

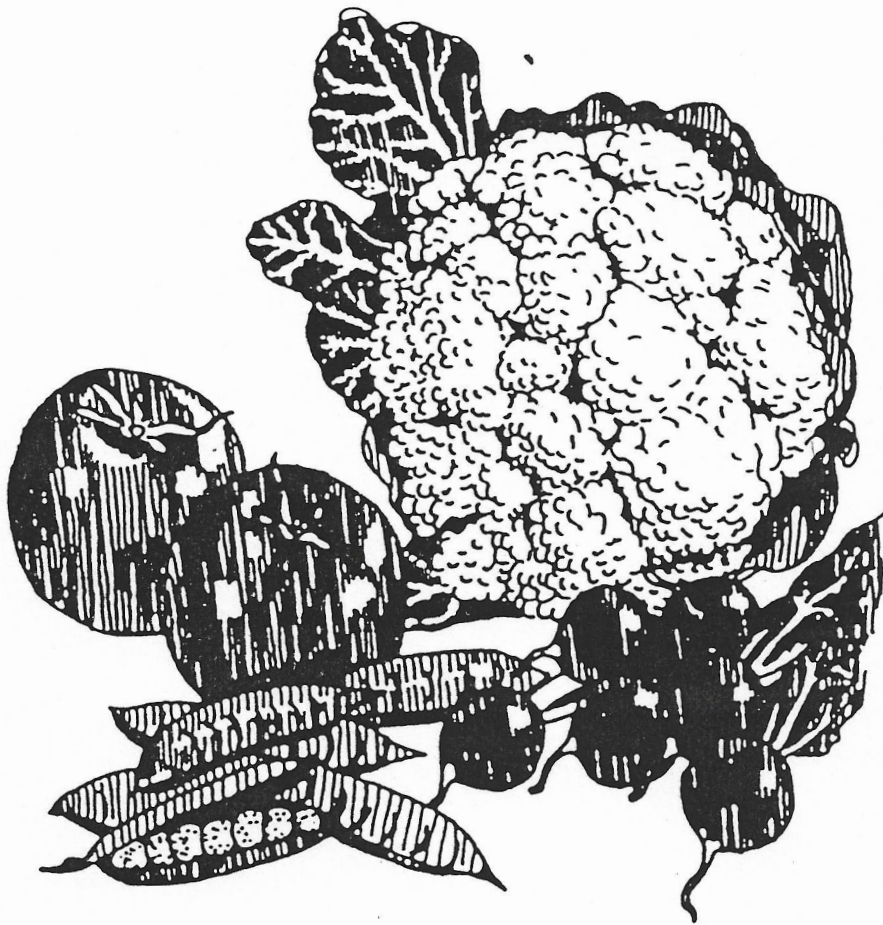
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# *THE ART OF SALAD MAKING*

*DEVELOPED BY*

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*ORFCE 1999*

*PRESENTED BY:  
GENEVIEVE WALDRON  
AND LUCILLE STRAUGHAN*

Leader/Teacher Guide

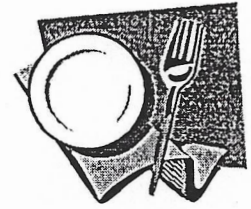


*The Art of Salad Making*

As presented by

Judy Longinaker

President, Benton County FCE Advisory Council



**Purpose:** Reviewing the recommended preparation techniques for fresh salad ingredients will assure you of the best results in salad making. However, encouraging you to use your imagination and be creative will likely earn you the title of Master Saladmaker. This lesson does not involve the use of exotic ingredients, nor does it focus on nutrition. We all know that salads are a healthy and vital part of most diets, let alone benefit those dedicated to weight control. Regardless of all that, creative and artistic salad making is truly the goal of this lesson.

There is a vast array of salad types: mixed greens, vegetable, fruit, main-dish, molded, hot, frozen and relish varieties. As such, it would take days to review the full spectrum of salads. This lesson will focus primarily on vegetable salads with a mixture of salad greens as the base.

**Suggestions:** For the Leader - Select 3 to 5 salad ideas to assemble, demonstrate and serve. In the interest of time, prepare most greens ahead and keep refrigerated until ready to use. Involve other members, if possible, in helping to prepare the "add-ins" to your salad selections.

For the Hostess - Have a sufficient number of plates, forks and napkins available for members to taste test the prepared salads. You and your Leader may want to make this lesson a light meal affair if a sufficient quantity of salads is prepared. Bread, rolls or crackers may be a desirable addition to the tasting phase of your lesson.

For both Hostess and Leader - Based on your plan to demonstrate and serve some salad creations, you may incur sufficient expense for the ingredients. If so, determine what "contribution" members attending should be prepared to pay to offset your expenses. Rather than purchase whole jars of spice and seasoning ingredients, try to borrow them from members who are coming.

**Utensils and Supplies:** Cutting board(s), sharp knives, peeler, grater/shredder, large bowls, large mixing spoons, fork, 3 to 5 jars with tight-fitting lids, vinegars and seasonings for your selected creations, oil and fresh salad ingredients.

**Special Note:** To simplify the presentation of information, it may be necessary to use trade names. No endorsement of products and specific brands is intended, nor is criticism of unnamed products implied.

**Materials:** Leader/Teacher Guide  
Lesson on "The Art of Salad Making", including:  
IA. Summary of preparation tips for salad making  
IB. Listing on types of salad greens  
Listing on herbs for salads  
Summary of salad seasoning blends  
Listing on "add-ins" and toppings for salads  
Recipes, including vinegars and seasoning blends



homemakers. It is recommended that purchased greens be kept slightly moist and sealed, standing upright in a sealed plastic bag in the refrigerator. Wash the portion of lettuce and greens when ready to use. When picking lettuces and greens from the garden, especially if they are organically grown, it is recommended they be washed thoroughly prior to upright, bagged storage in the refrigerator.

Prepare greens for washing in several changes of cool water. Lift greens from water, as draining greens allows freed grit, etc., to settle back on the leaves. Be sure to dry greens and other salad materials well before assembling salad. Dressings do not cling well to wet greens. Use of a terry cloth bag or salad spinner is helpful for this.

Fruit salads are universal favorites, but they don't need to be just a bowl of combined varieties. Consider adding certain fruits to a bowl of salad greens for elegant contrast and exciting flavors. The three C's of salad making - Clean, Crisp and Colorful - apply to fruits as well as vegetables. In addition, always drain fruit well on toweling, do not cut fruit too small (let it be recognized) and avoid overmixing, as fruits mash easily. Many fruits turn dark when peeled and cut, unless treated with an ascorbic acid mixture. When starting a fruit salad, cut up citrus and pineapple first. Use the juice of these to coat the others added, such as bananas, apples, and pears. Sprinkle with lemon juice or an ascorbic acid wash (such as **Fruit Fresh®**) if no other citrus fruit is being used.



## *Salad Dressings*



The soul of a salad is its dressing. Although literally hundreds of bottled dressings are available (and many of them excellent), a homemade dressing has the extra something that family and guests appreciate. Dressing a salad before their eyes with a sprinkle of this and a sprinkle of that, can be mouth-watering, impressive entertainment! It's not difficult to develop the technique once prepared with a variety of seasonings to match the vinegar/oil combination appropriate to the salad.

Dressing a salad is like dressing a pretty girl: not an exact science, but an art. Your own imagination is the extra ingredient that makes menu magic. "Seasoning to taste" should also mean, "taste to season". Don't overpower a blend by tossing in the whole quantity of anything at once. You may like it better with less. How big is "a pinch"? It's as big as you like it and it doesn't depend on the size of your fingers; but rather, on your palate. As you try the seasoning blends recommended in this lesson, start with a scanty pinch (or a light sprinkle) and add if you please. Once the seasoning is in, you can't take it out.

It is so satisfying to blend your own dressings with your own imagination, rather than buy the commercial mixtures. Good ingredients which you mix yourself, exactly to your own taste, give you the best of dressings and cost less than ready-mixed preparations bought at the market. When in a hurry, a purchased dressing may have its merit, but adding your own personal touch (such as a pinch of curry or some dill weed, or a sprinkle of tarragon vinegar) to it can add an elusive tang.

Mixing your own dressing for use later can be easy. Simply use a glass jar with tight sealing lid. Condiments go in first, followed by your vinegar, then, oil. Cover the jar and shake well. For a greater emulsion, blend using a hand blender directly in the jar.

The fine art of mixing a salad dressing reaches its apogée when you do it in "public". It then becomes a production. The guests around the table are your audience. To set the stage, first assemble your properties. Along with your containers of oil and vinegar, select your array of seasonings, both dried and fresh, to display around the bowl. For most oil-based dressings, it is recommended you drizzle the oil twice (and quickly) around the bowl. For your vinegar, sprinkle the greens three times around the bowl. Next, lightly sprinkle your seasonings, one at a time; turn greens gently once with a large spoon; sprinkle again; turn greens once again and

sprinkle seasonings, possibly eliminating certain seasonings on the third sprinkle, such as salt and pepper. Ever so gently, mix greens by rolling, rather than tossing, as there will be less bruising and less spillage from the bowl.

Olive oil is the strong favorite of most people who prefer oil and vinegar-based dressings. During the pressing of green olives in a vat, the lightest of the oil rises to the top and receives the best grade; that of "virgin". If budget permits, use the "extra light virgin" olive oil. Other very acceptable oils (keeping in mind the fat/cholesterol levels) are safflower, canola and soybean. They are less costly and would give you very acceptable results. In today's love affair with salads, flavored vinegars have become increasingly popular and are easy to make. In addition to white, cider and red wine vinegars, some of the most versatile flavors are: tarragon, dill/garlic, balsamic, basil, oregano, seasoned rice and raspberry. Varying the vinegar is an excellent way to change the taste of your salads. Most basic oil and vinegar dressing recipes call for 3/4 cup of oil to 1/4 cup of vinegar. Because of the popularity of flavored vinegars, many Oregonians prefer less oil; making it 2/3 cup oil to each 1/3 cup vinegar. Go with your preference, as no recipes are gospel. If you anticipate little time to dress your salad in the showy manner described, pre-mix the combination in a glass jar, using the 2/3 oil to 1/3 vinegar. Next, visualize shaking in your desired herbs and seasonings as if you were actually dressing the greens right then, rather than measuring amounts. Shake, taste test and adjust by adding certain seasonings if necessary.

Prepare for your salad presentation by referring to the lists of salad greens, herbs, spices, seeds, seasoning blends, add-ins and toppings. The combinations are endless and the results of your imaginative efforts will make your salad making an art to be admired by all who are fortunate to eat them. Enjoy being adventuresome by traveling beyond the iceberg lettuce and bottled dressing. Your taste buds and your health will be glad you did.



### *Preparation Tips for Salad Making*



- If you do not have a terry cloth bag or salad spinner to dry your freshly washed greens use a pillowslip that has not been treated with a fabric softener.
- Food appliances are great, but consider the cleanup time and waste factor on slicers, choppers and food processors. Many times it is better to hand-cut or chop your add-ins for salad greens.
- Use kitchen shears to mince parsley, celery leaves or fine herbs.
- Use small plastic bowls (such as cottage cheese containers) to hold your bagged greens upright.
- Cut celery and carrots on the bias for a more attractive look.
- Bring your refrigerated dressings to room temperature before using. If in a hurry, place bottle or jar in microwave and use a bread-warming type setting to take the chill off the dressing.
- To get the last bit of dressing out of a bottle of commercially prepared dressing, add a small amount of tarragon or seasoned rice vinegar and shake well. You'll get a new taste to whatever type of dressing was in the bottle.
- Avoid dressing recipes calling for raw egg. Many equally delicious dressings can be used instead.
- Pierce the big end of an eggshell with a pinprick before hard cooking. This releases the air pocket and the egg won't crack as easily. Fast chill hard-boiled eggs after cooking to make peeling easier.

- Use 1 to 2 tablespoons of black olive liquid for additional flavor and as an extender to a small amount of certain dressings. Also, use the liquid for last minute steaming of stir-fry vegetables or for those heated in the microwave.
- Keep a small quantity of toasted sesame seeds and pine nuts in the freezer to save time in salad preparation.
- When crumbling blue cheese to add in salad, put crumbles in the freezer for 10 to 15 minutes. This will help keep the cheese firm during mixing and keep definition on the crumbles.
- If serving a mixed green salad to guests that has fruit added, instead of vegetables, try serving it immediately after the main course with a possible accompaniment of a fruity wine or champagne.



## *Salad Greens*



**Arugula (rocket, roquette):** Arugula is a tender, spicy, mustard-flavored green. Use to enhance a bowl of salad greens or in sandwiches such as turkey, chicken or bacon, lettuce and tomato.

**Baby Bok Choy:** Harvested young, baby bok choy is a milder-flavored version of the mature green, which has a cabbage-like taste.

**Baby Chicory:** More softly textured than mature chicory, baby chicory has a subtly bitter flavor. Use sparingly.

**Belgian Endive (French endive, Witloof chicory):** The slender, firm leaves of Belgian endive are creamy white with pale yellow tips. Their flavor is distinctive and pleasantly bitter.

**Butter Lettuce:** Notably delicate and ruffled, the leaves of butter lettuce taste faintly buttery.

**Chicory (curly endive):** Chicory's coarse dark green leaves are crisp and pleasantly bitter.

**Escarole:** A sturdy, broad-leafed variety of endive with a pronounced, mildly bitter flavor.

**Green Cabbage:** So pale that it is sometimes called white cabbage, green cabbage has a firm, compact head with a distinctive flavor.

**Green Leaf Lettuce:** This is one of the many varieties of loose-leaf lettuces and is easy to get during the winter season. It is relatively crisp, but tender and delicately flavored along with high nutritional value.

**Iceberg Lettuce:** This lettuce has a dependably crisp texture and mild flavor. It is easily available year-round.

**Kale: (Red Russian):** This is a delicious and beautiful kale with green-red frilly leaves and purple venation. It winters well and has great nutritional value, along with a distinctive taste.

**Mustard Green, Green Wave:** This is a spicy, hot flavored, deeply frilled and spineless leaf mustard with a beautiful yellow-green color.

**Mustard Green, Mizuna:** This Japanese type offers narrow, dark-green, feathery leaves with a mild flavor.

**Mustard Green, Osaka Purple:** One of the prettiest additions to salad, this green has beautiful purple leaves and a mildly pungent flavor.

**Napa Cabbage (celery cabbage, Chinese cabbage):** A bit sweeter than more familiar cabbages, napa has a moist crispness and slightly zesty flavor.

**Radicchio (red chicory, Italian red lettuce):** Small, round, or elongated heads of radicchio taste somewhat like escarole. The sturdy leaves range from purplish red to variegated red and green. Adds attractive color to the salad bowl.

**Red Cabbage:** This is similar in form and flavor to the green variety, with royal purple leaves. Thin slivers add great color to the salad bowl.

**Red Leaf Lettuce:** A colorful salad green, red leaf lettuce is known for its mild-flavored red to bronze-tinged leaves.

**Red Oak-Leaf Lettuce:** This is a mild-tasting lettuce with red-bronze leaves shaped like the oak leaf.

**Romaine Lettuce (Cos):** Romaine lettuce is a favorite for its mild flavor and lasting crunchiness. Typically used in Caesar and other Italian salads.

**Spinach:** Some varieties have smooth-textured leaves; others are more crinkled. Served raw, both types have an earthy, lemony taste. Easy to grow and winters well.

**Valgros Corn salad Green:** This green is similar to arugula, with a spicy, mustard flavor. It is not as delicate, however, and winters well in Oregon for enhancing salads during the season when many other lettuces are not available.

**Watercress:** This is often used as a garnish and is now featured as a salad green. It is noted for its peppery flavor.



### *Herbs for Salads*



**Basil:** Aromatic and tangy, basil has a special affinity for tomatoes. Also use with seafood, cucumbers, beans, potatoes and greens.

**Borage:** Fresh young leaves are a splendid addition to greens. The small purple flowers make a pretty topping in salads - even in summer drinks.

**Burnet:** A cucumber-flavored herb, good with vegetables.

**Capers:** The salty taste whets the appetite, so use with first course salads or on poultry, meat or fish.

**Chervil:** Delicately, feathered leaves, chervil can be substituted for parsley, but has a more subtle anise/parsley flavor. It is widely used in France as a basis for fines herbes mixtures.

**Cilantro:** Aromatic and flavorful, Cilantro is sometimes known as Chinese parsley. It is used in a wide variety of different ethnic recipes (especially Mexican), both for its flavorful leaves and its seeds.

**Dill:** Use the feathery leaves and minced tender tips of stems with cucumbers, potato salad, cole slaw and greens with a dill/garlic vinegar.

**Fennel:** The bulb and some of the feathery foliage will add a licorice flavor. Slice the bulb into mixed and vegetable salads.

**Lovage:** This parsley-family herb has a strong celery flavor; use sparingly.

**Marjoram:** A delightful herb, which blends well with most salads and many meat dishes.

**Mint:** A lively taste, but use sparingly with fruits, cole slaw, carrots or beets.

**Nasturtium:** The flowers as well as the leaves add beauty and spicy taste to green and mixed salads.

**Onion Family:** Whether it be chives, onions, leeks, scallions or shallots, many forms of these are used in seasoning a salad, as well as a wide variety of main dishes.

**Oregano (wild marjoram):** Used in most Italian and Spanish recipes, this potent herb should be used with caution, so as not to over-power the seasoning blend.

**Parsley:** A universally popular herb that comes in two varieties: flat and curly leaf. It can be used freely in all salads except fruit and dessert.

**Rosemary:** A fragrant herb to be used cautiously with greens and vegetables. Especially good in meat salads.

**Savory (summer and winter savory):** Sometimes called the bean herb. Use summer savory in any green and vegetable salad. Winter savory is particularly good with beans and peas.

**Sorrel:** This herb has a slightly sour lemon taste, but small amounts of the young leaves can be used in mixed greens.

**Tarragon:** An unusual and fascinating flavor. Good with almost all salads and used often in vinegars.

**Thyme:** Unexpectedly good if used sparingly in vegetable and meat salads.

**Woodruff:** Famous as a flavor in May wine, but try it on fruits.

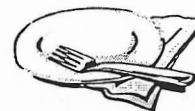
**Fines Herbes:** Originating from France, this is a combination of parsley, tarragon, chervil and chives.

**Blended salad herbs and seasonings:** The selections are numerous and will not only be used frequently in salad dressings, but also for main course cooking. Some recommended varieties from the grocery shelves are:

Mrs. Dash Original Blend  
Mrs. Dash Garlic & Herb  
Mrs. Dash Onion & Herb  
Mrs. Dash Extra Spicy  
Cavender's Greek Seasoning  
Spice Islands Salt-free Original Seasoning

Lawry's Seasoned Salt  
Lawry's Seasoned Pepper  
Lawry's Coarse Ground Garlic  
Schilling Salad Supreme  
Schilling Mexican Seasoning  
Spice Islands Salad Seasoning for Vinaigrette

**Note:** The use of trade names, as listed above or anywhere else in this lesson, is not intended to endorse the products nor criticize those products unnamed. The trade names listed simply represent an acceptable and satisfactory blend of seasoning for use in salads.



## *Salad Seasoning Blends*

The following is a list of frequently made salads and suggestions for appropriate herbs and spices. Keep in mind, minced parsley, minced onions/scallions or chives help most salads except fruit and dessert. Dry mustard may be used in most salad dressings along with pepper and often paprika.

**Cole Slaw:** Thyme, marjoram, basil, mint, caraway seeds, poppy seeds, allspice and nutmeg.

**Cucumber:** Dill, chervil, basil, borage, tarragon, and cayenne.

**Egg:** Marjoram, dill, fines herbes, curry, chili and celery seeds.



**Fish and Shellfish:** Dill, basil, oregano, thyme, capers, dry tarragon, curry, chili and celery seeds.

**Fruit:** Mint, woodruff, allspice, clove, nutmeg, poppy seeds, cardamom seeds, cayenne and paprika.

**Green:** Tarragon, basil, chervil, marjoram, thyme, fennel, blended salad herbs.



**Meat:** Rosemary, thyme, tarragon, curry, chervil, dill, basil and horseradish.

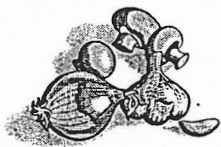
**Potato:** Savory, basil, dill, chervil, rosemary, capers, oregano, caraway seeds, curry, and onions in some form.

**Poultry:** Marjoram, tarragon, rosemary, thyme, fennel, capers, curry and poppy seeds.



**Tomatoes:** Basil, thyme, oregano, dill, marjoram, tarragon, savory, chervil and capers.

**Vegetables:** Thyme, marjoram, basil, tarragon, dill, savory, oregano, chervil, fennel, rosemary, lovage, burnet, and celery seeds.



### *Add-Ins for Green Salads*



Tomatoes

Onions

Carrots

Celery

Cauliflower

Broccoli

Cucumber

Turnip

Mushrooms

Chives

Avocados

Cheese

Nasturtium flowers

Arugula flowers

Rose petals

Carnation petals

Marigold petals

Violets

Chive flowers

Bean sprouts

Peppers (green, red,  
yellow or purple)

Radish (red or white)

Zucchini (yellow and/or  
green)

Cabbage (red)

Peas (or snow peas)

Sprouts

Water chestnuts

Beets (shredded, chilled  
and drained)

Corn

Green Beans (small,  
tender)

Asparagus

Olives (green or black)

Artichoke hearts  
(marinated)

Jicama



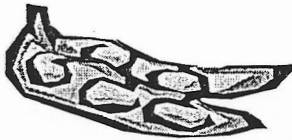


## *Toppings for Green Salads*

Sesame seeds  
Poppy seeds  
Sunflower seeds  
Pine nuts  
Pepitas

Egg, chopped or sliced  
Coconut (fruit salads)  
Sesame sticks  
Croutons  
French-fried onion rings

Beans (garbanzo, white or black)  
Sprouts  
Flowers (as mentioned before)  
Cheese (crumbled)  
Capers



## *Vinegars and Seasoning Blends*

The following blends are recommended with extra light virgin olive oil, based on the preparation method described in this lesson.

Please keep in mind, the reference to name brands of seasonings is not intended to endorse the products, but merely represent satisfactory flavorings to enhance salad dressings.

Tarragon vinegar with: Mrs. Dash Onion and Herb and/or Mrs. Dash Garlic and Herb, Cavender's All Purpose Salt-Free Greek Seasoning, Lawry's Seasoned Salt, Lawry's Coarse Ground Garlic Powder and Lawry's Seasoned Pepper.

Tarragon vinegar with: Mrs. Dash Onion and Herb, Spice Islands Salad Seasoning for Vinaigrette, Lawry's Seasoned Pepper (or a garlic/pepper blend) and dried chives.

Tarragon vinegar with: Mrs. Dash Original Blend, Lawry's Coarse Ground Garlic Powder, Lawry's Seasoned Salt, Cavender's All Purpose Salt-Free Seasoning, Lemon and herb blend or a lemon and pepper blend.

Tarragon (or Cider) vinegar with: Mrs. Dash Onion and Herb, Cavender's All Purpose Salt-Free Greek Seasoning, Lawry's Seasoned Salt, Lawry's Coarse Ground Garlic Powder, Lawry's Seasoned Salt, Lawry's Coarse Ground Garlic Powder, Lawry's Seasoned Pepper, Accent (monosodium glutamate, if desired) and 2 ounces of Blue Cheese crumbles.

Red Wine vinegar with: One tablespoon of Balsamic vinegar, 1 tablespoon black olive liquid, Italian Seasoning blend (can be bulk foods purchase), Mrs. Dash Extra Spicy, Lawry's Seasoned Salt, Lawry's Coarse Ground Garlic Powder, Lawry's Seasoned Pepper, Accent (monosodium glutamate, if desired) and 2 ounces of Feta Cheese crumbles.

Dill/Garlic vinegar with: Mrs. Dash Original Blend, Mrs. Dash Onion and Herb, Lawry's Coarse Ground Garlic Powder, Lawry's Seasoned Salt, Lawry's Seasoned Pepper (or coarse-ground black peppercorns) and Dill Weed.

Basil or Oregano vinegar with: Mrs. Dash Onion and Herb, Mrs. Dash Garlic and Herb, Schilling Salad Supreme, Lawry's Seasoned Salt and Lawry's Seasoned Pepper (or coarse-ground black peppercorns) and Dill Weed.

"Mexicali" vinegar with: Schilling Mexican Seasoning, Lawry's Coarse Ground Garlic Powder, Spice Islands Spicy Pepper Seasoning, Cumin, Ground Coriander (very light sprinkle).

Cider vinegar with: Schilling Salad Supreme, Schilling Salt-Free Spicy Seasoning, Lawry's Coarse Ground Garlic Powder, Lawry's Seasoned Salt and coarse ground black peppercorns (if desired).

Seasoned Rice vinegar with: Schilling Salad Supreme, Mrs. Dash Onion and Herb and Lawry's Seasoned Pepper.



### *Dressing Recipes* (to pre-mix in a jar)

#### Caper and Blue Cheese Dressing

1/2 cup olive oil  
3 tablespoons cider vinegar  
2 1/4 teaspoons dry mustard  
3 ounces blue cheese, crumbled  
3 tablespoons capers, drained

#### Cumin Dressing

6 tablespoons olive oil  
3 tablespoons cider vinegar  
2 tablespoons lime juice  
1 garlic clove, crushed  
1 1/2 teaspoons cumin  
1/4 teaspoon crushed red pepper  
1/2 teaspoon black pepper  
1/2 teaspoon salt



#### Honey Mustard Dressing

1/2 cup olive oil  
1/4 cup cider vinegar  
1 teaspoon sesame oil  
2 teaspoons lite soy sauce  
1 teaspoon dry mustard  
1/4 teaspoon coarse ground garlic powder  
3/4 teaspoon Cavender's Greek Seasoning  
1/4 teaspoon salt  
4 tablespoons honey

#### Lemon & Sherry Dressing

(for green salad with fruit)  
1/4 cup lemon juice  
1/4 cup sugar  
1/8 teaspoon salt  
2 tablespoons dry sherry  
1 1/2 ounces blue cheese, crumbled (added to salad when tossing)

#### † Parmesan and Lemon Dressing

1/2 cup olive oil  
1 lemon, juiced  
2 tablespoons Dijon mustard  
3 tablespoons Parmesan cheese  
1 teaspoon sugar  
1 teaspoon Worcestershire sauce  
1/4 teaspoon seasoned salt  
1/4 teaspoon seasoned pepper

#### ✕ Raspberry Dressing

1/3 cup olive oil  
1/4 cup raspberry vinegar  
16 fresh raspberries, mashed and strained  
1/4 teaspoon herb blend  
1/4 teaspoon Cavender's Greek Seasoning  
1/2 teaspoon dry mustard  
1/8 teaspoon crushed black pepper  
1 large garlic clove, crushed  
1 tablespoon sugar  
2 teaspoons fresh chives, chopped

#### ✕ Sweet-Sour Poppy Seed Dressing

1/2 cup olive oil  
1/4 cup red wine vinegar  
1 tablespoon minced onion  
1/4 cup sugar  
1/2 teaspoon dry mustard  
1/2 teaspoon seasoned salt  
1/4 teaspoon paprika  
2 teaspoons poppy seeds

Using hand blender, mix vinegar, onion and sugar in the jar. Add seasonings and oil; blend; add poppy seeds last.



#### ✕ Zesty French Dressing

2/3 cup olive oil  
1/3 cup cider vinegar  
1/2 cup sugar  
1 small onion, finely chopped  
2 tablespoons ketchup  
1 1/2 tsp. Worcestershire sauce  
1 teaspoon salt  
1 teaspoon dry mustard  
1 teaspoon paprika  
1/2 teaspoon garlic powder  
1/2 teaspoon celery seed

Use hand blender in jar for best results.

## Recipes for Salad Greens and Fruit

### Avocado & Grapefruit Salad

1 large pink grapefruit, sectioned with membrane removed  
1 large, ripe avocado

Mature green lettuce, torn, for serving two people



Prepare grapefruit first. Peel and chop avocado, using juice of grapefruit segments to coat pieces. Toss with Sweet-Sour Poppy Seed dressing. Serve with or after main dish, depending on preference.

### Greens with Nectarines, Peaches or Pears

Prepare a variety of mild-tasting salad greens to serve 2 people. Peel and chop 2 of your fruit choice. Add sliced mushrooms, purple onion slivers, zucchini pieces and slivered purple cabbage as desired. Toss with one-half of the Lemon and Sherry Dressing, adding crumbled blue cheese when turning greens.

### Mexican-Style Orange Tossed Salad

Prepare a variety of mild-tasting salad greens to serve 4 people. Add 2 or 3 large oranges which have been peeled, sliced and each slice quartered. Thinly slice or sliver 1/2 of a large purple onion.

For dressing, blend 1/3 cup salad oil, 1/4 cup red wine vinegar, 1/2 teaspoon sugar, 1/2 teaspoon seasoned salt, 1/4 teaspoon chili powder, 1/2 teaspoon Mexican seasoning blend. Toss salad with dressing, garnish with whole black olives and sprinkle with paprika.

### Spicy Citrus Salad

Prepare a variety of salad greens to serve 6 people. In a bowl, whisk together 1/2 teaspoon cayenne pepper, 1 teaspoon paprika, 1/2 teaspoon garlic powder, 3 tablespoons olive oil and 1 tablespoon red wine vinegar. Stir in 3 large, seedless oranges which have been peeled and sectioned, 1/3 cup chopped parsley and 18 pitted ripe olives that have been cut in half lengthwise. Marinate for 1 hour. Toss with greens and serve immediately.

### Raspberry Spinach Salad

Dressing: 2 tablespoons raspberry vinegar  
2 tablespoons raspberry jam  
1/3 cup salad oil

Salad: 3/4 pound fresh spinach, torn  
3/4 cup whole pecans, toasted and divided  
1 cup fresh raspberries, divided  
2 large kiwifruit, peeled, sliced 1/4" thick



With whisk or hand blender, blend vinegar and jam. Add oil in thin stream while whisking. Mix spinach, half of nuts, half of raspberries and all of dressing. Top salad with remaining nuts, berries and kiwifruit. Toss again just before serving. Great, served after main dish. Serves 4 to 6.

### Spinach Salad with Rhubarb Dressing

In saucepan, combine 2 cups chopped fresh or frozen rhubarb, 1/2 cup sugar and 1/3 cup white vinegar. Cook over medium heat until rhubarb is tender; about 6 minutes. Drain, reserving 6 tablespoons of juice; discard pulp. Pour juice into jar and add 2/3 cup olive oil, 3 tablespoons grated onion, 2 teaspoons Worcestershire sauce and 1/2 teaspoon salt. Shake well and refrigerate.

Just before serving, combine 6 cups torn fresh spinach, 6 bacon strips, cooked and crumbled, 1/2 cup fresh bean sprouts, 1/2 cup shredded cheddar cheese and 1 hard-cooked egg, chopped. Add dressing and toss to coat. Serves 6 to 8.

### Strawberry and Spinach Salad

2 tablespoons sesame seeds  
\*Spinach, prepared for 2-3 people

1/3 cup olive oil

1/3 cup red wine vinegar

1 tablespoon sugar

2 teaspoons minced fresh onion

1/2 teaspoon paprika

1/2 teaspoon Worcestershire sauce

2 large mushrooms, sliced

3 green onions, sliced, or equivalent of  
slivered purple onion

2 cups fresh strawberries, washed, hulled and halved



In a non-stick skillet over medium heat, stir sesame seeds until golden; set aside. Wash spinach thoroughly and prepare for desired servings.

Blend oil, vinegar, sugar, onion, paprika and Worcestershire sauce.

\*Use half the dressing and sesame seeds for 2-3 servings; all for 4-6 servings. In large bowl, toss spinach, vegetable add-ins, strawberries, dressing and sesame seeds.

# The Art of Salad Making

## Evaluation of Workshop

1. What new things did you learn from this lesson?

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2. Do you think you will make any of these salads or dressings and which recipe would you like to make?

Yes \_\_\_\_\_ No \_\_\_\_\_ Maybe \_\_\_\_\_

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3. Will you share this information with others and with whom?

Yes \_\_\_\_\_ No \_\_\_\_\_ Maybe \_\_\_\_\_

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4. What are your suggestions to improve the lesson?

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5. Any additional comments?

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