

## **Tips for great salads:**

Unless otherwise stated, salads should be served chilled

Use the freshest greens and ingredients possible

Wash and spin dry all greens to ensure free from dirt and sand

Dress the salad just prior to serving. Dressing a salad early will cause the greens to wilt.

Be sure everything on the salad plate is edible. Know where edible flowers come from and that they are free of any harmful ingredients.

If using items from your garden, wash, wash and triple check for uninvited guests

If making a large salad, plate and then dress, thus ensuring any leftover salad will stay fresh

Having a large chilled metal bowl to make the salad in ensures cool ingredients

In the summer, if possible, chill the salad plates prior to use

A mixture of greens and herbs can enhance the flavor to your salad

To taste a homemade dressing, dip a leaf of the salad greens into to dressing to taste

Homemade croutons taste best. Cornbread croutons are awesome!

A light touch on the amount of dressing goes a long way to enhance a salad

Salads can be served on or in a variety of containers, some edible. Use your imagination.

A chopped salad can take a regular salad and kick it up a notch

Shredded hard-boiled eggs gives you more flavor than sliced hard-boiled eggs

Toasting nuts prior to using them in a salad increases their flavor and taste

Dried items like cranberries, dates, cherries, or figs enhance the flavor of salads

When using fresh fruit in a salad, the flavor can be enhanced by:

Marinating the sliced fruit in a little wine or aperitif

Sprinkling diced fruit with a little white or light brown sugar

Adding some finely chopped crystalized ginger to the fruit

Adding some herbs such as basil or mint to the fruit

Grilling peaches, pears, pineapple, or watermelon prior to use

Left over salad, undressed, can be kept fresh in the refrigerator, covered, for one or two days.