



TasteWiseKids

LET'S HAVE FUN WITH SALAD!

WHAT MAKES A SALAD?

Technically^[1] a salad is a combination of various “usually cold dishes” including raw greens, vegetables and toppings. It is served with dressing or small pieces of food, or usually mixed with a dressing or even set in gelatin. So salad definitely goes beyond just lettuce and a few vegetables!

Where do I start with creating a salad?

What you choose to make a salad out of is up to you. Think about what types of vegetables, fruits, and flavors you and/or your family enjoys. Also, remember you eat with all your senses – so plan to use a variety of colors, textures, and even smells. You can do some experimentation when purchasing ingredients: buy a few safe favorites, and a few riskier/new foods.

Another place to start is to think about what is in season and/or accessible to you. If you have a farmer’s market nearby, check out what’s fresh and ripe. You can also access online the great seasonality charts from Maryland’s Best^[1] to help determine what is in season here locally. Or go to the grocery store and pick out two or three items that you love or just want to try. Then start to build a salad around that.

Flip this sheet over, for more ideas on customizing your salad!



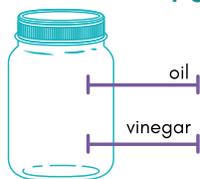
How can I get creative with preparing a salad?

Prepping ingredients: Prepping the ingredients can be really simple- but is super important. Chop veggies/fruit, toast nuts, crumble cheese, roast some veggies. The keys here are "bite-sized" and "flavor."

Plating the salad: Think beyond a bowl. Use a plate to create an attractive spread of cut up vegetables (raw and/or cooked) with a dip. Or make a salad without a green base - dice up a few vegetables and mix with small cubes of cheese and/or beans. Then it feels more like a "side" than a salad. Want a change from your normal dressing? Think about using an Asian marinade as a dressing or skip the dressing and use some fresh herbs and a drizzle of olive oil.

Base (pick 1 or combination)	Vegetables (pick 3-4)	Fruit (pick 1-2)	Something Fun (optional)	Dressing	
 <ul style="list-style-type: none"> -Lettuce -Arugula -Spinach -Grain (rice, quinoa etc.) 	 <ul style="list-style-type: none"> -Peppers -Corn -Carrots -Mushrooms -Sweet potato -Beets -Brussels sprouts -Cucumbers -Onion (red, sweet, etc.) 	 <ul style="list-style-type: none"> -Berries -Apple -Pear -Tomatoes -Watermelon -Grapefruit 	 <ul style="list-style-type: none"> -Cheese (shredded, feta, goat) -Nuts -Avocado -Hard boiled eggs -Pickled beets/veggies 	 <ul style="list-style-type: none"> -Oil/vinegar -Fresh herbs -Bottled dressing -Hummus -Make your own* 	

*Basic Vinaigrette Formula



Combine 1 part vinegar to 3 parts olive oil. Put them in a cup or jar, whisk, and season with a little salt & pepper.

Variations

Honey Lime: ¼ cup Vegetable Oil, 1/8 cup Honey, 1.5 Limes (Juiced), 1/8 cup Rice Wine Vinegar, 1 pinch of Sea Salt & black pepper

Mustard vinaigrette: 1 clove of garlic (smashed), 2 TB balsamic vinegar, 1 tsp Dijon mustard, 5-6 tablespoons oil, salt & pepper

MOVING BEYOND THE TEMPLATE

-To make your salad a meal add in some extra protein - Grilled Chicken, Shrimp, deli ham or canned beans. It is a great way to use up leftover proteins instead of them going to waste.

- Think about texture. Adding a bit of crunch on top with nuts, toasted sesame seeds or croutons (which are super easy to make) can make a big difference.

- Want a sweet element while keeping it healthy? Roast vegetables like tomatoes, squash, carrots, apples, or even some sweet potatoes and then toss them in.

- Think about how you plate your salad - do you have a fun bowl to use? Maybe try chopsticks instead of a fork for more fun?

- Don't like soggy salad? Add the dressing to your bowl instead of the larger salad. Then keep the dressing and salad separate when you pack it away for leftovers.

Find more ideas and inspiration in our Recipe Box on www.tastewisekids.org