

CASSEROLES, SIDE DISHES,
AND SALADS



Potato Salad

- 3 cups cubed potatoes, boiled, cooled, and peeled
- 2 hard-boiled eggs
- 1/2 cup chopped onion
- 1/4 cup sweet pickle relish
- 1/2 cup chopped celery
- 1/4 cup vanilla SCANDISHAKE®
- 3/4 cup mayonnaise
- 1/2 teaspoon salt
- 1 teaspoon mustard

Cube the potatoes and dice the hard-boiled eggs. Combine in a bowl with the onion, relish, celery. Stir in SCANDISHAKE®, mayonnaise, salt and mustard. Cover with plastic wrap and chill. Yield: eight servings.

PER SERVING: CALORIES 255
PROTEIN 3.25G

Chicken Salad

- 3 cups cubed chicken breast, broiled, roasted or grilled
- 2 hard-boiled eggs
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1/2 cup chopped green pepper
- 1/2 cup sweet pickled relish
- 1/2 teaspoon salt
- 1/4 cup vanilla SCANDISHAKE®
- 3/4 cup mayonnaise

Combine chicken, eggs, onion,

celery, green pepper and relish together. Stir in salt, SCANDISHAKE® and mayonnaise. Cover with plastic wrap and chill. Yield: nine servings.

PER SERVING: CALORIES 300
PROTEIN 18.22G

Scandi Chicken Divan

- 1 10-ounce package frozen broccoli, cooked and drained
- 2 cups cooked, diced chicken
- 1 can cream of chicken soup
- 1/2 cup mayonnaise
- 1/8 cup vanilla SCANDISHAKE®
- 1/4 teaspoon curry powder
- 1 teaspoon lemon juice
- 1/2 cup cheddar cheese, shredded
- 1/2 cup bread crumbs
- 1 tablespoon melted margarine

Arrange broccoli in ungreased 8 x 8-inch baking dish. Layer chicken on top. Combine soup, mayonnaise, SCANDISHAKE®, curry powder and lemon juice. Pour over chicken and broccoli. Sprinkle with cheese. Combine crumbs and margarine. Add on top of cheese. Bake 350° F for 25-30 minutes. Yield: four servings.

PER SERVING: CALORIES 585
PROTEIN 32G

Scandi Spinach Casserole

- 1 egg, beaten
- 1/2 cup mayonnaise
- 1 can cream of mushroom soup
- 1 small onion, diced
- 1/8 cup vanilla SCANDISHAKE®
- 1 package chopped spinach, cooked and drained
- 1 cup cheddar cheese, shredded
- 4 ounces bread stuffing mix
- 1/4 cup margarine

Mix egg, mayonnaise, soup, onion, SCANDISHAKE®, spinach and cheese together. Place in loaf pan. Top with stuffing. Melt 1/4 cup margarine. Spread on top of stuffing. Bake 350° F for 30 minutes. Yield: six servings.

PER SERVING: CALORIES 331
PROTEIN 8.03G

Scandi White Corn Casserole

- 1/4 cup margarine or butter
- 1 16-ounce package frozen white corn
- 2 tablespoons flour
- 1/2 cup vanilla SCANDISHAKE®
- 1 pint heavy whipping cream
- salt and pepper to taste

Melt margarine. Combine all other ingredients. Salt and pepper to

taste. Bake 1 hour in oven at 350° F. Yield: five servings.

PER SERVING: CALORIES 322
PROTEIN 4.67G

Instant Scandi-Oatmeal

- 1 package instant oatmeal
- 1/2 cup boiling water
- 1 tablespoon butter or margarine
- 1/4 cup vanilla SCANDISHAKE®

Follow the instructions on the package of instant oatmeal. Add 1 tablespoon butter or margarine and 1/4 cup vanilla SCANDISHAKE®. Mix well. Yield: one serving.

PER SERVING: CALORIES 324
PROTEIN 4G

Nothing beats a hot cereal to start the day off. You can get extra calories by adding vanilla SCANDISHAKE® and 1 tablespoon margarine or butter to oatmeal, Cream of Wheat®, farina or grits. You can also add SCANDISHAKE® to the milk you place on your hot or cold cereals.

Scandi Mashed Potatoes

- 4 medium potatoes, skinned
- 1/4 cup margarine or butter
- 1/2 cup whole milk
- 1/4 cup vanilla SCANDISHAKE®
- salt and pepper to taste

Boil potatoes. Drain. Mix with electric mixer. Add margarine and

milk. Blend in SCANDISHAKE®.
Yield: four servings.

PER SERVING: CALORIES 178
PROTEIN 2.03G

Pimento Salad

2½ cups mild cheddar cheese
1/4 cup diced pimento
1/8 cup vanilla SCANDISHAKE®
1/2 cup mayonnaise

Combine cheese, pimento and SCANDISHAKE®, mix well. Stir in mayonnaise. Cover with plastic wrap and chill. Yield: four servings.

PER SERVING: CALORIES 505
PROTEIN 18.15G

Fight taste fatigue by adding any of these extracts or flavorings to SCANDISHAKE® drinks or shakes.

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|----------------|---------------|
| * Almond | * Maple |
| * Anise | * Orange |
| * Banana | * Peppermint |
| * Black Walnut | * Pineapple |
| * Cherry | * Root Beer |
| * Chocolate | * Raspberry |
| * Coconut | * Rum Extract |
| * Lemon | * Strawberry |

Scandi-Roni and Cheese

1 package macaroni and cheese
1 egg, beaten
1 cup whole milk
1/4 cup vanilla SCANDISHAKE®
1/2 cup shredded cheddar cheese
paprika
salt and pepper to taste

Cook and drain macaroni, as directed. Combine egg, milk, SCANDISHAKE® and cheese sauce in saucepan. Cook over low heat until thick. Pour over macaroni. Stir well. Place in baking pan. Add cheddar cheese. Top with paprika. Bake 350° F for 5-10 minutes. Yield: six servings.

PER SERVING: CALORIES 241
PROTEIN 10.41G

NOTE: Frozen vegetables such as broccoli, peas, onions or mixed vegetables can be added.



Scandi-Roni and Cheese.