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Traditional Mexican American Folklore - Folk  
food

Traditional Mexican American Folklore  
Collection

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1-1-1990

## Recipes - Appetizers - Salads Spinach Salad (1980-1990)

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FOLK FOODS COLLECTION FORM

NAME OF RECIPE:

Hot Spinach Salad

Recipe (Ingredients):

16 Oz. spinach  
 1/2 cup bottled oil.  
 + vinegar salad dressing  
 2 Tbs. Bacon

HOW IS IT PREPARED?

Wash spinach & remove stems, dry leaves.  
 Heat salad dressing in chafing dish.  
 Add remaining ingredients & toss until green  
 are well coated.

Informant's Background:

Name & Age: \_\_\_\_\_ 46

Country of Birth:

Mexico

Sex: Female

Date Informant Heard of the Food:

1974

Occupation: Retiree

Ethnic Group: Mexican

Languages Spoken: English/Spanish

Address and Phone No. of Informant: same

Circumstances when Food first eaten:

Diner

Context of Use for the Food:

none

Collecting Circumstances:

Place Collected: Hidalgo, TX

Date Collected:

11-25-90

Folk Foods Collection Form

Name of Recipe:

Spinach Salad <sup>1/4 cup dairy sour cream</sup>  
1 cup diced tomato

Recipe (Ingredients):

2 slices bacon  
2 cups shredded raw spinach  
1/2 cup chopped green onion  
Salt\* to taste pepper to taste

How is it prepared?

1 cook drain and crumble bacon  
2 toss all ingredients together  
3 chill before serving

Informant's Background:

Name & Age:

Country of Birth:

Sex:

<sup>Am</sup>  
Date Informant First Heard

Occupation:

of the Food: 16 year

house wife

Ethnic Group:

<sup>Am</sup>  
Languages Spoken:

Address and Phone No.

of Informant:

Circumstances when Food first eaten:

<sup>good!</sup>  
Context of Use for the Food:

Collecting Circumstances:

Place Collected:

Date Collected:

12-16-82

Folk Foods Collection Form

Name of Recipe: Spinash Salad.

Recipe (Ingredients):

280 g de Espinacas (Spinash) 1 de azucar  
1 calabacin cortado en pedacitos 1/2 cda de sal  
1/3 taza de aceite de oliva  
3 cdas. Jugo de limón  
1 cda mostaza

How is it prepared?

Una el aceite con el jugo de limón, el azucar, la mostaza y la sal en una taza. En una ensaladera, ponga la espinaca, cortada en pequeños pedazos. Añada los pedacitos de calabacin amarillo. Vierta por encima aderezo.

6- raciones.

Informant's Background:

Name & Age: 42

Country of Birth: México

Sex: F

Date Informant First Heard

of the Food: January 1982

Occupation: Housewife

Ethnic Group: Mexican

Languages Spoken: Spanish

Address and Phone No. P.O. Box 402  
of Informant: Hidalgo, Tx

Circumstances when Food first eaten: a party

Context of Use for the Food:

Collecting Circumstances:

Place Collected:

Date Collected: Nov 10

Folk Foods Collection Form

Name of recipe: Spinach Salad

Recipe (Ingredients): 1 lb fresh spinach 4-5 strips  
bacon, crisply cooked; 1/4 cup low calorie

How is it prepared? Wash spinach thoroughly and  
drain well. Dry. Tear into bite-size pieces  
and toss in a salad bowl with cooked  
bacon crumbled over. Toss with dressing.

Informant's Background: / / /

Name & Age \_\_\_\_\_

Country of Birth: U.S.A

Sex: female

Date Informant Heard  
of the Food: 1979

Occupation: Student

Ethnic Group: Mex-Hm

Languages Spoken: English

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Circumstances when food first eaten:

Context of Use for the Food:

When she was on a diet  
side dish vegetable

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Collecting Circumstances:

Place Collected: Edinburg Tex

Collector's Name:

Date Collected: 12-2-81

Address & Phone: