

365 Different Salads
January - December, 2010

The following is a listing of 365 different salads that I have prepared and consumed or shared during 2010. The goal has been the same as that of preparing 365 soups in 2009: to demonstrate that one can excel in variety on a low-priced food budget. Many of these salads were made from home-grown vegetables and herbs. However, only about one dozen salads were consumed in meals in restaurants or at homes or church potlucks during the year.

Apple (slices) & Peanut Butter
Apple " & Pimento Cheese
Apple " & Salad Dressing
Apple " & Yogurt
Apple " & Bananas
Apple " & Beets
Apple (chopped) & Sweet Peppers
Apple Salad (contains raisins)
Apple Salad & Celery "
Apple Salad & Celery & Oatmeal "
Apple Salad & Craisins (dried cranberries)
Apple Salad & Craisins & Parsley & Peas
Apple Salad & Oatmeal
Apple Salad & Parsley
Apple Salad & Parsley & Peas
Apple Salad & Peas
Apple Sauce (plain)
Apple Sauce & Craisins
Apple Sauce & Raisins
Apple Sauce & Yogurt

Apricots (dried) & Apple Butter
Apricots " & Craisins
Apricots " & Craisins & Yogurt
Apricots " & Peanut Butter
Apricots " & Salad Dressing
Apricots " & Raisins
Apricots " & Raisins & Yogurt
Apricots " & Yogurt
Apricots " & Yogurt & Peas

(see Pears, Watermelon)

Bananas & Blackberries & Yogurt
Bananas & Peanut Butter
Bananas & Salad Dressing
Bananas & Yogurt

Bananas & Yogurt & Raisins
Bananas & Yogurt & Raisins & Peaches
Bananas & Yogurt & Raisins & Carrots
Bananas & Buttermilk
Bananas & Buttermilk & Raisins
Bananas & Buttermilk & Raisins & Carrots

Beets (canned) & Celery & Salad Dressing
Beets " & Onions & Salad Dressing
Beets " & Onions & Parsley & Salad Dressing
Beets " & Onions & Parsley & Yogurt
Beets " & Onions & Peanuts & Salad Dressing
Beets " & Onions & Yogurt
Beets " & Peanut Butter
Beets " & Salad Dressing
Beets " & Yogurt
Beets & Lemon Juice & Salad Dressing
Beet Greens & Salad Dressing
Beet Greens & Yogurt

(see bananas)

Blackberries
Blackberries & Buttermilk
Blackberries & Yogurt
Blackberries & Watermelon

Broccoli (fresh) & Salad Dressing
Broccoli " & Yogurt

Cabbage & Celery & Olives & Yogurt
Cabbage & Craisins & Salad Dressing
Cabbage (micro) & Olives & Yogurt
Cabbage (micro) & Olives & Onions & Salad Dressing
Cabbage " & Ham & Salad Dressing
Cabbage " & Peanut Butter
Cabbage " & Pimento Cheese
Cabbage (raw) & Pomegranate & Salad Dressing
Cabbage (raw) & Salad Dressing
Cabbage, Red (cooked) & Salad Dressing
Cabbage, Red " & Onions & Salad Dressing
Cabbage (micro) & Yogurt

Caesar Salad

Carrots (raw) & Celery & Yogurt
Carrots " & Celery & Olives & Yogurt
Carrots " & Corn & Salad Dressing

Carrots " & Corn & Pomegranate & Salad Dressing
 Carrots " & Corn & Yogurt
 Carrots " & Craisins & Salad Dressing
 Carrots ' & Craisins & Yogurt
 Carrots " & Mustard Greens & Raisins
 Carrots " & Okra & Salad Dressing
 Carrots " & Okra & Yogurt
 Carrots (micro) & Onions & Salad Dressing
 Carrots " & Onions & Yogurt
 Carrots " & Onions & Olives & Salad Dressing
 Carrots " & Onions & Olives & Yogurt
 Carrots " & Olives & Peas & Yogurt
 Carrots " & Onions & Peas & Salad Dressing
 Carrots " & Onions & Peas & Yogurt
 Carrots " & Peanuts & Salad Dressing
 Carrots " & Peanuts & Yogurt
 Carrots " & Peas & Yogurt
 Carrots " & Peanut Butter
 Carrots " & Pimento Cheese
 Carrots " & Peas & Pimento Cheese
 Carrots " & Raisins & Salad Dressing
 Carrots " & Raisins & Buttermilk
 Carrots " & Raisins & Yogurt
 Carrots " & Rice (cooked brown) & Salad Dressing
 Carrots " & Yogurt

Celery (chopped) & Craisins & Salad Dressing
 Celery " & Craisins & Yogurt
 Celery " & Mizuna & Salad Dressing
 Celery " & Okra & Salad Dressing
 Celery " & Raisins & Salad Dressing
 Celery " & Raisins & Yogurt
 Celery " & Salad Dressing
 Celery " & Yogurt
 Celery (sticks) & Peanut Butter
 Celery " & Peas & Salad Dressing
 Celery " & Pimento Cheese

Chef Salad: mixed salad greens, ham, roasted turkey,
 Swiss and American cheeses, bacon crumbles,
 croutons, tomatoes and salad dressing

Chicken Salad
 Chicken Salad & Cucumbers
 Chicken Salad & Raisins
 Chicken Salad & Sweet Pickles

Chick Peas (Garbanzos) & Cabbage & Salad Dressing

Chick Peas & Cabbage & Raisins & Salad Dressing
Chick Peas & Craisins & Salad Dressing
Chick Peas & Carrots & Salad Dressing
Chick Peas & Carrots & Raisins and Salad Dressing
Chick Peas & Onions & Salad Dressing
Chick Peas & Raisins & Salad Dressing

Collards & Salad Dressing
Collards & Yogurt
Collards & Onions & Salad Dressing
Collards & Onions & Peanuts & Yogurt
Collards & Fresh Garlic & Salad Dressing
Collards & Fresh Mint & Yogurt

Corn (canned) & Salad Dressing
Corn " & Mizuna & Salad Dressing
Corn " & Mizuna & Craisins & Salad Dressing
Corn " & Onions & Salad Dressing
Corn " & Onions & Olives & Salad Dressing
Corn " & Onions & Parsley & Yogurt
Corn " & Parsley & Yogurt
Corn " & Yogurt

Craisins & Yogurt
Cranberry Sauce
Cranberry Sauce & Orange & Celery
Cranberry Sauce & Salad Dressing
Cranberry Sauce & Peanuts

Cucumber & Peanut Butter
Cucumber & Salad Dressing
Cucumber & Tomato and Peanut Butter
Cucumber & Tomato & Salad Dressing
Cucumber & Onion & Tomato & Salad Dressing
Cucumber & Tomato & Yogurt
Cucumber & Yogurt
Cucumber & Yogurt & Peas
Cucumber & Yogurt & Raisins
Cucumber Pickle (Dill or Sweet)
Cucumber Pickle & Salad Dressing
Cucumber Pickle & Peanut Butter
Cucumber Pickle & Yogurt

Dandelions (wilted) & Onions
Dandelions " & Garlic (fresh)
Dandelions " & Onions & Boiled Eggs

Fruit Cocktail & Yogurt
(grapes, cherries, peaches, pears, & pineapple)
Fruit Cocktail & Yogurt & Olives
Fruit Cocktail & Bananas
Fruit Salad (apple slices, bananas and strawberries)

Grapefruit
Grapefruit & Craisins

Guacamole & Chips

Italian Garden Salad (lettuce, onion & grated cheese)
& vinegar & oil
Jalapenos & Mixed Greens & Salad Dressing
Jalapenos & Turnips & Salad Dressing

Jello (strawberry)

Kale Greens & Salad Dressing
Kale Greens & Yogurt
Kale Greens & Mint & Salad Dressing
Kale Greens & Parsley & Peas & Salad Dressing
Kale Greens & Parsley & Peas & Peanuts & Salad Dressing

Kentucky Cobb Salad: lettuce wedge, shredded cheddar
cheese, hard-boiled eggs, baked country ham,
crouton, diced tomatoes & salad dressing.

Kohlrabi (raw) & Peanut Butter
Kohlrabi " & Salad Dressing

Lettuce (leaf) & Salad Dressing
Lettuce " & Fresh Dill & Salad Dressing
Lettuce " & Fresh Mint & Salad Dressing
Lettuce " & Pimento Cheese
Lettuce " & Yogurt
Lettuce " & Spinach & Salad Dressing
Lettuce (Romaine) & Salad Dressing
Lobster Salad

Macaroni Salad -- plain
Macaroni Salad & Black Olives
Macaroni Salad & Peanuts
Macaroni Salad & Peas & Lemon Juice
Macaroni Salad & Peas & Onions & Lemon Juice
Macaroni Salad & Mint
Macaroni Salad & Zucchini
Macaroni Salad & Olives & Onions & Parsley & Lemon Juice

Macaroni Salad & Olives & Turnips & Parsley & Carrots & Peas
Mackerel Salad
Mackerel Salad & Cucumber
Mackerel & Sweet Pickles
Mackerel & Tomatoes
Mackerel & Yogurt

(approximately six)

Mixed Greens & Salad Dressing
Mixed Greens & Yogurt
Mixed Greens & Arugula & Salad Dressing
Mixed Greens & Mizuna & Salad Dressing
Mixed Greens & Mustard & Salad Dressing
Mixed Greens & Onions (fresh tops) & Salad Dressing
Mixed Greens * Pak Choi and Salad Dressing

Mustard Spinach (fresh) & Salad Dressing
Mustard Spinach " & Yogurt

Mizuna & Salad Dressing
Mizuna & Peas & Salad Dressing
Mizuna & Yogurt
Mizuna & Yogurt & Craisins

(see Celery, carrots)

Okra (micro) & Salad Dressing
Okra " & Cabbage & Salad Dressing
Okra " & Craisins & Salad Dressing
Okra " & Peas & Salad Dressing
Okra raw & Peanut Butter
Okra (micro) & Sweet Peppers & Salad Dressing
Okra " & Sweet Peppers & Yogurt
Okra " & Raisins & Salad Dressing
Okra & Yogurt

Olives (black) & Salad Dressing
Olives " & Yogurt

Onions (fresh) & Peanut Butter (see Peas)
Onions (fresh) & Pimento Cheese
Onions (fresh) & Salad Dressing
Onions (fresh) & Yogurt

Orange (slices) & Craisins (see Bananas)
Orange (slices) & Yogurt

Pak Choi (see Mixed Greens)
Parsley & Onions & Peas & Salad Dressing

Parsley & Peas & Salad Dressing
Parsley & Yogurt & Craisins

Peaches (canned) & Salad Dressing
Peaches " & Salad Dressing & Turnips (micro)
Peaches * & Yogurt
Peaches " & Yogurt & Raisins
Peaches " & Yogurt & Turnips (micro)

Pears (halves) & Peanut Butter
Pears " & Salad Dressing
Pears " & Yogurt
Pears (raw) & Bananas
Pears " & Bananas & Craisins
Pears " & Bananas & Craisins & Peaches
Pears " & Bananas & Peaches
Pears " & Bananas & Yogurt
Pears " & Cheese

(see Celery)

Peas (canned) & Chutney Relish
Peas " & Catsup & Onions
Peas " & Catsup & Onions & Peanuts
Peas " & Catsup & Peanuts
Peas (fresh) & Yogurt
Peas (canned) & Yogurt & Celery
Pea Salad & Carrots
Pea Salad & Craisins
Pea Salad & Mint & Mushrooms
Pea Salad & Mushrooms
Pea Salad & Olives
Pea Salad & Onions
Pea Salad & Onions & Pomegranate
Pea Salad & Pomegranate
Pea Salad & Raisins
Pea Salad & Turnips
Pea Salad & Turnips & Onions
Peas (fresh) & Salad Dressing
Peas (fresh) & Pimento Cheese

(see Jalapenos, Tuna)

Peppers (raw sweet or hot) & Peanut Butter
Peppers " & Pimento Cheese
Peppers " & Salad Dressing
Peppers " & Green Beans & Salad Dressing

(see watermelon)

Pineapple (chunks) & Salad Dressing
Pineapple " & Yogurt

Poke Salad & Pimento Cheese
Poke Salad & Salad Dressing
Poke Salad & Onions & Salad Dressing
Poke Salad & Yogurt

Potato Salad
Potato Salad (German)

Prunes & Carrots & Salad Dressing
Prunes & Yogurt
Prunes & Peanut Butter & Salad Dressing

Raisins & Yogurt

Sauerkraut (raw) & Carrots & Onions & Salad Dressing
Sauerkraut " & Catsup & Onions
Sauerkraut " & Olives & Salad Dressing
Sauerkraut " & Salad Dressing
Sauerkraut " & Yogurt
Sauerkraut " & Yogurt & Onions
Sauerkraut " & Yogurt & Parsley

"Sissy Salad" (Graded cauliflower & broccoli &
Bacon & Salad Dressing)

Slaw

Spinach (fresh) & Salad Dressing
Spinach " & Yogurt
Spinach & Fresh Peas & Yogurt

Squash (yellow) & Peanut Butter
Squash " & Salad Dressing
Squash " & Green Beans (micro)

Strawberries & Yogurt
Strawberry base & Bananas

Swiss Chard & Salad Dressing
Swiss Chard & Yogurt

(see Cucumber, Mackerel)

Tomatoes
Tomatoes & Lettuce & Salad Dressing
Tomatoes & Onions

Tomatoes & Peanut Butter
Tomatoes & Salad Dressing
Tomatoes & Yogurt
Tomatoes & Yogurt & Sweet Pickles

Toss Salad (lettuce, onion, radishes & tomato)
& Salad Dressing

Tropical Fruit Salad -- Banana, Guava, Papaya (red & yellow), Passion Fruit juice & Pineapple Tropical Fruit Salad & Yogurt

Tropical Fruit Salad & Salad Dressing
Tropical Fruit Salad & Buttermilk

Tuna Salad & Apples (chopped)
Tuna Salad & Cabbage
Tuna Salad & Cabbage & Okra
Tuna Salad & Cabbage & Parsley
Tuna Salad & Carrots (raw) & Onions
Tuna Salad & Carrots (raw) & Olives
Tuna Salad & Celery
Tuna Salad & Cornbread (crumbs) & Olives
Tuna Salad & Cornbread (crumbs) & Onions
Tuna Salad & Craisins
Tuna Salad & Cucumber
Tuna Salad & Jalapenos
Tuna Salad & Mint
Tuna Salad & Mint & Peanuts
Tuna Salad & Okra
Tuna Salad & Onions
Tuna Salad & Onions & Parsley
Tuna Salad & Onions & Peas
Tuna Salad & Olives
Tuna Salad & Olives & Cabbage
Tuna Salad & Olives & Peanuts
Tuna Salad & Parsley
Tuna Salad & Peppers (sweet)
Tuna Salad & Raisins
Tuna & Yogurt
Tuna & Yogurt & Pickles

Turnips (raw) & Hot Sauce
Turnips " & Onions & Salad Dressing
Turnips " & Pimento Cheese
Turnips " & Peanut Butter
Turnips (micro) & Salad Dressing
Turnips (micro) & Peanuts & Salad Dressing

Turnips (micro) & Yogurt

Watermelon

Watermelon & Bananas

Watermelon & Bananas & Yogurt

Watermelon & Cucumber

Watermelon & Cucumber & Yogurt

Watermelon & Cucumber & Bananas & Yogurt

Watermelon & Orange Slices

Watermelon & Orange Slices & Pineapple

Watermelon & Pickles (Bread and Butter)

Watermelon & Pineapple

Watermelon & Pineapple & Yogurt

Watermelon & Yogurt

Watermelon & Yogurt & Apple Sauce

Zucchini & Peanut Butter

Zucchini & Salad Dressing

Zucchini & Yogurt

12-V Autumn (parsley, onion tops, mint, turnip greens, radish greens, kale, kohlrabi, mustard, mizuna, carrots, pak choi, purple lettuce) & Salad Dressing

12-V Early Spring (dandelion, mint, kale, garlic, parsley, collards, onions, garlic, mustard, turnips, spinach, radish tops) & Salad Dressing

12-Vegetable Spring Salad (from garden on May 24)
(arugula, mint, sorrel, spinach, kohlrabi, collards, onions, beet greens, Swiss chard, lettuce, parsley, peas) & Salad Dressing

12-V Spring modified (minus sorrel & kohlrabi and plus dill & carrots) & Salad Dressing

12-Vegetable Winter Salad (from garden on January 1)
(turnip greens, radish greens, kale, mustard, collards, spinach, kohlrabi, broccoli, Brussels sprouts, carrots, dill) & Salad Dressing

12-V Winter modified (minus dill & kohlrabi and plus parsley & dandelion) & Salad Dressing

Notes

Herbs and spices are not listed. Most often I add soy sauce,

black pepper, and hot sauce. To these are added other herbs as fancy dictates. I do not specify the type of **salad dressing**, for that again depends of one's taste. Herbs, spices and salad dressings do not determine the type of my salad selections; the distinctions are based solely on main ingredients.

Al Fritsch