

Chapter 39

Salads & Dressings

Salad Sampler

Directions: Read the following selection. Then answer the questions under *Thinking Critically*, and complete the activities as directed by your teacher.

When you think of salad, do you picture lettuce drizzled with bottled dressing? If so, think again. Many salads don't even contain lettuce. Others are served on a bed of lettuce without dressing. Although the salads described below may sound exotic, they're actually easy to make.

- ◆ **Greek salad.** This salad is made by arranging a bed of different lettuces, such as romaine and green-leaf lettuce. This lettuce is covered with chopped tomatoes, crumbled feta cheese, sliced olives, chopped red and green onions, and oregano. It is then topped with a dressing of oil, vinegar, and herbs. Anchovies, shrimp, or tuna may be added.
- ◆ **Cobb salad.** The perfect main dish, this salad is served in many ways. It can be made with cooked chicken, avocado, apples, tomato, cheese, bacon, hard-cooked eggs, and lettuce. It is chilled and tossed with dressing just before serving. Tuna and potatoes can also be added.
- ◆ **Waldorf salad.** This lettuce-free salad often consists of chunks of apples, pears, and pineapple, as well as raisins, walnuts, and chopped celery, mixed with a mayonnaise-based dressing.
- ◆ **Salade Niçoise (nee-SWAHZ).** First, French dressing is tossed with lettuce. Then additional dressing is tossed separately with sliced, cold, cooked potatoes, green beans, quartered tomatoes, and chunks of tuna, which are arranged over the lettuce. Black olives and hard-cooked eggs are added as garnish.
- ◆ **Chinese chicken salad.** This multi-textured combination of cooked chicken, water chestnuts, snow peas, almonds, and green onions is served with or without lettuce. The dressing usually contains sesame oil, ginger, and soy sauce.



Gelatin Salad

One typical salad at many meals is the gelatin salad. Supermarket shelves hold both unflavored and flavored gelatin. These powdered mixtures have become the basis for many creative salads.

Composed of fruits, vegetables, or nuts, gelatin salads may be savory or sweet. They may be served as a side dish or a main dish. Meat, poultry, or fish is added in some recipes.

To prepare a molded gelatin salad, mix the gelatin with hot liquid, such as water, juice, or broth. Mix well to dissolve the gelatin completely. Chill the gelatin for about 30 minutes or until the mixture is slightly thickened. Then add the solid foods and chill until the mixture is firm, which may take several hours.

Note that unflavored gelatin must first be mixed with a small amount of cold liquid and left to stand to keep the granules from clumping together. Because the sugar in flavored gelatin prevents this from happening, this step isn't needed when flavored gelatin is used.

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Thinking Critically

1. Start with romaine lettuce. What other greens or vegetables would you add to increase the amount of vitamin A and vitamin C in a salad? What other elements do these greens or vegetables contribute to the salad?

2. What do you think makes a Waldorf salad appealing? Explain your answer.

3. Garnishes can dress a salad. Using creative words, explain how carrots, radishes, celery, cucumbers, or tomatoes can dress a salad.

4. Why are salad bars so popular? What are the nutritional benefits? What are the drawbacks?

For Further Study

- ◆ Make a poster called, “I Love Salad.” Feature a variety of salad greens and types of salads, including fruit salads and salads with pasta or rice. Highlight the nutritive value and menu appeal of these salads. Share your poster with the class.
- ◆ Invite your friends to a “Salad Mixer.” Each guest will bring one food or ingredient to add to the salad bowl. Evaluate the mixer. Was it appealing? Colorful? Tasteful? Healthful? What would you do the same or different next time? Write a summary about your “Salad Mixer” and submit it to your teacher.
- ◆ A portion of salad dressing is usually two tablespoons. Compare the calories per serving of three to five different salad dressings. What contributes the most to caloric value? How many tablespoons of dressing do you use? To maintain a healthy weight, what changes, if any, can salads contribute to your diet?