



Waikiki Waldorf

A cool summer salad with a fresh, fruity taste. Serves 8.

Ingredients:

¾ lb (375 g) thinly sliced Freybe Summer Sausage
2 cups (500 ml) shredded green cabbage
1 cup (250 ml) diced celery
1 green pepper, seeded and finely chopped
1 medium-size ripe pineapple or 19 oz (540 ml) can pineapple chunks, drained
½ cup (125 ml) light mayonnaise
¼ cup (50 ml) plain low-fat yogurt or sour cream
1 tbsp (15 ml) seasoned rice wine vinegar
2 tsp (10 ml) Dijon mustard or prepared horseradish
1% milk, optional
¼ cup (50 ml) toasted walnut halves
Slices of fresh lime

To prepare:

1. Cut Summer Sausage into julienne strips. Place in a large bowl with shredded cabbage, diced celery and chopped green pepper.
2. If using fresh pineapple, cut in half, lengthwise. Cut out flesh in small chunks and measure out 2 cups (500 ml). Add to sausage and vegetables. Alternatively, add drained canned pineapple chunks, if using.
3. In a separate bowl whisk mayonnaise, yogurt or sour cream, vinegar, and mustard together until smooth. Add a little milk if mixture appears to be too thick. Add half the dressing to sausage, vegetables, and pineapple. Gently fold together until lightly coated.
4. Spoon into individual martini glasses. Drizzle with remaining dressing and sprinkle with toasted walnut halves. Garnish with lime slices and the green fronds of fresh pineapple if you wish.