



Pistachio Salad (1973)

- 1 Box Pistachio Instant Pudding
- 1 Envelope Whipped Topping Mix (such as Dream Whip)
- 1 Can 16 ounce Crushed Pineapple
- 1 Cup Miniature Marshmallows.

Whip the topping mix stiff, following the instructions on the envelope. Mix the pudding according to the directions on the box, but use only 1-1/2 cups milk. Fold these two ingredients together. Add the crushed pineapple (well drained) and the marshmallows. Pour into an 11-3/4 by 7-1/2 inch by 1-3/4 inch dish. Chill in the refrigerator for 2 hours. May put chopped nuts and maraschino Cherries over the top.

Arlene M. Powell, RD 3, New Bethlehem, PA

“We developed the recipe for Pistachio Pineapple Delight,” says Pat Risso of Kraft Corporate Affairs. “It was in 1975, the same year that pistachio pudding mix came out.” Quoted in *The Richmond Times Dispatch*, “[The Proof is in the Pudding; Crashing Watergate](#),” Louis Mahoney.

Watergate Salad

1 can (20 oz.) crushed pineapple in juice, undrained
1 pkg. (3.4 oz.) JELL-O Pistachio Flavor Instant Pudding
1 cup JET-PUFFED Miniature Marshmallows
1/2 cup chopped PLANTERS Pecans
1-1/2 cups thawed COOL WHIP Whipped Topping

- Combine first 4 ingredients in large bowl.
 - Stir in COOL WHIP.
 - Refrigerate 1 hour.
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AND SO THE STORY GOES... Don't we all love a real life mystery? The Watergate Scandal was a cover-up for an illegal act; traced to the President of the United States, he resigned. Now think about this: A salad called the Watergate Salad is really a dessert in disguise, pineapple and nuts are hidden under a cloak of fluffy green pudding and whipped cream. It assumes many names Pistachio Pineapple Delight, Shut the Gate Salad, Green Goop, Green Fluff, Green Stuff, Watergate Salad.

Where did it really come from? Who named it? Who invented it?

Witnesses' information: A Chicago food editor renamed it to renew attention to the recipe. Another says that a Watergate Hotel chef made it for brunches. Still another says that pistachio was one of Nixon's favorite flavors.

The Timeline:

1966: Royal instant pistachio pudding debuts.

1972: Break-in at the Watergate.

1973: Recipes appear under the names *pistachio salad* and *club soda cake*.

1974: Nixon resigns. Cake renamed *Watergate cake*.

1975: Salad renamed *Watergate salad*.

1976: General Foods introduce Jell-o instant pistachio pudding mix

You answer the questions and decide the rest of the story.....
The 70's were filled with drama!

<http://www.chicagonow.com/armchair-cook/2015/08/a-legacy-of-political-corruption-watergate-salad-covers-up-the-nuts/>

<http://www.kraftrecipes.com/recipes/watergate-salad-53771.aspx>

<http://www.yesterdish.com/2013/10/01/watergate-salad/>

<http://comfyinthekitchen.com/2012/04/pistachio-delight-watergate-salad/>

<http://shopannies.blogspot.com/2011/04/history-of-watergate-salad.html>