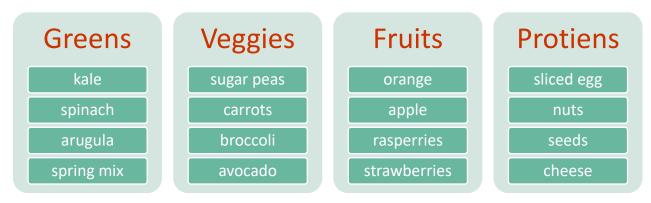


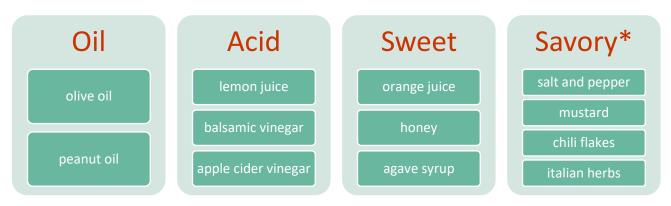
BUILD YOUR OWN SALAD



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



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. www.atozcookingschool.org