor in our Tuna Salad Surprise.

Ingredients Serves: 4

2 (5-ounce) cans solid white albacore tuna in water, drained

2 tablespoons reduced-fat mayonnaise

1 red apple, cored and diced

1/2 cup diced celery

1/4 cup chopped pecans

1/8 teaspoon salt

1/8 teaspoon black pepper



- 1. In a medium bowl, break up tuna.
- 2. Add remaining ingredients, toss until evenly coated, and serve.



