

Salad Bar

Overview of class

Description

This is a class designed to be 1-hour after school. In this class, we will make 3 salad dressings and try them over basic greens in a salad. An optional activity is to bring in some bottled salad dressings and compare Nutrition Facts to the recipes below. Also this is a good opportunity to discuss serving sizes of salad dressings. Most prepared salad dressing purchased at a store lists a serving as 2 tablespoons; for the purposes of calculating nutrition values Chef-K has done the same. However, we recommend much less dressing typically half of the amount is sufficient. A salad is healthy, but too much salad dressing can turn it unhealthy!

Recipe setup

Plan to set out the three dressing choices and all of the salad ingredients in separate bowls to set up a salad bar or a buffet style.

Things an instructor may have to prepare if participants do not yet have the skills:

- Chop parsley
- Chop onions

Have participants prepare all ingredients before assembling. For example:

- Peel and quarter garlic
- Onion pieces can be chopped in some manual food choppers
- Peppers can be sliced using a butter knife, then can be chopped in some manual food choppers
- Pitted olives can be chopped in a manual food chopper

Consumables needed

- Paper plates for all participants
- Napkins or paper towels
- Forks for all participants

Tools and utensils needed

Tools for class

- 2 medium Salad Bowl
- 7 small bowls
- 2 sets of tongs or Salad serving utensils
- 10 small spoons for serving salad bar ingredients and dressing
- Lettuce Spinner or colander
- Enclosed manual food chopper
- Grater

- Vegetable peeler

Tools for each group of four

- small jars or medium mixing bowls
- Set of measuring spoons
- Set of measuring cups
- Butter knife

Shopping List

Note: Shopping list is set for one group recipe. You will have to calculate the proper amounts for the number of participants you expect in class and the number of groups you will break them into.

- Olive oil
- white wine vinegar
- Dijon mustard
- garlic
- parmesan cheese, grated
- parsley
- mayonnaise
- chili sauce or ketchup
- pimiento-stuffed olives
- green bell pepper
- onion
- pimiento – optional
- Lettuce or mixed greens
- Baby Spinach
- Green Onions
- Carrots
- Assorted herbs as available (parsley, thyme, chives)
- Assorted seasonal vegetables, as desired (optional)

Cooking portion – Student Handout

Salad Bar

Italian Salad Dressing
Thousand Island Salad Dressing
Basic Vinaigrette
Simple Green Salad
Serves 6

Game plan

- Make each salad dressing, 1 at a time or give 1 to each group of 4
- Prepare salad
- Set up salad bar like a buffet
- Participants should serve salad and toppings from the salad bar and top with 2 Tablespoons of desired dressings.

Recipe

Italian Salad Dressing

Ingredients

- ½ cup olive oil
- ¼ cup white wine vinegar
- 1 Tbsp Dijon mustard
- 1 clove garlic, peeled and quartered
- 2 Tbsp parmesan cheese, grated
- ¼ cup parsley, chopped
- Salt & pepper to taste (begin with 1/8 teaspoon)

Directions

1. Use a butter knife to cut garlic into quarters
2. Place ingredients in small jar shake to mix.
3. Let set for 10 minutes and up to 4 days.
4. When ready to use, remove garlic pieces.
5. Shake to mix again and pour over salad.

Nutritional Values

Nutrient Name	Nutrient Value	Unit	Daily Value %
Calories	170		
Total Fat	19	g	29%

Saturated Fat	3	g	15%
Trans Fat	0	g	
Cholesterol	0	mg	0%
Sodium	150	mg	6%
Carbohydrates	< 1	g	0%
Dietary Fiber	0	g	0%
Sugars	0	g	
Protein	< 1	g	
Vitamin A		IU	4%
Vitamin C		mg	6%
Calcium		mg	2%
Iron		mg	2%

% Daily Values are based on a 2000 calorie diet

Recipe

Thousand Island Salad Dressing

Ingredients

- ½ cup mayonnaise
- ¼ cup chili sauce or ketchup
- 1 tablespoons chopped pimiento-stuffed olives
- 1 tablespoons finely chopped green bell pepper
- ½ tablespoon chopped onion
- ½ teaspoon minced pimiento – optional

Directions

1. Blend all ingredients in a small jar and mix well and then refrigerate.
2. Makes 1 cup of Thousand Island salad dressing.
3. A typical serving is 2 Tablespoons of dressing.

Nutritional Values

Nutrient Name	Nutrient Value	Unit	Daily Value %
Calories	130		
Total Fat	13	g	20%
Saturated Fat	2	g	10%
Trans Fat	0	g	
Cholesterol	5	mg	2%
Sodium	270	mg	11%
Carbohydrates	3	g	1%

Dietary Fiber	< 1	g	3%
Sugars	1	g	
Protein	0	g	
Vitamin A		IU	2%
Vitamin C		mg	8%
Calcium		mg	0%

% Daily Values are based on a 2000 calorie diet

Recipe

Basic Vinaigrette Salad Dressing

Ingredients

- ¼ cup vinegar
- ½ cup olive oil
- Salt & Pepper to taste
- 1 clove garlic, optional
- 1 Tbsp Dijon mustard – optional

Directions

1. Blend all ingredients in a small jar and mix well
2. Remove garlic before serving dressing.
3. Makes ¾ cup of Salad dressing.
4. A typical serving is 2 Tablespoons

Nutritional Values

Nutrient Name	Nutrient Value	Unit	Daily Value %
Calories	160		
Total Fat	18	g	28%
Saturated Fat	2.5	g	12%
Trans Fat	0	g	
Cholesterol	0	mg	0%
Sodium	200	mg	8%
Carbohydrates	0	g	0%
Dietary Fiber	0	g	0%
Sugars	0	g	
Protein	0	g	
Vitamin A		IU	0%
Vitamin C		mg	0%
Calcium		mg	0%
Iron		mg	2%

Recipe

Simple Salad Bar

Serves 6

Ingredients

- 1 ½ cups Mixed greens, washed, dried, and tear larger leafs
- 1 ½ cups baby spinach, washed and dried, tear larger leafs
- ½ cup green onions, washed and sliced (about 8 onions)
- 2 Tbsp assorted herbs (parsley, thyme, etc – optional)
- ½ cup carrots, washed, peeled and grated (about 1 medium carrot)
- ½ cup bell pepper, washed, seeded and diced (left over from Thousand Island recipe)
- Salt & Pepper to taste

Directions

1. Set up a salad bar by arranging the different ingredients on a table for guests
2. Place salad greens in a medium bowl with tongs
3. Place baby spinach in a medium bowl with tongs
4. Place each remaining vegetable and herb ingredient in a separate small bowl.
5. Place Salt & Pepper shaker to side.
6. Place each jar of dressing at the bar.
7. Have guests serve themselves.

Note: extra ingredient left from preparing salad ingredients such as pimentos, olives, and parmesan cheese can also be added to the bar as well.