

SALADS DeFined! Create your OWN at home!

- **Caesar Salad** comprises of romaine lettuce and croutons dressed with parmesan cheese, lemon juice, olive oil, egg, worcestershire sauce, and black pepper originally prepared tableside.
- **Cobb Salad** can comprises of avocado, tomato, lettuce, cold chicken, hard-boiled egg, bacon, Roquefort cheese, etc. The ingredients are typically diced, arranged in stripes on top of the lettuce, and dressed with French dressing.
- **Greek Salad** is essentially a tomato salad made of sliced tomatoes with a few slices of cucumber, and red onion, seasoned with salt, black pepper, and oregano and dressed with olive oil. Common additions include feta cheese, bell peppers, capers, anchovies, sardines and kalamata olives.
- **Italian Salad** often consists of ingredients like fresh mozzarella, fresh basil, sliced tomatoes, hard salami (sliced thin), extra virgin olive oil, balsamic vinegar, and fresh ground pepper. Add a slice of baggette or focaccia bread to finish it off.
- **Green Salad** or "garden salad" is most often composed of some vegetables, built up on a base of leaf vegetables such as one or more lettuce varieties, spinach, or rocket (arugula). The salad leaves are cut or torn into bite-sized fragments and tossed together. Other common vegetables in a green salad include cucumbers, peppers, mushrooms, onions, spring onions, red onions, carrots and radishes. Other ingredients such as tomatoes, pasta, olives, cooked potatoes, rice, green beans, croutons, cheeses, meat (e.g. bacon, chicken), or fish (e.g. tuna) are sometimes added to salads.

SUMMER

SALAD

SENSATIONS

*Flowers are in bloom,
warm temperatures are around the corner
and nothing quite feels more like summer
than a cool, refreshing salad.*



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BLUE- BLEU SPINACH SALAD

1 lb. washed fresh spinach
1 C. fresh blueberries
4 oz. bleu cheese crumbled
1/2 C. toasted pecans

Combine salad ingredients in a large bowl. Toss with Sunflower's Raspberry Vinaigrette salad dressing at time of serving.

Tangy Apple Salad

Salad:

1 red apple, chopped
1 green apple, chopped
6 cups green leaf lettuce
6 cups red leaf lettuce

In a large salad bowl, whisk the first dressing ingredients until blended. Add apples; toss to coat. Place lettuce over apple mixture (do not toss). Refrigerate; toss just before serving

Dressing:

1/2 cup unsweetened apple juice
2 tablespoons lemon juice
2 tablespoons cider vinegar
2 tablespoons vegetable oil
4 1/2 teaspoons brown sugar
1 teaspoon Dijon mustard
1/4 teaspoon pepper
1/8 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg

Feta - Grape Lettuce Salad

1 head iceberg lettuce
1 head green leaf lettuce
2 carrots, sliced
8 ounces broccoli florets
5 radishes, chopped

3 tomatoes, diced
1 pound red seedless grapes
1 cup chopped almonds
1 5/8 cups crumbled feta cheese
1 cup vinaigrette salad dressing

In a large serving bowl, toss together the iceberg lettuce, leaf lettuce, carrots, broccoli, radishes and tomatoes. Place the grapes on top. Just before serving, sprinkle in the almonds and feta cheese. Toss with the salad dressing to taste.

CUCUMBER - ORANGE HONEY SALAD

5 cups torn Bibb lettuce
1 navel orange, peeled and sectioned
1/2 medium cucumber, sliced
1/4 cup orange juice
2 tablespoons honey
2 tablespoons olive oil
1/4 teaspoon apple cider vinegar

On two salad plates, arrange the lettuce, orange sections and cucumber. In a small bowl, whisk the orange juice, honey, oil and vinegar. Drizzle over salads.

TOPPINGS ANYONE?

It's FUN and easy to go crazy with Salads!
Try some of these YUMMY ideas:



- Dried cranberries
- BLUE CHEESE
- PISTACHIOS

- BLACK BEANS
- CORN
- CILANTRO
- GOAT CHEESE
- PECANS
- RASPBERRIES



- PEPPERONCHINIS
- BLACK OLIVES
- KIDNEY BEANS
- STRAWBERRIES
- SLIVERED ALMONDS
- FETA CHEESE

- ARTICHOKE HEARTS
- PARMESAN CHEESE
- MUSHROOMS
- CRAB MEAT
- SWEET PEAS
- LEEKS

IN a HURRY? Looking For a quick SALAD FIX? Try one of our FRESH pre-Made SALADS FROM the deli department!

