

Combination of raw and/or cooked ingredients, usually served cold with a dressing



SALADS CAN BE SERVED AS THE:







Accompaniment

Main Course







KINDS OF SALADS

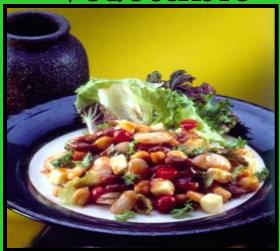
Protein

Pasta

Vegetable











Gelatin

PARTS OF A SALAD

Base



Dressing



Body



Garnish



TYPES OF SALAD GREENS

Romaine













Leaf Lettuce



A combination of three or four greens adds eye appeal.

















DREDARING SALAD GREENS

- Treat carefully to preserve texture and nutrients.
- Trim bruised and inedible portions.
- Remove core.
- Wash to remove soil and pesticide residue.
- Spin or drain well.
- Wrap loosely, store in vegetable keeper of refrigerator until ready to use.
- Tear into bite-size pieces.

LET'S CREATE A SALAD!!!

