

Literacy This Week



Yukon Literacy Coalition

We are a society of people dedicated to improving the quality of life of all Yukoners. We do this by building the foundational skills required for lifelong learning; acknowledging that we are all adapting to an everchanging world.

All About Salads

Are you tired of the same old salad?
Try some of these tips to jazz it up:

1. Incorporate a variety of textures: chewy, soft, crunchy, wet, and dry.
2. Add color with berries, grated carrot, tomatoes, or edible flowers.
3. Balance sweet and sour. Lemon will temper an excess of salt or sugar, while sweet ingredients like maple syrup will calm too much acid.
4. Pair ingredients and dressing carefully. Delicate seafood might not work with a lot of heavy spice.
5. Add heat with mustard, garlic, or chili.
6. Transform a side salad into a main course by adding protein, carbohydrates, and fat.
7. Avoid over seasoning. Wait until the cooked elements are prepared, the dressing made, and the veggies tossed before you add salt and pepper to taste.
8. Use sea salt (fine or coarse), and grind pepper in a mill for best flavor.
9. Think in layers: Start with your base veggies or leaves, then add a layer of dressing, a layer of crunch (try seeds or nuts), a layer of "bite" (such as cheese, chili, or pickles), followed by another layer of veggies or leaves, and so on. This way you don't have all the best bits at the top.

TRY ONE OF THESE DRESSING RECIPES:

TRADITIONAL BALSAMIC VINAIGRETTE

- 1/2 cup good quality extra virgin olive oil
- 1/4 cup quality balsamic vinegar
- 1 tsp Dijon mustard
- 2 Tbsps green onions, sliced
- pinch sea salt
- freshly ground pepper



PESTO BUTTERMILK DRESSING

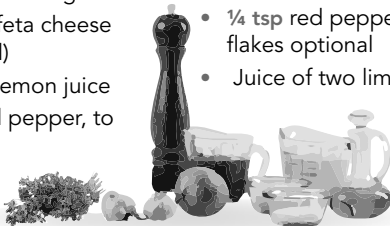
- 1/2 cup basil pesto
- 1 shallot, chopped
- 1 cup buttermilk
- Juice of one lemon
- 1/4 cup olive oil
- Salt and pepper to taste

SESAME GINGER DRESSING

MEDITERRANEAN/ GREEK DRESSING

- 1/2 cup red wine vinegar
- 1/2 cup Olive oil
- 2 cloves garlic, minced
- 2 Tbsp fresh basil, chopped (1 tsp. dried)
- 1 tsp dried oregano
- 1/4 cup feta cheese (optional)
- 3 Tbsp. lemon juice
- Salt and pepper, to taste

- 1/2 tsp ground ginger
- 1 1/2 Tbsp maple syrup
- 2 1/2 Tbsp liquid aminos/ low sodium soy sauce
- 2 tsp distilled white vinegar
- 1 tsp sesame oil
- 1/2 tsp sesame seeds
- 1/4 tsp red pepper flakes optional
- Juice of two limes



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