

VARIETIES OF SALAD GREENS

GREEN LEAF



- Doesn't form a head
- Leaves are jointed at stem
- Red and green varieties

CURLY ENDIVE



- Somewhat bitter taste

BOK CHOY



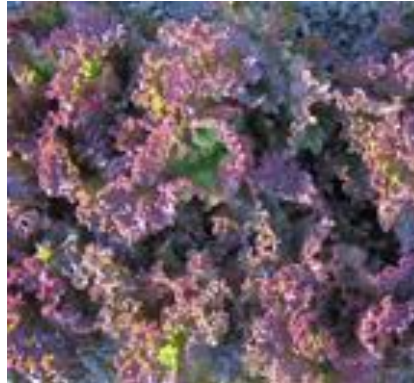
- Also called Chinese Cabbage

BUTTERHEAD



- Loose leaves
- Bright green leaves
- Buttery texture
- Mild flavor

RED LEAF



- Doesn't form a head
- Leaves are jointed at stem
- Red and green varieties

DANDELION GREENS



- Bitter flavor

ARUGULA



- Tender with a peppery, slightly bitter flavor
- Good with fruity dressings

ICEBERG



- Crisp texture
- Mild flavor
- Least nutritious salad green

ROMAINE



- Key ingredient in Caesar Salads
- Loaf-like shape
- Darker outer leaves
- Strong taste
- Crisp texture

BATIVIA



- Bright green
- Sweet flavor

ESCAROLE



- In the Endive family
- Somewhat bitter taste

SPINACH



- Two varieties, savoy (curly leaf) and flat (smooth leaf)

BELGIAN ENDIVE



- Grown in the dark to prevent dark leaves and bitter flavor

RADDICCHIO



- Red, broadleaf lettuce
- Distinctive bittersweet flavor when raw
- Good grilled or roasted

WATERCRESS



- Small, heart-shaped leaves
- Peppery flavor

Getting Creative with Salad Greens!

Splendid Spinach Salad

- 1 bunch spinach
- 1/4 head lettuce
- 6 strips bacon, cooked and crumbled
- 2 cups Swiss cheese, grated
- 1 cup Poppy Seed dressing

Tear spinach and lettuce into bite-sized pieces. In a large bowl combine all ingredients. Add dressing; toss well. Yield: 8 servings.

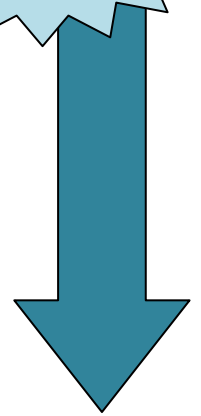
Poppy seed dressing

- 3/4 cup wine vinegar
- 1 1/2 tsp poppy seeds
- 1/2 cup oil
- 1 tsp salt
- 1/2 cup sugar
- 1/4 tsp pepper
- 3/4 tsp dry mustard



Mix all ingredients until well-blended. Shake before using. Yield: 1 3/4 cups.

Add-ins to jazz up those greens!



Salad Greens	Vegetables	Fruits	Cheeses	Other protein options	Crunch
Romaine	Broccoli	Pineapple	Mozzarella	Kidney beans	Croutons
Red leaf	Carrots	Apples	Feta	Black beans	Seeds
Green leaf	Beets	Pears	Parmesan	Pinto beans	Nuts
Spinach	Olives	Mangoes	Blue Cheese	Garbanzo beans	Tortilla chips (crumbled)
Spring mix	Corn	Strawberries	Cheddar	Almonds	Pepperoncinis
Iceberg	Celery	Dried cranberries	Cottage cheese	Pecans	Small crackers
Mache	Avocado	Oranges		Walnuts	
Cabbage	Tomatoes	Grapes		Cashews	
Arugula	Cucumber	Raisins		Pine nuts	
Dandelion greens	Onion			Chicken or turkey	
Baby beet greens	Sprouts			Beef or pork	
Mesclun	Peas			Tuna or salmon	
	Bell pepper			Sunflower seeds	
	Cauliflower			Pumpkin seeds	
	Radishes			Hard-boiled eggs	