

Salad Preparation

Appetizer



Appetizer

- Served at the beginning of the meal
- For a starter to stimulate the appetite
- Make it with crisp greens, fruit or raw vegetables
- Nutrients: vitamins, minerals
- Keep the servings small

Accompaniment



summer
loving



Accompaniment

1. Served with the main course of the meal, either on dinner or salad plate.
2. This salad should contrast pleasantly with the rest of the meal in color, flavor, and texture.
3. Use crisp greens, fruits, vegetables, potatoes, pasta, and rice.
 - Nutrients: vitamins, minerals, carbohydrates

Main Dish







Main Dish

- Must be substantial and satisfying
- Make it with PROTEIN (meat, fish, eggs, or poultry)
- This is served in meal-sized portions and often served hot
- Nutrients: vitamins, minerals, protein

Dessert



Dessert

- This may be a sweetened or frozen salad made of fruit gelatin or fruit mixture.
- Whipped cream is usually added to the dressing.
- This salad furnishes the meal with a color, flavor, and texture treat
- Nutrients: vitamins, minerals