

Salad Recipes Collection Of Easy To Follow Salad Recipes

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So much variety exists among salads that it is somewhat difficult to give a comprehensive definition of this class of foods. In general, however, They are food mixtures either arranged on a plate or tossed and served with a moist dressing. A dish of green herbs or vegetables, sometimes cooked, and usually chopped or sliced, sometimes mixed with fruit or with cooked and chopped cold meat, fish, etc. They are usually served with a dressing. It can be either hot or cold. The selection of salad ingredients depends upon seasons. Salads are unique. They can either accompany a main course, act as an appetizer, served as an extra party dish, or just plain served alone. A high-protein salad, such as lobster salad, replaces the meat course, whereas, a light salad of vegetables or fruits may be used as an additional course. For the most part, salads take their name from their chief ingredient, as, for instance, chicken salad, tomato salad, pineapple salad, etc. Just what place salads have in the meal depends on the salad itself. SALADS IN THE DIET Salads are often considered to be a dish of little importance; that is, something that is added to a meal. While this is the case with meals composed of a sufficient variety of foods, salads have a definite place in majority of households. Often there is a tendency to limit green vegetables or fresh fruits in the diet, but if the members of a family are to be fed an ideal diet it is extremely important that some of them are included in each day's meals. The most effective and appetizing way to include them in a meal is the serving of salads. One who gives much attention to the artistic side of the serving of food will often use a salad to carry out a color scheme in the meal. This is, of course, the least valuable use that salads have, but it is a point that should not be overlooked. The chief purpose of salads in a meal is to provide something that the rest of the foods served in the meal lack.

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