

Diet

The diet of Milwaukeeans in the 1950s was not particularly varied. The ethnic foods from the Middle East, Mexico, Northern Africa, Southeast Asia, and many European countries had not yet reached the general population in Milwaukee. It was a time when women were usually at-home mothers and most food was prepared by them, but the staples were fairly limited to white bread, meat, potatoes, eggs, and occasional fruit (mostly apples and oranges) and vegetables (mostly corn and peas).

Healthy recipe

American potato salad (serves 8-12)

Ingredients

6 large red potatoes (boiled until tender, peeled, and cubed)
3 eggs, (boiled at least 10 minutes, peeled, and chopped)
1 red onion (peeled and diced)
2 large stalks celery (diced)
1 green pepper (cored and diced)
1 red pepper (cored and diced)
3 cloves garlic (peeled and diced)
1 tbsp. sweet pickle relish
¼ cup extra virgin olive oil
1 tbsp. red wine vinegar (or to taste)
3 tbsp. low fat mayonnaise (or to taste)
Salt/pepper to taste

Directions

1. Prepare all vegetables.
2. Combine all ingredients in large bowl. Mix.
3. Let set for 1 hour.
4. Serve with grilled hamburgers and fresh peaches (in season).