



BUILD YOUR OWN SALAD

Greens	Veggies	Fruits	Protiens
kale	sugar peas	orange	sliced egg
spinach	carrots	apple	nuts
arugula	broccoli	rasperries	seeds
spring mix	avocado	strawberries	cheese

Choose at least one item from each list.

- Tear greens into bit-sized pieces
- Slice peas or broccoli into bite-sized pieces. For the carrots, thinly slice or grate. Avocado may be sliced or cubed.
- Orange may be segmented or sliced. Apple may be shredded or sliced.
- For the protein, nuts may be crushed, if they are too large.
- Hard cheese (like parmesan) should be thinly sliced or grated. Medium cheeses (cheddar, Jack) should be grated. Soft cheeses (feta, goat) should be crumbled.

BUILD YOUR OWN DRESSING

Oil	Acid	Sweet	Savory*
olive oil	lemon juice	orange juice	salt and pepper
peanut oil	balsamic vinegar	honey	mustard
	apple cider vinegar	agave syrup	chili flakes
			italian herbs

Choose at one item from each list.

- Use three parts oil and one part acid.
- Use small amounts of sweetener and savory. * May use all savory ingredients in one dressing.
- If using a jar, secure tightly and shake until well blended.
- If using a cup, whisk until blended.
- Taste and adjust flavors as desired.
- Use immediately, or shake/whisk before using.
- Will keep for several weeks.

This special recipe is designed for beginning chefs – no knives or special skills are needed.

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