

2 green onions, sliced

Spinach and Avocado Salad:

- 1 pound fresh spinach
- 2 heads Boston lettuce
- 2 avocados, peeled and cut in wedges
- 1 (11-ounce) can mandarin oranges, drained
- 1 red onion, thinly sliced

- Tear greens into bite-sized pieces. Place in a salad bowl.
- Add remaining ingredients for either Avocado or Fruit Salad. Add dressing to taste.
- Toss and serve.

Spinach and Fruit Salad:

- 1 pound fresh spinach
- 2 heads Boston lettuce
- 1 pound red seedless grapes, halved
- 1/2 cup walnuts, chopped
- 2 grapefruit, peeled and sectioned
- 3 oranges, peeled and sectioned

Sweet 'n Sour Slaw

- 1 cup white vinegar
- 1/2 cup vegetable oil
- 2 teaspoons celery seed
- 1 cup plus 2 tablespoons sugar
- 1 green pepper, finely chopped
- 1 red onion, chopped
- 1 head cabbage, chopped
- 1 teaspoon salt

Easy
8-10 Servings

- In a small saucepan, mix together vinegar, oil, celery seed, and 2 tablespoons of sugar. Bring to a boil and stir until sugar dissolves. Cool thoroughly.
- Place green pepper, onion, and cabbage together in a large bowl. Pour 1 cup of sugar and salt over vegetables and mix well.
- Pour cooled dressing over vegetables. Chill for several hours before serving.