

# Slenderella Salad



National  
Railroad  
Museum

A salad and dressing recipe from the Northern Pacific Railroad.

Railroad dining car departments paid attention to passenger wishes and trends in society. After World War II, it became popular for women to exercise and, eventually, visit health clubs to workout. In 1961, a chain of women's exercise spas named Slenderella open in the U.S. This salad bearing the club's name was created as a healthy dining option for ladies traveling on the Northern Pacific.



Lettuce Leaves  
Pear  
Peach  
Apple

Orange  
Green Seedless Grapes, halved  
Bing Cherries, halved  
Pineapple, diced

Place crisp lettuce leaves on lunch-  
eon plate. Slice fresh pear, peach and  
apple to match shape of orange sec-  
tions; alternate in wagon wheel ef-  
fect on lettuce leaves.

Combine grapes, cherries and pineap-  
ple; place in center of plate. Serve  
with Honey Dressing on the side.

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## Honey Dressing for Fruit

1 1/3 cup Mayonnaise  
1/2 cup Honey  
Paprika

Stir mayonnaise until smooth. Add  
honey and mix well. Sprinkle with  
paprika; stir. Serve with fruit.

Makes 1 3/4 cups.