

# SALADS

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



# SALADS CAN BE SERVED AS THE:

**Appetizer**



**Accompaniment**



**Main Course**



**Dessert**



# KINDS OF SALADS

**Protein**



**Pasta**



**Vegetable**



**Fruit**



**Gelatin**



# PARTS OF A SALAD

## Base



## Body



## Dressing



## Garnish



# TYPES OF SALAD GREENS

**Romaine**



**Endive**



**Boston  
Bibb**



**Leaf  
Lettuce**



**A combination of three or  
four greens adds eye appeal.**

**Watercress**



**Iceberg**



**Spinach**



**Arugula**



# PREPARING 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!!!

