

## **Chapter 1: Selecting the Greens**

Types of salad greens (lettuce, spinach, arugula, kale)

Choosing high-quality greens

Preparing greens for salads (washing, drying, tearing)

## **Chapter 2: Adding Vegetables\*\***

Variety of vegetables for salads (tomatoes, cucumbers, bell peppers, onions)

Choosing fresh and seasonal vegetables

Cutting techniques for different vegetables

## **Chapter 3: Incorporating Fruits\*\***

Types of fruits for salads (berries, citrus, apples, pears)

Benefits of adding fruits to salads

Balancing sweetness and acidity

## **Chapter 4: Choosing Proteins\*\***

Protein sources for salads (grilled chicken, tofu, beans, nuts)

Seasoning and marinating proteins

Cooking methods for proteins

## **Chapter 5: Adding Fats\*\***

Healthy fats for salads (olive oil, avocados, nuts, seeds)

Balancing fats for flavor and nutrition

Types of dressings and emulsifications

## **Chapter 6: Assembling the Salad\*\***

Layering ingredients for visual appeal

Creating balanced flavors and textures

Serving salads for different occasions

## **Chapter 7: Creating Signature Dressings\*\***

Basic components of dressings (oil, vinegar, herbs, spices)

Experimenting with different flavors and ingredients

Storing and using dressings

Chapter 8: Dressing and Seasoning Techniques\*\*

Techniques for dressing salads (vigorous shaking, whisking)

Using herbs and spices for seasoning

Enhancing flavors with marinades and glazes

Chapter 9: Salad Variations\*\*

Classic salad recipes (Caesar, Greek, Cobb)

Innovative salad combinations (quinoa salad, avocado salad, seafood salad)

Adapting salads for different dietary needs

Chapter 10: Salad as a Meal\*\*

Building a complete meal around a salad

Adding side dishes and accompaniments

Benefits of incorporating salads into a healthy diet