

Faith Presbyterian Church

Women's Salad Supper Cookbook

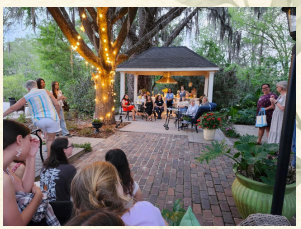
2026

Women's Salad Supper

April 25, 2026

In the spring of each year, the Women's Ministry of Faith Presbyterian Church holds a Salad Supper. This event is an opportunity for women to make new friends, get to know one another better, have fun, and to enjoy many delicious types of salads! "Favorite Salads" are chosen, and prizes are awarded. This year's event was held at the home of Kelly Shore, and we wish to thank her for her loving hospitality. Many of the recipes from this year's event are included in this cookbook. Enjoy!













Fisrt Place

Avocado Rice Chicken Salad



Nancy Shields

Ingredients:

3 cups cooked, diced chicken
3 cups cooked white rice
2 avocados, peeled, diced, and tossed with 1 Tbsp. lemon juice
¾ cup chopped onion
1 cup mayonnaise
1-2 tsps. pepper
1 tsp. salt
¼ cup chopped fresh parsley leaves

Avocado Dressing:

1 large avocado, peeled and mashed with 2 Tbsp. lemon juice
1 cup mayonnaise
½ cup sour cream
½ tsp. Worchestershire sauce
1/3 cup chopped onion
2 cloves garlic, minced
1 tsp. salt
Dash cayenne pepper

Instructions:

Place all dressing ingredients in a food processor and blend until smooth. Chill and serve alongside the salad or pour dressing on salad and mix.
Serve with thick, crusty bread, multi-grain or sourdough. Garnish with lemon wedges, if desired.

Makes 8 servings

Second Place

Grilled Chicken Salad with Blueberry Vinaigrette



Lesa Lubitsky

Ingredients:

2 boneless skinless chicken breast halves (6 oz. each)
1 Tbsp. olive oil
1 garlic clove, minced
¼ tsp. salt
¼ tsp. pepper

Vinaigrette

1/4 cup olive oil
¼ cup blueberry preserves
2 Tbsp. balsamic vinegar
2 Tbsp. maple syrup
¼ tsp. ground mustard
1/8 tsp. salt
Dash pepper

Salad:

1 package (10-oz.) ready-to-serve salad greens
1 cup fresh blueberries
½ cup canned mandarin oranges
1 cup crumbled goat cheese

Instructions:

Toss chicken with oil, garlic, salt and pepper; refrigerate, covered, for 30 minutes. In a small bowl, whisk together vinaigrette ingredients; refrigerate, covered, until serving.

Grill chicken, covered, over medium heat until a thermometer reads 165 degrees, 5-7 minutes per side. Let stand 5 minutes before slicing.

Place greens on a serving plate; top with chicken, blueberries, and mandarin oranges. Whisk vinaigrette again; drizzle over salad. Top with cheese.

Makes 4 servings

Third Place

NYT Chickpea Salad with Fresh Herbs

Christie Nelson



Ingredients:

½ cup plain full-fat Greek yogurt
3 Tbsp. mayonnaise
2 Tbsp. lemon juice (from 1 lemon)
1 ½ tsps. Dijon mustard
1 tsp. kosher salt
½ tsp. black pepper
2 Tbsp. minced fresh dill, plus more for serving
2 Tbsp. minced fresh parsley, plus more for serving
3 (15-oz.) cans chickpeas, rinsed
1 cup finely diced celery (about 3 stalks)
½ cup thinly sliced scallions, white and green parts (2-3 scallions)

Instructions:

In a small bowl, combine the yogurt, mayonnaise, lemon juice, mustard, salt, and pepper. Whisk until smooth, then add the dill and parsley. Stir to combine and set aside.

Place the chickpeas in a large bowl and using a fork, lightly mash about 1/3 of them. Add the celery and scallions and toss.

Pour the dressing over the salad, toss well, and set aside at room temperature for at least 30 minutes before serving. Sprinkle with more dill and parsley and serve. (If you're not serving the dish immediately, you can store it in the refrigerator for up to 2 days. Let sit at room temperature for 30 minutes before serving.)

Makes 4-6 servings

Honorable Mention

Everything Bagel Salad

Alyson Dodge



Salad:

2 Tbsp. unsalted butter
2 large everything bagels, torn into bite-sized pieces
Kosher salt and freshly ground black pepper
4 large eggs
2 Tbsp. everything bagel topping
4 oz. cream cheese, cut into ½ to ¾-inch pieces
5 oz. mixed baby greens
4 medium tomatoes, cut into wedges
½ English cucumber, thinly sliced
½ small red onion, thinly sliced
2 scallions, chopped
4 sprigs fresh dill, leaves only

Dressing:

1 Tbsp. lemon juice
1 Tbsp. Dijon mustard
1 tsp. honey
½ cup extra-virgin olive oil
2 scallions, finely chopped
Kosher salt and freshly ground black pepper

Instructions:

For the dressing: Whisk together the lemon juice, Dijon, and honey in a small bowl. Drizzle in the olive oil while whisking, until creamy. Stir in the scallions and season with salt and pepper.

For the salad: Heat the butter in a skillet over medium heat. Add the bagels and cook, tossing occasionally, until golden and crispy on the outside, about 7 minutes (they'll still be a little chewy on the inside, but that's good.). Transfer to a plate, sprinkle with salt and set aside.

Bring a pot of water to a boil and prepare an ice water bath. Carefully lower the eggs into the boiling water, reduce to a simmer and cook for 8 minutes. Transfer to the ice bath to cool (or run under cold water). Peel and slice into halves or quarters.

Place the everything bagel topping in a bowl. Roll the cream cheese cubes into little balls with your hands and then roll them around in the bagel topping.

On a serving plate, arrange the mixed greens. Top with tomatoes, cucumbers, red onions, bagel croutons, cream cheese balls, eggs, scallions, dill, a few pinches of salt and a few turns of pepper. Drizzle with the dressing.

Makes 4 servings

Note: This is the original recipe, but Alyson did not include scallions or onions. Also, instead of bagel pieces for the croutons, she used parmesan chips.

Honorable Mention

Dubai Chocolate Watergate Salad

Kyra Nelson



Ingredients:

48 frosted mini wheats, or as needed, divided
2 (3.4 oz.) packages instant pistachio pudding mix
4 cups chocolate milk
4 cups mini marshmallows
1 cup milk chocolate chips
4 cups whipped topping
1 cup shelled pistachios, chopped

Instructions:

Gather all ingredients. Add frosted mini wheats to a plastic bag and crush with your hands or a rolling pin. You should have about 2 cups.

Whisk pistachio pudding and chocolate milk together in a large bowl for 2 minutes. Add mini marshmallows and chocolate chips. Gently fold in whipped topping. Sprinkle 1 ½ cups crushed frosted mini wheats into the mixture and continue to fold gently until combined.

Sprinkle remaining ½ cup crushed frosted mini wheats and chopped pistachios over the top. Refrigerate until set and fully chilled, 1 to 2 hours.

Creamy Cucumber Shrimp Salad



Michelle Carter

Ingredients:

1 lb. cooked shrimp, peeled and deveined
2 large cucumbers, thinly sliced
1 cup cherry tomatoes, halved
½ small red onion, thinly sliced

Dressing:

½ cup plain Greek yogurt
1 Tbsp. olive oil
2 Tbsp. lemon juice
½ tsp. garlic powder
2 Tbsp. fresh dill, chopped
Salt/pepper to taste

Instructions:

Make dressing. Combine all salad ingredients and add dressing. Refrigerate several hours for flavors to develop. Top with chopped fresh dill and/or parsley when serving.

“1905 Salad” from Columbia Restaurant

Julie Kumpf



Salad Ingredients:

4 cups iceberg lettuce, broken into 1 ½” x 1 ½ “pieces
1 ripe tomato, cut into eighths
½ cup baked ham, julienned 2” x 1/8” (may substitute turkey or shrimp)
½ cup Swiss cheese, julienne 2” x 1/8”
½ cup green Spanish olives
1 cup “1905” Dressing (see recipe)
¼ cup Romano cheese, grated
2 Tbsp. Worchestershire sauce
1 lemon

Combine lettuce, tomato, ham, Swiss cheese, and olives in a large salad bowl. Before serving, add “1905” Dressing, Romano cheese, Worchestershire sauce, and the juice of one lemon. This makes 2 full salads or 4 side salads.

“1905” Dressing:

½ cup extra-virgin Spanish olive oil
4 garlic cloves, minced
2 tsp. dried oregano
1/8 cup white wine vinegar
Salt and pepper to taste

Mix olive oil, garlic, and oregano in a bowl. Stir in vinegar and season with salt and pepper. For best results, prepare 1-2 days in advance and refrigerate.

Boat Day Pasta Salad

Savannah Higgins



Ingredients:

1 English cucumber
1 container cherry tomatoes
½ block Asiago cheese
1 cup mini pepperoni
1 box tri-color rotini pasta
Olive Garden Italian Dressing, to your heart's content

Instructions:

Dice cucumbers into fourths and tomatoes into halves. Shred Asiago cheese and measure the pepperoni. Add everything to a bowl of cooked, cooled rotini. Add a good helping of the Olive Garden dressing and mix. Enjoy!

Chicken Kale Salad

Nicole Shields



Salad Ingredients:

6 cups curly kale, chopped
2 cups fresh broccoli, chopped
2 cups fully cooked chicken, chopped or shredded
½ cup crumbled feta cheese
2 Tbsp. extra-virgin olive oil
2 Tbsp. balsamic vinegar
2 tsp. lemon juice
2 tsp. Italian herb seasoning
Salt and pepper to taste

Instructions:

Mix the olive oil, balsamic vinegar, and lemon juice. Pour over the kale and stir so that that the kale leaves are covered.

Add the chicken, broccoli, feta cheese, and Italian seasoning. Stir and add salt and pepper to taste.

This is designed to be one giant and filling salad. If you are eating this along with something else, you can of course divide this up.

Seven Layer Salad

JoAnn Ugliano



Ingredients:

1 head iceberg lettuce, shredded
½ cup diced red onion
2-3 ribs celery, diced
12 oz. frozen green peas, thawed
½ pound fried and crumbled bacon
1 cup shredded sharp cheddar cheese
1 ½ cups mayonnaise
1 ½ Tbsp. sugar

Instructions:

Spread the lettuce evenly in the bottom of a glass bowl or a 9 x 13 dish. Top with onion, celery, peas, and bacon. Mix the mayonnaise and sugar; spread on top of the mixture. Sprinkle with cheese. Cover with plastic and chill for 2 hours.

Spinach Salad with Bacon



Betty Brady

Dressing:

¾ cup sugar
1 cup oil
1 t. Worchestershire sauce
¾ cup ketchup
¼ cup white vinegar

This makes one quart of dressing. It will keep up to three months in the refrigerator.

Salad:

10-oz. bag of baby spinach
3 hard boiled eggs, chopped
8 pieces crisply fried bacon, crumbled
2-4 chopped green onions

Instructions:

Pour the desired amount of dressing on the salad and mix. Serve right away; otherwise, the spinach becomes too soaked and limp.

Apple Coleslaw

Debbie Blom



Ingredients:

Start with 1 bag of cabbage coleslaw or slice and chop your own cabbage. Make as much or as little as you like and as chunky as you prefer. The recipe is based on 1 bag of cabbage.

2 Granny Smith apples
2 red apples (any kind)
3 stalks celery
½ cup chopped pecans (or more, if you like)
½ cup dried cranberries (or more)
2 packets Monk fruit or any granulated sugar/sweetener of your choice for a sweeter salad
Mayonnaise (Kraft only; thinner and not as eggy)

Instructions:

In a large mixing bowl, cut celery into bite-size pieces. Slice apples one at a time and remove core. Cut into 4 slices per half and cut into bite-size pieces. Mix into celery.

Empty bag of cabbage into bowl and mix all together.

Add sweetener if using while salad is dry and mix thoroughly. Mix in pecans and cranberries.

Add 2 large serving spoons of mayonnaise and mix thoroughly. If preferred, continue to add a little at a time until everything is coated but not overly wet. Taste the salad and add more sweetener if you like; make it to suit your taste. Enjoy!

Sunflower Avocado Lettuce Salad

Zoe Nelson



Dressing:

½ cup apple cider vinegar
½ cup olive oil
2 Tbsp. pure maple syrup
½ tsp. Dijon mustard
1 clove garlic (1 1/3 tsp. minced)

Salad:

12 cups (2 bags) green leaf lettuce
4 scallions, white and green parts only, thin cut
6-8 radishes, sliced
2 large avocados, sliced
2/3 cup Honey Roasted Sunflower Kernels

Instructions:

Toss lettuce, sliced scallions, radishes, and avocados in a large bowl. Whisk vinegar, oil, mustard, maple syrup, and garlic in a small bowl. Drizzle on the salad. Add sunflower seeds on top. Enjoy!

Strawberry, Mango, Mandarin Orange, Avocado Salad



Barbara Lawrence

Ingredients:

Mixed salad greens (romaine, spinach and little amount of curly kale if you have it)
1 pint strawberries
1 mango
1 avocado
2 mandarin oranges
Red onion slices to taste

Dressing:

Apple cider vinegar
4 Mandarin oranges
1 small Shallot minced
Dijon mustard (approximately 2 tbs or to taste)
Ground chia seeds (increases thickness and nutrient values)
Salt and paper to taste
Honey or Stevia to taste

Instructions:

Tear greens, slice strawberries, cube mango, peel and slice mandarin oranges into the bowl, add red onions. Right before serving cut avocado, add dressing and toss to mix; coat lettuces with avocado and dressing.

Dressing: Mandarin orange juice vinaigrette. (can be refrigerated; this makes too much for one salad and can be used on other salads with fruit) NOTE! No oil in recipes I used with avocado for a healthy oil substitute.

Juice and strain 4 mandarin oranges, add an equal amount of apple cider vinegar (should be about 1 cup total). Add all remaining ingredients, shallot, mustard, salt/pepper, sweeter of choice, and lastly add chia seeds. Shake in a jar or close container, store refrigerated until needed. Please call me if you have questions… this is an original recipe that I adapted to meet our needs, so it can certainly be improved and adapted as you need.

Italian Dressing Pasta Salad

Christina Na



Ingredients:

1 box (12 oz.) Tri-color rotini pasta
Diced/chopped bell peppers (1 red, 1 yellow)
Diced cucumbers or sliced mini cukes
Pulled rotisserie chicken or cubed grilled chicken
Olive Garden Signature Italian Dressing

Instructions:

Boil pasta, drain, and set aside. Dice vegetables and add to pasta. Add about one cup of chicken. Pour on a generous amount of the Italian Dressing and mix all ingredients together.

This tastes better with time as ingredients soak up the dressing!

Gram's Macaroni Salad



Kelly Shore

Ingredients:

One box elbow macaroni,
cooked and drained
Hard boiled eggs, chopped
Diced celery and onions
Mayonnaise
Salt and pepper to taste

Instructions:

Mix all ingredients together, in amounts according to your taste.

Bowl of Fresh Fruit

Amanda, Jade, & Addie McKillop



And as a special treat...

Artichoke Dip

Lori Taylor



Ingredients:

1 can Artichoke Hearts, drained
1 cup Parmesan cheese
1 cup mayonnaise

Instructions:

Mix all ingredients together and pour into a shallow dish. Sprinkle paprika on top. Bake at 325 degrees for 20 minutes. Serve with crackers or small piece of bread.













And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another.
Hebrews 10:24-25a